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VOLUME 15 EDITION 50

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RCMP & Winnipeg Police Service Launches 2024 Festive Season Checkstop Program

Don't drive while impaired

Submitted by the Winnipeg Police Service

The Manitoba RCMP and Winnipeg Police Service are committed to keeping our roads safe this holiday season. As part of these efforts, the highly visible, highly effective 2024 Festive Season Checkstop Program will run throughout December, targeting impaired drivers and promoting road safety for all.

While road safety is top of mind for police throughout the year, the increase in travellers, particularly those who are out celebrating the season, is one of the reasons that enforcement, like Checkstop, is necessary.

If you plan to drink or consume cannabis in any form, plan for a safe ride home. Plan ahead, avoid a criminal charge, and help save lives.

Increased Impaired Driving Enforcement

Impaired driving remains a leading criminal cause of death in Canada – and it's entirely preventable. Driving while impaired by alcohol or drugs is a serious crime, and law enforcement in Manitoba is taking decisive action to address it.

Motorists can expect to see an increased police

presence on roads across the province. Officers will be equipped with tools and training to detect and apprehend impaired drivers.

- **Alcohol Screening:** This year, every driver stopped as part of the Checkstop program in Winnipeg will be required to provide a breath sample using an Approved Screening Device to detect the presence of alcohol. Manitoba RCMP Traffic Services

Continued on page 4

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BIG DOLLAR

> CHECKSTOP PROGRAM, FROM PG. 3

continue to complete mandatory screenings when they stop a vehicle in their area.

- **Drug Screening:** Officers will

also utilize approved drug screening equipment to identify drivers under the influence of drugs like cannabis and cocaine.

support of Manitoba Liquor and Lotteries.

Make the Right Choice

Our message is clear—If you are under the influence of drugs or alcohol, don't drive.

There are many safe transportation options available:

- Take a cab, Uber or Lyft
- Hop on a bus.
- Arrange for a designated driver.

There is no excuse for driving under the influence.

We hope all Manitobans enjoy the festive season responsibly. With your help, we can keep our roads safe and ensure a happy holiday for all.

The 2024 Festive Season Checkstop Program is made possible through the

"THERE IS NO EXCUSE FOR DRIVING UNDER THE INFLUENCE.

WE HOPE ALL MANITOBANS ENJOY THE FESTIVE SEASON RESPONSIBLY. WITH YOUR HELP, WE CAN KEEP OUR ROADS SAFE AND ENSURE A HAPPY HOLIDAY FOR ALL."



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Join Selkirk's Christmas Bird Count Dec. 17

By E Antonio

On Dec. 17, birdwatching enthusiasts will spend the day counting birds in the Selkirk area for the Audubon Christmas Bird Count (CBC).

The CBC is an international holiday-birding tradition in which birders track and count the number of birds they see within a 24 km radius of a geographical area. Bird count statistics are collected annually from Dec. 14 through Jan. 5 and are used as population data for scientific reports. This

is Audubon's 125th CBC, and since its inaugural year, millions of birds have been counted across the globe.

Gerald Machnee has been organizing Gimli's CBC for more than 30 years, and he is the lead compiler for the area.

He will be hosting Selkirk's count on Dec. 17, with their 24 km radius including parts of St. Andrews, St. Clements, Selkirk, Tyndall, Garson and Springfield. Birdwatchers will be Continued on page 6



RECORD PHOTOS BY GERALD MACHNEE

Gerald Machnee spotted some American White Pelicans in Lockport on Dec. 6.

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> **CHRISTMAS BIRD COUNT, FROM PG. 5**

driving and walking throughout the communities as they track the number of birds they spot and the different species they come across during the day.

"Our numbers vary each year, but we typically see around 20 to 30 dif-

ferent species and we can count anywhere from 1200 to over 3000 birds," explained Machnee.

He is still looking for people to join him and other birders for the day. If you have a vehicle and can spend your day tracking birds through each

town, you can join the travelling counting team by emailing machneeg@gmail.com to arrange your dedicated bird-watching loca-

tion.

You can also participate in Selkirk's CBC from the comfort of your own home.

"We are also looking for people to be Feeder Watchers."

As a Feeder Watcher, you will track the number of birds and the different species of birds that visit your feeder. After the day is finished, you will send your data to Machnee so he can compile all of Selkirk's statistics.

You must register in advance as a travelling bird counter or feeder watcher, and it is best to let him know as quickly as possible.

For your bird count numbers to be



RECORD PHOTO SUBMITTED

Join Selkirk's Christmas Bird Count on Dec. 17 and track the number of birds and different species you see around your home.

MANITOBA FORAGE SEED ASSOCIATION

2025 MB Forage Seed Producer Forum & AGM
January 9, 2025

Victoria Inn, Winnipeg

The Manitoba Forage Seed Association invites you to their Annual Forage Seed Conference and AGM. A range of topics will be covered dealing with various aspects of growing and managing forage and turf seed crops. This year's conference is featuring:

- Highlights from EMILI's Innovation Farms
 - Herbicide & Fungicide Options
- Peace Region Production & Research Update
 - Seed Production Research in Minnesota
 - Precision Planting Solutions

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

To register contact the office at: 204-376-3309 or email Lisa. Details on our website: www.forageseed.net

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official, you must reside within the 24 km radius, so please confirm with Machnee that you are in the right zone before tracking the birds you spot.

Also, keep an eye out for any unique bird species you spot three days before (Dec 14-16) and three days after (Dec 18-20), as any species of bird not tracked on Dec. 17 can be added to the official report.

This Holiday Season put on your shades and be your own RockStar!

Don't forget to Maximize your Health Care Coverage by December 31st!



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OUR DAILY BREAD SOUP KITCHEN

Join us for a **FREE CHRISTMAS LUNCH** in the Memorial Hall
376 Jemima St, Selkirk

THURSDAY, DECEMBER 19th

Doors open at 9 am for coffee
Lunch served from 11 am to 12:30 pm

All Welcome!

Sign up for Christmas Stockings for the kids!

Our Daily Bread Soup Kitchen welcomes donations to help community

On Dec. 19 the soup kitchen plans to feed everyone in need a traditional holiday feast

By Katelyn Boulanger

Our Daily Bread Soup Kitchen doesn't just help out our community during the holidays but it is hoping that people remember them this holiday season if they would like to give a financial or food donation to a group doing good.

"Our Daily Bread Soup Kitchen is a program that offers lunch and a sense of belonging to our clients. They can come here and we can have lunch at 11 o'clock. They can come for coffee earlier and just sit and talk. It's a place to get warm in the wintertime. I believe that we provide an environment where people feel welcome and the volunteers are generally some of the nicest people you'll ever meet," said Barbara Pasaur, coordinator of Our Daily Bread Soup Kitchen.

Our Daily Bread Soup Kitchen is a non-profit in our community that supplies those who stop by Selkirk's Memorial Hall from 11 a.m. to 12:30 p.m. from Monday to Friday with a warm meal.

On Mondays, Wednesdays, and Fridays, they serve soup and sandwiches and on Tuesdays and Thursdays, it's a different warm meal. Some examples of other warm meals this time of year could be chilli and garlic bread, stew or pasta.

On Thursdays, the soup kitchen also gives away any extra grocery donations to clients that they receive that aren't used by them to make lunches, like microwave meals. Also, during certain times of the year, when they sometimes get generous donations of perishable items, they make sure that people who stop in grab some so that everything is eaten and nothing is wasted.

The soup kitchen is completely staffed by volunteers and the soup kitchen board would like to acknowledge the hard work that they do to make Our Daily Bread Soup Kitchen possible.

Volunteers come in each weekday at about eight in the morning to start making lunch. Each day there is a person in charge of what meal is going to be prepared and that person uses what's been donated to the soup kitchen to create a delicious lunch.

Residents will likely know the Mon-



Our Daily Bread Soup Kitchen volunteer Glen Martin, Coordinator Barbara Pasaur, Chair Beverly TerHorst, and Board Member Paul Human.

day Meal Coordinator and Chief Soup Maker, Cst. Paul Human, who is also a board member.

"We have seen an uptick in the percentage of people coming in, in the two years that I've been here. Since food prices have gone up, we've seen maybe, like, instead of 30 for a minimum, we're getting maybe 40 (people stopping by). And, we're extremely blessed here with a lot of the donations that we get," he said.

The soup kitchen is heavily used in our community as it serves more than 400 people per week. In 2023, they served more than 20,000 meals and since opening their doors in 1991 they have served more than one million meals.

The soup kitchen board say that there is no particular group of people that they see coming into the soup kitchen. It's a resource that's used by pretty much everyone from those who are seniors to families with small children and everyone in between.

Residents who might appreciate a little help with

their food bills or are looking for community should know that Thursday, Dec. 19, is a great time to check out the soup kitchen as they will serve hundreds of people a traditional holiday feast.

Pasaur said that the one thing she'd like to change is the amount of people who know about the soup kitchen.

"I don't feel that we are well enough known within the community. Not just, your person who's living in their own home and doing just fine, but by the people who are in need. We need people to know that it's a good place to come. There's no shame in coming to the soup kitchen for lunch. It's actually a fun thing to do," she said.

Soup kitchen regular Albert Gunn agrees that the soup kitchen is a welcoming space.

"You get to meet new people. Enjoy

the company. Enjoy the food," said Gunn.


Human also encourages people to come.

"It's a non-judgmental place that people can come. We discussed this earlier, that the soup kitchen just isn't about the food, it's about the atmosphere. It's about family. And if


Continued on page 9

RECORD PHOTOS BY KATELYN BOULANGER

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Food anticipated to cost \$800 more next year with 3-5% food inflation

By Patricia Barrett

Manitobans may be getting pampered with holidays during the country's multiple affordability crises, but they're in for sticker shock in 2025 when the cost of food – real food such as fruits, vegetables, seafood, meat and dairy products – is expected to rise by three to five per cent across the board.

Although Manitobans are enjoying a temporary provincial gas tax holiday, which is set to expire Jan. 1 2025, and are expected to enjoy a five per cent tax break on a number of items including ultra-processed food under a temporary federal GST/HST tax holiday, there's no healthy food holiday on the horizon.

The disappointing news was delivered last week in *Canada's Food Price Report 2025*, which was put together by researchers from Dalhousie University, the University of British Columbia, the University of Guelph and the University of Saskatchewan.

The annual report predicts changes in food prices using a combination of machine learning, AI (artificial intelligence) models and human experts.

Last year, the report predicted an overall price increase of 2.5 to 4.5 per cent for 2024 and was within its predicted range when comparing prices to data released by Statistics Canada. A family of four in 2024 was projected to spend \$16,297.20 and the demographic was found to have spent \$16,032.07, which is well within the predicted range of the report.

For 2025, the report predicts consumers will see a total overall increase in food prices of 3 to 5 per cent.

"Looking ahead to 2025, we are expecting a family of four with the same demographic makeup to spend \$16,833.67, an increase of up to \$801.56 from last year," states the report.

Broken down by food category, dairy is expected to increase 2 to 4 per

Table 5: 2025 Food Price Forecasts

Food Categories	Anticipated Changes %
Bakery	2% to 4%
Dairy	2% to 4%
Fruit	1% to 3%
Meat	4% to 6%
Other	2% to 4%
Restaurants	3% to 5%
Seafood	1% to 3%
Vegetables	3% to 5%
Total Increase in Food Prices	3% to 5%

CANADA'S FOOD PRICE REPORT 2025

Canadians can expect to pay higher prices for food in 2025.

cent, fruit 1 to 3 per cent, vegetables 3 to 5 per cent, meat 4 to 6 per cent, seafood 1 to 3 per cent and bakery 2 to 4 per cent. Restaurant prices are also anticipated to increase 3 to 5 per cent.

The report provides predictions on estimated annual food expenditures for individuals based on their age and gender to allow people to "predict their annual food expenditures" based on whether they live on their own, are single parents or live in a multigenerational household.

A four-person household consisting of a man, woman, boy and girl, for example, is predicted to spend \$16,833.67 on food in 2025. A two-person household consisting of a man and woman between 51 and 70 years of age is expected to spend \$7,969.78. And a two-person household consisting of a man and pregnant woman between 19 and 30 years of age is expected to spend \$9,020.18.

Although consumers have modified their shopping behaviour by buying discounted food, buying fewer non-

essential food items, using cheaper brands and shopping at stores with lower prices, millions have had to turn to food banks for help.

"In addition to money-saving techniques, there is a growing reliance on hunger-relief organizations including food banks," states the report. "In March 2024 the Food Banks Canada Hunger Count reported there were over 2 million visits to food banks in the country, marking a 6% increase compared to 2023 and a 90% increase compared to 2019. This latest figure marks the highest food bank usage in history."

In Manitoba, food bank usage has increased by 122 per cent since the COVID pandemic, according to Harvest Manitoba.

The food price report also provides a breakdown by generation (e.g., Boomers, Gen X, Millennials) that has had to access savings or borrow

Continued on page 9

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@selkirkrecord.ca. Please include your name, address, and phone number for confirmation purposes.



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EDITORIAL

Katelyn Boulanger 204-485-3337
news@selkirkrecord.ca

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

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> SOUP KITCHEN, FROM PG. 7

you're missing that in your life, this is a place to come," he said.

If you would like to make a donation to the soup kitchen, one easy way is to drop by the back door when they are open. If you want to give a financial donation it can also be do-

nated online through their website.

If you would like to learn more about Our Daily Bread Soup Kitchen you can check them out online at www.ourdailybreadselkirk.com for questions please call Pasaur at 204-754-0258.



RECORD PHOTOS BY KATELYN BOULANGER

Our Daily Bread Soup Kitchen volunteers Glen Martin, Bernie Doucette, Kathy Martinuk and Linda Bullen.

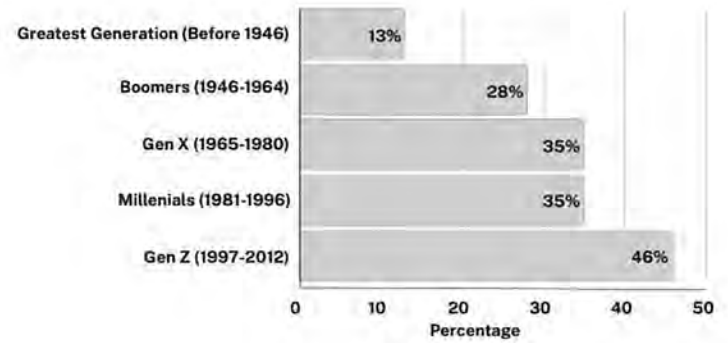
Tea in the Hall



RECORD PHOTOS BY BRETT MITCHELL

Terri Jablonski selling baked goods at the annual Tea in the Hall of the Anglican Parish St. Clements Mapleton.

Figure 1: Percentage of Respondents Drawing from Savings or Borrowing Money to Purchase Food per Generation



People by generation having to use savings or borrow money to feed themselves.

> FOOD PRICES, FROM PG. 8

money in order to feed themselves. And studies have found that 28 per cent of Canadians have "resorted to eating less to save money."

