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VOLUME 13 EDITION 50

THURSDAY, DECEMBER 15, 2022

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Spectacular!

Lord Selkirk Regional Comprehensive Secondary School wowed the crowd at their Christmas Spectacular musical performance last week. The band and choir performances of old classics and new favourites brought smiles to everyone in the gymnasium. Check out more inside.

RECORD PHOTO BY KATELYN BOULANGER

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Mott's Clamato Assorted 1.89 L, Garden Cocktail Original 1.89 L



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Community Vigil Walk remembers women lost to violence

Local advocates come together to show support

By Katelyn Boulanger

It was a chilly night for a walk outside but that didn't stop residents from gathering outside of the Selkirk Friendship Centre to make their way to the Selkirk Civic Office for the area's 12th Annual Community Vigil Walk. The walk remembers residents in our province who have been victims of violence and is coordinated by Selkirk Business & Professional Women in partnership with the Selkirk Friendship Centre and Nova House

and hosted by the City of Selkirk.

Once the group made their way to the civic office representatives from each of the organizations involved spoke about the resources that are available in the community and the importance of this walk.

The event takes place on Dec. 6 annually to commemorate National Day of Remembrance and Action on Violence Against Women as on this day in 1989, 14 young women at Polytechnique Montréal were murdered in an

act of violent misogyny.

Colleen Allan BPW Selkirk's president started the event with a land acknowledgement.

"Thank you, and welcome everybody to City Hall. On this cool night, to say the least. It's an important night, though. Important that we're out and we walk and we do this together. . . We're working together and we're remembering and we're going to make a difference. You're making a difference," said Larry Johansson Selkirk Mayor.

Next, Constable Paul Human community policing officer from the Selkirk and area RCMP, came up to speak.

"I challenge all of you to look up one of the victims [of the École Polytechnique disaster] and learn their story. Because if we tell their stories, they will never die," said Human.

He also challenged residents to make changes in our communities to stop violence from happening.

Continued on page 5



RECORD PHOTOS BY KATELYN BOULANGER

12th annual Community Vigil Walk.



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BIG DOLLAR

Don Walters receives nomination for 2022 CADA Laureates

Selkirk GM receives recognition for retail operations

By Katelyn Boulanger

With about 40 years in the auto dealership business, it's not surprising that local Selkirk GM owner Don Walters has learned all the ins and outs of the auto industry over the years but he was still pleased to learn that his dealership has been nominated by the Canadian Automobile Dealers Association as a finalist in the retail operations for the 2022 CADA Laureates.

"Every year they nominate, or people get nominated, for these awards, in this particular case for retail operations. [Retail Operations] is really about operating the whole dealership. I was one of five finalists for [this category and] just having that nomination is quite an honour," said Walters.

He says it feels good to have this recognition since he's been in the

business for many years and he was happy to learn that someone had nominated them.

"It was gratifying because it is a recognition by your peers, other people in the industry that really recognize your accomplishments if you will. It just makes you feel good that there's some recognition for a lifetime of work," he said

Walter's auto dealership entrepreneurial roots run deep as his father was also in the business.

"My father was a General Motors dealer as well dating way back into the 1950s. So, I got into it essentially around 1980 when my father was about to retire. I came back, that was actually in Emerson, where he was and where I grew up. I came back into

the business thinking that if I don't do this when I have an opportunity someday, I might regret it," said Walters.

Though he wasn't sure if the auto dealership business was the right fit initially he soon found his place in the business and about ten years later came to local dealership Newport Pontiac.

He says that his favourite part of working in the auto dealership business is the people that he meets.

"Being out there in the retail world and dealing with customers and dealing with your staff. It's people more than anything [that keep you coming back] and just business itself. It's the challenges, the wins and the losses," said Walters.

He believes that he's received this nomination because of the success the business has had lately even through the difficulties presented by the COVID-19 pandemic.

"We've been very successful here, particularly in the last, seven or eight years, and through COVID, our sales volumes have been strong, and our service operations have been strong. We just expanded and built a new body shop and reconditioning centre in the back. So, it's just growing the business, it has grown quite substantially," said Walters.

He says that though he was the one

to receive the nomination it's really a vote of confidence for all of the staff at Selkirk GM.

"You don't do it on your own. You have to rely on good people and we've been fortunate to have some very strong managers and team members along the way. They're a big part of it," said Walters.

His best business advice for other entrepreneurs is to appreciate the people on your team.

"I've always believed that you respect people for who they are, whether it's the guy washing cars in the back, or a highly skilled technician, or a strong salesperson or manager. I've always believed that treat them well and respectfully, and I think when you do that, and create an environment like that everybody wins," said Walters.

He also wanted to thank the many people in our community who have supported his business over the years.

"It's a great community and we're grateful to customers, not just in Selkirk but, we serve a pretty large area, and that whole community has been very supportive. And, If you don't have people that support you, you're not going to be successful. So we're very happy about that and very thankful about that, that the community has been very accepting and supportive," said Walters.



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> COMMUNITY WALK, FROM PG. 3

"I challenge you to work within your communities. Because the more that we work within our communities, we make them stronger," said Human.

Jola Hnatiuk, the Community Education Counsellor from Nova House, then took the microphone to discuss the resources that Nova House brings to our community as our only domestic violence shelter for women.

"We provide a safe space for women and families to stay. We have an emergency 30 Day program. But we also have a second stage program where people choose — they can stay for up to two years or we can help them reintegrate back into the community," she said.

Nova House has been part of our community since 1985. They moved into their latest building in 2017 and are supported by the community every November with their Power of the PJs campaign and all year round by donations to Twice Over.

They take in families large and small who need help getting out of domestic violence situations and encourage anyone, even if they aren't ready to leave yet, who is in such a situation to reach out to them for resources.

Gorete Rodriques then shared her powerful story of getting out of an abusive relationship and how difficult that can be.

"I got pregnant with my first daughter and she was three and a half when I had my son, and the violence started when I got pregnant. We were high school sweethearts. I was 14 years old when I met him, got married at 19," said Rodriques.

Even though she got good grades in school, because of her family background, she felt that her place was at home and so she got married instead of pursuing an education. She didn't know at the time about the early signs of domestic violence and she didn't know that she was leaving herself in a difficult situation should she want to leave.

"I had nothing. He cut off the insurance on my vehicle so I couldn't

drive. I went to the bank machine. My bank accounts were cut off. I did what my family said to do. You join [all of your accounts] with your husband, you're supposed to do it all together. What I learned from my experience at Nova House was independence — get your own credit card, you need your own job, budgeting, having your vehicle all those kinds of things," said Rodriques.

This whole process took several years for her to realize how difficult a position she was in but luckily there were resources in our community that were able to help her.

She questioned why no one teaches students in school about the signs of domestic abuse and how to protect themselves.

"Nobody told me what to look for. I thought he loved me. That's why he was isolating me. I thought he loved me because he wants to spend every waking minute with me. I thought he loved me because he got me a cell phone so that he could check in on me all the time," said Rodriques.

Since then Rodriques has become a counsellor and an advocate for people experiencing domestic violence. She speaks about her situation and has opened the Butterfly Project in Winnipeg.

Allan then came back to finish off the event with a prayer and remembrance for the women who we've lost to violence this year in our province.



RECORD PHOTOS BY KATELYN BOULANGER

Colleen Allan from Selkirk BPW speaking at the Community Vigil Walk event.

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William S. Patterson School Gears up to Give this holiday season

Every classroom raised money and dressed up to support Nova House this year

By Katelyn Boulanger

William S. Patterson celebrates the holiday season every year by finding ways to connect their students with opportunities to give to their community. This year, they decided to give back in a way that they hadn't before by raising funds for Nova House through their Gear Up to Give project.

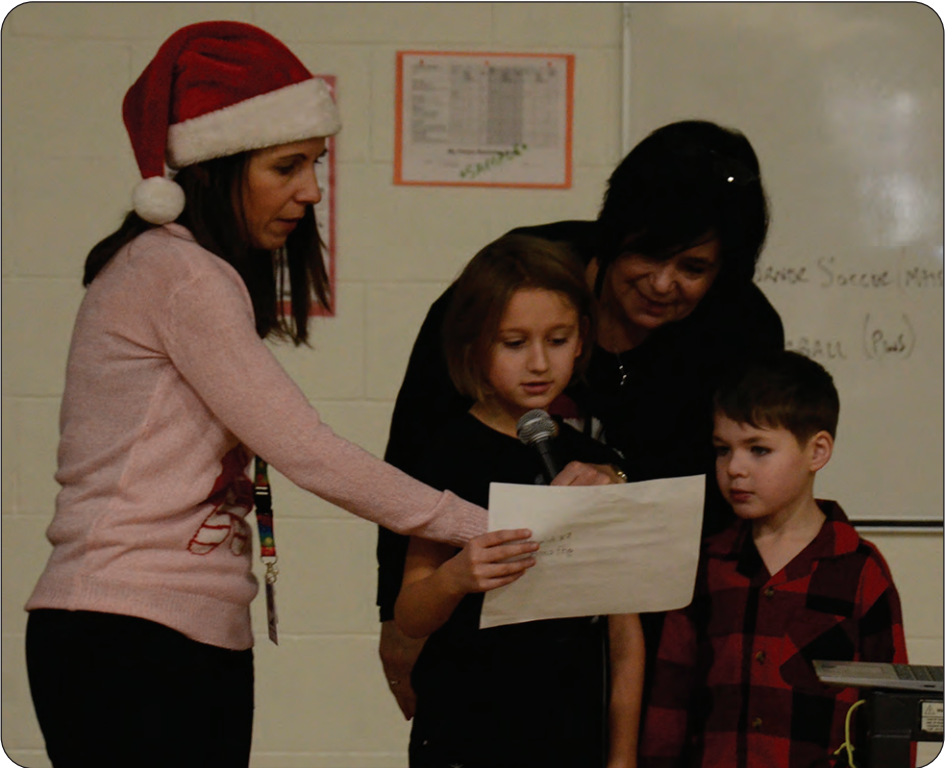
"A few weeks ago, we were talking about the Christmas season with a few adults and we were wondering what is it that we could do. Some years we've done hampers, some years we've helped the food bank, and this year, we decided that we're going to try and find a group that does a lot of things for lots of people. So we de-

cided to support Nova House," said Darcelle Saunders, William S. Patterson School principal.

The children were given an age-appropriate explanation of what Nova House is as a shelter in our community and how they help women and families that need help getting out of tough situations.

The students were also given some agency with this project as each class voted on a theme that they would dress in on the day of the Gear Up to Give assembly and all of the students dressed up to celebrate their donation. Some of the classes chose to stick with the theme of the season and dressed up in fun holiday gear but some others chose different themes like the pyjama class who wore their best sleep gear and the sports fans class who all came in various jerseys.

In total \$524.70 was raised for Nova House.



RECORD PHOTOS BY KATELYN BOULANGER
William S. Patterson School students reading out their classes's fundraising totals.



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"The whole time, we're learning about Nova House, what it means, who it helps, and how we can at a small level help," said Alex Haiart, one of the teachers leading the project in the school.

He says the students were wonderful at coming together to help raise funds for this project.

"We try and find these opportunities. School isn't only about teaching curriculum and learning about subjects. It's about becoming active citizens and participating in greater community activities. And, this is such a great way that the students can foster that development or identity of being a leader and supporting their community. It's wonderful to see them all take on a role and feel excited and feel proud of what they're doing," said Haiart.

He hopes that the students come away from this knowing that if we work together we can accomplish great things.

"I would just like them to know that we may not think we can do a lot. But even at a small level, as a small town school, we can bring a lot of joy and hope and peace to people around us. We are valued and we have power and we have a voice and we can make changes in our community," said Haiart.



RECORD PHOTO BY KATELYN BOULANGER

William S. Patterson School student reading out the total raised by their class for Gear up to Give.

Music in the air



RECORD FILE PHOTO BY KATELYN BOULANGER

St. Clements Anglican Church at 1178 River Road will again be playing Christmas music from their bell tower this holiday season. The music will start during their parish Christmas Tea and Bake Sale on Dec. 10 and continue to be played every day from 2 p.m. until 8 p.m. until January 10. Even if you are not a member of the parish, everyone is invited to take a moment to stop by and listen if you can.

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

Eight more Manitobans succumb to COVID; RSV outbreak in Arborg PCH

By Patricia Barrett

Manitoba continues to rack up COVID deaths, and respiratory syncytial virus (RSV) has caused an outbreak at the Arborg Personal Care Home.

Another eight people succumbed to COVID, according to the provincial government's weekly respiratory surveillance report for the period Nov. 27 to Dec. 3 (reporting Week 48). There were 16 deaths reported the previous week.

There were 76 new hospital admissions for COVID in Week 48, down six from the previous report showing 82 admissions. Included in the hospital admissions were seven admissions to the intensive care unit, down 12 from the previous report that showed 19 ICU admissions. The government doesn't provide in its report the total number of people in hospital with COVID on any given day or week.

The government diagnosed 251 new COVID infections by PCR testing. Provincial data is an undercount of the true number of cases as the government restricts PCR testing. Rapid antigen tests aren't tracked. There were 281 new infections reported the previous week.

Wastewater surveillance data to Dec. 1 shows "sustained activity" of COVID in Winnipeg and Brandon, according to the report.

The provincial government changed the way it reports cumulative deaths and hospitalizations. It started presenting data from Week 27 (July 3-9) of this year, showing 199 cumulative deaths to date. Manitoba's death toll – from the start of reporting in 2020 to Week 44 (Oct. 30 to Nov. 5, 2022) was 2,256.

The change in the way the province now presents COVID data makes it difficult to easily assess the death toll from the virus. The federal government's COVID website shows Manitoba's death toll having reached 2,293 as of Nov. 26.

The provincial government stopped providing in its surveillance reports the names of personal care homes and hospitals with COVID outbreaks.

Influenza numbers for Week 48 are

lower than expected because the government is experiencing a delay in reporting.

"Due to an influx of influenza laboratory reports this respiratory season, Manitoba Health is experiencing delays in the documentation of laboratory results within the provincial Public Health Information Management System (PHIMS)," states the government's surveillance webpage. "As [a] result, the influenza case counts for week 48 are lower than expected. We anticipate an update to these data in next week's report."

The Week 48 report shows 120 new influenza A cases, zero influenza B cases and 80 RSV "detections."

"Up to Week 48 this season, children below the age of five years are at the highest risk for influenza infection. This age group accounted for 12% of all influenza cases and 20% of associated hospital admissions," states the report. "At the same time, other respiratory viruses continue to co-circulate. RSV test positivity increased to 4.0% in Week 48 from 2.2% in the previous week."

Other health news:

-The Interlake-Eastern Regional Health Authority declared on Nov. 30 an RSV outbreak at the Arborg Personal Care Home.

Arborg mayor Peter Dueck said the town contacted the IERHA with concerns about the outbreak as well as having no emergency room service at the Arborg hospital from Dec. 16-31.

"We are aware of these concerns and have reached out to the IERHA," said Dueck last Wednesday. "We are hopeful that we will be back to three full-time doctors in January, and then we need to build from there."

A spokesperson for the IERHA said appropriate control measures are implemented in a timely manner when outbreaks are identified early. There is also adequate staffing at the Arborg PCH and support from hospitals in the region should any residents require hospitalization for RSV.

"The IERHA has adequate staffing in place in Arborg PCH. If needed, the site will enact incident command

to address any staffing challenges that may arise," said the spokesperson. "Arborg PCH has medical support at all times and should hospital admission be required, arrangements would be made for a resident to be admitted to the most appropriate hospital for care (this could include Arborg hospital, another hospital in the region or a Winnipeg hospital if medical conditions require)."

