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THURSDAY, JANUARY 25, 2024

VOLUME 15 EDITION 4


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It was a throw down!

RECORD PHOTO BY BRETT MITCHELL

Jake Friesen-Joss of the Selkirk Judo Club makes a move on an opposing judoka. There were 119 contestants registered and 128 matches took place at the 2024 Selkirk Open, the Selkirk Judo Club's first tournament in four years. This was one of their largest turnouts. To learn more see inside.

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Local floral designers participate in international floral show in Winnipeg

Victoria's Flowers and Gifts floral designers wow at Fleurs de Villes

By Katelyn Boulanger

Last week Fleurs de Villes an international flower show made a stop at the Leaf in Winnipeg. This show showcased top local florists in Winnipeg and beyond and Floral Designers Rachelle Aime and Barbara Ryshytylo of Victoria's Flowers and Gifts in Selkirk were honoured to be part of the show.

"[We specialize] in floral design for all kinds of events. We do day-to-day celebrations, retirements, birthdays, anniversaries. We've also done many, many weddings through the years as well as celebration of life [events]. We've been established in Selkirk long enough that now we're doing the second generation of those things, so, where we might have done some-

one's wedding flowers years ago, now we're doing their children's wedding flowers. We've had a long history in Selkirk," said Aime.

The business also is in the business of giftware and often has fair trade options for flowers and, when seasonally available, works with local flower farms.

This is the first time that Fleurs de Villes, which is an exhibition that includes the love of flowers, local design talent, and unique displays, has come to Winnipeg and the two local floral designers were one of the 15 displays that each represented a different nation as part of the show's theme voyage.

Aime said that they were honoured to be one of only three groups from

outside of Winnipeg to be invited to participate in the show.

Aime and Ryshytylo chose to represent Ukraine in the recent show and created a beautiful floral display on a mannequin that had many elements of Ukrainian culture incorporated.

"A couple of our goals with that were to honour Ukraine and the number of Ukrainian families that are in Manitoba. There's quite a large Ukrainian population here. [We also wanted to] honour Ukraine in the context of world events. We really focused on wanting to make our mannequin

uplift people. We wanted to make people smile, we wanted to give them hope and have them feel uplifted when they saw her," said Aime.

Fittingly their display was of a Ukrainian dancer. It, of course, had sunflowers incorporated into the display but as many local people of Ukrainian heritage will have noticed there are also four sheaths of wheat, and the intricate patterns that are well-known as part of Ukrainian embroidery were replicated in floral form.

There were also some secret ele-
Continued on page 4



RECORD PHOTO SUBMITTED

Barbara Ryshytylo and Rachelle Aime of Victoria's Flowers and Gifts in Selkirk created a beautiful Ukrainian dancer floral art piece for Fleur de Villes.

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> LOCAL FLORAL DESIGNERS WOW, FROM PG. 3

ments that Aime and Ryshytylo incorporated into their work that viewers may have missed at first glance.

"In the landscape that she's in, we have wrapped around her spring to summer to fall to winter because the four distinct climates are something that Ukraine has in common with Canada," said Aime.

Her headpiece is a more personal touch as it was inspired by the floral headpiece that Ryshytylo's grandmother, who immigrated from Ukraine, wore on her wedding day. She's also holding a myrtle wreath which is a common part of Ukrainian wedding customs.

Finally, the floral designers added the coat of arms of Ukraine. This symbol has become emblematic of Ukraine's reclaiming of its cultural identity; so much so that even in the midst of Russia's continued invasion of the country, the famous towering Mother Ukraine statue in Kyiv had the previous communist symbol removed and the coat of arms of Ukraine installed last summer.

Aime said that it was a very fun challenge for the designers to create this piece. They had to work hard to make sure that all the fresh flowers were taken care of so that they were both beautiful and stayed in place properly throughout the event.

"Developing a system where we could keep flowers watered, that would be a person's outfit was great fun. To come up with a design that would not only represent Ukraine, but we wanted visitors to recognize

Ukraine without having to read the name of what country it is," said Aime.

By all accounts, they succeeded in their work with positive feedback flowing.

Pat Ward, a St. Clements resident said, "We got to the one on Ukraine and having seen that it was from our area, it was such a beautiful display that they'd done."

Aimes said that they were very honoured to be able to design something like this as they both come from families with Ukrainian heritage. She also wanted to acknowledge the hard work that the whole team at Victoria's Flowers and Gifts put in in order to make this floral art piece a success for the entirety of the ten-day-long show. In addition, she is very thank-



ful for her customer's support over the years.

She also said that she would be very open to doing a project like this again and was very honoured to be able to represent the Interlake area.

Aimes said that this show has garnered more interest in Victoria's Flower and Gifts.

"One thing we learned from the show is that visitors want to also visit on social media. We had many people asking us about our Instagram ac-

count and asking us to produce content there so that when you can't be around flowers in person, at least you could see them online. And so, I think that's part of the next bridge for us is to be able to share what we do and what we love with people, both in person in town here and then online," said Aimes.

To learn more about Victoria's Flowers and Gifts check them out online at <https://www.victoriasflowersselkirk.com/>.



RECORD PHOTOS SUBMITTED

Barbara Ryshytylo and Rachele Aime of Victoria's Flowers and Gifts made a beautiful floral art piece representative of Ukraine.

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New changerooms add to accessibility and inclusion at LSRCSS

Grant adds to the Selkirk Community Pool

By Katelyn Boulanger

The Selkirk Community Pool at the Lord Selkirk Regional Comprehensive Secondary School is now a place where more people in the community can enjoy. They have upgraded the facilities to include three new large changerooms which are accessible from the pool deck.

"We've been working [towards getting these new changerooms] for a number of years. When the pool originally had gotten renovated with accessible changerooms in each individual male and female changeroom it still wasn't accommodating our needs, for the schools and the community," said Michelle Stamm, pool manager for Lord Selkirk Regional Comprehensive Secondary School.

The original upgrades did help make the facility better suit more members of the community but there are members of the LGBTQ+ community as well as parents with young children of the opposite gender who will find the new changerooms, which are located beside the pool deck instead of in the gendered changerooms, to meet their needs better.

"Originally, the idea was to have smaller change cubicles but because we need to serve individuals in chairs and families with two or three children a three-by-six room isn't large enough. So, we have three spaces down there that are five-by-six [feet]," said Stamm.

Because of the location of the changerooms there had to be extra considerations to make sure that they were functional.

"Because of location on deck, we had to have a covering on the top of it just because we have the viewing area upstairs and we had to make sure that the doors were low enough, and the partitions were low enough, that people in the pool couldn't see

underneath," said Stamm.

She explained that these new rooms not only help with making sure that staff and students have more options during the day but also is going to make it so that parents will have more options for weekend and evening lessons.

"We have a huge population of little ones that come. A lot of times it's a little girl with the dad or mom with the boy and, at a certain age, they become uncomfortable and so, it's another option," said Stamm.

She said that it was through efforts by safe student handling through student services that the work to get these grants came about. The grants came from the generosity of the Selkirk and District Community Foundation and Building Sustainable Communities and, in total, approximately \$16,000 was received and used to make these renovations.

Stamm hopes that these changes make community members more comfortable using the pool.

"I feel that we will probably have more participation in some of the programs that we offer now that people are finding out that, 'Oh, it's not going to be a challenge now to change my student or my kid,' or, for somebody that wants to be in the pool but doesn't want to be in a change room with the rest of the male/female population," said Stamm.

She says that staff are appreciative that they are able to use this resource now and she is thankful to the organizations that made these generous donations to have the project take place.

"We want to recognize the Selkirk and District Community Foundation and Building Sustainable Communities for their generous contribution to a much needed space for school and community," said Stamm.



RECORD PHOTOS BY KATELYN BOULANGER

Michelle Stamm, pool manager of the Selkirk Community Pool with the new changerooms.

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Let's talk about SARAH campaign sharing information about Survivor's Hope

Campaign works to reduce the stigma of sexualized violence

By Katelyn Boulanger

A new campaign 'Let's talk about SARAH' is helping to reduce stigma and spread the word about local resource Survivor's Hope.

"Survivor's Hope is a sexual violence resource center, working with survivors in the Interlake-Eastern area, to provide counselling and crisis services, as well as education for

students in schools, and community outreach and workshops," explained Coral Kendel, executive director of Survivor's Hope Crisis Centre.

This campaign is a continuation of a campaign that they have been running since October of last year it started as their 'Did you hear about SARAH?' campaign and is continuing with 'Let's talk about SARAH'.

"The intention is to reduce the stigma that survivors of sexualized violence have experienced and [especially] knowing that that's even more prevalent in small communities. And so, we're hoping to rally communities to come together in support of survivors and raise awareness about our services," said Kendel.

Residents in the area will notice throughout the community that 'Let's talk about SARAH' information will pop up more on social media.

"The first phase was a sort of vigilante marketing within communities in a grassroots

way through posters and magnets. [This was meant] to really raise some interest in this tagline of 'Did you hear about SARAH?' Once folks visit that QR code, it takes them to our website and gives them further information about sexualized violence and about our services. With phase two of the campaign [which is taking place now] it's the 'Let's talk about SARAH' aspect. So it more broadly presents that we need to be talking about [sexualized violence] and that Survivor's Hope is a resource in the Interlake-Eastern area. [This information will be going out] through YouTube ads, Spotify ads, ads on QX 104, and through media outlets," said Kendel.

Something that Kendel says that people may not understand is that statistics around sexualized violence are always incredibly underrepresented.

"The vast number of people that don't make formal reports and don't become part of those statistics. Fortunately, with our programs, we don't require anyone to have had any sort of formal contact, whether that's medical or legal. Instead, we can be a first point for anyone to share their story and get support and help them explore all of the different options that they might have with what their healing journey looks like," said Kendel.

This means that Survivor's Hope has the ability to help in recent events by helping residents at the hospital or in a crisis situation or they can provide resources to people who want to recover from a past event and will work with people to find the journey that works best for them.

"The resources that are available for

Continued on page 7

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> LET'S TALK ABOUT SARAH, FROM PG. 6

any survivor are really that long-term counselling and the ability to heal through a therapeutic relationship. We also have support groups. We do legal navigation with folks to decide if it is something they want to formally report and recognizing the impacts of that decision. [We also help with] other resource navigation if there are other services they're looking to support them as well. I also want to note that we support secondary victims as well. So, someone who might not have had that personal experience



RECORD PHOTO SUBMITTED

Let's talk about SARAH works to reduce the stigma of sexualized violence.

with sexualized violence but loves someone who has and feels affected by it," said Kendel.