Catalysts driving up the cost of food in 2025 are expected to include the U.S. election [president-elect Donald Trump], climate events such as high temperatures, floods and wildfires, labour disputes and interest rates. The impact of climate change is expected to be "very significant" and "very likely." Geopolitical risks are expected to be "very significant" and "likely." And inflation is expected to be "significant" and "likely," according to the report.

Although the federal government

has tried to stabilize food prices by meeting in 2023 with the leaders of Canada's five largest grocery store chains and with domestic and international food processors, food prices have remained stubbornly high.

Canadians will get a five per cent tax break on ultra-processed food such as candy, chips, ice cream, cakes, muffins, pies, pastries, cookies and brownies – which nutritionists consider unhealthy and which contain chemical additives that carry documented health risks – under the federal government's GST/HST holiday, but the measure will end in February and will not help people access healthy food.

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December 20th, 2024 - January 5th, 2025
Opening January 6th, 2025

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*Merry Christmas &
 A Happy New Year*

The Selkirk Record

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Selkirk's Community Vigil Walk remembers those we've lost to gender-based violence

14th annual event includes Selkirk's BPW, the Selkirk Friendship Centre, Nova House and the City of Selkirk

By Katelyn Boulanger

The 14th Annual Community Vigil Walk took place last week in Selkirk. The walk recognizes the National Day of Remembrance and Action on Violence Against Women in Canada. It is coordinated by Selkirk's BPW in partnership with the Selkirk Friendship Centre and Nova House and is hosted by the City of Selkirk.

The walk started at the Selkirk Friendship Centre and walkers held flameless candles as they made their way to the Selkirk Civic Office. Once there, members from Selkirk's BPW, Nova House and the City of Selkirk spoke to why this event takes place.

Mayor Larry Johannson spoke first. He made a land acknowledgement for the event before talking about changes that are being made in our community. A couple of weeks ago, members of the provincial government stopped into Selkirk to announce that the GPS ankle monitor program was going to expand into our area and would be a way to enforce restrictions imposed on alleged perpetrators of domestic violence while they are out on bail. With this program, survivors can use an application on their phones to connect with people who can track the ankle monitor and send help if needed.

Johannson spoke more about this program saying, "I know it's not the

end all to violence, and sadly, I don't know if there ever will be, but this is a really, really important and a great first step in getting us on the road to a safer community and safer lives for those who that are threatened. So, I was really pleased to be able to go to that announcement and say a few words."

The National Day of Remembrance and Action on Violence Against Women was created by the federal government in response to the École Polytechnique Massacre, also known as the Montreal Massacre, that took place on Dec. 6, 1989.

Colleen Allan the Chair of our local Selkirk Business and Professional Women (BPW) group spoke next about the École Polytechnique Massacre.

"Over time, I'm finding that people no longer remember it, particularly people who are younger. They don't even understand. They've never heard of it. They've never observed it. I want to really reinforce the importance of the observance. This was important because the Montreal Massacre was an anti-feminist mass shooting that occurred on Dec. 6, 1989, at the École Polytechnic in Montreal, Que. Fourteen women were murdered, another 10 women and four men were injured," she explained.

At the time of the massacre Allan



RECORD PHOTOS BY KATELYN BOULANGER

Walkers bringing awareness for gender-based violence at the Community Vigil Walk.



RECORD PHOTOS BY KATELYN BOULANGER

Colleen Allan.

herself was in Ottawa, Ont. and she says that it was a shock.

Allan explained that the perpetrator separated men and women in a room shooting the women before going through the school for 20 minutes targeting additional women before he shot himself.

"The Canadian Parliament responded by passing more stringent gun control laws, and officials took other actions to end violence against women. The massacre also led to policy changes in emergency services and protocols for shootings. For instance, the police would intervene immediately to try to reduce casualties," said Allan.

This was the deadliest mass shoot-

ing in Canada up until the 2020 Nova Scotia Attacks.

"The importance is, this was the first time it was acknowledged that women were killed because they were women, nothing else. And, we're seeing today a move to label it what it is, and that is femicide," said Allan.

Cst. Paul Human of the local RCMP detachment next came to talk about violence in our community.

"I've been doing this job for at least 24 years, all over Manitoba. I'm originally from Portage la Prairie, and I've worked from Lac du Bonnet to Thompson, and now here. Selkirk is now my home. Twenty-four years

Continued on page 11



RECORD PHOTOS BY KATELYN BOULANGER

Dalyce Youzwa.

> COMMUNITY VIGIL

WALK, FROM PG. 10

of dealing with domestic violence. It was a topic that was actually introduced to me way back in 2001. I've been doing this a long time, and if it shows on my face, I'm getting tired," he said.

He explained that it breaks his heart that there were situations where the police were called out for domestic violence situations and he worried that the next call from that residence would be a call to investigate a homicide.

Human then spoke about how he deals with this heartbreak by being part of our community. He mentioned his volunteerism at our local Our Daily Bread Soup Kitchen and how that keeps him going.

Nova House Outreach Coordinator Dalcyce Youzwa came up next to talk about the resources that they share to help women and children in our community affected by intimate partner, domestic, and/or family violence.

"I'm so truly honoured to be with you all here tonight as we take the time to remember the 14 women whose lives were lost on Dec, 6 of 1989. We also honour all the women who have been and continue to be affected by interpersonal violence, whose stories too often remain untold and unheard. Violence against women is not just something from the past, it is a very real issue in our communities today. This year alone, Nova House will support over 70 women and families with shelter stays. Our crisis lines take an average of 2,100 calls a year. Our mission at Nova House remains to support families to live a life free from violence. On this



RECORD PHOTOS BY KATELYN BOULANGER

Paul Human speaking at the Community Vigil Walk.

day of National Remembrance and Action, we renew our commitment to ending violence against women," she said.

She then shared the story of local a woman with three children who utilized Nova House's services last year

with the woman's permission. In the story, the woman explained that Nova House helped with the legal and emotional issues that were involved with leaving her domestic violence situation. The woman said that through Nova Houses programming

she learned that she was in a domestic violence situation even though she didn't want to acknowledge it and she learned that there was a way out.

After Youzwa spoke Allan came back up and said a prayer to end the meeting.



RECORD PHOTOS BY KATELYN BOULANGER

Larry Johannson.



RECORD PHOTOS BY KATELYN BOULANGER

A flameless candle from the Community Vigil Walk.

Santa makes a stop in Grand Marais



RECORD PHOTOS BY KATELYN BOULANGER

The 7th annual Grand Marais Santa Claus Parade took place last weekend. Businesses and groups from the community came together to make some holiday magic happen with some impressive floats. Santa, of course, also took some time out of his busy holiday schedule to say Hi to all the good boys and girls.



Ryan Souter releases new book available now locally

Selkirk born author continues trilogy with second book *Hope Unites*

By Katelyn Boulanger

Hope Unites is the second book in the Hope Trilogy written by Selkirk-born author Ryan Souter and has recently been released. The debut novel in the series, *Hope Rises*, was released in Feb. of 2022 and this latest novel came out last month just in time to get on residents' winter reading lists.

"This book, basically, is part of a trilogy, but I'm hoping that when people read it, it can stand on its own two feet. In a way, it's a standalone story. It's easy to bring across. In this book, the wall that divided the city has come down, and now two sides have to share space and get along, and that opened up a whole other host of problems," Souter explained.

Without giving too much away about the first book. The main character in *Hope Unites* is still Hope Mulder a woman in her early twenties who is a very independent person.

This book takes place in 2071 and there is now a crime element to the plot.

"She ends up having to get a partner and pursue that avenue, and track down this person who's stirring things up," explained Souter.

The Hope Trilogy is a series that combines action and adventure, thriller and mystery elements in the fictitious dystopian future of 2070 where the earth has been turned upside-down by natural disasters combined with government collapses which make this universe very different from our own.

Souter wants to reassure readers that though the main character in this book is 22 years old, there are many characters of various ages and so it's not just a book that young adults would enjoy.

Writing this book was a new experience for Souter. Though he's written a couple of books in addition to *Hope Rises* and *Hope Unites*, this is his first sequel.

"I found it to be a really big challenge, actually, when I first started outlining it and putting it together. There were a couple of months where I was just really struggling to put the pieces together again because I wanted to have it feel fresh but also you can't neglect the first book. You can't just completely go off-kilter and change all the characters and completely take the storyline however you want to go. It still has to connect," he explained.

After some intense back and forth

with his editor and some elements of the story ending up on the cutting room floor, *Hope Unites* came to be.

Souter, though now an established author with four novels under his belt, didn't start his writing journey writing long-form work.

"I started with making movies and writing screenplays. Writing scripts and novels is a completely different beast, just with formatting. But what I did notice is it's still the art of storytelling and creating worlds and characters and making it all fit together and streamlining it. What I found interesting about going from screenplays to novels is screenplays have such a tight three-act structure with how they flow. I brought that forth to the idea of writing novels, too. What I found with screenplays is you can't afford to waste any time. It's just you have to get through it and find that pacing. I treat the novel writing in the same way," said Souter.

For people in our community who want to write their own stories but haven't yet gotten to the same point that Souter has in their journey, he says that writing a novel is about perseverance.

"Novels are such a long game. There's no real quick and easy way around it. I find you just have to get that butt in the chair and keep going. Anybody who's starting it, I just say, don't get down on yourself, because it's easy to just want to quit. There's no doubt about that. There are days that it really clicks and there are days where you go, 'Wow, I didn't really produce anything.' and then there are days where you produce stuff, and you go back and you go, 'Wow, I don't like any of this.' What I would tell people who are aspiring writers who want to go down this road is, don't be too hard on yourself," said Souter.

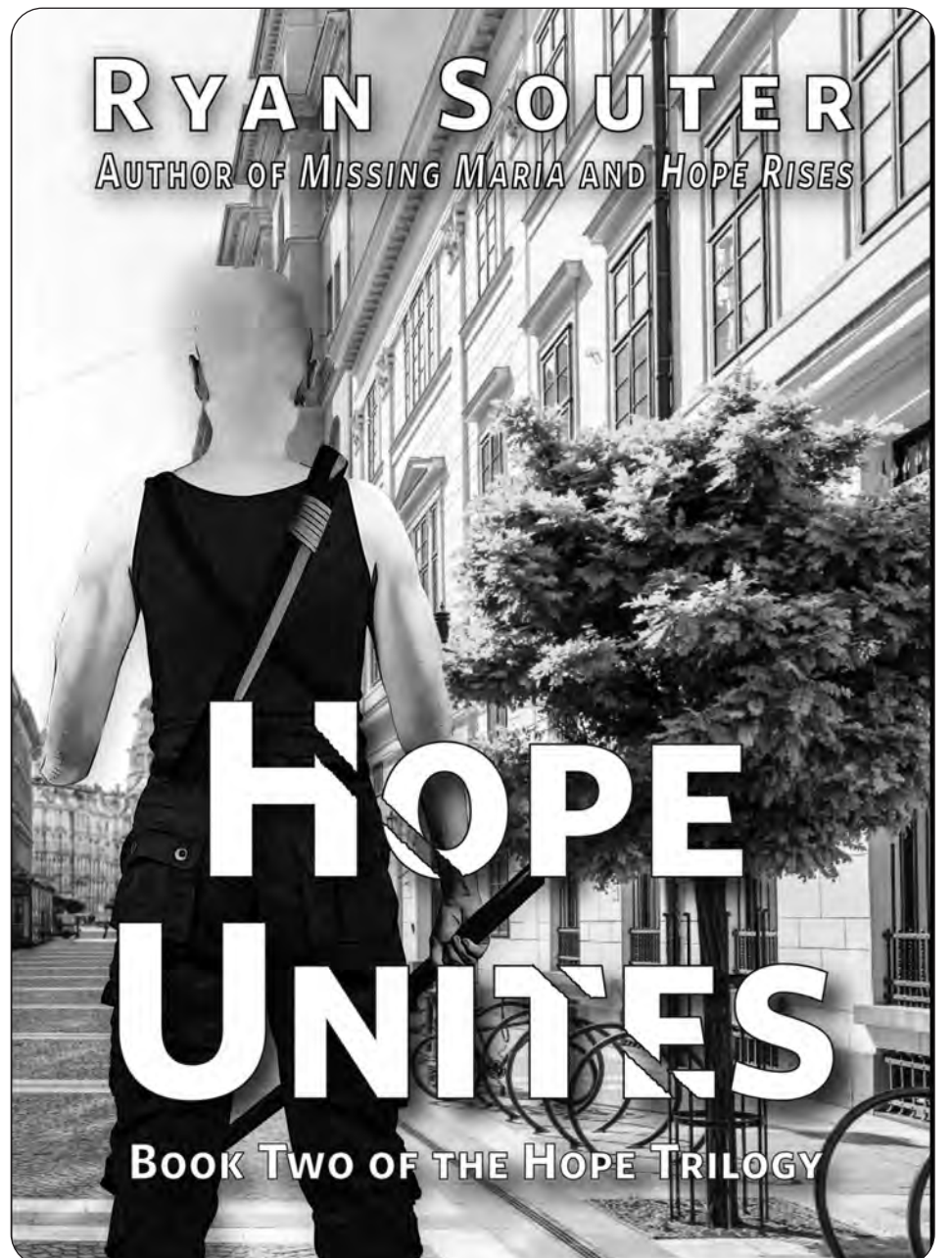
If you would like to learn more about what happens next in the Hope Trilogy, you're in luck. Souter's novels are available locally at The Cozy Fox. They are also available online in hardcover and paperback from Amazon in addition to the ebook format.

Souter encourages you to pick up a copy of *Hope Unites* this winter season and if you would like to keep up with all of Souter's writing adventures check him out online at www.ryan-souter.ca where he has a newsletter that residents can sign up for to stay in the know.



RECORD PHOTO SUBMITTED

Hope Unites is the latest book recently released by Selkirk-born author Ryan Souter.



St. Andrews Heritage Centre is hopping this holiday season



RECORD PHOTOS BY KATELYN BOULANGER

St Andrews Heritage Centre is bringing the holiday spirit this year. Last weekend they hosted a Light Up the Rectory event on Friday night and then were back at it on Saturday with their Christmas on the Red River gathering. For more holiday fun check out their website at <https://www.standrewsrectory.ca/>. They also have some fun holiday activities closing out the year. Visit their website to learn more about their Kid's Christmas Party on Dec. 14 and Ceramic Bell Painting on Dec. 21.



Know where to go for health care this holiday season

By Lita Savage-Murray, IERHA

If you or a family member require non-urgent health care services, some doctors' offices and clinics in the region offer extended hours care and same day appointments. Contact your local doctor's office for appointment information.

Selkirk QuickCare clinic is open 10 a.m. to 8 p.m. weekdays and from 10 a.m. to 5 p.m. weekends and most holidays. Call 204-482-4399 to make a same-day appointment. Phones answered starting at 9:30 a.m.

For minor ailments and non-life threatening concerns virtual care is available through QDoc, a free, provincially funded, online platform that

connects patients to doctors by video. Visit qdoc.ca for more information. Some pharmacists have additional

Continued on page 26



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Interior design: trends to watch for in 2025

Are you interested in contemporary, on-trend home decor? Check out the following 2025 interior design trends to elevate your home.