The spokesperson wouldn't say how many patients are infected with RSV, the impact on staffing, whether other viruses such as COVID and influenza are circulating in the care home and whether there have been any deaths from RSV.

"There are many types of outbreaks that might occur in healthcare facilities such as respiratory, gastrointestinal, MRSA, scabies and some are expected every year like influenza," said the spokesperson. "The definition and number of cases of illness required to call an outbreak may be different between the different types of disease."

"For example, a COVID outbreak is called when two or more patients, who are not roommates or tablemates or do not share a bathroom between two patient rooms, acquire health-care-associated infections attributed to a unit, within 10 days of each other. A respiratory outbreak is called when two or more health-care associated infection cases of respiratory illness with similar symptoms, who are not roommates or tablemates, occurring within a seven-day period in an institution/unit. Ideally this includes at least one lab-confirmed case, but this is not necessary."

-A COVID outbreak that was declared on Nov. 4 at the Selkirk Betel Personal Care Home continues, according to the IERHA's outbreak webpage (viewed Dec. 11).

-The IERHA declared a COVID outbreak on Dec. 7 at Pinawa's hospital, whose ER is also affected by ongoing temporary closures.

-Canada has had over 48,000 COVID

Continued on page 9



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Rodeo needs more volunteers to continue in 2023



RECORD PHOTO BY BRETT MITCHELL

The St. Andrews Ag. Society met recently at the Canalta Hotel to try to recruit a new volunteer base for upcoming Triple S Fair & Rodeo events. The organization has been running with the same group for decades and are looking to pass the torch on to some new blood. To connect with the Fair and Rodeo give them a call at 204-485-4854.

> COVID AND RSV UPDATE, FROM PG. 8

deaths reported as of Nov. 26, according to federal data.

-Worldwide, there have been over 6.6 million COVID deaths reported as of Dec. 9, according to the World Health Organization.

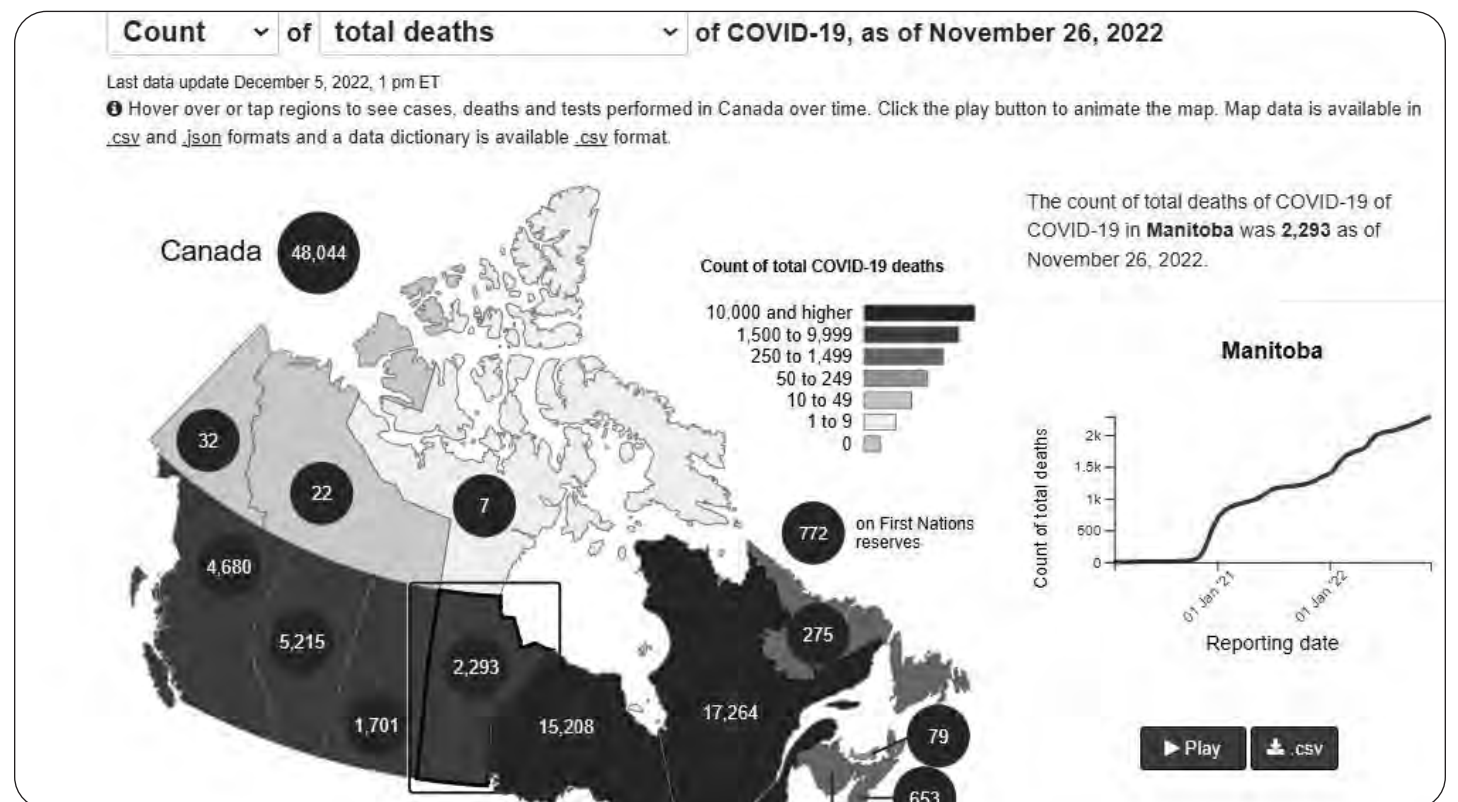
-The IERHA's two-week emergency room schedule for the period Dec. 16-31 shows no ER availability at both the Eriksdale and the Arborg hospitals. Residents who can get themselves to emergency have the option of going to Ashern, Gimli or Selkirk, whose ERs currently show 24-hour availability for the period, or to Stonewall whose ER is open for most of the period apart from a few days of temporary shutdown near the end of the month. The ER schedule is posted online and is subject to change.

-Medical associations from across Canada have called on provincial and territorial governments to work with the federal government to fix the health-care system crisis and to enter an agreement to increase health funding.

Fourteen associations, including Doctors Manitoba, jointly penned a letter to first ministers, asking them to show leadership to address the crisis.

Doctors across the country are "gravely concerned" that patients have long wait times, lack of access to primary care, delayed diagnostic services and cancelled procedures, all of which indicate "negative trends" in access to health-care in Canada, they state on behalf of doctors.

"Health care is in crisis in every province and territory in Canada. On behalf of Canada's doctors, we are writing to urge you, as First Ministers, to chart the path out of this crisis with commitments to significant funding



increases, pan-Canadian collaboration and accountability to patients," states the Dec. 6 letter.

Doctors Manitoba reiterates in a Dec. 7 news release on its website that physicians are disappointed there's no additional health-care funding and that the medical system in every province and territory is in crisis.

"Patients cannot access the care they need in a timely fashion and physicians are rapidly burning out," states the release.

RECORD PHOTO GOVERNMENT OF CANADA

Manitoba's COVID death toll has reached 2,293 as of Nov. 26, according to the federal government. The number of deaths from the virus have continued to climb since December 2020 when omicron unleashed an unprecedented number of infections.

MANITOBA BRAIN INJURY ASSOCIATION

SELKIRK SUPPORT GROUP

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Hope to See You!

LSRCSS Christmas Spectacular!



RECORD PHOTOS BY KATELYN BOULANGER

Lord Selkirk Regional Comprehensive Secondary School students once again took to the stage to bring the Christmas cheer at their Christmas Spectacular concert.





Letters to Santa

Letters to Santa from Cheryl Hrymak's Grade 2/3 class at Daerwood School

Dear Santa,
Hi, it's me again. How are you? Are Mrs. Claus and the elves doing good? Can Dancer dance? What kind of cookies are your favorite? How many elves do you have? Do you like white milk or choklit milk? Do you have a pet dog? For Christmas can I please have a new iPad thank you very much. I am not finished yet... do you have a daughter?

Love, Maddison xoxoxo I am turning 9 on January 24th. Grade 3, 8yrs

Dear Santa,
Hi how are you doing this year? Are the elves and reindeer ready for this upcoming Christmas? I hope you have a safe trip. May I have a computer and a happy holiday?

From: Kaiver, Grade 3, 8yrs

Dear Santa,
How many elves are there? Can I have a PS4 please and a game called avP2010 and demon slayer please?

Darian, Grade 3, 8yrs

Dear Santa,
Hi Santa how old are you? How do

you get around and not get tired? For Christmas I would like a bracelet set and accessories for my hair. Thank you for reading my letter.

Love, Olivia, Grade 2, 7yrs

Hi Santa,
How are you doing? What place are you going first? I hope you have a good Christmas! May I please have a drawing set. Thank you.

From Katie, Grade 3, 8yrs

Dear Santa,
How are you and the reindeer. Have a happy holiday. May I have a PS5 and pokemon cards. I hope you have a Merry Christmas. Thank you.

Odeson, Grade 2, 7yrs

Dear Santa,
How are you Santa? How is Mrs. Claus and the elves? Please may I get nerf machine gun and 2 nerf guns. How is Rudolph and the North Pole?

Raylan, Grade 2, 7yrs

Dear Santa,
How are you and the elves doing this year? I would like Pokemon vmax please.

Keyston, Grade 2, 7yrs

Dear Santa,
7yrs. How are you and the reinder? I would like a squishmallow for Christmas and a pop-it please.

From, Aubree

Dear Santa,
Merry cristmiss can I please have a iphone and yoyo please and thank you!

From, Joshua, Grade 2, 7 years old

Dear Santa,
Hi how are you, Mrs. Claus, the elves and the reindeer? How are the elves doing on the presents? May I have a nerf gun. Thank you Santa!

From, Ashton

Dear Santa,
How many elves do you got? I will give you some cookies when you come here. Can I please have some clothes? Thank you!

Aaron

Dear Santa,
Can I please have a laptop? I hope you have the best time at Christmas.

Dustin, 8 yrs, Grade 3

Dear Santa,
May I have a puffer? How old are you? Are you real? Whaat I wish for the most is for my sister to come home!

Love, Jeremiah, Grade 3, 8yrs

Dear Santa,
Hi how are you doing today? I love you and elves and reindeer. I'd like to have a blue sweater and I'd like to have a big blue sweater for my mom. Thank you.

Madelyn, Grade 2, 7yrs

Dear Santa,
I hope you and the elves are good. How do you lift all those presents? Is it hard on your back? Please may I have a hot wheels and a nerf gun.

Love, Lucas, Grade 2, 7 years old

Dear Santa,
How are the reindeers? How are the elves doing? How are you and Mrs. Claus? I would like for Christmas a spiderman toy. Please give my brother Carter a toy car. Thank you!

Johnathon, 7yrs

Dear Santa,
I hope you have a great year. Are the reindeer feeling good? Santa do you ever see frosty the snowman? How old are you Santa? Can I have a polly pockets and lego please.

From, Alex, Grade 2, 7 yrs

Dear Santa,
One day I want to see you and Mrs. Claus and the elves. I wish for a baby cat. I don't want any thing else. How do you make the toys?

From, Ella, Grade 2, 7 yrs

Dear Santa,
Can I have a barbie puzzle and can I have a Disney book sealed with a kiss and cute books. Thank you very much!

From: Peyton, Grade 3, 8yrs

Kids Helping Kids: Red River Co-op Kid's Cookbook raises money for the Children's Hospital

Submitted

Red River Co-op launched the sale of their Kid's Holiday Favourites Cookbook in support of the Children's Hospital at all nine food store locations last Saturday. Children's Hospital volunteers and Champion Kids were at select food stores to help sell the cookbooks. All proceeds from the sales will be donated to the Child Life Program to help make the hospital a little less scary for the 130,000 sick and injured kids and their families who depend on the hospital each year. The cookbooks will be sold for a minimum donation of \$5 each until

supplies last.

The Children's Hospital Foundation supports families throughout Manitoba.

"We are so pleased with the support of Red River Co-op and have enjoyed working closely with them to develop the cookbook, which features several of the foundation family children who have needed care at children's hospital," says Stefano Grande, President and CEO of Children's Hospital Foundation of Manitoba. "We hope everyone will enjoy the holiday favourites the kids have shared and know that every purchase of the reci-

pes book will help support sick and injured kids in your community."


"The Child Life Program is an important program that provides kids and their families fun and purpose

through a difficult time. Red River Co-op is proud to continue supporting a program that helps bring comfort to children and families," said Doug Wiebe, CEO of Red River Co-op.




RECORD PHOTO BY BRETT MITCHELL

Corinne and Brady Bobrowich were promoting the Kid's Holiday Favourites Cookbook in support of the Children's Hospital Foundation at the Selkirk Co-op Food Store this past Saturday. Brady was the foundation's Champion Child for the past two years. This energetic young man has spoken at more than 40 virtual events to advocate for children's hospitals across the country.



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Provincial government's water management strategy gets failing grade from critics

By Patricia Barrett

The provincial Conservative government released a water management strategy last month to address Manitoba's future water challenges, but it has raised concern among critics.

The strategy lists 11 focus areas to be addressed. They include efficient water use, protecting the aquatic ecosystem, building resilience to changing climate, protecting groundwater, meeting the water supply needs of future generations, improving the quality of surface water and involving Indigenous peoples in the management of water.

"This strategy charts a course for water that balances our economic, environmental, and social needs, a course that focusses our efforts and energies on addressing these challenges and making the most of the remarkable water resources that define Manitoba. It is a statement of the principles we hold, the values we espouse, and the priorities we pursue," states a message from premier Heather Stefanson and environment, climate and parks minister Jeff Wharton.

There are no concrete actions associated with the strategy; a water action plan is slated for release next spring.

Excess nutrient loading is a key issue and one of the major factors contributing to algal blooms on waterbodies including Lake Winnipeg, says the strategy. Half of the nutrients originate from "outside Manitoba," but work is "underway across the transboundary Lake Winnipeg watershed to reduce nutrient contributions from all sources." That work refers to establishing nutrient loading targets for four major rivers that flow into Lake Winnipeg and targets for total phosphorus and total nitrogen, nutrients that contribute to algal blooms.

Commercial fisher Robert T. Kristjanson, who has been fishing for over 70 years on Lake Winnipeg and has been a witness to the lake's steady decline, said he's fully aware of what's happening to water quality in the lake and he's not impressed with the Conservatives' track record on protecting it.

"This government for the past seven years that they've been in power has accomplished absolutely and completely nothing on water protection," said Kristjanson, who was honoured with the Order of Manitoba in 2018 for raising awareness of the frequent

and extensive algal blooms occurring on Lake Winnipeg.

Kristjanson said there are things the government can do to stop the further degradation of the lake: deal with the wastewater and raw sewage discharged from Winnipeg. He's tired of waiting for the government to compel the City of Winnipeg to reduce the nutrients it releases from its North End Wastewater Treatment Plant. And he also wants to government to get on the city to fix its combined sewers, which discharge raw waste and nutrients straight into rivers that flow to the lake.

In November alone, the city discharged over three and a half million litres of untreated sewage into the environment. On Nov. 9 approximately 2.64 million litres of raw sewage were sent into the Red River for 16 days while crews were sent out "multiple times" to try to figure out what had triggered an alarm. A few weeks later, about .62 million litres were discharged into the Assiniboine River after a contractor intentionally backed up wastewater in a sewer while carrying out work. A few weeks after that, about .34 million litres were discharged into Sturgeon Creek.

"Who is running this province? We need to know if the City of Winnipeg is going to keep on dumping pollutants in the rivers. Why is the city allowed to keep on doing what it has been doing? This is the question everybody wants to know," said Kristjanson. "They can't keep doing this. The Province of Manitoba is supposed to be monitoring polluters."

