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Three + Tea owner Michelle Bloom with her sister Megan Scholl, Bloom's co-owner in Blyss Tea, taking care of Black Friday business this past weekend in Selkirk. The promotion was deemed a success with over 7,000 Black Friday contest entries.

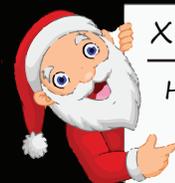
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BIG DOLLAR

MPs come to Selkirk hospital to announce increased joint surgeries in future

Eight hundred additional joint surgeries to take place annually

By Katelyn Boulanger

Health, Seniors and Long-Term Care Minister Uzoma Asagwara came to the Selkirk Regional Health Centre last week to announce that an additional 800 hip and knee surgeries will take place at the hospital every year.

"I am so happy to be here with all of you today. Thrilled to be able to an-

nounce that our government is adding 800 new hip and knee surgeries here at the Selkirk Regional Health Centre," said Asagwara.

The announcement is a commitment by the provincial government to provide annual funding and the staff to make these operations possible.

"Each one of these 800 surgeries will mean one less Manitoban waiting in pain. We know as a government that cutting wait times, reducing wait times, does not have to be complicated. You don't need to send folks out of province or out of the country to get the essential surgical care that they need, can get, and deserve to get right here at home. What we do need is more staffing on the front lines. We need more allied health-care professionals. We need more nurses, support staff, physicians. We need more capacity, and that is exactly what today is all about. This is a big step in the right direction," said Asagwara.

This announcement comes off the heels of the announcement of 15 Transitional Care Unit beds being added to the Selkirk Regional Health Centre last August.

"This is a tremendous amount of new capacity in a pretty short amount of time right here in Selkirk. Every single step of the way, my focus as



RECORD PHOTO BY KATELYN BOULANGER

Health, Seniors and Long-Term Care Minister Uzoma Asagwara speaking at the 800 new knee and hip surgery announcement.

health minister and the focus of our entire team of our government, is to improve health care and reduce wait times for you, Manitobans. Today's announcement is a real step forward, and we'll continue to do the work of fixing health care, building strong health-care teams across Manitoba to benefit all Manitobans no matter where they live," said Asagwara.

Selkirk Mayor Larry Johannson followed Asagwara.

"First off, I want to thank the health-care workers, the doctors, the nurses, for everything they do to keep this hospital running successfully and

smoothly. I truly want to thank the backstage workers, the workers that often don't get the applause, they don't get the accolades. They're not here, but they're the ones that keep the hospital also running smoothly. They keep the pathways open, they keep the lights on, they do the maintenance work, and without them, we wouldn't have a hospital," he said.

Johannson then thanked the provincial government for adding these new surgeries to the hospital.

"It means so much to us, not only to

Continued on page 5

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> HIP AND KNEE REPLACEMENTS, FROM PG. 4

Selkirk but for the surrounding area. We're a hub now for St. Andrews, for St. Clements. We're a hub for the Interlake. They come here now. They come here for a lot of things, but, I think, number one is they come here for medical care. Because as far as I'm concerned, this is the most beautiful hospital in Canada. I truly believe that. It may not be the largest but I always tell people, it's beautiful," said Johannson.

Dr. Ed Buchel, provincial surgery specialty lead for Shared Health followed Johannson.

"This is, truthfully a very, very ex-

citing landmark day for health care in our province, for surgery, for orthopedics, for the collaboration with a team from Selkirk and a team from Concordia, and the collaboration that we move forward with in surgery programs where we use data-driven decisions to support the health care in our province," he said.

Buchel said that there is a waitlist for hip and knee surgeries in our province and that that waitlist is too long.

"Eight hundred more hips and knees is an astronomical number to increase at one site per year, ongoing. In our province, we have never had the abil-

ity to deliver the needed hip and knee arthroplasties on an annual basis. So, every year in the past, we were adding more people to a waitlist, more people were going out of province. With this announcement, with our increased capacity at our other hospitals, we will now nearly hit 7800 joints per year. That is what our population needs us to do on an annual basis," said Buchel.

He explained that it would be impossible for waitlists to not exist but that this is a step forward.

"Yes, people will wait for surgery. They have to see our physicians, they have to get cleared from medi-

cine. I've been asked this before, 'Is the waitlist going to go to zero?' The waitlist will never go to zero but we will not be adding people to the long waiters anymore," said Buchel.

Buchel also said that this is a fundamental change.

"Waitlists should not exist. This is a prime example of how the province, our leadership in surgery and our government are working collaboratively together to make sure no one is left behind in surgery. I can go on and on about how great a day this is for us, but working together, this is it. This is as good as it gets," said Buchel.



RECORD PHOTOS BY
KATELYN BOULANGER

Marion Ellis, Chief Executive Officer at the Selkirk Regional Health Centre.



Larry Johannson.

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Provincial government announces expansion of electronic monitoring program

Gaynor Family Library announcement about GPS tracking technology to keep survivors safe

By Katelyn Boulanger

Last week MLAs from the provincial government were at the Gaynor Family Regional Library to make an announcement that the electronic monitoring program was going to expand beyond the City of Winnipeg and into the rest of the province.

"We're taking action to make rural Manitoba safer for you and for your family. We're expanding the electronic monitoring program to your communities: to Steinbach, to Selkirk, to the Pembina Valley, to Portage la Prairie, to Brandon and Carberry, to Dauphin and Carmen, and to so many other communities in between. This is just one more important step in our public safety strategy where we're getting tough on crime and we're getting tough on the causes of crime. It's also part of our commitment to take action right here in Manitoba, to strengthen our bail system," said Justice Minister Matt Wiebe.

This program is an expansion of an earlier announcement from last summer in which the electronic monitoring program was first tested in the City of Winnipeg. Thirty-one of those ankle monitors are now in use.

The rural program consists of 100 ankle monitors that use GPS tracking



RECORD PHOTO BY KATELYN BOULANGER

Supt. John Duff, East District Commander of the Manitoba RCMP, Families Minister Nahanni Fontaine, Tsungai Muvingi, provincial co-ordinator, Manitoba Association of Women's Shelters, Richmond MLA Jennifer Chen, Mayor Larry Johannson, City of Selkirk and Justice Minister Matt Wiebe at the electronic monitoring announcement.

technology to keep track of those out on bail as well as a phone application. These monitors can track the user to an area of 6 ft or less, are more difficult to remove than previous versions and are equipped with two-way communication.

"We're happy to be working with law enforcement, with the justice system, with our local leaders, and all with a goal of protecting you together. We're cracking down on crime and criminals. That's what this program ultimately is all about. On top of this, we are expanding the criteria

for the program, and this is so vital, it will be expanded to protect Manitobans, who are survivors of intimate partner violence. This means, offenders with ankle monitors can now be linked to our new Empower app, which will give survivors more tools to keep them safe. Through the app, the location of the offenders will be shared with survivors in real-time, and so if they violate any of their conditions of release or probation orders that they're under, the authorities will know immediately. They will know, and then they can act to intervene and ultimately hold that individual accountable, protecting survivors before anything can escalate beyond that point," said Wiebe.

Families Minister Nahanni Fontaine followed Wiebe.

"Survivors of intimate partner violence in this province have been forced to protect themselves and often alone, without support from government. But we're changing that," she said.

Fontaine explained that this application gives survivors immediate support.

"Whether that's contact with 911 services or getting law enforcement on the ground right away. This is about believing women, girls, Two-Spirit and gender-diverse folks. It's about supporting them in real-time, and it's about putting the resources and actioning those resources for all Manitobans to be safe. It's also about listening to survivors and centring the

voices and concerns, realities and experiences of survivors and the things that they have been telling governments for years. We're actioning that today," said Fontaine.

Selkirk's Mayor Larry Johannson came up to speak next.

"This electronic monitoring program expanding into communities like Selkirk is a clear sign that the province is as committed to fostering public safety as we are. This program serves a dual purpose. It is a valuable tool for monitoring individuals on bail and increases accountability for those who have committed serious crimes, and importantly, it provides peace of mind for all Manitobans, knowing that additional measures have been put in place to ensure community safety. This initiative directly supports and enhances the safety of our growing city. It builds on the steps we are already taking to build a safer Selkirk, including improving our downtown through environmental design and increased public presence, launching our new Community Safety Officer Program, increasing our investment in the START Program, which offers interagency, wraparound support services to those who have or are at risk of having interactions with law enforcement and working with community support and service groups who are working hard to enhance the well-being of people in our Triple S region," said Johannson.

Continued on page 7

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> ELECTRONIC MONITORING, FROM PG. 6

He was followed by Tsungai Muvungi, provincial co-ordinator of the Manitoba Association of Women's Shelters.

"It has sadly become all too common for perpetrators to look for, stalk, harass, coerce and continue to abuse women, children and individuals who have fled gender-based violence, regardless of where they are, including in shelters, safe spaces or with family and friends. Endangering the lives of all involved," said Muvungi.

Muvungi then asked those present to imagine they were in a situation where they had to leave their homes following a violent situation without financial resources or even identification. After finding a safe place in your local community, you need to then move again hundreds of kilometers to another safe space because your abuser learned where you are.

"By combining technology with proactive enforcement, we take a step toward building a society where women can live without fear, and where the justice system upholds the fundamental right to safety and dignity," said Muvungi.

She explained that rural communities often struggle with a lack of resources including transportation, safe spaces, constant supports and more.

"It takes a lot of work from all parts of the community to address the com-

plex issue of gender-based violence. These initiatives are a strong next step for survivors to seek safety and further protect our communities while bridging the unique gaps our rural and northern communities continually experience," said Muvungi.

The final speaker at the event was Supt. John Duff, East District Commander of the Manitoba RCMP.

"Throughout my time with nearly 34 years of policing, one thing has remained consistent. A small number of people commit a large number of offences, and that is unchanging. These chronic and repeat offenders are usually well known to police in all communities, and often on conditions within the communities. These individuals keep our officers extremely busy, both in responding to calls for service, responding to private incidents, and investigations. The announcement today of the expansion of the electronic monitoring system into rural areas is positive. It's another tool for frontline officers help in advancing and resolving investigations we need to ensure that resources, including new technologies, are being directed and incorporated to help everyone who may be at risk," said Duff.



