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THURSDAY, FEBRUARY 8, 2024

VOLUME 15 EDITION 6

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Our creative  
community shines

RECORD PHOTO BY KATELYN BOULANGER

The artists in our community are bringing some beauty to this new year with lots of local opportunities to enjoy. The St. Andrews Heritage Centre is once again hosting it's community art show and the Gwen Fox Gallery in Selkirk is opening it's doors for the first exhibition of the year. Learn more inside. Pictured: Andrew Zurawsky with some of his art at the St. Andrews Heritage Centre.

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# Ice fishers are being asked about their fishing experience

## MWF collecting data on local fishery

By Katelyn Boulanger

Making sure that the Red River has a strong local fishery is important for business, tourism, recreation and more. Unfortunately, the Manitoba Wildlife Federation (MWF) can't consult the fish directly so they've decided to ask our local experts, ice fishers for information about their catches which will be compiled into The Red River Creel Survey.

"The intention of the creel survey is to collect data to allow the fisheries managers to better manage the fishery. What they look at in the data and what they try to collect is information on how the anglers are using the resource. And also, what they're catching, how much time and how much effort they're expending," said Chase Dreilich, Recreational Angling Coordinator for the MWF.

He explained that every fish caught essentially has an hourly rate associated with it after this data is collected. The data is analyzed and information about how much time anglers are spending on the ice, what types of fish are being caught, and how much and where they are being caught are looked at in terms of long-term trends which give us information about the health of the fishery.

Dreilich says that this information is important for a few different reasons.

"Fish is a huge resource in Manitoba. We have waterways all over Manitoba and the Red River is a very popular spot for anglers to be. I believe it's the largest flowing waterway into Lake Winnipeg as well. Lake Winnipeg has many other inflows, too, but if the inflows are unhealthy going into Lake Winnipeg [it could affect the Lake's

health]. So, keeping an eye on the Red River is important. It also is a huge economic driver for the province as well. As we know, access to the Red River is very easy so, it allows a lot of people, both new anglers and experienced anglers to get out and enjoy fishing, just right off their back door, essentially," he said.

The surveyors are currently set up at four access points in our community and will continue to be there this month until the river is no longer being used by ice fishers.

"Our creel clerks are set up at the end of Main, Selkirk Park, CIL Road access, and in Lockport. Ideally, they'd like to talk to anglers coming off to the ice, and then they get accurate information from them. How many fish they caught, what species did they catch, did they keep any of those fish, were any of the fishers master anglers, how much time they spent fishing, how many anglers were in the group, and where they're from, and what kind of baits they're using, are all the questions that they're looking to gather. If they catch them going on to the ice, generally, they'll get something that's called a creel card. It'll require anglers to self-report and fill out the card and then there's a card box that they can drop them off at those locations as well," said Dreilich.

Some of the big pieces of information that they are looking for are how many anglers are using the resource, how much time they are spending out there as well as what they are doing with the fish. Overall this information is looking to see how much pressure the fishery is under.

Dreilich explained that this is a vol-

unteer survey. The MWF is partnering with the province's fisheries department to produce this survey and this is a fish and wildlife enhancement fund funded program.

Once the information is collected it will be given to the province's fishery biologists to analyze and findings will be shared in a report.

Dreilich would like to thank the anglers who participate.

"Recreational anglers have always been great at advocating for this resource. At the end of the day, all the

user groups want the same thing, and they've been amazing at participating. So far, we've had a lot of positive feedback from our surveyors. We've had a lot of participation and a lot of people willing to share all the information. It goes such a long way in knowing that anglers are willing to take a short amount of time out of their day to help out the resource like that. Definitely a big thank you to everyone who participates. We hope they continue to participate throughout the rest of the survey," he said.



RECORD FILE PHOTO BY KATELYN BOULANGER

Ice shacks turn the Red River into a small community every winter season when ice fishers take to the ice.

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# International documentary features local great grey owls

## Secret World of Sound filmed owls in Interlake Area

By Katelyn Boulanger

Secret World of Sound is a three-part documentary series that will premiere on CBC's *The Nature of Things* and *CBC Gem* on Feb. 15. This series uses science to delve into the sounds that animals make to learn more about our world and part of the filming took place right here in the Interlake.

"We were looking at the ways, animals use sound in really unique ways to survive, to make sure that they don't get eaten by somebody else, or that they find prey or they find a mate. One of the animals that came up was the amazing great grey owl. We were intrigued by that creature," said executive producer and writer Dugald Maudsley.

In Episode One: *Hunters and Hunted*, which residents can view on Feb. 15, the series' team visited our area to discover how the great grey owl manipulates sound to capture its prey under nearly a metre of snow.