Kristjanson said he's also unimpressed by the water strategy's "blame game" narrative that comes across as an attempt by the government to shield itself from failure by shifting responsibility onto others. The strategy alludes to other jurisdictions – and Manitobans themselves – that will ultimately be responsible for the strategy's failure if they don't support it and implement its actions, which the government has yet to lay out.

"This government will say anything at all to not take responsibility," said Kristjanson. "We elect in Manitoba a government to look after our air, our land and our water. This isn't a wish list; this is what the people have asked the government to do."

Provincial NDP environment critic



RECORD FILE PHOTO BY PATRICIA BARRETT

Lake Winnipeg commercial fishers working in the Hecla-Grindstone region had a particularly nasty fall season in 2018 when they and their nets were inundated with algae and fecal matter.

Lisa Naylor (MLA for Wolseley) said she would've liked to see a "more concrete" water plan and consultation with Indigenous people as the Conservatives head towards the end of their second term in power.

"They had a mandate to deliver a water management strategy to Manitobans by the end of this year and, as far as I'm concerned, this work hasn't been completed," said Naylor. "One of the key things is they haven't yet consulted with Indigenous communities – which they state they'll do in the strategy. I want to emphasize the importance of Indigenous consultation. That hasn't been done, yet the government is looking to have a detailed water action plan in the spring. It seems challenging to me that they're going to get there in that timeframe."

With regard to protecting Lake Winnipeg, Naylor said one thing the government could currently be doing is expediting transfers to the City of Winnipeg so that it can speed up the replacement of its combined sewer system and stop raw waste flowing into the environment.

The water management strategy says since the 1960s, the government "has opposed inter-basin water transfer projects, including from North Dakota, due to the inherent risks of such transfers, including the introduction of AIS into Manitoba's waters."

But that appears to be a reality-bending statement: about four years ago the government's then sustainable development minister Rochelle Squires had withdrawn Manitoba's legal challenge to North Dakota's inter-basin water project, the Northwest Area Water Supply, which can potentially bring aquatic invasive species to Manitoba.

Naylor said contradiction between what the government writes and its

actions is a pattern.

"It's a contradiction between what the government put in the water management document and the actual events that have taken place since they've been in power," said Naylor. "This is part of a pattern on everything I've seen regarding the environment and climate, this contradictory messaging, whether we're talking about the water strategy or carbon reduction."

Manitoba rivers and lakes, including Lake Winnipeg, Cedar Lake and Lake Manitoba, already have zebra mussels, an aquatic invasive species, which are spread to new water bodies primarily through watercraft.

Naylor said she's unaware of any progress the government has made on inter-basin water transfers.

The strategy's nod towards the privatization of water services is also concerning to the NDP, said Naylor, as the Conservatives have already been privatizing aspects of health care.

And the government's putting the onus on others to achieve the water strategy's goals is not the first time she has seen such a move, she said. The previous environment minister used to "quite frequently" say, when she was talking about climate, that it comes down to individual responsibility.

"They have not taken very much responsibility as a government for the big changes that need to happen ... and, of course, this [narrative about others needing to be responsible] is an out. The government has to say what it plans to do," said Naylor. "The previous minister didn't put any responsibilities on big carbon emitters and on the government for policy change, and we're seeing the same sort of thing in their water management strategy document."

"WHY IS THE CITY ALLOWED TO KEEP ON DOING WHAT IT HAS BEEN DOING? THIS IS THE QUESTION EVERYBODY WANTS TO KNOW,"

Camp Morning Star hosts successful winter visit with students

By Patricia Barrett

After an attack that saw parts of their camp burnt down and items trashed and stolen, members of Camp Morning Star hosted about 55 students from the Seven Oaks School Division on Nov. 29 to teach them about the land, the threats to it from a nearby sand mine and share Indigenous teachings and food.

Camp Morning Star, located on the eastern shore of Lake Winnipeg near Seymourville and Hollow Water First Nation, was set up in 2019 to provide educational sessions to the public about the importance of environmental protection and to peacefully oppose the operation of a silica sand mine that Alberta-based Canadian Premium Sand wants to operate. CPS announced in September it had entered into an option-to-purchase agreement with the City of Selkirk for 121 acres of land near the junction of highways 4 and 9A for a solar glass manufacturing plant. Sand from its mine will be used to make the glass.

Camp Morning Star organizers are planning to resume overnight camps in the spring as the demand from schools are growing, said a camp affiliate, as well as an awareness event in Winnipeg, the date of which will be announced.



Students took a walk through the forest to learn about the ecosystem and to tie ribbons around trees, which symbolizes protection.



RECORD PHOTOS SUBMITTED

About 55 students from Winnipeg's Seven Oaks School Division visited Camp Morning Star on Nov. 29 to experience the forest, learn about the land and Indigenous traditions and share Indigenous food.

Flashback...monitoring the moisture in grain

By Dennis Young

Moisture was and is still crucial when it comes to combining and many farmers in the day became accustomed to making trips to town or the nearest elevator for an agent to calibrate the seed.

Such was the case with Bob Dickey, a farmer in Chatham, Illinois, only his primary problem at the time was the constant getting in and out of the tractor to ensure proper seeding. So he invented a planter monitor in an attempt to ensure proper seed count while sitting in his cab.

He began receiving hundreds of inquiries due to an ad placed in a *Prairie Farmer* magazine and farmers from hundreds of miles away came to see this new technology. For the first year, Bob operated out of his farmhouse, with his wife serving as his secretary but his invention became so popu-

lar he had to incorporate. Needing a name for his company, one night at his kitchen table his brother-in-law/partner Jack Littlejohn came up with the name Dickey-john.

In 1966, DICKEY-john manufactured and marketed just one product, a planter monitor with a mechanical switch. But in 1988, Churchill Industries acquired DICKEY-john Corporation and under their guidance, DICKEY-john embarked on a new era of development including the world's first full line of grain moisture testers. The GAC2100 Grain Analysis Computer was selected as the Federal Standard for measuring grain moisture content in 1998.

Today many choices of testers can be found on every farmer's yard and/or in field thanks to Bob.



RECORD PHOTO SUBMITTED

Ken Savage looks on while Brian Dickenson and Murray Savage take a moisture test from a sample of grain in 1972.

KAP encouraged by launch of Sustainable Agriculture Strategy consultation

Submitted by KAP

Keystone Agricultural Producers (KAP) is encouraged by Monday's announcement by the Honourable Marie-Claude Bibeau, federal Minister of Agriculture and Agri-Food, and Terry Duguid, Parliamentary Secretary to the Minister of Environment and Climate Change, regarding consultations for the development of Canada's Sustainable Agriculture Strategy.

"KAP has been advocating for the inclusion of farmers when it comes to tackling the challenges affecting our sector, and Monday's announcement demonstrates the federal government is listening to ensure Canadian farmers have a seat at the table," said KAP President, Bill Campbell.

"One of KAP's main goals is to reduce the regulatory burden for farmers and find solutions that include their perspectives, focused on sustainable growth and practical strategies that can be applied on-farm," continued Campbell. "It is also important to note that the conversation around sustainability includes not only environmental concerns, but also social and economic, something that KAP has been seeking recognition of from government."

As part of this strategy, the federal government has opened up a public consultation until March 2023 to seek

input as the strategy is developed. The inclusion of public consultation will allow for broad perspectives to be included when considering details of the strategy, but consideration of the perspectives from within agriculture should remain a priority by government.

"Agriculture has the solutions to many of the challenges we face, and KAP is ready to contribute to the con-

versation when decisions are being made through the development of this strategy," said Campbell. "We will be providing a full submission to the public consultation on behalf of Manitoba farmers to ensure their priorities, in-

Continued on page 19



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

Brock Vador
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 11 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:

- Call us at (204) 482-6698 with your answer.
- The deadline for entering the draw is December 19th @ 4pm
- The draw will be held on December 19th @ 5pm

BALLOT

What city did Joseph and Mary return to after giving birth to baby Jesus?

ANSWER: _____

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Your FARM



Lots for producers to consider as tax season looms

By Lorne Stelmach

Tax season is upon us with the year-end approaching, and it can present agricultural producers with a lot to consider in making sound tax and financial decisions.

There are myriad annual tax issues to consider with producers aiming to ensure they are minimizing the tax they pay. Some of the pillars of tax planning can include income tax deferral, income splitting, and ensuring you use all available tax incentives.

"There's no way to avoid the tax; it's only a matter of postponing it and putting it off," said Lance Stockbrugger, a chartered accountant who had dealt mostly with farm clients until he turned his attention full-time to farming while still doing some consulting in areas including transition planning, tax planning, corporations.

"In the old days, a lot of people used to try to stay in that lower tax bracket and pay the minimum amount of tax ... farmers can do that by avoiding to take income ... and making sure all of their expenses are paid by year end," he said.

"I've been advising people for many, many years now that probably the minimum, the low tax bracket isn't enough. If you're running a decent business ... and we've had very suc-

cessful years ... paying tax at the low tax bracket probably isn't enough. You need to be probably paying upwards of closer to a hundred thousand dollars, depending on your business obviously.

So Stockbrugger emphasizes "making sure you're paying enough tax anyway and that you're not creating a big problem because farmers typically will create a problem for themselves by not paying a lot of tax, deferring as much as they can, pushing off income and not delivering grain or selling cattle ... and then prepaying expenses to create this big balloon problem that the tax has to get paid."

A lot of the discussion revolves around whether cash or accrual accounting is better for a farm business.

In cash accounting, you record a sale or expense only when the cash is received or paid. Inventory is not included in the calculation of income. With accrual basis accounting you record income and expenses when a sale or purchase is made, even if the money hasn't changed hands yet.

Stockbrugger also talks about "monitoring the amount of income that you've taken in and looking at the expenses that you've paid ... and this time of year, if your year-end is Dec. 31, then doing some planning around

your year-end can allow you to reduce your taxes ... hopefully reduce them to a manageable level.

"The key thing, which is not news to anybody, is to make sure that you've got good records so that your books are up to date and you've done a good job of recording all of your income and expenses," he said. "So if you are going to see your advisor or your accountant at year end that they will have decent numbers to formulate a plan for you."

Unincorporated businesses, sole proprietors, and partnerships would all be subject to the graduated personal tax rates, Stockbrugger noted, so you're going to want to be monitoring your level of income that you have based on those tax brackets.

"Another thing to think about is income splitting, utilizing as many tax returns as you can," he continued. "So if that's between husband and wife, you split your income and maybe even split your income with your children if your children are working on the farm."

If that is the case though, it is crucial to ensure they are being paid a wage with all of the necessary deductions for proper reporting, he added.

If they are incorporated, Stockbrugger emphasized that producers need

to consider what type of income they going to take personally from the corporation.

"Is it going to be wages? Is it going to be land rent ... is it going to be dividends?" he asked. "Those personal incomes need to match or probably exceed the drawings that you've taken out throughout the year to live on, so all of your personal expenditures."

If it is wages, you need to ensure you take all the deductions like CPP but not EI because you are the owner of the business.

"The wages are deductible to the corporation and fully taxable as normal income on your personal tax return."

The option of land rent is only available if you own your farm land personally outside of your corporation, so you pay yourself land rent.

"The reason you might want to pay yourself land rent is because you don't want to pay into the CPP. Maybe you've got other sources of income that you're already paying into the CPP or you feel you've already paid enough in.

"The stickler is, first of all, you have to own the land personally, but you also have to charge your corporation GST ... you'll collect it personally and you'll claim it back in the corporation."

In the option of taking a dividend, it won't involve the deductions like CPP or EI.

"That is not deductible by the corporation ... you will pay personally a lower rate of tax, however what happens with a dividend is you get credit for the taxes that have already been paid by the corporation," Stockbrugger explained.

"Whatever you take out as a dividend is not deductible to the corporation ... when you file your tax return and you report that dividend, you'll get credit for the tax the corporation has already been paid, and you just pay the difference.

"The government is still getting their share of taxes; it's just coming from different sources.

"A lot more have been incorporated now ... but you need to treat them for



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> TAX SEASON FOR FARMERS, FROM PG. 16



RECORD PHOTO SUBMITTED

Mapleton School wants to thank all of their wonderful families, friends, and community members of the Mapleton School area. Through their combined efforts they were able to collect toiletries, snacks, chocolates, cookies, lap blankets and art supplies for seniors who would otherwise not receive a gift over the holiday season and donated them to the Be a Santa for a Senior program.

> KAP ENCOURAGED BY CONSULTATION, FROM PG. 15

cluding transparency throughout the process, consensus on data collection and management for measuring sustainability outcomes, and the inclusion of farmers, are represented.”

Monday’s announcement also includes the creation of an Advisory Committee, comprised of a wide variety of stakeholders from agriculture.

This will be co-chaired by Agriculture and Agri-Food Canada (AAFC) and the Canadian Federation of Agriculture (CFA), of which KAP is a member.

“KAP has long advocated to all levels of government to ensure farmers have a seat at the table in the development of policies, goals, and strategies,

and will be working closely with CFA throughout the process of the development of this strategy to work toward positive solutions,” concluded Campbell.

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BECAUSE SAFETY IS KEY, PLEASE DON'T



RCMP remind

The best trip home is the one where you arrive safely

By Katelyn Boulanger

The holiday season is a time when more get-togethers take place and people make a point to enjoy time with one another. If your holiday traditions include raising a glass, our local Selkirk RCMP detachment wants to remind you to make sure that you have a safe way to get home that doesn't involve drinking and driving.

"I want zero impaired drivers. It's all preventable," said Selkirk RCMP community policing officer, Paul Human.

He says that when people are asked to do a breathalyzer test they are looking for anyone that has a blood alcohol level over 0.08 but that with new regulations there are still conse-

WITH BEST WISHES TO EVERYONE FOR A SAFE & HAPPY NEW YEAR!

It probably comes as no surprise that **more traffic fatalities due to drunk driving occur at the New Year than any other time**, but of course, you should never drink and drive. With your safety in mind, these community sponsors urge you to review these important tips for hosting or attending a safe celebration!

A New Year is coming bringing much celebration, With good friends and good times and free-flowing libation -- So party on hearty, but leave driving alone, Because we want to see you get safely home!

5 things you could lose as a result of impaired driving

Getting behind the wheel after consuming drugs or alcohol can have dire consequences. Here are five things you may lose as a result of this choice.

1. Your licence

One potential penalty for driving under the influence is that your li-

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DRINK AND DRIVE!

Residents not to drink and drive



quences for lower blood alcohol levels which might include warnings and other fines so it's really not worth taking the risk.

"Don't drink and drive. Everybody always says, 'Oh, I can have two or I can have three,' and I say, 'No, you can't.' Our bodies are all different and if you and I were to sit down at the same table and consume the exact same amount of alcoholic drinks, we would blow totally differently because of our body makeup," said Human.

There are a variety of factors that make up how our bodies process alcohol including our physical size, our heredity, our history with alcohol as well as things that can change day to day like how much we've eaten.

Regardless of whether a person has consumed alcohol or other intoxicating substances, the effects of being in an altered mental state means that operating a vehicle becomes dangerous.

"If you've been consuming alcohol

or any intoxicating substances, your reaction times get slower. What does that mean? [For example,] I'm a goalie in hockey. If somebody were to take a slap shot on me, I'd be able to react and try to trap that shot. Now, take a quarter second, a half second, or one whole second off of that and the puck's already in the net and I've just started to move," said Human.

If you then think about that puck being a deer jumping in front of a vehicle, a light turning red, or even just bad winter driving conditions, you start to understand how fast a vehicle can get out of control if the driver can't react quickly enough.