RECORD PHOTO BY KATELYN BOULANGER

Wiebe showed how the application works with the ankle monitor to ensure residents can get help quickly if needed.

Manitoba government launches new snowplow tracking system

Real time road clearing comes to provincial roads this winter

Submitted by the Government of Manitoba

Manitobans are now better able to plan safe winter travel thanks to "Track My Plow", a new snowplow tracking feature that provides real-time updates on Manitoba 511, Transportation and Infrastructure Minister Lisa Naylor announced Nov, 29.

"Manitobans know that winter storms are a part of our lives and the new Track My Plow app will help Manitobans plan their winter commutes without having to even look out the window," said Naylor. "Track My Plow will not only save drivers time but will help improve the safety of Manitoba's roads during winter. I'd like to thank our snowplow operators, who are out in all sorts of weather to clear our highways, for their hard work."

The new tracking feature, available on Manitoba 511's website and smartphone app, will allow users to track active snowplows and where

they have been for the past two hours. When combined with descriptions of road conditions and closures, drivers can make informed decisions before travelling this winter.

"CAA Manitoba congratulates the Manitoba government on the launch of this new technology, which we believe will be welcomed by Manitobans as they navigate our roads, streets and highways this winter," said Ewald Friesen, manager of government and community relations, CAA Manitoba. "We are in full support of innovations that increase road safety in our province. As part of our road safety advocacy, we remind motorists that planning your route

is one of the most effective ways to avoid needing a tow and avoiding the dangers of being stranded. We believe that this app can significantly help drivers make informed decisions to safely reach their destinations."

For more information on Manitoba's Multi-Year Infrastructure Investment Strategy, visit: www.gov.mb.ca/mti/myhis/index.html.

Up-to-date information on highway conditions including detours, restrictions and road closures is available at www.manitoba511.ca/ or by calling 511. The Manitoba 511 app is avail-

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get informed

NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

Selkirk RCMP make arrests in string of Break and Enters

You better watch out for neighbourhood safety this holiday season

Submitted by Selkirk and Area RCMP

On Nov. 29, Selkirk and Area RCMP made two arrests in a string of reported Break and Enters in the City of Selkirk, Man.

The two suspects named "Buddy" and "Candy Cane" were apprehended in a store where multiple packages of peppermint candy canes were opened and the contents consumed. Investigation in consultation with the North Pole Constabulary, indicated the two suspects were on leave from their duties but were to be assigned to "Nice List Surveillance".

As such, the two suspects have been released to their host family with conditions to abstain from the consumption of peppermint candy canes.

All fun aside, we are approaching the holiday season when everything can appear shiny and bright. Don't let your joy be tarnished by leaving your vehicle running with keys in it for someone to take. As we decorate our houses for the neighbourhood to see, remember that those who specialize in stealing from homes can see inside too. Take a minute and ensure your house and all your outbuildings are secure before you leave your property. Festive parties will begin soon. If you plan to consume alcohol,



RECORD PHOTO SUBMITTED

Suspects "Buddy" and "Candy Cane" were apprehended by Selkirk and Area RCMP, who hope that residents have a safe and happy holiday season.

also have a plan to get home safely. If you drink, don't drive. Plan a ride home or somewhere safe to stay for the night. No one wants to be on the naughty list.

From all the staff at Selkirk and Area RCMP have a fantastic holiday season and the brightest New Year!

Two Manitobans have been drawn as the lucky winners in the 2024 HSC Millionaire Lottery

Submitted by the Health Sciences Foundation

Cyndi Hawthorne of Selkirk will choose between a tax-free cash prize of \$1.25 million, or one of six home packages worth up to \$1.5 million.

Wilfred Pitz of Winnipeg is the winner of one of Manitoba's largest 50/50s, totalling \$1,390,700, and will

take home \$695,350.

"I want to extend my gratitude to everyone who participated in this year's HSC Millionaire Lottery," said Jonathon Lyon, president and CEO of the HSC Foundation.

"Your generous support directly contributes to acquiring cutting-edge equipment and developing clinical

spaces at HSC, ensuring our health care professionals deliver the highest standard of care to Manitobans. We're deeply grateful for your involvement. Together, we're helping to save lives."

This year's winners were published online at hscmillionaire.com on Nov. 27 and all winners will be notified.



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Local crafters, makers and creators have a lot to share



RECORD PHOTOS BY KATELYN BOULANGER

This holiday season consider getting gifts for your friends and family from local makers. There are a variety of local people making gifts that would be a perfect way to show those on your nice list that you care. Some of those artisans participated in the Bud and Bloom Holiday Jingle 100% Handmade Craft Market last weekend.



Treaty One Flag raised at Happy Thought School

East Selkirk School first in division to raise flag

By Katelyn Boulanger

Last month students and teachers at Happy Thought School raised the Treaty One Flag outside of the school.

"We're here today to celebrate the raising of our Treaty One Flag. This flag was generously gifted to us by our English PAC (Parent Advisory Council). Over the years, we've shared with our PAC parents our goal to provide our students with the knowledge and understanding of Truth and Reconciliation so that our students can be the voice in our East Selkirk community. It's our goal for these conversations and teachings, the questions and the connections that our students will feel equipped and empowered to share what they've learned within the walls of Happy Thought School with the community beyond," said Louise Caughell, Vice-Principal, Happy Thought School.

She explained that if you are by the school with someone from your family and they ask what the flag is, the goal is to have students in the school be able to explain to their loved ones what they learned about it in school.

"It is our goal to continue the path of Truth and Reconciliation with our students leading the way," she explained.

Students from the Grade 3 and 4 classes that attended the ceremony next stood up and shared some facts about what Treaty One is.

"It's important for us, at Happy Thought, that if we are going to raise a flag like our Treaty One Flag, that we do it when we feel like our students can talk about it, that our students have the knowledge and the understanding about why this flag is important," said Caughell.

She then invited Jacqueline Bercier Cultural Proficiency Lead Teacher at Lord Selkirk School Division to say a few words.

"The raising of the Treaty One Flag represents a significant historical cultural awareness of our shared responsibility to work towards reconciliation. As the first school in Lord Selkirk School Division to have a Treaty One Flag permanently represented, Happy Thought School has taken their first steps of commitment to building respect, celebrating Indigenous diversity and culture, as well as encouraging all people within these walls to experience Mino Biimaadiziwin - Living The Good Life," said Bercier.

She said that we need to be honest

with ourselves that we will be challenged at times while this relationship is being built and we need to be courageous, walk humbly together, seek wisdom when we need it, and always centre our learning in truth and love.

"The Treaty One flag incorporates the original spirit and intent of the treaties – the eternal relationship between people who share this land, between their cultures and between their world views. The phrase, 'As long as the sun shines, the grass grows and the river flows,' written within Treaty Number One has a significant meaning. This relationship of sharing and learning will continue on, and the flag is our reminder that as human beings, we are responsible for working together. Chi-Miigwetch," said Bercier.

Caughell then challenged the students there to continue to listen and learn.

"This is your job as Happy Thought Huskies to continue to learn to listen to our announcements when we're talking about the call to action, to listen to when we're talking about treaties and our land acknowledgement, and why our land acknowledgement is important, what this land means to us and what it has meant to many people," she said.

She said that some day the students may come to the school with their own families and they will be able to tell them that they were there on the day that this flag went up.

Liz Kenyon, Happy Thought School PAC Chair said that they were happy to be able to provide this flag to the school.

"On behalf of all of us, we're just very proud to be part of such a wonderful, inclusive community," she said.



RECORD PHOTOS BY KATELYN BOULANGER

Photos from the flag raising at Happy Thought School.



École Selkirk Junior High Students pay their respects in Ottawa

Students learn more about our country and traditions with trip to Capital

By Katelyn Boulanger

A group of grade 8 and 9 students at École Selkirk Junior High had a great opportunity for in-person learning last month when they took a trip to Quebec City and Ottawa.

Matthew Nickarz, a teacher at École Selkirk Junior High, is one of the people involved with coordinating this bi-annual trip.

"It's open to any students. I put it out there every two years and the whole reason for it is to be on at the National War Memorial on Parliament Hill for the Remembrance Day ceremony on Nov. 11," he said.

This is the sixth time that students from the Junior High have had the opportunity to take this trip to some very historic parts of our country.

"They get personalized service from EF Tours. We have a tour director who's knowledgeable about all there is. They get a tour of Old Quebec in Quebec City and all the various sites around there that we go to. We then travel to Ottawa, stopping in Montreal. They get a bit of time there and then in Ottawa, the same thing," said Nickarz.

This year saw 26 students go on the trip which was the biggest group that has gone so far.

Once the students get to Ottawa they get the experience of a lifetime exploring many of the sites at the nation's capital. Since Grade 9 social studies focuses heavily on government, this is also a great tie-in to what the students are already or are about to be learning.

Nickarz explained that there's something special about learning about all of these places in person.

"We can talk about things as much as we can, but when you actually see the buildings, the people and things that are involved in it. It makes it real, right? And the whole goal for me is to get them engaged in the political system so that they vote. That's the whole point because we know that people don't vote a lot, or they just don't care. So, my goal is to get them to care enough that they actually do that and can actually see, this is what we're talking about. This is what's here. This is what's there," he said.

The kids that went on the trip enjoyed their time.

"A lot of them said that the [Remembrance Day] ceremony was their highlight. But the war museum in Ottawa, you could spend days at," said Nickarz.

Some of the kids also, of course, enjoyed Quebec City as it's just about as close as you can come to going to Europe without leaving Canada.

As for the Remembrance Day Ceremony in Ottawa itself, Nickarz says that it's something that he thinks everyone should experience.

"A lot of people say it's on their bucket list. But even just being there, and it's only for about an hour this ceremony, but whether it's the flyovers by the planes, the cannon that fires 21 times that literally shakes you and everything. It's an experience to see the political dignitaries that we talk about that are there, the Prime Minister, the Governor General, and matching all these people with what we talk about. Students can actually see it, so, it makes the experience very real and effective for the students," he said.