Survivor's Hope is available to any person of any gender who is above the age of 13 and feels impacted by sexualized violence.

"In an indirect way that is all of us. It's a human issue. Our full spectrum support may begin in a school by teaching youth about healthier relationships and prevention. Then it may be that later on, we're providing support to someone who's actually had a harmful experience, or for those who are affected by it indirectly, whether that's a service provider, a loved one, or providing more capacity-building opportunities for other service providers. As well [we're there with] community outreach like this campaign. A big focus of it is on how we can rally communities together and strengthen our communities and make them healthier. And so, in that way, it absolutely affects all of us, because we all have a role in preventing and stopping sexualized violence and supporting survivors of sexualized violence," said Kendel.

There is harm done to our community through silence because of the stigma that this creates towards people who have experienced sexualized violence.

"By not talking about it, it doesn't make the problem go away. It only shows survivors that they are not

supported and increases stigma, and increases the compounding of the trauma that they've already experienced by ostracizing them or shaming them or creating internalized shame and further negative outcomes like coping methods, mental health problems, and suicide. It affects our community greatly and affects survivors really personally. And so, to support those who are our loved ones, who are people that we know, is really sending a message to all survivors that we believe you, we support you, and we know where you can get help," said Kendel.

Kendel wants people who have experienced sexualized violence to know that Survivor's Hope is a resource available to them.

"I want to stress that the decision to share an experience of sexualized violence with anyone is incredibly courageous and to know that doing that within a small community can feel like a huge risk. But at Survivor's Hope we do our utmost to maintain all confidentiality, really recognizing the nuances of that. And so, we are someone you can share with, we can provide resources, and we believe you," said Kendel.

To reach out to Survivor's Hope you can contact them online at <https://survivors-hope.ca/> or by phone at 204-753-5353.



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The Selkirk Record



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Call Katelyn Boulanger

letter to the editor

Letter to the grandchildren

January is Alzheimer's Awareness Month in Canada. In order to bring about more awareness for those with dementia, Lockport local Gary Elbers has written a letter that he has shared with the Alzheimer Society of Manitoba. The letter is directed to his grandchildren who are seeing his wife, and their grandmother, Brenda affected by dementia. The Alzheimer Society of Manitoba has offered to share this letter with our readers.

Letter to the Grandchildren

My Dear Grandchildren,
As you know Grandma has dementia. Dementia is an illness like a cold or an infected wound. Unlike a cold/cough there are no physical signs or sounds, it is not contagious; you cannot get it from a hug or kiss or being close to her. Unlike an infected wound, there are no signs like swelling, soreness or a bandage. It is not hereditary [in Brenda's case], it does not pass down through the family, for no one from Grandma's mother's or father's side had dementia.

However, the effect of dementia is widespread as family, friends, and anyone who has to interact with her are baffled. Generally, we cannot

predict how someone with dementia will react to anything said, done or within their environment. Each person affected by dementia could have a different reaction to the same stimulus and within minutes could have a changed response.

So far, they have not found a cure. Dementia affects the brain and in grandma's case, her memory. The 'memory bank' is essential to learning and living. It helps us to remember how to do things, what will help or hurt us, good from bad, family from strangers, friends from enemies, what just happened or understand what was said. Well, Grandma is losing or has lost some of that.

Think of peeling an onion, one layer at a time, and within each layer are some of those essential memories.

I know it's hard, I know it hurts, I know you are sad, I know you are confused when Grandma does not recognize you. I have those same feelings too when she does not recognize me, and I am with her every day. She also gets confused around people.

So, what can we do? Well, ask questions, talk about how you feel, what Grandma was like before she got sick and, remember the things she did, the fun we had, how she made

us feel, and how much she loves you. Although we can't bring back the past, know that she still loves you, but now only remembers you as a little child. That's why she tries to talk and play with little children, she thinks it's you.

So be calm and patient, always say Grandma when you talk to her, smile, gently touch her, ask to hug her, tell her you love her, and tell her what you have been doing. You can even tell her the same things over and over again. If she looks at you strangely, she is probably trying to figure out who you are. You could give her your name and say, "Your grandchild all grown up." She will know from the way you speak, that you love her and care for her.

Take every opportunity to enjoy the moments and time you spend with her. Do things with her and allow her to do as much as she can without becoming frustrated. Make this the best moment, the best day you can have with your grandma and, next time you see her, do it again.

Grandma and I both love you always,
- Grandpa Gary.

*Submitted by Gary Elbers
Lockport, Manitoba*

We need Manitoba's leadership to reform the tobacco industry

It's National Non-Smoking Week, and Manitoba has a historic opportunity to reduce healthcare costs and reform the tobacco industry.

Over many decades, Big Tobacco has engaged in deception and targeted marketing that has addicted youth and resulted in immense suf-

fering, disease and premature death for so many people. The devastating impacts of tobacco use in Manitoba is extensive and undeniable - 130,000 Manitobans 12% still smoke tobacco, with 1,500 tobacco-related deaths and \$189 million in healthcare costs every year.

All 10 provinces have filed lawsuits against the tobacco industry collectively seeking more than \$500 billion in damages, and right now the Manitoba government is negotiating a settlement with Big Tobacco.

To prevent disease and save lives,

it's vital that the settlement implement strict new controls on the tobacco industry, and establish substantial long-term funding for tobacco control through an independent fund. We must protect future generations. As such, the Canadian Cancer Society (CCS) urges Premier Wab Kinew to use this monumental opportunity to hold Big Tobacco accountable and prevent future harm to Manitobans.

*Submitted by
Andrea Seale
CEO, Canadian Cancer Society*



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get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

French Toast Casserole

large bowl, whisk eggs, milk, brown sugar, vanilla, cinnamon, nutmeg and salt. Pour mixture evenly over bread cubes.

If making casserole ahead, cover baking dish and refrigerate overnight. If baking immediately, let stand 30 minutes at room temperature to allow bread to soak up egg mixture. Preheat oven to 350 F.

To make topping: Drizzle casserole with melted butter and sprinkle with brown sugar and pecans. Top with strawberries and blueberries.

Cover and bake 35 minutes then uncover and bake 10-20 minutes, or until topping is browned and egg mixture has mostly set.

Remove from oven, cover loosely with foil and let stand 10 minutes. Dust with confectioners' sugar. Serve with maple syrup.

- 1 loaf French bread (about 1 1/2 pounds), cut into 1-inch cubes
 - 5 large eggs
 - 1 1/2 cups unsweetened milk
 - 2 tablespoons brown sugar
 - 2 teaspoons vanilla extract
 - 1 teaspoon cinnamon
 - 1/4 teaspoon nutmeg
 - 1/4 teaspoon sea salt
 - maple syrup, for serving
 - Topping:
 - 2 tablespoons unsalted butter or coconut oil, melted
 - 2 tablespoons brown sugar
 - 1/2 cup chopped pecans
 - 1 cup frozen strawberries
 - 1 cup frozen blueberries
 - confectioners' sugar, for dusting
- Grease 9-by-13-inch baking dish. Place bread cubes in baking dish. In



Baja Fish Taco Bowls

1 ripe avocado, halved, pitted, peeled and thinly sliced

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls. Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Use taco seasoning or chili powder in place of Cajun seasoning. Use arugula or baby spinach instead of kale.

- Prep time: 10 minutes
- Cook time: 10 minutes
- Servings: 4
- 2 bags Success Tri-Color Quinoa
- 2 tablespoons olive oil
- 4 white-fleshed fish fillets (5-6 ounces each)
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 3/4 cup plain Greek yogurt
- 1 tablespoon lime zest
- 1 teaspoon lime juice
- 1/4 teaspoon ground cumin
- 4 cups packed baby kale

Edamame Brown Rice and Lentil Salad

- Prep time: 10 minutes
- Cook time: 10 minutes
- Servings: 4
- 1 bag Success Brown Rice
- 1 cup cooked green or brown lentils
- 1 cup edamame, cooked, cooled and shelled
- 1 red bell pepper, diced
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup roasted almonds and sunflower seeds (optional)

- Dressing:
 - 2 tablespoons extra-virgin olive oil
 - 2 tablespoons lemon juice
 - 1 tablespoon Dijon mustard
 - 1 clove garlic, minced
 - 1/8 teaspoon salt
 - 1/8 teaspoon black pepper
- Prepare rice according to package directions.

In large mixing bowl, combine rice, lentils, edamame, bell pepper, cucumber, red onion and parsley. Toss gently to combine.

Ask the money lady

Dear Money Lady Readers:

There is a type of magic that happens to each of us when we're "in the zone." This creative feeling comes instinctively to everyone when you give yourself over to the things you love. Everyone should take time for this if they want to reach their full potential. When I was younger I always wanted to be a ballerina, but that never happened because I just wasn't willing to be bad at it for as long as it would take to get good at it.

When you set a goal – whatever it is: to start a business, save for retirement, payoff all your debt or get your dream job, you should pick something you're really passionate about. You need to really want your goal enough to suffer through the bad times that inevitably will come to knock you off course. You're going to do things wrong; you're going to make bad investment decisions; you're going to have consumer debt; and if you're wanting that dream job, you may ask for a promotion and not get it. So now what?

The fact is, if you can't pick yourself up and start taking action to improve your situation, then who's going to do it for you? As sad it sounds, no one cares about your money, your life, or your future more than you do. What happens to your money and how you spend it directly affects the quality of your life, not my life, not your friend's life, not your financial planner's life – but only your life. You are the only one who can be what you want and have what you want. I tell you this (something we all know) to encourage you to summon that inner courage inside you and move towards the goal that you want. You already know you are the only one who has the power to attain it. If you have tried and failed, (no matter personal, business, or financial) always learn from it. Figure out where you made the mistakes, devise a plan to correct them, practice the corrections, and do it again. It's absolutely impossible for anyone to figure out everything ahead of time so perfectly that they are able to avoid making mistakes. We all must be willing to be wrong, willing to make mistakes and even willing to look foolish to break through the barriers for the success to come. Here are a couple of tips to



Christine Ibbotson

get you to those personal and financial goals faster.

1. Give every debt you have an end-date. That means all loans and mortgages must be paid off by the year you retire. Restructure, refinance and re-amortize all debts to become distinguished upon that new date and make sure you never change this date, but instead make the payments necessary to meet this goal.

2. Get an Advisor not a salesperson. Not all advisors are the same. A good advisor needs to spend time with you to understand your needs. They need to build a plan that can withstand market declines. You want a plan to fill in the gaps and help you succeed with someone who calls you regularly (not waiting for you to call first) and is focused on your long-term goals. You must build a TEAM.