"We were intrigued by that creature because it uses its hearing in a really unique way to capture its prey in a really difficult environment, an environment filled with snow," said Maudsley.

They teamed up with local owl expert James Duncan of *Discover Owls* to learn more about these impressive local birds.

"[Duncan] was just amazing in helping us not only understand the behaviour of these owls but helping us figure out where we'd shoot. And, we did we did a bunch of filming, actually on his property," said Maudsley.

The area of interest that they were trying to learn more about through the owls was how they hunt their prey through the snow. Because of the properties of snow and the way that it muffles sounds and sound doesn't always move through it in as predictable a way as it travels through air, the team used the latest technology to figure out how the owl catches its prey and accounts for this distortion.

To do this they used an acoustic camera to delve into science that, to their knowledge, was explored for the first time in this project.

Maudsley explained that it was a particularly cold -40 Celsius day when the filming took place and the crew who was mostly from warmer climes was quite chilly but in the end, they got the information they needed.

Something else that Maudsley mentioned as particularly interesting about this series is that they do use music in some sections but there is an emphasis, as you might expect, on natural sounds.

"A lot of the time when you're watching this film, all you're doing is



RECORD PHOTO SUBMITTED

Photos of a great grey owl which were captured by the Secret World of Sound team.

listening to the sounds that are made by the animals or the location," he said.

He said that this creates a very relaxing quality to the series.

The great grey owl was one of 21 species of animals from around the world that were featured in the documentary.

"Over the three episodes we filmed in 11 different countries, from Kenya to Australia, to the Caribbean, and of course in Canada. Here, we filmed wolf pups in Ontario, we filmed the sharp-tailed grouse in Alberta and elk we also filmed in Alberta. We filmed lions in Africa. We filmed elephants in the UK, desert frogs and toads in Arizona, meerkats in Botswana, and the Caribbean Flamingo just off the coast of Mexico," said Maudsley.

He encourages residents to check out the show next week.

"There're lots of documentaries about animals out there. But this one really stands alone, because it focuses on sound, which is something that most documentaries like this don't do. It's all about the beautiful pictures rather than about this amazing sound. And so, it's really flipping the equation around and because we're using this cool equipment to get sounds that you normally can't hear, we're able to actually get inside. That's why we call it Secret World of Sound, we're getting inside this world of animals to hear basically how they communicate with each other and what's going on. And by doing that, you can really understand their behaviour in a totally new and unique perspective. So, to me, that's what's really exciting about it. It's just a new way of looking at animals, and the totally cool things they do," said Maudsley.

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# Josh Isfjord named Manitoba's top GMC salesperson

By Kaitlin Vitt

The Manitoba Motor Dealers Association (MMDA) awarded Selkirk GM's Josh Isfjord the top GMC salesperson in Manitoba. This comes after Isfjord has already received top salesperson for Chevrolet and for Buick in previous years.

Isfjord, 29, has worked at Selkirk GM for eight years and has been the dealership's top salesperson for the past seven years. He counters the stereotype people sometimes have of salespeople — that they put the sales ahead of the customer's experience — by doing the exact opposite. Isfjord

said being a people person and creating genuine friendships has been key to his success.

"Building that relationship first and selling the car second is kind of the way I attack it, like making a friend, finding common ground, figuring what they do, figuring what their kids do, what they do in their spare time," he said. "Find common ground, and then selling the vehicle is easy after that."

His journey to top salesperson started out with a washcloth. In high school, he worked at Selkirk GM washing cars. He eventually inquired

about transitioning to sales, but he was turned down because of his lack of sales experience.

To gain experience, he sold cable for a couple of years, going door to door to people's homes.

"I ended up selling the owner cable," Isfjord said. "He remembered who I was and told me I should apply for the sales job, and I did, and the rest is kind of history."

Isfjord, who is originally from Petersfield but today lives in Selkirk, said selling cable confirmed he was still interested in a sales position at the dealership.

"I really enjoyed it, but I didn't really want to drive to the city anymore, being from out here," Isfjord said. "When the opportunity to get a sales job back in Selkirk arose, I was like, yeah, why not, take a chance and give it a try."

It ended up being the right fit, confirmed by achieving top salesperson

in just his second year at the dealership.

"The fact that [our customers] trust you to navigate that purchase with them ... it makes you feel great. You've earned that trust to help them buy that 50, 60 or sometimes even \$100,000 vehicle," Isfjord said. "When they send friends and family, that's when you really know you've done a good job, because not only do they trust you, but they trust you to send their loved ones and their friends your way. There's no better thank you than a referral."