Colours
This year's hottest colours are earthy tones and deep blues inspired by nature and travel. These shades create a serene atmosphere. Terracotta and moss green are essential colours for connecting indoor and outdoor spaces in every season.

You can incorporate these colours into your decor by painting your walls or using wallpaper. You can also integrate them through furniture or textiles, such as curtains, cushions and rugs.

Materials
Sophisticated, easy-care materials like raw wood, marble and steel are trending in stylish homes. Glass will also be

considered a must-have for its elegance and versatility. Whether it's translucent, frosted or textured, glass adds a sense of openness and luminosity to your living space.

Polished concrete and natural stone are still popular with people who prefer timeless, minimalist designs. Durability is a key consideration this year. Consequently, eco-friendly and recycled materials have become essential choices for responsible homeowners.

Styles
The maximalist trend continues to captivate with its bold, contrasting patterns, textures and colours. At the same time, retro styles from the 70s and 80s are making a strong comeback, offering warm, vibrant interiors that appeal

Continued on page 23



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- Pronunciation Tips – Speak like a local from the start.
- Fun and Interactive Games – Language learning can be fun!
- Essential Phrases for Travel – Get comfortable with the basics before your next trip.

With 9 one-hour classes, you'll gain the confidence to use Spanish in real-world situations. Sign up today and start your Spanish journey with ease and excitement!
Room 147

INTERMEDIATE SPANISH (Level 2) \$100

Thursdays, Jan. 16 – Mar. 13
7:00 – 8:30 pm (9 sessions)

Take Your Spanish to the Next Level! Already have a foundation in Spanish and want to improve? Our Intermediate Spanish Course is designed for those ready to build on their basics, refresh skills, or continue progressing—all in a relaxed, friendly environment. What You'll Learn:

- Grammar and Pronunciation – Refine your skills and polish your accent.
- Conversation Practice – Speak with confidence and fluency.
- Travel Step by Step – Get ready to use Spanish in every travel scenario.

Over 9 classes of 1.5 hours, we use interactive games to make learning effective and fun. Sign up now and enjoy an engaging atmosphere where improving your Spanish is natural and exciting! See you in class!
Room 147

MEXICAN CUISINE with Aurora Egesz

\$200 Saturdays, Jan. 18 – Feb. 15
10:00 am – 12:30 pm (5 sessions)

Warm Up Your Winter with Flavors of Mexico!

Looking to learn authentic Mexican cooking and savor comforting flavors during the chilly winter? Join our 5-class course in traditional Mexican cuisine, designed to transport your senses to the warmth and joy of Mexico. With fresh ingredients and authentic recipes, you'll discover the secrets behind each dish, cooking and taking home a taste of your creation. Classes Include:



1. Tacos al Pastor – The unmistakable flavor of Mexico.
2. Chicken Tinga – A classic, simple, and flavorful Mexican dish.
3. Pozole or Caldo Tlalpeño – Perfect warming soups for Canadian winters.
4. Mexican Antojitos – Learn how to make flautas, tostadas, and sopes.
5. Shrimp a la Diabla – Add a touch of spice to warm you up.

Sign up today and see how Mexican cuisine can turn your cold days into a vibrant and delicious experience. See you in the kitchen!
Room 172

INDIAN CUISINE \$70 each session

(1 session each)

1:30 – 4:30 pm

Room 172

ALL Ingredients Included! Come for one class or join them all! We will enjoy a freshly prepared meal at the end of each class. Please bring a container to take home the leftovers.



Saturday, Jan. 25

Samosas and Chana Masala

Saturday, Feb. 1

Butter Chicken, Naan, and Pineapple Chutney

Saturday, Feb. 8

Aaloo Gobhi, Naan, and Chai

Saturday, Feb. 22

Palak Paneer, Cumin Rice, and Coconut Chutney

SMALL ENGINE/ATV REPAIR

\$190

Tuesdays, Jan. 21 – Mar. 4

6:00 – 9:00 pm

(7 sessions)

Service your own equipment with help from an expert technician. Micro weekly in-class lessons (20 min in-class) touching on a variety of mechanical equipment/theoretical knowledge will prepare learners to take on their own service procedures while a trained technician supports. The practical portion (160 min) will allow learners to utilize a facility, with instructor support, to service and repair a variety of equipment that they can provide.



Room 199 Power Mech. Lab

INTRO TO WELDING FOR ADULTS \$190

Tuesdays and Thursdays, Jan. 14 - 30

5:30 – 7:30 pm

(6 sessions)

Are you interested in learning the basics of welding or gaining a better understanding of the process? Join our Evening Welding Course, designed specifically for beginners and those looking to explore the world of welding. No prior experience is necessary, and this is not a continuation of previous sessions, making it ideal for those new to the craft.



In this hands-on course, participants will be introduced to three essential welding processes: MIG (Metal Inert Gas), ARC (Shielded Metal Arc Welding), and the Oxy-Fuel heating process. Through guided instruction and practice, students will build confidence and competence in each method, culminating in the creation of a small project that showcases the skills learned during the class.

To ensure a safe and productive experience, students must provide their own safety gear, including: Safety glasses, Welding helmet, Welding gloves, Non-synthetic clothing (jeans, work pants, or coveralls) and Steel-toed boots (preferred).

Metals Shop

DOG OBEDIENCE

Tuesdays, Jan. 14 – Feb. 18

(6 sessions each)

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed. Please park and enter through back of school. Lower Multi-Purpose Room

PUPPY CLASSES \$90

For Puppies up to 1 year old

6:00 – 7:00 pm



BASIC MANNERS \$90

7:15 – 8:15 pm

All ages are accepted. But recommend very young dogs (up to a year) do a puppy class first.

SAFETY FIRST



HUNTER EDUCATION \$75

Saturday, Mar. 15 9:00 am – 5:30 pm (1 session)

Minimum Age 10

In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

Room 141

CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course) \$170

Saturday, Jan. 25

9:00 am – 5:00 pm (Plus Exams) (1 session)

Minimum Age 12

Please Bring Government issued ID & lunch. Students ages 12-17 need to have consent from their legal guardian. This 8 hour course is followed by a written exam and then practical testing. As each student needs to be tested individually, the practical testing will continue into the evening. Upon successful completion you will be able to apply for your PAL. Increase your chances of passing by reading the manual in advance. For questions or to purchase a hardcopy manual, please email KatiesFirearmSafety@outlook.com

Room 147

FOOD HANDLERS \$120

Includes Workbook

Saturday, Mar. 15 9:30 am – 4:00 pm (1 session)

Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). There is a short lunch break (30 minutes).



Room 147

RE-CERT \$70

EMERGENCY FIRST AID & CPR

Level C \$110

Saturday, Feb. 22 9:00 am – 4:30 pm (1 session)

This basic one-day course offers lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. The Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 3-year Canadian Red Cross e-Certificate. Training includes; The Red Cross, Preparing to respond, The EMS system, "Check, Call, Care", Airway emergencies, Breathing and Circulation emergencies, First aid for respiratory and cardiac arrest, and Wound care. Please bring a lunch.



Library

COMPUTERS & TECHNOLOGY



EXCEL BASICS \$80

Tuesdays, Jan. 14 – Feb. 4 6:00 – 8:00 pm (4 sessions)

Are you frustrated using Excel? Come spend 4 winter evenings learning how to be more productive using Excel. Students will begin with the basics and learn how to create budgets using formulas, spreadsheets with charts and become more knowledgeable with simple functions. You will be surprised with how proficient you will become in 4 short classes.

Room 284

BETTER PRESENTATIONS \$60

Tuesdays, Feb. 11 – 25 6:00 – 8:00 pm (3 sessions)

Do you ever need to create a presentation for a work or family event? Students will be introduced to both PowerPoint and Canva presentations for creating clear, engaging presentations. Beginners encouraged.

Room 284

GREETING CARDS & FAMILY CALENDARS \$60

Tuesdays, Mar. 4 – 18 6:00 – 8:00 pm (3 sessions)

Stop paying for greeting cards and family calendars at the store. Personalize them with your own pictures and messages and print them economically with Canva. Students will be taught the basics of using Canva to create their own digital masterpieces that you can be proud to pass along to friends and family.



Room 284

HEALTH & WELLNESS

YOGA FLOW with Heather \$100
Thursdays, Jan. 16 – Mar. 13
6:00 – 7:00 pm
(9 Sessions)

Flow yoga class is a mixture of meditation, breath-work and energizing movement. It begins with gentler movements to warm up the body, then move into progressively more challenging flowing sequences. You will be taken through seated and standing poses which can be adjusted to be harder or easier depending on your level of fitness. While previous yoga experience is helpful, beginners are welcome as instruction for the poses are explained throughout the class.



Library

HATHA YOGA with Cecilia \$90
Mondays, Jan. 13 – Mar. 10
NO CLASS: Feb. 17
5:30 – 6:30 pm
(8 Sessions)

For all levels and every body. With modifications and variations. Hatha Yoga is the yoga of Asana (poses). Along with Asana we will explore Pranayama (breath work) and Dhyana (meditation). Please bring a mat and small blanket/ or towel and any props you may have.

Library

TAI CHI \$90
Tuesdays, Jan. 14 – Mar. 11 6:00 – 7:00 pm
(9 sessions)

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Tai Chi arts are truly a moving meditation. Beginner level class, working through the first seventeen movements of Tai Chi.



Library

STEP AEROBICS \$95
Mondays, Jan. 13 – Mar. 10
NO CLASS: Feb. 17
6:00 – 7:00 pm (8 Sessions)

An hour full of fun, music, choreography that will challenge your cardio fitness. After a short warm-up your feet will be moving to some fun and fancy choreography. Previous step experience an asset. The hour will be finished up with a cool down and stretch.



Lower Multi-Purpose Room

PILATES \$100
Wednesdays, Jan. 15 – Mar. 12
5:30 – 6:30 pm (9 sessions)

A floor-based program to improve strength and flexibility for the whole body. Emphasis on abdominal strength and spinal mobility. Please bring a mat and water.



Library

BLOCK THERAPY \$135
Wednesdays, Jan. 15 – Mar. 12
6:45 – 8:00 pm (9 sessions)

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Poor posture or repetitive movement patterns can lead to ingrained patterns in the fascia. Block Therapy is a method of Myofascial Release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on block, on the floor. Please bring a yoga mat, any yoga blocks you may have, and water.



Library

ARTS & CRAFTS

INDIGENOUS ART

THE POWER OF RIBBON SKIRTS \$135

Saturday, Feb. 22 9:00 am – 4:30 pm (1 session)

Ribbon Skirt with Pockets!

Ribbon skirts are about empowering yourself, and connecting to who you are. All supplies included to make your very own ribbon skirt.

Please join Marlena Muir for a day of teachings and ribbon skirt making, in a relaxed and informative atmosphere. Marlena is a 2Spirit Community Cultural Helper (Skaabe) in and around Selkirk, and has been doing cultural work and programming for just over 10 years. She firmly believes in the power of identity through clothing, and believes that part of our healing comes through connecting and understanding.



Sewing Lab Room 175

PAINTED WINE BOTTLE WITH MINI LIGHTS \$45

Tuesday, Jan. 28 6:00 – 7:30 pm (1 session)

Cork lights and all supplies included. Join local artist Monique Rainville for a fun, relaxing night of painting your own beautiful wine bottle! Follow along with detailed, step-by-step instructions (beginner-friendly!), or customize as you like!



Room 162

ACRYLIC POUR PAINTING \$60
Monday, Mar. 10 6:00 – 7:30 pm (1 session)

No experience required! Learn how to create beautiful, customized acrylic pour paintings! Perfect for beginners. Local artist Monique Rainville will guide you through the process! Be creative, and use colors YOU LOVE... there are no rules! There will be lots of time for socializing!



All supplies are provided! Canvas size options will be available; participants will receive an email ahead of time to make selections.

Cafeteria

CHUNKY BLANKET \$95

Monday, Feb. 3 6:00 – 9:00 pm

All supplies included.

This event is for beginners to learn how to *begin, create, and totally finish* a chunky blanket! This is a small, lap sized blanket, and I'll show you how to add to it if you want to create a larger one. Please email Monique Rainville at mqlise@gmail.com with your preferred colors of yarn.



Cafeteria

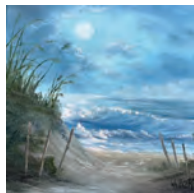
PAINTING

Bob Ross style painting. Beginners always welcome, no experience required. All supplies included. BONUS* - Register for Both Same Day Classes and Save \$5! Room 162

THE DUNES \$80

A beautiful seascape done on a 12" x 12" canvas, using various colour combinations and palette knife work.

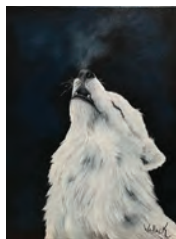
Saturday, Jan. 18 9:00 am – 12:00 pm



THE WOLF \$80

The Wolf is started in acrylics and finished off in oils and done on an 11" x 14" canvas.

Saturday, Jan. 18 1:00 – 4:00 pm



COUNTRY CREEK \$80

Lots of practice on making evergreens and utilizing the black background to make desired effects of the landscape. Done on a 16" x 20" stretched canvas.

Saturday, Feb. 22 9:00 am – 12:00 pm



THE TIGER \$80

Done on an 11" x 14" canvas, this painting is started using acrylics to achieve fine details and completed in oils to bring it to life.

Saturday, Feb. 22 1:00 – 4:00 pm



BACK COUNTRY PATH \$80

An oil painting, bringing in a bit of spring colour and done on a 16" x 20" canvas.

Saturday, Mar. 22 9:00 am – 12:00 pm

BOB ROSS AMARYLLIS \$80

Oil painting done on a 16" x 20" canvas, just in time to display for Easter.

Saturday, Mar. 22 1:00 – 4:00 pm



YOUTH CLASSES

BABYSITTING SAFETY \$70

Saturday, Mar. 15 9:00 am – 4:00 pm

This course offers basic first aid and care giving skills for youth 11-15 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. Training includes; How to be responsible and demonstrate leadership, How to make good decisions and manage difficult behaviours, Information on children's developmental stages, and specific strategies for each stage, How to feed, diaper, dress, and play with children and babies, How to recognize and prevent unsafe situations, make safe choices and promote safe behaviours, First aid skills, and The business of babysitting. Students will receive a babysitter's manual and completion certificate. Please bring a lunch.

Library

STAY SAFE! \$60

Saturday, Jan. 25 9:00 am – 2:30 pm

This course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Training includes; The importance of responsibility and respect while being accountable for yourself, The importance of setting and following safety rules when on your own, How to stay safe at home and within the community, How to prepare for, recognize and respond to unexpected situations (e.g., inclement weather, strangers, and unanticipated visits), and Basic first aid skills. Students will receive a "Stay Safe!" workbook and completion certificate. Please bring a lunch.