Because RCMP officers want everyone to be safe during the holiday season, they will like every year be putting up check stops throughout the community in order to deter drinking and driving but Human says the most important thing that they try to do is actually to remind people to be prepared.

"Always have a plan B. What's a plan B? Maybe it's a situation where you set up a taxi cab to come to pick you up from a party, or you set up a ride service [to bring you there so] you don't have to worry about taking a vehicle where you're going, maybe it's the choice to consume non-alcoholic beverages that night or establishing a designated driver. All these things can be planned upfront," he said.

He encourages everyone to plan ahead and have a safe and happy holiday season.

"Everybody here from Selkirk RCMP wishes all the people that we take care of a very Merry Christmas and all the best in the new year," said Human.



cence may get revoked. In some regions, first-time offenders are prohibited from driving for a period ranging from several months to a year.

2. Your money

In addition to getting fined for the infraction, you'll need to pay for a lawyer. You can also expect to spend more on car insurance for many years to come. Additional expenses may be involved too. Depending on the circumstances, you may have to settle up with a victim or pay into a compensation fund. You may also need to pay for a breath alcohol ignition interlock device.

3. Your clean criminal record

If you're found guilty of driving under the influence, you'll end up with a criminal record, which could complicate many facets of your life, from landing a job to travelling.

4. Your job

If your job requires you to operate a vehicle (for example, if you're a trucker, delivery person or taxi driver) you may be forced to leave it. This may also be the case if your employer demands that you have a clean criminal record.

5. Your life

Impaired driving heightens your risk of being in an accident, and if you add poor road conditions to the equation, it could make matters worse. If you get into a car crash, you could be seriously injured or killed, or you could injure or kill your passengers or other road users.

If you plan to consume drugs or alcohol, make sure you have a safe way to get home. Call a taxi, hire an Uber or catch a ride with a friend.



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New trade priorities

By Cam Dahl, General Manager of Manitoba Pork

COVID-19 has caused the word pivot to be overused and abused, but I will use it again anyways. It is time

for a significant trade policy pivot from the Government of Canada to counter rising economic nationalism actively, address disruptions caused by the pandemic, and fix existing

trade agreements that are not living up to expectations.

Since the “free trade” election in 1984, Canadian trade policy has been revolutionized. We have gone from being reluctant partners in negotiations, leading with our defensive and protectionist positions, to a country with free trade agreements that span the globe. Canada is the only country with trade agreements that bridge Europe, North America, and Asia. Embracing trade liberalization has been good for every region of the country and virtually every sector of the economy, including agriculture. This sector continues to play an increasing role in the Canadian economy because of new markets and growing international access.

The pork sector in Manitoba delivers a prime example of the benefits of trade liberalization in agriculture. Ninety percent of eight million pigs raised by Manitoba farmers are exported annually, either as pork products or as live animals to the U.S. There has been approximately \$250 million of private equity invested in new barns or upgrades of existing infrastructure in the last five years. This growth in primary agricultural production has attracted investment in processing (making Winnipeg the bacon capital of Canada) and genetic services. It has resulted in significant development for our towns and rural communities. However, the world has changed, and the trade policy that facilitated this expansion must be adjusted if growth is to continue.

What needs to happen? First, we must ensure that the signed trade agreements are working as advertised. For example, let’s take the Comprehensive Economic and Trade Agreement (CETA) with the European Union (EU). CETA was supported



Cam Dahl
Manitoba Pork General Manager

and welcomed by the 90 percent of Canadian agriculture that depends upon exports for market access and price determination. The agreement is five years old, yet we are still waiting to realize the potential celebrated when it was signed.

What is the problem? While EU food exports to Canada are up substantially, EU countries use non-tariff barriers to block our products. As a result, increased Canadian agriculture and food exports to the EU remain negligible at best.

What is the solution? Canada needs to put additional resources into fighting against unjustified regulations, and we need to use dispute mechanisms built into trade agreements to challenge EU impediments. Before negotiating different trade deals, we need a strong policy commitment from the Government of Canada that there will be enforcement of the agreements we already have.

Canada also needs to proactively respond to potential importer concerns

Continued on page 29

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We hope it's the type of season that fills your heart and home with hope, warmth and great joy! As we wrap up a most eventful year, we are especially grateful for the trust and support of this community. Our commitment to quality reporting and service to our neighbors here remains as strong as ever, and we wish everyone peace and good health in 2022 and beyond.

Delivering our thanks and warmest wishes - your community newspaper team.

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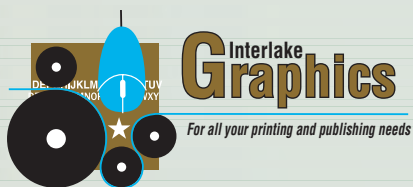
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3rd ANNUAL 2022 HOLIDAY FAVOURITE Recipes

Beverages

Hot Cran-Apple Cider

- ¾ tsp whole cloves
- 1 medium navel orange
- 1 medium lemon
- 4 cups apple cider or juice
- 3 cups cranberry juice
- 2 tbsp brown sugar
- 2 cinnamon sticks (3 inch)

Insert cloves into orange. Cut orange and lemon into slices. In a large saucepan combine the remaining ingredients. Add slices. Bring to boil, reduce heat and simmer uncovered 30 minutes. Remove cinnamon sticks and fruit slices before serving. Serves 6-8.

- Margaret Hyrciw, Selkirk

Salads

Holiday Fruit Salad

- 1 can mandarin oranges, drained
- 1 can pineapple chunks, drained
- 1 can fruit cocktail, drained
- 1 ½ cups small marshmallows
- 1 cup long coconut
- 1 ½ cups sour cream
- 1 tsp vanilla
- ¼ green maraschino cherries, optional

Mix together and let stand overnight to blend flavors.

- Karen Makowski, Pilot Mound

Soups

Cabbage Roll Soup

- 1 lb lean ground beef
- 1 onion, chopped
- 1 tsp salt
- ½ tsp black pepper
- 2 tbsp olive oil
- ½ small green cabbage, finely shredded
- 5 tbsp tomato paste
- 1 can (28oz) diced tomatoes
- 10 cups water
- ½ white rice, uncooked

1. Sauté beef in dry, non-stick frying pan until cooked through. Add to soup pot.
2. In frying pan sauté onion, salt, pepper in olive oil until onion is soft. Add cabbage and cook until it starts to wilt.
3. Add onion cabbage mixture to soup pot with beef. Add tomato paste, diced tomato and water.
4. Cover pot. Bring to boil on high heat. Reduce heat. Simmer half hour.
5. Add rice and cook until rice is tender.

- Margaret Hyrciw, Selkirk

Main Courses

Emilie's Tourtiere

Filling:

- 4 pounds lean hamburger
- 3 pounds lean ground pork
- 1 envelope onion soup mix
- 1 heaping teaspoon cinnamon
- 1 heaping teaspoon cloves
- 1 heaping teaspoon allspice
- 1 teaspoon garlic salt
- 1/2 tsp celery salt
- 1 cup or more chopped onion
- 1 cup beef bouillon

Cook all together on medium heat, stirring often until meat is cooked. Let cool. Remove excess fat when meat mixture has cooled. Meanwhile boil 4 large potatoes - mash when done. Add to cooled meat mixture.

Pastry:

- 9 cups flour
- 1 ½ pounds tenderflake lard
- 2 tsp salt
- 6 tsp baking powder
- 2 eggs
- 2 tbsp vinegar
- Ice water

Divide flour into 2 bowls and whisk with salt and baking powder. Cut in cold lard with pastry blender until mixture is crumbly. Beat eggs with vinegar and add ice water to make 2 cups. Add 1/2 of liquid to each bowl of flour mixture and mix until pastry comes together. Wrap dough in plastic wrap and let sit for a few hours.

Beat 1 egg with 2 tbsp water and brush on top of crust. Bake double crust pies at 375° for 15 - 20 minutes, reduce heat to 350° bake for 30-40 minutes till top crust is nicely browned.

This is a large recipe and should make 6 deep dish tourtieres (9-inch pie plates). When pies have cooled, they can be frozen, well wrapped in foil and placed in freezer bags. To reheat, thaw pie in fridge overnight and put in 350° oven until filling is bubbling.

A French Canadian favorite - my mom called it "La tourtiere des habitants". A favorite Christmas dish, served with turkey and all the trimmings.

- Edna McRae, Marquette

The Best Broccoli Casserole

- ¾ cup Cheez Whiz
- 1 can mushroom soup
- 2 cups broccoli tops
- ½ cup diced celery
- ½ cup diced onion
- 1 ½ - 2 cups cooked rice

Combine all ingredients and bake for 40 minutes at 350° uncovered.

- Bonnie, Petersfield

Vickie's Baked Rice

- 1 cup rice
- 2 tsp chicken or beef bouillon
- 1/8 tsp garlic powder
- 2 tbsp butter

Soak rice in hot water for 1 hour. Combine bouillon, garlic and butter in 1 ½ cup boiling water. Strain rice and add to the above mixture. Put in casserole and bake 1 hour.

- Bonnie, Petersfield

Baking & Desserts

Pumpkin Pie Fudge

- 4 cups white chocolate chips
- 1 cup sweetened condensed milk
- 2 ½ tbsp pumpkin purée
- 1 tsp vanilla
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 tsp cloves
- 1 tsp pumpkin pie spice

Melt chocolate (1 microwave on defrost). Add the rest and mix well.

Put it in a parchment paper lined pan. Put in the fridge for a few hours to chill and harden. Cut in small pieces and store in the freezer. Then it's very conveniently ready to go so you can serve a quantity you want (a little or a lot).

- Patsy Zdrill, Selkirk

Baking & Desserts

Cranberry Bliss Bars

Ingredients:

FOR THE CRANBERRY WHITE CHOCOLATE CHIP BLONDIE BARS:

- 1 cup butter, softened
- 1 1/2 cups brown sugar, packed
- 2 eggs
- 1 teaspoon vanilla extract
- 2 teaspoons orange zest
- 1/2 teaspoon ground ginger
- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup white chocolate chips
- 1 cup dried cranberries

FOR THE CRANBERRY WHITE CHOCOLATE CREAM CHEESE TOPPING:

- 8 ounces cream cheese, softened
- 2 cups icing sugar
- 1 tablespoon orange juice
- 1 cup white chocolate chips
- 1/3 cup dried cranberries

Directions:

FOR THE CRANBERRY WHITE CHOCOLATE CHIP BLONDIE BARS:

1. Cream the butter and sugar before mixing in the eggs, vanilla, orange zest and ginger.
2. Mix the flour, baking powder and salt before mixing into the wet ingredients followed by the white chocolate chips and dried cranberries.
3. Pour the batter into a greased 8x13 inch baking pan and bake in preheated 350F oven until a toothpick pushed in the center comes out clean, about 20 minutes, before setting aside to cool.

FOR THE CRANBERRY WHITE CHOCOLATE CREAM CHEESE TOPPING:

4. Mix the cream cheese, icing sugar and orange juice.
5. Melt the white chocolate in a microwave or over a double boiler and mix half of it into the cream cheese frosting.
6. Spread the cream cheese frosting over the bars, sprinkle on the cranberries and place the remaining melted white chocolate in a small ziplock bag, make a small cut in the corner and squeeze the chocolate over the bars in desired pattern.
7. Let cool, slice and enjoy!

Wishing you the most wonderful holiday season!



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3rd ANNUAL 2022 HOLIDAY FAVOURITE Recipes

Baking & Desserts

Chocolate Caramel Squares

Base:
1 cup flour (generous)
½ cup butter
¼ cup sugar
Pinch salt

Filling:
½ cup butter
½ cup brown sugar (packed)
2 tbsp golden syrup
2/3 cup condensed milk (1/2 tin)
Few drops vanilla

For base, rub butter into dry ingredients. Press into 8" x 8" pan. Bake in 335° oven for 25 minutes.

For filling, put in saucepan, stir over gentle heat until sugar is dissolved. Bring to a boil. Boil gently for 10 minutes. Add vanilla. Beat well, pour over base. Let cool.

Icing:

Cut up milk chocolate bar, put in bowl, and stand in a pot of hot water until chocolate is melted. Beat until smooth. Spread evenly over filling. Cut into small squares.

This slice is so delicious! My mom brought the recipe from Scotland in 1969 when she went on a trip with her sister. It's been a favorite in our family ever since. A MUST every Christmas!

- Sylvia Thorgilsson, Lundar

Man Candy

1 lb bacon, cut into thirds
1 lb smokies (or small sausages or wieners canned mini)

Preheat oven to 375°. Cut the bacon into thirds and wrap each sausage. Place all in a single layer in a glass baking dish.

Melt: 1 stick butter
Add: 1 cup brown sugar

Stir until mixed well. Pour mixture over sausages. Take another cup of brown sugar and sprinkle over sausages. Bake at 375° for 15-20 minutes. Turn heat to 400° for 5 minutes or longer until bacon becomes crispy.

- Margaret Hyrciw, Selkirk

Hermit Cookies

1 cup shortening	½ cup butter
1 ½ cup brown sugar	4 eggs
2 cup raisins	2 cup nuts
2 cup dates	½ tsp vanilla
1 tsp nutmeg	2 tsp cinnamon
4 cup flour	1 tsp baking powder
1 tsp baking soda	

Mix and sift together the dry ingredients. Cream butter and shortening, add sugar and cream again and add beaten eggs and vanilla. Add 1/3 flour mixture and fruit and nuts. Mix. Add the rest of flour mixture and mix thoroughly. Drop by tsp on greased cookie sheet. Bake at 350° 15 to 20 minutes. Convection oven 325° for 15 to 17 minutes.

This recipe was given to my mother by her neighbor Mrs. Homage in approximately 1954. It has become a family favorite, baking each year before Christmas. We found freezing them – they taste better as they become more moist.

- Michael Michaluk, Gimli

Helen's Mandarin Orange Cake

2 cups flour	2 cups sugar
2 tsp baking soda	1 tsp salt
2 eggs	
2 cans of mandarin sliced oranges	

Drain one can of juice – keep oranges on the side. Mix all other ingredients (including can of oranges, with juice). Beat well. Then add the other can of oranges, mix slowly to break up slices into small pieces, but not all the way. Cook 350° oven, for 25 to 30 minutes. Should be slightly brown on top. Use 10 X 14 inch pan or similar. When cool make cream cheese icing.

1 ¼ cup icing sugar
¼ cup butter
4 oz cream cheese (1/2 a block)
1 tsp white vanilla
Stir until very soft and smooth
Apply to cool cake

This is my mother's recipe for one of the best cakes she's ever made (and she does a lot of baking). Her name is Helen Bretchka, from Tyndall.

- Debbie Kashuba, Lockport

Raspberry Delight

Base:
2 ¼ cups Flour
2 tbsp Sugar
¾ cup Margarine

Filling:
1- 8oz pkg cream cheese
1 cup Icing Sugar
1 tsp Vanilla
1/4 tsp Salt
2 cups Whipped Topping

Topping:
1- 6 oz pkg (large box) Raspberry Jell-O
2 cups Boiling Water
2 pkgs 10 oz each Sweetened Frozen Raspberries

Additional Whipped Topping

Mix base ingredients and bake in an ungreased 13 x 9 pan at 300° for 20 minutes. Cool. Mix cream cheese, icing sugar, vanilla and salt. Fold in topping. Spread over base. Dissolve gelatin in boiling water, stir in raspberries. Chill for 20 minutes or until mixture begins to thicken. Spoon over filling. Refrigerate until set. Top with additional whipped topping. Enjoy!

