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The Selkirk Record

VOLUME 9 EDITION 48

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Talent and creativity collide

RECORD PHOTO BY LINDSEY ENNS

Sculpture artist Kathy Freeman of St. Andrews, pictured left, and painter Lydia Bartel of Winnipeg, right, have teamed up for the latest art show at the Gwen Fox Gallery. For a story, see Page 7. The Selkirk art gallery will also expand its gift shop with work from 80 artists for sale and is profiling three artists' work on the gallery walls during the second annual Holiday Alley, which kicks off on Friday evening. For a story, see Page 19.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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Black Friday event encourages shoppers to buy local

By Justin Luschinski

Big Black Friday weekend sales were enough to draw hundreds of visitors to Selkirk and area businesses last week.

Selkirk Biz's seventh annual Black Friday Weekend event kicked off last Friday and ran until Sunday.

Michelle Bloom, owner of Three 6 Tea, said her shop was buzzing over the weekend.

"We had around 20 people come in Friday morning, just after we opened for the day," Bloom said. "People are coming in for their Christmas shopping and taking advantage of the specials for sure."

Bloom said she estimates around 100 customers purchased tea last Friday alone. Her store drew in residents and even some Winnipeg shoppers, who stopped in to purchase some of their discounted tea for family, while also getting a drink for themselves.

Bloom said that the Black Friday event has helped out a lot of businesses in Selkirk.

"I think it's fantastic that Canadians have embraced Black Friday. We're keeping customers here in Manitoba, we're keeping them in (Selkirk). It's taken on a life of its own with the



Michelle Bloom, owner of Three 6 Tea, hands out a Selkirk Biz Black Friday passport to a customer last Friday. Many local stores offered their own Black Friday deals, drawing in shoppers from across the Interlake and beyond.

passports," Bloom added. "It gives us a burst of encouragement, and we can bring in new customers who might

not know about us.

"I'd say retailers are relying on it now."

As part of the event, shoppers could stop in at any of the 40 participating stores to get their Black Friday passport stamped and enter to win a grand prize.

Maria Freeman, Inclusion Selkirk's executive director, which manages Community Threads, said the event encourages residents to buy local.

"Even though we're a non-profit ... It brings in people who've never walked in the door before. So many people stopped in and said 'wow, I didn't know you carried that. I'll be right back,' and they became regular customers," Freeman said.

Freeman said they had a steady stream of people come through their door, and they sold out most of their boots, leggings, and other clothing on Friday.

The Mighty Kiwi Juice Bar said they made around 50 drinks for customers last Friday afternoon, and had large pre-orders for drinks throughout the weekend.

Selkirk Biz, the area's chamber of commerce, represents more than 200 businesses from St. Andrews, St. Clements, West St. Paul and the City of Selkirk.

Record number of municipalities call on province to reinstate road, bridge program

Staff

Members of the Association of Manitoba Municipalities (AMM) are calling on the province to reinstate the Municipal Road and Bridge Program.

In June 2018, the province announced that it is proceeding with

plans to terminate the Municipal Road and Bridge Program.

A total of \$2.25 million was made available to municipalities in 2018 for the final year of the Municipal Road and Bridge Program. In 2017, \$14 million was available to municipalities through this essential program.

"Municipal road and bridge infrastructure is essential for a better Manitoba," Chris Goertzen, AMM President, stated in a release on Tuesday morning. "This program has very little red

tape, which makes it an efficient way for municipalities to partner with the provincial government to build much-needed infrastructure in local communities across our province."

Municipalities from around Manitoba have joined together to voice their concerns regarding the provincial government's decision. A record number of municipalities - 102 - have co-sponsored a resolution, which was spearheaded by the City of Selkirk, calling on the provincial government to not proceed with plans to transition the Municipal Road and Bridge Program into the Investing in Canada Infrastructure Program and fully reinstate the former funding levels for this essential municipal program.

"The City of Selkirk is looking for-

ward to speaking in favour of this timely resolution later today," Selkirk Mayor Larry Johannson said on Tuesday. "The program was very dependable while the application process was simple and streamlined."

"Roads carry the lifeblood of municipalities across Manitoba, and as a northern hub for transportation and heavy industry, Thompson's businesses depend on them to thrive," Mayor Colleen Smook, City of Thompson added. "The Municipal Road and Bridge Program is critical, and it should be re-instated immediately."

AMM delegates were scheduled to debate the resolution on Tuesday afternoon. No further information was available before press time Tuesday.



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Red Nose aims to keep impaired drivers off the road this holiday season

By Lindsey Enns

Operation Red Nose volunteers are gearing up to keep impaired drivers off the road this holiday season with rides beginning this weekend.

Leslie Hanson, one of the co-ordinators for Selkirk and area's Operation Red Nose chapter, says volunteers from various non-profit youth sport organizations have stepped up to keep the service on the road this year.

"The response from the community was excellent," Hanson said.

All groups that came forward will be given a minimum donation for volunteering.

This year, Operation Red Nose will be running on Nov. 30, Dec. 1, 7, 8, 14, 15, 21, 22 and 31. Hanson said they recently added Dec. 22 due to the demand for the service. For more information, visit the "Operation Red Nose - Selkirk" page on Facebook.

The service, which will run from 9 p.m. till 3 a.m. each night, will operate in Selkirk, St. Andrews, St. Clements,



RCMP PHOTO

Operation Red Nose volunteers will be doing their part to keep impaired drivers off the road beginning this weekend in Selkirk and area.

East St. Paul, West St. Paul, Garson and Tyndall. To call for a ride, dial 204-482-NOSE or 204-482-6673.

Hanson said they are still seeking volunteers to help out on Dec. 31 and couple of other nights.

"We will gladly take community volunteers to fill in for those nights," she said.

Hanson said last year Operation Red Nose drove 189 vehicles home safely over the course of nine nights and with help from 128 volunteers. They also raised around \$11,000 in donations for the Selkirk Dolphins.

When a person calls for a ride home, Operation Red Nose sends three people: A driver, a navigator, and an escort car. The driver and the navigator help get the passenger and their car home safely, while the escort vehicle follows them and picks up the driver and the navigator after they are done.

Although the service is free, some choose to make a donation.

Once again Selkirk United Church will serve as the campaign's host and headquarters this year.

Volunteers must have a valid driver's license, and be able to pass a criminal record check, which is done through the RCMP free of charge.

Selkirk mayor elected new AMM cities caucus chair during annual convention

Staff

Selkirk Mayor Larry Johannson has been elected the new Association of Manitoba Municipalities (AMM) new Cities Caucus Chair during the AMM's 20th annual convention in Winnipeg on Tuesday morning.

"I am very thankful and excited to take on this new role on behalf of Manitoba's cities," Johannson stated in a release on Tuesday morning. "The Cities Caucus faces many similar challenges, and I look forward to discussing with my colleagues how we can further advocate together to benefit all municipalities in Manitoba."

The Cities Caucus underscored the importance of cost-shared infrastruc-

ture investments in local communities, namely through the essential Municipal Road and Bridge Program which is slated to be terminated. Cities Caucus delegates also discussed the implications of cannabis legalization as well as the need for cannabis taxation revenue-sharing with the provincial and federal governments.

"Municipalities must work together with each other and with orders of government," AMM president Chris Goertzen stated in a release. "However, partnerships require necessary resources to ensure municipalities are strong, safe and well-served."

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Gypsy Traders collecting gift boxes for Nova House



RECORD PHOTO BY JUSTIN LUSCHINSKI

The Gypsy Traders is looking to give back this holiday season by collecting "Because We Care" boxes, which will be given to women at Nova House in Selkirk. Anna Massey, pictured left, and her mother Anita Shefchyk, right, holding up some gift boxes for their donation event last week. The Gypsy Traders is asking people to find a box, fill it with things such as new toiletries for women and a few special items like mitts, a scarf or chocolate and drop it off at their location at 238 Manitoba Ave. in Selkirk during their business hours Wednesday through Saturday. They are accepting boxes up until Dec. 14. For more information, find "The Gypsies" page on Facebook.

Zombie Body Shop wins big in Vegas



SUBMITTED PHOTO

A team from Zombie Body Shop won the International 2018 Ratical Rod Build Off competition in Las Vegas recently.

By Justin Luschinski

A local body shop has created an award-winning truck that bested other mechanics from around the world.

A team from Zombie Body Shop, located just outside of Selkirk, won the International 2018 Ratical Rod Build Off competition in Las Vegas recently.

Tyler Turton, owner of Zombie Body Shop, said it was an unforgettable experience.

"We won it, man. We won it. It was amazing, it was such a good trip. It was so crazy, it opened up so many doors for my little shop on the Prairie," Turton said. "Even though I'm back home, I still can't believe it. It hasn't sunk in. I'm just thinking 'what's next?'"

The team, which was comprised of Rick Gagnon, Dave Yates, Dwayne Wiltshire, Tony Kratzer, Darren Ralke, Colin Funk, Dempster Turton, and Tyler Turton, were selected to represent Canada during the competition which took place Oct. 30 to Nov. 1 at the Las Vegas Convention Centre. Teams from around the world were tasked with building custom vehicles, and driving them from Lincoln, Nebraska, to the SEMA Show in Las Vegas. SEMA is one of the largest car conventions in the world.

The local team built a custom 1950s double bed truck, and had to drive it from Selkirk to Lincoln, Nebraska, and then to the SEMA competition in Las Vegas, Nevada. They drove around 2,500 miles, and they were still fixing up their truck on the way to claiming the trophy.

Turton and his crew worked for several days straight, on almost no sleep, to get the truck ready for their departure.

After a brief showing among friends and family, they immediately started driving to Nebraska, trying to finish up the truck as they drove through the United States.

They stopped in Fargo to put on the door seals, to protect them from the cold fall weather, and they remodelled the rear interior in a hotel parking lot once they got to Lincoln. They even rented someone's auto body shop in Vegas to re-paint and clean up the truck, as well as deal with some last minute mechanical issues.

Word got around, and it made the team famous before they even made it to Vegas.

Turton said he'd like to thank everyone who helped make this possible.

"I'd just like to say how great my team was. Everybody worked so hard, they really came together, from start to finish. No way I could have done it without them," Turton said. "If we weren't good friends before, after this we're unbreakable."

Turton said the win, and the notoriety of the team, has garnered a lot of interest in his shop. He's gained new clients from America and around the world, and he's very hopeful for the future of his shop. He even got to meet some of his heroes, such as Dennis Anderson, the owner of the Grave-Digger Monster Trucks, who "fell in love" with their contest entry.

Turton said he hopes this is only the beginning.

"I wanna build stuff that's never been built. I want to make new things," Turton said. "I want to put Selkirk on the map with custom cars."

"This is just the beginning."

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RRC hosts games day for local youth



RECORD PHOTOS BY
JUSTIN LUSCHINKI

Eight-year-old Eva-Marie Pammer of Petersfield, pictured above, rolls some dice during a Fun and Games event at the Gaynor Family Library hosted by Red River College's Interlake and Peguis-Fisher River Campus last Friday. Children aged six to 10 had a chance to spend their inter-service day last Friday playing games and activities to strengthen their math, reading and writing skills.

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Manitoba looks to strengthen municipal codes of conduct

By Lindsey Enns

Two local leaders say the province's push to strengthen municipal codes of conduct by mandating respectful workplace training and imposing sanctions on those who break the rules is a step in the right direction.

"Right now, most of our codes across the province don't have anything in there about what do you do when somebody makes a complaint," West St. Paul Mayor Cheryl Christian said. "I'm really pleased that this is going forward and I'm so proud of all the different council members and municipal staff who have come forward in the last three years demanding safe work environments.

"It's very gratifying to see that steps are being made and the concerns raised by so many are being heard. It's

long overdue."

Both Christian and St. Andrews Mayor Joy Sul have spoken publicly about the bullying and harassment they faced during their time as councillors and were two of the voices calling on the province for stricter legislation.

"It's a step in the right direction," Sul said.

The Manitoba government introduced legislation that would strengthen and standardize council codes of conduct last Thursday.

Changes to the Municipal Amendment Act (strengthening codes of conduct for council members) would include requiring all members of council to undergo mandatory respectful conduct training within six months of being elected or re-elected.

"We heard a number of requests from municipal councillors regarding the prevention and enforcement mechanisms available in response to harassment and bullying in the workplace," Municipal Relations Minister Jeff Wharton stated in a release last Thursday. "As a result, we have undertaken significant and meaningful consultations over the past several months."

The minister noted Manitoba would become the first province in Western Canada to require elected municipal councillors to complete mandatory training or face suspension from council.

The bill would also prescribe the minimum content of the council code of conduct, which would standardize the code across municipalities, en-

suring that all council members must adhere to the same minimum set of ethical standards and procedures for implementing their code. Municipal council codes of conduct would also be required to be established by by-law, which would strengthen the provisions of the code and enhance accountability and transparency.

This bill would also enable the minister of municipal relations to make regulations that would further enhance the contents of the code, such as defining the minimum standard and values that all council members must adhere to and establishing the minimum process for councils to receive, review and evaluate complaints.

New sanctions and remedial measures for breaching the codes may include suspension of the member for a period of up to 90 days, mandatory training and a letter of apology.

The minister noted proposed amendments would come into force 180 days after the bill receives royal assent. This would enable the department to continue working with the AMM and municipalities to develop the key regulations, develop code of conduct bylaw templates and training materials, and communicate changes to municipalities.

Once this comes into force, Christian said it could encourage more candidates to run during the next municipal election.

"It is so challenging to encourage and attract new people to the leadership positions in our municipalities," Christian said. "With steps like this taken for mandatory training and a complaint process and sanctions I believe we will attract more people to run for office in municipal government knowing that they can be safe."

Selkirk to host 11th annual Community Vigil Walk Dec. 5

Staff

The City of Selkirk is gearing up to host the 11th annual Community Vigil Walk.

The walk will take place on Wednesday, Dec. 5 leaving at 6:30 p.m. from the Selkirk Friendship Centre and arrive at the city's civic offices at 200 Eaton Ave. around 6:50 p.m. where there will be speakers and refreshments.

This year's walk is being co-ordinated by Selkirk Business and Professional Women in partnership with Nova House and the Selkirk Friendship Centre.

Those taking part in the walk are being asked to bring a flashlight to represent a candle.

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Sculptor, painter team up for special art show at Gwen Fox

By Lindsey Enns

Two Manitoba artists have teamed up for a special collaboration, which is currently on display at the Gwen Fox Gallery.

"Fusion"... A collaboration of Sculptural and Acrylic Artworks by artist and sculptor Kathy Freeman of St. Andrews and paintings by Lydia Bartel of Winnipeg is on display at the Selkirk art gallery until Dec. 18.

Freeman has been sculpting for more than 30 years and says she has always seen shapes inside rocks and other objects. Although she has sculpted in many mediums and styles, Freeman says in the last few years she feels as though she has found her style in the sculpting of whimsical stone animals full of movement.

"It is with great pleasure that Kathy Freeman had asked me to collaborate with her for the month of December at Gwen Fox Gallwery to provide a back-drop for her soapstone sculptures," Bartel said. "This was an exciting venture as it will display two styles of art."

Bartel has around 25 paintings on display to accompany roughly 16 of Freeman's sculptures.

Bartel has been painting for around six years and says she loves turning a blank canvas into something of beauty of interest.

A special reception for the art show will be held at the Gwen Fox Gallery on Saturday, Dec. 8 from 1 p.m. to 4 p.m.

For more information about the local art gallery, visit gwenfoxgallery.com.

Ball Drop winner donates it back to community foundation



RECORD PHOTO BY BRETT MITCHELL

The winner of this year's Selkirk Biz Ball Drop, Barbara Knoll, pictured second from right, donated all of her winnings, totalling \$1,040, back to the Selkirk and District Community Foundation recently. Pictured from left to right: Sheri Skalesky of the Selkirk Biz, Bev Clegg of the Selkirk and District Community Foundation, Knoll and Adam Roberts of Sunova Credit Union and the Selkirk Biz.

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Friendship and fishing go hand-in-hand

Hi folks.

It was pleasant driving along the winding Breezy Point snow covered road beside the Red River early last week. Almost at the end of the road I saw two men standing beside their trucks talking, one in a very animated way. I pulled over lowering my window and was about to ask if they had come off the ice with any fish when I noticed the crests on their jackets reading Absolutely Canadian Outfitting.

"We caught a few jacks but threw them back," the animated, tall, thin guy with long curly blond hair responded. Sensing they wanted to talk, I pulled off the road, got out and walked up to them offering my card. We shook hands as the tall chap said, "I'm Gord Cybulski and this is my business partner Terry Belhumeur from Gunton. We guide fall duck and goose hunters on Terry's property by Oak Hammock and ice fishers around southern Manitoba in the winter."

"I've been guiding for years," Terry, a quiet, very fit man with a warm soft voice said. "Yeah, I met him about 10 years ago, we clicked and have been working buddies ever since," Gord chimed in. We stood in the middle of the road, alone, surrounded by the quiet overcast outdoors and though we talked of fishing, what got me was just how close these guys were, such true friends.

