



# The Selkirk Record

THURSDAY, JANUARY 11, 2024

VOLUME 15 EDITION 2

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## Dan carves out retirement

RECORD PHOTO BY KATELYN BOULANGER

Dan Thorsteinson is retiring and Thor's Meats and Groceries is going to be closing its doors for a final time this month. The business has been a family-owned endeavour in our community for the past 123 years. Learn more about how this local business has changed and what has stayed the same in the past hundred years inside.

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# Closing time for Thor's Meats & Groceries in Selkirk after 123 years

## Dan Thorsteinson prepares for retirement

By Katelyn Boulanger

Thor's Meats and Groceries has been a staple in our community for over 100 years. Originally opening in 1901 and continuing the entire time as a locally owned family run business, the store will be closing for the final time in the upcoming days.

"My great-grandfather and my grandfather moved here in 1901 from Lundar and started the business then," said Thorsteinson.

The original business location was down the street a ways from the current location. In 1919 the business moved across the street to the space now occupied by TD Bank. The final move took place in 1935 when the business began to occupy the current location at 401 Main St.

The business continued to be owned by Thorsteinson's family and he started working at the business from a young age.

"I used to come down here when I was just a kid going out with the guys and delivering stuff because everybody had a delivery service in those days and there were lots of other stores. By the time I was 16, or 17, I started cutting in earnest and even before then when I was in high school I'd come and make sausage and things after school," he said.

Thorsteinson says that the business was an ingrained part of the family.

"The story always went like when my grandfather came home from

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Dan Thorsteinson is going to be celebrating his retirement this month.

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# We want to hear from you

Letters to the editor - If you wish to comment on anything you read in the newspaper, or if you wish to comment on any concern affecting Selkirk and surrounding communities, write a letter to the editor. We welcome diverse views and opinions.

## Why You Should Write a Letter to the Editor

Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The *Selkirk Record* has an approximate readership of 37,368 readers weekly.

Readers also include members of local government, who we may want to reach. Frequent letters about a certain topic will convey that a sizable group of people care about it.

A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

## Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed, or topic recently covered by the newspaper.

Structure your letter in three parts:

refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

Write from your own perspective and show how the topic relates to your local community.

If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful - don't attack anyone when expressing your concerns.

Letters must include your name and a telephone number where you can be reached. Please keep letters to 300 words or less.

The *Selkirk Record* reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca)

## > THOR'S MEATS, FROM PG. 3

World War One and came to say hello to his mother, the first thing she said was, 'Well get down to the store your dad needs you.' And, when my dad came back from the Second World War he went to his mom and she said, 'Get down to the store, they need you.' So, in my case, it was very similar. They needed me at that time and there were no questions about what you're going to do," he said.

Though the population in Selkirk hasn't changed a lot since he started in the business, Thorsteinson said that the city's business landscape has morphed over the years.

"There were lots of smaller corner stores and smaller shops. There were lots of meat shops because during the 30s and 40s and 50s a lot of people didn't have fridges and things like that so they were shopping every day. A lot of the meat stores and grocery stores were serving the boat traffic, for fishing and different services in different places up the lake. Then as the corporate stores came in things changed," he said.

Thorsteinson's recollection is that the store itself hasn't changed much over the years but he says there has been a shift from grocery items to specialty meat products.

"As time went along, and the chain stores started ramping up, you couldn't make money selling groceries. So, you had to evolve, change and be flexible in the way you did things and give people what they wanted. We just went more into meat. We're probably 90 per cent meat because of the things we do with it. Butchers are almost non-existent now. It's really a lost art at this point," Thorsteinson explained.

He says that the most enjoyable part

of being in business in our community over the years has been the customers.

"We've been blessed by the best customers, the most understanding customers. They put up with me for all these years and my little quirks and things like that. It's been an absolute joy to do all my life and I still enjoy doing it. The equipment's getting old, I'm getting old, the building's getting old, it's time to move on. It's been just an amazing career," said Thorsteinson.

The community has supported the business over the years and Thorsteinson has given that support right back. For many years he volunteered for the Selkirk Fire Department rising to the rank of Fire Chief before his retirement from that position.

He explained that the flexibility that working for himself provided meant that he was able to volunteer with the department when they needed a hand.

Now as Thorsteinson approaches retirement he has some great plans.

"[I plan to] introduce myself to my family. I've got three girls here and eight grandchildren that are local. I'll have lots to do. I've got lots to do around my house that I haven't been able to do for years, things like that," he said.

At this time he wanted to say thank you to all of the people who've been customers and been involved with the business over the years.

"All four of our generations have been blessed in this town. We're all very thankful for the support that everybody's given us over the years. They will not be forgotten that's for sure. The customers, they make it all worthwhile," said Thorsteinson.

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# Cambrian donation helps Inclusion Selkirk keep up recycling program

New commercial shredder will help give second life to paper waste



RECORD PHOTO BY KATELYN BOULANGER

(Left to right) Amber Zakaluk, Mark Kroeker, Brigitte Burgoyne, Shane Rusch and Sharon Holmes. Cambrian Credit Union presented a \$8,000 cheque to Inclusion Selkirk.

By Katelyn Boulanger

When Cambrian Credit Union found out that Inclusion Selkirk's shredding program was being run with a single small shredder they decided it was something they could help with. In order to keep this aspect of Inclusion's services up and going more efficiently in the future, they decided to help the local non-profit with an \$8000 donation which will allow for the purchase of a much more powerful commercial shredder.

"We have a close relationship with Inclusion Selkirk. Cambrian has been supporting Inclusion with both annual donations and sponsorship programs over the years," explained Brigitte Burgoyne, director of communications and community engagement at Cambrian Credit Union.

She says that when Cambrian's Selkirk Branch Regional Manager Craig Giesbrecht found out about the difficulties with the existing shredders

they knew they wanted to help.

"We're happy to be able to support programs that have a direct impact on the community, and those who live and work in the area. That's where we like to be able to provide support and funding. And so, we're very pleased to be able to do this with Inclusion this year," said Burgoyne.

Inclusion Selkirk is an organization that helps to build an inclusive community by providing opportunities for people with intellectual disabilities and their families. One of the ways that they do that is by running programs that employ their clients and teach them job skills.

Their recycling program is a long-standing part of the organization having started in 1997.

"It got started when we were doing recycling for the City of Selkirk. We stopped doing that, but a lot of the schools and businesses still had

Continued on page 6

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## > SHREDDER DONATION, FROM PG. 5

recycling that they wanted us to pick up. So, we continued," said Sharon Holmes, director of day services for Inclusion Selkirk.

Inclusion picks up clean dry paper from businesses and organizations. The paper is sorted to remove staples, paperclips and any glossy or soiled paper that cannot be shredded. After sorting, the paper is shredded and then the shredding is loaded into their baler in a specific way that incorporates newspaper and cardboard to create a solid bale.

"We don't process confidential papers, but we go to different local businesses to collect. We go to Stonewall. We pick up at schools as well [and we also pick up from a business in Winnipeg]," Holmes said.

The paper is picked up for free from these businesses and organizations and the clients at Inclusion are paid for their work. The way that Inclusion is able to support the program is by selling the bales to a company in Winkler that uses them to create insulation.

The recycling program has grown over the years from a place where the smaller paper shredders worked well to a level where they are now going through three to four units a year and finding that they are overheating often which causes work to stop until the shredder cools.

"We have some individuals that like to keep busy. So we'll be able to give them that opportunity. They'll be able to do [their work] in a timely manner, and they don't have to have that downtime," said Holmes.

Amber Zakaluk, the administration coordinator for Inclusion Selkirk's day program said it also shows their clients how change can take place in

a workplace and how growth takes place.

"There are some individuals who the majority of the time they spend doing shredding. You can tell that they get such pride out of that. Seeing the pride that they take in making sure that they've removed all those staples, they've removed all of the paper clips, that pride you can see get brought into other things that they do in the community because they have that self-confidence from taking that ownership," said Zakaluk.

Burgoyne says that she's very impressed with what she learned about the program and Cambrian Credit Union is happy to be able to support it.

"This provides the opportunity for Inclusion clients to have work and continue to have this source of income for Inclusion. I think that's absolutely something that we want to be able to support and to see Inclusion be able to continue to find these opportunities to fund the important work they're doing for the Selkirk community," said Burgoyne.

If businesses in Selkirk or our surrounding area are interested in having their dry, clean recycling picked up to be part of this program they can contact Inclusion Selkirk via the contact information on their website at <https://inclusion.selkirk.ca/>.

Holmes would like to thank Cambrian Credit Union for their generous donations not just to the recycling program but for their continuous support and understanding of the work that Inclusion does.

"We're very grateful. They've been a huge asset to us. We couldn't say thank you enough," she said.



RECORD PHOTOS BY KATELYN BOULANGER

Jason Cefar and Mark Kroeker loading shredding into the baler.



Kroeker standing by large bales of paper shredding.

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# New service helps to bring Indigenous healing to local healthcare

Giiwije Bimo'se  
Maanan Nokoomagk  
Chi'Mino  
Bimadiziiyaang -  
Cradle of Care to  
help people giving  
birth in the province

By Katelyn Boulanger

On the winter solstice a group of health-care professionals, local advocates and people wanting to learn more gathered at the Gaynor Family Regional Library to witness the naming ceremony of a new program aimed at allowing more advocacy for Indigenous practices to be used throughout pregnancy and giving birth in our province. The program is called Cradle of Care and the ceremony celebrated the program receiving the name Giiwije Bimo'se Maanan Nokoomagk Chi'Mino Bimadiziiyaang which translates to walking towards the good life with the grandmothers.