Rolo Cheesecake Bars

Ingredients

FOR THE CRUST:
1 1/2 cups graham cracker crumbs
1/4 cup sugar
6 tablespoons butter, melted

FOR THE CHEESECAKE:
8 ounces cream cheese (at room temperature)
1/3 cup caramel sauce
1/3 cup sugar
1 egg
1 1/2 teaspoons vanilla extract
1 1/2 cups mini-Rolos

FOR THE CHOCOLATE GANACHE:
8 ounces dark chocolate
2 tablespoons butter
1/4 cup caramel sauce

Directions

FOR THE CRUST:

1. Mix the graham cracker crumbs, sugar and butter. Press into the bottom of a greased 8-inch square baking pan.
2. Bake in a preheated 350F oven until lightly golden brown, about 8 to 10 minutes and set aside.

FOR THE CHEESECAKE:

3. Cream the cream cheese, mix in the caramel sauce followed by the sugar, egg, vanilla extract and finally the mini-Rolos. Pour the mixture into the baking pan.
4. Bake in preheated oven 350F until the cheesecake is set, about 30 to 35 minutes, set aside and let cool.

FOR THE CHOCOLATE GANACHE:

5. Melt the chocolate and butter in a double boiler, mixing until smooth. Pour the chocolate over the cheesecake.
6. Place the caramel sauce in a small ziplock bag, make a small cut in the corner and squeeze the caramel out creating lines across the chocolate.

Soft Ginger Spice Cookies

2 cups all purpose white flour
1 tsp baking powder
½ tsp baking soda
¼ tsp salt
1 ½ tsp ground ginger
1 tsp ground cloves
1 tsp ground nutmeg
¾ tsp cinnamon
½ cup butter or block margarine
½ cup Crisco or vegetable shortening
¾ cup plus 2 tbsp, packed light brown sugar
2 ½ tbsp molasses
1 large egg
¼ tsp finely grated orange zest
¼ cup sugar for topping

Preheat oven to 375°. Grease baking sheet. Mix together dry ingredients in a medium bowl. In a large bowl or stand mixer, beat together the butter, brown sugar and molasses until well blended and fluffy. Beat in egg and orange zest until very well blended. Beat in half of the flour mix until well blended. Beat in the remaining flour until evenly mixed. Let dough stand 5 minutes to firm up. Shape dough into generous 1 inch balls. Put the ¼ cup sugar into a shallow dish. Roll balls in sugar until lightly coated. Place on baking sheet approx. 2 ½ inches apart. Pat down the cookie tops slightly. Bake 8 to 10 minutes or until barely firm and faintly brown. Let stand until cookies firm up slightly.

- Karen Makowski, Pilot Mound

Sugar Cookies

1 1/3 cup butter at room temperature
2 ½ cup sugar
4 eggs
4 tsp vanilla
5 cup flour
2 tsp baking powder
1 tsp salt

Cream together butter with sugar. Beat in eggs one at a time and add vanilla. In separate bowl combine flour, baking powder and salt. Stir into creamed mixture. Don't overmix as it makes the cookies tough. Divide into 4 and refrigerate. This keeps well for up to a month in fridge.

Roll out dough about ¼ inch thick and cut into shapes. Bake at 375° for 10 - 12 minutes. Decorate when cool. They should be layered between parchment paper and sealed in an airtight container. These freeze well. This recipe is very well loved by adults and children alike, and many times has been requested!

- Milly Beirnes, Stony Mountain

Delicious Rice Pudding

1 tin coconut milk
2 cups skim milk
1 cup short grain rice
¼ cup sugar

Mix and put in pot. Stir often. Ready when rice is soft. You can add some raisins and ¼ tsp cinnamon. At Christmas put a spoon of Cool-Whip topped with red and green cherries.

- Merle Willis, Petersfield

MAY YOUR DREAMS BE MERRY & BRIGHT

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- Donna, Rita, Pamela & Carla

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> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Spinach Christmas Tree Salad

Servings: 6
 2 packages (5 ounces each) Fresh Express Baby Spinach
 1/2 cup dried cranberries, divided
 1/3 cup pistachios, divided
 1/2 cup feta cheese, divided
 1 red pepper, cored, cut into thin strips
 1 large apple, thinly sliced, cut into star shapes
 Dressing:
 1 cup whole berry cranberry sauce
 3 tablespoons cranberry juice
 2 tablespoons balsamic vinegar
 2 tablespoons honey
 1/4 cup olive oil
 1 tablespoon light brown sugar

1/4 teaspoon salt
 In large bowl, toss baby spinach with 1/4 cup dried cranberries, 1/6 cup pistachios and 1/4 cup feta cheese. Transfer to Christmas tree cake mold. Neatly arrange spinach leaves to create smooth surface.

Arrange red pepper strips, trimming as needed, to create garland. Arrange remaining dried cranberries, remaining pistachios and remaining feta cheese as "ornaments" on top of spinach. Create tree topper with one apple star; place remaining apple stars around "tree."

To make dressing: In blender, process cranberry sauce, cranberry juice, balsamic vinegar, honey, olive oil, brown sugar and salt until smooth.

Creamy Au Gratin Potatoes with Kale and Gruyere

Recipe courtesy of Wisconsin Potatoes
 1 1/2 cups heavy cream
 1/2 teaspoon salt
 1/2 teaspoon black pepper
 2 cloves garlic, smashed
 3 sprigs fresh thyme
 2 tablespoons butter
 3 cloves shallots, diced
 4 large kale leaves, finely chopped (discard stems)
 2 pounds red potatoes, sliced 1/8 inch
 2 ounces gruyere cheese, grated
 1 ounce Parmesan cheese, grated
 Heat oven to 325 F.

In small saucepan over medium heat, combine cream, salt, black pepper, garlic and thyme; stir constantly, until cream starts to bubble, 4-6 minutes. When bubbling, remove from heat and stir until slightly cooled. Let cream sit.

Heat large (12-inch) oven-safe skillet over medium-high heat. Add butter. When butter melts, add shallots and kale leaves. Sauté until kale is tender and bright green, about 4 minutes. Turn off

burner.
 Add sliced potatoes to skillet, fanning over top of kale.

Use slotted spoon to remove garlic and thyme from heavy cream. Pour heavy cream over potatoes.

Cover skillet tightly with foil and bake until potatoes are tender, 75-85 minutes.

Remove skillet from oven and turn on broiler. Discard foil.

Sprinkle gruyere and Parmesan cheeses over potatoes, tucking some cheese between potato slices.

Return skillet to oven and broil until top is golden brown, 5-6 minutes.

Cranberry Cheesecake

Prep time: 45 minutes
 Cook time: 1 hour, 15 minutes
 Cranberry Compote:
 2 cups fresh cranberries
 1 cup C&H Light Brown Sugar
 1/4 cup freshly squeezed orange juice
 1 teaspoon freshly grated orange zest
 Crust:
 2 cups graham cracker crumbs
 6 tablespoons unsalted butter, melted

Expert patient here to help!



Susie Schwartz

Take the day off!

I mean yes, from work if you can, but I'm talking about your health troubles.

Christmas Day and New Year's day are two of the very few days of the year when doctors and clinics don't schedule medical appointments and procedures. As long as they don't get called out for an emergency surgery or are needed on a ward or are in the ER, they'll be trying to sleep in while their kids pounce on them in the wee hours of the morning begging to see what Santa brought them.

The lab and x-ray techs and diabetes nurses, well, they'll also be in their pjs for an extra couple of hours until their in-laws descend upon them for turkey and stuffing.

So I say, take the opportunity to give yourself a break. Wear your

pyjamas for too long and delight in your children or new puppy. (? Oh I hope you get a new puppy!) Try not to think about your next appointment or chemo treatment or endoscopy.

I'm not saying it will be easy. I have to get my two big toenails ripped off in January. Needless to say, it's on my mind. But I am going to try to revel in every moment of the celebratory days with family and friends this season, and put my toenails in a box. (Not a cardboard one. Gross. And they're not off yet. No, a mental one. Metaphorically.)

Of course, you still have to take care of your needs that day. I'll be pumping (extra!) insulin and scanning my blood sugar monitor and taking my medication – there's no choice in that. As much as I want to forget it all, I have to be smart. And you do too. But maybe if we can package up the extra worries and upcoming appointments, our Christmas will be just a little less heavy.

And we could all use a little less heavy, right?

So go get distracted in all of the festivities and take that break. You deserve it.

Merry Christmas everyone, and Happy Holidays.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suscha, and lesshealthstress.com

3 tablespoons C&H Light Brown Sugar
 1/4 teaspoon salt
 Cheesecake:
 3 packages (8 ounces each) cream cheese, at room temperature
 2 cups C&H Organic Raw Cane Sugar
 3 tablespoons all-purpose flour
 2 teaspoons pure vanilla extract
 1/4 teaspoon salt
 4 large eggs, at room temperature
 1/2 cup sour cream, at room temperature

1/2 cup cranberry compote
 fresh cranberries
 sugared cranberries
 rosemary sprigs
 whipped cream

To make cranberry compote: In medium saucepan, bring cranberries, brown sugar, orange juice and orange zest to boil. Lower heat and simmer 10-15 minutes, or until most cranberries burst. Remove from heat. Cool completely at room temperature then transfer to bowl; refrigerate.

To make crust: Preheat oven to 350 F. Butter 8-inch springform pan and line bottom with parchment paper. Set aside.

In medium bowl, mix cracker crumbs, butter, brown sugar and salt. Press

crumb mixture into bottom of prepared pan. Bake 15 minutes. Remove from oven and set aside. Reduce oven temperature to 325 F.

To make cheesecake: In bowl of electric mixer fitted with paddle attachment, beat cream cheese at medium speed until smooth. Add cane sugar and beat 2-3 minutes. Scrape sides of bowl as needed. Add flour, vanilla and salt. Beat 1 minute until incorporated.

Add one egg at a time, mixing until incorporated. Add sour cream and mix 1 minute. Scrape sides of bowl as needed. In medium bowl, mix half of cheesecake batter with 1/2 cup cranberry compote.

Wrap springform pan with aluminum foil and place in large roasting pan. Pour cream cheese and cranberry mixture into prepared pan. Top with remaining cream cheese batter. Place roasting pan in oven and add hot water to 1-inch of springform pan. Bake 1 hour, 15 minutes, or until cake looks set in center. Remove from oven and rest 1 hour. Refrigerate in pan overnight.

Decorate cake with fresh and sugared cranberries, rosemary sprigs and whipped cream.

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 In 51 Numbers

4 **\$1,054+ POKER FLUSH**

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Federal and industry investments advance local innovation farm

By Raegan Hedley

Manitoba is home to its first full-scale innovation farm in Grosse Isle thanks to an injection of federal and industry funding. On Oct. 20, the Enterprise Machine Intelligence and Learning Initiative (EMILI) announced approximately \$2.5 million in federal funding, in addition to \$6 million in industry investments from Farm Credit Canada, Enns Brothers Ltd, The Family of Jake Enns Ag Innovation Legacy Fund, John Deere Canada, Rutherford Farms and Access Credit Union. The total investment is over \$8 million.

"The projects we are undertaking represent a big investment in the future of digital agriculture," says Jacqueline Keena, Managing Director at EMILI. "This will accelerate innovative technologies and provide people with the skills and training required for a sustainable and economically resilient digital agriculture industry for generations to come."

Innovations Farms Powered by AgExpert is located on Rutherford Farms in Grosse Isle, a full-scale commercial seed farm that has been growing, processing and retailing seed for over 70 years.

"With the ability to place sensors and conduct testing across 5,500 acres – including 100 acres set aside to test and validate new hard and software technologies – this is the largest farm of its type in Canada," says Keena.

EMILI approached Rick Rutherford, president of Rutherford Farms, three years ago about a project. The University of Winnipeg needed a place to do photo imaging on crops.

"They had a person come out and attach a GoPro to the tractor and go through a series of crops. The data was sent back to the University of Winnipeg, and they started building algorithms that could tell you what crop or weed it was," says Rutherford. "This gives them the power to verify using nothing but a camera and an algorithm."

"Companies looking to do advanced sensing could use these algorithms to determine what weeds are becoming present and apply chemicals as required, instead of blanketing the whole field."

With support from the recent funding, ten projects are being tested at Innovation Farms Powered by AgExpert, and Rutherford says there's future potential for 20 or 30 projects. Some are through EMILI, and some come straight to Rutherford Farms for the same reason EMILI did: Rutherford Farms has data on every operation they've done on the farm since 2014, which is rare.

"For some of the projects we get into, to have this data set is extremely interesting to researchers, and in some cases, commercial groups."

Another exciting project on Innovation Farms Powered by AgExpert involves four advanced weather stations with cameras about 100 yards apart. Rutherford says they use remote sensing to determine if there are bugs in the field.

"They use cameras that are looking from two different angles to determine if things like flea beetles are present in canola crops, right down to how many," says Rutherford. "When you start loading in the weather data on things like ground moisture and relative humidity...all of a sudden, you have a much more vibrant and robust scouting of the field."

Rutherford says technology like this would never replace an agronomist; it would just add tools to their toolkit and help with early detection.

"If you look at what it costs for people to walk the fields and observe, or have an agronomist look at the fields...there could be a huge benefit for farms."

EMILI Board Chair and Enns Brothers President & CEO Ray Bouchard says, "we intend to use this space to develop real-world digital ag solutions that will give Canadian producers the edge in a quickly changing industry."

Innovations Farms Powered by AgExpert is an innovation incubator and proving ground for academic partners and commercial companies. Start-ups might begin on 100 acres, but Rutherford says the goal is commercialization, which means it has to work on several thousand acres.

"It's not about proving the technology on small or medium-sized plots, and that's it...the idea of this is being able to take tech to a commercial farm to see if it delivers a return on investment," says Rutherford. "We may be able to put a stamp of approval on certain things, and we may not."

"Hopefully, there are some success stories we can share with our customers, but the big picture is creating success stories that will be shared with the ag industry and across Western Canada," says Rutherford.

In addition to funding Innovation Farms powered by AgExpert, EMILI is planning to develop an agriculture innovation platform to collect and share results globally, increasing opportunities for collaboration and knowledge sharing.



PHOTOS SUBMITTED

A Rutherford Farms employee doing passes across the field for the University of Winnipeg crop imaging project. The algorithms they are building are similar to those you'd find in an app that can identify different flowers from a photo.



One of many weather stations on Innovation Farms Powered by AgExpert. Not only does this station collect weather data, but it can also detect things like pests using cameras.

Kaleb Dahlgren shares his story of gratitude, healing

By Ashleigh Viveiros

Humboldt Broncos bus crash survivor Kaleb Dahlgren was in Winkler last week to share his story of resilience and healing.

The crash that killed 16 of his teammates in 2018 was a crossroads moment in his life, reflected Dahlgren, who attributed the challenges he grew up with to helping create a mindset that allowed him to work through the pain and loss.

Dahlgren was diagnosed with Type 1 diabetes at the age of four. It meant a childhood filled with frequent glucose monitoring, carbs counting, and countless needles.

He came to a powerful realization at a very young age:

"I really figured out to find the positive over the negative. Because living with a disease is difficult, but having a negative mindset makes it twice as hard."

Finding silver linings wasn't always easy, Dahlgren noted as he shared some of the difficulties he faced as a teen: a father with medical issues who needed constant care, the loss of a friend in a car accident, the death of a mentor to cancer.

But he realized, during a "Challenge Day" exercise in high school, just how

lucky he truly was.

He had a loving and supportive family, had never worried about where his next meal would come from, never felt unsafe in his home, had never been discriminated against, and had the financial support to pursue his dreams, including his love of hockey.

He'd gotten a huge head start in life.

"That was when it hit me that I was very, very privileged and I was fortunate enough to be in the position that I was," Dahlgren said.

Feeling called to give back in some way for all these blessings, Dahlgren founded an advocacy program dubbed Dahlgren's Diabeauties, which provides guidance and support for kids living with the disease.