He said that it's something that is good not just for their classroom learning but to broaden student's horizons.

"Actually leaving Selkirk, which a lot of students haven't done at this point yet. Leaving the province, realizing there's a big world out there, and there's a lot going on. It's a lot to plan, but the tour company that I



RECORD PHOTO SUBMITTED

Photos from the École Selkirk Junior High student's trip.

work with does most of it. They do an excellent job. I mean, yes, we have to do a lot of work with it, but it's worth it to just get those kids out there," he said.

In addition, the students did their part in representing Selkirk in a positive way.

"We actually received compliments, which, we usually do when our students travel, from a teacher who was in the crowd at the Remembrance Day

ceremony with us. [They were] talking about how the kids were asking such good questions," said Nickarz.

He also wanted to thank the chaperones whose help made the whole trip possible.

"This was a great trip. Students were awesome, and everything worked out well. We saw everything, did everything. I plan to do it again in the future," said Nickarz.

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Local businesses jingle and mingle



RECORD PHOTOS BY BRETT MITCHELL

The Beasejour & District, Selkirk and Springfield Chambers of Commerce teamed up for a jingle and mingle holiday party multi-chamber event. The festive celebration was filled with music food and holiday cheer.



Manitobans invited to participate in Budget 2025 Survey

Submitted by the Government of Manitoba

The Manitoba government is inviting all Manitobans to take part in a short online survey and share their priorities and opinions for the government's next budget, Finance Minister Adrien Sala announced on Nov. 28.

"We're working to rebuild health care, lower costs and get Manitoba families the services they need – while taking a balanced approach to the province's finances," said Sala. "We've made progress over the last year, but we need to build on that work to get results for Manitobans – starting by hearing directly from you about your priorities."

Budget 2025 will outline the government's funding priorities for the upcoming year. Manitobans can complete the online budget survey at <https://engagemb.ca>. It will be one of several ways the Manitoba government will engage Manitobans between now and when the budget is released in spring, noted the minister.

The minister also noted that Manitobans can email comments and ideas to MBbudgetfeedback@gov.mb.ca.

The province will release its full public engagement schedule along with the online survey results at <https://engagemb.ca/budget-2025>.

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Legacy of Murray Sinclair resonates deeply

By Jennifer McFee

Murray Sinclair made an indelible mark across Manitoba, across the country and even across the globe.

The renowned Indigenous judge and advocate had strong ties to the Interlake, since he was a member of Peguis First Nation and he grew up in Selkirk.

Wherever he went, Sinclair found a way to touch the lives of the people he encountered. One of those people is Alan Campbell of Stonewall, who attended Sinclair's celebration of life on Sunday, Nov. 10 at Canada Life Centre.

"Through my work as president of the Manitoba School Boards Association and also as the honorary president of the Youth Parliament of Manitoba, I have had the privilege of engaging in lengthy, frankly unforgettable conversations with the late Hon. Murray Sinclair on a number of occasions," Campbell said.

"Sometimes these conversations included members of his family as well, which made it doubly important for me to attend his celebration of life — both to honour him and to express support and gratitude to his family."

Like most people, Campbell had never attended a celebration of life at the Canada Life Centre, and he didn't really know what to expect.

"Half of the lower bowl of the building was converted into an intimate setting, fitting of the occasion both in terms of setup and atmosphere. My estimation would be that there were likely a couple thousand people in attendance, with the grand chief of the AFN, the Governor General, the prime minister, the lieutenant-governor, the premier and several other Indigenous and non-Indigenous leaders," he said.

"People from all backgrounds and walks of life were there to pay their respects. MCed by Justice Sinclair's son Niigaan, the service was light with laughs and applause and also, at times, extremely moving with powerful speeches and musical performances. Attendees had the opportunity to smudge as they entered the seating area and books of condolences were available in many locations for attendees to sign."

Campbell shared some sentiments on the legacy and lessons Murray leaves behind.

"The lasting legacy of Murray Sinclair is difficult to encapsulate into a few sentences because his impact will be felt for generations to come, by Canadians of all races, creeds and backgrounds. For me personally, Justice Sinclair's work and legacy is most meaningful in the context of the Truth and Recon-



RECORD PHOTO SUBMITTED

Murray Sinclair with Alan Campbell and his wife Alycia at the Manitoba legislature during the 101st session of the Youth Parliament of Manitoba in December 2022.

ciliation Commission and its impact on how the public education system in Canada has been changed for the better and will continue to change and evolve for the better," he said.

"A most tangible outcome of this is the demonstrable understanding of Canadian youth of the harms and

mistakes of the past and the importance of that truth on our collective path to reconciliation — and, more importantly, the capacity for this country's youth to teach older generations on the topic."

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Annual General Meeting

Notice is hereby given that the AGM of the members of the Manitoba Forage Seed Association Inc. will be held on January 9, 2025, at 10:30 am at the Victoria Inn, Wpg. Member is defined as an individual or entity who has paid a levy fee for the sale of Forage seed crops between the period of July 1, 2021 – June 30, 2024.

The Board of Directors will be proposing amendments to By-Law No. 1/2005 at the AGM for discussion. A vote to approve the amendments will be held immediately following discussions. Limited copies of the proposed amendments will be available at the AGM.

Advance copies can be obtained by emailing Lisa at: loneill@forageseed.net

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Canada Post employees in Interlake and Eastman post offices refuse the news

Canada Post accepts payment for newspaper delivery, but rural post office staff instructed to down tools

By Patricia Barrett

Canada Post employees in rural post offices across the Interlake and parts of the Eastman region have been told to not put newspapers in mailboxes during the Canadian Union of Postal Workers (CUPW) strike even though post office employees are members of a different union that's not on strike.

Over the course of two weeks following CUPW's launch of the strike on Nov. 15, rural post office employees were "instructed" by their Selkirk-based manager to refuse to deliver the *Express Weekly News*, the *Selkirk Record* and the *Stonewall Teulon Tribune*, which are published by the Stonewall-based newspaper company Big and Colourful Printing and Publishing (BCPP).

Delivering the newspaper entails post office staff folding the newspaper and placing it in resident and business mailboxes that are housed in post offices or postal outlets in various towns in the two regions, including Stonewall, Warren, Woodlands, Fisher Branch, Teulon, East Selkirk, Arborg and Libau.

Rural post office employees of the federal Crown corporation belong to the Canadian Postmasters and Assistants Association (CPAA) union. CPAA is not on strike. It is, however, currently negotiating with Canada Post for a new collective agreement that expired in December 2023. That agreement still applies, according to negotiating updates posted on CPAA's website.

If rural post office staff were on strike in conjunction with CUPW workers, the down-tools approach to delivering newspapers would be perfectly understandable. And it would probably be a given that Canada Post wouldn't take BCPP's money in exchange for the delivery of those newspapers.

But Canada Post did in fact take payment from BCPP co-owner Lana Meier in exchange for its post office employees placing those newspapers

in mailboxes, which are mere steps away from post office counters.

Last week [Nov. 18-22] some of the post offices in the Interlake accepted and delivered BCPP papers, but others refused. This week [Nov. 25-29] the same thing happened at post offices in different Interlake towns and in the Eastman region.

"What they're all doing is illegal. Canada Post can't take my company's money then refuse to provide the service I paid for," said Meier. "Rural post office employees are not on strike. They're getting paid to work."

Using the Arborg and Libau (north of Selkirk) post offices as examples, Meier said she paid Canada Post on Tuesday, Nov. 26 for the delivery of X numbers of *Express Weekly News* and *Selkirk Record* newspapers.

When she arrived in Arborg on Wednesday, Nov. 27 to deliver bundles of the *Express Weekly News*, post office staff told her they had been instructed by their manager via email to refuse to accept and handle newspapers.

"An email was sent to the Arborg Post Office on Monday morning [Nov. 25] from their manager – who we confirmed is Erin Lachman in Selkirk – telling them not to accept the newspaper," said Meier. "The same thing happened in Libau – post office staff received the same email from Erin telling them to refuse the newspaper."

With the newspapers carrying Black Friday flyers that rural advertisers were counting on being delivered, Meier said it was "imperative" she get the newspapers out to readers.

After a one-hour, 93-kilometre trip to Arborg, Meier said she had to drive back to Stonewall with the newspapers, hire half a dozen or so extra staff on the fly, bag newspapers in plastic sleeves then drive back to Arborg and deliver the newspapers herself. Delivery in this case meant Meier driving

down every street in Arborg and tossing a newspaper on to driveways, as well as driving the back roads outside Arborg.

She wasn't the only one who had to drive around pitching newspapers out the car window.

"Some staff delivered papers until 4:30 a.m. in other towns. I finished Stonewall at about 2 a.m. and went back out the next day at 8 a.m. And we were out all day today [Nov. 28], driving newspapers around to people's homes, to guarantee that everyone had a paper by midnight Wednesday," said Meier.

She said she took a newspaper box to Arborg and placed it between the post office and the Red Apple store in anticipation of Canada Post's non-striking employees being instructed once again to refuse to handle newspapers this week.

"I took a picture of the box, made a flyer and stuck it in all the newspaper bags to say that as of next week (Dec. 2-6), this is how readers will be able to get their paper. We have hired Riverdale Place employees for door to door delivery starting this week," said Meier. "The Arborg Post Office put a sign on their building telling everyone the paper is in the red box

outside."

Meier said she can't take any responsibility for being blindsided by Canada Post as BCPP staff had called all the post offices on Nov. 15 when the strike was announced and "we were told by all of our post offices that striking CUPW workers – Canada Post employees who drive and deliver our newspapers to post offices – would have an effect on us, but not the CPAA employees." She was given no indication that post office employees would refuse to handle the newspapers.