"[Cradle of Care] is a project that we brought forward in our region to help people who are pregnant or going to be birthing soon so that they would have an Indigenous doula helper. It does have some teachings in terms of cultural teachings, we have a knowledge keeper who's been participating in our project for a long time and who supports the doula as well as our steering committee. The doula actually works with the families to help incorporate their needs to help with teachings to prepare for birth and for parenting early on," explained Health Services Manager for Primary Care West Mazine Zastiko.

The naming ceremony opened with a pipe ceremony by Carol Thomas. Thomas was given the gift of being able to give names and guests were honoured to be able to see her give the Indigenous name to the Cradle of Care program.

The idea for Cradle of Care came to fruition because of work that started in 2000 in the harm reduction sphere.

"Knowing that possibly that there isn't the prenatal care that is there to support people to get testing or to be able to have support during the birthing process, and prepare for that birthing process, in some parts of our region, even from a primary care lens we don't have enough primary care providers and sometimes people don't have access to regular doctors. And so, to be able to have a birth



RECORD PHOTO BY KATELYN BOULANGER

Carol Thomas (left) and Jaime Grasby performing a drum song at the naming ceremony event.

helper to help as the liaison to a primary care provider and other services and supports was really our goal," said Zastiko.

She explained that the service is there to support the families that use it in individual ways based on their needs.

"Our project does support people, even with transportation, if they're not able to make it to appointments we are able to support them with gas coupons or arrange for rides or pickups. We also [have our] doula and provide some outreach services to be able to meet people where they feel that they can either in their homes or the closest health center," said Zastiko.

The aim is to have healthy pregnancies because if residents are supported in their pregnancies their children have the best chance of having the healthiest start to life.

After the pipe ceremony, attendees gave tobacco to the sacred fire and then went inside. Next, Jaime Grasby gave an opening prayer and a lesson in solstice teachings before performing a drum song.

Thomas also discussed the sacred medicines of our local Indigenous groups. She explained how cedar, sage, sweetgrass and tobacco all have uses and other members in atten-

dance chimed in to discuss how these medicines can be incorporated into modern health-care settings.

"We're talking about preparing, and making places for people so that people can have their babies and feel supported and loved and feel confident and feel that they have the support of relatives and grandmothers and community that's what we want," said Thomas.

Jeannie White Bird who is a traditional helper on the Cradle of Care Steering Committee says that it's important that these services will now be offered.


"We had our own birthing practices prior to the way things are right now and those practices incorporated our cultural, ceremonial and traditional ways. It also includes being able to not have to travel and be separated

from our families during our most vulnerable time. To have Indigenous doulas supporting our life-givers is decolonizing the structures that are currently causing harm," said White Bird.


White Bird encourages Indigenous people who are pregnant and wish to learn more to reach out to the program.

"It's more than the actual birthing process. This is [about health]. We want to support the life-givers," she said.

Residents can connect with this program through various organizations in our community like the Selkirk Friendship Centre, First Nations in the region and health care offices. The program encourages self-referrals.



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EDITORIAL > VIEWPOINTS > LETTERS

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Call Katelyn Boulanger

## Province issues notice of rising water levels on Red River

### Caution advised

Submitted by the province of Manitoba

Manitoba Transportation and Infrastructure's Hydrologic Forecast Centre advised on Jan. 4 of rising water levels along the Red River north of Emerson due to significant precipitation that occurred in the United States' portion of the Red River basin.

The Hydrologic Forecast Centre indicated the southern portion of the

Red River basin in the United States received up to 80 millimetres of precipitation as rain and snow mix between Dec. 24 and 27. This has resulted in an increase in water levels north of the border. Water levels have increased by about five feet near Emerson and were peaking as of Jan. 4. Water levels continued to rise north of Emerson bringing a three- to five-foot rise as the river approached Winnipeg.

The province advises that this rise in water levels may lift up the ice and create open water conditions near the river shorelines. People are advised to take precautions.

Manitoba Transportation and Infrastructure will provide spring flood outlooks in the later weeks of February and March as in previous years.

## letter to the editor

### A thank you to Selkirk Hospital Staff

My name is Perry and I am currently spending my 153rd day in the hospital. I, like many others, have often complained about the state of our health-care system. However, I am writing this letter to give a huge bouquet of thanks to the staff at the Selkirk Hospital.

My situation started with a brief stay in July, followed by daily visits to Outpatient [Care] for antibiotics. I had a very serious bone infection. On July 19, I had two toes on my left foot amputated due to the infection. My outpatient visits continued, adding dressing changes to the job. On the Monday of the August long weekend, I collapsed at home and was unable to get up. I managed to call 911 and off to Selkirk Hospital I went again. This time I was in the Emergency department and spent a couple of nights in Med-Surgery.

After that, I was admitted to the Medicine ward, where I remain today. The treatment I received from everyone cannot be beat. I would challenge anyone to find me a group of nurses more caring and compassionate than the nurses I have. As I am preparing to leave this week, I am

having a tough time imagining how things are going to be without them. The support I felt from all of them was constant and heartfelt.

On October 30, I had to go to Winnipeg to have my left leg amputated below the knee. I spent one night at HSC and then was lucky enough to be sent back to Selkirk. The greetings I got upon my return still bring a tear to my eye. Once again, there was this amazing group of nurses helping me with the struggle I was having [with the change this brought to my life as] my right leg was amputated in 2018.

The Health Care Aides were equally amazing. They help with so many tasks, many of which are not the most pleasant. It was such a pleasure to talk to them every day and they also helped keep my spirits up when they were falling quickly. I am very sure that they, along with the nurses, management, housekeeping, etc. are more than ready to send me back home. The ladies and gentlemen in the X-ray department and the Physio and Occupational Therapists did an excellent job. Even though I am nervous about going home, I feel that they have done everything possible

to prepare me.

I had a lot of student nurses working on me over the five-month period [I was in the hospital]. I am confident that our medical system will be in good hands with these future nurses. Another huge shout-out to the hospital for participating in the training of these young men and women.

I have purposely left out the names of the workers because I would hate to forget someone and I didn't want the whole *Record* to be this letter to the editor. I do have to mention the charge nurse, Roberta, and the manager, Christa. It was their task to put up with me when I was not the most pleasant person.

No matter what happened, I had zero doubt that things were being done with my best interests in mind. Are there still problems with health care in Manitoba? Of course, but please join me in realizing how lucky we are to have the facility and staff in Selkirk.

Submitted by  
Perry Mazur  
St. Andrews



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# MPI releases its top five attempted frauds for 2023

## By Staff

Manitoba Public Insurance has released its top five attempted frauds for 2023.

The Crown corporation estimates that auto insurance fraud costs Manitobans more than \$50 million each year. The annual list is meant to raise awareness of this cost and shed some light on the work of the agency's Special Investigations Unit (SIU)

"Our experts in SIU investigate suspicious claims to give customers the peace of mind that the right claims are being paid for the right amount," said Satvir Jatana, MPI's chief customer officer. "This annual list showcases some of the most unique ways people attempt to commit fraud, and the techniques MPI's experts use to stop them, helping to save our ratepayers millions of dollars."

Last year, the SIU closed over 3,000 investigations, which resulted in claims savings of over \$10.5 million for customers.

Anyone with information about auto insurance fraud is encouraged to call the MPI TIPS Line toll-free 1-877-985-8477 or submit information online at mpi.mb.ca. All calls and reports are

anonymous.

The top five frauds of 2023 include:

### No. 1: Memory lapse

A customer opened a collision claim for their vehicle but could not confirm what had occurred to cause the damage. They reported they were only made aware of the need for repairs when they went to an impound lot to obtain their belongings from the vehicle. They also denied consuming any alcohol, drugs or medication in the 12 hours before the incident.

Based on information received by MPI, the same vehicle was seen driving erratically, causing damage to property and colliding with another parked vehicle, nearly hitting a nearby pedestrian. There were also reports the driver was seen stumbling around after the collision and seemed impaired. Open drugs and alcohol were also seized from the vehicle by the police.

Upon being interviewed by SIU investigators, the driver maintained that they have no recollection of the incident, that they were not impaired and did not have any knowledge of how the damage to their vehicle oc-

curred.

Based on the claimant making a false statement, the claim was denied. The estimated cost savings for ratepayers is over \$60,000.

### No. 2: Need for speed

An insured individual reported a single-vehicle collision claim, alleging that they hit a bump in the road and lost control of their luxury vehicle while travelling at the posted speed limit of 60 km/h. Unable to regain control, the driver said the car turned sideways and both of the driver's side tires hit the curb.

An SIU investigation was initiated after it was discovered that the damage to the vehicle was too severe for the speed the driver declared they were going when they opened the claim. Data recovered from the car revealed that the driver was in fact travelling 181 km/h at the time of the collision.

The estimated savings of this denied claim is more than \$42,000, and the driver had their licence suspended.

### No. 3: Lifting lies

While recovering from a collision,

a claimant receiving benefits from MPI's Personal Injury Protection Plan reported that their neck, shoulder and arm pain as well as dizziness, nausea, and headaches were so severe they were unable to work.