3. Lastly, believe you can. Your ability to earn an income is the fastest way for you to improve your lifestyle, save and become successful. Toss those inhibitions aside, bury your past shame, dump your fear. Only you can create the life you deserve, the one that you were born for – believe me, I've done it (it wasn't easy). You can too.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at ask-themoneylady.ca

BINGO

SUNDAY NIGHT BINGO
Pots are as follows:

4	\$8,200 JACKPOT <small>In 51 Numbers</small>
7	\$7,216 + POKER FLUSH <small>In 53 Numbers</small>
4	\$3,683+ BONANZA <small>In 52 Numbers</small>
4	\$2,390+ MINI LOONIE <small>In 53 Numbers</small>
4	\$1,191+ LUCKY 7 <small>In 25 Numbers</small>

To make dressing: In separate small bowl, whisk olive oil, lemon juice, Dijon mustard, garlic, salt and pepper until well combined.

Toss salad with dressing until well combined. Sprinkle with roasted almonds and sunflower seeds, if desired.

She's got you covered for an evening of great entertainment

Local tribute artist
Laurie Sutherland
brings Patsy Cline's
greatest hits

By Katelyn Boulanger

Patsy Cline's greatest hits being performed live and in person by a talented local tribute artist, look no further than Laurie Sutherland.

Starting on Jan. 1 Sutherland took a mini tour hitting casinos in Manitoba. The final stop on this tour will be taking place locally with residents interested being able to 'come on in and sit right down and make themselves at home' at the South Beach Casino & Resort on Feb. 2.

"I did a series of casinos. Starting January 1, we were at McPhillips Station Casino for New Year's Eve. Last weekend, we went to the Sand Hills Casino on Jan. 19 and 20. It was a two-day show out there. And then, on Feb. 2, we'll be at the South Beach Casino," said Sutherland.

Sutherland is not a newbie to the work that goes into being a successful tribute artist, the St. Andrews resident has been performing as Patsy Cline for about ten years now.

"I have sung for many years almost my entire life. I've always loved Patsy Cline, of course, and at one point, I got into it because of the persuasion

of a good friend of mine who said that I sounded like her and I look like her and it would be really awesome to start performing as a tribute show," said Sutherland.

She says that the transformation from herself into the iconic Patsy Cline means a great deal of rehearsal now she has a new band that she is performing with.

"[Working together with this new band is] allowing us to get into places like the casinos. It requires a band and we have a full piece now as well as backup singers. It's going really well. It's really exciting and it's lots of fun. People are getting to hear the music of Patsy again, and her unique style and voice," said Sutherland.

She says at the upcoming show that she will be singing over 30 of Cline's songs.

"Some of her greatest hits, of course, and probably a lot of songs that people didn't know were Patsy's that I've brought out for everyone to hear once again and to be introduced to these songs that they may not have known," she said.

After ten years, Sutherland continues to enjoy herself and works to get the songs just right.

"I get to share the songs with the audience. That's really important to me that they get to hear what I've always heard. I've tried very hard over the years to reproduce her sound and it's a unique sound and a unique way



RECORD PHOTO SUBMITTED

Laurie Sutherland is performing her Patsy Cline tribute show with a new band. Check them out at the South Beach Casino and Resort on Feb. 2.

that she sang. It's really fun for me to be able to do that and to sing those songs in the original keys and the original way that they were written," said Sutherland.

The event at South Beach Casino & Resort is going to be a free opportunity to see Sutherland perform.

"Anybody that can come in and wants to find a place to sit or stand, you're most welcome to do so. It's a

large area so there's lots of room to wander and still hear the music. I'm always pleased and excited to see everyone," she said.

Sutherland encourages residents to come to stop, look and listen on Feb. 2 at 8 p.m.

If you would like to book Sutherland and the band for a local event you can reach her at patsytribute@hotmail.com or by phone at 204-485-0188.

The RCMP Report - Jan. 1 -15

Submitted by Selkirk RCMP

The RCMP Report is a short overview of the calls received in our area by local law enforcement. This report covers Jan. 1 to 15.

Grand Marais and Area

Grand Marais and Area received 10 calls for service between Jan. 1-15.

2024-01-02 - Police received a report of dangerous driving on Highway 59 in the RM of St. Clements. A black sedan was weaving in and out of traffic and driving erratically. Police were unable to attend, yet made contact

with Powerview RCMP in the event the vehicle was heading their way.

2024-01-06 - Police were called to assist ambulance a possible impaired driver on Stead Road in the RM of St. Clements. The vehicle was located and investigation revealed the driver was having a medical emergency and not impaired. Ambulance attendants took over and ensured the driver was cared for.

Red River North and Area

Red River North and area received 164 calls for service between Jan. 1-15.

2024-01-03 - Police were called to a possible theft to a residence on Bray Road in the RM of East St. Paul. The caller reported an unknown black truck was on their property. Suspect(s) left the

property immediately upon seeing the caller. Police patrolled the area, but did not locate the suspect vehicle.

2024-01-03 - Police were notified of two suspicious people calls to properties on Old River Road in Narol, MB. Unknown suspects walked onto the properties and around buildings. Police were advised that nothing was taken at this time.

2024-01-04 - Police attended a multi vehicle collision on Highway 44 in the RM of St. Clements. Investigation revealed a black truck was swerving all over and collided with an oncoming SUV. Further investigation resulted in the driver of the black truck to be arrested for impaired driving. This matter is currently before the courts.

2024-01-04 - Police were advised of an unknown male walking close to traffic in the southbound lane of Highway 59 in the RM of East St. Paul. Police attended and patrolled the area, but the unknown male was not located.

Selkirk and Area

Selkirk Area RCMP received 355 calls for service between Jan. 1-15.

2024-01-01 - Police were called to

disturbance on Vaughan Ave. in the City of Selkirk. Investigation revealed an intoxicated male was causing issues with others at that location and claiming he had a weapon. Further investigation revealed there was no weapon. The male was arrested causing a disturbance and lodged for intoxication. The male was released once sober with no charges.

2024-01-03 - Police were called to residence on Main Street in the City of Selkirk. An unknown white SUV was parked in the driveway and the caller was worried they were watching the property. Police patrolled the area but did not locate the vehicle.

2024-01-06 - Police were called of a theft of vehicle from a business on Manitoba Ave. in the City of Selkirk. Investigation revealed the caller left their black sedan running unoccupied and the same was stolen from the location. Police continue to investigate.

Residents are encouraged to report any suspicious circumstances to the RCMP.

Ed Teplyski

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Putting the Rad in Retro Radio



RECORD PHOTOS BY BRETT MITCHELL
 École Selkirk Junior High teacher Scott 'Sammy' Sampson and his Band Retro Radio were the opening act for the Bloodshots on Jan. 12 down in The Hook at Gaffer's in Lockport. In very exciting news for our local music scene, The Bloodshots will be bringing their talents to the famous Whisky a Go Go club in Hollywood tonight.

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Einarson teaches Métis youth the game of curling

By Becca Myskiw

One of Gimli's own is working toward more diversity in curling, opening up the sport to Métis youth earlier this month.

Four-time women's national curling champion and Métis woman, Kerri Einarson, recently taught a group of

Métis children how to curl over the course of a day.

Twenty-seven children from six to 20 years old hit the ice in Tyndall to learn the game, and Einarson said it went incredibly well.

Some of the curlers that day were experienced, while others were trying

the sport for the first time. Einarson's daughters joined the camp as well, curling alongside the other youth from 9 a.m. to 3 p.m. that day.

Einarson started by showing the youth how to slide safely and properly. She got them throwing small rocks to get the feel of it, then got everyone trying different aspects of the game, trying to spread herself as evenly as she could over the three sheets of ice.

As Einarson is a visual learner, she taught the children to curl by showing them how she throws, slides and sweeps.

Come lunchtime, they were asking her when they would get on the ice again, and then they got into playing some games.

Each sheet of ice played the game Draw, Tap, Hit, and the winner from each sheet won a curling broom signed by Einarson's team. There were three other brooms given out that day, too, each signed by her team.

Einarson hasn't experienced discrimination while curling, but she does admit the game is Caucasian-dominated, and by teaching more children of different background how to play it, it will only get more diverse.

"We're trending in the right direction," she said. "I want to keep it trending that way."

Continued on page 14



We raise our glasses to Josh Isfjord, who has been a guiding force behind our dealership's success! Josh has achieved top sales at Selkirk GM for 7 consecutive years as well as achieving Gold in the GM Sales Marketing Guild for 7 consecutive years as well! Josh's passion, expertise and his commitment to excellence and customer satisfaction is unwavering!

Josh's accomplishments were also recognized on a provincial level at the Manitoba Motor Dealers Association for the third year in a row for top sales in Buick GMC and Chevrolet respectively!

Selkirk GM would like to express our heartfelt gratitude to Josh for his dedication to our team and his customers. Here's to many more years of continued success and very happy clients!



RECORD PHOTO SUBMITTED
Born and raised near Gimli, Kerri Einarson is one of Canada's premier women's curlers.

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PET of the Month

Winner January 2024



Dollywall Doodleberries

CANVASBACK PET SUPPLIES

"Dollywall Doodleberries" is a 2 yr old German pointer! She loves to watch Coronation Street on TV! It's the intro that gets her every time!

Dollywall Doodleberries has won a prize from Canvasback Pet Supplies!

To submit your pet for the Pet of the Month 2023 contest, send a photo and a fun fact to: ads@selkirkrecord.ca

> EINARSON TEACHES YOUTH, FROM PG. 12

Einarson took away a lot from teaching the Métis youth and plans to take those ideas to the junior program she coaches in Gimli. She's also hoping to get more opportunities to teach more children about the sport to keep it growing.

"It's all about what you put into it,"

she said. "I want to inspire youth, even the adults as well. I want to be that inspiration to motivate you to play a sport and keep having that drive."

Einarson's day camp was put on by the Manitoba Métis Federation in support of Red River Métis Youth.



RECORD PHOTO SUBMITTED

Four-time women's national curling champion and Métis woman, Kerri Einarson, hopes to diversify the sport by teaching Métis children how to play.



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A reminder that February is dental month. Oral health is an important part of keeping your pet healthy and comfortable. According to the American Veterinary Dental Society (AVDS), after they reach the age of three, 80% of dogs and 70% of cats will manifest some form of dental disease. This can be easily prevented with regular checkups and visits to the veterinary clinic. Checking the mouth of your pet at least once a week can be crucial for preventing dental disease. Book your pet's dental cleaning in February and receive **10% off** the cleaning as well as a chance to win a basket of dental goodies!



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Connecting with...