"At that time [Nov. 15], I was able to adjust production and take some newspaper boxes and papers out to certain locations," said Meier. "But what we were told the first week of the strike and then the second week, changed very last minute. We weren't forewarned the week of Nov. 25; they had received Erin's email on Monday, Nov. 25. If they had called us that day to let us know they had been told to refuse our newspapers, I would've had time to adjust production, I wouldn't have submitted a payment to Canada Post and my staff and I wouldn't have dropped off

Continued on page 20

"SOME STAFF DELIVERED PAPERS UNTIL 4:30 A.M. IN OTHER TOWNS. I FINISHED STONEWALL AT ABOUT 2 A.M. AND WENT BACK OUT THE NEXT DAY AT 8 A.M. AND WE WERE OUT ALL DAY TODAY [NOV. 28], DRIVING NEWSPAPERS AROUND TO PEOPLE'S HOMES, TO GUARANTEE THAT EVERYONE HAD A PAPER BY MIDNIGHT WEDNESDAY,"

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Host the holiday party to remember and have eve

By Staff

The holiday season is a time of year when many gatherings take place and people celebrate together with a little holiday cheer. With the Santa Parade of Lights and Holiday Alley having rung in the beginning of the season, we are officially in the holiday swing. With that in mind, residents in our community are likely to attend a holi-

day party or two in the coming weeks and, as well as having a great time together, we all want to make sure that we get back nestled snug in our beds safely afterwards.

If you are someone who loves the idea of a house full of family and friends and want to host a party, just remember that safe rides home should be considered before a single

guest arrives. Neglecting this could be both dangerous and costly. Overconsumption of alcohol can affect guest judgment, both during the party and at the end of the night when it's time to go home.

Hosts can consider these strategies to avoid overserving guests and making sure that everyone gets home safely.

HOLIDAY PARTIES
If you're drinking or taking dru

During the holidays, you often hear tragic stories of people losing their lives in road accidents involving alcohol and drug use. However, these tragedies can be prevented. Here are a few simple tips to ensure you and those around you stay safe this festive season.

ARE YOU A DRIVER?
Even if you feel okay to drive, it's a proven fact that consuming alcohol and drugs — no matter how much — will still impair your judgment. It's best to have a plan of action before you go out. Consider arranging to stay overnight at the party location or assign a designated driver for your group. Other options for getting home safely include hiring a rideshare service or taxi or taking public transit.

Richard Perchotte
MLA for Selkirk
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guest's consumption, and support the bartender should he or she refuse to serve a guest.

• Host outside your home. A large party at home may create a warm atmosphere, but it also can leave hosts juggling many responsibilities at once. Hosting the party at a restaurant with a valid liquor license can minimize the hosts' responsibilities. In addition, restaurants and bars tend to be very busy during the holiday season. That means it will likely take longer for guests to order and receive their drinks. Extra time between drinks can reduce the risk of overconsumption.

• Stay sober. Hosts can more effectively monitor how much their guests are drinking if they abstain from consuming alcohol. Guests who recognize hosts are not drinking might also be more agreeable if hosts ask them to stop for fear that they're consuming too much alcohol.

• Shift the focus of the festivities. When planning the party and inviting guests, look for games and activities

that engage guests and don't promote drinking. Guests are less likely to drink too much if they're given something to do at the party, especially if the activity has nothing to do with alcohol. Avoid games like beer pong in favour of charades or other activities that require guests to stay sharp.

• Stop serving alcohol as the party winds down. As the festivities begin to wind down, stop serving alcohol and offer water, coffee or tea instead. This decreases the chances that guests will overdo it and gives them a chance to assess how they feel and determine if they can drive home safely.

• Make plans to have designated drivers available or have the number of a local cab company on hand from the very beginning so that a plan is in place to get anyone under the influence home.

With the festive holiday season in full swing, hosts can make sure that their party is merry with just a little bit of planning.



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Temporary GST/HST tax holiday bill passed House of Commons

By Patricia Barrett

The federal Liberal government moved a step closer last week to delivering a temporary two-month GST/HST tax holiday to Canadians after securing the support of the federal NDP and moving legislation through the House of Commons.

Deputy prime minister and finance minister Chrystia Freeland introduced Bill C-78 on Nov. 27 to halt the GST/HST on certain products such as taxable food items, children's clothing and toys, video games and Christmas trees.

"We understand that it's a good thing to be there for Canadians to help them to address affordability issues and we brought in measures last Thursday that will do precisely that," Freeland told the media in French after an evening meeting on Nov. 27 with provincial and territorial leaders to discuss U.S. president-elect Donald Trump's threat to impose a 25 per cent tariff on Canadian goods. "So, I'm very happy it will now be possible

to move forward with the GST suspension. I think that will really help Canadians with affordability, particularly during the holiday season."

The Tax Break for All Canadians Act passed three readings in the House of Commons, with third reading on Nov. 28. The house voted 176 in favour of the bill with 151 against it. Both the Bloc Quebecois and the Conservatives voted against it.

The bill is on its way to the Senate for three readings in that chamber before it can potentially come into effect. If passed, the tax-relief measure will take effect on Dec. 14 and end on Feb. 15, 2025.

In estimates provided to the CBC, the federal government said the GST/HST break would cost about \$1.6 billion in lost tax revenue.

The proposed tax holiday sparked a great deal of debate from opposition parties and critics.

The Conservatives contend the cut to the GST/HST is a political gimmick designed to prop up a flagging Liber-

al government, and that the measure will drive up inflation.

Conservative leader Pierre Poilievre said Canada has a "weakened" economy, border, military and prime minister, and that the Liberal leader is "desperate" for leverage.

"He's [prime minister Justin Trudeau] lost control but he's trying to hold on to power," said Poilievre before third reading of C-78 on Nov. 28. "And so he's come up with an irresponsible and inflationist six-billion-dollar tax trick that he will take away right before raising the carbon tax on heat, housing, groceries and gas in just a few months."

The Liberal government first announced the temporary suspension of the GST/HST on Nov. 21, adding that that it would be followed by a \$250 "Working Canadians Rebate" cheque for those who made up to \$150,000 in 2023. Both measures would help Canadians continuing to struggle with the high cost of housing, food and gas. The federal NDP wanted the

\$250 rebate cheque to be voted on as a separate bill, so the Liberals excluded the proposal from C-78.

According to the government's backgrounder released on Nov. 21, the GST/HST will be excluded from children's clothing and footwear, diapers, car seats, toys, video game consoles, controllers or physical game media, print newspapers, printed books and Christmas trees (natural or artificial).

The tax will also be suspended from food and beverages including wine, beer, cider and coolers (spirits excluded), carbonated beverages, candies, chips, popcorn, salted nuts, seeds, granola, dried fruit, juice bars, frozen yoghurt, ice cream, fruit bars, cakes, muffins, pies, pastries, cookies, brownies, pudding, prepared salads, sandwiches, cold cuts, food or beverages sold at restaurants, coffee shops, lunch counters, and bottled water.

Low-income Canadians who file an income tax return every year are eligible to receive a GST rebate.

Letter to the editor

Last week, the Honourable Anita Neville, Lieutenant Governor of Manitoba, read the throne speech for the new session of the provincial legislature. This annual tradition lays out the government's priorities for the next twelve months. While the speech contained a number of goals that the provincial government has that will improve Manitobans' lives, the overwhelming theme, in particular for rural Manitobans, can be described in one word: hope.

As I travel the province meeting

with producers, small business owners and everyday families, I hear about a new sense of hope and optimism about the future. Hope for the future of rural healthcare, hope that children get a high-quality education without having to leave their rural homes, hope that farmers and ranchers have a bigger say in how they sell their products and protect their land for future generations and hope that local governments gain the freedom to make decisions that they feel best reflects the priorities of the citizens

who elected them.

I believe their hope is justified. In the last year, in our goal of bringing ER wait times down, we announced a new doctor in Grandview and a nurse practitioner at the Gilbert Plains Medical Clinic, significantly improving rural accessibility. Our government opened 201 fully staffed beds in Winnipeg, Selkirk, Brandon and Dauphin as well as the Carberry ER, and we are moving forward on the design of the Eriksdale ER, and two new surgeons at the Selkirk Hospital will perform 800 new hip and knee surgeries a year. In fact, we are hiring a record number of doctors

and retaining them at a higher rate than we have in years. When you add the expansion of the Nursing Re-entry Program, finally, rural and northern health care options are increasing.

When it comes to affordability, saving Manitobans 14 cents a litre every time they fill up has led to Manitoba having the lowest inflation in the country. This coming spring, our new tax credit will give homeowners up to \$1,500 in relief, and starting in January, hydro rates will be frozen for all of 2025.

For producers, in the next year, we will make new investments in agriculture and manufacturing and increase support for small businesses. We will also open two new Manitoba Agricultural Services Corporation (MASC) offices in western Manitoba.

I am so proud to have been a tireless advocate for the reopening of the Dauphin jail. In last week's throne speech, Premier Kinew made it clear that our government will be moving to the design phase of a new Dauphin justice centre.

We made a number of commitments for the people of rural Manitoba, and under the leadership of a Premier who truly understands the needs and concerns of rural and northern communities, we are getting it done. I'm proud to be a rural Manitoban, and I am proud of the team of ministers working with communities across the province to offer hope for the future.

Submitted by Ron Kostyshyn
MLA for Dauphin, Minister of Ag.



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Christmas COUNTDOWN

SHOP LOCAL THIS HOLIDAY SEASON

> CANADA POST FAILS TO DELIVER NEWS, FROM PG. 15

newspapers at post offices.”

Last week an employee at the Libau Post Office, north of Selkirk, refused to accept the *Selkirk Record*, which BCCP staff had dropped off, and Meier said she called the staff member and told her she'd have no choice but to report her to Canada Post's head office.

That's when she got some action, she said. The Libau employee asked Meier if she could call her manager and get back to her. Fortunately, the Libau manager called Meier back, leaving a voice message saying she had spoken with Erin [Lachman] and that she'd be allowed after all to place

the *Record* in mailboxes.

Meier said she verified Erin Lachman's phone number and left a message on her phone. Lachman never returned her call. Other BCCP staff tried to call Lachman but could not get her. This reporter independently confirmed Lachman's phone number and also left a message. Lachman did not call back.

Post office staff told this reporter they are not on strike and confirmed they were following orders from Lachman to not handle the newspapers. Some expressed sympathy for Meier, saying she could have been notified ahead of

time that certain post offices would be refusing her newspapers.