Participants get to attend a hockey game, meet the players, drop the puck, and enjoy having hundreds of fans cheer them on.

"For me, that was something I really wanted was for my Diabeauties to feel special and beautiful for their differences, uplifted, rather than negative and sad and special in a bad way," Dahlgren said.

That program began around the same time Dahlgren was traded to the Humboldt Broncos in 2017.

Reflecting on his season with the



Kaleb Dahlgren signs a copy of his book, *Crossroads: My Story of Tragedy and Resilience* as a Humboldt Bronco, during his visit to Winkler last week.



PHOTOS BY ASHLEIGH VIVEIROS

Humboldt Broncos bus crash survivor Kaleb Dahlgren spoke at the Winkler concert hall last week.

junior hockey team—one that ended prematurely during the spring playoffs when the team bus collided with a semi-truck that had run a stop sign at a rural Saskatchewan intersection—Dahlgren shared that they were very much a family.

"Humboldt was truly incredible. It was a bond that you don't usually get. It's one of those special, rare bonds," he said, recalling team bonding exercises and friendships forged between teammates and staff members alike. "We loved being around each other. I think that was something that was special about the team, about the organization. They brought in good people."

April 6, 2018 was a day like any other, Dahlgren observed.

The team was heading to play a road game against the Nipawin Hawks, who were leading the playoff series three games to one.

Dahlgren recalled he was sitting in row 12, in the aisle seat. As was his custom, he was using the drive to get his head in the game.

"I like to visualize and get into my own head space ... I close my eyes, listen to music, put in my headphones. And boom—everything went black."

Dahlgren has no memory of the crash itself or the carnage afterwards, though he was told he was up walking around, trying to help fellow victims, before emergency personnel arrived.

"I woke up in a hospital. Confused. I didn't know what had happened."

Fourteen of the 29 people on the bus that day died at the scene. Another two succumbed to their injuries in hospital. Thirteen others were injured, many severely, including Dahlgren.

He suffered a severe traumatic brain injury, a broken neck, broken back, fractured skull, nerve and muscle damage.

In the week after the accident, he was unable to retain short-term memories. His parents had to tell him again and again what had happened.

"The hardest thing wasn't my injuries," Dahlgren said. "The hardest thing and the most painful thing was losing 16 people that I considered to be family."

He struggled to understand why he survived while friends sitting right beside him perished.

As he worked to heal his body, Dahlgren found himself leaning on that positive mindset he'd always had to try and find a measure of peace and acceptance.

"I knew I had to focus on the things I could control," he said, noting that didn't include the crash itself or the damage it left behind. "What was in my control was how was I going to react to this?"

"I decided to focus on these things: how was I going to become the best version [of myself] I could be? Was I going to take a step forward or a step

"I KNEW I HAD TO FOCUS ON THE THINGS I COULD CONTROL."

Continued on page 29

> DAHLGREN, FROM PG. 28

back ... do I want to continue living my life to the fullest? How was I going to continue to move forward?"

Above anything else, Dahlgren felt a keen sense of gratitude.

"I was grateful to even know those 29 on the bus, to know the community, to know the team, to be a part of that organization," he said. "I was grateful I was here to see another day."

"Gratitude is such a beautiful thing. A lot of people get mixed in the sauce of life and they miss that gratitude element ... there's so much to be grateful for."

That said, his gratitude was tempered with survivor's guilt. While grappling with that, Dahlgren tried to put himself in the shoes of the people

he had lost, including his best friend. What if the roles were reversed?

"How would I want him to react? How would I want him to think about this? Would I want him to be sad, angry, mad? No. Not at all I'd want him to pursue his dreams, his passions. To make the most of his life. To take this opportunity he's got and run with it."

Dahlgren has tried to do just that in the years since the crash.

Against the advice of his doctors and family, Dahlgren opted not to take a year off to heal at home but instead took York University up on their hockey scholarship offer, though it was likely he would have to spend the next few years with them on the bench due to his injuries.

He got a degree in commerce and today is studying to be a chiropractor,

with dreams to work with professional athletes after graduation.

He's also written a book about his experiences, *Crossroads: My Story of Tragedy and Resilience As a Humboldt Bronco*, one he hopes will inspire others to overcome whatever life might throw at them.

"The idea was to help other people," he said, explaining the book grapples with topics that include grief, perception, resilience, mental health, community, and diabetes and brain injury awareness. "So many things that I think are so valuable and need to be discussed more in this world."

Dahlgren has donated the proceeds from the book to the STARS air ambulance, which was on the scene that day helping to save lives.

Though he was never able to get

back on the ice as a competitive player—his head injury made it far too dangerous—Dahlgren recalled the day he laced up his skates for the first time just two months after the accident.

As he glided around the ice, Dahlgren felt, somehow, that his teammates were there with him.

"When I actually went out there, it didn't feel like myself. It felt like there was other people on the ice with me," he said, noting he's never been particularly religious, but this experience gave him goose bumps and made him feel closer to the teammates he'd lost. "It felt like there was more energy and a presence. I think that was something that's truly beautiful."

> PORK PRIORITIES, FROM PG. 22

on animal or human health matters. These issues need to be quickly resolved before they become trade barriers. Often, irritants percolate for months (or even longer) before they turn into full-blown trade barriers. How do we prevent irritants from becoming barriers? One tool would be to place scientific and regulatory expertise from the Government of Canada in key trade regions. For example, scientists from the Canadian Food Inspection Agency could rapidly respond to questions from growing markets like Vietnam or the Philippines if they were already cen-

trally located in South Asia. Let's strategically place our technical resources to ensure small trade fires are put out before they become a blaze.

Strengthening the regulatory capacity of key trading partners is a second tool that the Government of Canada should explore. More than one trade battle has erupted because of a lack of understanding of the science behind Canada's regulatory system and how this scientific rigour can benefit importing countries. Canada's science-based regulators have a great deal to offer countries expanding their regulatory expertise. Let's make scientific,

regulatory exchanges and regulatory infrastructure development key components of our trade and international development policies.

The Government of Canada has announced the development of a new Indo-Pacific policy. This is positive as the region holds the largest potential for growth in demand for Canadian agricultural products. However, the plan must include specific targets for the expansion of agricultural trade. Not only will this provide growth opportunities here at home, but Canadian farmers can also help enhance regional food security while deepening ties with significant emergent economies.

To accomplish these goals, the Government of Canada needs to be practical. The Indo-Pacific policy needs to include specific objectives for science-based trade facilitation to prevent trade barriers from developing. Canada's Indo-Pacific policy should also embrace the idea of regulatory capacity building in key markets to help stabilize our trading relationships and ensure that the trade rules for goods moving both in and out of Canada are science-based. It is time our national policy moves beyond broad agreements and takes practical action that delivers results for Canadian farmers and the value chains they support.

Einarson wins her fifth career Pinty's Grand Slam of Curling

By Ty Dilello

Gimli's Kerri Einarson captured her fifth Grand Slam of Curling event of her career last weekend at the WFG Masters in Oakville, Ontario.

Einarson and her rink of Val Sweeting, Shannon Birchard and Briane Harris needed an extra end in the championship final to defeat Ontario's Rachel Homan 6-5 on Sunday afternoon.

Einarson opened the game with a deuce, but Homan moved in front with a three-ender in the fifth. Einarson answered with a pair in the sixth, and the teams blanked the seventh. Homan took one in the eighth end to force an extra end.

Facing two Homan counters, Einarson made a double takeout with her final rock for a dramatic victory. Einarson cashed in for a whopping \$35,000 with the Grand Slam title.

Italy's Joel Retornaz claimed the men's title at the WFG Masters with a 6-2 win over Scotland's Bruce Mouat.

Retornaz got off to a strong start, scoring in each of the first four ends to

take a 4-0 edge. After Mouat notched a deuce in the fifth, Retornaz sealed Italy's first major men's curling victory after adding two more points in the following two ends.

On the local curling front, the MCT Tour Championships were held last weekend in Carberry. Ten men's teams and three women's teams competed for cash and provincial berths.

In the men's event, Brandon's Steve Irwin (Travis Taylor, Travis Brooks, Travis Saban) punched their ticket to the Viterro Championships after defeating Fort Rouge's Ryan Wiebe 7-4 in Sunday afternoon's final. Wiebe already had earned a CTRS berth for the Viterro Championships, which will be held in Neepawa in February.

On the women's side, Miami's Lisa McLeod (Janelle Lach, Hallie McCannell, Jolene Callum) was victorious after defeating Carberry's Alyssa Calvert in the final. With the win, McLeod will be headed to the Manitoba Scotties Tournament of Hearts which will be held in East St. Paul in January.



RECORD PHOTO SUBMITTED

Gimli's Kerri Einarson (Val Sweeting, Shannon Birchard, Briane Harris) captured her fifth Grand Slam of Curling event of her career last weekend at the WFG Masters in Oakville, Ontario.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gayleard named MCAC Athlete of the Week

By CMU

In one of the Canadian Collegiate Athletic Association (CCAA) marquee matchups during week six of the 2022-23 Manitoba Colleges Athletic Conference (MCAC) men's volleyball season, the defending champion Canadian Mennonite University (CMU)

Blazers rolled into the holiday break with another important victory.

Third year left side Cameron Gayleard helped on both offence and defence for the week ending on Dec. 4.

The Selkirk native led the team with 10 kills on an impressive .476 hitting efficiency and 13.5 points along with



RECORD PHOTO SUBMITTED

The CMU Blazers' Cameron Gayleard was recently named the MCAC Athlete of the Week.

Dominating on the ice



RECORD PHOTO SUBMITTED

Callie Ogal came in first place in Juvenile U12 at the Gordon Linney Open last weekend in Portage la Prairie. She had a personal-best score of 27.18, which was the highest score ever posted by a Manitoban at her level. That score was almost four points higher than Ogal's previous best.

nine digs plus three service aces in a home sweep of second place Providence University College (PUC) Pilots on Dec. 2.

Don Dulder, Blazers head coach stated, "Cam was sensational as he passed 2.26 which is very good. His attacking efficiency was off the charts. A good efficiency for a left side is 25-30 per cent. He also served extremely well getting Providence out of system 55 per cent of the time. Cam has been one of our most consistent performers. He is one of our captains who

leads by example."

CMU improves their conference win streak to six matches to complete the first half as they stand atop the MCAC standings with a 8-1 record and now three games clear of PUC. The Blazers also reached the highest position so far this season as they are 10th in the latest CCAA national rankings.

The Blazers and Galeard, a psychology student-athlete start, the second half at home by hosting Université de Saint-Boniface Les Rouges on Friday, Jan. 13.



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Thunder hand out awards



EXPRESS PHOTOS SUBMITTED

The Interlake Thunder recently handed out their season-ending awards. Pictured is Atom head coach Jared Boville in the back. Front, Most Outstanding Defensive Player Cooper Dickey, Most Outstanding Offensive Player Weston Pruen and Thunder Impact Player of the Year Titus Boville. Missing from the photo is Most Outstanding Lineman Ben Maruca. The PeeWee awards featured Most Outstanding Defensive Player Jayden Slatcher, Most Outstanding Lineman Brady Bilinsky and Thunder Impact Player of the Year Malaki Boville. Missing from the photo is Most Outstanding Offensive Player Christian Mozden. Varsity awards included Most Outstanding Special Teams Player Leif Robak, Lineman of the Year Reilly Olafson, Most Outstanding Offensive Player Dallas Batenchuk, Thunder Impact Player of



the Year Lucas Kmet, Rookie of the Year Ben Cook, Most Outstanding Defensive Player Jacob Naherney, Most Valuable Player Dwight Bell, and the Charlie Cooke Leadership Award went to Tucker Knutson.

Steelers stumble in three games last week

By Brian Bowman

A bad stretch late in the first period cost the Selkirk Steelers on Saturday against Waywayseecappo.

The Wolverines scored three goals in a 4:44 span on their way to a 6-3 victory in Selkirk.

Carson Baptiste led the winners with two goals and an assist while Nolan Grier, Owen Wheatley, Aiden Moser, and Leyton Smith also tallied.

Nolan Anderson, Mathieu Catellier, and Lucas Brennan replied for Selkirk. Brennan now has a league-leading 22 goals on the season.

Last Thursday, the Steelers were outscored 8-6 by the Wolverines in Waywayseecappo.

Aidan Anderson, Carter Cormier, Tyson Smith, Brandon Ambrozik, Brennan, and Owen Johnston scored for Selkirk.

Baptiste (four), Andrew Boucher (two), Caden Carlson, and Boone

Mathison replied for the Wolverines.

Baptiste scored three shorthanded goals and finished the game with six points.

On Dec. 6, the Steelers were stopped 5-2 by the Steinbach Pistons in Selkirk.

Selkirk's Ethan Brown and Steinbach's Nicholas Mikan traded power-play goals before the Pistons' Warren Clark, Landon Roberts, and Travis Hensrud tallied to put the Pistons up 4-1 just 17:10 into the game.

After a scoreless second period, Ambrozik scored a power-play midway in the third.

Steinbach's Leo Chambers closed out the scoring with six seconds left in the game.

Selkirk played the Winnipeg Blues this past Tuesday but no score was available.

The Steelers will visit Virden on



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers' Carter Cormier celebrates Ethan Brown's first-period goal against Steinbach on Dec. 6.

Friday (7:30 p.m.) and then host the Capitals Saturday (7 p.m.) to wrap up play for 2022.

Varsity boys 2-1 at season-opening tournament

By Brian Bowman

The Selkirk Royals finished with a 2-1 record at the JH Bruns Broncos' varsity boys' basketball tournament last weekend.

Selkirk started the tournament with a wild comeback in a thrilling 63-61 victory over

College Jeane Sauve. The Royals were sluggish in the first half and trailed 37-12 at the break.

Colby Klippenstein had a clutch basket and a pair of free throws to seal the win.

In its second game, Selkirk lost 73-55 to Garden Valley.

"(They were a) strong team, very athletic, (with a) 6-foot-10 centre and they had a couple other athletic 6-foot-3 dunkers," said Royals' head coach Dean Goodbrandson in an email. "We played very well (but) had major shooting woes. (We) got lots of good looks but could not finish."

Selkirk shot just 27 per cent from the field.

Liam Shedden led the Royals with 15 points and two steals while Milan Tomberli had 12 points, seven rebounds, and two steals.

Selkirk's third game saw the Royals defeat Steinbach 89-76.

"(It was our) best game," Goodbrandson said. "(We) came out on fire, it looked like the style of play we have been looking for. (We had) great defensive play which transitioned into easy buckets.

Tomberli had an awesome game with 24 points, 12 boards, and seven steals.

Justin Cabaneros also had a great game with 23 points, seven rebounds, and four steals. Shedden added 10 points, Adam Armstrong chipped in with nine points, and Jackson Doak added eight points and five assists.

Shedden was selected a tournament

all star.

Selkirk's KPAC home opener is this Wednesday when it battles Calvin Christian. The Royals will then head to Brandon for a tournament beginning Thursday.

In varsity girls' action, Selkirk lost 51-30 to the Maples Collegiate Marauders in the third-place game of an eight-team Tec Voc tournament last Saturday.

The Royals opened play with a 43-41 win over the Tec Voc Hornets and then were defeated 30-18 by the West Kildonan Wolverines.

Selkirk Royals' hockey teams in action

By Brian Bowman

The Selkirk Royals were defeated 6-2 by the Garden City Fighting Gophers in WSHL action last Friday at the Maples Multiplex.

Ryan Cromie and Brennan Feschuk scored for the Royals.

Garden City goals were tallied by Owen Lourenco (two), Lucas Desousa, Nixon Carriere, Parker Grift, and Jacob Chaytor.