Chair's Message



SDCF Chairperson Shauna Curtin surprises Tim Edwards

TIM EDWARDS

38th Citizen of the Year

The 38th Citizen of the Year is a busy man, so much so that when Tim Edwards was informed of the honour, he had to finish his duties in the canteen at the Grand Marais Tuesday night bingo before he could let the news sink in.

His friend Terry Neplyk nominated Edwards, who works tirelessly at the Grand Marais Community Centre.

"I had heard rumblings about a nomination in the wind, so to speak, but I didn't realize any paperwork had been put through. To be honest I wasn't really interested in getting an award, but I am flattered by it and what more can you say? Terry and I will be talking a little later on. But I am very appreciative," Edwards said.

Edwards' involvement in Grand Marais includes: President of the Grand Marais Rec Association, head organizer of the annual Santa Parade & Breakfast and the SAFE Halloween event, spearheading renovations at the old Grand Marais curling rink and turning it into a multi-purpose room, and Past President/Director of the Grand Beach Area Development Corporation.

Neplyk called Edwards a "huge part" of the community who volunteers for "everything, anytime, anywhere, anyplace".

Though Edwards would have been happier to have the spotlight focused on anyone else, he humbly accepted the recognition.

"I'm honoured, flattered, never saw this coming and actually I'm really honoured to get this award," he said.

"I'm retired, I've got a pretty easy schedule...we do it for our community, we do it because we want to leave a legacy behind, we don't want to see the place close up and it was close to that a few years ago.

"Now it's (good), we've got a lot of help, a lot of grants and a lot of prayers answered I guess you could say. We're gonna keep moving forward."

It's All About The Connections

It's hard to believe, but it's 2024! January is always a time to reflect and looking back on this year, it's the connections we made that stand out to me.

The Selkirk & District Community Foundation is, at its core, about making connections. We strive to bring people together, to connect donors with causes of importance to them, to connect organizations with grants that enable them to make their communities thrive and to connect the past, the present and the future and be Here for Good.

This year we were selected to host the Community Foundations of Canada Board of Directors for its October Board meeting. It was a huge honour and we delighted in showing our community to board members from other Foundations from across Canada. It was a moment we were all proud of, and we came out enriched by the experience.

The Foundation welcomed Meredith Boerchers to our team. Meredith is our Community Development Officer, and I'm sure many of you have already met her and know how wonderfully she fits in with the Foundation.

The Giving Challenge Week was another huge success and we were pleased to be able to have a chat and share a coffee with those who came out on the Saturday to donate in person.

The Foundation was able to connect local organizations with grants from the Community Services Recovery Fund, established by the Government of Canada to help charities and non-profits as they recover from the pandemic.

In these pages, we'll share stories with you of some of the great organizations that donations have supported this year.

In closing, on behalf of the Board and staff at the Foundation, I wish you all the best in 2024.

– Shauna Curtin, SDCF Chair

The Selkirk & District Community Foundation supports and serves on Treaty One Land and the home of the Anishinaabeg, Cree, OjiCree, Dakota, Dene and Metis peoples. We acknowledge that our Indigenous peoples are the stewards and guardians of this land. As a community and workplace that embraces the values of diversity and inclusion, we honour and celebrate our Indigenous nations, their traditional knowledge and their contributions to all our communities. We acknowledge the harms of our shared history on Indigenous people, and that we pursue a path forward that is inclusive and supportive of reconciliation within all our communities.



Connected to the Numbers

November 2023 – Endow Manitoba Giving Challenge

7 Days of Giving

174 Smart & Caring Donations

\$88,245 Total donated to SDCF

Being 'Here for Good' Priceless



Riley, Nakita and Kayla are looking forward to the reopening of the Riverside Grill.

MAKING CONNECTIONS THROUGH YOUR DONATIONS

Thanks to your donations, the SDCF was able to connect 20 organizations with grants from the fall intake totalling **\$131,760**.

Some of this year's grants will support early years learners, curling for all ages, bag pipers of all ages and the rebirth of the Riverside Grill.



Pipe Band connects young and old through love of bagpipes

For the past few years, when Robbie Burns night rolls around, the Clandeboye Hall is full of folks immersed in Scottish culture, checking out the haggis, the highland dancers and listening to the Clandeboye Pipe Band.

On Jan. 27th, 2024, if you're lucky enough to be at the Clandeboye Hall for the Scottish celebration in Mr. Burns' name, the pipe band will sound even better than last year.

Band President Gary Alexander says a grant from the Selkirk & District Community Foundation will allow the band to buy new chanters for their bagpipes and skins for their drums.

"We're going to improve the sound of the band with matching chanters, so that all of the pipers

Riverside Grill on its way back

If there was any doubt that Riverside Grill had a connection with Selkirk, it's been put to rest in the time since the community staple had to shut down due to the pandemic.

The good news is, the Grill is coming back, and the Selkirk & District Community Foundation has provided a grant that will help out.

"Short and sweet, we couldn't do this without the Selkirk & District Community Foundation. And Selkirk needs its Grill back. Probably weekly, we have somebody ask when we're going to open the Grill again," said Merilee Mollard, Fund Developer at Inclusion Selkirk.

"We don't have a date, but we'll get it open."

When Inclusion Selkirk – which owns and operates the Riverside Grill as a social enterprise – went to reopen the popular dining spot, it was clear that the months spent idle had done significant damage to the air exchange unit in the kitchen. On top of that, there were new codes and they needed to come in line with those.

Along with the new system, they'll do some upgrades to the kitchen, but make use of whatever existing elements they can.

"Inclusion is great at using what we have, so it will be a combination of what we need, which is a new grill, the new air exchange, and that's really where the expense is. There's a lot of stuff in there that we love, that the cooks love using, that will stay."

The Mighty Kiwi – which doesn't use a hot kitchen – has been operating out of the location since summer, and Mollard says they're grateful for that.

"Thankfully we have friends in the community that needed a space, we've worked well at various activities like Holiday Alley with the Mighty Kiwi over the years and all they need is a panini press and a blender," she said.

"It has worked out well for us and it has worked out well for them. And it's kept them in the community for the community."

East Selkirk Early Learning Centre welcomes first kids



Three levels of government came together to build the new East Selkirk Early Learning Centre under the Canada-Manitoba Canada-wide Early Learning and Child Care Agreement.

Now Director Laura Barthelette is putting it together, room by room.

The ready-to-move building

arrived earlier this year and opened its doors in late November.

Furnishing the space that will over time accommodate 74 kids is no easy task – money is hard to come by and everything is expensive.

"We received a \$33,000 start up grant for this space from the government, it furnished one room," Barthelette said.

"We still have five more rooms to go, so any help we can get is greatly appreciated."

The Selkirk & District Community Foundation granted \$18,000 to the Centre and that's having a positive impact on the timeline.

"It means being able to get more rooms furnished and open sooner rather than later," Barthelette said.

COMMUNITY GRANT PROGRAM
Spring Intake, deadline:
Thursday, February 29, 2024



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Alexander, left, with past pipe major Dennis Schindler



sound alike," Alexander said. "It's kind of important. A lot of us play different types of bagpipes and to have matching chanter makes the band sound better and makes it easier for the people in charge to tune the pipes."

The band was formed about five years ago and Alexander says they're a teaching band and open to anyone who

wants to learn. Their membership sits at around 18 members – 12 bag pipers and six drummers – and they range in age from nine to 68 years.

"That would be me, the old guy," Alexander laughed.

But his point is, anyone can learn. He played when he was around 10 years old, but then put the instrument down for the next 50 years. He's reconnected with the pipes now and he's hoping others who want to learn will come out and give it a try.

"We're always looking to recruit," he said.

"We want new members and they can be any age."

"It helps with a lot of things like the chairs, the tables...a lot of equipment, like science stuff, and cots for the kids."

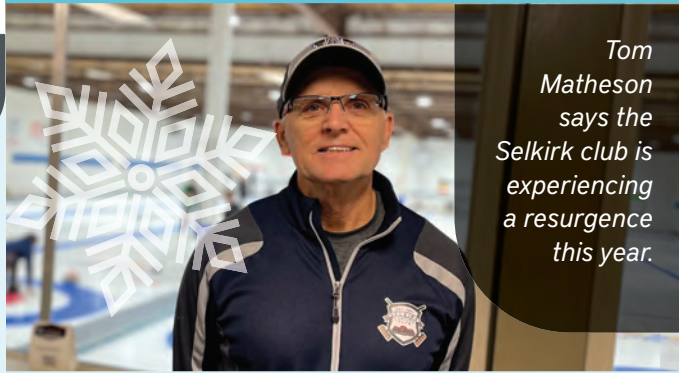
The Centre is under the Hand in Hand Daycare umbrella, which operates at Happy Thought School and in Breezy Point. With an estimated 200-plus kids on the waiting list, Barthelette says the opening of the building is exciting.

"We watched it go up for quite some time so we're happy to be in here."

Supporting new child care spaces connects with the Foundation's 2018 Vital Signs report, that showed a need for more spaces in the region.

The next challenge is finding staff. Like all day cares, that's a huge challenge.

Selkirk curling up and running with new ice plant



Tom Matheson says the Selkirk club is experiencing a resurgence this year.

A successful bonspiel requires a few standard elements – curlers, brooms, rocks, snacks and beverages and, of course, a curling club to host it.

The same can be said of a curling season, and if you're shy a few players or the fry machine is on the fritz, you can still make a go of it. But when the club's ice plant crashes, you're in trouble.

That's what happened to the Selkirk & District Curling Club last spring, but timing and a couple crucial grants made the trouble a lot less troublesome.

"The compressor went March 17. It was horrible, catastrophic, but the timing was perfect because we were essentially finished curling for the year so we had a few months to go out and start fundraising and working on the project," said club Vice President Reid Henderson.

"We're up and running...but it was a big potential hit to us."

A provincial grant cut the \$62,000 price tag, and the Selkirk & District Community Foundation connected with the club to offset costs even further.

"The province stepped up which helped out for half, but as a curling club we don't have a lot of money in the bank, so the Foundation coming through is just awesome. We're floored," Henderson said.

After about a week of getting the kinks out of the new system, the club started curling after Thanksgiving. Leagues run all week and on Saturday morning it's Learn to Curl for juniors.

"We have 48 kids that come out every Saturday... and it costs them roughly \$7," Henderson said.

"We give them a broom, a slider, they get full instruction and it's affordable."

The kids also get to fill their bellies with breakfast sandwiches from Coralea's Kitchen. Owner Coralea Courtland took over the kitchen this year.

"It's fantastic food," Henderson said.

"It's a place to come and watch live curling, if you want to watch curling on TV, you can, and it's just a great space."