“They [Canada Post] didn't deal with their customers,” said one post office employee, whom the *Express Weekly News* is not naming as they fear backlash.

It's unclear under whose authority Lachman was working – her own, Canada Post's, the CPAA union or the CUPW union – when she instructed rural post office employees to refuse to handle newspapers.

The *Express Weekly News* reached out to CPAA's Manitoba representatives (president, vice president, director, etc). Some phone numbers listed on CPAA's website were not in service.

Others did not respond to voice messages.

The *Express Weekly News* also reached out to the federal government's department of public services and procurement, which is responsible for Canada Post, asking questions such as why Canada Post accepted payment then refused to provide service, why Canada Post employees who are members of the CPAA union and who are not on strike were refusing to provide service, and why Canada Post didn't alert BCCP that post office employees would refuse newspapers.

The department did not respond.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers in third place after back to back wins

By Kieran Reimer

The wins are rolling in at the right time for the Selkirk Steelers, who continue to joust for positions in the Manitoba Junior Hockey League standings.

The Steelers pulled off a thrilling overtime victory at home against the Winkler Flyers on Nov. 29 in an MGEU East Division rivalry game for their fourth consecutive win.

Fans at the Selkirk Rec Complex were treated to a back-and-forth battle.

In the first period, the Flyer's Nicholas Mckee lit the lamp for Winkler early on.

Owen Johnston quickly answered back for Selkirk, equalizing from a power play opportunity.

Jayce Legaarden scored in the last minute to give Winkler the 2-1 lead heading into the second period.

As tensions rose in the second period, Jared Greiner scored for Winkler, giving them a two-goal lead.

Penalties, however, significantly shaped the match. Winkler struggled on their power plays, failing to convert any of their seven opportunities while allowing one goal from Selkirk's special teams unit.

By the third period, it felt like anything could happen. Nolan Wyttrykusz and Landon Jamieson netted crucial goals to give Selkirk momentum heading into overtime.

Just minutes into OT, Johnston sealed the deal with his game-winning goal from Remy Hlady and Owen Branson after an exhilarating night of fast-paced action.

Winkler's goaltender Liam Ernst

made 33 saves on 37 shots while the Steelers Noel Olsonawski made 44 saves on 47.

“To come out on top, it says a lot about our guys that they are not ready to quit,” said head coach Hudson Friesen. “They are going to play until the final buzzer. They were committed to the process through 60 minutes and didn't get too high or too low and were able to fight through it.”

The Steelers faced off against the Niverville Nighthawks in a high-energy showdown on the road on Nov. 27. But the Steelers came out to play in the third period and came home with the 7-6 win.

In the first period, Owen Branson opened up scoring for Selkirk before Adam Vigfusson equalized late for Niverville.

In the second, Niverville surged ahead with early goals from Lucas Bertolin, Dawson Zeller and Merik Boles.

But Selkirk responded fiercely, with Wyatt Witham capitalizing on a power play chance and Landon Jamieson adding another just before the second-period intermission.

The third period saw a flurry of goals from both sides, while Witham's hat trick solidified his place as a key player for Selkirk.

Johnston and Hlady also scored for Selkirk. Avery Laliberte and Alex Ballard scored for Niverville, but it wasn't enough to win against the Steelers, who are now 17-7-0 and 1 SOL.

Selkirk's Olsonawski had 23 saves on 29 shots, while the Nighthawks' Austin Dubinski made 17 saves on 23



RECORD PHOTO BY BRETT MITCHELL

Steelers' defencemen Jacob Ziegler and Ayden Collins try to slow down the Flyer's Brody Beauchemin from getting a shot away last Friday. The Steeler's won the game in overtime.

shots.

“Without even saying a whole lot the players know how important these games are just looking at the standings and seeing how tight things are,” said Friesen. “Both were in a sense playoff games already which is awesome to go through this and play meaningful games early in the year and learning how to win and finding ways to win whether it's pretty or not. The group's bought in, they are very excited and you could see after that game against Winkler that the excitement in the room and belief is there. It's something we want to keep building on.”

The Steelers now get set for a re-

match with Niverville on Tuesday night in Selkirk.

They enter the game two points up and with a game in hand on the Nighthawks for the final playoff spot in the MGEU East.

Upcoming games:

Tuesday, Dec. 3, the Niverville Nighthawks will travel to Selkirk Recreation Complex for a 7:30 p.m. puck drop.

Friday, Dec. 6, Northern Manitoba will take on the Steelers. The puck drop is 7:30 p.m.

Tuesday, Dec. 10, the Steelers will play the Winkler Flyers on the road. Puck drop is at 7:30 p.m.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Ignite play in Rings of Steel tournament



RECORD PHOTOS BY BRETT MITCHELL

The U14B Interlake Ignite took third place at the Rings of Steel Tournament at Selkirk Recreation Complex. The Ignite went 2-1 in the round robin defeating the Steinbach Panthers and the SJRA Boom to finish in three way tie for first place. Due to having the most goals against of the three teams tied, the Ignite did not advance to the championship game and the Panthers went on to win 5-2 over the Red River Rage in the championship game.

Selkirk judokas shine on international stage in Montreal

By Kieran Reimer

A sibling trio of local judokas took on the world at the multiple judo tournaments in Quebec earlier this month.

Daniel, Sarah, and Damien Ekosky, all members of the

Selkirk Judo Club, competed individually at the annual Quebec Open in Montreal from Nov. 9-10 and all succeeded in finishing in the top 10 of their divisions.

The youngest brother, Daniel's performance in the U21 Male under 81 kg division, was one of the best of the tournament as he finished third out of 14 competitors with a 4-1 record.

By winning the bronze medal, he adds yet another piece of hardware to his collection, which has built up quickly over the past few seasons, mostly representing Manitoba at the provincial level.

Sarah, the sister in the trio, nearly podiumed

as well in the Senior Female under 63 kg division, finishing fifth place just off the podium.

As for Damien, the oldest brother, he also had a strong showing and went on to finish ninth at the Quebec Open in the Senior Male under 73 kg division.

"The Quebec Open is one of the largest tournaments in Canada. Our athletes had good performances in a very challenging tournament," said Selkirk Judo Club coach Brian Jones in a press release.

Following the Quebec Open, Damien and Sarah remained in the La Belle Province for the

Continued on page 24



RECORD PHOTO SUBMITTED

Selkirk Judo Club's Daniel Ekosky went 4-1 to take bronze in the U21 Male under 81 kg division at the Quebec Open from Nov. 9-10 in Montreal. Ekosky, 18, is the youngest of four siblings, his sister Sarah and oldest brother Damien also competed in the tournament, finishing fifth and ninth in their respective Senior Divisions.

NEXT HOME GAMES

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1/2 teaspoon salt
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Holiday Wreath Popcorn Treats:
Nonstick cooking spray
3 quarts popped popcorn
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3 cups miniature marshmallows
3 tablespoons (1/2 of 3-ounce box) lime gelatin dessert mix
small red candies
jelly beans
red fruit leather
To make cranberry popcorn balls: In heavy saucepan, combine sugar, cranberry sauce, orange peel, cranberry juice, corn syrup, vinegar and salt.

Bring to boil; lower heat and cook to 250 F on candy thermometer. Mixture will bubble in pan so watch to keep from boiling over.

Pour mixture slowly onto hot popcorn and mix until well-coated. Let stand 5 minutes, or until mixture can easily be formed into balls. Butter hands and form into 3-inch balls.

To make holiday wreath popcorn treats: Spray large mixing bowl lightly with nonstick cooking spray and place popcorn inside.

In medium saucepan, melt butter over low heat. Stir in marshmallows and gelatin dessert powder until marshmallows are melted and mixture is smooth. Pour over popcorn and mix well until coated.

Spray hands with nonstick cooking spray and press firmly to form popcorn mixture into 9-inch logs then bend to form "wreaths." Place "wreaths" on wax paper. Press candy pieces and jelly beans onto wreath to decorate; add "ribbon" cut from fruit leather.

Turkey Spinach Orzo



Recipe courtesy of "Cookin' Savvy"

Servings: 4-6
2 cups leftover chopped turkey
1 1/2 cups frozen spinach
2 tablespoons butter
2 cups chicken stock
2 cups orzo
1/2 cup grated Parmesan cheese
1 tablespoon garlic powder
1 tablespoon onion powder

salt, to taste
pepper, to taste
In large skillet over medium heat, brown turkey and spinach with butter. Add chicken stock and orzo; cover and cook 10

Understanding health buzzwords

By Fitness Expert Julie Germaine Coram

It's fantastic that, overall, people are becoming more health conscious and aware of how the choices they make in their foods affect their quality of life. Many companies have caught on to this and added labeling to help consumers choose the right product for their nutritional needs. However, a dark side to the spotlight on eating well is how some food producers have allowed their marketing teams to create confusing, often deceptive, buzzwords. Let me break down the good and the bad of what some of the most popular labels really mean to you.

Organic: You've noticed this label and the higher price tag in many cases. In Canada, organic products are non-GMO, meaning that they are grown with the use of any genetically engineered products, including synthetic growth hormones or antibiotics, artificial additives or preservatives. Read carefully because I didn't say pesticide-free since organic farmers can use natural pesticides to control pests in their crops, in some cases, which many still have environmental impacts to consider. A few downfalls to choosing organic food are that sometimes foods spoil more quickly and are not necessarily more nutritious than available frozen versions, which were packaged and preserved at their peak quality.

Non-GMO: Products that do not contain any genetically modified organisms. The long-term effects of consuming GMOs cannot be known yet. However, this tag does not speak to the use of chemicals related to the food.

Gluten-Free: Products labelled certified Gluten-Free are made with careful planning to avoid contamination of the product with gluten, a protein found in wheat, barley, and rye, which is required for people who live with celiac disease or



Fitness Expert Julie Germaine Coram

a sensitivity to this protein. To improve the texture and taste of these products, they are sometimes higher in sugar or fat.