True friendship appeared to be just as important to a married couple, my grandson, Keenen Park and I watched walking back to shore on the west side of Lake Winnipeg a few days later. We were sitting in "old red" looking east across the sleek glare ice at the many portable ice shacks spotted far out when we noticed two tiny black dots on the horizon. With binoculars I made out a man and woman walking in pulling a fishing gear sleigh. "Let's wait for them and see what they caught" Keenen urged. "OK," I agreed, settling back in my seat. Old Reds engine idled giving warmth as we waited watching



RECORD PHOTO BY ARNIE WEIDL

Curtis Schneider, pictured left, and Amanda Fadun, right, with one of their "snowy pickerel" catches off Balsam Bay.

the wind send snow skipping across the ice. In time the dark dots became people whose legs could be seen moving rhythmically. As they made shore we left the truck and called out, "How was the fishing?"

"Not a darn thing," the guy exclaimed. "I think I know you," I responded. "Yeah, we're Darcy and Joanne Geirnaert from Winnipeg Beach," he returned. Bundled up in snowmobile suits with their brown hair escaping from the sides of their toques, their young strength seemed to have served them well during their long trek back to shore. "We were out a half mile with ten inches of ice, only six feet of water and not a fish to be caught after three hours!" Darcy proclaimed. Joanne silently gave her husband an understanding caring smile. "Well, that's part of the game, I guess," I reflected, trying to make them feel better. I didn't have the heart to let him know I had been to Balsam Bay earlier and met a couple who along with others had caught a lot of fish. I had spotted myself by the Balsam harbour road which allowed me to see at least twenty ice shacks spread out on the ice pack. That's when I saw a young couple coming into shore troubled in a funny predicament. The forceful northern wind at their backs was pushing their sleigh amidst their legs like a playful puppy

making walking precarious. However their plight ended as they rounded the bend of the rock berm into the dock bay which broke the wind. They picked their way to the unstable shore ice. The guy burdened with the tent pack on his shoulders and the girl pulling the sleigh with all their fishing gear carefully wobbled to the safety of solid land. I drove up to their car as they began loading their gear, got out and introduced myself. They were in high spirits having enjoyed a good catch but more than that there was a charm around this couple who were so obviously taken with each other as they threw tender glances back and forth while we talked. When I asked if they had a fishing story for us the young man said, "I'm Curtis Schneider and my girlfriend is Amanda Fadun. I have a little story for you. My folks have a cottage at Granite Lake where I went summer fishing for the first time as a boy with an older neighbor. I got what I thought was a snag so the neighbor took my rod and hauled up hard only to see a giant jack leap from the water far in the distance. The neighbor promptly handed the rod back to me, saying, "Good luck kid!" and walked away. Curtis never said whether he landed that jack!

Till next week, bye now.

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St. Andrews, Selkirk sign MOU regarding wastewater project

By Lindsey Enns

The newly elected mayor of St. Andrews, who campaigned on a promise to dive deeper into the community's controversial sewer project, has signed a memorandum of understanding (MOU) with the City of Selkirk to further explore connecting to Selkirk's new wastewater treatment plant.

"While campaigning ... that was the biggest issue and it continues to be," St. Andrews Mayor Joy Sul said. "From an environment standpoint, the big question is 'why is sewage going uphill to a non-compliant plant (in Winnipeg) to be released back into the river to flow back to St. Andrews?'"

Sul said the majority of residents she spoke with while campaigning were in favour of connecting to Selkirk.

The MOU, which was passed by both Selkirk and St. Andrews councils earlier this month, states the willingness of both administrations "to explore the potential for, and feasibility of, amending Phase One and Two projects such that Selkirk would provide sewage treatment services to St. Andrews."

The MOU also outlines how the two

parties will work together and how cost and technical information will be shared.

Sul said although this is far from being a done deal, the MOU could lead to further negotiation of a detailed service agreement including up front and ongoing costs. The MOU is in effect until Dec. 31 with room for an extension.

"Engineers and our public works will get together to see how ... we can work as a region for the cost to be beneficial for everybody," Sul said.

Although the St. Andrews sewer project is currently ongoing, Sul said the flow will still be able to be reversed if connecting to Selkirk is given the green light. Sul said once this option is more fully explored, there will be public input and information sessions.

"I would like to commend Joy Sul and her council for having the fortitude to do this and join with us on this MOU," Selkirk Mayor Larry Johannson said. "This was high on her priority list. It shows good faith and good politics as hitting the ground running."

"We welcome our regional neighbours to our wastewater treatment plant. We have the capacity to do this."

Sul also fulfilled another one of her campaign promises earlier this month by introducing evening council meetings.

Starting in December, St. Andrews council meetings will begin at 5 p.m. instead of 9 a.m. St. Andrews council holds regular meetings on the second and fourth Tuesday of every month. For more information, visit rmofst-andrews.com.

Province looks to shatter the silence, prevent gender-based violence in Manitoba

Submitted

As part of Domestic Violence Awareness Month in November, the province wants to shatter the silence that has allowed violence to escalate against women and girls.

"We want to take aim at victim blaming and the notion that it's a woman's job to keep herself safe and prevent sexual assault," said Sustainable Development Minister Rochelle Squires, minister responsible for status of women.

Squires unveiled two new posters to address victim blaming and create better understanding about consent on Monday. They were created in collaboration with Winnipeg Safe City, a partnership that includes the City of Winnipeg, Winnipeg Police Service and community groups as part of the United Nations (UN) Women's Safe Cities and Safe Public Spaces initiative to reduce sexual violence against women and girls.

The posters will be shared with community-based organizations, universities, law enforcement and health service providers, as well as available for download at www.manitoba.ca/msw and in print through Manitoba Status of Women at 204-945-6281 or msw@gov.mb.ca.

The province is participating in the international 16 Days of Activism Against Gender-Based Violence campaign, which launched Nov. 25 on the UN's International Day for the Elimination of Violence Against Women. This year's global social media conversation uses the hashtag #HearMeToo to unite survivors and activists.

"Statistics show one woman in Canada is killed by her intimate partner every six days, and global data estimates one in three women worldwide experience physical or sexual intimate partner violence at some point in their life," said Squires. "The time for change is now. Hear me too."

To culminate the campaigns, the minister and Barbara Bowes, chair of Manitoba Women's Advisory Council, will host a public ceremony at the legislative building 5 p.m. Dec. 6 to mark the National Day of Remembrance and Action on Violence Against Women.

Manitoba marks AMM's 20th anniversary

Staff

The Manitoba government recognized two decades of leadership and the power of local decision-making while congratulating the Association of Manitoba Municipalities (AMM) on their 20th anniversary at their annual convention on Monday.

"For the past 20 years, the AMM has

successfully brought municipal and provincial governments under one roof to strategize on ways we can better serve Manitobans," said Municipal Relations Minister Jeff Wharton. "Our efforts this week at the annual convention help strengthen our communities and take us closer to becoming Canada's most improved province."



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Manitoba Substance Use and Addictions Awareness Week

What to do when a loved one relapses

Submitted by Addictions Foundation of Manitoba

The winding path of addiction recovery can be difficult for family and friends.

When Wendy's husband Frank started coming home from work later than usual, her first instinct was panic. Even though Frank had been sober for several months following treatment for alcohol addiction, the familiar stomach knot Wendy felt when she feared he'd been using reappeared instantly.

The above scenario is fictitious, but it's a common scenario that counsellors at the Addictions Foundation of Manitoba help family and friends deal with all the time. "When people think about addiction treatment and support, they often focus on the person with the substance use disorder, states Jamie Tompkins, Addictions Foundation of Manitoba's director for Brandon and area. "Family and friends, however, are greatly affected by a loved one's use as well."

One of the myths of recovery from addiction is that it's a straight path. In fact, most people in recovery experience a relapse and it's important for loved ones to be aware of the possibility and how to respond to it.

There can be an elevated risk of relapse around particular events. The holiday season can place alcohol and other substances front and centre, for example. Anniversary dates of experienced trauma (e.g., a suicide or violent attack) can also

be a trigger as can periods of high life stress.

Being aware of the specific risks of relapse and discussing them among family members is helpful. So is having a plan for how to combat those risks. If relapse does occur, having strategies in place to minimize the effects can be helpful.

Most important, loved ones need to understand that they are not responsible for their loved one's recovery. Worrying about a family member's use can cause considerable stress. If you are living with someone experiencing problems with substance use, taking care of yourself is important. Simple things like getting enough sleep, exercising, drinking water, and engaging in relaxation activities such as meditation or yoga can go a long way to helping you cope with the challenges of living with someone with a substance use disorder. It can also be helpful to reach out for professional help and to connect with supportive people in your community. Don't be afraid to ask for, and receive help from others.

Manitoba Substance Use and Addictions Awareness Week runs until Dec. 2.

The Addictions Foundation of Manitoba has resources for those 12 years of age and older whose loved ones live with a substance use disorder. Call the Manitoba Addictions Helpline at 1-855-662-6605 or visit MBAAddictionHelp.ca for more information on available supports.

Biggest addiction treatment myths

Submitted by Addictions Foundation of Manitoba

Seeking support for a substance use problem often takes courage. Even though the stigma of admitting to a problem is diminishing, it along with some false assumptions contribute to the fear. As part of Manitoba Substance Use and Addictions Awareness Week, the Addictions Foundation of Manitoba wants to dispel the addiction treatment myths that may prevent people from making positive lifestyle changes.

If you are having trouble with substance use it's because you have no self-control

Stopping overuse of alcohol/drugs or overcoming an addiction is not simply a matter of willpower. Regular substance use changes how our brains function over time, which can make positive changes more challenging. Both genetics and our environment play a role in how susceptible we are to addiction.

Everyone who has problems with substance use has an addiction

The Diagnostic and Statistical Manual of Mental Disorders sets out specific criteria for a diagnosis of substance use disorder (an addiction). It's possible for someone to experience significant life problems related to their substance use but not meet those criteria. Regardless, if alcohol or drugs are causing difficulties in areas such as relationships or work performance, reducing use will help -- even small changes can make a difference.

Addiction treatment involves entering a 28-day in-house facility

While intensive, live-in treatment is appropriate for some, the vast majority of those who get treatment for an addiction and are successful in their recovery do so through individual counselling, support groups, and other community-based programming.

To recover from an addiction, you must commit to complete abstinence

Not everyone's recovery journey involves abstinence. Entering treatment does not necessarily mean stopping the use of substances completely. Even small changes can improve health and wellbeing.

Someone living with an addiction must hit "rock bottom" before being ready to get support

Although it is often the case that someone who has experienced the negative effects of substance abuse has increased motivation to deal with it, it is not true that a person has to lose everything (job, relationships, health, security) before being ready to make positive changes.

Someone who consumes a few too many drinks on the weekend should be able to moderate their alcohol use without professional assistance

Many people who want to cut back on their overuse of alcohol are able to do so on their own or with the aid of self-help resources. However, everybody is unique and talking to a counsellor about overuse can be helpful for kickstarting a plan and addressing any underlying issues.

Call the Manitoba Addictions Helpline at 1-855-662-6605 or visit MBAAddictionHelp.ca for more information on available supports.

Two IERHA paramedics receive 20-year exemplary service medals

Staff

Two long-time Interlake-Eastern Regional Health Authority paramedics were among the 22 Manitoba paramedics to receive national honours for exemplary service last week.

Shawn Muth and Maryann Kohinski were both presented with a 20-year medal at the legislative building last Wednesday.

"The Emergency Medical Services (EMS) Exemplary Service medal is a Governor General award that recognizes paramedics who have provided

commendable service for a minimum of 20 years," Health, Seniors and Active Living Minister Cameron Friesen stated in a release last week. "I'm proud that we're able to recognize the high standards of work, sacrifices and good conduct of these hard-working professionals who give their all to save others."

The medal recognizes professionals who provide pre-hospital emergency medical services and have performed their duties in an exemplary manner, characterized by good conduct, hard

work and efficiency.

"Those who provide exemplary service work at a very high level of performance and dedication that we wish to see followed by others," said Ken Gurba, chair of the Manitoba award committee. "These individuals have worked at this level throughout their careers and deserve this recognition for work well done."

This year, 17 paramedics received 20-year medals, three received a bar marking 30 years of service, and two received a bar marking 40 years of

service. For a full list of award recipients, visit news.gov.mb.ca/news/index.html?item=44779.

"The work paramedics at the front line and in leadership positions do is vital to our health system," said Helen Clark, chief operating officer of emergency response services and chief allied health at Shared Health. "I would like to thank each of these professionals for their many years of dedicated service to Manitobans and congratulate them for receiving this well-deserved national honour."

Manitoba paramedics first in Canada to give antipsychotic medication to meth users

Staff

A new drug protocol will allow paramedics to administer Olanzapine to agitated people who have used methamphetamine and are at risk of suffering psychosis.

"Paramedics have seen first-hand how a person's behaviour can quickly change when they're using meth," Health, Seniors and Active Living Minister Cameron Friesen stated in a release. "By granting paramedics the ability to administer Olanzapine, we are giving them another tool to protect their patients, themselves and others."

The new drug protocol, approved by the provincial Emergency Medical Services and Patient Transport Medical Advisory Committee, will come into effect in early December. Olan-

zapine, an antipsychotic medication, is already used in a variety of clinical settings. The drug helps lessen or prevent the severity of symptoms, such as agitation, for meth users.

"Paramedics are often first on scene," said Helen Clark, chief operating officer of emergency response services and chief allied health for Shared Health. "Giving them the option to use Olanzapine allows paramedics to help reduce the patient's agitation, their risk of psychosis, and the risk of harming themselves or others."

Manitoba is the first jurisdiction in Canada to sanction the use of Olanzapine by paramedics, who provide oral disintegrating tablets to consenting patients following consultation with a supervisor. This practice is cur-

rently used in Australia.

"With rising concern around methamphetamine use and its associated psychosis and aggression, we are facing a time where critical action is required," said Dr. Ginette Poulin, medical director of the Addictions Foundation of Manitoba (AFM). "This enhanced protocol will be an important contribution to responding to the devastating effects of methamphetamine use and empower first responders safely support patients in distress."

The decision to expand the use of Olanzapine was welcomed by the Paramedic Association of Manitoba, which represents all licensed pre-hospital practitioners in the province.

"We are pleased to see that paramedics across the province will be

able to administer Olanzapine in cases of known or suspected methamphetamine use," said Brent Bekiaris, chair of the Paramedic Association of Manitoba. "These patients can quickly develop paranoia and exhibit violent behaviour even while being assessed, so additional treatment options are needed."

The use of Olanzapine is the latest in a growing number of initiatives announced by the Manitoba government to help combat rising levels of drug use. This includes the opening of five Rapid Access to Addictions Medicine clinics throughout the province, which have seen nearly 400 people since the first location opened at the end of August.



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Your FARM



African Swine Fever spread remains top of mind

By Harry Siemens

The spread of African Swine Fever remains high on the North American radar.

Tyler Fulton, the director of risk management with h@ms Marketing Services, said that while the impact on the market is somewhat subdued right now, the issue remains the largest source of uncertainty as producers monitor the spread of the illness in China and Europe.

"I think that, regarding the deferred months, the spring and summer prices for 2019 are probably being supported by the idea that in

the longer term we expect more information and the implications might be positive for North American producers," Fulton said. "But there's still a great deal of uncertainty.

"The latest news suggests that the spread of the disease is far greater than what the Chinese officials are reporting," he added.

The official outbreak count is at 50, but news broke recently of infected sausage found in travellers' luggage or on travelling routes to both Japan and Taiwan, which "suggests that the disease is already well into the production

systems and spread possibly further," Fulton said.

Given the uncertainty in China, there is potential for significant improvements on forward prices.

"I suggest pricing in incremental targets, possibly in the neighbourhood of an additional 10 to 20 per cent of production, \$10 per CKG improvement in price," Fulton said.

Swine fever concerns aside, the successful conclusion of the United States-Mexico-Canada trade negotiations and Canada's ratification of the CPTPP is good news for Canadian pork producers.

"We seem to have reached the tipping point a little bit concerning positive trade news, in particular with the signing of the USMCA agreement. That still hasn't factored into markets yet," Fulton noted. "The hope is that we will get a resolution to the steel and aluminum tariffs which would see the Mexicans lift their tariff on U.S. pork, which has [made] a material difference to market prices in the last five months or so."

Fulton adds he thinks things are still a long ways off from getting any trade resolution with China. It seems as though there's a pretty big gap, even though it's encouraging the U.S. and Chinese governments continue to talk.

The signing of the CPTPP agreement, meanwhile, bodes very well for Canadian producers, in particular into Japan.

"That will cement a matching of the advantage that the EU producers had signed in a bilateral agreement with Japan and will be a significant advantage over U.S. producers regarding their percentage of an applied tariff," Fulton said.

If nothing changes, Canadian producers will have an advantage in that market, but he suspects that it may be short-lived.

With that in mind, hog commentator Jim Long said the European swine industry is in general not currently profitable.

Depending on which country, profits are on either side of just breaking even. The feed grain price has increased in Europe partially due to lower crop yields.

"We get little sense that there is much if any European expansion in the swine sector," Long said.

It amazed Long when attending the EuroTier Trade Show in Hanover, Germany recently how many swine equipment manufacturers were there. The options for buyers are numerous.

"There was a sense of back to the future with numerous equipment options for what some would call animal welfare," he said. "Farrowing, pens, numerous options for loose sow housing, straw spreading machines, lots of different toys for pig pens etc. Rules on housing, space allocation, castration, tail docking are just some of the factors that continue to drive up the European cost of production."