Community Fund

supports food security over the holiday season and all year long



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A donation to the Community Fund allows us to help fulfill the community's greatest needs by connecting your donations with the Foundation's Charity of Choice. Simply put, the Community Fund has the flexibility to allow donors' gifts to land where they are needed most. During the holiday season, and all year long, food security is a big concern. Recent Charity of Choice recipients include:

- R.M. of St Andrews Seasonal Hamper Program – supported through Abundant Life Lutheran Church
- R.M. of St Clements Seasonal Hamper Program – supported through Abundant Life Lutheran Church
- Seasonal Hamper Program – East Beaches Social Scene
- Power of the PJ Program and food security support – Nova House
- Supporting local food security programs – Inclusion Selkirk, Our Daily Bread Soup Kitchen, Selkirk Friendship Centre, Selkirk Food Bank, Lord Selkirk Education Centre
- Nutrition over the Weekend (NOW) – Rotary Club of Selkirk
- Camp Stepping Stones – Interlake Eastern Health Foundation



IERHA Medical residents share their skills

By Jennifer McFee

The Interlake-Eastern region offers opportunities for new doctors who are interested in gaining hands-on rural medicine experience.

Dr. Amanda Wong and Dr. Rita Costa have begun a two-year residency through a family medicine residency program in the region. Residency is the final training stage for doctors after they graduate from medical school.

Born and raised in Manitoba, Wong pursued all her studies in the province. She completed her undergraduate bachelor of science degree with a major in genetics at the University of Manitoba and continued her medical studies there as well. While completing her bachelor of medicine, she focused her research on predicting injuries in high-level circus artists.

For her residency, Wong chose to come to Interlake-Eastern for several reasons.

"Firstly, the staff in IERHA (Interlake-Eastern Regional Health Authority) are great and create an ideal learning environment for residents, where our learning is prioritized and our experience can be tailored to our areas of interest," said Wong, whose family has a cabin in the Interlake and whose mom grew up in East Selkirk.

"Secondly, IERHA serves a large area of rural Manitoba and diverse populations, creating an ideal setting to become a skilled rural family physician."

To start, Wong will be primarily based out of the Selkirk Medical Centre and the Selkirk Regional Health Centre, and she'll also spend some time in Lac du Bonnet during her second year of residency.



Dr. Amanda Wong

When she's not busy studying and working, Wong loves to play soccer.

"I spent five years playing for the University of Manitoba Bisons' women's soccer team during my undergraduate studies, during which I was team captain for several years. I am still playing soccer now and find it to be a good way to socialize with friends and stay active," she said.

"I have also been quite involved with coaching various soccer teams, including running some soccer camps in Selkirk. Another hobby of mine is my houseplants and propagating them. I am also a big sucker for bad Netflix reality shows."

Looking ahead, Wong hopes to practise medicine in rural Manitoba.

"I hope to give back to underserved communities and improve access to health care," she said. "I hope to have a diverse practice and be able to care for people of all ages and back-



Dr. Rita Costa

grounds and have a wide scope of practice to offer my patients."

Like Wong, Costa began her studies at the University of Manitoba, where she first obtained a degree in microbiology.

"I absolutely loved learning about how our bodies fought against bacterial and viral diseases. I even completed a research project and published a paper in virology during the last year of my degree," Costa said.

"I had always had an interest in medicine and wanting to help patients navigate the health-care system, so I applied to the Max Rady College of Medicine here in Manitoba and began my medical journey in fall 2019."

During her fourth year in medical school, Costa spent two weeks in Selkirk, which piqued her interest in returning to the community.

"I absolutely loved this experience, and it opened my eyes to how amaz-

ing a residency program the IERHA is. I knew that I wanted a residency program that allowed me to be a learner, while also giving me graded responsibility that will allow me to develop the skills and clinical reasoning necessary for independent practice — which is exactly what the program in IERHA allowed me to do," she said.

"I have had such amazing learning opportunities and know that this is just the beginning. Another amazing aspect of the residency program that really sold me was the people I worked with."

Costa also currently works at the Selkirk Medical Centre and the Selkirk Regional Health Centre.

"Everyone I have come into contact with during my residency has been so kind, supportive and I find that everyone is invested in my learning and growth as a resident," she said.

"I cannot say enough positive words about the residency program here in IERHA. I am truly very lucky to be trained here, and I believe the training I receive here will truly help me as a transition into independent practice at the end of the two years."

When she's not busy with her residency, Costa enjoys spending time with family and friends. She also likes to bake and go for walks in nature.

In the future, Costa hopes to continue to call the Interlake home.

"I am not originally from the Interlake region; however, that has not stopped me from exploring the region and loving every minute. I do hope to one day settle down in the Interlake region," she said.

"I hope to have a comprehensive practice that looks after patients of all ages and different stages in life. I also hope to incorporate women's health into my practice. My dream would be to practise family medicine in IERHA."

While Wong and Costa are in the early stages of their residency experience, Dr. Stewart Nadurak is currently in the second year of his residency program.

The family medicine residency in Interlake-Eastern is co-ordinated by Selkirk Medical Associates in collaboration with the department of family medicine, Max Rady College of Medicine and Interlake-Eastern Regional Health Authority. Dr. Ian Alexander of Selkirk Medical Associates is the lead.

To date, the regional medicine residency program has trained and graduated six residents since launching in the region in 2019, and five of them have remained in the region.

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Bidding Wars site raises \$160,000 to date for St. Amant

Odette Carreiro hits fundraising milestone

By Patricia Barrett

A Winnipeg Beach resident's continuing dedication to helping children and adults with disabilities has resulted in her raising over \$160,000 to date for the St. Amant Centre in Winnipeg.

For the last nine or so years, Odette Carreiro has been raising money for St. Amant, a not-for-profit organization that supports Manitobans with developmental disabilities, autism and acquired brain injuries. St. Amant cared for Carreiro's son, Mark, until he passed away in 2020 after contracting COVID-19.

Carreiro set up a "Bidding Wars for St. Amant" Facebook page that allows Interlake residents and others to bid on items that are donated to her. The proceeds are then turned over to the St. Amant Foundation.

"The money I raise goes to all of Marky's friends and other people who use St. Amant's services. My goal is to help these children and young adults and those that need special equipment," said Carreiro. "I just sent St. Amant \$10,000 not too long ago to help a woman that is very disabled

and needed a few pieces like a walker and a special lift for a swimming pool. I can't explain how satisfying it is to help. And it's all in Marky's honour and memory."

Mark was a healthy baby when he was born in 1984, but after he received a vaccination for whooping cough, he started having seizures. That eventually led to brain damage. Carreiro cared for him at home for the first 15 years of his life before he moved to St. Amant for specialized care.

"After Marky passed away, I kind of went full swing ahead and put more passion into my bidding wars site and it has been growing in the last two years," said Carreiro. "It's very popular across the Interlake. I get people from towns such as Petersfield, Teulon, Fraserwood, Arborg and Riverton, plus lots of people from Winnipeg and nurses that have worked at St. Amant."

Although St. Amant is a Winnipeg-based organization, children with special needs from the Interlake can use its services and equipment.

The popularity of the bidding wars site has taken off, with residents and businesses supporting her fundraiser, said Carreiro. She started out by posting her own unwanted household items on Facebook and had a handful of people bidding on them. Then residents starting bringing her household

items, books and other items they no longer had a need for and asking her to post them online.

"People were bringing me a boxful of stuff they'd find in their house because they thought it was neat that we were essentially recycling and that one hundred per cent of the proceeds go to St. Amant," said Carreiro. "It's shocking how much the site has grown. I went from about five people to over 2,000 people."

Some of the goods people donate to her are of "unbelievably good quality or brand new," she said. She takes a photo of each item, posts it on her Facebook page and opens up the bidding.

"I have half a garage [to store donated items] that my sweet man gave me," said Carreiro, who serves as the Town of Winnipeg Beach's gardener and landscaper. "If I take a break for a week, people will text me and say 'When are you putting the next bids up?'"

Local businesses such as Shenigan's restaurant in Winnipeg Beach fundraised for a whole year for St. Amant after Mark passed away, she said, and others have also stepped up to support her.

"Cheryl Buhler [former owner] from Robin's Donuts in Gimli has been very supportive and Carlo's Cucina [restaurant in Winnipeg Beach] has

been too," said Carreiro. "They've given me gift certificates for live giveaways that I do about once a month to thank the people who have been donating."

Because of the popularity of the site, Carreiro said she has a number of "wonderful" volunteers helping her sort items, do photo shoots and record the winning bids.

St. Amant Foundation executive director Juliette Mucha said Carreiro is the foundation's "hero" for her efforts to support children and adults with disabilities, including their families, and advocating for inclusion and quality of life.

"I count myself lucky to have someone like Odette who has not only raised over \$160,000 for St. Amant, but has also increased awareness of its services and is always an important advocate for quality services for people with disabilities," said Mucha. "In addition to her own fundraising through Bidding Wars for St. Amant, Odette is always looking for connections and partnerships. She puts in many hours every single day to keep Bidding Wars going with a dedication rivaled by no other volunteer."

The funds raised by Carreiro have contributed to St. Amant clients' quality of life in areas including mobility and recreational activities, she said.

Three patients share experiences of their 'excellent' dentures

BY ELISHA VANDOR

Have you ever heard people say, 'when you love what you do, it doesn't feel like work?' Well, the saying goes...Do what you love and you'll never work another day in your life. That's exactly how we feel everyday coming into work at Vandor Denture Centre to transform peoples smiles. What really puts the icing on the cake is when we hear how patients are doing with their new dentures after we have made them. When we do receive feedback, we share it with our entire team and it honestly puts an extra pep into our step. Here's 3 reviews that our patients so graciously relayed to us:

Our Denturist Matthew's patient, Isla called a week after receiving her new dentures to cancel her follow up appointment and said, "Matthew is absolutely excellent. He did a super job on my dentures. Even with no gums left, the upper fit is fantastic and the lower stays in place and isn't loose. If I would have known this would be such a seamless transition to new dentures with-

out pain, then I would have done it years ago." Isla H.

Another cool tidbit that makes the full-service denture experience at Vandor Denture Centre unique is that our dentures are hand-crafted in-house; meaning the same Denturist who sees you for your appointments customizes your denture to look like your smile once was or shapes it to make it uniquely you. Recent patient Shawna says, "It's been a journey for Brock and myself. It started approximately 6 years ago. I was recovering from cancer treatments, which included chemotherapy and radiation. I had several complications and teeth loosening was one of them. Unfortunately, at the time, I thought it was the end for my bright white smile. I had to lose some teeth. I was scared to death, but fortunately I heard of this Denturist. Brock eased all my anxieties and fears. I told him I wanted my new teeth to look exactly like the ones I lost due to the treatments. He made them look exactly like the ones I lost. He knew how important that

was to me. I can't begin to explain how grateful and blessed I am to have Brock work on my 'new smile'. From the moment you walk into his office you are greeted by his support staff like you are family. Not once did I feel uncomfortable. I would highly recommend Brock and his staff to my family and friends. So if you find yourself walking into his office, then expect to be treated as family. I thank Brock and staff for the excellent care I was given." Shawna.