Grass-Fed: This term refers to whether an animal was grass-fed or ate a combination of grass, grain or corn, which could mean meats have different nutrient profiles. Various terms are used, and it's often unclear from the many similar terms which guarantee short- or long-term dietary habits, and if the government follows up on such claims in any way.

Are you interested in articles on this topic? Reach out to me with your comments and questions at info@juliegermaine.com, or if you want to discuss your individual nutrition questions, fitness goals and struggles with me, visit my website www.juliegermaine.com or schedule a consultation by visiting: www.calendly.com/juliegermaine

Coach Julie Germaine Coram is dedicated to long-life health! She is an active mom, Registered Personal Trainer, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fitness Specialist. She has helped many thousands of people worldwide improve their health since 2005.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Varsity Thunder present team awards for RMFL achievements

By Kieran Reimer

One month after experiencing heartbreak in the Rural Manitoba Football Championship, the Varsity Interlake Thunder were back together in Stonewall for one final time this year to celebrate the many incredible moments of the 2024 season.

Though the Thunder didn't win the ultimate prize this season, they still proved they were right there as one of the top varsity football programs in the province in a season where things felt stacked against them from the get-go.

The RMFL re-aligned them to a three-team Urban Division at the start of the season, which surprised many of the team's staff and players. Thus, they had to pivot their approach to the entire season early on.

After a short regular season, multiple intersquad games on bye weeks, and still making a run to their second consecutive championship game, the Thunder managed to make it a positive season.

On Saturday, team players and staff gathered at the Stonewall Legion to honour the season's accomplishments with their annual team awards and put one final bow on the 2024 campaign.

"I was really proud of the team for the way they pushed through some adversity this season with some of the re-jigging of the league," said head coach Christof Hasselfield on Wednesday morning. "I told them I appreciate the way they still showed up and did their job. It was still a successful year. With the awards I'm always torn because I like that we get to recognize the guys we do and it's well deserved but there's also a part of me that feels like we preach being a team and doing your job. Like I told the team sometimes your job isn't glamorous and isn't the one that's going to win you an award, but it doesn't mean it's any less important."



Jessie Batenchuk



AJ Nadon



Jake Rogoski



Luke Robinson



Jackson Nichol



Jamie Dandeneau



Quinton Favel



Trevin Smith

Though the staff was divided on who should receive some of the awards, they ultimately decided on who should receive this year's individual awards.

Headlining the eight-handed out on the night, the most valuable player, to no surprise, went back to the player who won it last year.

Junior Jessie Batenchuk, the winner of this year's team MVP received the award for an incredible season playing quarterback.

After leading the Thunder's offence in 2023 as a wide receiver, Batenchuk made the full-time switch to quarterback this season and had a breakout performance in their week one game against the Falcons.

After leading the Thunder to a 2-2 record in the regular season, Batenchuk continued to up his game throughout the season, leading the Thunder to a semi-final victory and nearly an upset over the undefeated St. Vital Mustangs in the championship game.

Still, just a junior, Batenchuk is eligible to return next season for the final year of his varsity career.

"It's his leadership from spring camp all the way through, he really set that tone and kept the guys on track during practice," said Hasselfield. "This is his first year at quarterback and we put a lot on him. He's a team first guy, a great athlete, and great attitude. In crunch time you can lean on him, and you know he'll make a play. He definitely earned it."

His right-hand man on offence, AJ Nadon, also received an award as the Thunder's Offensive MVP this season.

In his junior campaign, Nadon ran for a touchdown in every game, including one in the championship game.

"He was the motor that made the offence run," said Hasselfield. "His ability to make a couple guys miss and turn a two yard gain into a seven, we were able to build off that. His threat opened up

the passing game as well and he was a catalyst for the offence. Maybe one of the most dynamic players I've ever got to coach. He's a special talent."

Then, on the other side of the ball, senior Quinton Favel received the Defensive MVP Award.

In his final season with the Thunder, Favel switched from defensive end to middle linebacker, his career position.

The move turned out to work wonders, as Favel was able to cover all areas of the field and shut down many of the opposition's top offensive threats gamely.

"I don't know if I have the words to say how big he was, he was such an impact," said Hasselfield. "He's a tone setter, a great leader, and a guy that will be really sorely missed next year. He's got big things ahead of him for sure. The pace he plays with, he's kind of a freak athlete for how big he is and he never turns it off."

Rounding out the awards were Jackson Nichol winning the Leadership Award, Trevin Smith winning Rookie of the Year, Luke Robinson winning Special Teams Player of the Year, Jamie Dandeneau winning Impact Player of the Year, and Jake Rogoski winning Lineman of the Year.

The RMFL also awarded Rogoski as the top lineman of the entire league as well as Jakob Samborski, who battled a knee injury all year, with the RMFL's Outstanding Student Athlete Award.

Now, with the season over, the Thunder have 10 players aging out of the program who will become eligible to play junior-level ball in 2025.

Hasselfield believes some will pursue the Canadian Junior Football League or the Manitoba Major Junior Football League as the next step in their competitive football careers.

The players returning next year will get the winter off before Thunder Spring Camp in the new year.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk's alpine skier headed to Italy for Winter Olympics

By E Antonio

A local athlete is preparing to hit the slopes in Italy this upcoming March. Dylan Collins is a Special Olympics athlete from Selkirk who has qualified to represent Team Canada at the Special Olympics World Winter Games for alpine skiing.

Dylan has been alpine skiing for nine years, but he enjoys participating in an array of activities.

"I like to go camping, biking, and swimming. I also work for the City of Selkirk," said Collins.

"I used to bowl with Special Olympics, but now I just do alpine skiing."

Collins enjoys many things about alpine skiing, but he enjoys the feeling of sliding down the hill the most.

He eagerly awaits the winter snowfall so he can return to hitting the slopes again.

Dylan is a skier on Team Edge- the sole Special Olympic alpine skiing team in Manitoba, and Ron Struch has coached him from the very beginning.

"Ron is a long-time coach, and we want to give a huge shout-out for all he has done for Dylan," said Rachel Perry, Dylan's Mom.

Struch praises Collins for his extravagant efforts and dedication when it comes to alpine skiing.

"Since Dylan has joined us, he has come a long way. He is such an enthusiastic skier who is very dedicated to the sport. Being the young adult that he is, he is very helpful with the younger skiers acting as a great role model. It is very noticeable how he mentors and be a guide for the younger skiers," said Struch.

Struch is not the only person who has helped shape Collins's skiing career.

"We can't forget to thank all of the wonderful volunteers who come out to Team Edge Alpine every year as well. For both dryland and snow ski coaching alongside Coach Ron. Without all of them, Dylan wouldn't be experiencing all the successes with his skiing journey," added Perry.

Despite there being no snow on the ground, Dylan still trains and exercises multiple times a week to keep him in shape for the Special Olympic World Winter Games.

"Every Wednesday, I train with my Team Edge ski club for one-and-a-half hours," said Collins.

He also aims to exercise and stretch around four times each week.

"I am waiting for snow training to start up," he said.

Once the snow falls, he will practice down the slopes at Spring Hill Winter Sports Park, but for now, he is doing most of the dryland training at North Kildonan Community Centre.

Collins also engages in mental health performance training to ensure that he is also staying mentally healthy.

The Special Olympics World Winter Games will be held in Italy from March 8 to 15, 2025.

Dylan qualified for Team Canada based on his racing times from previous competitions.

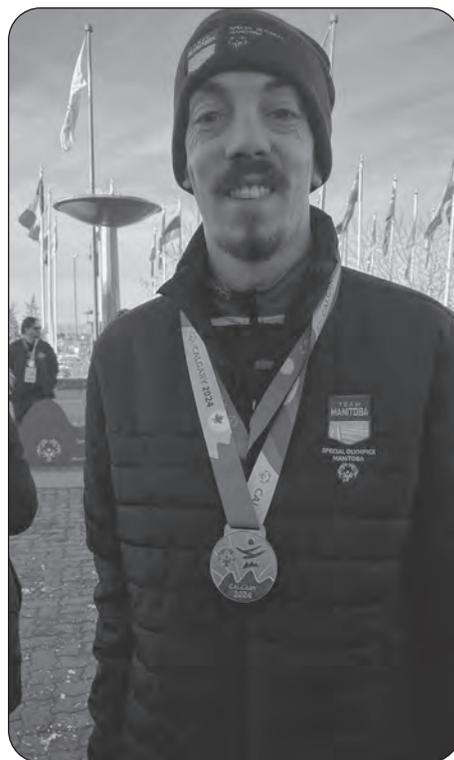
"I got to represent Team Manitoba at a national level in Calgary last year. I was able to bring home two silver medals and this helped me achieve my goal in being selected for the Special Olympics World Winter Games 2025 in Italy," said Collins.

Collins will be racing in the slalom, super slalom and giant slalom at the Sestriere Ski Resort in Sestriere, Italy. Team Canada is composed of 26 alpine skiers, with only two being from Manitoba.

"Over 1,500 athletes from 103 countries will compete in eight sports in an international demonstration of inclusion and unity with numerous coaches, mission staff, and volunteers also being a part of the games," said Perry.

Ninety-one athletes across all sports will be representing Canada at the Special Olympics World Winter Games.

Collins is looking forward to wearing his Team Canada gear with pride. He is also eager to compete interna-



RECORD PHOTOS SUBMITTED

Dylan Collins, a Special Olympic Athlete from Selkirk, brought home two silver medals for Team Manitoba at the Special Olympics Canada Winter Games in Calgary last March. Collins will be heading to Italy in March to represent Team Canada at the Special Olympics World Winter Games for alpine skiing.

tionally and ski to the best of his ability. "To be able to represent Canada on an international stage is a great honour. I am very happy and excited to ski the slopes in Italy. I am hoping to make Canada proud," said Collins.

His family is already thrilled about his performance in alpine skiing.

"We are so proud of him for how well he has already done. We are very excited that many family members will be flying to Italy to cheer Dylan on," noted Perry.

"I am very happy that many family members will be coming to cheer me on!" said Collins.