Long said talking to the Chinese visitors with many of the largest swine production companies he got a real sense that the effect of ASF long-term on China is undetermined.

While at EuroTier, Sichuan—the last large hog producing Chinese province (60 million head a year)—had its first ASF case. "The question is with all pig producing provinces in China confirming ASF in their pigs, how will that affect interprovincial trade extremely restricted the last few weeks," Long said. "This restriction has created market differences of over \$100 U.S. per head between provinces mostly depending on hog supply relative to packer capacity within a province."

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RM of West St. Paul warns residents after coyote sightings

Submitted

The RM of West St. Paul has received several complaints of coyotes in the municipality that have been stalking family pets.

The RM reminds residents to keep your dogs on a leash, and don't allow any pets to roam loose.

Below is a list of ways to reduce coyote problems, as well as what to do if you encounter a coyote.

- Do not feed coyotes or any other wildlife, especially near human habitation.
- Keep all garbage in plastic or metal containers with lids tightly secured.
- Keep children under close supervision while they are outside.
- Bring pet food inside a secure location every night or, better yet, feed your pet indoors.
- Keep pets inside at night and under close supervision while they are outside during the day.
- Avoid close contact with any wild animal or wild animal feces to prevent exposure to disease or parasites, and ensure your pet's vaccinations are up to date.

Coyotes can also be removed by a homeowner at any time in defense of private property or to protect personal safety on land that they own. Property owners may also use the services of another individual, such as a licensed trapper, to address a particular problem coyote on their property. West St. Paul has a no shooting bylaw, and shooting coyotes or wolves should only be done if the animal threatens you. If you see coyotes or wolves, please call the RM or Manitoba Conservation.

Coyotes are most active at night, although they have been known to come out during the day as well. If for any reason you encounter a coyote, remember to remain calm. Try to make yourself look as big as possible, make lots of noise and lastly, back away slowly. Give the coyote space to run away. It is extremely rare for a coyote to attack a human, as their natural behaviour is to run away.

Coyotes may carry disease such as distemper and on occasion, rabies. These diseases can spread to our pets. Because of this, it is important to keep your animals' vaccinations up to date. It's also important to keep your property clean, as coyotes are attracted to garbage. Ensure all garbage is sealed in garbage bags and placed in the appropriate bins with the lid firmly closed.



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Cadger looks to make martial arts affordable

By Justin Luschinski

Two evenings a week, Robert Smith School's gymnasium is transformed into a dojo.

Boxing gloves hit Thai pads, while the younger fighters practice their push kicks on a large mat wall usually meant for football practice.

Around 20 participants take part in the class to practice self-defense and discipline under the watch of Arlie Cadger.

Cadger fell in love with martial arts at an early age, training in a small karate studio run by an RCMP officer. She said that learning martial arts has improved her life drastically, and she wants at-risk youth to get the same benefits she did.

Cadger, the sensei of Cadger Martial Arts, said she wants more low-income families to gain the benefits of martial arts.

"A lot of sports have a high cost of entry. Hockey equipment costs a lot of money, and most low-income families can't afford it," Cadger said. "Learning martial arts teaches you so many useful skills, not just how to defend yourself, but how to live your life in a positive way."

"I want to make sure that at-risk youth can learn how to lead a better life."

Cadger said the club pays to rent the gym at the local school but some of the funds go towards the school's breakfast and lunch program. She added she does her best to keep her



club fees low, so more people can afford to take part.

Her club does not require a uniform, and low-income students can have their fees paid for through the Canadian Tire Jumpstart program. She also has a few spots for students who can't be covered through Jumpstart, and she will help those students pay for equipment such as gloves and hand wraps.

Cadger said that people can start training at any age. Her class has a nice mixture of young adults, children, and older men and women who are looking to get back into shape.

Jackie Anderson started taking classes around 2011, training for around three years, before she took several years off to prioritize her career and her family.



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Students take part in a Cadger Martial Arts class at Robert Smith School earlier this month. Cadger Martial Arts teaches Mixed Martial Arts, a combination of traditional Muay Thai Kickboxing, Judo/Jiu Jitsu, and some self-defense training added in.



She recently started training with Cadger again, and said it's one of the most positive things in her life right now.

"I'm a small person, and I'm a girl, so I thought it would be good to learn some self-defense. But since I started, it's enriched my life, not just physically, but emotionally as well," Anderson said. "It gives you confidence, it makes you more disciplined, and there's always something new to learn."

Anderson added that the stereotype surrounding mixed martial arts,

that it teaches you to be aggressive, is wrong. She said training gives you more discipline, and a student is less willing to start a fight because they know how damaging it could be to the other person.

Cadger Martial Arts holds classes at Robert Smith School on Tuesday and Thursday evenings from 6 p.m. to 8 p.m.

For more information, contact Arlie Cadger via email at arliecadgar@yahoo.ca. The "Cadger Martial Arts" can also be found on Facebook.



The **Red River Basin Commission and their Partners** are holding the final **Public Open House Presentation** on



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*A presentation by Dr. Gordon Goldsborough will be given at 7:00 pm

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'Selkirk's a safe place to be,' RCMP says after two homicides in one week

By Lindsey Enns

Selkirk's mayor and local police want residents to know that the community is still a safe place to live following two homicides in one week.

Selkirk RCMP Staff Sgt. Jared Hall said both homicides were isolated incidents and there is no threat to the public.

"Selkirk's a safe place to be, it's a safe place to work, it's a safe place to enjoy recreationally," Hall said, adding two homicides in one week is "very uncommon" in any community. "I know from my experience in major crimes ... something like this is very rare."

"These are violent crimes and they're not common."

Selkirk Mayor Larry Johannson says safety is a high priority for local government and police.

"I believe that we have the right procedures, the right tools in place to have a safe community," Johannson said, adding RCMP helped solve the first homicide quickly and are working diligently to solve the second one.

RCMP have arrested and charged a 24-year-old man in connection to the death of a 30-year-old man on Nov. 10 while investigation into the second



RECORD FILE PHOTO

Selkirk's mayor and local RCMP say the city is still a safe place to live after two homicides took place in one week in November.

homicide on Nov. 16, in which the victim was a 64-year-old man, is still ongoing.

As of last week, Selkirk RCMP along with the RCMP Major Crimes Unit were seeking the public's assistance in identifying any suspicious persons or activities or persons hitchhiking in the Selkirk areas of Jemima Bay, Main Street, old Henderson Highway, and Highway 9 south to Lockport between 6 a.m. on Nov. 16 and 6 a.m. on Nov. 17.

Anyone with information is asked to contact Selkirk RCMP at 204-482-1222 or call Manitoba Crime Stoppers anonymously at 1-800-222-8477, submit a secure tip online at manitobacrimestoppers.com or text "TIP-MAN" plus your message to CRIMES (274637).

Hall says they continue to work with the Selkirk Bear Clan Patrol and local Citizens on Patrol Programs to combat crime.

"That's a big thing, working with

those groups," he said. "We can't be everywhere and we can't be on every street corner. We do rely on communities and individual citizens ... to be our eyes and ears for us."

"If nothing's reported to us, it's hard for us to know about it."

Hall says anyone who notices any suspicious activity taking place should contact their local RCMP detachment.

"We want to be there, we want to help," he added. "We also want to deter things and be proactive."

Taking simple steps like locking your car doors and being aware of your surroundings at night can also help keep you safe, Hall said.

"People need to be vigilant and aware of what's happening in their neighbourhoods and their communities," he said. "We ask people to ... take personal steps to ensure your individual public safety and that's something that should be on everybody's minds."

Johannson said the city is in the process of redesigning its downtown core and safety is a high priority.

"We want crime prevention to be one of the top elements," he said. "We want citizens and visitors to feel safe."

Manitoba commemorates 85th anniversary of the end of the Holodomor

Staff

The Manitoba government commemorated the 85th anniversary of the end of the Holodomor, a famine genocide that claimed millions of lives in Ukraine between 1932 and 1933 last Thursday.

"We must continue to honour the memories of the lives so senselessly lost and keep shining a light on this very dark chapter in human history," said Sport, Culture and Heritage Minister Cathy Cox in a release last week. "It is only by remembering the past that we can ensure atrocities such as this are never repeated."

Manitoba is among jurisdictions around the world that formally commemorate the Holodomor annually on the fourth Saturday of November, known in Manitoba as Ukrainian Famine and Genocide (Holodomor) Memorial Day.

"I remember my mother grinding up dried corn cobs and husks, and using that to make soup broth for her children to survive," said Luba Semaniuk, a Holodomor survivor living in Winnipeg, who was a young girl in Ukraine when the famine began. "Even though that was all we had, my mother told me to take some broth over to our neighbours, only to find the mother and her two young sons, dead of starvation. These are things that should not be seen or experienced by anyone, espe-

cially a six-year-old girl.

"I will always remember and never forget."

Last Thursday, Cox hosted a commemoration of the Holodomor at the legislative building, which included a gathering on the building grounds at the Bitter Memories of Childhood monument. The statue depicts a starving girl holding five stalks of wheat, symbolizing the Soviet law that imposed death or imprisonment for anyone caught picking grain from collective farm fields, which led to mass arrests and executions as hungry Ukrainians searched for food.

"After many years of suppression and even denial, the truth surrounding the Holodomor is finally being publicly recognized," said Joan Lewan-

dosky, president of the Ukrainian Canadian Congress, Manitoba Provincial Council. "Our organization strives to ensure the enduring memories of the millions of men, women and children

who were forcibly and senselessly starved to death in Ukraine in 1932 and 1933. We thank the Manitoba government for its efforts in raising public awareness of the Holodomor."

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SCHEDULE

FRIDAY, NOVEMBER 30

MAIN STAGE DANCE

Music and dancing!

6:00PM – 9:00PM

Bring your dancing boots, be prepared to end the night on a community Round Dance.

LIGHT UP THE STREET

7:00PM

with Mayor Larry Johannson

ON THE STREET Starting at 6:00PM

Selkirk Film Premiere

Down on Main Street

6:00PM

\$2 admission / 50 minutes

Garry Theatre

225 Manitoba Ave.

21* Human Hamster Wheel

6:00PM – 9:00PM

Run for your Lite Art Installation

Corner of Main St. and Manitoba Ave.

Thanks to WoodAnchor

16 Mini Festive Yoga

7:00PM – 9:30PM

Every 30 minutes

Playful yoga with holiday lights on heated floors.

All ages, all abilities welcome.

Glow Fitness for Women

217 Clondeboye Ave.

14 Parks Canada Photo Booth

6:00PM – 9:00PM

Get your photo with nature

377 Eveline St. in Community Threads

10 Art, Cider & Cheese

6:00PM – 9:00PM

Gwen Fox Gallery

250 Manitoba Ave.

9 Giant Selfies with Santa

6:00PM – 9:00PM

FREE family photo with Santa (bring your camera)

Across from the Garry Theatre

Thanks to Selkirk Community Renewal Corp

6 Vodka & Craft Beer Tasting

8:00PM – 10:00PM

On the Rocks Bar

219 Manitoba Ave.

Thanks to Selkirk Motor Hotel

4 Métis Music

8:00PM – CLOSING

The Merchant Hotel

383 Eveline St. at Manitoba Ave.

@themerchselkirk for

entertainment details

Thanks to N4 Construction

SATURDAY, DECEMBER 1

BE ARTFUL

22 Rotarians Read for Kids

10:00AM – 8:00PM

Huddle in the reading tent in the alleyway

Thanks to Gaynor Family Regional Library

Hey Early Birds!

25 Canvasback Pooch Parade

6:30PM

Dress up & light up Fido!

\$2 entry fee

Win gift cards from Canvasback

Pet Supplies

Donate and get your puppy

portrait with Winnipeg Tails

18 Barn Quilting

12:00PM – 8:00PM

Crayon & paint your own tiny quilt

in the Art Express'd Container

14 Parks Canada Photo Booth

12:00PM – 6:00PM

Get your photo with nature

377 Eveline St. in Community Threads

9 Giant Selfies with Santa

6:00PM – 9:00PM

Across from the Garry Theatre

Thanks to Selkirk Community Renewal Corp

ART DEMOS & INSTALLATIONS

20 Chainsaw Carving

Five chainsaw artists start with a log and end up with art.

One of the final pieces will be auctioned off!

In the 230 block of Manitoba Ave.

16 Mini Festive Yoga

1:00PM – 9:30PM

Every 30 minutes

Playful yoga with holiday lights on heated floors.

All ages, all abilities welcome.

217 Clondeboye Ave.,

Glow Fitness for Women

10 Hook a Rug

12:00PM – 4:00PM

Learn to recycle fabric scraps into a rug

250 Manitoba Ave.,

Gwen Fox Gallery basement

1 Hammerdown

12:00PM – 4:30PM

Blacksmiths compete to make the best marshmallow roasting fork!

Outside The Merchant Hotel

383 Eveline St. at Manitoba Ave.

Thanks to BlackCat Wear Parts

ALLEYWAY FUNK

Peek in and out of alleyways to find

- Giant Glowing Mushroom / Muisiriún Illuminé by Daniel Dorge
- UML (University of Manitoba Installation)
- imPACT by Katryna Lipinsky and Evan McPherson
- Elephant on a Circus Ball by Jana Badenhorst



Scavenger Hunt

holidayalley.ca



Enter and win gifts and gift cards donated by our friends
Canadian Tire, Cheeky Leaf, SteelCity Physiotherapy and
Wellness Centre and Canada Safeway.

1 Call of the Wild

The Giant Elk up for

auction is made of...

- ☐ tree deadfall ☐ ice
☐ fur

2 Iron in the fire

The blacksmiths are

angling to make the best...

- ☐ marshmallow roasting fork
☐ soup ladle
☐ iron maiden

3 Quilty conundrum

The "quilts" on Holiday Alley

are made to go on...

- ☐ barns ☐ a bed
☐ your granny

4 Light up the Night

Of the all the buildings on Eveline St.,

three are this same colour...

- ☐ pink ☐ purple ☐ turquoise

5 Buzzzzzz

The chainsaw artists are carving...

- ☐ chains ☐ tree trunks
☐ roast beast

6 Mmmm!

Seventeen local chefs are competing to

make the best...

- ☐ bannock ☐ catfish ☐ soup

7 Get crafty

At the Gwen Fox Gallery you can learn to...

- ☐ hook a fish ☐ hook a rug
☐ hook a pipe

8 Lights, camera, action!

The "movie" *Down on Main*

Street is about the creation of...

- ☐ Hollywood ☐ Halloween
☐ Holiday Alley

9 Pause your tired feet

How many puppy paws

are on the "walk a mile

in my shoes" mural?

- ☐ 4 ☐ 14 ☐ 40

10 Say cheese!

You can get a picture with

Manitoba nature at the...

- ☐ Selkirk Zoo
☐ House of Economy
☐ Parks Canada photo booth

ENTER

Before 10PM | Sat, Dec 1, 2018

DROP OFF LOCATIONS

The Gypsy Traders
238 Manitoba Ave.

The Mighty Kiwi Juice Bar
201 Manitoba Ave.

Roxi's by the Red Uptown Café
219 Manitoba Ave.

Name: _____

City/Town: _____

Phone: _____

Email: _____

☐ I am over 18 and consent to Holiday Alley using my information to contact me about future events.

Canada

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HOLIDAYS

Manitoba
CANADA'S HEART & BEATS

Selkirk+District
COMMUNITY FOUNDATION
HERE FOR GOOD

Selkirk
Where it all comes together

The Gaynor Family

McCONSTRUCTION INC.

SCRC
Selkirk Community Renewal Corporation

Westside
Honda/Polaris

THE PRHouse

Manitoba
Hydro

BLACK CAT
WEAR PARTS

The Selkirk
Record

HTFC
PLANNING & DESIGN

BURDEN
of TRUTH

Selkirk & District
Labour Council

All Star
Toilet Rentals

Eagle Vision

Red River North
SELKIRK • ST. ANDREWS • ST. CLEMENTE

Interlake
Tourism Association

Red River North
SELKIRK • ST. ANDREWS • ST. CLEMENTE

Terry's Towing

eOne

ICF
films

Waterfront
Development
Corporation

Roxi's by the Red
UPTOWN CAFE

THE ROCKS
BY THE RIVER

CANVASBACK
PET SUPPLIES

ART SHOPPING

Hey Early Birds!

10 40 Makers & Crafters Market
10:00AM – 6:00PM
Gordon Howard Centre
384 Eveline St.

19 Art Auction
Giant Elk, Art on Ice Shacks & more
5:00PM outside the
Gwen Fox Gallery
250 Manitoba Ave.
Proceeds shared with the
Selkirk & District Community
Foundation
(Bid in advance at
holidayalley.ca)

10 Fine Art & Art Gallery Shop
10:00AM – 9:00PM
Gwen Fox Gallery
250 Manitoba Ave.

11 Silent Auction
11:00AM – 5:00PM
Try your luck at taking home
"art" for the home
Knox United Church
341 Eveline St.

Also check out
our many unique
shops and fine
second hand
stores on
Holiday Alley

FOODIE FEASTS

7 Manitoba Hydro Soup Cook-Off
12:00PM – 4:00PM
Sample 17 varieties of soup!
Buy tickets at Riverside Grill
386 Eveline St.