Lastly, our patient Louise said, "nothing was going to stop me from getting my new teeth today! The people at Vandor Denture Centre are just very nice and caring. They do wonderful workmanship. I love my new teeth." Louise S.

If you've worn dentures for YEARS and it's time to replace, are just starting out and have questions about your options, or you're wanting to go for dental implant supported dentures, then call us to schedule your free consultation.



Louise (patient of Denturist Brock) braved the winter blast to get her new teeth and share her experience.

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Coldwell hosting third annual March Madness Ice Fishing Tournament

By Becca Myskiw

The RM of Coldwell is gearing up for their third annual March madness Ice Fishing Tournament.

The annual ice fishing derby will be held March 1-31, and all community members are invited and encouraged to participate. The tournament started during COVID-19 as a way for people to get outdoors and active together and was put on by the Interlake Tourism Association. That first year, the tournament did so well that RM of Coldwell Recreation decided to keep it going.

"The goal is for people to be introduced to maybe a new sport opportunity we have right here in our own backyard," said Breanna Malcolm, recreation director for the RM. "And for wellbeing and social interaction. It's just another way to enjoy what our local tourism and economy has to offer."

People can start registering for the tournament now by downloading the app "fishdonkey", tapping "Fish in a Tournament" once in the app, then searching for and joining "Coldwell March Madness". The tournament runs for the entire month of March, and the RM has prizes for fishers each week of the derby.

The tournament is catch-and-release only to protect the fish species in the area. Upon catching a fish, people will take the proper measurements of it, take photos, and submit them through the FishDonkey app. On the

app, fishers have to include a video of them safely releasing the fish back into the water.

The tournament has several prize categories, the grand prize for the largest overall walleye catch, with the prize typically being an \$800 electric ice auger. There are also prizes for participation, the smallest catch, and hard luck prizes for those who don't catch anything.

New this year is an early bird prize of a \$200 Cabelas gift card on behalf of the families of Carey Rae and Darlene Law, avid ice fishers in the community.

"They may not have won any prizes but they registered, fished, and had fun doing so," said Malcolm.

The early bird prize is available to all who register for the tournament on or before Feb. 23. All who register before then will automatically be entered into the draw.

"We know Darlene and Carey would much rather be down here fishing with us during the tournament," said Malcolm. "But we know they're both fishing in heaven this year."

As the RM continues to prepare for the tournament, they're looking for sponsorships from local businesses. Until Feb. 1, businesses can contact Malcolm at rec.coldwell@mymts.net and sponsor the event and its prizes. All sponsors will get their logo promoted with their sponsored prize and will be recognized on the RM of Coldwell Recreation's channels. All spon-



RECORD PHOTO SUBMITTED

Paul Monkman with one of his catches at the 2023 March Madness Ice Fishing Tournament last year.

sorships will get a tax receipt as well.

"When participants see local businesses have sponsored the event, our hope is they'll stop at that local business and support them back," said Malcolm.

Tournament participants can catch

bullheads, perch, silver bass, walleye, burbot, freshwater drum, and common carp near Lundar. All fish are fair game in the tournament, with special prizes for certain species catches.

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Steeltown Cup sees great teams!



RECORD PHOTO SUBMITTED

Last December the winners of the seven-week Steeltown Ford sponsorship competition were announced. The top three teams were presented with cheques and got together for a picture with the trophy. Our local winners were the Fishermen's U13 A2B team from Selkirk who won \$1500, the Interlake U10A1 Ignite Ringette who took home \$750, and the Stonewall Blues U9 Girls who came away with \$500. Congratulations to our local teams!



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Selkirk Judo Club hosts another great event

Submitted by Brian Jones

The Selkirk Judo Club hosted the 2024 Selkirk Open Judo Championships at the Lord Selkirk High School on Jan. 20 with 128 entries from Manitoba, Saskatchewan and Ontario participating.

32 Selkirk fighters competed, winning 24 medals – six gold, 12 silver and six bronze.

Leading the way with gold-medal performances were Danny Ekosky in U21 Male under 90 kg, Eva Everett in U14 Female under 57 kg, Carter Stopa in U16 Male over 73 kg, Jake Friesen-Joss in U12 Male Group 4, Beth Penner in U18 Female under 52 kg and Damien Ekosky in Senior Men under 73 kg.

Winning silver in Selkirk were Kaya Leveille (silver in U18 and U21 under 57 kg), Kalib Walker in U14 Male under 46 kg, Hunter Kennedy in U12 Male Group 5, Jett Honke in U12 Male Group 2, Jaxon Robinson in U12 Male Group 3, Daniel Vasiliev in U16 Male under 73 kg, Zach Perras in U14 Male under 60 kg, Addisson Laudy-Krasy in U12 Female Group 3 and Nikki Stopa in U14 Female under 57 kg. Finally, two Selkirk Judo Club athletes returned to the Selkirk Open after several years away from competition. Siblings Aaron and Melissa Haak each turned in impressive performances to earn silver medals in Senior Men under 73 kg and Senior Women under 57 kg, respectively.

Bronze medals went to Beth Penner in Senior Women under 57 kg, Kallie Dixon in U12 Female Group 3, Beau Jansen in U12 Male Group 2, Koltin Chura in U12 Male Group 3, Mason Hemmerling in U14 Male under 42 kg and Josiah Kenaum in U14 Male under 60 kg.

"This was our first Selkirk tournament since before the pandemic. We had an excellent turnout of competitors. We were able to put on a great event thanks to a fantastic effort by

dozens of volunteers, and we had an excellent performance from our athletes," said one of the club's coaches, Brian Jones.

The club's next local tournament is the Inner City Open in Winnipeg on Feb. 3. The club will also be sending five fighters to the Saskatchewan Open in Regina on Jan. 27-28.

Elite 8 Nationals

Damien Ekosky's gold medal in Selkirk comes after participating in the Elite 8 Senior National Championships in Edmonton on Jan. 14. The Elite 8 event is an invitational tournament featuring the top eight competitors from each senior weight division. Over the course of his career, Damien has now won national titles in each of the U16, U18 and Senior age divisions. He also won a silver in U21.

"Damien was out of competition for several months due to an elbow injury sustained in late 2022. He did not return to competition until the Manitoba Open in October 2023. In Edmonton, he had a tough start in his first couple of matches, but regrouped to make it out of his pool and then turned in an exceptional performance in the final rounds," commented Jones.

Sarah Ekosky also participated in the Elite 8 nationals in Senior Women under 63 kg. She finished just off the podium in fifth place. However, she did not leave Edmonton empty handed. Judo Canada presented Sarah with its Sherwood Ford top female performer award for 2023 together with a \$2,500 scholarship. The award is based on points earned during the 2023 Canadian circuit of major national tournaments including the national championships.

"Sarah's award was a well-earned recognition of her hard work and excellent performance over the course of 2023. She attended all of the circuit events and was almost always on the podium at the end of each event," said Jones.



Jake Friesen-Joss (on top)



SELKIRK RECORD PHOTOS BY BRETT MITCHELL

Damien Ekosky's gold medal in Selkirk comes after participating in the Elite 8 Senior National Championships in Edmonton on Jan. 14.



Kallie Dixon (right - white sash)



Owen Cyr (left - blue sash)



Judo Canada presented Sarah Ekosky with its Sherwood Ford top female performer award for 2023, together with a \$2,500 scholarship. The award is based on points earned during the 2023 Canadian circuit of major national tournaments including the national championships.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Speedskating Club athletes excelling on the ice

By Brian Bowman

The Interlake Speedskating Club, which is located in Selkirk, has seen an abundance of tremendous athletes over the years.

This year is no different.

Olivia Krawchuk, 16, Aaron Riehl, 18, and Violet Baschuk, 12, continue to excel on the oval.

Olivia and Aaron are on the Speedskating Manitoba provincial team and Violet is part of the speed Manitoba development team.

The Interlake Skating Club hits the ice Tuesday evenings and Sunday mornings and are always looking for new members. They are always hap-

pily looking to take former ringette and hockey players.

The Western Canadian Outdoor Classic 2024 was held at the Susan Auch Oval, part of the Cindy Klassen Recreation Centre on January 13-14. Olivia came away with four bronze medals and \$250 and Aaron Riehl won three bronze medals and \$200.

Olivia qualified to go to the Neo Junior Long Track Championships, which are being held in Fort St. John B.C. on Feb. 3-4.

Violet Baschuk is qualified to go to the Canadian youth long track championships in Quebec City Feb. 9-10.



RECORD PHOTOS BY NOEL STAVE

The Interlake Speedskating Club's Aaron Riehl competed at the Canadian Junior Long Track meet held Jan. 4-5 in Quebec City.



Flying high

RECORD PHOTO BY TEC VOC PHOTOGRAPHY

The Selkirk Royals' Michael Williams goes up for a layup during tournament action at Tec Voc. Selkirk finished the tournament with a 1-2 record against some tough teams. The Royals' Justin Cabaneros had a great tournament and was named a second-team all star.

U18 AAA Winnipeg Thrashers have mixed results

By Brian Bowman

The U18 AAA Winnipeg Thrashers were defeated 5-1 by the Yellowhead Chiefs on Sunday afternoon.

Riley Kushnier scored for the Thrashers while Nolan Kozak (two), Max Collyer, Riley Swereda, and DJ Meloney tallied for the Chiefs.

On Friday, Winnipeg thumped the Kenora Thistles 6-2.

Ben Brambilla, Brandon Corda, Rohen Guevarra, Leland Cody, Lincoln Black-Greaves, and Parker Colston scored for the Thrashers.

Kenora goals came from Bo

Gartzke and Cayson Lambert.

Last Wednesday, the Thrashers downed the Pembina Valley Hawks 4-1.

Winnipeg, which received goals from Brambilla (two), Guevarra, and Leland, built a 3-0 lead by the 11:20 mark of the game and never looked back.

Cohen Pilkington scored for Pembina Valley as Thrashers' goaltender Austin Lindrat made 22 saves for the win.