During evaluations, the individual noted that their injuries prevented them from walking or driving more than 30 minutes at a time and lifting more than 5 lbs.

An investigation was initiated, and surveillance revealed the customer performing a number of physical activities, including carrying a full water jug, which weighed over 40 lbs, shoveling snow, operating a wand pressure washer as well as lifting, carrying, and loading a step ladder into their vehicle.

Additionally, the claimant was seen running after a garbage truck, shopping, and driving a vehicle on several occasions with no indication of pain or dizziness.

The claimant's entitlement to income replacement benefits ended because of the investigation, saving ratepayers more than \$57,000.

### No. 4: Sneaky keys

An insured customer opened a total theft claim, reporting that they woke up to find their truck had been stolen overnight. They told MPI that two keys existed for the vehicle but one was missing. The known key was in their possession at the time of the theft and no one else had access to it.

The insurance for the vehicle was set to expire the day after the theft allegedly took place and the customer shared that they had already removed the licence plates and was not planning to renew the policy.

The individual also reported the theft to the police – but conflictly told them that they were only given one key when they purchased the vehicle. The police contacted SIU investigators to share their concerns after they recovered the truck the day after the customer said it was stolen and found that it had been involved in a single-vehicle collision rollover. There were no occupants – and no keys found in it.

A mechanical examination by SIU investigators revealed that two keys were programmed for the truck. The key that the customer turned in had been smashed and unable to be used in the investigation.

Tellingly, the examination also found that the truck ignition, column and immobilizer were intact – meaning that a programmed key was need-

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# Funds announced to aid unsheltered Manitobans during winter

## Phase one to develop supportive housing

By Lana Meier

The Manitoba government, led by Housing, Addictions and Homelessness Minister Bernadette Smith, has committed to taking tangible measures in tackling homelessness. A fund of \$5.7 million will be allocated in stages to aid those who are currently experiencing or at risk of experiencing homelessness during the winter season.

According to Smith, homelessness is a complex problem that involves poverty, trauma, discrimination, mental health and addictions. Furthermore, the current low-vacancy rates and high housing costs exacerbate the issue. That's why our organization is dedicated to collaborating with government officials at all levels to alleviate this pressing need by constructing more social and affordable housing options and providing comprehensive support services to help individuals maintain stable housing.

The minister has revealed Manitoba's plan to allocate over \$2.8 million in phase one funding for the development of supportive housing with wraparound services. This initiative will provide up to 250 rental units in cities such as Winnipeg, Brandon, Swan River and Portage la Prairie. The residential properties will consist of a mix of Manitoba Housing, non-profit and private market rentals, all supported by rent supplements.

In the upcoming year, phase two initiatives aimed at supporting women and LGBTQ2SIA+ individuals will be unveiled. These plans are being spearheaded by a newly-formed collaborative action circle, co-chaired by the minister and Southern Chiefs' Organization's mobile crisis response team lead, Carol McCorrister. This group consists of members from various Indigenous organizations, homeless-serving sectors, and women's groups across Manitoba. Once the winter response is completed, their attention will shift towards creating a provincewide plan to aid homeless women and gender-diverse individuals in finding permanent housing, as stated by the minister.

According to Jason Whitford, CEO of End Homelessness Winnipeg, these investments demonstrate a firm dedication and prompt response towards tackling important issues. Recent events have emphasized the need to prioritize support for Indigenous women, highlighting the valuable efforts of our various community-based organizations in effectively address-

ing these challenges with coordinated care and compassion.

According to the minister, there will be additional housing developments in the future through collaboration with various government partners. The current short-term plan is the most substantial provincial investment ever made toward addressing homelessness during winter.

"Our government has a simple goal and an immense task - ending chronic homelessness in Manitoba," said Smith. "We can only solve this collaboratively with all levels of government and the community organizations tirelessly supporting unsheltered relatives, no matter their circumstance."

During the months of November and December 2023, the Manitoba government reached out to various entities, including agencies, municipal governments and Indigenous governments throughout the province. The purpose was to gather input on a prompt provincial solution to support unsheltered Manitobans this winter. Emphasis was placed on those who are most vulnerable, such as women, children and LGBTQ2SIA+ individuals. The resulting winter response plan reflects the insights and recommendations gathered through these

consultations.

The new collaborative action circle includes a variety of partners, such as End Homelessness Winnipeg, Ma Mawi Wi Chi Itata Centre, Sunshine House, Ka Ni Kanichihk, Southern Chiefs' Organization, Mount Carmel Clinic and Aboriginal Health and Wellness Centre. More partners may

also be added through ongoing consultations.

Phase two is expected to be announced in early 2024, noted the minister.



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# Health

## Learn more about giving blood this National Blood Donor Month

**By Staff**

The new year is a great time to try something new and as January is National Blood Donor Month an easy resolution to knock off your list might be to learn more about how you can take part in increasing our province's blood supply.

Hospitals have an urgent need for blood donations, as demand continues to outpace blood supplies, according to the American Red Cross. The organization says fewer donors contributed to the blood supply over the summer of 2023, creating a national blood shortage. As of the fall of 2023, donors of all types were urgently needed, and there was an emergency need for platelet donors and type O blood.

Canada also has encountered issues regarding its blood supply. Ron Vezina, vice-president of public affairs with the nonprofit orga-

nization Canadian Blood Services, said the lingering effects of the COVID-19 pandemic, extreme weather that included wildfires, and more Canadians travelling abroad have left a deficit of appointments within the blood-donation network.

Individuals who are considering giving blood are urged to do so. Most people are eligible to give blood if they are in good health, although there are some basic eligibility guidelines, says the World Health Organization.

- Individuals between the ages of 18 and 65 often can give blood. Some countries make exemptions for younger and older donors if consent is obtained or at the discretion of responsible physicians.

- A person must weigh at least 50 kg (110 lbs.).

- One must feel well on the day of the donation, and should not have a cold, flu, sore throat, cold sore, stomach bug, or any other infection.

Cedars-Sinai says there are some reasons why people may be excluded from giving blood. These may vary depending on the state, province or country, so it's best to get clarification on the rules from a local donation organization. People who may be excluded include:

- Individuals taking antibiotics for an infection.
- Individuals who are currently

using certain medications like anti-platelet agents, anticoagulants, acne treatments, drugs to treat rheumatoid arthritis, hair loss remedy or prostate symptom products, immunosuppressants, HIV prevention drugs, and more. A certain period between last usage and blood donation may need to pass, and more information can be obtained by speaking with a doctor.

- Individuals who have undergone dental surgery in the last 72 hours.

- Individuals with a history of HIV/AIDS.

- Individuals who have hepatitis or have come into close contact with hepatitis.

- Individuals who have used illegal IV drugs.

- Individuals who have experienced an unintentional needle stick.

- Individuals who, in the three months prior to donating, have travelled to an area where malaria is common.

- Individuals who spent a combined total of three months or more in the United Kingdom between 1980 and 1996.

- Individuals who spent a combined total of five years or more in France or Ireland between 1980 and 2001.

- Individuals who have gotten a tattoo in the last three months.



METRO

Learn more about donating blood in our community.

It is not advisable to give blood while pregnant or while breastfeeding.

Though strict criteria need to be followed to make sure that the supply of blood is safe for everyone involved, this is a resource that will only be there for those in need if people donate. To learn more about donating blood you can visit [blood.ca](http://blood.ca). You can also sign up for our region's next blood donation events on this website. The next local opportunity to donate blood will take place at the Selkirk Recreation Complex later this month.



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# Your Health

## How to tell if it's a cold, the flu, COVID-19 or RSV this winter season

If in doubt follow public health guidelines and visit a medical professional

**By Staff**

It may have taken time to arrive but residents are finally able to enjoy their favourite winter activities be they on the ice, the trails or inside with a warm mug of hot chocolate.

With so much to do each winter, and increased awareness about how important it is to try to keep those who are vulnerable in our community safe after the pandemic, it's especially problematic when you come down with a stuffy nose, scratchy throat or other cold or flu-related symptom. This winter, people may wonder if their sniffles indicate they have a cold, the flu or a sign of something more serious, such as COVID-19 or respiratory syncytial virus (RSV). Anyone unsure of what's behind a cold-like illness is urged to speak with their physician. In addition, the National Foundation for Infectious Diseases notes that the common cold, the flu, COVID-19, and RSV present some similar symptoms, but also some unique ones. Though each illness is complex, the frequency with which some symptoms present may indicate which issue a person is dealing with.

Knowledge of those symptoms and their frequency can help peo-

ple determine if the culprit behind their winter illness is a cold, the flu, COVID-19, or RSV.

A cold typically comes with:

- Aches: Sometimes
- Difficulty breathing: Rarely
- Fatigue: Sometimes
- Fever: Rarely

Loss of taste or smell: Rarely

- Sore throat: Often
- Wheezing: Rarely

Flus on the other hand have:

- Aches: Often
- Difficulty breathing: Rarely
- Fatigue: Often
- Fever: Often

Loss of taste or smell: Rarely

- Sore throat: Sometimes
- Wheezing: Rarely

COVID-19 has many variants with different severity of symptoms but includes:

- Aches: Sometimes
- Difficulty breathing: Often
- Fatigue: Often
- Fever: Sometimes
- Loss of taste or smell: Sometimes
- Sore throat: Often
- Wheezing: Rarely

RSV on the other hand presents with:

- Aches: Rarely
- Difficulty breathing: Sometimes
- Fatigue: Rarely
- Fever: Sometimes



METRO

Be aware of the signs of illness this winter season.