24 High Tea
2:00PM – 4:00PM
A dozen savoury and sweet treats
China tea cups for your hot tea!
Buy advance tickets at Ubuntu
Bakery in the Gaynor Library

6 Vodka and Craft Beer Tasting
2:00PM – 9:00PM
On the Rocks Bar
219 Manitoba Ave.
Thanks to Selkirk Motor Hotel

**8 Check out every #8
on the map for:**
✓ Mini Donuts and Coffee
Lemon Train
✓ Disney Christmas Dishes
Roxi's by the Red Uptown Cafe
✓ Hot Chocolate Bar
(a dozen different toppings!)
The Mighty Kiwi Juice Bar
and Eatery
✓ Dogs, Fries & Shakes
Riverside Grill
✓ Sandwiches-to-go
Gordon Howard Centre

ENTERTAINMENT

Selkirk Film Premiere
Down on Main Street
12:00PM
\$2 admission / 50 minutes
Garry Theatre
225 Manitoba Ave.

17 Poetry Slam
6:00PM – 7:30PM
Young and old compete
for best spoken-word poet
Under the tent with host Steve Locke

13 Jamming Session
6:00PM – 9:00PM
Bring your guitar and we'll give you a stage!
Selkirk Legion, 403 Eveline St.
Hosted by Hillbilly Burlesque

**4 Check out every #4 on the
map for LIVE entertainment**
Pick up a list of performers and
times @ HolidayAlley.ca
Saturday
12:00PM – 9:00PM
Gwen Fox Gallery
House of Economy
On the Rocks Bar
The Mighty Kiwi

OUR INDIGENOUS ROOTS

Drums and Stories
12:00PM, 2:00PM, 4:00PM, 6:00PM
and 8:00PM
• Story telling from Elder Ruth Christie
• Fire Heart Women's Traditional Hand
Drum Group
• Howling Wolves Men's Drum Group
In the Onashiwini Aboriginal Head Start
Program, 222 Manitoba Ave.
Thanks to the producers, directors & staff
at Burden of Truth

Métis Music
6:00PM - CLOSING
The Merchant Hotel
383 Eveline St.
at Manitoba Ave.
@themerchselkirk for
entertainment details
Thanks to N4 Construction

FREE SHUTTLE!



Park at the Canalta Hotel or Canadian Tire
Pick ups every 15 minutes
Drop off at the Gwen Fox Gallery
Thanks to Selkirk Transit

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THEATRE
Down on Main Street Film
\$2 Admission / 50 minutes
6:00PM Friday/12:00PM Saturday

BANK
ATM

EVELINE ST

RIVERSIDE GRILL
Buy Manitoba Hydro
Soup Cook-Off
Tickets here

MANITOBA AVE

MAKERS MARKET

BONDED
MOBILITY HEALTH

CLANDEBOYE AVE

RED RIVER


EXPLORE THE ALLEY

- | | | | | | |
|------------------------------|--------------------------------|---|------------------------|------------------------|---------------------------------------|
| 1 Blacksmithing | 6 Beer & Vodka Tasting | 11 Silent Auction Knox United Church | 15 Mural Photo Op | 20 Chainsaw Carving | 25 Pooch Parade |
| 2 Art on Ice | 7 Manitoba Hydro Soup Cook-Off | 12 Info, Lost & Found, First Aid & Security | 16 Flash Yoga Warm up | 21 Human Hamster Wheel | Main Stage* |
| 3 Hot Beverages | 8 Food & Drink | 13 Saturday Night Jamming Session | 17 Poetry Slam | 22 Reading Tent | Alleyway Funk |
| 4 Music, Dance, Storytelling | 9 Giant Selfies | 14 Parks Canada Photo Booth | 18 Barn Quilts | 23 Santa Photo Op | This is a no-smoking event, thank you |
| 5 Children's Activities | 10 Artists, Crafters & Makers | | 19 Giant Elk Sculpture | 24 High Tea | * Friday night only |

- Enter
- Washrooms
- Parking
- Free Shuttle Stop From Canadian Tire and Canalta Hotel

PET of the Month

Winner November 2018



Gizmo & Cosmo

Fun Fact: Gizmo on the left, Cosmo on the right.
Guess who always wins out on all the toys and attention?

CANVASBACK PET SUPPLIES

Gizmo & Cosmo have won a prize pack from Canvasback Pet Supplies!

To submit your pet for the Pet of the Month 2018 contest, send a photo and a fun fact to:
ads@selkirkrecord.ca

Black Friday craft sale fun



RECORD PHOTOS BY
BRETT MITCHELL

ABOVE: Black Friday Gift and Craft Sale show exhibitor Shelly Maslechko shows off a pair of leggings from SweetLegs Oakbank during the event at Memorial Hall last Saturday. RIGHT: Black Friday Craft Sale volunteer Clair Corrigan shows off one of the Christmas décor hats for sale during the event last Saturday.



Selkirk Animal Hospital

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Dr. Fred Lindenschmidt

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Selkirk Record

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Selkirk MB R1A 2B2

Meetings are 2nd Wednesday
of each month (except July
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downstairs
clubroom. New members
welcome.



Rotary Club of Selkirk
Lesli Malegus, Sec.
204-482-3113
www.clubrunner.ca/selkirk

Motto: "Service Above Self"
Meetings 2nd & 4th Mondays
6:00pm at Selkirk Golf & Country Club
100 Sutherland Ave, Selkirk, Mb.
Rotarians provide humanitarian
service, encourage high ethical
standards in all vocations and help
build goodwill and peace in the
world. Guests are always welcome.



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Membership Chairman
Herb Dubowits 766-2385
Motto: "WE SERVE"
A non-profit organization,
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communities.

The Lions meet on the first
& third Monday of the
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Guests and new members
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REMORA #26



ODD FELLOWS
Meets 1st Tuesday
of each month
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Holiday Alley aims to celebrate art, creativity in Selkirk

Submitted

About 200 different artists, crafters, and makers will be represented on Holiday Alley in old downtown Selkirk this weekend, which marks the second annual two-day festival celebrating art and creativity in Selkirk.

The Makers Market at the Gordon Howard Centre kicks off daytime events at 10 a.m. on Saturday, two hours before the main activities on the street. It will house 40 crafters, artists, bakers and makers selling Christmas gifts and goodies from Icelandic vinarterta to Caribbean rum cake; from goat milk soap to antler jewellery; from fused glass mosaics to retro art prints.

At the opposite end of Manitoba Ave., the Gwen Fox Gallery has expanded its gift shop with the work from 80 artists for sale, and is profiling three artists' work on the gallery walls.

Winnipeg artist Sandy Brown will be at the Gwen Fox for the first time with her art work using hockey sticks and hockey tape to pay tribute to hockey



SUBMITTED PHOTO

Winnipeg artist Sandy Brown, pictured above, will have her Hockey Moms exhibit on display at the Gwen Fox Gallery during the second annual Holiday Alley, which takes place in downtown Selkirk this Friday and Saturday.

moms.

"The hockey mom is a unique angelic being who magically gets her kids to the game with everything they

need," said Brown, who is not a hockey mom herself but knows many friends and family who are, and has modeled her angels after them. "In all my work

I want to pay tribute to the invisible work of women."

This is the first time Brown's Hockey Moms exhibit has been displayed outside of Winnipeg.

Gayle Halliwell and her team of Interlake artists have more than a dozen barn quilts – large wooden squares painted like quilt squares – in the middle of the street during Holiday Alley.

Halliwell is inviting people on Holiday Alley to create their own barn quilt squares, with crayons, pencils, or paint inside the large Art Express'd shipping container on the street.

The Interlake Barn Quilt Trail has over 40 wooden squares that hang on buildings and fences across the region, representing the culture, heritage and creativity of local artists.

Holiday Alley, which kicks off Friday evening, will be dotted with several interactive installations and public art from Main to Eveline Streets. A list of the 25 different events and a map can be found at holidayalley.ca

NOVEMBER 25

International Day for the Elimination of Violence Against Women

NOVEMBER 29

International Women Human Rights Defenders Day

DECEMBER 1

World AIDS Day

DECEMBER 3

International Day of Persons with Disabilities

DECEMBER 5

International Volunteer Day for Economic and Social Development

DECEMBER 6

National Day of Remembrance and Action on Violence Against Women

DECEMBER 10

Human Rights Day

16 Days of
ACTIVISM

#Whiteribbon

Survivor's Hope
Crisis Centre
204-753-5353

www.survivors-hope.ca

IERHA Foundation celebrates donors during appreciation event

Submitted

The Interlake-Eastern Health Foundation has benefitted greatly from the investment of community members from all over the region in its first year. Those accomplishments were celebrated during a donor appreciation ceremony and annual general meeting held at the Gaynor Family Region-

al Library last Wednesday evening.

Through the generous support of community donors, the foundation has raised nearly \$300,000 in its first year of operations. It helps donors target donations by identifying priority needs in regional health care programming and facilities. Through these efforts, donations have been tar-



RECORD PHOTO BY JUSTIN LUSCHINSKI

Jean Oliver, pictured left, alongside Betty Milkowski, right, speaks about the Rotary Club of Selkirk's Project Echo during the Interlake-Eastern Health Foundation's donor appreciation ceremony and annual general meeting at the Gaynor Family Regional Library last Wednesday evening.

geted towards the purchase of seven high priority pieces of medical equipment for the regional health care facilities this year.

Board chair, Kelly Cook, said it has been rewarding to see the foundation do so much in its first year to help community members target their philanthropy for the health care needs

that are a priority in the region.

"The Interlake-Eastern Health Foundation has been busy this year doing what we love to do, promoting our brand, ensuring we are good stewards of donors' dollars, and helping donors direct their investments to where they will make a difference," Cook said.

Pamela McCallum, the foundation's executive director, says they are now ready to raise the bar and engage with more donors in the coming year to continue to show the value of community philanthropy for health care in the region.

For more information on The Interlake-Eastern Health Foundation, contact Pamela McCallum via email at pmc-callum@ierha.ca or visit Interlake-Eastern Health Foundation's page on Facebook or website at iehf.ca.



Attention Kids...

Write us a Christmas Story!

*Write a story about your best Christmas ever!
Use as many words from this list as possible.*

- family
- presents
- food
- stockings
- oranges
- love
- laughter
- travel
- decorations
- traditions
- snow
- memories

(Maximum 300 words or less)

GRAND PRIZE: 2 Large Pizzas from Domino's!

RUNNER UP PRIZES: Selkirk Steelers tickets for the winners and 4 friends!

Email your story to: ads@selkirkrecord.ca
Mail or drop off to: 215 Clandeboye Ave, Selkirk MB R1A 0X2

DEADLINE: Monday, December 3rd

All winning stories will be published in the December 20th Selkirk Record

Letters to Santa

Mail or email your letter to us by **MONDAY, DECEMBER 3RD** and we will publish it in our special Christmas Edition on December 20th
MAXIMUM 30 WORDS OR LESS

Please remember to include your first name and age on your letter!

Email to: ads@selkirkrecord.ca
Mail or drop off to: 215 Clandeboye Ave, Selkirk MB R1A 0X2



Holiday Open House

with **Jeff Wharton**

MLA for Gimli

Sunday, Dec. 2nd, 2018

Come and Go from
12:00 - 4:00

At the **Gimli Constituency Office**
68A Centre Street, Gimli

*Everyone Welcome!
Refreshments will be served*

Quarry FURNISHINGS

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Lift Chair and Recliner Sale

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get inspired

> MEAL IDEAS



Prep time: 10 minutes
Cook time: 5 minutes
Servings: 6
24 Crunchmaster Multi-Grain Crackers, Sea Salt flavor
24 small slices Brie cheese
1/4 cup prepared cranberry sauce
2 slices bacon, cooked and crumbled



Bacon, Baked Brie and Cranberry Holiday Melts

Heat broiler to high and position rack in center of oven. Arrange crackers in single layer on foil-lined baking sheet.

Top each cracker with slice of Brie, 1/2 teaspoon cranberry sauce and sprinkle of bacon. Broil 1-2 minutes, or until cheese is melted.

Tip: For vegetarian option, substitute chopped hickory-smoked almonds or pecans for bacon.



Recipe courtesy of Chef Scott, ALDI Test Kitchen

Prep time: 5 minutes
Cook time: 15 minutes
Yield: 10 servings
2 tablespoons Simply Nature 100% Pure Avocado Oil
3 large yellow onions, sliced
5 ounces Happy Farms Preferred Blue Cheese Crumbles
8 ounces Happy Farms Cream Cheese
Stonemill Ground Black Pepper, to taste
1 cup Friendly Farms Heavy Whipping Cream
8 ounces Southern Grove Chopped

Blue Cheese and Walnut Mousse

Walnuts, divided
5 cucumbers, thinly sliced
In large pan, heat oil and saute onions until brown and caramelized.

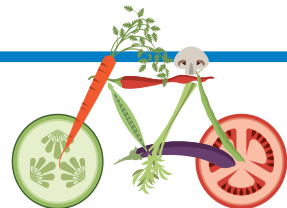
In food processor, combine blue cheese crumbles and cream cheese. Process until smooth. Season with pepper, to taste.

In medium bowl, using hand mixer, whisk cream until soft peaks form. Fold in cheese mixture and 4 ounces chopped walnuts.

Top cucumber slices with mousse, caramelized onions and remaining chopped walnuts. Finish by grinding black pepper over top for garnish.

Pair each serving with glass of La Rue Cotes de Provence Rosé.

Tip: Mousse can also be served as a dip with baguette slices.



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It is Important to Listen to What Other's Say

den of our withdrawal of affection, criticism of his or her intentions, and perhaps even an attack.

If we want to break out of this difficult pattern, it is important to listen to others from a place of love. As they speak to us, we might gently remind ourselves that this is a person we love, and then to listen from our heart. If we put one-hundred percent of our attention on "being there" for the other, profound transformations occur.

Keeping some questions in mind can really help: What does this person need, and how can I help? This does not mean giving in on everything or being a doormat. There may be many ways for the person to meet their need, and we can help them to find other ways than what they had in mind, if it is somehow unworkable. If they feel our loving concern for their well-being, problems are often easily solved in a "win-win" way.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit www.gwen.ca. Follow Gwen on FaceBook for daily inspiration.

The very best attribute to have if you want to have strong relationships is the ability to keep on loving right through difficult emotions.

We have probably all heard of the importance of clarifying, for children, that it is their behaviours we may dislike, not the child. It can be more challenging to hold this perspective with adolescents and partners. The reason for this is that while we may not like what a three-year-old is doing, we certainly do not take it personally. We know the child is just trying to get what he or she wants or needs, albeit, often ineffectively.

The same is true of teens and adults. However, because we may feel hurt by their behaviours or responses, we assume they do not care about our feelings, or do not love us.

The automatic response for many is to emotionally contract, that is, to withdraw love, become defensive or even aggressive. Now the other person, who initially was trying to meet a need, now must also carry the bur-



Recipe courtesy of Chef Alyssa, ALDI Test Kitchen

Prep time: 25 minutes
Cook time: 15 minutes
Yield: 36 poppers
8 ounces Southern Grove Pitted Dates
4 ounces Specially Selected Brie Cheese Round
6 ounces Southern Grove Slivered

Party Poppers

Almonds
1 1/2 pounds Specially Selected Thick Sliced Hickory Bacon
2 teaspoons Stonemill Ground Black Pepper

Heat oven to 375 F.
Cut dates in half, lengthwise.
Cut brie into bite-size pieces, about the size of peanuts.

Place one piece of Brie and four almond pieces on each open date half. Place other half on top.

Quarter bacon slices, wrap tightly around stuffed dates and secure with toothpicks. Sprinkle with pepper.

Line baking sheet with foil and place wrapped dates on top. Bake 15 minutes, or until bacon is crispy. Serve warm.

Pair each serving with glass of Peaks & Tides Cabernet Sauvignon.

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marlin travel

Local pet ferret selected as pet of the month for October

By Ligia Braidotti

A cute little ferret from Fraserwood is making his modeling debut on a calendar that will be featured throughout Canada next year.

Linus was recently selected by Pet Valu to be the face of October in the 2019 calendar to support the Lions Foundation of Canada Dog Guides. The little pet was chosen in the popular contest from 50,000 entries from across Canada through their social media and stores.

"He is wrapping all of the small furry pets, and it's just a great fall photo. He is nestled in among the pumpkins and looking very noble and very cute," Alison Preiss, marketing manager of social media and campaign of Pet Valu Canada, said.

Ferrets are a domesticated mammal belonging to the same family of weasels. They average 51 centimetres in length, have a life span of seven to 10 years and have been domesticated for approximately 2,500 years.

Pet Valu has been running this contest since 2012 and Preiss said it's been very successful. Every year, there's a competition during the summer, and they request that pet owners send a picture of their pets to be selected for the calendar.

Pet Valu takes into account the pet type, seasonality, the regional representation, and Preiss explained they try to have pets from all provinces.

"Linus' photo is in such a beautiful fall setting," she continued. "You look it over, and he's just a cutie sticking

out from among the pumpkins."

The Fraserwood ferret shares the calendar with other pets such as dogs and cats, a chameleon and a pot belly big.

Customers can help by donating what they can for which 100 per cent of the donations go into sponsoring dog guide teams. The calendar features cute pets but also includes coupons with special deals for every month.