Winnipeg, now 19-11-1, will host the Eastman Selects on Friday (7:30 p.m.) and then visit the Pembina Valley Hawks Saturday (2 p.m.).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Lang stars big time in Steelers' win Sunday

He was awesome, scoring four goals

By Brian Bowman

It might have taken John Lang 36 games to score his first Manitoba Junior Hockey League goal.

But he certainly made up for lost time on Sunday.

Lang lit the lamp four times - including a natural hat trick in the first period - to lead the Selkirk Steelers to a 6-0 whuppin' of the Winnipeg Freeze at the Hockey For All Centre on Sunday.

"That was unbelievable (the first three) came in (8:08) minutes. I wasn't expecting that at all," said Lang, 19, a Fargo product Monday afternoon. "I'm speechless, I barely slept last night."

His pre-game meal? A couple of sandwiches, he said. Super cool.

"It doesn't happen very often," said Steelers' head coach Hudson Friesen. "To score your first MJ goal and then score four in the same game - I've never seen anything like it. It was a pretty special night for him and he's earned it. It was great to see him get rewarded."

Lang's hatty in the opening period gave the Steelers' a 3-0 lead and then things quieted down in a scoreless second.



John Lang

In the third, Owen Johnston scored a pair of goals sandwiched around another marker by Lang.

Steelers' goaltender Noel Olsonawski made 21 saves for the win. He is also a Fargo product and, by the way, was leading Lang in goal scoring through 35 games by one. True story.

"He was giving me (the business) until I got one (Sunday night) and I said at least mine is on video," Lang joked.

Mathieu Catellier and Ethan Brown both also had strong games, finishing with three assists.

Selkirk was also in action Friday, losing a 2-1 decision in a great effort against the Flyers in Winkler.

Nick Giasson scored a power-play goal just 4:52 into the game to stake Selkirk to an early 1-0 lead.

After a scoreless second period, Winkler's Zach Nicolas and Tanner George tallied in the third to give the home side the slim win. George's goal came with just 1:23 remaining in regulation time.

Last Thursday, the Steelers defeated the Freeze 3-2 at the Hockey For All Centre.



RECORD PHOTOS BY RICK HIEBERT

The Steelers' Joel Purdom looks to tip the puck past Flyers' goaltender Malachi Klassen. Winkler defenceman Will Brophy tries to stop Joel Purdom from scoring.

Selkirk stormed out to a 3-0 lead by the 7:47 mark of the second period on goals by Rocco La Cara, Cole Bilous, and Brown.

The Freeze got back into the game, though, with a power-play goal from Xyon Kiemeney at 19:51 of the middle frame and then Matthew O'Sullivan tallied at even strength at 6:18 of the third.

The Steelers (16-19-2-1) hosted the Blues this past Tuesday but no score was available due to a Monday eve-

ning deadline.

Selkirk will travel to Niverville to take on the Nighthawks in an important game this Friday for a 7 p.m. puck drop.

Meanwhile, Steelers' forward Mathieu Moreira, who has been outstanding this season, will be participating at the MJHL/SJHL Showcase at the Seven Oaks Sportsplex, which will take place Jan. 30-31. He will be a member of the MJHL 20U Red Team.



Zach Nicolas watches as teammate Tanner George bulges the twine behind Steelers' goaltender Noel Olsonawski for the game-winning goal.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Gators getting better, winning games

By Brian Bowman

The St. Clements Gators lost 7-2 to the Red River Mudbugs in Hanover Tache Junior Hockey League action on Sunday afternoon in East Selkirk.

Red River snapped a 2-2 second-period tie with five unanswered goals.

Kolton Vernon and Antwain Mackay scored for St. Clements while Andy Boger (three), Ty Tarnick, William Sawatzky, Oakley Peters, and Sam

Hicks answered for Red River.

Last Saturday, St. Clements edged the Niverville Clippers 7-6 in a home game.

The Gators stormed out to a 4-0 lead just 16:16 into the game and held on for the win.

Gators' goals were scored by Riley Yourchenko (two), Brayden Quinn, Caleb Hofer, Kaiden Sichevski, Ryan Pellaers, and Luke Tyslau.

Pellaers had a great game with four points.

Niverville' Erik Anderson (two), Teo Lambert (two), Craig Lacasse, and Brent Masse replied in the losing cause.

On Jan. 16, the Gators beat the Landmark Blues 7-5.

Daemon MacDonald was brilliant, scoring three goals and he added an assist for St. Clements while Cole

Burch, Cole Winram,

Luke Tyslau, and Riley Yourchenko also tallied.

Landmark goals were scored by Payton Plett (two), Myles Peters, Hudson Skjaerlund, and Brandon Leblanc.

The Gators (3-19-1-0) played the Springfield Xtreme this past Tuesday and then will host Niverville Sunday for a 2 p.m. game.

Selkirk Fishermen tie St. Malo Warriors 3-3

By Brian Bowman

The Selkirk Fishermen tied the St. Malo Warriors 3-3 in CRJHL action on Sunday afternoon at the Recreation Complex.

Kasen Andrushko, Matt Brooks, and Peyton Moneyas scored for Selkirk while Teagan Fillion, Damon Johnson, and Logan Fillion replied for St. Malo.

Last Saturday, Selkirk had another close game, losing 4-3 in overtime to the Falcons in Lundar.

There's a lot of competition in this league. The playoffs are going to be awesome.

Carter Courchene (two) and Ryland Schroeder scored for Selkirk while Carson Gudmundson, Kade Laughlin, Riley Zdan, and Troy Johannesson replied for Lundar

The first-place Fishermen played at St. Warriors this past Tuesday but no

score was available.

Selkirk will take on the Beausejour Comets at the Sun Gro Centre Friday (8 p.m.) and then host Lundar (3 p.m.).

HTJHL • St. Clements Gators

NEXT HOME GAMES

SUNDAY, JANUARY 28TH
vs Niverville Clippers 2:00 pm

TUESDAY, JANUARY 30TH
vs Steinbach Huskies 8:15 pm

FRIDAY, FEBRUARY 2ND
vs Springfield Xtreme 7:30 pm

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(the Gator Pond)

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NEXT HOME GAMES

at the Selkirk Rec Centre

SUNDAY, JANUARY 28th
VS Lundar 3:00 pm

SUNDAY, FEBRUARY 4th
VS Beausejour 3:00 pm

NEXT AWAY GAMES

Fri, Jan 26 - vs Beausejour - 7:30 pm
Tues, Jan 30 - vs North Winnipeg - 8:00 pm

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- VS Steinbach Pistons, Tues, Feb 6th 7:30 pm

VS Niverville Nighthawks Jan 26 7:30pm • VS Portage Terriers Feb 9 7:30pm

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Raiders split pair of close MMJHL games

By Brian Bowman

The Raiders Jr. Hockey Club was defeated 3-1 by the Ft. Garry/Ft. Rouge Twins in Manitoba Major Junior Hockey League action on Sunday afternoon.

After a scoreless first period, Sloan Tremblay and Nick Gilberto scored to give the Twins a 2-0 lead before the

Raiders' Alex Loschiavo replied with a goal at 19:47 of the middle frame.

Ft. Garry/Ft. Rouge's Carter Halamandaris then sealed the deal with an empty-net goal with just eight seconds remaining.

Last Friday, the Raiders knocked off the Charleswood Hawks 4-3 in a shootout.

Ethan Geard scored the shootout winner which went nine rounds.

The Raiders' Nate Goodbrandson continued his stellar play this season with a pair of goals while Andrew Denoon also tallied during regulation time.

Hawks' goals were scored by Nicholas Guberman, Jaden Waddell, and

Ryland Hueging.

Owen Savoie made 42 stops in the win.

The Raiders (16-15-1) will play at the River East Royal Knights on Friday (7:30 p.m.) and then host the first-place St. James Jr. Canucks Sunday (2 p.m.).

Royals' hockey teams earn wins

By Brian Bowman

The Selkirk Royals' boys' hockey team defeated the Garden City Gophers 4-3 on Friday at the Seven Oaks Sportsplex.

Deacon Kemp led Selkirk with a goal and two assists while Ryan Cromie scored once and added an assist. The Royals' other goals came from Johnathan Kruk and Liam Vinck.

Jacob Chaytor, Jacob Kelemen, and Nathan Horbas answered for Garden City.

Royals' netminder Easton Robertson earned the win in goal.

Last Wednesday, Selkirk lost 5-4 on the road in a really tight game to the College Stonewall Collegiate Rams.

Kemp, again, led Selkirk with a

goal and an assist while Gaven Berry, Kruk, and Drake Vermeulen also tallied.

Gavin Holod (two), Adam Newcombe, Logan MacDuff, and Evan Reimer replied for the Rams.

The Royals, 13-7 and tied in fifth place with the Oak Park Raiders, each with 39 points in the Platinum Promotions Division, played the Steinbach Regional Sabres this past Monday but no score was available.

Selkirk will play the Dakota Lancers on Thursday (4 p.m.) at the Dakota Community Centre.

In Manitoba Women's High School Hockey League action, the Selkirk Royals had an impressive 5-4 road

win over the VMC Trojans last Friday at the Century Arena.

Selkirk goals were scored by Serena Reeb, who had two goals and an assist, while Kayla Skoryk, Cora Kelly, and Liberty Aime.

Trojans' goals were scored by Mackenzie Lizotte (two), Cat Koga, and Abby McBride.

Sarah Ernstberger made 30 saves for the win.

On Jan. 26, Selkirk was blanked 6-0

by the Churchill Bulldogs.

Churchill, which scored twice in each period, received goals from Eva Manhard (three), Ryleigh Ayers, Brooklyn Kelly, and Clare Hantscher.

The Royals played the Glenlawn Lions on Tuesday but no score was available.

Selkirk doesn't play another league game until Feb. 6 when they take on the CJS Olympiens.

U10 Ignite - comeback kids



RECORD PHOTO SUBMITTED

The U10 A1 Interlake Ignite had a very successful weekend and were undefeated at the Transcona Rings of Steel tournament in Winnipeg. On Jan. 18 they played Boni Vital-Heibert and had to come back from a 4-1 deficit at the half to take the win 7-4. On Saturday they played St. James Boom, an eager team from the A2 division, but Ignite had a strong passing game and won 9-2. On Sunday they played their toughest game against the River East Rush. The Rush took an early lead with 5 goals before the Ignite scored 7 straight to win 7-5. Pictured: coaches Tara Thompson, Robbie Cox, Kaitlyn Vanwart, Alyssa Vanwart, Cara Surzyshyn; back row, Ellie Thompson, Seraphina Schmidt, Karly Penner, Olivia, Cychowski, Addison Bullen, Jaelyn Brookes, Isabella Cychowski; front row, Ellie Cox, Taya Surzyshyn-Ruud, Maya Winchar, Brielle Cochlan, Maisie Kett, Addison Chaput, Jane Dufault and goalie Declan Bush.