- Loss of taste or smell: Rarely
- Sore throat: Rarely
- Wheezing: Often

Individuals who are concerned by the presence of cold- or flu-like symptoms are urged to speak with their physicians. Though many instances of cold, flu, COVID-19, and RSV will go away without medical intervention, each condition can pose a significant health risk in certain situations and those who feel that their situation needs to be looked at by a professional should do so.

You can also protect others in our community as well as yourself by using measures to prevent the spread of viruses which can include washing your hands, using hand sanitizer, and wearing a mask.

Flu and COVID-19 vaccines are also available in pharmacies in our community.

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# Interlake real estate holds steady through inflation and increasing mortgage rates

By Patricia Barrett

Although Manitobans struggled with inflation and the arrival of higher mortgage rates in 2023, the real estate market in the Interlake remained relatively stable and is expected to follow suit this year.

Kim Giesbrecht, owner of Gimli-based Right Choice Realty, said Manitoba is somewhat immune to extreme housing price fluctuations that some of Canada's biggest cities typically experience.

"The relative stability we saw last year speaks to the steadiness of our market in Manitoba. We don't experience the real estate market highs and the lows as much as big cities such as Vancouver or Toronto do. Manitoba generally tends to hold steady," she said. "We did definitely see an increase in housing prices during COVID and an increased demand for property, but prices are definitely holding steady."

Giesbrecht crunched the numbers from 2023 to provide a snapshot of the Interlake region, which for the purposes of her analysis runs from Clandeboye to Hecla in the eastern half of the region and from the northern border of the RM of Rosser to Ashern in the western half of the region, as well as all the communities in between including Stonewall, Arborg and Fisher Branch.

In the residential detached homes category (excluding condominiums, duplexes and side-by-sides), Giesbrecht said the number of sales in 2022 were higher than they were last year.

There were 363 sales in 2022 and 325 sales in 2023, roughly a 10 per cent decline. But at the same time, the average sale price for homes in that category increased from \$272,000 to \$280,000.

And although there was a provincial property assessment in 2022, Giesbrecht said that generally does not affect housing sale prices as that is

determined by the market and factors such as location. Assessment values determine what a homeowner will pay in property taxes.

Digging down further on housing prices in the residential detached category, Giesbrecht said there was a modest increase in sale prices for stock in the mid-\$300,000 range.

"Sales decreased by 40 units in 2023 versus 2022 for anything priced up to \$349,999. That's a pretty big number. However, that price range had a modest increase of 1.1 per cent where we saw the average price increasing from \$214,289 up to \$216,721," she said. "Residential detached can also include a higher-end winterized cottage. Because we're looking at areas right up to Ashern, we see smaller rural properties that aren't priced higher. We're hard pressed in Gimli, for example, to find a home in the [\$200,000] price range. Price is relative to location and the number of people that want to live there and that can either increase or decrease market demand."

Homes in smaller Interlake rural communities will give people "more bang for their buck," she added, but the trade-off comes with a lack of proximity to conveniences such as health care facilities, schools and shopping. Properties in Stonewall or lakefront properties will typically be priced higher than homes in remote rural areas.

One of the interesting findings from her analysis was that Interlake properties priced in the \$350,000 to \$499,000 range saw higher sales numbers in 2023, with 65 units sold compared to 59 units sold in 2022. Units priced \$500,000 and over, however, saw a decrease in the number of sales.

She also researched the R26 area – the Winnipeg Real Estate Board designates different areas by numbers and letters – which stretches from roughly Silver Harbour down to Matlock



RECORD PHOTO BY JO-ANNE PROCTER

The lack of inventory and fewer properties on the market tends to keep demand and pricing steady.

and about three to four miles west of Highway 8. She found that sales numbers decreased last year but, again, increased in sale price.

Prices in six different categories Giesbrecht said she looked at showed no housing price decreases. Overall, prices for homes in the region tended to increase.

Although there were increases in interest rates from the Bank of Canada in 2022 and 2023, Giesbrecht said Interlake sale and price data for housing from 2023 were generally "positive," meaning there was no substantial impact on the market.

"Real estate is still one of the more stable investments. In Winnipeg, there might be a little more up and down, but in our rural areas there's generally a slow and steady increase," said Giesbrecht.

In terms of what people can expect in 2024, Giesbrecht said projections indicate a "slight increase" in the number of sales and prices towards the second half of the year.

There are buyers out there waiting to find the right property. Because there's a general lack of inventory and fewer properties on the market, buyers have had fewer choices. And that tends to keep demand and pricing steady, she said.

If regulations for short-term rentals (STRs) affect the way some properties are operated – Gimli for instance passed a short-term rental bylaw and an accommodation tax bylaw – Giesbrecht said that could possibly bring those properties to market. Continuing inflation, as well, could mean people have less money to spend on STR vacations.

"I think there might be a slight increase in recreational properties coming to the market in 2024 as people look at their overall financing or think they don't need a cottage anymore," she said. "Or if some people who were using cottages and homes for short-term rentals see demand for those dropping, that will open up more inventory."

Some people may be feeling anxious about higher mortgage rates right now, she said, but the stress test, which applies to federally regulated banks and which requires people to qualify for a mortgage at a higher rate, has actually served as a "buffer" during inflation, allowing many people to hold on to their homes. And historically, mortgage rates went through the roof in the 1980s at around 18 per cent or higher compared to the last decade or so.

"To expect interest rates at two or three per cent to continue forever is unreasonable," she said. "And even though they're in the five per cent range right now, in terms of an investment in housing, it's a reasonable amount to expect to pay," she said. "I think many people are still having to make adjustments from when they were paying a lower mortgage rate, but they're still able to afford their home in Manitoba. And I think buyers will still be able to find something they'll be comfortable in and securing their future."

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# Manitobans encouraged to participate in Budget 2024

By Lana Meier

Last month, Finance Minister Adrien Sala announced that the Manitoba government is urging citizens to be involved in Budget 2024. This can be done through completing the online EngageMB survey, participating in telephone town hall sessions, or attending public meetings in person.

Sala stated that our government is dedicated to addressing both the province's financial stability and issues within the healthcare system,

in addition to reducing expenses for citizens. We are eager to listen to input from Manitobans regarding their concerns in order to ensure that Budget 2024 effectively meets the needs of families in Manitoba.

During the months of January and February, we will be holding both in-person sessions and telephone town halls. One in-person session has already been confirmed to take place on Jan. 31 at 6 p.m. at the Riverbank Discovery Centre in Brandon

(1 - 545 Conservation Dr.). Stay tuned for more consultation dates to be announced in the new year.

According to the minister, those interested in attending either an in-person meeting or a telephone town hall are required to pre-register and secure their spot by signing up at <https://engagemb.ca/budget-2024>.

Citizens of Manitoba are encouraged to take part in the digital survey, accessible at <https://engagemb.ca>. Additionally, individuals can share their

thoughts and suggestions by emailing [MBbudgetfeedback@gov.mb.ca](mailto:MBbudgetfeedback@gov.mb.ca) or sending written submissions to:

Minister of Finance c/o budget engagement, 103 - 450 Broadway, Winnipeg, MB R3C 0V8

Along with the online survey at <https://engagemb.ca/budget-2024>, the Manitoba government will also unveil its comprehensive public engagement schedule.

## > TOP FIVE MPI FRAUDS, FROM PG. 10

ed to start and run the truck. Data retrieved from the vehicle also showed that prior to the crash it was started with a programmed key.

The claim was denied based on the policyholder making a false statement, saving MPI ratepayers approximately \$43,600.

### No. 5: Unsupervised driver

While opening a claim, an insured driver reported that after rear-ending a vehicle, they and their spouse, who they stated was a passenger at the time of the collision, stopped to exchange information with the other driver.

After further investigation and with the help of the statement from the other driver, it was revealed that the first driver was alone in their vehicle, despite licence restrictions requiring them to have a supervising driver with them at all times.

When asked to exchange information, the unsupervised driver had their spouse come to the scene to do

so on their behalf. The couple denied any wrongdoing when questioned by SIU investigators and collision data was unable to support their accounts.

The claim was denied based on the policyholder making a false statement and the savings to MPI ratepayers was approximately \$10,200.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Selkirk Curling Club hosts U18 provincials

By Brian Bowman

The Selkirk Curling Club proudly - and did an extremely great job - hosting the 2024 Asham U18 provincials last weekend.

Carman's Shaela Hayward doubled Onanole's Cassidy Dundas 6-3 in women's action on Sunday to earn a berth in the nationals which will take place in Ottawa from Feb. 5-10.

Hayward also defeated Dundas 5-4

in Saturday's Page playoff 1 vs. 1 game.

Hayward and third Keira Krahn, second India Young, and lead Rylie Cox were 7-0 at the provincials.

In men's action, Rylan Campbell of the Altona Curling Club trounced Morden's Nash Sugden 11-1.

Continued on page 17



RECORD PHOTO SUBMITTED

East St. Paul's Robyn Buchel throws a rock down the ice at the U18 provincials.