Room 149

SELKIRK Community Pool 2025

SCHOOL • COMMUNITY • POSSIBILITIES
The Comp 221 Mercy Street
Selkirk Mb | 204 785 7310

Registration On Line
Sunday Dec 15 8:00am
selkirkcommunitypool.weebly.com

Pool Closed
Jan 19, Feb 17 March 15
Questions or concerns contact
pool manager mstamm@lssd.ca

Schedule subject to change.

Lap Swim passes purchase online or at the pool.

10 visits - \$45.15
20 visits - \$84.50
30 visits - \$115.00

Lifeguard must punch your pass for entry to the pool.
Drop in \$11.25 Aquafit
Drop in \$6.75 Lap swim.

Aquafit pass purchase online or at the pool.
no need to commit to one class use your pass for any class.

10 visits -\$90.00 20 visits \$162.00

Open Swim (Debit machine available)

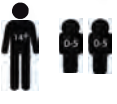




Adult or Student	\$6.50	18+
Preschool child	Free	0 - 4yr
Child	\$2.50	5 - 12yr
Teen	\$3.50	13 - 17yr
Family	\$17.25	

(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

Public admission entry requirements:

Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. Please review policy on Cancellation and refunds on Continuing Education website.

Swim Admission Standards For S.C.P.

<p>Children 5 & under</p>  <p>Guardian must remain within arms reach at all times.</p>	<p>Children 6 to 9 years unable to pass swim test</p>  <p>Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.</p>	<p>Children 6 & 7 years who pass swim test</p>  <p>Guardian must remain in the pool. Child must complete the swim test each time. wrist band is received. Child can use the deep end.</p>
<p>Children 8 & older who pass swim test</p>  <p>Child can swim alone and use the deep end and the diving boards wrist band is received</p>	<p>Children 10 & older may swim alone</p>  <p>Must pass the swim test in order to use the deep end and use the diving board.</p>	<p>Guardians must be: 14+</p> <ul style="list-style-type: none"> • 14 years and older • Within arms reach at all times • Responsible for direct supervision in and out of the water • In appropriate bathing attire <p>Facility Swim Test</p> <ul style="list-style-type: none"> • Successfully swim continuously on front, four widths of the pool in a comfortable manner • Face and head must submerge • Body must stay near horizontal



MONDAY & WEDNESDAY

2 sessions: Session 1 Jan 13 - Feb 5
Session 2 Feb 19 - Mar 17

- 5:00 - 5:30 Preschool 1
- 5:00 - 5:45 Swimmer 2
- 5:15 - 5:45 Baby Bubblers
- 5:35 - 6:10 Swimmer 1
- 5:50 - 6:20 Preschool 2
- 5:50 - 6:35 Swimmer 3
- 6:15 - 6:45 Preschool 3
- 6:25 - 7:05 Preschool 1
- 6:35 - 7:20 Swimmer 4
- 6:45 - 7:15 Parent & Tot 3
- 7:10 - 7:40 Preschool 2
- 7:15 - 8:00 Swimmer 1

No swimming:
Feb 17

TUESDAY

1 session: Jan 14 - Mar 4

- 4:30 - 5:00 Preschool 1
- 4:30 - 5:15 Swimmer 1
- 5:05 - 5:35 Preschool 2
- 5:20 - 5:50 Preschool 3
- 5:40 - 6:25 Swimmer 1
- 5:55 - 6:25 Preschool 2
- 6:30 - 7:00 Parent & Tot 3
- 6:30 - 7:00 Preschool 1
- 6:50 - 7:20 Preschool 3

WEDNESDAY

1 session: Jan 15 - Mar 5

- 5:15 - 6:00 Adult 2
- 7:30 - 8:15 Swimmer 5
- 7:30 - 8:15 Swimmer 6

THURSDAY

1 Session: Jan 16 - Mar 6

- 4:30 - 5:00 Preschool 2 & 3
- 5:05 - 5:35 Preschool 1
- 5:05 - 5:50 Swimmer 1
- 5:40 - 6:10 Parent & Child 3
- 5:55 - 6:25 Preschool 3
- 6:15 - 7:00 Swimmer 1

AQUAFIT

Wednesday 4:00-5:00 pm **Jan 8 - Mar 26**
Friday 9:00-10:00 am **Jan 10 - Mar 28**
Saturday 9:30-10:30 am **Jan 18 - Mar 8**

LAP SWIM

Mon - Fri 7:00-8:30 am **Jan 6 - Mar 28**
Tue / Thur 4:00-5:30pm **Jan 7 - Mar 27**
Sat 11:00-12:30 **Jan 11 - Mar 15**
Sun 10:15-11:15 **Jan 12 - Mar 16**

LEADERSHIP COURSES

Bronze Star for swimmer under 12 yr
Bronze Medallion 13 yr old or Bronze star completed
Bronze Cross must have Bronze Medallion.
Swim for Life Instructor must be 15 and Bronze Cross.
National Lifeguard 15 yr old, Bronze Cross and SFA CPR C

FRIDAY

Jan 17 - Mar 7

- 5:00 - 5:45 Swimmer 2
- 5:00 - 5:30 Preschool 1
- 5:00 - 5:30 Preschool 2
- 5:35 - 6:10 Swimmer 1
- 5:35 - 6:10 Swimmer 3
- 5:50 - 6:20 Preschool 3
- 6:15 - 7:00 Swimmer 4
- 6:15 - 7:00 Swimmer 5
- 6:25 - 6:55 Preschool 1
- 7:05 - 7:50 Swimmer 2
- 7:05 - 7:50 Swimmer 1
- 7:00- 8:00 Rookie/ Ranger

SATURDAY

Jan 18 - Mar 8

- Aquafit 9:30 - 10:30
- 10:30 - 11:00 Baby Bubbler
- 10:30 - 11:00 Parent & Tot 3
- Lap Swim 11:00-12:30
- Leadership courses TBA
- Open Swim 1:00-3:00
- Party bookings
- No swimming Mar 15 - Dolphins Swim Meet.**

SUNDAY

Sunday

Jan 26 - Mar 16

- 11:15-11:45 Preschool 1
- 11:15-12:00 Swim 1
- 11:15-12:00 Swim 6
- 11:15-12:00 Swim 5
- 11:15-11:45 Preschool 2
- 11:50-12:35 Swim 2
- 12:05-12:35 Preschool 2
- 12:05-12:50 Swim 4
- 12:05-12:50 Swim 3
- 11:50-12:20 Preschool 3
- 12:45-1:15 Baby Bubbler
- 12:40-1:10 P & Tot 3
- 12:55-1:20 Preschool 1
- 12:55-1:40 Swim 2
- 12:25-1:10 Swim 1
- 1:30-3:00 Bronze Star.
- No Swimming Jan 19**
- 1:30-2:30 Ranger
- 1:30-2:30 Rookie
- Open Swim 2:00-4:00



We are now accepting Debit and Credit Card payments at the Pool Office and on deck.

SCP is a proud host to many programs.

Lifesaving Society programs
Special Olympics Swimming
Dolphins Swim Club
Aquafit
Aqua Zumba by Jan

Your Local Community

Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



to those who savour nostalgia. Although minimalism is still going strong, it's gradually giving way to more eccentric and personalized styles.

Another trendy style is Japandi, a harmonious blend of Scandinavian esthetics and Japanese serenity. This style focuses on simple lines, natural materials and functional spaces, creating a calming, uncluttered environment ideal for those craving serenity.

Accessories

This year, unique tableware is a decorative element unto itself. Additionally, using mirrors in various shapes and sizes can help visually expand your space. As smart technologies become more prevalent, integrating touch screens into your decor can add a modern feel.

Sculptural light fixtures and oversized wall art are major focal points in modern decor. Biophilic design is a trend worth considering, popularizing the idea of incorporating plants into your home—think hanging pots and living walls. Lastly, textured cushions made from thick fabrics help create a warm, inviting atmosphere. The right accessories can really create that wow factor.

Contact an interior design expert and visit your local home decorating stores to bring these trends to life in your home.



Holiday Yards of the Season 2024

Take a drive through local neighbourhoods with family and friends to see the brilliance of the season!



Home hardware
building centre

Selkirk Record

Tour the addresses below, and head to Home Hardware with your filled out ballot to vote for who wins the Holiday Yard of the Season! Prizes also awarded just for voting! Deadline for voting is January 2nd.

- | | |
|------------------------------|---------------------------------|
| 2 Pawley Place, Selkirk | 15 Creekside Blvd, Selkirk |
| 519 Strathnaver Ave, Selkirk | 227 Eveline St, Selkirk |
| 512 Manitoba Ave, Selkirk | 62 Jemima Bay, Selkirk |
| 220 Tait St, Selkirk | 216 Oliver Avenue, Selkirk |
| 66 Jemima Bay, Selkirk | 774 Frank Street, St Clements |
| 540 Vaughan Ave, Selkirk | 14 Cook's Cove, St Clements |
| 539 Vaughan Ave, Selkirk | 5231 Henderson Hwy, St Clements |
| 204 Tait St, Selkirk | 41 Van Mol Road, St Andrews |
| 239 Oliver Ave, Selkirk | 2 River Oak Cres, St Andrews |
| 349 Robinson Ave, Selkirk | 15 Overwater Rd, St Andrews |
| 609 Superior Ave, Selkirk | |

Residents can still register your address and send a photo, or nominate a neighbour by emailing selkirkcommunitygardens@gmail.com (Communities in Bloom).

Cut out this ballot and bring to Home Hardware to vote for your favorite yard display

Your first & last name _____ Phone Number _____

Address of favorite yard _____ Your postal Code _____

The Holiday Yards of the Season list will be updated regularly on the Red River North Tourism website here: www.redrivernorthtourism.com/holiday-yards & and updated list will be included in the December 19th edition of the Selkirk Record.



For more information email selkirkcommunitygardens@gmail.com



Evan Kreutzer.ca
Real Estate Services Inc.
204-482-7355

RIVERFRONT
1126 RIVER RD

EVAN
BUYING or SELLING CALL TODAY!

RICH MOYER
ROYAL LEPAGE
PRIME REAL ESTATE
INDEPENDENTLY OWNED AND OPERATED

1877 Henderson Highway
Winnipeg, MB R2G 1P4
Cell: 204-791-7772
Email: rich@richmoyer.ca
www.richmoyer.ca



Lot 5,9,13,17 Downie Way , West St Paul R4A 1B9

BUILD YOUR DREAM HOME HERE! Fantastic opportunity to build the home of your dreams in the desirable West St Paul on a quiet cul-de-sac. Hydro, gas, and high-speed internet available. Only 5 minutes to the Perimeter Highway for all amenities! **\$269,900**

DEREK DANEULT 204-989-7900
www.derekdaneault.com

Derek Daneault
Personal Real Estate Corporation

Your Health



Local resident speaks at 2024

Canadian Stroke Congress in Calgary

Shannon Bayluk is changing the face of Stroke

By Katelyn Boulanger

Shannon Bayluk had a stroke in July of 2020. Though the stroke has affected her life, it also has made her an advocate for heart and stroke awareness, not just for seniors, but for younger people like herself.

After sharing her story with people in our community and beyond, she recently had an amazing chance to be an advocate when she presented at the 2024 Canadian Stroke Congress in Calgary on behalf of Heart & Stroke. There, she presented a workshop as a person with lived experience to help share her story and how she does advocacy for survivors.

"I had done a presentation for the nurse practitioners of Ontario through Heart and Stroke, and one of the members from Heart and Stroke had been sitting in on the presentation, and she said, that's the person that I need to be at Congress," said Bayluk.

From there, they developed the presentation that she presented at the end of last month.

Bayluk's story is one that is hard to forget. At 46-years-old and be-

ing a mother, she was otherwise very healthy when she had her stroke. Since it was 2020, she was working from her cottage and just about to get on a work call when she felt numbness and tingling on one of her sides. She called a neighbour to come over for help, and they did check for signs of a stroke, but since she was still speaking fine and didn't have facial drooping, she thought that she had pinched something and the neighbour went home. After following her instinct that something was still not right, she called Healthlinks and the nurse advised her that she was going to send an ambulance.

"I've had a number of strokes since. I've had some seizures, and they're still trying to figure out sort of what's happened. I had heart surgery to fix a hole in my heart, which was one of the reasons that I had the first stroke," said Bayluk.

She explained that she's had to retire from her job with the Canadian Government since the stroke and that her life has changed quite a bit but that she still wanted to use the skills that she had honed in her

previous career.

Bayluk has been volunteering with Heart and Stroke for a number of years and isn't new to giving advocacy talks having most recently had a private lunch at the legislature where she spoke about the FAST campaign and then met with the Minister of Health.

She says that her goal is to continue to raise awareness about stroke not only happening to older people and she is campaigning for community hubs for survivors to have greater access to care and meet their needs after returning home. She also feels that by telling her story she gives people a person to connect to and an individual's story to remember.

Her advice to health-care professionals is to try to find the time to let people who have had strokes communicate.

"What I advocate for is that you get enough time with your doctor. Give us the extra time. Let us have somebody else in the room. They can try to help us to get across the words we need to get across, because if you're rushing, you're trying to get your words out, and you stumble. Give us a time of day for our appointment that's the best

Continued on next page

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Continued from previous page

suiting time for us because at the end of the day, I'm tired. I might not be able to give you all the information I need to give you because my brain's tired. So, there's a lot of things to consider for a stroke patient that is different for a regular patient," she said.

Bayluc also counsils other stroke survivors when needed, sharing her experience and recognizing that everyone's stroke experience is different.

"Every stroke is different. There're similarities along the way, and talking with people gives you some comfort, there is absolutely no expectation of what will be, which makes it very, very difficult. You can have a conversation with someone and say, 'Oh yes, yes, that's very similar to what I've had,' but there's never one thing that you can say is absolutely the same, which makes it very difficult. Even talking with doctors, right? You know, the symptoms can be similar, but often they're not the same, which makes it very complex," she said.

Bayluc recommends that people who have had a stroke and would like to connect with other people like themselves check out the Heart and Stroke Foundation as they have online groups which can be helpful for people who can no longer drive out to an in-person group.

She thinks everyone in our community should know that time is of the essence when it comes to strokes and to get



RECORD PHOTO SUBMITTED
 Shannon Bayluc is changing the face of Stroke through her advocacy work and recently did a presentation at the 2024 Canadian Stroke Congress in Calgary.

help as soon as possible.

"I want people to pay attention and never ignore a sign. It's better to get to a hospital and be checked. I know you don't want to waste anybody's time in the hospital but having a stroke has turned my world and my life upside down, and now I'm doing my best to make sure that it doesn't ever happen to anybody else," said Bayluc.

Residents should remember the acronym FAST which stands for facial drooping, arm weakness, slurred speech, time to go to the hospital. Also, when checking for arm weakness you need to hold your arms up for 20-30 seconds to determine if there is weakness because some people can hold their arms up for short periods of time when still having a stroke.

December Awarenesses

- World AIDS Day - December 1*
- Women's Brain Health Day - December 2*
- International Day of Persons With Disabilities - December 3*
- National Day of Remembrance and Action on Violence Against Women - December 6*
- Human Rights Day - December 10*
- Anti-Bullying Day - December 17*

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training that allows them to provide medications for conditions such as rashes or acne and some infections like recurring bladder infections. Please call before you attend to confirm the service you are seeking is available and that you are a candidate for treatment. To find a pharmacy near you, visit <https://cphm.alinityapp.com/Client/CorporationDirectory>.