"We are so lucky to have so many adorable customers. I think a lot of people look forward to it. We like to say the calendar will help you organize your life and it's also going to help you change the life of a Canadian with a disability," she explained, adding Pet Valu also holds fundraisers for local organizations and animal shelters. "Giving back is really integral to who we are as a brand. It's something we really believe in and something we love to do."

Preiss commented it costs about \$2,500 to raise and train dog guides for Canadians living with disabilities. Lions Foundation of Canada Dog Guides has seven programs including hearing, vision, seizure response, autism and service.

In the early 1980s, Lions Clubs across the country started developing a program for people with visual impairment. This initiative resulted in the Lion's Foundation of Canada and their first program called Canine Vision Canada, established in 1985. Dog guides are trained to help people with



RECORD PHOTO SUBMITTED

Linus, an adventurous pet ferret living in Fraserwood and owned by Sandra Burke, will soon be a pin-up in hundreds of thousands of homes across Canada. Linus, who likes playing with socks and squeak toys, was selected from nearly 50,000 entries to star in the 2019 calendar to support Lions Foundation of Canada Dog Guides.

disabilities around obstacles. The benefits of dog guides include positive psychological, social and physical effects, giving people more confidence, friendship and security.

"The Dog Guides is such an amazing organization. Not only are they helping people, but they are also showing

this incredible bond between pets and humans," Preiss said. "Every single (person) tells us how the dog has made a huge difference in their lives and the lives of their entire family."

To donate and get a calendar, go to your nearest Pet Valu.

RCMP are warning snowmobilers to ride safely

Submitted by RCMP

Every year, RCMP officers are called to scenes where snowmobilers have been badly injured or have lost their lives. Last year, six Manitobans died in snowmobile collisions. This year, we want everyone to ride safe while enjoying the outdoors so they make it home safely to their families.

Here are some tips to help keep snowmobilers safe this winter:

- Know your abilities and ride within your limits. This will allow you to always be in control of your snowmobile.
- Always check the weather conditions before you leave.
- Always ride in groups and let people know where you're going, the route you will be taking, and when you expect to return.
- Always wear protective clothing, including a helmet, gloves, and eye protection. Wear layers of clothing to keep warm and dry.
- When possible, avoid crossing bodies of water. If you are crossing bodies of water, be cautious of ice thickness, never ride in single file, and wear a life jacket over your outer clothing.
- Ride sober. Don't drink or consume drugs before or while snowmobiling.



PHOTO SUBMITTED

RCMP warn snowmobilers to take precautions and ride safely this winter.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk hockey teams skating to victories

By Brian Bowman

Last week started out bad for the Selkirk Royals' boys' hockey team but it sure ended well.

After losing by five goals to begin the week, Selkirk responded very well by winning a pair of Winnipeg High School Hockey League games.

The Royals closed out the week with a hard-fought 2-1 shootout win over the Oak Park Raiders last Friday.

Raymond Hefferman and Jordan Simko scored for Selkirk in the shootout.

Zach Parkinson scored in regulation time for the Royals.

On Nov. 20, the Royals skated to a solid 4-1 win over the Sturgeon Heights Huskies at the Rec Complex.

The Huskies took a 1-0 first-period lead on a power-play goal by Zachary Greenwood but it was all Selkirk after that.

Cade Chisholm and Brayden Cador scored power-play goals in the second and then Simko and Hefferman tallied just 1:18 apart in the third.

Selkirk hosted Garden City on Tuesday but no score was available. The Royals will be in Steinbach Wednesday for a 7:15 p.m. game.

In Winnipeg Women's High School Hockey League action, Selkirk edged the Sanford Sabres 3-2 on Thursday despite having only eight skaters for the third period.

The Royals trailed 2-1 late in the game but received goals from Cam-

ryn Horbaty and Reise Chwartacki. Chwartacki's game-winning goal came with just 2:01 left in the third period.

Selkirk's Rayley Goetz opened the game's scoring in the first period but Sanford's Abbey Bourdeaud'hui tied the score just under five minutes later.

The Sabres' Olivia Thompson then scored the lone goal in the second period.

Chwartacki and Goetz each finished the game with three points. Goetz now has nine goals and 16 points to sit second in league scoring (as of Friday afternoon) behind teammate Cienna Palmer (9-8-17).

Jodi Clifton made 16 saves for her eighth win of the season. She now has an impressive 1.69 goals-against average and .920 save percentage.

On Nov. 20, the Royals defeated the CJS Olympiens 3-2 in Winnipeg.

Brooke Johnstone scored the game-winning goal in the third period, assisted by Claudia Trylinski.

Palmer, with the assists going to Amy Carter and Maggie Medock, and Goetz scored for Selkirk in the first period.

Mackenzie Ramsey scored for the Olympiens in the opening period and then Rylee Konowalchuk tallied in the second.

Clifton made 15 saves for the win.

Selkirk hosted Oak Park this past Tuesday and then will have the Olympiens visit the Rec Complex Dec. 5 at 4 p.m.



RECORD PHOTO BY LANA MEIER

The Royals' Raymond Hefferman scored for Selkirk in the 4-1 win over the Sturgeon Heights Huskies on Nov. 20.



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--	--

For More Information Contact:
 Jim Schreyer: 204-800-3502; jhschreyer@gmail.com
 Jeff Scarcello: 204-482-6926; jscarcello@lssd.ca
www.royalsvolleyball.com

Fishermen defeat Ice Dawgs

Staff

The Arborg Ice Dawgs did a good job shutting down the Selkirk Fishermen for 48-plus minutes on Saturday evening.

But they had trouble containing them the rest of the game - and it cost them a victory - in Capital Region Junior Hockey League action.

After the first two periods were scoreless, Colton Davies gave Arborg a 1-0 lead just 13

seconds into the third.

Thomas Mironuk tied the score at 9:45 of the period and then Selkirk took a 2-1 lead when Dawson Courchene tallied just 1:34 later.

Courchene had a great game, finishing with three points.

The Fishermen sealed the win when Evan Bedard scored into an empty net with Arborg goalie Gavin Love pulled for an extra attacker.

Love finished the game with 41 saves while Selkirk netminder Riley Bannerman made 24 stops.

Selkirk, currently in second place with 21 points, will have a pair of home games this weekend.

Arborg will be here Saturday and then St. Malo will visit Selkirk on Sunday.

Both games will start at 7:30 p.m. at the Rec Complex.



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Selkirk to face Saints in provincial semifinal

By Brian Bowman

The Boston Pizza "AAAA" varsity girls' volleyball Final Four is a rerun of last year's provincials.

For the second year in a row, one semifinal will see Selkirk battle the Portage Saints Wednesday (8 p.m.) at the University of Manitoba.

In the other semifinal, the MBCI Hawks will play the Jeanne-Sauve Olympiens at 6 p.m. on Wednesday.

Selkirk is eagerly looking to avenge a five-set loss to Portage in last year's provincial semifinal.

"I'm so excited," said Royals' head coach Kyla Michalski Monday eve-

ning. "It's the best week of the year for me this week."

It should be a great semifinal match-up between two really good, young teams.

"It should be interesting," Michalski predicted, noting the two teams were 1-1 against each other this season. "We lost last year in five so we're definitely looking at a little bit of payback, per se."

Selkirk will have to shut down - or, at least contain - Portage's two strong left-side hitters.

"They can definitely do some damage," Michalski noted. "They are quite

balanced and they have a good middle as well. They can definitely run their offence."

One difference between the two clubs, though, may be Selkirk's defence. The Royals' defensive play has been stellar for most of the season.

"We're picking up a lot of balls defensively and I really feel that has kept us in a lot of these games," Michalski said.

The Royals advanced to play Portage after a thrilling 3-1 quarter-final victory over the Dakota Lancers last Saturday afternoon.

"It was a really good match," Michal-

ski recalled. "I actually thought we were going to get them in three, which is always exciting. We had some control in that third set but it almost looked like the girls got over excited when it got tight."

Selkirk won the first two sets by identical 25-18 scores but Dakota came back to win the third set 25-23.

Selkirk came out really strong in the fourth set, closing out the match with 25-16 win.

Dakota advanced to play Selkirk after defeating the Oak Park Raiders 3-2 on Friday.

Royals season ends with provincial final loss

By Brian Bowman

Selkirk Royals' head coach Ryan Penner knew back in September that this year's edition of the junior varsity boys' volleyball team was a really talented one.

And this group proved Penner right all season as they reached the final of the McDonald's "AAAA" provincials Monday evening at the University of Manitoba.

Selkirk gave the Dakota Lancers a real good battle before losing 3-1 by scores of 21-25, 25-20, 21-25, and 22-25.

"It was a tight game but I don't know if we played our best," said Penner Tuesday afternoon. "I think Dakota really put the pressure on us early and we had a bit of trouble responding. We made a lot of errors and we didn't execute as cleanly as we wanted to."

"The energy was there, we tried hard,

and we grinded but it didn't click for us the way we were hoping it would."

The loss in the provincial final was a tough one for Selkirk. But this year's Royals junior varsity boys' team is one of the best in recent memory.

"This group doesn't have anything to hang their heads about," Penner stressed. "They had the best record we've ever had for a JV team. They had 42 wins and two losses on the season, they won four tournaments, they were KPAC champions, and they had an undefeated KPAC season with no sets lost."

"They held the No. 1 seed for almost the entire season."

Penner expects this group of players to excel at the varsity level next season.

"They have a lot of height, a lot of strength, a lot of talent," he noted. "I

know a lot of these guys have goals of playing at the next level and they have their club season coming up now. I have no doubt that a lot of kids on this team will be contributors on the varsity team next season."

The Royals earned a berth in the final after downing the Linden Christian Wings 3-1. Selkirk won the match by set scores of 25-17, 23-25, 25-17 and 25-16.

Selkirk reached the semifinals after beating the St. Paul's Crusaders 3-0 (25-11, 25-20, 25-9) in a quarter-final match.

St. Paul's earlier defeated Brandon's Vincent Massey Vikings 3-2 in a play-off game.

Selkirk finished its four-team pool at the 12-team provincials with a 1-2 record to place third.

The Royals defeated the Garden City

Fighting Gophers 2-0 (25-8, 25-22) but was swept 2-0 (21-25, 10-25) by Linden Christian.

Selkirk also lost 2-1 (25-15, 21-15, 8-25) to the Dakota Lancers.

On an individual note, the Royals had two players - Rylan Van Kooten and Spencer Grahame - selected to the provincial all-star team.

"I thought they were great," Penner said of the two left-side hitters. "We didn't pass very well so we depended on them a lot on the outside."

Other tournament all stars included Sawyer Thiessen - Steinbach, Jay Klassen - Linden Christian, Matthew Foreman - Dakota, and Ryland Nechwediuk - Dakota.

The tournament MVP was Jaxon Rose - Dakota.



Got a Sports Tip?

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Sat. Dec. 1 7:30pm
vs Arborg Ice Dawgs

Sun. Dec. 2 7:30pm
vs St. Malo Warriors

Next Away Game
vs St. Malo Warriors
Sat., Dec. 8 - 7:30pm St. Malo



Meet the Fishermen



#9 Josh Poponick, Defence

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lockport Lancers sweep volleyball titles

Staff

It was a great night for the Lockport Lancers at the junior high divisional volleyball championships last Thursday.

Lockport won all four championship finals for the junior high divisions in front of a boisterous crowd.

The Grade 8 boys' final saw Lockport sweep the Ecole Selkirk Junior High Suns 2-0 (25-4, 25-22).

The game MVP for Lockport was Lucas Brzoza while ESJH's was Ashton Kowalenko.

In the Grade 8 girls' final, the Lancers won a 2-1 thriller over ESJH. Lock-

port won the match by scores of 25-18, 23-25 and 17-15. Game MVP's were Roxy Gatchel (Lockport) and Hannah Grobb (ESJH).

Lockport also won the Grade 9 boys' title with a 2-0 (25-16, 25-17) win over East Selkirk Middle School.

Game MVP's were Lockport's Dylan Duguay and ESMS' Andrew Wiebe.

The Grade 9 girls' final was also a very exciting one as Lockport edged ESMS 2-1 by scores of 25-23, 20-25 and 16-14.

Game MVP's were Taiaya Palmer (Lockport) and Lily Hoffman (ESMS).



Lockport won the Grade 9 boys' title over East Selkirk Middle School.



The Lockport Grade 9 girls edged ESMS to win the championship.



In the Grade 8 girls' final, the Lancers won a 2-1 thriller over ESJH.



The Grade 8 boys' final saw Lockport sweep the Ecole Selkirk Junior High Suns to win the banner.

RECORD PHOTOS SUBMITTED

Steelers win two of three MJHL games last week

By Brian Bowman

The Selkirk Steelers won two of three Manitoba Junior Hockey League games last week.

Selkirk finished its week with a 6-2 loss to the Oil Capitals in Virden on Saturday.

After a scoreless first period, Ben Dalke, Kolten Kanaski, and Blake Sidoni scored to give the home side a 3-0 lead.

The Steelers responded with a pair of goals just 59 seconds apart late in the second period.

Ryan Piwniuk potted a power-play goal at 16:20 of the middle frame and then Will Middleton scored to make the score 3-2.

But Virden put the game with third-period goals by Tristan Thompson, Kolten Kanaski, who was named the MJHL's player of the week a couple of weeks ago, and Tristan Cross.

Zach Bennett made 22 saves in the loss.

Dudek scores in shootout

On Nov. 20, the Steelers defeated the Blues 5-4 in a shootout in Winnipeg.

Colby Dudek was the lone player in the nine rounds of the shootout to

score.

Selkirk took a 2-0 first-period lead on a nice power-play goal by Brett Namaka and a shorthanded marker by Colby Jaquet.

Noah Basarab put the Steelers up 3-0 with a power-play goal midway in the second but the Blues' Kelton Sutherland answered with a power-play goal just 1:01 later.

Basarab finished the game with three points.

Winnipeg's Coby Stauss scored at 14:07 of the second period and then the Blues' Riley Cusack tied the score at 3-3 just 1:42 into the third.

The next night, the two teams hooked up at the Rec Complex with Selkirk winning 2-0.

Ryan Sokoloski scored at 18:51 of the second period and then Nate Halvorsen tallied at 18:54 of the third.

Halvorsen's goal was into an empty net as Blues' goaltender Jeremy Link was pulled for an extra attacker.

Bennett made 23 saves for his first shutout of the season.

Selkirk, now 13-9-1-2, hosted the Steinbach Pistons this past Tuesday but no score was available at press time.

The Steelers will host the league-



RECORD FILE PHOTO BY LANA MEIER

Ryan Piwniuk potted a power-play goal during Selkirk's 6-2 loss to the Oil Capitals in Virden on Saturday.

leading Swan Valley Stampede (19-4-1-2) on Friday and then will visit

Virden next Tuesday.

Both games will start at 7:30 p.m.

Selkirk, St. Paul's to clash in provincial volleyball semifinal

By Brian Bowman

The Selkirk Royals varsity boys' volleyball team has won a lot of games this past season.

But their biggest challenge so far will be this Thursday.

Selkirk will be up against a very good St. Paul's Crusaders team in the semifinals of the Boston Pizza "AAAA" varsity boys' provincial championship at the University of Manitoba.

"It should be lots of fun," said Royals' head coach Jeff Scarcello. "They've been one of the top teams all year and we only had a couple of chances to

meet up with them in tournaments. And each time, we didn't play very well, so it's kind of been disappointing on our end."

The match is scheduled to start at 8 p.m.

In the other semifinal, the Steinbach Regional Sabres will take on the Dakota Lancers. That game will begin at 6 p.m.

Selkirk would love to get out to a strong start against a St. Paul's team with a lot of depth.

But, more importantly, said Scarcello, the Royals need to get a good feel

for the game early on.

"We just need to make sure we control things and focus on what's happening on the court," said the Royals' head coach. "We just need to do our jobs."

The Royals reached the semifinals by playing reasonably well in a 3-0 sweep of the Westwood Warriors on Saturday.

Selkirk won the match by scores of 25-20, 25-18, and 25-19.

"We did what we needed to do to win," Scarcello said. "Coming off a big KPAC win at Garden City with all of

their fans and all our fans, it was a really loud environment.

"But then we played a neutral site across the city with not nearly as many fans and it was our first time playing that team, so we didn't know a whole lot about them.

"There's no natural rivalry there so it was kind of a flat game in a lot of ways. But we did what we need to do to move on and we did."

Westwood advanced to the quarterfinals after beating the Grant Park Pirates 3-0 (25-15, 25-21, 25-20) on Friday evening.