Last Thursday, Selkirk was edged 4-3 by the Sturgeon Heights Huskies.

The Royals' Ben Desjarlais scored a goal and had two assists while Andrew Denoon added a pair of goals.

Joshua DeGagne, Ben McLean, Brady Thorsteinson, and Marks Antonijs replied for the Huskies.

On Nov. 5, the Royals were defeated 4-3 in a shootout by College Beliveau in Selkirk.

Drake Vermeulen, Mikey Monchak, and Cromie scored for Selkirk. Two of those goals came on the power play.

The Royals' Andrew Hladun had

two assists in the game.

Beliveau goals were tallied by Jayden Gauthier, Lucas Fraser, and Brock Masserey.

Selkirk hosted St. Paul's this past Monday but no score was available.

The Royals will play Oak Park this Wednesday (3:15 p.m.) at Eric Coy Arena.

In Manitoba Women's High School Hockey League action, Selkirk lost 3-2 in a shootout to the SJR Eagles last Thursday.

Elara Nazimek scored a pair of goals for Selkirk.

Eagles' goals were tallied by Pella Wright and Emma Thompson.

On Dec. 6, Selkirk was defeated 3-1 by Sanford.

Serena Reeb scored for the Royals while Ivy Bestland (two) and Ella Manness replied for the Sabres.

Selkirk will host the Lorette Scorpions this Thursday (4 p.m.) at the Recreation Complex.

Fishermen continue to reel in wins

By Brian Bowman

The Selkirk Fishermen continued their defensive dominance this season on Sunday.

Owen Derewianchuk made 21 saves in Selkirk's solid 3-0 road victory over the Comets in Beausejour.

It was his fourth shutout of the season and improves his record to 7-0-1 this season.

"We're solid (defensively), for sure, especially with two 21-year-old goalies with experience and a back end that has lots of experience," said

Fishermen head coach Chris Poponick. "The way that we're playing defensively right now, I couldn't ask for anything more. We're keeping the shots against down and we're keeping the big opportunities against down and then capitalizing enough to get us the (win)."

Izzy Aime, Carter Courchene, and Ryland Schroeder scored for Selkirk.

Offensively, the Fishermen have been led by Jordan Donald's league-leading 15 goals in just 11 games.

But besides him, Selkirk has four solid lines that can contribute.

"I really like seeing that parity across our team with points and everything," Poponick said. "We're getting lots from different lines and that makes us more difficult to play against. You can't just shut down one line because there's (another line) that's going to come back and bite you. And we've had some really good APs step forward for us which I am very happy with."

With Sunday's win, Selkirk improved its record to 14-0-1 this season and they lead the six-team league with 43 points, 13 points ahead of second place Arborg. Selkirk has played three fewer games than the Ice Dawgs.

"It's been a lot of fun and it's a good run," Poponick said. "At the same time, I keep telling the guys that somebody out there wants to stop this run and we have to be prepared every game and make sure that we're coming ready to go and delivering the best effort that we can each night. As we finish up December and get into January and February, they're more statement games getting us ready for the playoffs."

The Fishermen, meanwhile, are taking part in The Andrushko Family Kare Campaign Toy Drive in support of the Children's Hospital.

Come out to support the Fishermen this Sunday at 3:30 p.m. at the Recreation Complex versus the North Winnipeg Satellites. Bring a toy but please no plush toys.

Next Home Games

SELKIRK REC CENTRE
SUNDAY, DECEMBER 18th
vs North Winnipeg Satellites 3pm

TOY/TIN FOR THE BIN

The Selkirk Fishermen are taking part in The Andrushko Family Kare Campaign Toy Drive in support of the Children's Hospital. Come out to support the Selkirk Fishermen on Dec 18th. Bring a Toy! Please no plush toys.

Next Away Game Friday, Dec 16 - vs Lundar - 7:30pm



*Meet the
Fishermen*



#27 Julius Guimond
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Selkirk Record

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take a break > GAMES

SUDOKU

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

Level: Intermediate

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!

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

Sudoku Answer

E	G	A	D	V	N	A	R	N	E	S
R	V	D	V	R	R	E	D	E	I	F
I	T	E	R	E	X	V	R	S	V	O
S	S	E	N	D	E	X	V	N	S	E
S	V	O	R	O	G	V	R	H	I	L
J	D	S	J	V	O	S	E	R	O	W
O	W	N	S	W	A	N	O	D	N	E
H	O	V	E	R	M	V	R	S	T	I
R	E	L	E	W	E	T	E	L	O	R
B	V	M	V	N	H	V	R	d	H	L
A	V	D	V	R	S	O	V	N	S	
S	T	V	I	R	E	O	N	V	A	E
L	J	E	T	V	N	N	V	O	A	I
N	V	T	V	N	V	A	R	V	V	S
V	D	E	A	R	S	S	W	R	V	N

Crossword Answer



CROSSWORD

CLUES ACROSS

- Take weapons away from
- Soviet Socialist Republic
- Most ancient Hindu scriptures
- Actress Lathan
- Baseball's strikeout king
- British codebreaker Turing
- One who lives by disreputable dealings
- Tropical American plant
- Opposite of right
- Importance
- Monetary units
- Lawmen
- Cool!
- Affirmative answer
- Thrust horse power (abbr.)
- Bravo! Bravo! Bravo!
- Muslim nobleman
- About aviation
- Scientific instrument
- Protests strongly
- Not polished
- Grab
- Alias
- Large wrestler
- Relative quantities
- One who is big and awkward
- Sunscreen rating
- Atomic #90
- Mock
- Whales
- Peoples
- A state of being unclothed
- Ottoman military commanders
- Gatherer of fallen leaves
- Norse personification of old age
- Muslim mystic
- German river
- Measuring instrument
- Have witnessed
- Disallow
- Proverb

CLUES DOWN

- Union of Soviet Socialist Republics

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16					17					18			
19				20					21				
			22					23				24	
25	26	27		28			29				30		
31			32		33		34					35	
36				37		38			39				40
	41				42				43		44		
		45						46		47		48	
49	50		51			52				53			
54		55				56					57	58	59
60						61				62			
63						64				65			
66						67				68			

2. The back side of the neck

- A type of imine
- Black bird
- Partner to "Pa"
- Puts together in time
- Lucid
- Transmits genetic information from DNA to the cytoplasm
- Demonstrates the truth of
- Ancient Greek City
- Nishi language
- Slang for fidgety
- Southwestern farmers
- Metric weight unit
- Instant replay in soccer
- Less polished
- Popular pickup truck model
- Slang for a cigarette
- Large pile
- Solid geometric figure
- One from the Big Apple
- Male admirers
- Balsam is one
- Local area network
- Canadian law enforcers
- Koran chapters
- Cooperstown, NY museum (abbr.)
- Certificate (abbr.)
- An official who carries a mace of office
- Briefly in fashion
- Volcanic ash
- Dutch city
- Made of wood
- Legendary golfer
- Restaurant
- None
- Spanish city
- Stony waste matter
- Father
- Confederate soldier
- The ancient Egyptian sun god

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Email: news@stonewallteulontribune.ca

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: **VILMA JEANNIE RECKISEIDLER**, also known as **VILMA JEANNE RECKISEIDLER**, late of the Rural Municipality in St. Clements, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office, 22 Westgrove Bay, Selkirk, Manitoba, R1A 2H1, on or before the 30th day of January, 2023. DATED at Selkirk, in Manitoba, this 12th day of December, 2022. **HAMM LAW** Solicitors for the Executors Attn: Blake T. F. Hamm

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: **MARY ELISABETH CARTLIDGE**, late of the City of Selkirk, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at his office, 22 Westgrove Bay, Selkirk, Manitoba, R1A 2H1, on or before the 30th day of January, 2023. DATED at Selkirk, in Manitoba, this 12th day of December, 2022. **HAMM LAW** Solicitors for the Executors Attn: Blake T. F. Hamm

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ANNOUNCEMENT

BIRTHDAY



Happy 80th Birthday
Evelyn Kosack Schinkel
on December 22nd
-Love always, husband Reinhardt
and Godson Tony

ANNOUNCEMENT

IN MEMORIAM



Clifford "Adam" Fontaine
December 14, 2002
Adam is missed beyond words,
Yesterday, today, tomorrow and forever.
-Love Nan Audrey Laye
Please give someone you love a big hug.

ANNOUNCEMENT

IN MEMORIAM



Sayler Isabel Funk
September 10, 2000 - December 19, 2006
Merry Christmas Sayler -
My Star in Heaven Love you Always
-Dad, Gram and Pa

ANNOUNCEMENT

IN MEMORIAM



In loving memory of
Ryan Petaski
February 7, 1974 - December 21, 2020
We love and miss you everyday.
We thank God for the time we had with you.
You were a true blessing to all of us.
-Love always,
Mom, Dad and family

ANNOUNCEMENT

IN MEMORIAM



Kathleen Pearl McBride
April 16, 1934 - December 13, 2012
Another Christmas in Heaven.
Our Angel in Heaven, we miss and love you
everyday.
-John and family

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Public Notice - Rural Municipality Of St. Clements										
Libau Landfill, Transfer Stations And Rm Office Hours										
For The Holiday Season (Dec 24, 2022 - Jan 2, 2023)										
Location	Saturday Dec. 24	Sunday Dec 25	Monday Dec 26	Tuesday Dec 27	Wednesday Dec 28	Thursday Dec 29	Friday Dec 30	Saturday Dec 31	Sunday Jan 1	Monday Jan 2
RM/PW Office	THE RM OFFICE, 1043 KITTSOON RD AND PUBLIC WORKS OFFICE WILL BE CLOSED FROM MONDAY, DECEMBER 26TH - JANUARY 2, RE-OPEN JANUARY 3, 2023									
Libau Landfill	9:00 am - 1:00 pm	Closed	Closed	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 5:00 pm	9:00 am - 1:00 pm	Closed	Closed
*****Saturday, December 10 hours will be from 9:00 a.m. to 4:00 p.m.*****										
Dunning	Closed	Closed	Closed	11:00 am - 5:00 pm	Closed	Closed	Closed	Closed	Closed	11:00 am - 5:00 pm
Clarke	9:00 am - 1:00 pm	Closed	Closed	Closed	Closed	Closed	11:00 am - 5:00 pm	9:00 am - 1:00 pm	Closed	Closed
Grand Marais	Closed	Closed	Closed	Closed	Closed	Closed	11:00 am - 5:00 pm	Closed	Closed	Closed
Gull Lake	9:00 am - 1:00 pm	Closed	Closed	Closed	Closed	Closed	Closed	9:00 am - 1:00 pm	Closed	11:00 am - 5:00 pm

Announcements *Selkirk Record*

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ANNOUNCEMENT

IN MEMORIAM



Marilyn Partridge

September 15, 1955 - December 21, 2012

I think of all the things you gave to us -
Sacrifice, Devotion, Love and Tears,
Your Heart, your Mind,
Your Energy and Soul.
All these things you spent on us throughout
the years.

-Love you always,
Brad, Kyla, Melisa, Blaine, Richard,
Kelly, Page, Matty, Hope, Brady,
Halle and Tom

*Don't forget to send your special words
of remembrance for loved ones passed.*

Selkirk Record

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ANNOUNCEMENT

IN MEMORIAM



Juliette Hope Wilkinson

September 3, 2012 - December 16, 2013

Twinkle twinkle little star,
So swiftly here and gone;
You left behind such heartache,
When your time on earth was done.
For you were very precious,
But your stay was all too brief;
And Christmas time without you,
Will be tinged with pain and grief.
It's comforting to know,
That we will always be;
Connected by a bond of love,
For all eternity.
The love you left behind
Forever will shine on...
And the brightest star this Christmas,
Will be yours, dear little one!

-Love: Daddy, Nannie and Papa,
Uncle Steve, Aunties Rachel and Carrie,
And cousins Kyra and Hunter

OBITUARY

Sharon Patricia de Groot (nee Petaski)

Sharon Patricia de Groot, aged 77 years passed on from complications of vascular dementia on December 6, 2022 at her home in East Selkirk, with her husband of 60 years by her side.

Sharon is now reunited with her parents Michael and Margaret Petaski as well as many dear relatives and friends.

Left to mourn is her husband, John; their children John (Joanne) de Groot, Wendy (Conrad) Leschied and Darren (Gwen) de Groot; six grandchildren Eric (Jenn) Leschied, Mandy (Andrew) Hnatiuk, Amy (Jacob) Ott, Jonathan (Julia) de Groot, Ian (Sarah) de Groot and Todd de Groot; 10 great-grandchildren, Chole, Makenzie, Zachary, Finley Hnatiuk; Autumn, Hudson, Dawson Leschied; James, Lukas and Lyla Ott.

The family is comforted by God's assurance that "mom" is now healed and surrounded by love that surpasses all understanding,

thanks be to God.

A private family service will be held.

In lieu of flowers, donations can be made to your Church or charity of choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Gordon Dennis Martin

October 31, 1953 – December 1, 2022

Our Dad, Gordon Martin at the age of 69 while in the Beausejour Hospital passed away on December 1, 2022.

He is predeceased by his Mom (Elsie), Dad (Peter) and brother (Richard).

He is survived by his daughter Kristy (Randy Magnusson), son Ryan (Melissa); grandchildren, Sarah, Rachel and Peter; his sister Shirley (Ron Sepke); sister-in-law Eve and numerous nieces and nephews.

Dad was born and raised in Winnipeg, affectionally calling himself a "North End Boy". Many stories he shared about his schooling at Andrew Mynarski and Tec Voc. Time spent at the Lincoln as a young man. However, the memories that brought him the most joy was staying with his Baba and Gigi at the homestead in Tolstoi,

Manitoba.

Always onto a new adventure, he was never idle for long. A route to BC to deliver Pepsi by truck, driving the Beaver Bus, time spent as a taper in construction, a courier route daily to Brandon... just to name a few. In 1980, his life brought him to the Lockport area. Dad purchased the Lockport Feed Mill, on River Road. Up until his retirement, our Dad also built a successful Fire Stop and Attic Insulation company that started at the kitchen table. If you knew our Dad, he was always talking about planning his next business adventure. Dad always provided for everyone the best he could, from the big stuff to the little stuff, like the great deals he would get and share, like dropping off a chunk of bologna or kulbasa at your door.

Dad was able to retire in his dream cabin he built in the Lee River area. He purchased all his "toys" and loved it when people were able to come visit. Time at the lake was spent with his cherished friend Bev. They both enjoyed coffee on the deck, and adventures into the town of Lac du Bonnet. He always made a stop at a thrift store and the meat draw at the local legion. His friend Danny would often make the trip from St. Andrews to Lac Du Bonnet to enjoy a beer with Dad.

As Dad's health changed, he moved to Selkirk. Life was not always easy for Dad, but he always made the best of his days. Living in town, he was closer to A&W, where he was known as the "Papa Burger, extra onion" guy. His days were made better thanks to the love and support from his neighbours on his street. Dad, never idle, created his own support system on the street, he had a perogi lady, a cleaner, a guy who cleared his snow... just to name a few! Thank you to everyone who supported our Dad, made his life easier and brought him joy. We would like to share our immense gratitude to Dad's direct neighbours, who were constantly helping Dad as if he was their family, and for all the visits to the hospital.

Life is like a puzzle, and our Dad's is now complete. Every piece, is a person and memory, and although we cannot name every one of you, please know how important you were in our Dad's and family journey.

A celebration of our Dad's life will take place on December 20, 2022 at 1:30 p.m. We will be gathering at the Selkirk Legion 403 Eveline Street, Selkirk, MB in friendship to honour our Dad.

If you so desire, a donation can be made in our Dad's honour to CNIB in support of Guide Dogs.