Health Links – Info Santé is staffed with registered nurses and nurse practitioners who are available 24 hours a day every day of the year. Depending on patients' described condition and community location in Manitoba, nurses can provide clinical guidance to contact a family physician or a walk-in clinic, present to an emergency department or to an urgent care centre and they can provide advice on self-care treatments at home. Call toll-free 1-888-315-9257.

Andrea Wilkie-Gilmore, a pediatric emergency physician at Health Sciences Centre, will help to navigate questions about fever, symptoms, medicating and when to bring a child for emergency care.

Anyone experiencing mental health or addiction concerns can call Interlake-Eastern Health's 24 Hour Crisis Line at 1-866-427-8628. Other mental health resources are profiled at www.ierha.ca > Programs & Services > Mental Health & Addictions.

If you are experiencing a medical emergency, always call 911. In the event you need to visit an emergency department, visit www.ierha.ca and click on "Emergency Dept. Schedules" in the upper right hand corner to see emergency department status within the Interlake-Eastern health region. You can also call 1-886-267-5818 to select your community of choice and listen to a recorded message on emergency department status.

If you're caring for a sick child with a fever, visit www.ierha.ca and select "Patient Information" > "Where to go" > "Kid Care". Helpful short videos featuring Dr.

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MERRY CHRISTMAS TO ALL ... AND TO ONE A NEW DENTURE!

Brock Vandor
Denturist

It was 2010, I was a fresh denture school graduate and had suddenly taken over my dad's denture clinic due to health reasons. My only employee was my mom, who I convinced to come out of retirement (but, of course, if you ask her, it was her idea to come and be with her son).

Christmas was coming and Dennis, the local newspaper salesman came into the office and said, "Brock, your dad always liked to put some sort of Merry Christmas wish in the paper. Would you like to do that too?" "Of course, I would love to put something in the newspaper, but let me think about what", I replied, wanting my very first newspaper Christmas wish to be great.

Dennis, my mom, and I thought about it for a few minutes; and I couldn't help but think, 'I am a Denturist, I now own a denture clinic, wouldn't the best Christmas gift we could give be a denture?' "I want to make someone smile for Christmas," I said. "We could do a Merry Christmas denture



giveaway!"

"I love it, it's like the song 'All I want for Christmas is my two front teeth', Dennis laughed. So my mom and I posed for a picture, and Dennis' team edited some garland and bows around us, and the annual denture contest was born!

We used a Christmas story trivia question as the ballot, put all the entries into a box and when we picked the winner, it was a lady named Jean. When we called her to say she had won, she was in tears. She not only wanted (and needed) teeth for Christmas, but for many years. I still remember when she came in. She had a brilliant white coat that I had no idea how she kept it so white! We made her a beautiful

white smile to match.

For going on 15 years now, even though the days of just my mom and I as the only employees are long gone, we continue the Christmas contest. What is amazing is that every year we have such an amazing winner. Spending time with them, sharing stories, giving gifts - it's what Christmas is all about! It's like we expand our families just a little bit more. We could never pick a winner, so we do a draw to make it fair. There are no strings attached, just a gift in honour of the greatest gift of all, Jesus. Which brings us to this year's trivia question: see ballot.

How to enter:

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- The deadline for entering the draw is December 16th @ 4pm.
- The draw will be held on December 16th @ 5pm.

BALLOT

What 3 gifts did Jesus receive from the wise men?

What are the missing words? Hint : answer found in Matthew 2:11

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> MEAL IDEAS

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Festive Popcorn Trees



In medium saucepan over medium-low heat, stir marshmallows and butter until marshmallows are melted and mixture is smooth. Remove from heat. Stir in vanilla extract.

Pour mixture over popcorn in bowl. Toss well to coat popcorn evenly.

Line baking sheet with foil. Spray hands with nonstick cooking spray then scoop about 1 cup popcorn mixture. Shape mixture into cone, keeping base flat. This forms one tree. Sprinkle tree with green and blue decorating sugars; place tree on baking sheet. Repeat to make additional trees.

Pipe frosting on trees to make garland then decorate with colorful candies and miniature silver dragees.

Serving suggestion: Place each tree on sugar cookie, if desired, and decorate serving tray with shredded coconut to resemble snow.

Tips: Start the recipe with unflavored white popcorn for best color and flavor. Make colored sugar by adding food coloring to sugar then stirring in bowl or shaking vigorously in sealed container. Add more food coloring for more intense tones.

Yield: 10 trees
 10 cups air-popped popcorn
 1 bag (10 ounces) miniature marshmallows
 2 tablespoons butter
 1 teaspoon vanilla extract
 nonstick cooking spray
 green decorating sugar
 blue decorating sugar
 1 tube white frosting with decorating tip
 assorted small colorful candies, such as sprinkles
 miniature silver dragees
 sugar cookies, for serving (optional)
 shredded coconut, for serving (optional)
 Place popcorn in large bowl.

Red Velvet Bundt Cake



cheese
 1/4 cup heavy whipping cream
 5 cups powdered sugar
 white sanding sugar (optional)
 In mixing bowl, mix cake mix, flour, cocoa powder and sugar. Blend in milk, eggs and butter.

Grease bundt pan with butter and pour in batter. Bake according to package instructions for bundt cakes then add 10-15 minutes. Let cool before icing.

To make frosting: In bowl, mix butter, cream cheese and whipping cream. Slowly blend in powdered sugar.

Ice entire bundt cake or place frosting in piping bag and pipe with back and forth "drip" motion. Sprinkle sanding sugar for sparkly snow appearance, if desired.

Recipe courtesy of "Cookin' Savvy"
 1 red velvet cake mix
 1 cup all-purpose flour
 1 heaping tablespoon cocoa powder
 1 cup sugar
 1 cup milk
 3 eggs
 1 stick melted butter
 Frosting:
 1 stick softened butter
 1 package (8 ounces) softened cream

Red Velvet Cake Balls

Recipe courtesy of "Cookin' Savvy"
 1 red velvet cake mix
 1 cup all-purpose flour
 1 heaping tablespoon cocoa powder
 1 cup sugar
 1 cup milk
 3 eggs
 1 stick melted butter
 Frosting:
 1/2 stick softened butter

4 ounces softened cream cheese
 1/8 cup heavy whipping cream
 2 1/2 cups powdered sugar, plus additional for rolling, divided
 Heat oven to 350 F.
 In mixing bowl, mix cake mix, flour, cocoa powder and sugar. Blend in milk, eggs and butter. Grease 9-by-13-inch pan and pour in batter. Bake 45 minutes. Remove from oven and use fork to crumble cake then place in large bowl.
 To make frosting: In bowl, mix butter, cream cheese and whipping cream. Slowly blend in powdered sugar. Mix frosting into bowl with cake. Form cake mixture into balls then roll in powdered sugar.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

They say, 'If you don't have your health, you have nothing.'

This holiday season, I want to offer you a different thought as my gift.

Just for context, I'll highlight a few of my health challenges over the years: type 1 diabetes from age 9; gastroparesis; retinopathy (Which caused me to lose my sight. Surgery brought it mostly back. Phew.); ME/CFS (Which made me bedbound and in continual agony for months); brain surgery. (The tumour might come back.)

Maybe this (incomplete) list qualifies me for 'not having my health,' maybe it doesn't. I do know I have faced death on more than one occasion. And yes, each time, I felt like a baby bird with a broken wing, trapped in a cage without water or food, with no signs of a mother to swoop in and save me. Terrified. Hurting. Out of control.

But. Each time I approached a sure death, friends sat beside me as I cried; Don washed my hair with gentle but firm hands and carried me outside to a lounge so I could feel the sun and hear the music of the birds; a forced stillness gifted me with tiny, beautiful things like a bumblebee gently landing on my finger to say hello or time to head down memory lane as I flipped through pictures of castle ruins

and the Eiffel tower viewed with a niece and nephew and a hike through a sunflower field with friends. This stillness gave me time to read Andrea Gibson's poetry book, 'You Better Be Lightening', which, coming from a dying cancer patient, is the most profound poetry I have ever read.

These days, as I hover between sickness and less sickness, I hold less fear. I lay in bed or sit cuddling on the couch with Carlos the Chi, and I really listen to the lyrics of the music that plays around me.

No, even without my health, when I let the forced stillness speak (between running to the loo to throw up or sleeping off a migraine), I definitely have more than nothing. I grieve my health, yes, and I still worry about my future sometimes, but I definitely have more than nothing.

So my hope for you this season is that if you don't have your health, you feel you still see beauty, have meaningful relationships, and can feel peace in the forced stillness.

And if you love someone who doesn't have their health, well, your support might just be the perfect present to them during this wonderful, hard, dark, sparkly season. Thank you.

Less health stress, yes? A published author and musician, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz, and at www.lesshealthstress.com. (Email: info@lesshealthstress.com) If you like her writing, find more on her Substack page: The Quest For Less Health Stress



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Canada's senate on its way to approving GST/HST holiday

By Patricia Barrett

After federal MPs gave the green light to a GST/HST tax holiday in the house in late November, senators last week twice gave their stamp of approval to the temporary measure that will provide some relief to Canadians on items such as taxable food, children's clothing and toys, beer and wine, and restaurant meals.

The senate approved second reading and completed a committee review of Bill C-78, the *Tax Break for All Canadians Act*, on Dec. 3. Third and final reading is expected to take place on Dec. 10.

"This measure will benefit each and every Canadian, without exception, by allowing them to save money on essentials like food, baby diapers and children's clothing and shoes. This tax relief will also act as an incentive to purchase products that are especially popular during the holiday season, like toys, alcoholic beverages, and restaurant and takeout meals," said senator Lucie Moncion, who moved second reading of the bill. "Companies also stand to gain from the measure through increased patronage after the holiday season, when business usually slows down."

If passed, the GST/HST tax break will take effect on Dec. 14 and last until Feb. 15, 2025.

The legislation will remove tax from items including children's clothing, diapers, car seats, toys, video game consoles, controllers or physical game media, print newspapers and books, and Christmas trees (natural or artificial), as well as from food and beverages including wine, beer, cider, coolers and sake (spirits excluded), bottled water, 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, and food/beverages sold at restaurants, coffee shops and lunch counters.

Some business owners in Gimli said last week that they'd welcome the tax holiday as it will benefit consumers.

"I think it'd be great for customers to get a break on tax. They would have five per cent less to pay when they come in for a meal," said Melanie Specula, Gimli Chicken Chef owner and former co-chair of the Gimli Chamber of Commerce. "I'm happy for our customers."

In addition to meals being exempted from the GST, alcoholic beverages that Chicken Chef serves – beer and wine – will be exempted from the federal tax.

Specula said there might be businesses out there that could be "driven crazy" by having to adjust the tax on eligible products through their point-of-sale systems, but for Chicken Chef it will be "easy-peasy." When Chicken Chef staff tally up customers' bills, they can simply hit two buttons – tax exempt then GST – on the restaurant's POS terminals and, like magic, the five per cent will vanish.

As to whether or not the government might require merchants to track their GST exemptions, Specula said she hadn't heard anything of that nature and "nobody has told me that I have to track it."

Specula said she isn't anticipating any savings on food that she purchases for Chicken Chef over the course of the tax holiday, and the restaurant also does all of its baking in-house.

Like Chicken Chef, Gimli Pharmasave is anticipating having an easy-peasy time exempting the GST from many items the pharmacy stocks, including candy, beverages, toys, puzzles, a small selection of children's clothing, diapers, printed newspapers, books and decorative Christmas trees.

"Our POS system will be updated by our head office and the changes will be applied automatically," said pharmacist Melissa Jacobs. "The pharmacy won't have to remove the GST on every item that falls under the exemption. But if there's an issue, we can fix it at the store level."

Someone who might need a holiday after the GST holiday wraps up in February is Scott Carman, who owns the Ship & Plough Tavern in Gimli.

"If the bill passes, I think it will be great for the consumer. The consumer will win. Everyone's going to save a little bit of money," said Carman. "However, as a small business, it will be a pain to implement this temporary change. We'll have to re-program our POS system and then go in and re-program it again in February. It will be a bit of a headache."

Because the tavern has taxes built into drink prices, but adds taxes on meals and on popular merchandise such as T-shirts, hoodies, pint glasses and pins, it won't be a simple matter of exempting the GST from applicable items, which include food, beer, wine and cider.

When asked if he could get his POS system changed in a matter of three days from the time C-78 is expected to pass third reading in the senate and run his business at the same time, Carman said there are a few mornings when the pub is not open and he could take advantage of that time, but

he also might need help from his POS supplier.

"It could take hours to change our POS system depending on what's involved in changing it," said Carman. "And if we need support from our POS supplier to change it – then change it back in February – there could be a cost to do that. It might be a bit of a nightmare."

The tax break could bring more customers to the Ship & Plough over the duration of the tax holiday and, in turn, help entertainers who are scheduled to perform at the pub, including Cara Luft, who will be performing winter music and carols on Dec. 21, and blues artist Big Dave McLean, who will be entertaining pub-goers on New Year's Eve.

But Carman said he wonders whether the tax break will actually result in higher revenues for businesses, when all is said and done, or whether consumers will simply hold off on purchasing items they had planned to buy until the tax holiday is in effect.

"I don't know how well thought out this [GST holiday] is. I don't want to get political, but I'd rather see our government tax us less than give us rebates for GST and carbon and things like this GST hiatus," he said. "It seems like an administrative nightmare. Maybe they can just lower our taxes a little bit. I think we'd all be better off with a longer-term tax measure."

While small businesses await the senate's final verdict, political sparring over the GST holiday bill continued last Friday with barbs exchanged between the NDP, which had supported the Liberal bill's passage through the house, and the Conservatives, which had voted against it.

Assistant deputy speaker Carol Hughes had to crack down on both parties, telling them to "stop using adjectives" after phrases such as "Maserati Marxist" and "billionaire bootlicker Conservatives" echoed through the chamber, and opposition MPs served up several points of order, challenges to the chair (Hughes) and requests for quorum counts in an attempt – according to NDP leader Jagmeet Singh – to stop Singh from talking about the tax-relief bill.

Prefacing his remarks with a jab at the Conservatives, who "get upset" any time tax relief for the working class is spoken about, and expressing disappointment with Liberal prime minister Justin Trudeau for failing to stand up to corporate greed, Singh said he and the NDP want Canadians to experience the "Canadian dream," which entails their ability to buy a

house, have a fully stocked refrigerator and save money for trips.

To that end, Singh put forward a motion last Friday calling on the government to "permanently remove the GST from essential goods, including home heating, grocery meals, Internet and mobile phone bills, diapers and kids' clothes," as well as expand the Liberals' proposed \$250 Working Canadians Rebate to include people who did not earn employment income in 2023 such as recent graduates, retired seniors, people with disabilities, injured workers, and people on parental and sick leaves.