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3	1				5			
						5	6	
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6				3				9
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	3		8			9		
5								

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4	2	8	6	7	1	8	9	5
1	9	6	2	5	8	4	3	7
5	8	7	3	9	4	2	6	1
2	7	8	9	1	6	3	5	4
6	4	5	7	3	2	1	8	9
3	1	9	8	4	5	7	2	6
7	3	2	1	6	9	5	4	8
9	5	1	4	8	3	6	7	2
8	6	4	5	2	7	9	1	3

Sudoku Answer

S	R	E	K	V	M	T	I	C
G	N	I	V	M	V	S	B	I
N	O	I	S	U	F	E	S	H
I	I	R	O	T			E	V
A	T	S			S	E	O	V
E	T	I	N			O	D	V
D	T	U	S	I	M	B	V	
Y	E	N	O	O	L	C	E	G
V	O	D				I	I	R
S	E	T	V			B	I	V
R	V	D	V			T	O	S
T	M	E				F	I	O
E	A	D	E			S	E	N
T	M	E				S	B	U

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Doctor's clothes
7. NYC ballplayer
10. Flying vessels
12. Created
13. Convert
14. WWII battle
15. A cravat with wide square ends
16. Month in the Jewish calendar
17. Value
18. Brews
19. Child's eating accessory
21. Arrived extinct
22. Of the sea
27. Potato state
28. Leading man
33. Blood type
34. Oppressed
36. "Much ___ about nothing"
37. World's longest river
38. deGrom and Sale are two
39. Crafty
40. At all times
41. Twins great Hunter
44. Volcanic craters
45. Outpouring
48. Where a baby sleeps
49. Dancing a Brazilian dance
50. Unhealthy
51. Manufacturers

CLUES DOWN

1. Prevents harm to young
2. The Muse of history
3. Fascinated by
4. Unnilhexium
5. Honey maker

		1	2	3	4	5	6			7	8	9
10	11									12		
13										14		
15										16		
17										18		
19			20							21		
22				23	24	25	26			27		
	28							29			30	31
				33			34					35
					36					37		
		38								39		
	40								41	42	43	
44						45	46	47				
48						49						
50						51						

6. Soviet Socialist Republic
7. They hang out with papas
8. German river
9. Domain name
10. Type of chair
11. Fill someone with an urge
12. Sorceress
14. Unpleasant smell
17. Leg (slang)
18. Farewell
20. A life summary
23. Merchants
24. Southeastern Nigerians
25. Of I
26. Electronic countermeasures
29. Atomic #3 (abbr.)
30. A type of sister

31. Omission of a sound
32. Screaming
35. Ottoman title
36. Sour
38. Take advantage of
40. Nobleman
41. Cathode ray was one
42. Long, winding ridge
43. Muckraking journalist
44. Defunct phone company
45. Military telecommunications term (abbr.)
46. Supervises flying
47. Firearms manufacturer

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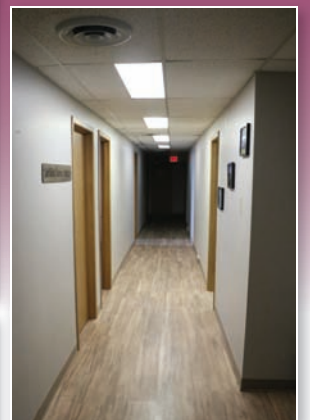
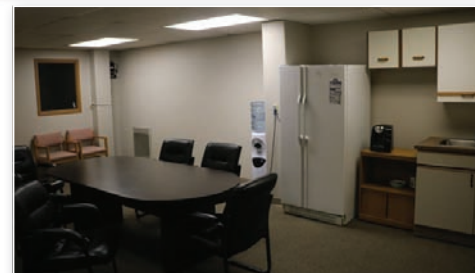
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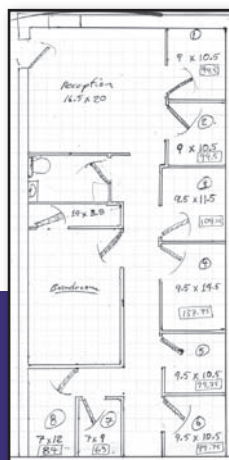
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ANNOUNCEMENT

CARD OF THANKS

St. Clements' Church Altar Guild Ladies wish to thank all persons who visited our Xmas Tea and Bake Sale. To those who donated baking, crafts and items for our silent auction table goes a special thank you. God bless and may you all have a great holiday season.

ANNOUNCEMENT

CARD OF THANKS

Thank you to the young couple who turned in my purse at Canadian Tire on Tuesday, November 20th between 4 and 5 p.m. My relief and gratitude is beyond words. What a wonderful place we live in where people care enough about each other, even strangers.

-Edwina Hoogenberg, 80 years young

ANNOUNCEMENT

IN MEMORIAM



John and Elsie Buffie
November 23, 2017 and
November 15, 2016

You gave us many things in life,
Gifts both great and small;
But most of all you gave us love,
The greatest gift of all.
Missing our Mom and Dad,
Today and always.

-Love your family xo

ANNOUNCEMENT

CARD OF THANKS

The family of Norma Gowen would like to send out a huge thank you to the many people who brought food, comfort and memories to us through the tribute wall, visits, calls, cards, flowers and prayers.

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ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
Gerald and Jean Cromarty

They raised seven children and many grands,
The years not easy, they had weary hands.
But with five daughters and two sons,
Their busy lives filled with laughter and fun.
To all their family, the love they poured,
And left us knowing, we loved them more.

-Sadly missed by Chris, Linda, Cathy, Diane,
Tim, Andy, Sue and families

OBITUARY

Collin Bruce Graham

March 16, 1981 - August 12, 2018

Dear Collin. This is a letter to you from all of us who loved you and to all whom you loved.



You were born with a gleam in your eye, ready to show the world your determination and your talents; a beautiful son for parents, Bruce and Lois, a happy playmate and lifelong best friend for 15 month old Kreager and big brother three and a half years later to Anthony. You loved growing up on the farm, playing sports and providing fun and laughter for the Binscarth and Russell schools and St. Matthew's Sunday School, Binscarth. The loss of your thumb at 13 in a farming accident, your parent's divorce, and the death of your friend, Curtis, hurt deeply your sensitive heart but you eventually found your way. You used your natural ability, stubbornness, and eagerness to succeed at a job well done, for

welding, (Keewatin College and Howard Moulson), oil rigging, mechanics and carpentry. This led to many amazing inventions. Tree services with your dad led to your independence in the tree industry and your transition into metal roofing and siding. Your smile and sense of humour gave joy to others. We are so proud of you, Collin, and all your accomplishments. Collin died tragically at his jobsite in Lynn Lake leaving us all heartbroken. Tim and James from your crew, and Barry and Lloyd and others there are devastated, along with Clarence at Rollworks Inc. Thank you to all who worked so hard trying to save Collin. Collin, you felt the pain when others hurt so you can understand why we cry. You had unfinished dreams of jobs not done, (Oakburn church was next on your list), a home at Rossman Lake and children around your knee. So many people have said what we already knew. You had a passionate and compassionate heart of gold and a desire to help all you could. Collin and Tom had spent November and December working together in Lynn Lake and then Collin spent the winter and spring renovating his mom and Tom's home near Winnipeg Beach, Kreager's in Courtenay, BC and doing jobs in rural Manitoba and Rosssburn areas. Tom said, "Collin's work is immaculate." You are engrained in our home and hearts, dear son, and we will love you forever, Collin, for the loving and conscientious person that was you. We are so thankful we had you for 37 years. We miss you so and the Jets games will never be the same without your passion. Rick Thom and staff at Braendle Bruce Funeral Service of Russell kept us together with their professional glue and loving care. Heartful thanks. Binscarth Community Hall, Organist Phyllis and extended Community Choir, and Jean Thompson (godmother) and her lunch committee honoured us at your service August 20. Heartfelt thanks. Rev. Wendy Thom, we thank you for your lovely service and compassionate ministry. God is good. Alan Sawaryn, we were honoured to hear you sing, "Wish You Were Here" for Collin, your friend. Heartfelt thanks. The wagon carrying Collin's urn was pulled by his little nieces, Lyla (seven), Abigail (five), Kara (four), Ellie (two) and Wyatt (one), daughters of Kreager and Vanessa. Collin's nephew, Domi (three months), was carried by parents, Anthony and Joan. The poem, "The Divine Touch", and hymn "On the Way Together", (tune of Onward Christian Soldiers), both written by Collin's grannie, the late Winifred N. Hulbert Kreager, were used in the service. Collin's mother, Lois, and his brother, Kreager, did the Eulogy followed by a slide presentation. Mourning Collin are dad Bruce Graham (Tracy McManus), mom Lois (Kreager) Graham (Tom Douglas), brother Kreager (Vanessa) and daughters, brother Anthony (Joan) and son, Grandma Velma Graham, the Graham aunts and uncles, Dianna (Don), Joy (Harris), John (Enid), Henry (Kathy), Uncle Peter; the Graham cousins, Morgan; Travis (Katrina), Riley and Sandy; Jacquie (Dwight), Derrik (Jennifer) and Mark (Brandi); Justin, Preston and Mitch; Lois' deceased sister Ann's husband Bob Olson (Ginny); Great-Uncle Rod and Aunt Edith Graham and family. Collin had many very special friends who miss him dearly. The Rossman Lake golfers will forever remember his passion for the game, his hole in one and the clubhouse awning. Collin loved his time at the lake where he felt such joy and peace. Terry and Connie Hanreck loved him like a son. He loved you, too. Collin is now reunited with Grandpa Harry Graham, Grannie and Grandad Winifred and Nelson Kreager, and his Auntie Ann (Kreager) Olson.

Donations in Collin's memory were to The Children's Wish Foundation or the Binscarth Park and Pool. Private interment took place October 12, 2018 in the Binscarth Cemetery.

"To Know Him is to Love Him"

Thank you deeply for the heartfelt expressions of sympathy given us after the tragic, accidental death of our beloved Collin. We are stronger because of you. Thank you to Brenda and staff at Arbuckles for accommodating us after his service. We mourn deeply but we know Collin would want a smile on our face and to get on with our living. Loved forever and never, ever forgotten. Collin's Family and Loved Ones

OBITUARY

William (Bill) Zyblock

Bill went home to be with his Lord and Saviour on November 22, 2018.

Bill was born June 18, 1938 to Michael and Mary Zyblock. He was raised in East Selkirk, Mb, the youngest of six children.

Bill leaves to mourn his passing, his beloved wife Dianne; son Myles (Kelly) and his grandson William.

In keeping with Bill's wishes, cremation with a private graveside service has taken place.

The family would like to thank everyone who had a part in caring for Bill.

Condolences, photos and videos may be left on Bill's tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



CELEBRATION OF LIFE

Martin (Marty) Paul Robak Jr.

August 10, 1968 - November 16, 2018

It is with great sadness we announce the tragic passing of our beloved Martin (Marty) Paul Robak Jr. Born August 10, 1968 and passed November 16, 2018.

Please join us for Marty's Celebration of Life on November 30, 2018 at 3 p.m. at the Selkirk Friendship Center, 425 Eveline Street, Selkirk, Manitoba R1A 2J5.

Obituary may be viewed at Green Acres, Dignity Memorials

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Aboriginal School Drum teaches culture, respect and so much more

When the rhythmic sound of drumming echoes through the hallways of Ecole Selkirk Junior High, the repetitive beat signals both the individual journey and the shared experience of all those playing it and all those who are listening.

For teacher Kim Moore, the creation of the Aboriginal School Drum last year was a long time coming and she's more than happy to embrace the drum, its teachings and the students who are learning from it.

"It was a dream of mine for a really long time, but I wasn't ready for it to happen, things had to be in place," Moore said, noting the timing in her own life, as well as for the Lord Selkirk School Division, was simply just right.

"I also knew I couldn't do it in a good way unless I gave up things, made sacrifices in my own life, in my lifestyle, to be able to do this. I had to make a decision about if I wanted the drum, how I wanted my lifestyle to be. So I changed my lifestyle."

And now, Moore, the teacher, is learning more about Aboriginal culture and sharing it with her students.

Grade 5 and 6 students from ESJH, Ecole Bonaventure, Robert Smith and Ruth Hooker schools come to play the drum, and Moore teaches them traditional songs.

"They are learning the teachings of the drum. I'm trying to learn them as well and pass them on to the students," Moore said.

During the last school year, Moore reached out to Sweetpea Starr from Brokenhead who came to the school and helped her and last year's Grade 9 class build the drum. A \$2,500 grant from the Selkirk Community Renewal Corporation made it possible.

"He brought the base of the drum and he brought the hides in wet and showed the students exactly how to construct the drum and helped them punch holes in the hide," Moore said.

"It was hard work, the students realized how much work went into the process."

Once it was built, it was on to the next step of learning traditional drum songs. Moore said

Aboriginal Drums are not ornamental; they have a purpose that must be honoured.

"The idea of having the drum is that it actually gets played. The drum needs that, it has a spirit," Moore said.

"It's called a Grandfather Drum and the purpose of that drum is that it is to be heard."

Besides the students, a men's drumming group called Howling Wolf Singers use the drum as well. Moore said it's important that the drum become part of the community.

"This is a community endeavour and that was my intention, to have the Grandfather Drum be used by whoever wanted to use it. I take care of it, and there's a responsibility that comes with that, so you have to follow tradition to make sure that it's looked after in a healthy way," Moore said.

CONTINUED ON PAGE 3

TEACHERS KIM MOORE, CENTRE BACK, AND MARGO YEOMANS, BACK LEFT, WITH STUDENTS AND THE GRANDFATHER DRUM.



UPCOMING EVENTS

CHRISTMAS/WINTER CONCERT DATES

DECEMBER 6, 2018
BONAVENTURE
7PM

DECEMBER 11, 2018
ST. ANDREWS (K, GR.1 & 2)
2:00 & 6:30PM

DECEMBER 12, 2018
DAERWOOD
2:00 & 6:30PM

DECEMBER 13, 2018
ST. ANDREWS (GR.3 & 4)
2:00 & 6:30PM

DECEMBER 13, 2018
WILLIAM S. PATTERSON
7PM

DECEMBER 17, 2018
WALTER WHYTE
7PM

DECEMBER 18, 2018
HAPPY THOUGHT (ENGLISH)
2:00 & 6:30PM AT ESMS

DECEMBER 18, 2018
ST. ANDREWS (GR.5 & 6)
2:00 & 6:30PM

DECEMBER 19, 2018
HAPPY THOUGHT (EUBP)
6PM AT ESMS

DECEMBER 19, 2018
ROBERT SMITH
2:00 & 6:30PM

DECEMBER 20, 2018
CENTENNIAL
2:00 & 6:30PM

DECEMBER 20, 2018
RUTH HOOKER
2:00 & 6:30PM

DECEMBER 20, 2018
NETLEY
7PM

WINTER BAND/CHORAL CONCERT DATES

DECEMBER 5, 2018
REGIONAL
CHRISTMAS SPECTACULAR
7PM

DECEMBER 11, 2018
EAST SELKIRK MIDDLE SCHOOL
7PM

DECEMBER 12, 2018
SELKIRK JR. HIGH
7PM

JANUARY 31, 2019
LOCKPORT
7PM

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Message from the Chair

LENA KUBLICK

"Human communities depend upon a diversity of talent, not a singular conception of ability."

Sir Ken Robinson



In this newsletter, you will read about how our schools, our students and our staff are vital parts of our communities. The stories focus not just on programs but on the human communities that are formed and strengthened through the "diverse talents" of its members. Whether inter-generational, cultural, historical or a larger geographic scale and beyond the confines of K-12 school, LSSD is making an impact.

The Board of Trustees of the Lord Selkirk School Division supports and endorses diversity.

We welcomed three new trustees to our Board, Harvey Levin (St. Clements), Ashley Monkman and Judy Maryniuk (Selkirk). Along with the existing trustees, Jack Bogaski, Ken Avery, Heather Hogg, Bev Barker, Bob Jesson, the trustees of LSSD bring to the table diverse talents, experiences and backgrounds, but for a common goal and that is to provide the best educational opportunities within our financial ability for our students.

Soaring high with learning in the Eagle Garden

The Eagle Garden at Walter Whyte School is an inviting space and Principal Gloria Juvonen wouldn't have it any other way.

"The students love to go out into the space. It's kind of hidden away, it's enclosed, and they like to sit and just have a conversation at lunch time," Juvonen said.

"I think they've enjoyed seeing it progress, especially the students that have been here for a while."

The Eagle Garden was the final piece of a three-phase plan designed in 2014-15 to improve the school's outdoor spaces. The first two phases added equipment to the elementary and junior high playgrounds. The Eagle Garden, which is still a work in progress, is fulfilling the goals of Universal Design for Learning as well as a Manitoba Department of Education mandate to strive for greater integration of Indigenous teachings into schools.

The Truth and Reconciliation Report calls for the same thing, and with a student population that has 60 per cent identifying as Indigenous, Walter Whyte's Eagle Garden plays an important part of fulfilling those calls.

Juvonen says the Grade 8 class is currently doing a section on Truth and Reconciliation that fits in perfectly with the Eagle Garden's purpose.

"Really, this is what this is. It is a call to action of living, breathing and seeing and experiencing those cultures with the kids," she said.

The natural beauty of the school's surroundings lends itself splendidly to the Eagle Garden, giving the impression that it may have always been there, even though detailed planning went into every phase of its development.

Juvonen acknowledges the scrutiny of every move and the desire to make sure each decision stood for something and there was a learning opportunity with every time a student, or community member, sat in the garden or walked through it.



WALTER WHYTE STUDENTS ARE LEARNING INDIGENOUS CULTURE IN THEIR EAGLE GARDEN.



Various grants have enabled the Eagle Garden to really flourish. Two carved eagles, courtesy of local artist and parent Rick Howard, welcome you into the space.

A medicine wheel, designed to withstand Manitoba's weather, has been placed and seven Rosetta Stones surround it, giving places for students and others to sit and learn. Five concrete picnic tables in the middle are almost complete.