Plowman's play recognized

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2 WINS
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.953 SV%
1 SHUTOUT

ORIGINAL
16

RECORD PHOTO BY SCOTT STROH

Steinhach Pistons' goaltender was named one of three MJHL Original 16 Stars of the Week, the league announced on Jan. 15.

The previous week, Cole Plowman, a St. Clements' product, posted a 2-0 record (which included a shutout), a 1.00 goals-against average and .953 save percentage. Plowman made 23 saves in a shutout performance over the Swan Valley Stampeders before standing tall two nights later against their MGEU East Division rival, the Niverville Nighthawks. Plowman made 18 saves in a tight 3-2 contest, helping his club to a seventh-straight win. In the MJHL, Plowman is second in GAA (1.91), third in save percentage (.931), second in wins (19), tied for third in shutouts (two), and second in minutes played (1,511).

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- * Candidates selected for an interview may be requested to provide a criminal record check at their expense.

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> GAMES

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

Sudoku Answer

R.M. of St. Clements Public Notice - Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), the Rural Municipality of St. Clements Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the Rural Municipality of St. Clements can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, a written request must be submitted to the Chief Administrative Officer, in person, by e-mail, fax or mail to:

Rural Municipality of St. Clements
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Fax: (204) 482-3098
E-mail: info@rmofstclements.com

The next General Election takes place in October, 2026.

Dated this 25th day of January, 2024

Deepak Joshi
Chief Administrative Officer

If you have any questions, please call the office at the numbers listed above.



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Ferdinand Funk

Regional Spiritual Health Services Coordinator

Ferdinand Funk is a CASC/ACSS Certified Spiritual Care Practitioner with over 35 years of experience in congregational leadership and Long Term Care chaplaincy. Ferd is passionate about recruiting, training and supporting persons who have an interest in walking alongside and supporting patients and residents in Acute Care Hospitals and Personal Care Homes as spiritual care volunteers with hope, care, respect and compassion.

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Times:

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- Friday, Feb. 9, 2024 - 8:30 am - 4:30 pm
- Saturday, Feb. 10, 2024 - 8:30 am - 12:30 pm

For more information, please call or email: Ferdinand Funk, Regional Spiritual Health Services Coordinator Ph. 204-461-3414 or Email: ffunk@ierha.ca
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We've all heard stories of certain creatures or animals, some believable and very difficult to capture on film. I've never been one to believe in anything I cannot see. These beasts of the remote have no desire for the basics of comfort. Their need is for survival and I believe more importantly, not to be detected by the humans. Only a fluke accident can result in a true witness of this elusive beast. Now imagine it in your backyard. Actual events happened over a three week span in an area called Birds Hill located in southern Manitoba that will give you chills.

Author: JOE ZADWORNY
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Announcements *The Selkirk Record*

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ANNOUNCEMENT

BIRTHDAY



Orest Homeniuk
Happy 70th Birthday on January 24th
Best Wishes from the
Homeniuk and Starkell families

ANNOUNCEMENT

IN MEMORIAM



Edward Kowalchuk
June 28, 1949 - January 27, 2023
You may be gone from our sight
But you are never gone from our hearts.
You are missed every day.

-Vera, Susie and Frank,
Courtney and Jeff, Payden,
Presley and Parker

OBITUARY



Joyce Ann Agostino
(nee Meyer)
July 28, 1944 -
December 29, 2023

It is with deep sadness that we announce the passing of our beloved wife, mother, sister, sister-in-law, auntie and friend on December 29, 2023 at the age of 79. She passed away peacefully with family by her side at Selkirk Hospital.

Left to cherish her beautiful memories are her beloved husband of 60 years, Frank; Dubeski, Angela (Shaun Miles); daughters Juliana (Chris); siblings Gloria Benoit (John), Eddie (Bev) Meyer, Ollie Zirk; brothers/sisters-in-law Rocco Agostino, Bert (Wendy) Agostino, Tino (Nancy) Agostino, Gail Agostino, Patti Ryan, and many nieces, nephews, cousins, other family members, friends, and her little grand-dog "Ziggy".

Mom was predeceased by her grandparents Conrad Meyer and Magdalena Andres, Maksym Budniak and Anna Krasey; parents Peter and Katie Meyer; sisters Mary (Stan) King, Katie (Glen) Tocher and Theresa White; father/mother-in-law Stefano and Angela Agostino; brothers/sisters-in-law Amie (Mike) Mueller, Kathy (Bruce) Dennis, Joe Agostino, Santo Agostino, Barbara Agostino, Clarence Zirk, and many other family members.

Mom was born on the family farm in Meleb, Manitoba. She was the second youngest of seven children to Katie and Peter Meyer. Mom shared many wonderful stories of growing up with her siblings. They all stayed close and did well despite family challenges. When the Meyer family moved to Winnipeg in the mid 1940's, they lived in Brooklands and Elmwood/East Kildonan areas. Mom went to Miles Macdonell Collegiate and later Red River College. In her early years she worked at various jobs including cleaning homes and babysitting; and she was an office assistant at the Richardson Building and the Winnipeg Stock Exchange. Other jobs included waitressing at Chan's Restaurant, the Winnipeg International Airport Dining Room, the Royal Alexandra Hotel, the Fort Garry Hotel, and the International Inn (serving at many banquets). Mom also worked at City Bread - and always made sure to bring home lots of doughnuts for us and our neighborhood friends!

Even though Mom enjoyed working at all her other jobs, she always said that her most rewarding and proudest life accomplishment was being a wife and stay-at-home mother to raise her two girls. Some of her most cherished memories were cooking meals, planning our birthday parties, baking cute birthday cakes, and sewing handmade costumes for our figure skating and dancing recitals. She also made the best mini butter tarts for special occasions! We were very blessed to have her in our lives as our amazing, loving, supportive and devoted Mom/Wife! We will cherish in our hearts forever, the wonderful childhood and family life that we have had with her and Dad; and all the special memories and fun times that we all spent together as a family. Thanks Mom (and Dad), for all your love and dedication; and for everything you provided and did for us so that we could have such a wonderful life! Together, you two did a great job to teach us, influence us and make us the great people that we have become!

Mom met the love of her life Frank in 1961 and they got married on October 26, 1963; (they were the cutest couple/were inseparable and always took care of each other). They lived in Winnipeg on Legion Ave. and Ingersoll St., then in 1971 they moved to their forever family home in St. Andrews, MB on Captain Kennedy Rd. This is where they raised their two girls, attended several community events, and made many lifelong friends. Together they made an amazing life for themselves and their family!

Over the years Mom and Dad traveled throughout Canada, the US, Mexico, Cuba, and Europe - going to southern Italy to visit Dad's hometown and extended family was one of her most cherished trips. The simplest pleasures in life brought Mom the most joy; she loved camping, traveling, gardening, visiting family and friends, going to the beach, to church (was a member of the Catholic Women's League), going out to eat and cheering for the Jets. But Mom always said she was the happiest when she was spending time with us; "the loves of her life": Dad, Jule, Ange, Chris and Shaun. We were her whole world; and she was ours!

We'll miss Mom's lovely cards with her touching verses: "May God Bless and keep you in his tender loving care always and forever and may the love of Jesus fill your heart with lots of love, happiness, peace and joy"... (ditto to you Mom). Also, her regular phone calls to say: "Hi, it's your Mom, I just called to say I love you!"... (which brightened our day; she was our "Sunshine for our soul"). We'll also miss calling her every night to say: "Goodnight Mom, have a good sleep, I love you and tell Dad I love him too".

Mom was a beautiful, kind-hearted and gentle soul. She was a generous, considerate, caring, honest, humble, easy-going, fun-loving and remarkable person, who had so much goodness inside of her! You could tell she was a "sweetheart" just by looking at her cute, kind, gentle face and smile! She will be dearly and forever missed by all of us, and everyone who knew her and was blessed to have her as part of their lives. The memories of Mom/Joyce will live on in our hearts forever!

Mom always said she wished she could fly like a bird...now she is flying with the Angels; as our precious Guardian Angel up in heaven! May the Sunshine and Stars always shine upon you; God Bless You and Rest in Peace Mom/Joyce; until we meet again in heaven!

At Mom's wishes cremation has taken place. A Mass will be held at Notre Dame Roman Catholic Church at 269 Jemima Street in Selkirk, MB on Friday, February 9, 2024, at 1:00 p.m., with reception to follow. Interment will take place at a later date. The Mass will be livestreamed and a link will be available on her obituary at www.gilbartfuneralhome.com

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

ANNIVERSARY



Maureen & Hartley Kern
Happy 63rd Anniversary
on January 21st!

Special blessings to a very special couple.
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Announcements

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OBITUARY



Holly Patricia Korba

It is with great sadness and loss that we announce the passing of our beloved auntie and sister-in-law at Victoria Hospital on January 10, 2024. Holly was born in Selkirk, MB on July 3, 1943 and began caring, loving, and supporting others for 80 years!

Left to mourn her passing are, her nephew John, sister-in-law Pat, cousins Ann and Julie in England, and friends who were more like extended family.

Donations in Holly's memory may be made to the Alzheimer Society of Manitoba.

Vichnaya Pam'Yat

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Arnold (Arnie) Arthur Goodman

On Sunday, January 21, 2024 at the Selkirk Regional Health Centre, Arnold Goodman, aged 74 years of Selkirk, Manitoba passed away.

A Celebration of his Life will be held on Tuesday, January 30, 2024 at 11:00 a.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba.

Full obituary to follow.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Vivian Heide (nee Wright) 1950 - 2024

It is with a very heavy heart I announce the passing of my wonderful wife Vivian. She died peacefully January 17th after a very brave and difficult battle with her illness.

She was born in Morden but eventually moved to Portage where she started a family and a Robin's Donut business with the help of her first husband and eventually her three children. Her life changed in the late nineties and she moved to Selkirk where she worked at Red River Place until she retired in 2017.

She leaves behind her second husband Art, her sisters Eileen and Ivadel and brother Brian. As well, she leaves behind her three children Cristie, Dee and Riley, her eight grandchildren and four great-grandchildren.

I would like to thank the staff at Selkirk General Hospital especially those on the Medicine Ward 1 for their kindness and compassion.

Cremation has taken place and immediate family will get together at a later date.

As tokens of sympathy, donations in memory of Vivian may be made to the Alzheimer's Society of Manitoba, 120 Donald Street, Winnipeg, MB. R3C 4G2.

Arrangements entrusted to: *Interlake Cremation & Memorial Services*
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