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# get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

## Smoky Chorizo and Chicken Pozole

Prep time: 5 minutes  
Cook time: 30 minutes  
Servings: 6-8  
2 tablespoons olive oil  
1 large white or yellow onion, finely chopped  
1 teaspoon kosher salt, plus additional, to taste (optional)  
1 package (9 ounces) Cacique Pork Chorizo  
2 teaspoons smoked paprika  
1 teaspoon dried Mexican oregano  
1 container (16 ounces) Cacique Medium Homestyle Salsa  
1 quart chicken stock  
2 pounds boneless, skinless chicken thighs or breasts, trimmed of excess fat and diced  
1 can (25 ounces) white hominy, drained and rinsed  
1 lime, cut into wedges  
3/4 cup crumbled Cacique Ranchero Queso Fresco  
1/2 cup chopped cilantro

In large, heavy pot over medium heat, heat oil. Reserve 1/4 cup onion for garnish; add remaining onion to pot and season with salt. Saute until translucent, about 5 minutes.

Increase heat to medium-high; add pork chorizo and break it apart with spoon. Cook chorizo undisturbed until deeply browned and cooked through, 3-5 minutes. Add smoked paprika and oregano; cook 30 seconds, or until fragrant.

Pour in salsa and scrape up browned bits from bottom of pan. Bring to simmer 1-2 minutes, allowing it to thicken slightly then add stock and bring to simmer.

Stir in diced chicken and hominy. Decrease heat to medium and cook 8-10 minutes until chicken is cooked through. Taste and season with more salt, if necessary. Remove from heat.

Serve bowls of pozole with reserved onion, lime wedges, crumbled queso fresco and chopped cilantro.



## Mexican Loaded Mashed Potatoes

Prep time: 35 minutes  
Cook time: 40 minutes  
Servings: 10  
3 pounds russet potatoes (about 9 medium potatoes), peeled and cubed water  
6 bacon strips, chopped  
1 package Cacique Pork Chorizo  
12 ounces Cacique Crema Mexicana  
1/2 cup butter, cubed  
1 1/2 teaspoons onion powder  
1 teaspoon salt  
1 teaspoon garlic powder  
1/2 teaspoon pepper

1 cup Cacique Oaxaca or Queso Quesadilla, shredded

1/2 cup Cacique Crema Mexicana Agria, for topping (optional)  
3 green onions, chopped

In Dutch oven, add potatoes and cover with water. Bring to boil. Reduce heat; cook, uncovered, 10-15 minutes, or until tender.

In skillet over medium heat, cook bacon until crisp. Drain on paper towels, chop into small pieces and set aside. Remove bacon grease from skillet and cook chorizo over medium-high heat, 6-8 minutes.

Drain potatoes; add to pan. Mash potatoes, gradually adding crema Mexicana, butter, onion powder, salt, garlic powder and pepper. Transfer to greased 13-by-9-inch baking dish; sprinkle with cheese, chorizo and bacon. Refrigerate, covered, up to 1 day.

Preheat oven to 350 F. Remove potatoes from refrigerator and let stand while oven heats. Bake, covered, about 30 minutes. Uncover; bake 10 minutes, or until heated through.

Drizzle with crema Mexicana agria and chopped green onions.

# Ask the money lady

Dear Money Lady Readers,

December is the eat and spend too much month and January is the go on a diet and pay your bills month.

So, have you decided to really create a budget this year to get your finances in order? Or is it going to be like that gym membership you'll sign up for that will fizzle out by March because you just can't find the time to go. I know we all have the best intentions to do things at the beginning of a New Year, but then life gets in the way, challenges come up and we give in to the failure of our January goals yet again. According to a recent study done by Stats Canada, (September 2023) three out of five Canadians are dealing with debt. So don't beat yourself up if you have debt too, especially after one of the most expensive months of the year. It can always be fixed. No matter what reason you had for going into debt – good or bad - You will want to have a strategy to repay it in full during the life of the asset or at least by the time you reach retirement. Here's how you're going to do it.

First you want to review all your options, so make a list of all the debt you currently have. You're going to want to categorize it into large and small debts; for example, it's going to be a lot easier to pay off a credit card for \$10,000 than it is to pay off a mortgage of \$200,000. Just list everything you owe so you can get a good understanding of what you are dealing with and if you have a lot of debt, (over \$100K in consumer debt) you may want to ask yourself: Could you downsize your home, refinance, or even change your job to earn more so you can reduce your debts?

Now when it comes to consumer or credit card debts the easiest and fastest method is to consolidate high interest loans into a new mortgage or a secured line of credit. Your goal is to capture a lower rate of interest so that you can increase your monthly cash flow. Obviously this should be viewed as a one-time credit fix and not something that you do every couple of years to drain the equity from your residence, use your home as an ATM and get a free pass to spend again. Also make sure your amortization on your mortgage matches with the date of your retirement (for example, if you have 15 years to retirement, your mortgage amortization should also be 15 years).

But, what if you don't own a home, and you still have debt? Well, we're going to have to do it the old-fash-



Christine Ibbotson

ioned way. Take that list of all your debts and decide which one you're going to tackle first. You will want to concentrate on putting as much as you can down on this debt every month, (for example a credit card balance) whilst only paying the minimum payments on the other debts that you have. Once this debt is paid off, then move to the next one, repeating the process of paying down one and maintaining the others with only minimum payments. This process takes a lot longer to accomplish and can be quite frustrating at times, but it does teach you how to create new habits for saving and definitely helps you learn how to budget for 2024.

Now if you still can't resolve your debt situation because there is too much to handle – declaring bankruptcy should be viewed as a last resort. You want to make sure you've exhausted all other solutions before contemplating a bankruptcy or consumer proposal. Please don't think that a consumer proposal won't be as bad as a bankruptcy. They both will hit your credit bureau and drop your score once initiated. But if all else fails and you must declare bankruptcy to get you back on the road to financial recovery, don't worry too much, your credit rating can be restored. Once the bankruptcy has been settled and cleared, you will want to begin re-establishing good credit right away. It could take up to three years to do so, but remember you've got to get back in the game. So, don't be afraid to use credit again. Remember your credit score is the only way to measure your credit worthiness not just for the banks, but also investment firms, insurance companies, some employers, security checks and rental housing.

Written by Christine Ibbotson. Send your questions through her website at [askthemoneylady.ca](http://askthemoneylady.ca)

**BINGO**  
SUNDAY NIGHT BINGO  
Pots are as follows:

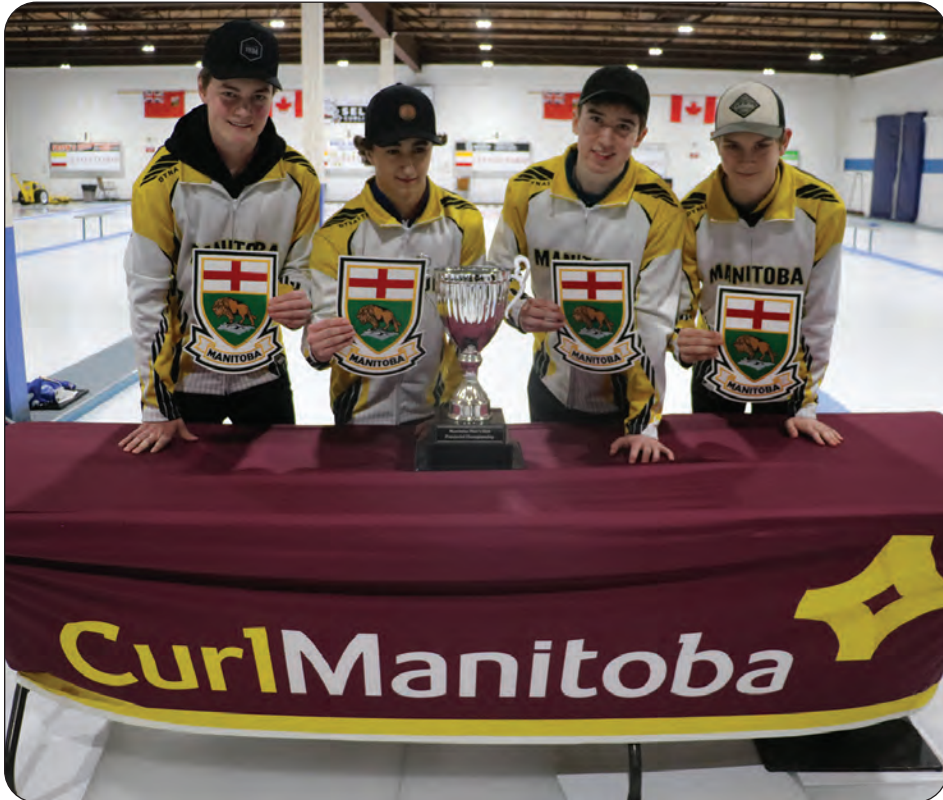
- \$8,000 JACKPOT In 51 Numbers
- \$7,002 + POKER FLUSH In 53
- \$3,467 + BONANZA In 52 Numbers
- \$2,250 + MINI LOONIE In 53
- \$1,035 + LUCKY 7 In 25 Numbers



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

> U18 PROVINCIAL CURLING, FROM PG. 15



RECORD PHOTO SUBMITTED

Boys U18 Champions, Team Campbell, will be heading to Ottawa for the National Championships in February. Pictured: Rylan Graham, Nick Senff, Logan Zacharias and Skip Rylan Campbell.



Winning boys team, Team Campbell, marching up the ice sheet to receive their big prize.