As for now, Collins is eagerly waiting for the snow to fall so he can start training outdoors and break in his new Atomic Skis. His next two stops are a training camp in Nakiska, Alta., from Dec. 12 to 15 and another camp in Quebec from Jan. 30 to Feb. 2.

"We will be doing fitness tests and slope training."

He also plans to hit the slopes at Asesseppi Ski Resort, Frost Fire in North Dakota and Holiday Mountain to get some additional practice time in before he leaves for Italy.

It is also important to note that Collins's expedition to the Special Olympics World Winter Games is entirely funded by Special Olympics Manitoba.

"We don't have to pay a dime, which is a wonderful thing in itself," said Perry.

The East Selkirk Fire Department recently hosted a pancake breakfast and raised over \$1,800 for Special Olympics Manitoba, which will help fund Collins's journey. You can support Collins and other Special Olympic Athletes by donating online at www.specialolympics.mb.ca.

> JUDOKAS IN MONTREAL, FROM PG. 21

Montreal Continental Cup from Nov. 14-17, one of the biggest international judo tournaments held in Canada.

After spending their off days leading up to the tournament in a three-

day training camp, the two took on fellow judokas from over 17 different countries at Centre Pierre-Charbonneau in Montreal.

Both went on to finish even better

than the week prior as Sarah took the silver medal in the Senior Female under 63kg, and Damien improved to fifth place in the Senior Male under 73 kg.

"Damien and Sarah accomplished a great deal in 10 days in Montreal,"

said Jones. "They had good performances in two tournaments, including an international event. They gained valuable experience in their competition matches and valuable practice at the training camp between the two events."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Raiders drop another spot in standings after losing streak hits six

By Kieran Reimer

The Raiders Jr. Hockey Club slide continued with another loss on Friday to the Stonewall Jets.

The Raiders held in through the game's first two periods, trailing 2-1 heading into the final frame, but an early third-period goal by the Jets seemingly sunk the Raiders' hopes of a comeback.

The Jets went on to add two empty net goals before Riley Kushnier scored late on the powerplay for the Raiders to soften the blow.

Kushnier and Ashton Henry were the Raider's lone scorers on the night as the Jets took it 5-2 and handed the Raiders their sixth straight loss.

The loss brings the Raiders to 7-11-3 this season and drops them into eighth in the Manitoba Major Junior

Hockey League.

They currently cling to the final play-off spot after St. James passed them in the standings this week. However, they still have a six-point cushion on River East, who sits in ninth.

The Raiders get back at it again on Thursday for a road matchup against the St. Vital Jr. Victorias.

They then return home to Seven Oaks Arena on Sunday for their lone home game of December against the Charleswood Hawks.

UPCOMING GAMES:

Thursday, Dec. 5 at St. Vital Jr. Victorias, 7:30 p.m. at St. Vital Centennial Arena

Sunday, Dec. 8 vs Charleswood Hawks, 2 p.m. at Seven Oaks Arena



RECORD PHOTOS BY LANA MEIER

The Raiders Jr. Hockey Club goaltender Evan Banera made 41 saves in his teams 5-2 loss against the Stonewall Jets.



Raiders' Ashton Henry, assisted by Nathan Lenoski and Lucas Desousa, scored early in the second period to tie the game at one last Friday.

Fishermen's comeback falls short in La Broquerie

By Kierann Reimer

The Selkirk Fishermen's five-game points streak was halted after a 4-2 loss to the La Broquerie Habs on Saturday.

The Fishermen found themselves down early and by a lot as the Habs erupted for four goals in the game's first ten minutes.

Ryland Schroeder cut the deficit to

three late in the first, and Kyle Folhofer made it a two-goal game midway through the third, but that was the closest they would get to a comeback as the Habs went on to win 4-2.

The loss reduces the Fishermen's record to 6-8-0-1-2 this season, but they remain in fourth place in the Capital Region Junior Hockey League.

They now get six days off games

before returning to game action in p.m. at Selkirk Recreation Complex Selkirk on Saturday against the last-place North Winnipeg Satelites.

UPCOMING GAMES:

Saturday, Nov. 7 vs North Winnipeg Satelites, 2

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The Selkirk Record

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ecole Selkirk Junior High wins three banners



Ecole Selkirk Junior High won three of the four Lord Selkirk Junior High Athletics Association banners last week. The Grade 9 boys and Grade 9 girls won in two sets against Lockport School while the Tier 1 girls won a thriller in a third set against Lockport with a score of 15-13 in the third set. The first game had seen both Lockport teams face each other in the Tier 1 boys final with Lockport #2 winning. It was a great turnout with a lot of fans in the stands be as loud as they can to cheer on their team. Miley Aquino, Delaney Bush, Brooke Campbell, Cali Skazyk, Elaina Hirst, Kay-Lynn Thomas, Allie Waytiuk, Addison Zebinski, Emily Nerbas, Avery Grant, Olivia Volk, Reah Lewin, Kenzie Evason with coach Keith Landry.



RECORD PHOTOS SUBMITTED
Ecole Selkirk Junior High Grade 9 boys, Cole Sposito, Hyunmin Park, Bentley Jones, Grayson Gilbert, Carson Salmon, Landon Eagle, Kohen Brooks, Roger Kolisnyk, Kellen Hermiston, Connor Evans, David Berens with coaches Riley Derlago and Kinley Graves.



Ecole Sellkirk Junior High Grade 9 girls, Mackenzie Honke, Tatum Lancaster, Aiyana Cameron, Abby Freedy, Aurora Law, Jordyn Lemire, Kenie Giesbrecht, Hannah Honke, Dielle Catellier with coaches Natasha Penner-Loeppky and Amber Tittlemeier.

The Selkirk Record

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HELP WANTED

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FREE Mental Health talk happening at the Selkirk Gaynor Library, Thursday, Dec. 12 at 7 p.m. with Dr. Douglas J. Tataryn. Anger, Depression, Anxiety, PTSD. Why It's Healthy to Feel Feelings!

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ANNOUNCEMENT

IN MEMORIAM



Donna Tillett

January 31, 1939 - December 8, 2023

Remember not my fight for breath
Remember not the strife
Please do not dwell upon my death
But celebrate my life.

-You are in our hearts forever
husband Terry,
daughter Susan,
grandson Chris

ANNOUNCEMENT

IN MEMORIAM



Lorne Huculak

In loving memory of
my beloved husband, our dad and grandpa
December 5, 2008

Always in our thoughts.

-Forever missed and loved
by wife Shirley and
children, Shirleen and Brett, JR
and granddaughter Choyce

OBITUARY

Dennis (Denny) Wayne Hunter
April 25, 1941 - November 24, 2024

On November 24, 2024 our beloved husband, father, grandfather, brother and friend passed away peacefully at Selkirk Regional Health Centre surrounded by family at the age of 83.

He will be sadly missed and lovingly remembered by his wife of 62 years Sharon and his daughters: Kristin (Chris), Natalie (Kevin), Sherri (Russ) and cherished grandchildren Taylor (Will), Brooke and Reid. Also mourning Denny's loss are his brother Ken (Linda); five sisters Ellen, Joyce (Colin), Carol (Clayton), Jackie (Ron) and Jeannette (Doug); sisters-in-law Carol and Judy as well as many nieces, nephews and dear friends.



Denny was predeceased by his parents, Jacques and Mabel Hunter, infant grandson Cole and his brothers Carmen and Ron,

brother-in-law Jack and numerous sisters and brothers-in-law on the Baisley side, along with many dear friends.

Denny and Sharon were married on June 23, 1962 in Carman, MB where they began their life together and expanded their family with the addition of their daughters, Kristin, Natalie, and Sherri.

Throughout the years, Denny enjoyed many summers camping with family and friends where many special memories were made.

Denny was born on April 25, 1941 in Carman, MB where he gained his passion for sports rather than school. Sports have always been a vital aspect of Denny's life, particularly his enthusiasm and competitive spirit for hockey. He often reminisced on his time playing forward with the Carman Beavers, where he started playing for them in 1963 during their inaugural season. That year, the Beavers triumphed in the SEMHL and claimed the Manitoba Pool Elevators trophy, with Denny being acknowledged as one of the league's top ten-point scorers. He continued to play for the Beavers until 1967.

In the spring and summer seasons, Denny participated in baseball with several teams across Manitoba, including the Carman Cubs, Binscarth Orioles, and Neepawa Cubs. This experience fostered a lasting admiration for the Chicago Cubs, culminating in his excitement when the team won the World Series Championship in 2016. Additionally, he was honored with induction into the Baseball Hall of Fame in Morden as a member of the Binscarth Orioles.

He subsequently exchanged his hockey stick for golf clubs and was an active member at the Selkirk Golf and Country Club for more than three decades.

Dennis took great pride in his role as a grandfather, frequently attending his grandchildren's sporting events. He enjoyed watching numerous ringette and hockey games, after which he would provide his insights and "postgame analysis." He cherished the opportunity to hear about significant moments in his grandchildren's lives.

Denny demonstrated a strong work ethic at an early age, managing several roles including a mink ranch employee, a school bus driver, a farm laborer, and an oil tank wagon salesperson, prior to his employment at Manitoba Pool Elevator (MPE). He dedicated 31 years to MPE, advancing through various roles starting as an Elevator Manager Assistant to General Manager of Operations before retiring in 1998. Throughout his many roles within MPE, he particularly enjoyed his time as Terminal Manager in Thunder Bay, ON. He often spoke of the dedicated team that continually made him "look good", while developing lifelong friendships.

Denny's career path led them throughout Manitoba, where they lived in various locations including Cardale, Chillon, Brookdale, Harte, and Winnipeg, before finally establishing their roots in Selkirk in 1975.

Having the opportunity to work various roles during his time at MPE gave him a strong understanding of the grain industry and was recognized as a respected leader.

Throughout his life, he traveled extensively for both work and leisure to Asia, United Kingdom, Germany, Hawaii, Arizona, Florida, Mexico, Las Vegas, Palm Springs, San Antonio, Indianapolis, New Orleans, and Nashville.

He confronted each health challenge with unwavering determination, resilience, and a positive outlook until his last day surrounded by his family. We aspire to embody these remarkable qualities as we navigate our own lives.