Singh said the \$250 rebate, which the Liberals originally planned to deliver in spring, can be paid for "by putting in place an excess profit tax targeting the largest and most profitable corporations."

Senators also debated Bill C-78, some speaking in particular about its negative impact on small businesses by way of possible expenses they'll have to shoulder.

"As the sponsor of Bill C-78, do you know how many impacted small businesses or business associations were consulted with about the practicality of implementing a bill of this nature with very little lead time?" senator Krista Ross asked Moncion. "Are you aware that business associations are indicating it will have a median cost of over \$1,000 to implement and that it will be very difficult to implement? What do you think of the administrative burden that will be largely shouldered by small businesses?"

Moncion said the government did not consult because of the short time frame between the date the bill was first announced and its proposed implementation date. Businesses will have to "adjust" to the change.

"As for the implementation costs, whenever there is a change in taxation brought by the government, it is assumed. It is a cost of doing business. It is the cost of compliance. This is how it is seen with the government," Moncion added. "They do understand that there is an adjustment period. The adjustment period moving forward is longer than the adjustment period on February 15 when the tax measure reverses."

Another senator asked why the government decided to temporarily relieve the GST on some alcoholic beverages, suggesting that January is a "very common time" when people try to quit drinking.

In response Moncion agreed that people "will probably drink less" in January.

“Post and fill positions” and human resources plan for allied health needed; MAHCP

By Patricia Barrett

If one part of the health-care system is broken, it will undoubtedly hobble the system as a whole. That’s evident in the Interlake where staffing shortages in hospitals have resulted in permanent or temporary emergency room closures and patients are spending hours on the highway in ambulances.

The labour union representing almost 90 per cent of Manitoba’s allied health professionals is calling on the government to hire more workers and take a bold approach to retaining them as some allied health professionals such MRI technologists and perfusionists are near critically low levels in the health-care system and the number of paramedics in rural Manitoba are nowhere near sufficient.

In response to the NDP’s throne speech released on Nov. 19, Manitoba Association of Health Care Professionals president Jason Linklater said the government has created some new allied health positions, but those positions aren’t being filled. And there’s a need to address the retention of workers who are integral to the functioning of the health-care system as a whole.

The throne speech emphasized the government’s hiring of a record-number of doctors, retaining doctors at a higher rate, improving the work-life balance for nurses, and providing wage increases for health-care support workers. But nothing was said about a hiring plan or improving conditions for allied health professionals.

With government data currently showing a 56-week wait for an MRI (adults) at the Health Sciences Centre in Winnipeg, patients are the ones paying the price.

Linklater told the *Record* there are a number of reasons why positions aren’t being filled and the vacancy rates are getting worse. It mostly boils down to what kind of working conditions are optimal to attracting and keeping allied health workers on the job.

Difficulties filling positions stem in part from a limited pool of workers – and that’s a byproduct of system instability. Like all working Canadians, allied health professionals want proper working conditions and competitive wages and benefits. If they can find those basics in another jurisdiction, they’ll likely leave Manitoba. Currently, allied health workers have been without a contract since April 1. And prior to that they had no contract for about five or so years, which resulted in a draw-down of staff.

“We had an exodus out of allied health from our different [professional] areas during that period because Manitoba had fallen so far behind,” said Linklater. “We got a contract in place under the Conservatives near the end [of that government], and that plugged the hole for a period of time. But that contract has expired and we’re sort of back in the same position that we were. We’re in active negotiations, as we speak, and we’re hoping to button up a competitive contract.”

MAHCP represents over 7,000 allied health professionals who work in about 45 essential specialties including addictions treatment, audiology, cardiology, dietetics, EEG, home care, Indigenous health, infection control, MRI, laboratory services, nuclear medicine, occupational therapy, orthopedics, palliative care, paramedicine, radiology, respiratory therapy, social work, and speech-language pathology. MAHCP is the only labour union in the

province dedicated to professional, technical and paramedical health care. Allied health professionals work in virtually all health-care settings.

Linklater said the number of allied health staff in some critical specialties – for example perfusionists, who are required for cardiac surgery – is small, and that results in recruitment challenges.

“Perfusionists are extremely difficult to recruit,” he said, “and every province has difficulty recruiting them. We have many allied health groups that are very small, but very important to keeping the health system functioning.”

And educational institutions that teach allied health specialties are lacking a full complement of students, he said, citing respiratory therapists as an example, yet there are respiratory therapist vacancies “all over the place.”

MAHCP thinks there are a number of solutions the government could implement in order to attract and retain allied health workers. That includes incentives for working in rural areas. The NDP had committed to providing incentives to workers in rural settings, and Linklater said “we’ve not seen that materialize yet.”

He met with Manitoba’s NDP health minister, he said, and impressed upon them the need to create a long-term allied health human resources plan.

“Other jurisdictions such as Saskatchewan and Alberta have created such plans. In Manitoba we know we have available training seats that are empty [i.e., no students] – that includes seats for paramedics at Red River College – and there needs to be a comprehensive plan to address the future workforce in allied health,” said Linklater. “The government should be looking at the numbers of students in school right through to how many staff could be retiring in any given year so that those positions can be filled.”

There was no mention in the throne speech about a long-term plan for allied health and MAHCP has not been engaged on such an endeavour – something it’s well positioned to do as it represents 90 per cent of the allied health workforce in the province.

Other reasons why allied health positions are not being filled have to do with nature of Shared Health, he said, a large organization that moves too slowly on posting vacancies or doesn’t post them at all for strategic reasons.

“We know there’s vacancy management in place: even if there’s positions available in certain areas, Shared Health will try to drive applicants to areas they view as most crucial. For example, Prairie Mountain RHA has some real issues hiring paramedics and diagnostics. They won’t post the positions in the RHA even if there are people willing to take those positions because they want to drive those applicants to other areas,” said Linklater. “I don’t think there’s data to say holding those positions back from posting is impacting anything. But our position is that if you have positions available throughout the province, post them. I don’t think it’s the right approach to drive applicants to a certain area when the entire province is damaged. Maybe somebody wants to live in the west or in Interlake-Eastern RHA, but they can’t because there’s no job posted.”

Regarding the NDP’s promise to build a new ER in Eriksdale, Linklater said it will “require” allied health workers – lab and X-ray technologists – in



PHOTO COURTESY OF MAHCP

Jason Linklater is president of the Manitoba Association of Health Care Professionals, which represents nearly 90 per cent of Manitoba’s allied health workforce.

order to stay open.

Eriksdale’s ER is currently open only six days a month, and in the past has had to temporarily close for a long stretch because of a lack of laboratory staff. Other ERs in Interlake-Eastern have either been permanently closed or temporarily close because of physician and other staffing problems.

“We know those closed ERs are a problem for the public, but they’re also a problem for paramedics because patient transport times go from half an hour if there’s an open ER to sometimes an hour and a half if they have to go to a different ER and paramedics are tied up,” said Linklater. “This is tying up paramedics for a very long stretch. That means patient waiting times for ambulances increase. It’s a vicious cycle. Shared Health needs to fill all position so that they’re able to provide a system in Manitoba that can be sustainable.”

One in three paramedic positions are still vacant, he said. Ninety paramedics were promised (excluding Winnipeg and Brandon) in the first year, but they have only seven. In an profession that sees people on leave for PTSD, exhaustion and other factors such as maternity leave and vacations, Shared Health has to “plan for leaves” and “post and fill positions.”

MAHCP has heard from many licensed and qualified paramedics who’ve said they’ve been made to wait for a job, and that’s resulted in a loss of candidates. And there are paramedics who’ve been “turned away during the application process.” Paramedics that are on the job are reducing their hours because they’re burnt out, he added.

“I see a scenario where if Shared health doesn’t act proactively on this, we are going to end up in a bigger problem than we’re in right now,” said Linklater. “We could potentially be worse off at some

Pony-powered fundraiser coming to St. Andrews

By E Antonio

St. Andrews's Hearthstone Stables is hosting a drop-in pony ride fundraiser on Dec. 14 from 1 to 4 p.m. to support the Tyndall Gillis School year-end camping trip.

Victoria Morse, owner of Hearthstone Stables, will offer indoor pony rides for \$5, and all the money collected will be donated to the school.

Morse's grandchildren, Jazmine and Kayla Cady both attend Gillis School and will be going on the exciting camping expedition to Camp Cedarwood in June.

Sixty Grade 5 and 6 students will pack their bags for the school's first camping field trip.

"They (the students) are very ex-

cited," said Gillis School teacher Kim Erickson, who is organizing the field trip. "The vast majority have never been to a camp before!"

Morse wants to fundraise as much as possible for the school.

"I just want every kid to be able to go on this camping trip. When my kids were in school, they would not have been able to go on this trip because I would not have had the funds to send them. I don't want other parents worrying about whether they can afford to send their kids or not."

She also explained that with many other fundraisers, only a percentage of the proceeds are returned to the school.

"These kids and parents will work

their butts off and get close to nothing back for everything they have done."

When she mentioned the idea to Gillis School, they were elated about the offer.

"I honestly thought the teacher was going to cry when I told her!"

Erickson relayed the excitement of the fundraising opportunity, explaining that it is going to make a difference for the students who will be going camping.

"We are beyond thankful that Hearthstone Stables has offered to host this event and donate the funds to us. We are doing other fundraisers throughout the year, but this will take a lot of pressure off of us as staff and the families of our students. We are incredibly thankful."

Hearthstone Stable pony rides are fit for anyone looking for some afternoon fun. While most riders are between 2 and 10 years old, Morse mentioned that parents and grandparents have hopped on a pony before.

Each ride will last 5-7 minutes and will be led either by Morse herself or by a local volunteer.

"Seventeen-year-old Comp (Selkirk High School) graduate Taegen Lippoway definitely deserves special recog-

nition because she will be donating her time to help at the fundraiser," said Morse.

Ponies will be led in a loop or two around the arena. The exact length of each ride will be determined by the number of riders who show up for the day.

Hearthstone Stables has previously held afternoon pony rides, and upwards of 60 kids have lined up at the door. Morse hopes to exceed this number as she wants to raise as much as she can for the school.

You need only bring yourself and some cash to the fundraiser, as the \$5 fee must be paid once you arrive at the stables.

"Additional cash donations will also be accepted on-site if people want to donate towards the field trip instead of going for a ride. I am going to be accepting e-transfers as well."

If you have any questions before the event, you can call or text Morse at 204-894-7595; she will be happy to help you.

Hearthstone Stables is located at 1002 Lockport Rd, southwest of the Highway 8 and Lockport Road intersection.



RECORD PHOTO SUBMITTED

Hearthstone Stables is hosting a pony ride fundraiser for a Gillis School camping field trip. All of the proceeds from the \$5 pony rides will be donated for the Camp Cedarwood camping expedition.

> HIRING MORE HEALTH-CARE WORKERS, FROM PG. 29

point."

With Thompson having recently announced it's closing its paramedic service because of provincial underfunding, and Shared Health taking it over in February, Linklater thinks the region will likely draw paramedics from other Manitoba health regions.

He said he hears from elderly residents in rural and northern Manitoba that they're afraid to remain where they've lived their entire lives because if they need a paramedic, they "don't know when a paramedic will be coming" or if they'll even be able to get to a hospital and be treated in a timely manner.

"People contributed their whole

lives to the economy in Manitoba," said Linklater. "To see things decline where you've put all your efforts doesn't seem right."

As far as communication with the NDP government – something that was difficult to get with the previous Conservative government – Linklater said he's happy to keep the conversation going about what MAHCP thinks could be done to improve the retention and recruitment of allied health professionals. He wants those lines of communication to remain open.

"But at the day, there's needs to be action towards some of the issues we're pointing out as very problematic," he said.

Donations for Nova House



RECORD PHOTO SUBMITTED

Selkirk GM is filling the truck box with toys, clothing, and women's hygiene products that are being donated to Nova House. Staff, customers and the greater community are invited to add their donations to make for a wonderful holiday season for those away from their homes due to family and domestic violence. Donations are being accepted until Dec. 16.

Memory trees offer a place to reflect on loss of loved ones

By Lita Savage-Murray, IERHA

This year, there will be holiday memory trees in many facilities and public places for people to mark the loss of a loved one. Barb Ramsay, palliative care volunteer coordinator, says this is a significant way for people to process their grief and help themselves through the holidays.

"Every year we try to make the grieving process a little easier with the palliative care memory trees. We have all experienced loss and grief to some degree," says Ramsay. "Support systems and ways to honour are an important part of the healing process."

This year, Interlake-Eastern Health's palliative care program has several places hosting memory trees to honour people who have passed away.

Southwest District Palliative Care (SWDPC) supports clients and their families specifically in the municipalities of Rockwood, Rosser, St. Laurent, Woodlands, part of Armstrong and the towns of Stonewall and Teulon, who are dealing with declining health or in need of grief support. SWDPC is now a part of the Nav-CARE program which facilitates the development of volunteer navigators to support persons living at home with declining health. The Board is thankful for donations and community support as SWDPC depends solely on both for its funding.

Traditionally, SWDPC also places Memory Trees in the South Interlake Regional Library branches of Teulon and Stonewall. Donation envelopes are available or can be made online.

Interlake-Eastern RHA facilities and the two li-

braries have memory card ornaments available to place on any of the trees for the communities, as well as any for patients, residents, families and employees in each area.

Below is a list of the locations and communities where Memory Trees can be found, each setup along with the help of RHA program staff and SWDPC Board members and volunteers. Everyone is invited to honour the memory of their loved ones and appreciate some time for reflection.

Arborg Personal Care Home, Ashern Hospital, Ashern Personal Care Home, Beausejour Hospital, Beausejour Primary Health Care Centre, Beausejour East Gate Lodge, Kin Place Personal Care Home in Oakbank, Eriksdale's E.M. Crowe Hospital, Eriksdale Personal Care Home, Fisher Branch Personal Care Home, Gimli Hospital, Interlake-Eastern Health Services Building, Lac du Bonnet Primary Health Centre, Lac du Bonnet Personal Care Home, Lunder Personal Care Home, Pinawa Hospital, Pinawa Mall, Selkirk Community Health Office, Selkirk Regional Health Centre, St. Laurent Community Health Centre, Rosewood Lodge Personal Care Home (Stonewall), Stonewall SIR Library (SWDPC), Teulon SIR Library (SWDPC), Teulon Hospital, Goodwin Lodge (Teulon), Whitemouth & District Health Centre.

Ramsay goes on to say that during the holiday season when so much focus is on family, it can be difficult for people who are grieving to feel like celebrating.

"These are meaningful gestures which are so important around any special day when our sorrow is



RECORD PHOTO SUBMITTED

A memory tree is set-up on the second floor of Selkirk Regional Health Centre. heightened."

Public and facility trees are set up now, and card ornaments for all ages will be placed with each tree.

This holiday season, everyone can access online mental health support at anytime on www.ierha.ca www.ierha.ca/programs-services/mental-health/. The RHA also has a 24 hour crisis line: 1-866-427-8628.

Fishermen to host 17th annual toy drive Dec. 22

By Kieran Reimer

With the season of giving rapidly approaching, Selkirk's Andrushko family is once again making an effort to spread the Christmas cheer.