Kerri Einarson was part of the opening ceremony at the U18 curling provincials at the Selkirk Curling Club.



Selkirk Mayor Larry Johannson presenting Tournament Chair Shayne Merritt the very first Selkirk Water Tower pin.



West St. Paul's Karys Buchalter delivers a rock during U18 provincial action at the Selkirk Curling Club.



Petersfield's Rylan Graham of the Altona Curling Club is headed to the nationals after his rink defeated Morden's Nash Sugden 11-1 in the final on Sunday.



Selkirk Curling Club skip Brady Szydluk and his team of third Lucas Preun, second Liam Salmon, lead Logan F. Henry, and fifth Carson Salmon competed at the U18 men's provincials.



East St. Paul's Gina Giasson of a team from Killarney gets ready to throw a rock.

## NEXT HOME GAMES

at the Selkirk Rec Centre

**SUNDAY, JANUARY 14<sup>th</sup>**

VS North Winnipeg 3:00 pm

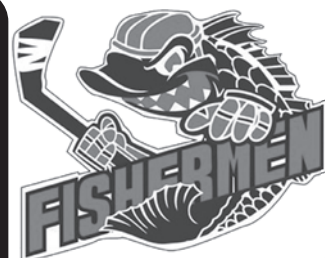
**SUNDAY, JANUARY 21<sup>st</sup>**

VS St Malo 3:00 pm

**NEXT AWAY GAMES**

Fri, Jan 12 - vs St. Malo - 8:00 pm

Sat, Jan 20 - vs Lundar - 7:00 pm



Meet the Fishermen



#12 Matt Brooks Forward

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Gators downed by the Lorette Comets

By Brian Bowman

The St. Clements Gators lost 5-3 to the Lorette Comets in Ile des Chenes in HTJHL action on Sunday.

Cole Burch, Luke Tyslau, and Kaiden Sichevski scored for the Gators while Matt Ramsay (three), Tyler Van de Velde, and Owen Lambert replied for the Comets.

Last Friday, the Gators were defeated 7-2 by the Red River Mudbugs in St. Jean.

Gavin Winram and Ryan Pellaers scored for St. Clements.

Red River goals came from Andrew Dyck (two), Cole Martens (two), Axton Hyra, Andy Boga, and Jonah Neufeld.

On Jan. 2, the Gators played well in a 3-2 home loss to the Landmark Blues in overtime.

Keiran Reimer scored the game winner

in OT.

St. Clements' Pellaers scored in the first period and then Landmark's Keiran Reimer tallied in the second. Both goals were on the power play.

In the third, the Blues' Hudson Skjaerlund and the Gators' Winram traded goals.

St. Clements hosted the Macdonald Swarm on Tuesday in the first of a whopping 10-game homestand.

That doesn't happen often - in any league.

The Steinbach Huskies will visit East Selkirk on Saturday evening (7:30 p.m.) and then Lorette will make the trip to our beautiful area Sunday for a 2 p.m. game.

Next Tuesday, the Gators will host Landmark. Puck drop is 7:30 p.m.

## Raiders split with Riels, Jets

By Brian Bowman

The Raiders Jr. Hockey Club was defeated 6-2 by the Stonewall Jets in MMJHL action on Sunday evening.

Stonewall scored four unanswered third-period goals.

The Jets' Karson King scored twice, including a shorthanded marker, while teammates Gavin Holod, Peyton Bateman, Jordan Gray and Landen Sitarz also tallied.

Raiders' goals were scored by Levi Thiessen and Jack Oleksiuk.

Stonewall goaltender Liam Johnson made 24 saves for the

win.

Last Friday, the Raiders nipped the St. Boniface Riels 3-2 in a shootout.

Logan Clarke was the lone player to snipe a goal in the shootout.

Lavery Melsted and Andrew Denoon scored for the Raiders in regulation time while Cole Davis and Nathan Burzynski replied for the Riels.

Evan Banera was solid, making 33 saves for the win.

The Raiders (14-13-1) will host the Pembina Valley Twisters on Friday (7:30 p.m.) and the St. Vital Jr. Victorias Sunday (3 p.m.).

# Fishermen begin new year with a win

By Brian Bowman

A new year and another victory for the Jr. B Selkirk Fishermen.

Selkirk had a great start to 2024 with a convincing 6-2

win over the Arborg Ice Dawgs last Sunday in Sagkeeng.

Selkirk, which scored three goals in the first period and then three more in the third, received two goals from Matt Wagner and singles by Raymond Hefferman, Matt Brooks, Izzy Aime, and Anthony Bruyere.

Austin Adair and Dainen Jacobson replied for Arborg.

Marcus Sharpe made 23 saves for the win.

Selkirk, in first place in the six-team league with 41 points, 14 ahead of the second-place Beausejour Comets with two games in hand, will play the Warriors in St. Malo on Friday (8 p.m.) and then host the suddenly improving North Winnipeg Satellites (3 p.m.) at the Selkirk Recreation Complex.

### What's *Your* story?

We want to hear from you.

The Selkirk Record connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337



**HTJHL • St. Clements Gators**

**NEXT HOME GAMES**

**SATURDAY, JANUARY 13<sup>TH</sup>**  
vs Steinbach Huskies 7:30 pm

**SUNDAY, JANUARY 14<sup>TH</sup>**  
vs Lorette Comets 2:00 pm

**TUESDAY, JANUARY 16<sup>TH</sup>**  
vs Landmark Blues 7:30 pm

**EAST SELKIRK ARENA**  
(the Gator Pond)

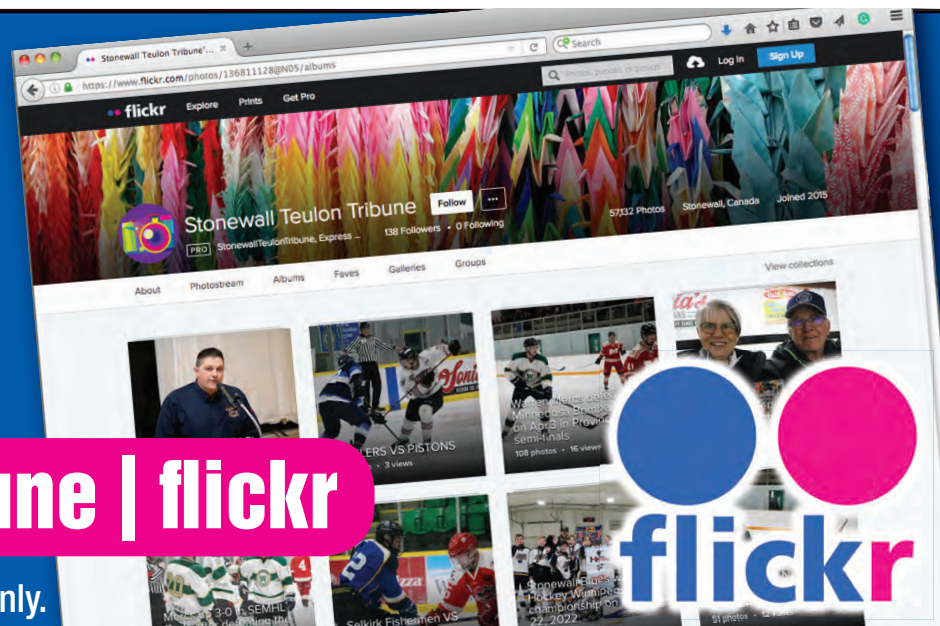
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers' Moreira named RBC player of the month

By Brian Bowman

There are a lot of great players in the Manitoba Junior Hockey League.

But the best last month was the Selkirk Steelers' Matthieu Moreira.

Moreira was very deservedly named the RBC player of the month for December.

"Obviously, it's a great honour. It's not every day that you get rewarded with something like that and I owe a lot of that to everybody on my team -my linemates and everyone in general," said Moreira, the Steelers' well-respected captain, on Monday morning. "We played a great month and it was nice to get rewarded and me having great linemates to play with made it very easy to have success."

The MJHL veteran helped the Steelers post an impressive 6-1 record last month which included wins against Dauphin, Niverville and Portage.

Moreira had five multi-point games in December, scored two-game winners, and was held off the scoresheet just once during those seven games.

He has been really clicking with linemates Rocco La Cara and Rhett

Marchant.

"It's been really easy playing with those two guys," Moreira said. "We seem to click really well and we're all very connected. Rocco and Rhett both have a lot of skill and it makes it really easy for me out there and, our line in general, to produce offensively and really connect."

Moreira, an East St. Paul product who watched the Steelers growing up, led Selkirk in scoring with 29 points (12 goals, 17 assists) heading into this week's action.

On the ice, the Steelers were defeated 5-2 by the Kings in Dauphin on Sunday.

Mathieu Catellier scored for Selkirk in the first period and then Moreira tallied in the second.

Kings' goals came from Anthony Bax (two), Gabriel Bugeaud, Logan Walker, and Ethan Williment.

Steelers' goalie Jack Hodgins made 39 saves and was named the game's third star in the losing cause.

On Friday evening, Selkirk was on the road once again, playing great hockey in a 2-0 win over the Neepawa

Titans.

Luke Wagner scored his first-ever goal with the Steelers in the second period and then Joel Purdom potted a power-play goal in the third.

Noel Olsonawski stopped 16 Neepawa shots for the win. He was selected as the game's first star while Moreira was picked as the third star.

The Titans had just two shots in the third period.