When the medicine wheel was finished, they held a smudge ceremony that recognized the purpose of the Eagle Garden.

"We didn't do the smudge as a sacred space. We don't see it as a sacred space as much as a teaching space and that's why we've got the picnic tables in the middle. We want the focus to be the teaching and the learning for the kids," Juvonen said.

"And then the cultural pieces are around on the outside and we did that intentionally as well, so that there's a representation of the three cultures and the kids are in the middle learning."

The Eagle Garden has been the catalyst for connecting community as well. Juvonen said not only is it a space that is available to the community at all times, but they sought wisdom from community members to make sure the school's garden was respectful of tradition.

A space has been cleared for a tipi and they commissioned an Elder from Sagkeeng to help with that. A contact from Winnipeg is going to come and help build an igloo so the Inuit culture is recognized. A Manitoba Metis Federation grant will send a member of the Metis community to the school to help students build a small Red River cart next spring.

Work on the tipi is already under way, with staff and students working with poles provided by the Elder to enhance their learning.

"We scraped all the bark, which was very cool. It was really neat to experience that piece as we were thinking about what we were doing and the purpose for it," Juvonen said.

The canvas was commissioned and is finished and awaiting painting by staff and

students.

Juvonen said they sought advice from Brokenhead Elders to determine how the tipi should be painted.

"Because we're doing it with kids and for kids, he felt it was a beautiful thing we were doing, and he said you need to have the kids' voice, which is what we were hoping to do anyway," she said.

They might bring former Grade 9 students back to help with the painting.

During a sweat lodge in Sagkeeng, staff and students learned about the culture and medicines and a female teacher there gave them seeds for their garden.

"We'll probably plant a garden with the sacred medicines, the sage and the tobacco and the sweet grass, then we'll have our own medicines."

"The Eagle Garden has definitely had an impact on students," Juvonen said, noting the attention to Indigenous, Metis and Inuit cultures has the students thinking in new and different ways. Did we say that Metis was included under Indigenous?

"There's more of an openness and interest to talk about things now," she said.





MICHELE POLINUK

Message from the Superintendent

"Culture and Community" is the theme of this newsletter. Communities throughout Lord Selkirk School Division are diverse. Did you know that within our region there are 50 languages spoken by residents as their mother tongue? I believe many who saw that statistic in the recent publication of the Selkirk and District Community Foundation's "Vital Signs" were equally surprised!

The division recognizes and is committed to an educational philosophy that supports and accommodates the acceptance, respect and appreciation for all peoples.

Languages and cultural experiences are offered throughout the division. French Immersion and the Ukrainian Bilingual Program provide language instruction and activities to increase cultural awareness and

experiences. Indigenous perspectives are becoming integrated in lessons and curriculum. Students and staff continue to learn the history of our area to create a better tomorrow.

Compassionate learning communities and positive school environments are created and built to meet the diverse needs of all learners.

Extending beyond the

walls of the school to include community members in projects enables enriched experiences for all students to learn. If you are interested in getting involved with your local school, or looking for a meaningful volunteer opportunity, contact the principal to see what partnership can be developed.

It takes not only a village to raise a child, but rather a community!

Needles and wool weave seniors and students into a tight knit group

Twice a week, Janet Herbachuk and some 30-plus Ecole Bonaventure students make their way across the street from their school to the Knights Centre, a seniors' residence, where they spend their lunch hour knitting with some of the residents.

They're all part of Le Club de Tricotage, The Knitting Club, and while stitches are the main lesson, there's more going on than that.

"The goal is that the kids learn to persevere at a task," Herbachuk said.

"Knitting is about patience, persevering, not giving up on anything."

But the students are also being wrapped in the knowledge of folks who grew up at a different time and have plenty of life lessons they can pass on to their new young friends.

"They build relationships, they learn to work with older people who have a lot to offer and who themselves have learned things very differently than the way the kids learn now. They get pretty close. By the end of the year they're a pretty tight knit group," Herbachuk laughed.

This is the third year for the club, which was started when Knights Centre resident Tony Groot answered Herbachuk's call for volunteers to help with the students.

"She's been an integral part of this group," Herbachuk said of Groot.

"She's the lady that I first connected with three years ago. I went to the Knights Centre and put up a notice on their bulletin board looking for ladies or people that might be interested in helping."

The club is open to students in Grades 2 to 6, but Herbachuk admits it's mostly younger ones that participate, only because there are so many options for the older students.

In years one and two, students were mostly making scarves but this year Herbachuk said they're going to do a group project with each student knitting one square. The more experienced knitters will learn the more advanced pearl stitch this year, which will add some variety to the final product.

At the end, all the squares will be put together to make a blanket that will be displayed in the school along with a photo of the Knitting Club. But it will also be a functional blanket.

"We'll have it available if somebody is sick or freezing and needs comfort, that blanket will be there," Herbachuk said.

"It will be the comfort blanket made by their own hands."

The residents of Knights Centre enjoy the time with the students, Herbachuk said, noting some of them don't have young family to visit, and some of the students don't have older family to connect to either.

"There's a big difference between someone that's 80ish in age and somebody that's eight, and maybe the oldest person in their family that may be 50 or 60," she said.

The students have done a little online learning with knitting, but Herbachuk said it simply doesn't compare. "Watching



KNIGHTS CENTRE RESIDENT TONY GROOT HELPS ECOLE BONAVENTURE STUDENTS IN LE CLUB DE TRICOTAGE.

YouTube can only do so much for you," she said.

"It's not the same as having somebody directly showing you and holding your hands and showing you where to put them on the needles and all those kinds of things...There's a lot of learning that goes on, not just the knitting. The communication piece is authentic and it's something that unless you're in it, you don't realize how valuable it is."



CONTINUED FROM PAGE 1

"It comes home with me, I have to have a man or a boy carry it, that's tradition."

Women who play the drum have to be wearing a skirt, so Moore carries one with her at all times, and she's passing her knowledge, some of it newfound, onto all students.

"They understand the drum has a spirit. They understand the teachings of the drum and they understand what kind of responsibility they have with the drum," she said.

"Girls that come in know they have to wear a skirt to sit at the drum, and the drum is for both genders. It's also for non-Indigenous and Indigenous people. I have some students that come that are non-Indigenous that want to learn about the culture and they want to learn how to respect Indigenous

culture, which I think is really important, because not everybody fully understands.

"It's important for them to learn and understand and respect it and that's the piece that we're still working on."

Moore gets some assistance from volunteer Tara Campbell, who comes and teaches songs to students. Campbell plays a hand drum, and volunteers at many LSSD schools. She said she can see the students' progress in their learning.

"Especially with the little ones when you start early. Just seeing me walk in the traditional things I wear, they can relate. That's huge for feeling a sense of belonging and staying in school, number one."

"As they start learning they say, 'oh, my

uncle was a pipe carrier, or 'I dance at powwows.'"

Moore said for Indigenous students, the idea of seeing someone in their school, doing things they've seen at family gatherings or events, is powerful.

"You start to see pride in them," she said.

"There's that sense of belonging for students who are Indigenous, because they're really feeling like they're connected to their culture, but at the same time, other people are also very interested in it, too, and want to learn more and want to learn more in a respectful way."

Moore won an educator award from Promoting Aboriginal Student Success (PASS) for the program.



Indigenous perspectives being brought to Daerwood School students and staff



TARA CAMPBELL IS DAERWOOD SCHOOL'S INDIGENOUS ELDER.

Kris Friesen is excited about Daerwood School's first Indigenous Cultural Helper, who has been working with students and teaching them about Aboriginal culture. The kids are equally excited.

"A lot of the kids in our school do identify with their culture, but there's lots that don't and there's lots of kids that are non-Indigenous that are interested as well, and they don't really know about that culture," Friesen said.

"I would say overall, the kids are curious about learning more. Some of them are not aware of their own culture, some of them practice these

same things but they didn't realize that's a cultural thing, it's just like breathing to them." Tara Campbell is the school's cultural helper, hired on a part-time basis thanks to a grant from the Selkirk and District Community Foundation. Friesen explained that 'elder' is a term others give you, so Campbell is Daerwood's Elder, but she considers herself a cultural helper. Campbell is a familiar face in the community, and now in the Lord Selkirk School Division, because she's volunteering in several schools and teaching cultural lessons. Friesen said because it's a new position, Campbell is just starting to feel her way at the school. She's working in classrooms and getting to know the students, and she's having success capturing their attention. "She's been doing drumming with the kids at lunch," Friesen said. "They play a game, it's almost like musical chairs in the sense that when the drum stops, they fall down." They're learning songs and about some of the Indigenous culture. Campbell was at the school for Orange Shirt Day, a day recognized nationally that serves to educate students and others on residential schools. The orange shirt was taken from a young Indigenous girl on her first day at residential

school and replaced by a standard uniform. At Daerwood School, Campbell was presented with a gift of tobacco and she performed drumming and a round dance. Friesen said the students added leaves to a tree as a symbol of how they add colour to the world, an act that they learned from the book 'We Are Not Alone'. In the book, students at the residential school would roll in leaves to get stains on their shirts. "The kids talked about how they add colour as an individual to the school or the community," Friesen said. Campbell is not only in the school to teach students. Friesen said staff members are excited to learn more about Indigenous culture as well. They're being flexible with the position and tailoring it to suit the most needs. "Teachers really want to add more Indigenous perspectives into their existing curriculum and they're not always sure how to do it," Friesen said. "They want to do it respectfully and they want to do it right, so Tara will be giving that advice to teachers." Friesen said Campbell is an excellent storyteller and she's been teaching the students about smudging, medicines, tipis and powwows, to name a few. She spoke about the deeper meaning of land and water to Indigenous people, which Friesen said was interesting for students. "She's giving us a different perspective on some of the things that are known to all of us as human beings, but from an Indigenous perspective, it might be different." Campbell was at the school for Remembrance Day to enlighten students and staff with an Indigenous angle on a day that's important to every Canadian. Friesen said she plans to continue having Campbell shine a different light on all things familiar to students and staff. "As much as we can include her, I think it's going to be very valuable to staff and students."

"I WOULD SAY OVERALL, THE KIDS ARE CURIOUS ABOUT LEARNING MORE. SOME OF THEM ARE NOT AWARE OF THEIR OWN CULTURE, SOME OF THEM PRACTICE THESE SAME THINGS BUT THEY DIDN'T REALIZE THAT'S A CULTURAL THING, IT'S JUST LIKE BREATHING TO THEM!"

HAVE YOUR SAY!

Take the LSSD Community Feedback Survey Visit the LSSD website www.lssd.ca for a link to complete the survey electronically. Paper copies may be picked up at the Board Office.

LSSD trustees and the division are looking to get feedback and to hear priorities, needs and suggestions from those unable to attend the Community Pre-Budget Forums.

20 years in the making – a celebration of art, community and student success

Former students of the Comp's Visual Arts and Graphic Design courses flipped the old 'hindsight is 20/20' adage on its head recently, with a community art show that demonstrated their foresight was as clear as anyone's looking back.

Twenty-six graduates of the two arts streams were called back to help celebrate the 20th anniversary of the school's annual Student Art Show with a month-long display last May at the Gwen Fox Gallery in the Selkirk

Community Arts Centre. Teacher Brad Bamford called it the 20 20 Art Show, in reference to vision and 20 years and he hoped to have 20 former students take part. The fact they overshot that number is proof how successful the program is and how talented the students are. For Bamford, moving the show from the school, where it's usually held, into the community was important. Twenty years is a significant milestone and the students' skills are definitely worthy of display in a gallery setting. Of equal importance is the relationship with Gwen Fox Gallery, which presents two bursaries to Visual Arts students each year. "It was kind of interesting. At the show there were a number of students who had been art award winners over the last 20 years who had their work featured in the show," Bamford said.

"It was very nice to have the opportunity to have the former students' work shown in an art gallery setting. It gives the show a certain look, ambiance, atmosphere. That was a nice complement to the occasion of this 20th anniversary show." Bev Hart, a local artist and member of the Selkirk Community Arts Centre, has presented the Gwen Fox awards, in memory of Ella Sandercock and Jim Campbell, for the past several years. She said the show was very successful and she was impressed with the fact so many of the students were making their living with their art, many of them in

ways that most people wouldn't associate with an arts education. "There was a little of everything. People using their art in commercial ways, there was a big cake that was decorated, and you know, it was a practical display of what they're using their art education for and how they're making a living with it," Hart said. "There was a very wide variety of ways that these art students are making a living." Indeed, there was everything from tattoo art to sculptures, blown glass and handmade travel bags and totes. The big cake came from Jenna Rae Cakes, a successful Winnipeg bakery that features three former Comp graduates behind the

TEACHER BRAD BAMFORD CALLED IT THE 20 20 ART SHOW, IN REFERENCE TO VISION AND 20 YEARS AND HE HOPED TO HAVE 20 FORMER STUDENTS TAKE PART.



LEFT TO RIGHT, TREVOR KOSOWAN, LEO KOSOWAN, ASHLEY ILLCHUK AND JENNA HUTCHINSON OF JENNA RAE CAKES USE THEIR ARTISTIC SKILLS IN SEVERAL ASPECTS OF THEIR BUSINESS.

Rae and Illchuk is the creative director and she says her art experience at the Comp cemented what she had suspected already in her young life – she literally wanted to make something with her life. "Overall it just confirmed the fact that I wanted to have a creative career and I wanted to pursue graphic design 100 per cent. The teachers were always super supportive in that and even helped convince my parents that it was a viable career path, so my memories are all very positive," she laughed. If on the surface a bakery doesn't seem like something you cook up with an arts education, Illchuk begs to differ. The cakes offer evidence of an artist's touch, but there's more. "It's design driven, that's the majority of what I do. All the advertising work, all the design, branding, packaging, business

planning, and also I manage all the social media, which is now super visual," she said. Bamford said the former students' work is weaving its way into the cultural fabric of today's world. Illchuk and Hutchinson's Instagram has 177,000 followers and it's hard not to acknowledge that kind of impact. "I think it's interesting ...a lot of our former students have gone on to careers as artists and designers and makers in the province of Manitoba and further afield than that," Bamford said. "The way I see it is those students are affecting and influencing the culture of Manitoba through their visual contributions." Kristin McPherson is certainly leaving her stamp on pop culture with her Happyland Print Shop, where she designs and produces Winnipeg-themed prints of wearable "pins, patches and all sorts of things." Her designs are inspired by some of the quirky things that resonate so well in Manitoba yet leave the rest of the world saying, "Come again?" From Caesars to socials and the salami slice that ends up on your shoulder at that

social, McPherson has made art out of it. Having her work showcased at 20 20 was a huge honour, she said, and a nice re-connect with the people and community. "It was really cool to see all of the work that had come out of that program and so many talented artists from the 20 years of the arts program at the Comp," she said. "It was nice getting caught up with everyone and it was quite an honour to be asked to do it also." McPherson said her Comp art education taught her as well that art was her future. She studied design at Red River and worked as a designer for a few years before returning to college to take marketing management. Now that she's augmented her skills, she works full time as a manager of marketing and communications for an insurance company, and does Happyland and other freelance gigs on the side. And so while she's happily sending her creativity out into the world for others to enjoy, the graduate of 2002 looks back on her afternoons spent learning about fine art and graphic design at the Comp with a fondness and sincere appreciation. "It set me up for this career. I don't think I would be sitting where I am if it hadn't been for that."

LSSD at a Glance	Ecole Bonaventure French Immersion Susanne Saiko-Gamble, Principal Janet Herbachuk, Vice-Principal Phone: 204-785-8284 (K-6) Enrollment: 258	Centennial School Heidi Holst, Principal Phone: 204-482-3265 (K-6) Enrollment: 134 Daerwood School Kris Friesen, Principal Phone: 204-482-4326 (K-6) Enrollment: 106	East Selkirk Middle School Dual Track English-Ukrainian Ron Hummelt, Principal Bob Kovachik, Vice-Principal Phone: 204-785-2036 (5-9) Enrollment: 311	Happy Thought School Dual Track English-Ukrainian Nancy Lovenjak, Principal Paula Sowany, Vice-Principal Phone: 204-482-4521 (K-4) Enrollment: 341	Lockport School Darcy Nazimek, Principal Dan Marshall, Vice-Principal Phone: 204-757-9881 (7-9) Enrollment: 340	Lord Selkirk Education Centre Steve Grahame, Director Jan Reichert, Director, Adult Learning Phone: 204-482-2121	Lord Selkirk Regional Martin Ingenmey, Principal Glen Jede, Vice-Principal Harold Freiter, Vice-Principal Phone: 204-482-6926 (10-12) Enrollment: 1077	Mapleton School Trish Goosen, Principal Phone: 204-482-4409 (K-6) Enrollment: 100 Netley School Leonhard Hofer, Principal Phone: 204-738-4630 (K-12) Enrollment: 28	Robert Smith School Lisa Minaker, Principal Kristine Duke, Vice-Principal Phone: 204-482-3677 (K-6) Enrollment: 190 Ruth Hooker School Lucille McGillivray, Principal Phone: 204-482-3614 (K-6) Enrollment: 117	St. Andrews School Tamara DeiCont, Principal Jason Chody, Vice-Principal Phone: 204-334-6083 (K-6) Enrollment: 399	Ecole Selkirk Junior High Dual Track English-French Daryl Loeppky, Principal Terry Skarban, Vice-Principal Phone: 204-785-8514 (7-9) Enrollment: 360	Student Services Centre Debby Grant, Director Phone: 204-785- 8224	Walter Whyte School Gloria Juvonen, Principal Phone: 204-754- 2240 (K-9) Enrollment: 104 William S. Patterson School Darcelle Saunders, Principal Phone: 204-738- 4700 (K-6) Enrollment: 115
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English/Ukrainian bilingual program turning 40; National Conference for educations being held in province for first time

If you're involved in Ukrainian education in Manitoba, 2019 will be a big year. In fact, two significant events will combine to make it quite likely the most important year for the program ever.