They are partnering with the Capital Region Junior Hockey League's Selkirk Fishermen for the fifth time for the annual Andrushko Christmas Toy Drive for the Children's Hospital of Winnipeg, which will take place during the Fishermen's Dec. 22 home game against the Beausejour Comets.

This year marks the 17th annual toy drive for Dayna and Brian Andrushko after starting it as a way to give back to the Children's Hospital for their years of care for their oldest son Kasen who was diagnosed with glycogen storage disease at just nine months old.

In the years since then, Kasen, 21, and his younger brother Karter, 19, have both gone on to play for the Fishermen. Kasen won the CRJHL's Top Defenceman in his final season in 2023-24, while Karter is playing in his first season with the Fishermen this year.

"Now that we've been doing this for 17 years and my boys are adults now, they like contributing and helping out like this and getting their friends and family to join in," said Dayna Andrushko. "It's super special for us because the Children's Hospital means a lot, and we'll always be giving back to them in some way no matter how we can, whether it be money or through the toy drive. For us, they've helped so much with Kasen's condition



RECORD FILE PHOTO

The 2023-24 Selkirk Fishermen gather around the gifts donated to the Andrushko Christmas Toy Drive after a game last season. The Fishermen are accepting donations for the toy drive at their Dec. 22 home game against the Beausejour Comets at 3 p.m. at Selkirk Recreation Complex.

over the years that there's no way of paying them back, it's just a little goes a long way for us."

The game on Sunday, Dec. 22, takes place at 3 p.m. at Selkirk Recreation Complex, and the family and team are asking that attendees bring new, unwrapped toys, books, games, and gift cards for col-

lection before the game starts. The family will bring them out for delivery to the Children's Hospital the following day just in time for Christmas.

They hope to fill at least one truckload and that there will be enough so the hospital can give additional gifts to patients throughout the year.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers battling for playoff spot halfway through season

By Kieran Reimer

The Selkirk Steelers have experienced the ups and downs this season in the battleground that the MGEU East Division has become.

After starting the season 10-0 and leading the Manitoba Junior Hockey League through the first six weeks, the Steelers have since slid to fifth in the East and one point out of a playoff spot.

It hasn't been a collapse, though, that has caused the Steelers to fall out of a playoff spot. More so, recent hot stretches from the Steinbach Pistons, Portage Terriers, Winkler Flyers, and Niverville Nighthawks have moved them ahead, along with a touch of inconsistency from the Steelers.

Sure, they lost four in a row back in early November but the Steelers have also picked up big wins over the Terriers, Nighthawks, and Flyers before losing their most recent two games.

As they sit today with a 17-9-0-1 record through the first half of the season, the Steelers know their task will continue to win those divisional games if they want to regain their spot in the division's top four.

"The East is super tight, which highlights that every game is extremely important, and when you have divisional games, they are four-point matches," said head coach Hudson Friesen on Monday. "Going forward into the second half of the season we are striving to improve on our consistency. Day-to-day over the past about 12 or 15 games we've been inconsistent with our effort and our structure so it's something we're really wanting to tighten up. Along with that is our defensive game. We know we have guys that can score goals and produce but in order to get into the playoffs and go on a championship run, we got to be able to defend with the best of them and have a defence first mindset."

And cleaning it up on defence would likely shift things dramatically for the Steelers as their 84 against is fifth in their division.

Then, on offence, Friesen is happy with where his team has been pretty much all season long.

The Steelers currently have four players above a point per game rate, including Luke McCarthy, Owen Warnick, and rookies Wyatt Witham and Rohan Guevarra.

The four have brought an offensive presence the Steelers have longed for, for multiple seasons now and have turned them into an exciting team to watch on any night.

They are also among many players around the MJHL who will likely continue their careers after their junior careers are over.

Guevarra and Warnick have already made NCAA commitments this year, along with Remy Hlady in November.

For Friesen, getting the chance to coach this group has been about trying to bring a championship back to Selkirk and helping unlock his players' potential.

"Any time you get an opportunity to coach and have young, hungry players with bright futures, it's awesome," said Friesen. "These are guys that come to the rink every day ready to

work and improve and we're happy to be in a situation where we can help mentor these guys and develop them. Through video, games, and practice there is a lot of stuff that goes into it and they are bought in."

The Steelers have 29 games left on their schedule before the regular season ends on March 15 and teams prepare for the playoffs.

With January and February going to be extra busy, the Steelers will enjoy their two-week Christmas break following their Dec. 17 game against the Steinbach Pistons.

Until then, the Steelers will take the ice four more times, with one on home ice at Selkirk Recreation Complex.

First up is a big East Division matchup on Tuesday against the Winkler Flyers at 7:30 p.m. at Winkler ICON Arena.

"We want to see a big time response from our last couple of games because we haven't been happy with our last two or three," said Friesen. "Going into it we want to stick to the process, play sixty minutes, and play our game which is competitive and hard to play against."

Due to the Record's press schedule, Tuesday's score was unavailable before going to print.

UPCOMING GAMES:

Friday, Dec. 13 at Niverville Nighthawks, 7:30 p.m. at Niverville Recreation Centre

Saturday, Dec. 14 at Virden Oil Capitals, 7:30 p.m. at Tundra Oil & Gas Place

Tuesday, Dec. 17 vs Steinbach Pistons, 7:30 p.m. at Selkirk Recreation Complex

The Selkirk golden Fishermen



RECORD PHOTO SUBMITTED

The Selkirk Fishermen won gold after going undefeated this past weekend at a Bantam A1 hockey tournament in Crookston, North Dakota. Pictured Braxton Sandul, Sam Gouveia, Larson Gulash, Jake Larter, Trey Smallwood, Rayne Roulette, Jase Vitt, Nolan Copet, Noah Charland, Lux Niemez, Parker Bragg, Aiden McConnell, Alexandre Dufault, goaltenders Brayden Pott, Hayden Suderman and coaching staff, Jason Vitt, Jaimie Dufault, Tyler Henry (not pictured).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Schroeder hat trick leads Fishermen in big win over Satelities

By Kieran Reimer

The Selkirk Fishermen won their first game of December on Saturday against the North Winnipeg Satelities.

The Fishermen, who entered the game 16 points ahead of the Satelities in the Capital Region Junior Hockey League, got out to a lead early in the first period and continued to build as the game went on to win it by a score of 8-4.

Ashton Schroeder highlighted the night with a hat trick and two assists in a five-point outburst, while Gaven Berry and Kyle Folhoffer both had a goal and two assists for three-point nights.

Logan Saluk, with two, and Zach Lemire, with one, rounded out the rest of the Fishermen's of-fence while Johnny Enns-Demchuk stopped 31 of 35 in net.

The win brings the Fishermen to 7-8-0-1-2 this season as they remain comfortably in fourth place.

Next week, they head to Lundar on Saturday, Dec. 14, for their lone game of the weekend against the third-place Falcons. Puck drop goes at 8 p.m. from Lundar Arena.



Selkirk's Gaven Berry had a goal and an assist against the Satelities last Saturday.



Fishermen's Marcus King (20) and Ryland Schroeder (3) battle for the puck in front of their goaltender Johnny Enns-Demchuk who stopped 31 of 35 shots.

RECORD PHOTOS BY BRETT MITCHELL

Raiders losing streak hits eight after another pair of losses

By Kieran Reimer

The Raiders Jr. Hockey Club's losing streak has now reached eight games, as they dropped Thursday and Sunday's games this week.

Thursday night's loss to the St. Vital Junior Victorias started with a first-period collapse in which the Victorias went up 3-0 through 20 minutes.

After a two-goal response in the second, the Victorias' offense quickly came back to life as they dumped many back on the Raiders for a 7-4 victory.

Nathan Lenoski, Lucas Desousa,

Andrew Denoon, and Matthew Wilson scored Raiders goals in the game, while Evan Banera stopped 27 of 32.

Then, on Sunday against the Charleswood Hawks, the Raiders made it to the third period tied before their downfall began.

The Hawks got an early third-period goal, which started a trend as they poured it on for three more in the period and took the game 5-2.

The Raiders' two goals in the game came from Andrew Denoon and Lucas Desousa, while Owen Savoie stopped 25 of 29 shots for the Raiders,

who dropped to 7-13-3 with the loss.

After Sunday, the Raiders remained eighth in the Manitoba Major Junior Hockey League, five points ahead of River East for the final playoff spot.

Next Sunday, they will take on River East, but first, they will get ready for a matchup with the fourth-place Ft. Garry/Ft. Rouge Twins on Friday night at Century Arena.

UPCOMING GAMES:

Friday, Dec. 13 at Ft. Garry/Ft. Rouge Twins, 7:30 p.m. at Century Arena

Sunday, Dec. 15 at River East Royal Knights, 7:30 p.m. at Terry Sawchuk Arena

To see more photos of your favourite Interlake Athletes

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The Selkirk Record

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Suns finish season with divisional championship victory

By Kieran Reimer

The Ecole Selkirk Junior High Suns grade nine girls' volleyball team turned heartbreak into a joy to end the season on Thursday night.

Two weeks ago, the Suns were defeated after losing to the Sturgeon Heights Huskies in the provincial championships to finish as provincial finalists.

For most teams, that put an end to their season, but as for the Suns, they still had one game remaining, the divisional championship against the Lockport Lancers, and the Suns took the opportunity to put on a dominant display and capture a Lord Selkirk School Division title.

"When you finish second at provincials it's awesome but it's always hard to lose the last game of the tournament," said head coach Natasha Penner Loeppky. "After losing provincials then coming back and winning our divisional tournament the week after, it was a nice way to end the season."

The Suns defeated the Lancers in two close sets, earning them a banner that they can now hang in the rafters. However, the Suns were picking up wins all season long.

This year, they won three tourna-

ments, including the ESJH tournament on home court and tournaments at MBCI and River East.

They then rolled into provincials with the goal of a provincial championship. They made it look possible after an incredible comeback win over the Steinbach Sabres in the semi-finals.

"We had seen them before when they had two teams and it looked like they combined them for provincials so we were a little bit apprehensive going in," said Penner Loeppky. "They came out strong and were hitting and serving hard and we were definitely down but our girls have the fight and are determined. Once they got a few kills and started serving strong, which they tend to do, they turned the tables on them in a very tight game. It took the wind out of the sails of Steinbach."

For Penner Loeppky and the team, finishing this season with a divisional title is the perfect end of an era for a squad that has almost entirely been together since grade seven.

Over the years, Penner Loeppky has seen her team go from trying to medal at tournaments to becoming one of the best in the province for their age



RECORD PHOTO SUBMITTED

Ecole Selkirk Junior High Suns grade nine girls volleyball team were MHSAA finalists in the provincial gold medal game against Sturgeon Heights Huskies. Pictured left to right, back row: Amber Tittlemier (coach), Abby Freedy, Dielle Catellier, Mackenzie Honke, Aiyana Cameron, Natasha Penner Loeppky (coach); front row -Tatum Lancaster, Kenzie Giesbrecht (captain), Jordyn Lemire (captain) Hannah Honke and Aurora Law. Missing from the photo is Jojo Jolicoeur.

in their final year.

With the girls graduating grade nine and moving to Lord Selkirk Secondary School next year, Penner Loeppky plans to watch from the bleachers as their volleyball careers continue at the junior varsity level.

"I've coached some of these girls for three years and in previous years they had finished sometimes third and fourth but had never won a tournament so to see them win was quite

something," said Penner Loeppky. "It was a new outcome for a lot of them this year. A lot of them played club this past year so that really helped this team and it's been really great to go up with the girls and see how much they develop and how much their practices and training pays off. It's a really supportive parent group so it's really neat to see them develop and come together and take their volleyball skills to the next level."

The Selkirk Record
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HELP WANTED

Help Wanted East Selkirk, MB. Apiary Supervisor - 1 position (NOC 82030). Minimum 3 years beekeeping experience preferred. Wage range \$17 - \$23 per hour. Employment from February 15, 2025 to November 25, 2025. Seasonal full time, days, evenings and Saturdays. Language is English. Duties would be to handle, feed and care for bees, help in replacement of hives and production of nucs, move hives, collect honey, maintain and drive vehicles, maintain bee yard; manufacture, assemble and maintain beehive equipment, maintain and operate other apiary related equipment. Must be able to handle heavy loads and work is physically demanding. Must work well with others, as well as the ability to maintain basic production records. Would require steel toed safety boots. Send resume by email to: philip@waldbee.com

HELP WANTED

Galay Landscaping is currently conducting interviews for the position of landscape technician and labourer for the 2024-25 winter season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. Class 5 license and own reliable transportation is required. Please send resume by email to: info@galaylandscaping.com No phone calls.

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NOTICES

Christ Church Selkirk - 2024 Grey Cup Pool winners: Correct Score - Bob Witko, Adam Hunne, Jeroline Smith, Pat Pruden; Reverse Score - Colleen Mellor, John Kuzminski, Lee-Anne Simpson, Mark Oxer.

Knights of Columbus - St. Theresa's Council # 9425 Grey Cup 2024 Pool Winners License - 2023 - 07: Trevor Olynyk, Ursula Kraemer, Kathy Moore, Phil Alarie, Bill Gordon, Lidia Kupchik, Haley Steciuk, Joe Ogoms, Dan Stanicky, Cindy Hlatky, Linda Batenchuk, Garth Palamar, Amber Schmorn, Phil Alarie, David Kraemer, Joan Shaw, Edward Forkheim, Henry Smadella, Art Lopuck, Donna Lagace, Margaret Irvine, Ashley Marko, Bob Kullman, Tracey Thiessen, Karen Lewicki, Don & Cheri Kasianchuk.

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Reporting to the Chief Administrative Officer, and as part of the Management Team, this position will be responsible for the financial leadership, accounting and reporting functions of the municipality. The CFO must understand municipal financial processes and is responsible for coordination of the budget process, long-term financial planning, monthly financial statements and legislated reporting requirements. The position manages and oversees staff related to payroll, taxation, A/P, A/R, cash receipts and financial operational functions, as it relates to the municipality.