The Steelers (14-16-1-1) hosted the Winkler Flyers this past Tuesday and then will play the Virden Oil Capitals in a home-and-home series this weekend. Selkirk will play at Virden on Friday and then host the Oil Capitals Saturday.

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

Those two games, like all of the remaining ones, are very important for the Steelers as they hope to move up the standings and slide into the playoffs.

"I just want to let the fans know that we're really excited for the second half of the year and our goal is to get into the playoffs and have a run after that," Moreira said. "We're pushing



PHOTO SUBMITTED

Steelers' Matthieu Moreira was named the RBC player of the month for December.

hard towards that and we want to thank (the fans) for coming out and supporting us every night."

## Thrashers sweep Yellowhead Chiefs

By Brian Bowman

The U18 AAA Winnipeg Thrashers swept the Yellowhead Chiefs last weekend in Shoal Lake.

On Saturday afternoon, Winnipeg beat Yellowhead 5-3.

Thrashers' goals were scored by Mason Mykichuk (two), Ben Brambilla, Lian Hanzmann, and Maddox Malmquist.

Cole Hunter, Addison McIntosh, and Bo Tibbatts replied for the Chiefs.

Austin Kindrat made 34 saves for the win.

The Thrashers downed the Chiefs 6-5 on Friday.

Winnipeg goals were tallied by Rohan Guevarra (two), Brambilla, Malmquist, Mykichuk, and Crosby Harrison.

Yellowhead goals came from McIntosh (three) and Quinn Schutte (two).

Taye Timmerman stopped 20 shots for the victory.

Last Wednesday, Winnipeg was edged 3-2 by the Thistles in Kenora.

Jackson Tucker scored the game winner in OT to complete a hat trick.

Thrashers' goals were scored by Guevarra (who has two goals in three

games with the Selkirk Steelers this season) and Malmquist.

Guevarra finished the game with two points.

Winnipeg will host Kenora Wednesday (7:30 p.m.) and the Brandon Wheat Kings Saturday (3:30 p.m.).

CATCH THE EXCITING NEW TEAM FOR THE 2023-2024 SEASON



NEXT HOME GAMES

- VS Virden Oil Capitals, Sat, Jan 13<sup>th</sup> 7:30 pm
- VS Winnipeg Blues, Tues, Jan 23<sup>rd</sup> 7:30 pm



NEXT AWAY GAMES

VS Virden Fri Jan 12 7:30pm • VS Winnipeg Freeze Jan 18 7:30pm • VS Winkler Flyers Jan 19 7:30pm

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the Steelers Box Office is open 1 hour before game time  
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**Request for Quotation No. RFQ-2024-01 Hire of Privately Owned Equipment Hourly Rates**

**2024 Equipment Rates**

The Rural Municipality of St. Clements is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2024.

Request for Quotation packages, including specifications and submission documents are available at the Public Works Office, 155 CIL Road, or from the Website, [www.rmofstclements.com](http://www.rmofstclements.com).

Sealed submissions clearly marked "Hourly Equipment Quotation, No. RFQ-2024-01" will be received at RM of St. Clements Public Works Office, located at 155 CIL Road, East Selkirk, MB, up until 2:00 PM, Local Time on Friday, January 26, 2024.

All inquiries related to the Request for Quotation should be directed to Mr. Kevin Grabowski at 204-482-3300.

The lowest or any hourly rate bid not necessarily accepted.

Kevin Grabowski, CET  
Director of Public Works  
1043 Kittson Road  
Box 2, Grp 35, RR 1  
East Selkirk, Manitoba, R0E 0M0  
Fax: (204) 482-3660



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**PERSONAL**

Widower, pensioned off, homeowner, assets, call Wayne at 431-347-3006. Thanks

**UPCOMING EVENTS**

Cloverdale United Church Whist resumes on the 12th of January at 12 noon. January 14 Ruth Christie (Elder) speaks on her spiritual journey, 10:30 a.m. January 28th Annual general meeting, 10:30 a.m. 204-485-0165.

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Position will remain open until a suitable candidate is found. Submit applications marked "Application for Municipal Clerk" to: Lainie Shaw, CMMA Municipal Legislative Officer RM of West St. Paul 3550 Main Street West St. Paul, MB R4A 5A3 Email: [admin@weststpaul.com](mailto:admin@weststpaul.com)

The RM of West St. Paul wishes to thank all candidates for their interest in this position, however, only those individuals considered for an interview will be contacted.



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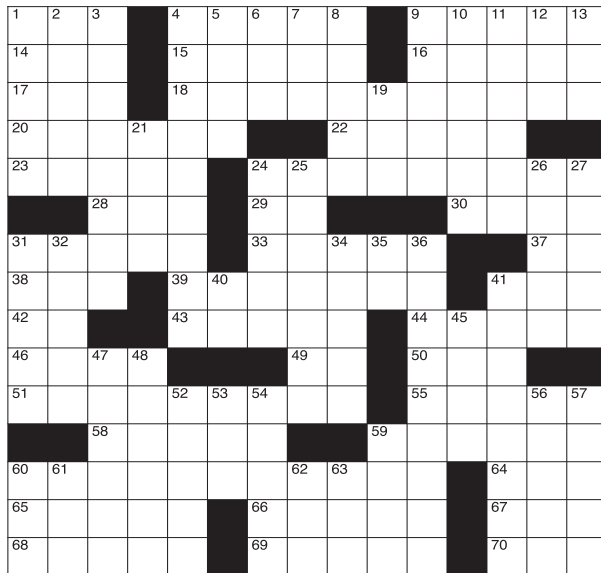
# take a break

> GAME

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**CLUES ACROSS**

1. Defensive nuclear weapon
4. Moved back and forth
9. One-time coach of the Cowboys
14. Last letter
15. Cause to become less intense
16. Genus of tree bugs
17. Body art
18. Romance novelist
20. Be filled with love for
22. City
23. Make vivid
24. Horses
28. Mauna \_\_, Hawaiian volcano
29. Atomic #18
30. Shortly
31. A type of prejudice
33. Whirls
37. Six
38. Old world, new
39. \_\_ Hess, oil company
41. Talk
42. Not off
43. Begets
44. Cars need them
46. Computing architecture (abbr.)
49. Of I
50. Journalist, activist Wells
51. Takes apart
55. Lists
58. Positively charged electrode
59. Hard, colorless compound
60. Inflammation of the peritoneum
64. Trent Reznor's band
65. Simply dry fruit
66. "Ivanhoe" author
67. Google certification
68. French commune
69. Medieval circuit courts
70. Soviet Socialist Republic



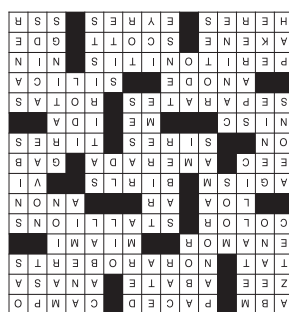
2. Dietary supplement
3. Having a particular sheen or luster
4. Views
5. Academic Bill of Rights
6. Automobile
7. When you anticipate arriving
8. Beef or chicken intestine
9. Conspiracy
10. Blood disorder
11. Long-time NBAer Shawn
12. Time zone
13. US, Latin America, Canada belong to
19. Upton Sinclair novel
21. What a cow does
24. Cavalry-sword
25. Ancient Greek war galley
26. Stars
27. Rebukes
31. Billion year periods
32. Some are in a bottle
34. Tears down
35. Lethal dose
36. Humorists
40. Midwestern US state (abbr.)
41. Frameworks
45. Rocker Billy
47. More thin
48. Dog
52. Habitual repetitions
53. State of fuss
54. Uneasy
56. Chemical compounds
57. More cognizant of reality
59. A place to build
60. Exclamation that denotes disgust
61. Supplement with difficulty
62. Very slick
63. Hill or rocky peak

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Crossword Answer

## NOTICE TO CREDITORS

In accordance with S. 41 (5) Trustee Act (R.S.M. 1987)

IN THE MATTER OF the Estate of Robert Mundt, late of the R.M. of St. Clements in Manitoba, deceased.

All claims against the above estate, duly verified by statutory declaration, must be filed with TRADITION LAW LLP, Estates & Trusts, at their offices at 701 - 310 Broadway, Winnipeg, MB R3C 0S6, Attention: John Delaney on or before February 12, 2024.

DATED at the City of Winnipeg, in Manitoba, the 11th day of January, 2024.

TRADITION LAW LLP  
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Solicitors for the Estate of Robert Mundt



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# Announcements

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## OBITUARY



**Stella Kozun (nee Vanin)**  
April 26, 1933 – January 1, 2024

It is with heavy hearts that we announce the passing of our mother, grandma and great-grandma on January 1, 2024 at the Selkirk Regional Health Centre in Selkirk at the age of 90 years. She was predeceased by her beloved husband John in 2023; her parents John and Martha Vanin.

She leaves behind her three children, Brian (Jeannette), Gary (Donna) and Sandra (Tom) Ross; grandchildren Jon, Kyle, Alexandra (Will), David (Summer) and her great-grandson Hayden.

She was born and raised on a farm in Pelly, SK. At age 18 she left home to come to Selkirk where she acquired her Psychiatric Nursing Diploma and met the love of her life John. They were married in 1954 and when her family came along, she devoted

her life to raising their children.