Denny would be the first to tell you that he had a great life and that everything was "perfect".

We hope you are now at peace, and everything is "Just perfect". It is now time for us to carry on your legacy. Rest easy.

Cremation has taken place and a Celebration of Denny's Life will be held at a later date.

If family or friends so desire, donations may be made in lieu of flowers to CancerCare Manitoba or Manitoba lung association.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



Loretta Lewis (nee Skabar)
March 9, 1934 - November 26, 2024

Surrounded by her loving family, Loretta Lewis passed away peacefully on Tuesday, November 26, 2024 at the age of 90 at the Selkirk Regional Health Centre.

She will be lovingly remembered by her son Ted Lewis (Val) and daughter Valerie Langrill (David) as well as her grandchildren T.J. (Laura), Sherry (Ben), Sandy (Rick), Gord (Jesse), Kim (Justin), Shannon (Brad), Jarrod (Vanessa), Kylie (James), Aimee (Jordan), Jordan and 17 great-grandchildren whom she adored. To the great-grandchildren she was called Great-Grandma except for Valerie's grandchildren who named and called her Lovey Lovey.

She will also be missed terribly by her sister Margie Trupish, and many in-laws, nieces and nephews.

She was predeceased by her husband Ted, son Greg, her parents Jacob and Ann Skabar, brothers Bill Skabar (Helen), Edward Skabar (Zelma), sister Marion Williams (George) and brother-in-law Victor Trupish.

Loretta was born in Elphinstone, MB but moved to Winnipeg at an early age. She met the love of her life Ted when she was 16, married when she was 18 and then started their family having three children, Ted, Val and Greg. They built their home together on Strathnaver Avenue in Selkirk and lived there for all of their married life of 61 years. After Ted's passing Loretta resided at the Knights Centre and more recently at the Betel Nursing Home. The family appreciated the exceptional care from her Healthcare Aides from Homecare and staff from Betel.

Loretta left school early to start doing secretarial work to help support the family. Some of her places of employment were Montreal Trust, Checkerboard Realty, and finally Permanent Trust where she supervised the secretarial staff for Manitoba and Saskatchewan. After many years Loretta wanted to spend more time with family and started working for the Lord Selkirk School Division, however her final and most rewarding career was as a Healthcare Aide for Homecare. Her ability to speak Ukrainian and her loving, caring nature helped her to connect with clients and she would quickly become just like family inspiring her to continue working into her late seventies!

Her greatest source of pride were her children, grandchildren and great-grandchildren. In early years Sunday suppers were a family tradition with her still receiving frequent family visits to this day.

Thank you to Father Gerald Langevin for his visits and the comfort they provided.

A special thank you for the care Loretta received at the Selkirk Regional Hospital and for her short stay at the Betel Nursing Home.

Cremation has taken place and a family gathering will be held at a later date.

In lieu of flowers, donations can be made to a charity of your choice or Interlake-Eastern Health Foundation, www.iehf.ca or in person/mail to 233A Main Street, Selkirk, MB. R1A 1S1.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Irene Oresta Christiansen (née Pomarenski)

Irene Oresta Christiansen, aged 77 years, passed away on November 25th, 2024 in Selkirk, Manitoba.

She is survived by her daughter Tara (partner Tom), grandsons Henry and George; son Kyle, granddaughters Taelyn and Sarah, grandson David (great-granddaughter Violet); sister Marlene and brother-in-law Ken.

Irene was predeceased by her husband, David (Dave) in September of 2024, son Todd in 2021, her parents Peter and Adeline Pomarenski and her in-laws Hans and Myrtle Christiansen.

Many thanks to the Selkirk paramedics and the staff of the Selkirk Regional Health Centre for their services and care.

A memorial service will be held for both Irene and Dave on Friday, December 6th at 11:00 a.m. at Gilbart Funeral Home, 309 Eveline Street in Selkirk, Manitoba

In lieu of flowers please consider a donation to the Heart and Stroke Foundation.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



*There is a link death cannot sever,
Love and remembrance last forever.*

OBITUARY



Linda Christine Mostowy
February 7, 1951 – November 20, 2024

On Wednesday, November 20, 2024 at the Selkirk Regional Health Centre, Linda Christine Mostowy, aged 73 years, of Selkirk, MB, passed away.

Linda was predeceased by her parents Michael and Margaret Mostowy, her sister Janis and brother-in-law Tracey Hall, her brother-in-law John Calverley and her sister-in-law Valerie Mostowy.

Linda is survived by her son Mark (Beverley), her grandchildren Kelsey (Jaydee) and Lucas (Emma), brother Edwin (Peewee), sisters Diane Calverley and Donna (Denise) and her many nieces and nephews. She is also survived and remembered by many close friends that she made over the years - friendships that were very special to her. Linda was born and raised in Selkirk.

Through pure determination she was able to obtain her Licensed Practical Nurse diploma. She decided to move to Saskatchewan for 20 years, where in the midst of other interests she obtained her Registered Massage Therapy Degree before moving back to Selkirk to be closer to friends and family. Linda worked and retired from Selkirk Mental Health Centre. She enjoyed baking for others, playing cards with her friends and going to the casino with friends and family. Linda also loved to travel whether it was domestic or internationally - unfortunately her health started to fail over time - she was diagnosed with kidney failure and required dialysis treatment. Although she did not travel abroad after this and other health diagnoses, she still enjoyed reliving the trips she did experience over the years with friends and family.

We would like to thank the staff at the Selkirk Regional Health Centre for the care they provided my mom as a dialysis outpatient and when she passed.

As per Linda's wishes, cremation has taken place and no formal service will be held.

In lieu of flowers donations can be made to the Kidney Foundation.

Condolences can be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

William "Billy" Ernest Bell
December 26, 1929 – December 1, 2024

Peacefully in his home, with family by his side, our beloved father, afi, great afi, great-great afi, uncle, and friend, Billy Bell, passed away at the age of 94.

He is deeply missed by his daughters Debbie and Roxy (Art); daughter-in-law Nadine; grandchildren Gerald (Rachelle), Bobby (Crystal), Kerry, Cody (Dale), Jessie (Kris), Kyra (Riley), Amanda, Adam (Stefanie); great-grandchildren Justyn (Ashlan), Caitlin, Devon (Ryley), Ethan (Cassidy), Nikolas (Jordyn), Izzy, Liberty, Jono, Robbie, Mikayla (Mason), Skye, Faith, Gaia, Link, Annalia, and Vienna; great-great-grandson Elijah; sisters-in-law Louella and Bonnie; and many nieces, nephews, and cousins.

Billy was born and raised on Hecla Island, one of 12 brothers and sisters. He was an avid fisherman and always had a knack

for fixing things. Never one to venture too far from home, Billy met the love of his life, Carol, in 1952 just on the other side of the ferry. It was love at first sight, and the two were married in January of the following year, eventually moving to Selkirk to start their family. Family was a hallmark of their life, and they loved being grandparents, frequently taking their grandchildren on all sorts of adventures.

Throughout his life, Billy was always hardworking, but the job he enjoyed most was working in maintenance with the Town of Selkirk. Through that job, Billy became a well-known figure in the town and was relied upon throughout the community as the "Jack of all Trades." Even after his retirement, Billy was never idle, continuing to fix things for his neighbors and shovel driveways well into his 80s. He could always be relied upon by anyone who knew him.

Billy was predeceased by his wife Carol, his son Craig, sons-in-law Joey and Charles, his parents William and Lovisa, and his many brothers and sisters.

As per Billy's wishes, no formal service will take place. An informal gathering will be held to celebrate his life in 2025.

In lieu of flowers, raise a glass to celebrate Billy, a life well lived and much loved.

Tributes: www.gilbartfuneralhome.com

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OBITUARY



Cory Leonard Recunyk
December 7, 1969 - November 24, 2024

It is with heavy hearts we share that on November 24th Cory passed away at his home in Carberry.

He is survived by his children Seth, Laurissa (Matthew), Dion and granddaughter Ariadne; uncles Don Toews (Wendy), Rick Schweier; brother-in-law Hank Sprong; close nieces Destinee Pearson (Geoff) and Kaylee Sprong, and many cousins.

He was predeceased by his parents Diane and Leonard Recunyk, sister Kimberly Sprong and aunt Lynne Schweier.

Cory was raised in East Selkirk where he enjoyed the close-knit life of a small community. He attended ES Happy Thought School and later the Comp High School in Selkirk.

He successfully completed a correctional officer training course and procured employment at the Brandon Correctional

Centre as a Corrections Officer.

Cory volunteered supporting minor sports and enjoyed camping with his family.

In recent years he struggled with health issues caused by his Diabetic condition.

Cremation has taken place and a family celebration of Cory's life will be held at a later date. He will be interred at St. Clements Anglican Cemetery, Selkirk, Manitoba.

There is a link death cannot sever, Love and remembrance last forever.

OBITUARY



James Charles "Jimmy" Worona
June 21, 1952 - November 21, 2024

It is with blessings we announce Jimmy's passing.

Jimmy was predeceased by parents Nick and Mary, brother Norman and sister-in-law Pearl.

Left to mourn are brothers Lawrence, Harold, Richard (Mary Lu); sisters Doris, Valerie (Mike); nieces and nephews, friends and neighbours.

Harold had rescued a young Jimmy from the Brokenhead River and Jimmy went on to graduate from Lord Selkirk Comp and Red River College's mechanics program.

Jimmy drove the 318 to Lac du Bonnet to work at Worona Brothers Ford Dealership for almost 10 years.

Jimmy went on to open "Jim Worona Service Centre" to repair lawn tractors, tillers, etc.; buy older farm tractors and

snowmobiles. Jimmy loved the auctions.

Jimmy was always ready to help someone out. He loved all animals and they all loved him as well.

Jimmy finally went on his lifelong dream road trip, he drove his Bronco "Phantom 317" through the mountains.

Jimmy especially wished to thank all the loving friends, neighbours and customers for their support during the past nine months of Jimmy's unbearable journey. In Jimmy's own words, "Thanks much".

For full obituary, go to Voyage Funeral Home website.

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