To find more details, including qualifications please go to: www.rmofstandrews.com/p/job-opportunities

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> GAMES

SUDOKU

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

1. Thou ___ do it
6. Sino-Soviet block (abbr.)
9. Brainstem part
13. Town in New York state
14. Little (Spanish)
15. Continent
16. Retch
17. Short-billed rails
18. Small period of time (abbr.)
19. Confused
21. A team needs one
22. Woman in ancient times
23. Republican Party
24. Spanish be
25. "The Godfather" character Johnny
28. Not around
29. City in Zambia
31. A type of beginning
33. Numb
36. Gurus
38. Small, gray-headed crow
39. Vehicle type
41. Disorders
44. One point east of southeast
45. Indian soldier
46. Tree type
48. Midway between south and southeast
49. It cools your home
51. Corn comes on it
52. Ship's deck
54. A way to bake
56. Improvised
60. Butterfly genus
61. Baseball fields have them
62. Designated space
63. Discharge
64. Two of something
65. Once more
66. Part of your face
67. Tax collector
68. Cassia tree

CLUES DOWN

1. One-time Aaron Rodgers target
2. Wings
3. Overly studious person
4. They protect your valuables
5. The Volunteer State
6. Non-hydraulic cement
7. Horse mackerel
8. Jackson and Diddley are two
9. Splendid displays
10. Mountain in NE Greece
11. A daughter or your brother or sister
12. German surname
14. Having more than one husband at a time
17. Romanian city
20. Energy
21. Makes less hot
23. Gas diffusion electrode
25. Former CIA
26. Set an example for others
27. Support of a particular person
29. One from the Big Apple
30. Mountain range
32. Violate the sanctity of something
34. Supervises flying
35. Talks
37. Persian male given name
40. Born of
42. Forcibly take one's possessions
43. Discounts
47. Knockouts
49. Posh Colorado destination
50. Form of therapy
52. British rock band
53. Type of virus (abbr.)
55. The U. of Miami mascot is one
56. Volcanic crater
57. Middle Eastern nation
58. Sinn ____, Irish organization
59. Ethiopian lake
61. Bits per inch (abbr.)
65. Equally

GERDAU

Gerdau invites the public to join the Community Advisory Committee meeting at 7 p.m. on December 17th, 2024.

The meeting location will be held at Gerdau Site Office 27 Main Street. Please contact Aditya Bhatt (email: Aditya.Bhatt@gerdau.com or Phone: 204-482-3241 X 1523) to register for the meeting.

Classifieds



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The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication
Please Call 204-785-1618



PUBLIC NOTICE

Consolidated Financial Statements Year Ended December 31, 2023

Notice is hereby given that the City of Selkirk's Consolidated Financial Statements for the year ended December 31, 2023 and the Supplement to the Auditors' Report have been received. They are available for inspection on the City of Selkirk's website at MySelkirk.ca/FinancialPlan or by contacting **CitizenSupport** at 204-785-4900 or citizensupport@cityofselkirk.com.

DATED at the City of Selkirk this 6th day of December, 2024.
ISSUED pursuant to section 194 of The Municipal Act.

Kevin Richter, CPA, CMA
Director of Finance
City of Selkirk

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NOTICES

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BOOK YOUR LAST 2024 ADS RIGHT NOW! Maximize your business plan before year end. Early deadlines are in place. Now booking advertising for the remainder of 2024. Plan your success! Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Please call 204-4-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA- Manitoba Community Newspapers Association. www.mcna.com

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF ELSIE ALICE YARMILL, also known as Elsie Yarmill, of Selkirk, Manitoba, deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication. DATED at the City of Selkirk, in Manitoba this 3rd day of December, 2024.
Hnatiuk Law Attention: Andrew Hnatiuk
Solicitor for the Executor

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

NOTICE OF PUBLIC HEARING REZONING AMENDMENT APPLICATION

Rural Municipality of St Andrews

Under authority of *The Planning Act*, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204 738-2264.

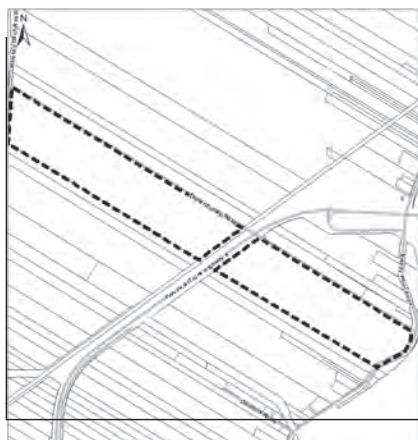
Tuesday
January 14th, 2025
5:30pm

Council Chambers
500 Railway Avenue
RM of St. Andrews, MB

Note: property owners are responsible for notifying "tenants"

Application File: ZBA 4404
Applicant: Landmark Planning & Design
Property Location: 1133-1147 Breezy Point Road
RM of St. Andrews
Roll # 400100
RL 41 Parish of St Peters

Application Purpose:
The applicant proposes to rezone a portion of the property to establish a 10-unit residential building, and a childcare facility.



Current Zoning	Zoning Proposed by Applicant
"A40" Agricultural Limited	Re-Zoning to: "CG" General Commercial

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at <https://www.reddriverplanning.com/hearings.php> or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



PUBLIC NOTICE

MUNICIPALITY OF ALEXANDER PESTICIDE CONTROL PROGRAM

PUBLIC NOTICE is hereby given that the Municipality of Alexander intends to conduct the following Pesticide Control Program during 2025:

- To control rodents at the Coca Cola Falls, St. Georges and Traverse Bay waste disposal grounds using the rodenticide: Bromadiolone.

The public may send written submissions or objections to the use of pesticide within 15 days of the publication of this notice to the department below.

Environment and Climate Change
Environmental Approvals Branch
14 Fultz Boulevard (Box 35)
Winnipeg MB R3Y 0L6

ACCOUNTS RECEIVABLE POSITION

Red River Dental is looking for someone to fill an accounts receivable position. This individual will be responsible for working A/R on insurance issues, denied claims, incorrect insurance payments and overdue accounts by researching issues. This person will also be problem solving by contacting insurance companies and patients. Additionally handling aged accounts, collection issues and other office duties as assigned. Knowledge of dental billing and experience working with insurance carriers is a must. Self-motivated, analytically thinking and strong interpersonal skills while working in a team environment is essential.

Responsibilities:

- Working both denied and incorrectly paid claims
- Ability to be self-motivated when contacting insurance representatives until claim issue is resolved
- Phone coverage
- Researching and working rejected claims
- Handling dental record requests from payers and third parties
- Ability to accurately enter payments
- Back-up other positions

Job Type: Part time (12 to 15 hours per week, flexible days are negotiable) Compensation \$22 - \$25 per hour

Submit resumes to reception@reddriverdental.ca



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ANNOUNCEMENT

IN MEMORIAM



Juliette Hope Wilkinson

September 3, 2012 - December 16, 2013

There are no explanations,
And we wonder every day;
Just why the good Lord chose
To take our little one away.
For though you meant the world to us,
Your time on earth was brief;
And now it seems there is no end,
To all the pain and grief.
But even though you came to us,
For just a little while;
The memories you left behind,
So often make us smile.
This Christmas, just as always,
Special thoughts will keep you near;
And though we cry to think of you,
There's love in every tear.

-Love and Christmas kisses from:
Daddy, Nannie and Papa,
uncles, aunts and cousins

OBITUARY

Ruggles Edward Green

November 28, 1952 - November 30, 2024

It is with great sadness that we announce the passing of Ruggles on November 30, with his beloved wife Betty by his side.

Ruggles grew up and spent most of his life in Belair, where he developed a deep love for the outdoors. He cherished hunting, fishing, and camping trips with family and friends. His passion for fixing and building in his shop was evident to all who knew him. From his first job in surveying, Ruggles took immense pride in doing a good job in everything he undertook.

He is survived by his devoted wife Betty, her siblings and their families, his children Kim (Ivan), Jay (Tracey), Jenny, and Tim (Charlene); his grandchildren Tyler (Ania), Ashley (Stefan), Austin, Emily (Dylan), Anne, and Luke; his brothers Bob (Carol) and family, Lorne and family; his sister Dorothy and family; and his sister-in-law Margaret and family.

Ruggles was predeceased by his parents Edward and Muriel, his brother Wayne, his sister-in-law Erin, and many others who were close to him.

Ruggles shared many great times with his special friends Gary, Rick, Jim, and Ronnie.

A celebration of Ruggles' life will be held at a later date.

Friends and family are invited to visit Ruggles' memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:



OBITUARY

Helen Jean Aime (nee Hay)

It is with deep sadness, the family of Helen Jean Aime (nee Hay) shares with you her peaceful and comfortable passing on December 6, 2024. To family and loved ones Helen was also known as Helen-Jean, Mum, G'ma, Double G, and Aunt Helen. She will be greatly missed by her children Beverley (Ron Clegg), David (Sarah Ann), and Norman; her grandchildren Katherine (Drayson Mercer), Mikael, and Janet (Tristen Ostrowski) and her great-grandson Archer Mercer. Tremendous sadness is also shared by her brother Bill Hay and sister Irene Hay along with many nieces, nephews, and cousins.

Opening the doors of Heaven, Helen will be welcomed by her loving husband Ted, parents Ron and Margaret ("Peggy") Hay, brother Ron Hay, and many additional family members.

Born September 11, 1940, Helen entered the world as the second child of Ron and Peggy at "The Farm", a short drive out of Balmoral, Manitoba. Following early education years, Helen moved to Winnipeg ("The Big City") under a room-and-board arrangement with the Richardson family, while attending Gordon Bell. Graduation led to employment in Winnipeg however, a few years later, Helen's path would cross with a dairy farmer from Clandeboye, Manitoba named Ted. Their love was sealed with a diamond ring on Valentines Day 1966 followed by a June wedding of the same year. Their life was formed together in Clandeboye at the Aime dairy farm. A life which soon included her "Three Bears" Beverley, David, and Norman. Helen's love, strength, and positive influence provided a path for them to follow.

Interests formed early in life for Helen were birds and flowers, sewing and dress making, knitting and crocheting, bread and pastry making, and sporting events. Helen was always excited to support her Three Bears in sporting interests as they were growing up and, later in life. It was the enjoyment of being with family to watch a good Jets hockey game or Blue Bombers football game on TV. Being a part of PEO, Chapter P, in Selkirk brought her great joy and comfort with countless cups of tea.

It was caring for people and the nurturing of close relationships with family and friends which Helen valued most.

A celebration of Helen's life will be held on Thursday, December 19th at 1:00 p.m. in the Gilbert Funeral Home.

In lieu of flowers, please consider a charity of choice. Two of Helen's favourite charities were Selkirk & District Community Foundation (St. Georges Wakefield Anglican Church Fund) and The Canadian Wildlife Association.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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

Don't Forget Your Loved Ones WITH AN ANNOUNCEMENT IN THE *Selkirk Record*
Call 204-785-1618 or email lucy@selkirkrecord.ca

OBITUARY

Jean Ann Jensen (Greschuk)

Jean Ann Jensen, aged 88 passed away peacefully, surrounded by family on December 5, 2024 at Selkirk Regional Hospital.

Jean was born July 5, 1936 in Greenwich, MB. to Peter and Stella Greschuk. She was raised with her sisters and brothers in Tyndall, spent her later years in Selkirk and then her final residence in Teulon.

She was very active in the Selkirk community and many people knew or recognized her as she cruised the sidewalks with her walker. She enjoyed visiting Selkirk Park, exploring the festivals and rodeo and frequented the farmers markets in the summer.

Jean's love for children led her to volunteer for Kids Fishing for a Cure for many years. She also volunteered at the Gordon Howard Center pinching perogies.

She is survived by her son Glen (Wendy) and daughter Marie; grandchildren Adam and Ayden and great-granddaughter Aurora; her sister Angela and many nieces and nephews. Jean made friends where ever she went and leaves behind many friends in Selkirk and Teulon.

Jean was predeceased by her parents Peter and Stella, husband Edward, brothers Ed and Teddy and sister Frances.

Cremation has taken place, a private ceremony will be held at Tyndall cemetery at a later date. In lieu of flowers please make a donation to the charity of your choice.

Special thanks go out to the Selkirk Regional Hospital for the excellent care she received.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.

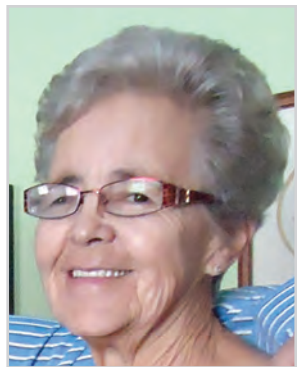


Announcements



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OBITUARY



Beverley (Bev) Ann Suknacki

It is with heavy hearts that we announce the peaceful passing of our mother, Beverley (Bev) Ann Suknacki, on November 30, 2024 at Beausejour Hospital after a short illness as the result of a stroke.

Bev is survived by her daughter Wendy Barr (Lorne); son Kevin Suknacki (Jan); granddaughter Lawrie Suknacki (Tyler); great-grandsons Oliver and Greysin; sister Jean Bryan and brother Patrick Bryan. She also leaves behind many nieces, nephews, close friends, extended family and wonderful neighbors.

Mom was born in Selkirk in 1937. She spent her early years in Bissett and Hodgson before returning to Bissett where she married Dad and started her family. Our parents then moved to Saskatoon for a few years before settling in Selkirk, where they enjoyed many years in their home and neighborhood. After Dad

passed away in April of 2010, Mom stayed in her home, she enjoyed her garden and her many hobbies. She also enjoyed traveling with her family to warmer climates in the winter, as well as touring our beautiful province and country.

Mom's door was always open to visitors for a chat over a cup of coffee and she loved catching up with everyone on the phone.

Mom, the Lord has taken you home but you will forever be in our hearts.

A celebration of her life will be held on Saturday, December 14, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Julia (Julie) Dubowits (nee Eskra) February 5, 1934 – December 1, 2024

On Sunday, December 1, 2024 at the Red River Place, Julie, aged 90 years passed away.

Julie is survived by her husband of 69 years Herb; sons Dwight (June), Jeff (Wanda) and Kelly; daughter-in-law Cindy. She also leaves behind her grandchildren, Dale, Mike, Rick, Ben, Sherri, Melanie and Ashley along with their families; as well as her sisters Helen and Jean.

Julie was predeceased by her parents Albert and Nellie Eskra; son Jim; and her brothers Steve, Joe, Pete, Mike and Orest.

Mom was born in Hafford, Sask. and moved to Selkirk in 1953 to study Psychiatric Nursing, graduating in 1955. It was during this time she met her future husband, Herb. They were married on August 6, 1955 and raised their four sons in Selkirk. As well

as being a wife and mother, she had her nursing career working at the Selkirk Mental Health Centre until her retirement in 1993.

Mom loved the outdoors, her garden, flowers and particularly the cottage at Barrier Bay in the Whiteshell. She loved being there with family and friends. It was truly her happy place.

Mom and Dad enjoyed travel, visiting Hawaii, Florida, Singapore and cruising the Caribbean. They also spent many winters in Arizona making many friends.

We would like to thank the staff at Red River Place for their care and compassion especially Harpreet, Matthew, Beata and of course Cindy.

Cremation has taken place and a celebration of life will be held at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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FEATURE OF THE WEEK! 509 STRATHNAVER AVE, SELKIRK \$159,900



Start on Strathnaver! Cute and cozy 2 bedroom 1 bathroom bungalow in great Selkirk location. Nice sized living space, cute kitchen with newer fridge (past 2 years) and microwave stand included. Convenient main floor laundry. Modern 4pc bath with tub & sink updated in 2023. What looks like an attached garage from the outside has actually been refurbished to be a large primary bedroom with double closets and electric fireplace included. Second bedroom makes for a great kids room, office or hobby room. Shingles (2020) HWT (2019) 100 A service. Multiple window air conditioner units included. Huge yard is mostly fenced and includes BBQ, planter box, snow blower and sheds. Don't wait to start building equity or adding to your investment portfolio!

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