They lived in Selkirk for many years and then built a house on Netley Creek in Petersfield before returning to Selkirk in 2006. In Petersfield, she spent many summer hours tending to her flowers and shrubs, camping and golfing. In the winter she enjoyed cross-country skiing, curling, and taking an annual getaway to places in the Caribbean, South America, and Europe. While living in Petersfield she took an art course to further develop her interest in oil and watercolour painting. She also enjoyed her Monday afternoon painting sessions at the Gordon Howard Senior Centre. Today many of her paintings, especially wildlife scenes are gracing the walls of her children and grandchildren's homes. She especially cherished all her grandkids and the many weekend sleepovers at their place.

The family would like to thank everyone that supported her in her final days from her kind and caring neighbours and all the dedicated medical staff at both the Selkirk and HSC hospitals. Special thanks also to Rev. Cole Grambo from Selkirk United Church for his many visits and support.

Cremation has taken place and a private family service will be held. In lieu of flowers, donations in Stella's name can be made to the Selkirk United Church. Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Ralph Norman Thomas**

Peacefully, on Saturday, January 6, 2024 at the Grace Hospital, Winnipeg, MB, Ralph Thomas, aged 93 years, beloved husband of the late Lorna, passed away.

Funeral services will be held on Thursday, January 18, 2024 at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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# Announcements

## OBITUARY



**Kayla Lynn Anderson**  
September 27, 1987 – December 27, 2023

It is with heavy hearts and deep sorrow that we must share the news of the very sudden passing of our beloved Kayla. Kayla passed away in her sleep during the early hours on Wednesday, December 27, 2023.

Kayla was born on September 25, 1987 in Selkirk, Manitoba, daughter of Melanie Anderson and Patrick Wach.

Left to mourn is her partner of 16 years, Christopher Wozny; her precious son Kaden; mother, Melanie (Kevin); father, Patrick (Brenda); sister Shantel (Mark), sister Amber (Aaron); mother/father-in-law, Barbara and Larry; sister-in-law Candace (Dean); brother-in-law, Marlon (Meghan); aunts and uncles: Sheila (Wayne), Randall, Wayne (Glenda), Keri (Garth), Cory (Roberta), Myron (Shannon), Sandra and Sylvia; paternal grandmother

Helen, as well as numerous nieces and nephews, cousins and extended family.

Kayla was predeceased by her maternal grandparents Lorena and Raymond, Aunt Shannon, Uncle Darrell, paternal grandfather Maryon, uncles Don and Steve, Baba Anna and Gigi Soter.

Pallbearers: Jared Anderson, Cory Anderson, Randall Anderson, Marlon Ostlund, Jimmy Zeniuk, Gerald Nakonechny.

All of Kayla's friends and family should consider themselves as Honorary Pallbearers.

Crossbearer: Kaden Wozny

Funeral service to be held on Monday, January 15, 2024 at 11:00 a.m. at Sneath Strilchuk Family Care Centre in Dauphin with Rev. Father Brent Kuzyk officiating. Interment to follow at the Vimy Ridge Orthodox Cemetery in Pine River, Mb. Lunch to follow at the Pine River Community Centre. "Run free my love with the wind in your hair and sunshine on your face"

## OBITUARY

**Margaret (Margo) Ann Kirton**

Peacefully on Thursday, January 4, 2024 at the Seven Oaks Hospital, Margo Kirton, aged 87 years of East St. Paul, MB, beloved wife of Allen, passed away.

Memorial service will be held on Thursday, January 11, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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

## OBITUARY



**Doreen Elizabeth Oliver (nee Smith)**  
1937-12-27 to 2024-01-05

It is with great sadness that we announce the peaceful passing of Doreen Oliver, aged 86 years, on Friday, January 5, 2024 at Extendicare Red River Place in Selkirk.

Doreen leaves to mourn, her husband Bud of 63 years, her daughter Jocelyn, brother Sid (Linda), Greg and Karen; brother Don (Elaine), Eyvi and Shelley; in-law siblings Don Kerr and Wendy Oliver, and many other loving family members.

Doreen was predeceased by her parents Lionel and Olive and brother Jim.

Doreen was born in Winnipeg on December 27, 1937 and was raised on the family farm in Langruth, MB. She received her grade one to 11 education at Langruth, grade 12 at United College and graduated from MB Normal School in 1956. She arrived in Selkirk for her first school teaching job and spent the next 40 years teaching grade two, three and four. Doreen met Bud in 1957 and the two married in 1960, and while raising two children she completed a Bachelor of Arts at the University of Winnipeg and a Bachelor of Education at University of Manitoba.

Doreen enjoyed all kinds of family events; road trips all across Canada, throughout the USA, and touring through Europe, weekend picnics and trips into Winnipeg for movies and shopping with Bud, and later, making double chocolate cookies for her grandchildren.

Doreen had a life long passion for history and literature. She was a member and longtime chair of the Selkirk Municipal Heritage Advisory Board. In 1998, Doreen was named Woman of the Year by the Selkirk Business and Professional Women's Club. In 2015, she was presented the MB Lieutenant Governor's Award for Historical Preservation.

In 1963, Doreen became a member of the newly formed Chapter P of PEO in Selkirk. She was a dedicated member serving on the chapter executive, as a member of the Manitoba-Northwest Ontario Provincial Chapter Board and as President in 2013-14.

Doreen was a life long member of the Anglican Church being baptized, confirmed and married in St. Mary la Prairie in Portage la Prairie, MB. She was also a dedicated member of St. Peter Dynevor and Christ Church in Selkirk. She, along with Jane George, wrote a history of Christ Church titled "Gathered in his Name 1887-1987".

A very faithful and dedicated group of family, friends and a medical and care team assisted with Doreen's journey with dementia. Doreen's family gives their heartfelt thanks to Dr. Margaret Speer for her care and concern for Doreen, and to the caregivers at Red River Place for providing Doreen a home for the past 15 months.

A celebration of Doreen's life will be held on Saturday, January 13, 2024 at 1:00 p.m. at the Christ Church in Selkirk, Manitoba.

In lieu of flowers, donations can be made to Christ Church, Selkirk, the Selkirk and District Foundation, or the Alzheimer Society of Manitoba.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

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# CENTURY 21 ADVANCED REALTY



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COMING SOON...  
CREEKFRONT IN CLANDEBOYE!  
92 MEDICINE CREEK RD  
\$498,000



**What's your property worth?**

Scan the QR code or go to [SELKIRKMBHOMES.COM](http://SELKIRKMBHOMES.COM)

FEATURE OF THE WEEK! 727 EDITH AVE, PETERSFIELD \$419,900



Breathtaking design & workmanship are evident in this 1621 SF Bungalow. Built in 2022 on 2.27 acres in commutable & creek accessible Petersfield, this family home offers a marvelous layout, high quality materials & even the potential to subdivide! Lrg entry w/closets, bright, open & inviting main living spaces. STUNNING kitchen features fabulous wood island fit with wine racks, functional storage & seating, under-mount sink, quartz counters, under-cabinet lighting & pot-filler. Dining area w/sliding glass doors to back covered deck, perfect for BBQing & outdoor entertaining. Living space features big windows & vault ceiling. Primary bedrm has walk-in closet & 5pc ensuite w/double sinks. 2 more great sized bedrms & 4pc bath. Convenient main floor laundry. Built on piles, 4 ICF crawl space great for storage, front & back covered decks. Close to beaches & amenities, great community with highly rated schools. Tons of space for a garage/workshop. Buyer to complete their own due diligence regarding subdivision

PRICE IMPROVEMENT

628 Strathnaver Ave, Selkirk  
\$159,900

916 SQ FT

528 Christie Ave, Selkirk  
\$324,900

1,082 SQ FT

239 Rosser Avenue, Selkirk  
\$197,500

3.64 ACRES

28092 Road 74 N, East Selkirk  
\$330,000

65 ACRE LAND

0 Road 74 N, Lockport  
\$265,000

TOP FLOOR

#10-330 Main St, Selkirk  
\$199,000

2 BEDS & 1 BATH

315 Railway Ave, Clandeboye  
\$289,000

1,560 SQ FT

162 Morrison Ave, Selkirk  
\$484,900

DOUBLE LOT

508 Clandeboye Ave, Selkirk  
\$165,000

1,873 SQFT, 1 ACRE

885 Colville Rd, East Selkirk  
\$529,900

FULLY RENOVATED

166 Tom Prince Dr, Petersfield  
\$299,900

2+ AC VACANT LOTS

Fuller Rd East Selkirk  
\$109,900 Each



ASHLEY DOUGLAS, REALTOR®

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*Contact me for all of your real estate needs!*

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NEW 4+ ACRE LOT

73072 Joseph St, St. Clements  
\$209,000

LOVELY FAMILY HOME

7 McLennan Rd, St Andrews  
\$399,900

LOCATION LOCATION

283 Eveline St, Selkirk  
\$235,000

CREEKSIDE ESTATES

2 Pearson Parkway, Selkirk  
\$159,900

30 AC CREEK PROPERTY

71078 Willowdale Rd, Springfield  
\$500,000

6+ ACRES RIVERFRONT

81068 St, Peters Road, East Selkirk

January 20th & 21st. 2pm, 4pm & 6pm.  
EARN YOUR SHARE OF  
**\$4500!**

*Simply Irresistible!*

SOME CONDITIONS APPLY. DETAILS AT SOUTHBEACHCASINO.CA