First off, when the clock strikes 12:01 am to signify the New Year, English Ukrainian education in Manitoba will turn 40 years old and that alone is reason to celebrate. On top of that, Manitoba will host the 2019 National

Conference for Ukrainian Educators from May 23-25 at the Canadian Museum for Human Rights, marking the first time the province has ever hosted the event.

Those two milestones have Nancy Lovenjak very щасливий. (Translation – happy).

Lovenjak, Principal of Happy Thought School, is co-chairing the national conference along with Susan Zuk, Chairperson of the Manitoba Osvida committee. Lovenjak said the conference is typically held in either Toronto or Edmonton and she's excited to be able to show the rest of Canada all the great things going on not only in Manitoba, but in the Lord Selkirk School Division.

And whether 100 people come or 10, Lovenjak said they're putting their best foot forward.

"It's exciting! It's not that it's huge numbers, I think we're looking at about 150 people, but it's the coming together, it's the celebrating, it's the camaraderie and it's the sharing of stories," Lovenjak said.

"At the banquet we're looking at having a Zabava, which means play time, so we may have a band, and there'll be dancing. Just the ability to celebrate with each other, with people we may have met for the first time from across our country that love learning another language as much as we do. To hold it in Manitoba is neat. I am very proud of what we do and I think we can put together something really great."

It's been two years of hard work by an organizing committee that includes representatives from every aspect of Ukrainian education in the province and Lovenjak said they are tying up the final details now. They'll have guest speakers, some from Canada, some from Ukraine, who will either be live or via Skype and they're going to shine a light on those who learn in the classrooms everyday of the school year.

"We really want to showcase our students so we are looking at some entertainment from students during that two-day period," she said.

Happy Thought's English Ukrainian Bilingual Program (EUBP) is going strong, with class numbers up and, thanks in part to a buoyed marketing effort, Lovenjak is fielding more and more calls from interested parents.

The school houses a Ukrainian museum/multipurpose room that students have access to and they bring in guest speakers to reinforce the day-to-day learning. In October, Ukrainian author Marsha Skrypuch inspired students with a reading of her book 'Enough'.

Happy Thought School has a strong and active EUBP Parent Advisory Council and

it was the PAC who sponsored Skrypuch to come from her home in Toronto to speak to the students.

Lovenjak is a fan of second language learning and is looking forward to sharing Happy Thought's success stories with other educators. She said the school's big 3 yearly events are the Ukrainian Christmas concert, the Easter Blessing and the carolling students do in the community, and she's curious to know what teachers from other parts of Canada do to encourage students and promote Ukrainian culture.

"We'll have sharing sessions so we can learn about what others are doing," she said.

"We want educators to come and be ready to share about a cultural experience or how they promote speaking Ukrainian in their classes."

Research shows that learning a second language stimulates all kinds of good things in your brain, and Lovenjak said because of that, the future looks bright.

"Learning a second language isn't just about learning language. You're building up certain neuro-passageways that are better for things like tolerance, acceptance, math. There's a lot going on," she said.

"We're a cultural melting pot and...learning language is going to be the key to accepting each other and getting along in this big world. Plus, it'll help people, because we're just so much more global. They may end up working with a company in a different country because they have a language base."



Everyone's happy when you Sing With Me

Robert Smith School music teacher Kati Lapp and guidance counsellor Margo Yeomans, along with other school staff, were the hosts of six gatherings on Friday's last spring.

The two, along with Kindergarten teachers Rhonda Hopkins and Dawn Hopkins, resource teacher Cathy Holmes, Grade 1 and 2 teacher Lynn Ogale and Sandra Mandryk from Student Services, hosted the hour-long Little Metis/Sing With Me program, which was held after school with parents and students to improve literacy, get kids more active and integrate Indigenous perspectives into the school.

"We had about 20 to 30 people, between the parents and the students, coming on a Friday after school so it was a really good turnout," Yeomans said.

And they enjoyed it so much, they never once ran for the door at the end of the hour.

"People would stay and visit after," Lapp said.

"Sometimes when we

were done the formal portion, people would just hang out and chat. It was a great way to build community not just within our school but amongst the larger community."

The visiting provided a way for teachers to get to know parents as people, and not just parents of students, Lapp said.

The school applied for and received funding from the Manitoba Metis Federation to do the Little Metis program. It evolved into Sing With Me, which included an Indigenous component, simply due to the fact most of the families wanted it.

Children who attended had to have a family member with them, whether it was a parent or grandparent or aunt or uncle. Each Friday began with everyone gathering together to do some singing, dancing, drumming or perhaps

even read an Indigenous-themed story.

The program was designed to allow parents to go off on their own for a time while the kids did crafts, before reconvening for a final session of song and dance.

"What happened though was parents didn't want to be away from their kids. They didn't say it like that, but they didn't need a break. They were enjoying their kids' art and so we ended up changing the program," Yeomans said.

Both she and Lapp said flexibility was key to the program's success. While they originally started singing Metis songs in Michif, they added Ojibway songs at the parents' and kids' suggestion.

"Rather than us taking the agenda over we let them bring in their talents and share," Yeomans said.



Prepping for life after high school

There's plenty going on in the minds of high school students, especially those in their final year. Graduation's a big one, but the wonder and excitement, and maybe even fear and confusion about what the next phase of life has to offer occupies significant time in students' minds as well.

Carla Mroz, Career and Dual Credit Coordinator at the Comp is in many ways the link between high school and students' life after high school. Mroz works hard to let students test drive as many future careers as possible while they're still attending classes.

This year a three-part Health Care Career Exploration program let 50 Grade 12 Biology and Physics students interact with Interlake Eastern Regional Health Authority staff and get hands-on experience in acute and long-term care nursing, primary care and EMS, and finally, diagnostics.

"It was a really good experience for them," Mroz said immediately after the acute and long-term care nursing session.

"It really opened their eyes to the possibilities. Everybody's path has been so different so it was really interesting for the students to hear those stories and how people's journeys can take those segues."

Some of the health care workers told students how they had started in a different post secondary field, realized it wasn't for them and switched to health care; others told of how their occupation had allowed them to travel and work in other countries before returning home to work in Canada.

She said the students saw that there's no right or wrong way to get where they're going, and that each person's path is unique.

"A lot of them were 'Wow, I can do all that?'" she said.

"They left there saying this was so cool and so neat and they can't wait for the next one. That was really positive to hear."

Students who take all three parts of the Health Care Career Exploration can also earn a volunteer credit with 110 volunteer hours, and that could lead to a paid internship for the summer.

Mroz connects with employers throughout Selkirk and district, but also Manitoba and beyond, to bring them face to face with students. The IERHA presentations are new this year, but Career Café, Apprentice Night, Manitoba Post Secondary Fair and numerous other programs are successful because the business and post secondary community supports them.

"The community has been fabulous," Mroz said.

"Whenever I've done career fairs, parent nights,

apprenticeship nights... there's been people from the community that have come and have been huge supports that way."

Community and business support is crucial to providing an insight for students that they just wouldn't get otherwise.

Career Café, which took place this year on Nov. 8 as part of Workforce Career and Development Month, included representatives from businesses that were local, provincial and even international in scope. Post secondary education representatives from the University of Manitoba, University of Winnipeg and Red River College, were also on

hand.

Students walked out of their classrooms and into 20-plus career and education opportunities, talked to real people already doing those jobs and heard their take on them, all within one afternoon.

MROZ WORKS HARD TO LET STUDENTS TEST DRIVE AS MANY FUTURE CAREERS AS POSSIBLE WHILE THEY'RE STILL ATTENDING CLASSES.



STUDENTS LEARN ABOUT ACUTE CARE NURSING AT THE HEALTH CARE CAREER EXPLORATION PROGRAM.

"It's a really great day because a lot of the professionals bring different activities and hands-on-things," Mroz said.

"Students can have one-on-one time with them, so they can wander and connect with who they want to connect with and learn more about those career options and what education these people took to get there."

Students this year will also be able to take LIFT, a Better Business Bureau program that teaches workplace ethics and provides a certificate upon completion. Mroz said the five-hour program fits in with ethics classes and teaches students about doing the right thing at the right time.

"For a lot of students just starting out in Grade 10, it's a great opportunity to have something on their resume, it's something that shows they're proactive," she said.

Most of Mroz's efforts are concentrated on high school students but the "Unlocking the Toolkit Girls Forum" takes aim at girls in Grades 5 & 6 and introduces them to construction trades.

The one-day event, put on by Manitoba Women in Construction, Winnipeg Construction Association and Manitoba Status of Women,

features interactive trade demonstrations in carpentry, electrical, masonry, plumbing and more. They also get to meet women working in the various trades.

"It's opening their eyes to some of the different careers they can have at a younger age," Mroz said.

One of the most exciting new events this year is Catfish Den, the local solution to Dragon's Den, where individuals or businesses compete for funds for their business ideas or improvements. Instead of Dragons, Cool Cats from the region take the pitches and decide which they'll support.

There's a school component where students will be able to compete for money to fund their ideas as well. Mroz said lots of them are already hooked on Catfish Den.

"We're really excited and some of them have already started," she said.

"It'll teach them so many things, they're learning how to pitch ideas and it's great development for them."

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"Week to week we would ask what they wanted, because they were so excited, they were like 'can we bring in a drum? Can we bring in a fiddle?' So we let them determine the direction."

Lapp said parents were great at taking the lead in activities and teaching the kids.

"I liked that because it really felt like we were all learning from each other," she said.

Lapp used grant money to purchase spoons for the students to learn to play, and even though the younger kids weren't able to master the basic spoon pattern, they enjoyed it all the same. As the weeks passed, she said she could notice a difference in the kids.

"I'd say they had more confidence and a willingness to do things. When (Ecole Selkirk Junior High teacher) Kim (Moore) brought the grandfather drum, a lot of the kids were willing and comfortable to play," Lapp said.

"I think they were excited about being there and excited to have their families come into the school and share an experience with them."

Yeomans said that buoyed confidence prompted the students to move on to other instruments that weren't part of the program.

"They crossed over to new instruments that we weren't even trying to introduce in the music room, that's how the piano got started," she said.

"They asked if they could play it and some of them had hidden talents, they'd never had lessons and they were very good at it and their parents would say 'wow, I never knew they could do that.'"

She also said parents confirmed the songs the kids learned were a hit.

"Parents were saying the kids were singing the songs at home, like 'oh they're driving me crazy, we can't get these songs out of our head,' which is one of the goals of the program in terms of literacy," Yeomans said.

Sing With Me will start up again this January and feature a new group of parents and students, ones that were on the waiting list from last year.

ROBERT SMITH SCHOOL'S SUCCESSFUL 'SING WITH ME' PROGRAM WILL START UP AGAIN IN JANUARY.



Walk a block for history

The one-block span of St. Andrews Road between Highway 9 and River Road is a bit of a historical jackpot, offering up two hundred-plus year old buildings, one of the oldest school sites in Western Canada and the Red River itself - all of which lend themselves to countless history lessons.

But for Grades 1 & 2 students, the gem of the street is the St. Andrews Community Club. And why wouldn't it be? They go to the rink to play sports, take part in fun stuff like Nerf wars and look forward to the days when they, like their older siblings, can attend dances there.

The community club is one of the stops on the school's community walk, done in the fall and the spring each year and designed to connect students with their community and give them an interactive history lesson.

Teachers learn plenty during the walks too, including the fact students have a lot of respect for a local grocer and a school employee.

"I asked the kids, 'who built the community club'? And some will say, 'oh, Mr. Halbesma, or Mr. Fox, our school custodian, and they were surprised to find out that community members first built that community club as a place where you can go and play sports," said Grade 2 teacher Megan Brand.

"They were really interested in that part of the walk."

The aforementioned Halbesma owns Harry's Foods, and his store at the corner of the street is an important part of life in the community today. Students and teachers toured the store and talked about the bulletin board at the entrance that gives everyone important information and the recycling bins that allow people to take care of the environment.

They talked about the diabetes donation bin, the bank machine in the store and the birthday cakes you can buy at Harry's.

"It's a grocery store but it serves a really big purpose in the community," Brand said.

The walk takes the students to the 173-year-old St. Andrews Church and the Rectory across the road, giving students an incredible glimpse into the municipality's storied past.

"St. Andrews has such a rich history that it just lends itself for going for this walk around the community," Brand said.

The impressive church fascinates the students, many of who are surprised to learn that a building that old is still in use.

"A lot of the kids didn't know that they still offer church services at the church every Sunday so that was interesting for them," she said.

Brand said the students recognized some familiar St. Andrews' names in the church graveyard as well as in a Scottish Tartan display at the Rectory.

"The names make them feel more connected to the community and it generates some really good conversation," Brand said.

The land where the current St. Andrews School is located has plenty of stories to tell and the students were quite well informed about their school's past.

"We talked about our school and how there used to be other schools here at this site. There were other ones that were condemned and burned down, and they all seem to know about that,"

said Grade 1 teacher Dawn Bailey.

The current school is the sixth on the site, which is one of the oldest school sites in Western Canada.

The St. Andrews Daycare, located beside the school, gets discussed and the students make notes of pretty much everything they see during the walk, including wildlife they see and a man walking his dog.

Brand's class makes a class book about the walk and everything will be included. The walk ended up back at the school and gave Bailey the chance to wrap it all up and talk about the students' own place in the community.

"The walk took us about an hour, it was a nice day so we kind of drew it out and when we got back we played on our playground and Dawn talked a little bit about how now we're at the best part of our tour. Where do we all connect and where do we spend most of our time - the playground," Brand said.



Giving with your heart, not your pocket book

Members of the East Selkirk Middle School Humanitarian Group are doing their part to build community and make the world a better place.

Human Ecology teacher Sheila Stark-Perreault heads up the group and said students are learning about the numerous ways they can affect positive change without digging into their pockets or purses.

"We call ourselves the Humanitarian Group, because we're not philanthropists that have a whole bunch of money to give away, but we're starting right here

at home, planting that seed for good," Stark-Perreault said.

"Their passion for what we can do and the things we can help with is amazing."

The group, which includes students from Grade 5 to Grade 9, has been involved with WE Day activities in the past, but is now concentrating more on its own projects. Stark-Perreault said they continue to sponsor a World Vision child and they've assisted with funding to help build schools and wells in other countries.

They've learned community can mean next door or across the globe, and they can have a hand in building both.

Farm to School is a Peak of the Market and Manitoba Association of Home Economists (MAHE) sponsored project that lets students sell produce to friends and family and achieve several goals.

The proceeds are split between the school and Peak of the Market, which supports local farmers, and the sale of good, locally grown vegetables promotes healthy eating.

Another benefit of Farm to School is the vegetables can be donated to places like the Selkirk Food Bank or Our Daily Bread Soup Kitchen.

This year, the Humanitarian Group established a new partnership with Selkirk's Project Linus and Stark-Perreault is excited about the possibilities.

Project Linus Canada's mission is to "provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized or otherwise in need of a hug," by gifting new, handmade blankets, quilts and afghans created by local 'blanketeers'.

Members of Selkirk's Project Linus chapter are coming to the school to show the Humanitarian Group how they can become blanketeers.

Stark-Perreault is eager to get started with Project Linus and said the nation-wide

organization's goal of providing warmth and security to those in need fits in perfectly with the Humanitarians' ideals.

"(Project Linus) distributes the blankets wherever they're needed, it could be to our school guidance counsellors, so they can give them to children

who've suffered a loss, it could be someone suffering from depression, someone with Alzheimer's, whoever needs it," she said.

"And I think that fits in well with the students' ideals."

MEMBERS OF THE HUMANITARIAN GROUP WITH PROJECT LINUS' SHARON SUTTON, CATHY SVENSON, AND BEV DARKER.



Stark-Perreault said she likes to get students involved in causes that mean something to them. Since the kids love animals, they've helped out local rescue shelters by saving scrap material from sewing class and turning them into pillows that can be used as dog beds.

The group also built two Little Free Libraries and gave them to the RM of St. Clements, which in turn placed them in the community. The Little Free Library movement began in the United States in 2009 and promotes the building of community and a love of reading.

Started by teacher Todd H. Bol, who passed away in October, people around the world took hold of the idea and built small libraries - essentially enclosed bookcases - and placed them in their yards with the instruction for people to 'take a book, return a book'.

The students did a book drive to fill their Little Free Libraries, and it's a project they'll do again.

"We'll continue to do that because we want to do a couple more each year and put them out in the community."

The group also takes part in the Manitoba Council for International Cooperation (MCIC) Conference and is planning some sort of give-back-to-the-community event, like working at the food bank or soup kitchen to recognize World Home Economics Day in March.

"The passion the kids come with is amazing. You have conversations with them and they want to do more than I think they realize they can do."