Friends and family are also invited to share memories and condolences on Gordon's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to

**Interlake Cremation
& Memorial Services**
204.482.1040

OBITUARY

Deborah Grace Natyna

Suddenly on December 6, 2022 at 8:26 p.m. at the Gimli Community Health Centre, Deborah Grace Natyna, passed away at the all too young age of 60.

Deborah was predeceased by her loving parents Tony and Pearl as well as brother-in-law Lorne.

She is survived by her children Joshua and Cody Hill, Dennis and Natasha as well as sister Gail and her children Kristjan, Johann, Justin and Lindsey.

My mother lived her life the way she raised us, always wanting to be by nature and family.

Funeral service will be held on Thursday, December 15, 2022 at 1:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Brenda Marion Fontaine

It is with profound sadness we announce the peaceful passing of Brenda Marion Fontaine (nee Kupchuk), mother, sister, and, great aunt and grandmother on December 2, 2022 after a brief battle with lung cancer.

Friends and family are invited to visit Brenda's memorial page @interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:

**Interlake Cremation
& Memorial Services**
204.482.1040

Your memory will live forever Engraved within our hearts

OBITUARY



Donald Hendry
October 28, 1958 -
November 23, 2022

It is with deep sadness that we announce the sudden, peaceful passing of Donald Hendry on November 23, 2022.

He was predeceased by his mother Sylvia and father Donald.

Don leaves behind his children, Desmond and Courtney who had a special place in his heart; grandchildren Lenae, Grace, Legacy and Beckham; his siblings Deb, Karen (Glen)

Wanda and Wayne (Norene); as well as many aunts, uncles, nieces and nephews.

Don was born in Selkirk, Manitoba. Growing up in the north end of Selkirk where every family house had five kids or more, making friendships that lasted a lifetime.

He had many interests in his younger days which included comic collecting and a deep love of music which stayed with him forever. He loved the music and poetic lyrics of greats like Neil Young, David Bowie and his all-time favourite Bob Dylan. He loved fishing, a salmon fishing trip he took to Campbell River BC with Wanda to visit his friend Arthur Monkman was a special memory for him. Cheering on his Winnipeg Jets and Bombers was also a favourite pastime.

He had a caring soul with a love for animals and would be relieved to know his cat Angel will be in a loving home.

He became a very accomplished cook in his later years cooking meals for his sisters, amassing a hand-written collection of tried and true recipes. One of his favourite things to do was running the BBQ at summer parties with family and friends.

Don always enjoyed working with his hands, working early on as a mechanic in Selkirk. He worked at Freshwater Fisheries for a time and moved into the construction trade most recently working at PCL Construction up until his passing. He was especially proud of the machinist training he completed in 2017.

Rest peacefully Don, you will be missed.

A memorial service will be held on Friday, December 16 at 1:00 p.m. in the Gilbert Funeral Chapel in Selkirk, MB. All are welcome to attend to honour his memory.

Honourary pallbearers, Ron McCrae, Malcolm Thomas, Arthur Monkman and Stanley Kipling.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Marcel Van Caeyzele

It is with great sorrow that we announce the passing of our dear son, brother, husband, father, son-in-law, cousin and nephew, Marcel Van Caeyzele, on December 8th, 2022 at the young age of 31.

Marcel will be lovingly remembered by his mom and dad, Iris and Dan, his sister, Vanessa and her partner Kurt, and her children, Nolan, Madeleine, and Hunter, his wife, Taryn, his two daughters, Marlowe and Thea, his godmother and aunt Tami and aunt Linda, his uncles John and Andy, and uncles Clyde, Wayne and Brent and foster-uncle Norman, and uncle Dean, cousins Angie and Chris, Joe and Jaclyn, Hayden and Emilah and his mother and father-in-law, Daniele and Keith.

Marcel was predeceased by his grandfather Marcel in 1965, his djido Theodore in 1990, his baba Stefanie in 2008 and his gramma Flo in 2020.

Marcel was born in Winnipeg on October 28th, 1991 and grew up in St. Andrews, where he enjoyed playing on soccer and hockey teams, driving go-carts and later dirt bikes, and the company of many special friends. Marcel loved music, playing guitar in the Lockport School Jazz Band and in Jazz Camps at the International Peace Gardens for several summers, as well as in a number of rock bands which he enjoyed immensely! Marcel was an amazing guitar player, and some of his happiest times were spent jamming with his uncles and friends throughout his life.

Marcel also loved restoring, fixing, racing and driving cars and dirt bikes, a hobby he shared with his dad. Some of his proudest moments were spent racing his dad's "Crazy Plum Purple" '70 Duster at the Gimli Raceway and driving his '65 Pontiac 2 + 2 in St. Andrews with his family.

Some of Marcel's favourite summer pastimes were fishing, boating, dirt biking, quading and spending time visiting his beloved gramma Flo at her cabin at Benyks Point with his friends and family. Gramma Flo was an awesome cook so Marcel was in his glory when eating her delicious homemade meals and desserts.

Marcel and his wife Taryn were married on September 7th, 2014 and they celebrated their marriage with family and friends the following January, 2015, in Ocho Rios, Jamaica. Their daughter, Marlowe, was born January 28th, 2016 followed by the birth of their second daughter, Thea, on August 1st, 2017. Marcel loved his beloved Marlowe and Thea with all of his heart and his happiest times were spent with them and his wife, Taryn.

Marcel had two dogs, Lola and Dozer, whom he loved dearly. Unfortunately they both passed away at different times this past year which saddened Marcel very much.

A service to celebrate Marcel's life will take place on Monday, December 19th, at 1:00 p.m. in the Gilbert Funeral Chapel, 309 Eveline St. in Selkirk, Manitoba.

Thank you to all of you who have reached out to us and to other members of Marcel's family.

Rest now, Marcel, in the arms of your grandpa Marcel, your gramma Flo and your baba Stefanie and djido Theodore.

We will love, honour and miss you forever and for always.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Kevin Andrew Mayo
January 7th, 1968 – December 5, 2022

It's with heavy hearts, we announce the passing of Kevin Andrew Mayo, on December 5, 2022, at the Selkirk Regional Health Center.

Kevin was predeceased by his twin brother James Ian; his grandparents, Bruce and Irene Mayo, and Vina and Douglas Pruden.

He will be deeply missed and remembered by his best friend and love of his life, Leanne Adams; parents, Rose and Andrew; brother Kyle (Doreen); special nieces Caitlin and Paige (Shannon); Leanne's family, Wayne, Linda and Ian (Susie), and many aunts, uncles, and cousins and lifelong friend Mike Gibson.

Kevin worked numerous jobs in his life but the one that was closest to his heart was working with and helping people with disabilities. He also had a passion for playing hockey, baseball,

football, and martial arts. Kevin had a heart of gold and an amazing sense of humour which was shared with everyone he met. His frequent calls to his mother and Leanne were an important part of their day and will be sadly missed. Kevin was the life of a party; he was a great storyteller. There were many nights having a bonfire with family or staying up late to play a game with his nieces. Kevin and Leanne enjoyed many holidays together. Kevin loved fishing. He enjoyed many days and nights fishing with numerous family and friends, but the times he cherished the most was fishing with his nieces and Jaxon.

A special thanks to Dr. Sayfee, the wonderful staff at the Selkirk Regional Health Centre and to Manitoba homecare.

In keeping with Kevin's wishes, cremation has taken place, no formal service will be held, and a private family interment will take place at a later date.

In lieu of flowers, donations can be made to the Heart and Stroke foundation of Manitoba.

Kevin your pain and suffering is over.

We love you.

See you later.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



John Earl Cuthbert

February 15, 1948 – November 25, 2022

It is with heavy hearts we announce the peaceful passing of John Earl Cuthbert surrounded by his family in the quiet morning hours of Friday, November 25, 2022 at the Selkirk Regional Health Centre at the age of 74 after a short battle with cancer.

He was predeceased by his parents, Vernon and Margaret (Peg) Cuthbert and his stepmother Shirley Routledge Cuthbert.

He is survived by his loving wife, soulmate and best friend of 24 years, Bonnie; brother Les (Wendy) Cuthbert, Ingersoll, Ont. and three nephews and families; stepsister Janine and families; stepbrother Brian (Sandra) and families; sister-in-law Mary-Lou (Don) Wilson, Winnipeg Beach, Mb.

Children Shelley Cuthbert, Yellowknife, N.W.T., Kim (Andrew) Junko, Kenora, Ont., John (Maria) Cuthbert, Odense, Denmark; Cory (Keri) Jasysyn, Winnipeg, Mb.; Kelly Bishop, Selkirk, Mb.; Dustin (Farren) Jasysyn, Carleton Place, Ont. Grandchildren Briana, Megan, Jake, Eric, Tyler, MacKenzie, Elliott, Katie, Docker and Delaney. Great-granddaughters, Sydney and Mya.

John was born in London, Ont. and attended Foldens Public School and I.D.C.I High School. He grew up farming in the Ingersoll area but his first passion was as a skilled Class A mechanic owning and operating his own garage, John's Sunoco in Beachville, Ont.

John was a devoted, honest, hardworking father, grandfather and great-grandfather. Family was John's everything. He was well known as grandpa, papa and papa vroom vroom. If you needed him he was always there on a moments notice volunteering his knowledge and support with patience and understanding. John was loved by all who met him.

John and Bonnie met in 1994 having been introduced by a mutual friend, Randy. They married in 1998 and each brought three children into the marriage. They lived a short time in Selkirk then moved to Kenora where they enjoyed the lake life, family and special friends and coworkers. In the summer of 2007 they made the move back to Selkirk. John worked for Beaver Bus Lines retiring with health issues. Retirement wasn't for John so he got a job driving for Handitransit/City of Selkirk Transit where he developed lifelong friendships working over 10 years with Char, Jamie, Bonnie, Vern and staff; treasuring the time he spent there.

John took pride in volunteering for the local soup kitchen, delivering Meals On Wheels, being a member of the Selkirk Legion and of course belonging to the Lily Pad Cruisers Car Club where he could show off his pride and joy restoration of a 1952 GMC truck. John was a tinkerer, always up at the crack of dawn, out to the garage, tinkering till sundown. He restored a tractor, cars and many other projects over the years. It was amazing what he could make out of a bucket of nuts and bolts.

John and Bonnie were fortunate over the years to have some very special neighbors and friends. Vern, Brent and Laurie, Faye and Bob were constant reminders of what it was like to have truly amazing friends. They weathered the storm with John and Bonnie over the last year and stood by them when they didn't think they could stand anymore, offering their friendship, support and assistance unconditionally. How very blessed they were.

The family's gratitude goes out to the doctors and nurses of CancerCare Selkirk and Winnipeg and the nursing staff on the surgical wing of Selkirk Regional for the comfort and care of John and family in his final days.

As per John's wishes a celebration of his life will be held in the summer of 2023 with close family and friends where his remains will be spread on the Winnipeg River in Kenora. HIS HAPPY PLACE!!

Friends and family are invited to visit John's memorial page @interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:



Selkirk Record Announcements

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or email: lucy@selkirkrecord.ca

OBITUARY



Johann Peters

Johann Peters, 86, of the RM of St. Clements, formerly of Winnipeg, MB, passed away peacefully and went to be with his Saviour, Jesus Christ at Betel Home in Selkirk, Mb on December 5, 2022.

He is survived by his loving wife of 61 years, Tina (nee Friesen); four children, Arlene, Reg (Char), Angela (Chris), and Derek (Heather); 11 grandchildren; and seven great-grandchildren. He is also survived by one brother and one sister-in-law.

He was predeceased by his parents, five brothers, three sisters, and six infant siblings.

Johann Peters was born in the RM of Rhineland on February 14, 1936 to Jacob Peters and Anna Kornelsen. He was the 8th of 10 children. He was baptised into the Old Colony church at Chortitz, MB in June of 1957 and married Tina Friesen on August 12, 1961.

They lived in Winnipeg for the first few years before moving to Saskatoon for a year because of Johann's work as a crane operator. When they returned to Winnipeg, they settled in the St. Vital area of Winnipeg until retiring to the Pineridge Village area near Birds Hill Park.

Before he married, Johann began working in construction as a general labourer at Harris Construction. By 1966 he had progressed to operating many different types of cranes. He travelled to many locations throughout Manitoba, Saskatchewan, Alberta, and Ontario, working on bridges, pipelines, and buildings. If you ever travelled in a vehicle with Johann, you would have heard him say "I built this bridge and that bridge. This building and that building". He was even called out of retirement to operate the wrecking ball crane to demolish the old Winnipeg Arena.

Johann enjoyed fishing and hunting. There was always deer meat and a variety of fish in the freezer at home. He was an avid bowler until he was in his 80's. He enjoyed watching his children and grandchildren play sports, especially hockey and baseball. In his children's younger years, he also umpired many baseball games.

He was a good story teller and was always ready with a good story or joke. He will always be remembered as a man who loved God and his family. He loved when his children and grandchildren would come visit and was always ready with a smile, a joke, and a story.

The funeral service for Johann Peters was held on Friday, December 9, 2022 in the Gilbert Funeral Chapel in Selkirk, MB (309 Eveline St) at 11:00 a.m. A private family burial followed the service and luncheon. The service can be viewed via the link in his obituary at www.gilbartfuneralhome.com.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Anna Bowman (nee Kublick)

August 4, 1937 – December 8, 2022

Anna was born in the Volynian district of Poland in Eastern Europe. She was the second youngest child of her parents Friedrich Kublick and Martha Mueller. The family immigrated to Canada in 1949 and settled north of Minitonas, Manitoba.

Anna studied teaching after graduating from school in Minitonas and taught at first in the Swan Valley and then later in Winnipeg. She was very kind-hearted and well known for her devotion and dependability when family or friends needed help especially with babysitting and caring for the sick.

Left to mourn her loss are her only son Alan Unruh, his wife Margaret and their children Patrick, Steven and Allison (Robert) and two great-grandchildren Baileigh and Andrew. She is survived by her older sister Ruth (Herb) Schneider from Indiana. She will

also be greatly missed by her good friend Erika Schroeder (nee Pauls) with whom she shared many adventures.

Anna was predeceased by her parents and also her siblings Edward, Daniel and Irma.

The family would like to thank the staff at Red River Place Extendercare for their special care of her in the last few years of her life and also all the people who came to visit her there.

Donations can be made in memory of Anna to Parkinson Canada, 4211 Yonge Street, Suite 316, Toronto, Ontario M2P 2A9 or to a charity of your choice.

In keeping with her wishes, cremation has taken place. A celebration of life will be held on Tuesday, December 20, 2022 at 11:00 a.m. at the Gilbert Funeral Chapel in Selkirk, Manitoba. The service will be livestreamed via the link in her obituary at www.gilbartfuneralhome.com.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Dennis George Hillock

Peacefully, on Tuesday, December 6, 2022 at Red River Place, Selkirk, MB, Dennis Hillock, aged 76 years, passed away.

He is survived by his brother David (Carole); nephew Kris (Jessie) and two grand nephews Ethan and Nikolas.

In keeping with his wishes, cremation has taken place and a private interment will take place at the Brookside Cemetery in the summer.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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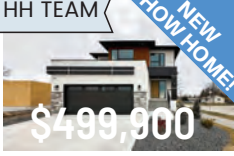



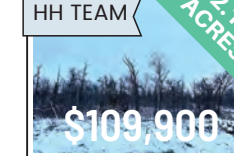







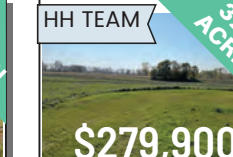

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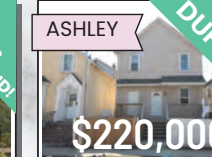
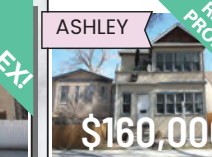



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