Isfjord said it's important to him to stay involved with the community, such as his work helping to organize the Nova House Christmas drive at Selkirk GM.

For those looking to buy a vehicle, you can expect to see Isfjord at the dealership, ready to help you out.

"I'll be here until the end of time," he said with a laugh.



RECORD PHOTO SUBMITTED

Josh Isfjord (left) of Selkirk GM has been the dealership's top salesperson for seven consecutive years.

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# Local inventor seeking support from province

New planer designed to be more efficient and better for environment

By Kaitlin Vitt

A local inventor has created a product to make road grading more efficient and is asking for support from the province to help make his invention widely available.

Cory Halischuk of Wolf Products, based in Clangedo, has designed and constructed a commercial planer that he says can save municipalities time and money while lowering greenhouse gas emissions. Halischuk has designed different sizes of the planer to accommodate various needs.

"Who doesn't want to have less work and save money?" Halischuk said.

Halischuk has been talking with Selkirk MLA Richard Perchotte to discuss assistance from the province to help with the commercialization of the product. Halischuk will do what he can to get the word out about his planers, but he said without support from the province, it will be a slow start.

The grader attachments currently available aren't ideal for areas like service side roads, back lanes and parking lots, Halischuk said. For example, the power rake often used pulverizes the whole top layer of a road, which is time-consuming.

"It makes it complete fluff, so you still end up

having to level it all and then compact, where [my commercial planer] is very fast," he said. "It makes a pass-through, tears it up and compresses it right away. It's a much faster attachment."

The fewer passes a grader has to make, the more it will save money and lower greenhouse gas emissions, such as carbon dioxide (CO2). Plus, Halischuk said his products will further reduce emissions, which contribute to climate change, because of the durability of the planers.

"We're building a better product to last longer," he said. "Every time you touch a product to recycle it, you're creating CO2, so if you make a product that's better, that lasts longer, it's not going to go and create CO2 again for quite a while. All this stuff that we're building is going to hold up."

Halischuk would like to see his commercial planers used across the country.

"People sit back and wait for the silver bullet. It isn't going to happen. You have to start changing. There has to be changes; little changes at a time make a difference," he said. "If it's going to work here, it's going to work across Canada. So, if we're going to be saving money here and [lowering] CO2, everybody should be the same. Then if you got enough of them running, you're going to make a dent in the CO2."

Wolf Products' commercial planers also have a shorter learning curve than those currently available, Halischuk said.

Halischuk has 38 years of self-employment in construction and said it's a good feeling to be able to create products that fill gaps in the market.

"It's making someone's life better, easier. It's resolving the problem," he



**RECORD PHOTO SUBMITTED**  
Cory Halischuk (right) of Wolf Products shows Selkirk MLA Richard Perchotte the commercial planer he invented.

said. "I just love designing. ... As long as we see a problem, I can design to get rid of it."

More information about Halischuk's inventions, including demonstration videos are available on the Wolf Products website (wolf-products-ltd.com).

## Selkirk & District Community Foundation Is Accepting Grant Applications



WESTERN CANADA SUMMER GAMES LEGACY GRANT SUPPORTED VICTORIA BEACH CLUB'S TENNIS PROGRAM IN SUMMER 2022.

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### For the Community Grant Program

- Applicants must be a registered charity with Canada Revenue Agency or a non-profit volunteer-based organization, located and providing services within the City of Selkirk, or the R.M.s of St. Andrews or St. Clements.
- The Foundation granting program supports local needs and interests, which include, but not limited to, the arts, cultural activities, heritage programs, health, education, senior services, social programs and youth activities, along with the priority community sectors as outlined in the Foundation's Vital Signs Report.
- Grant submissions should reflect projects and/or programs that will occur between the months of April to September.

### New Online Grant Application Procedure

- The online grant application is found at [www.sdcf.ca](http://www.sdcf.ca)

**APPLICATION DEADLINE:** Thursday, February 29, 2024

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# Ice fishing community bands together



RECORD PHOTOS SUBMITTED

After an incident of vandalism caused the portable toilets at the Warner Road access point to Lake Winnipeg to be destroyed the local ice fishing community worked together to help restore the local resource. The toilets are used by anglers in the winter season and are owned by Allstar Toilet Rentals. Upon learning of the vandalism, the Manitoba Wildlife Federation (MWF) set up a donation opportunity and enough funds were raised in the month since the incident to restore the portable toilets and erect barricades to help protect them from further incidents. A social media post made by the MWF reads in part, "MWF is happy to report that through this campaign a total of \$1,220 was raised, and on Monday, Jan. 29 a cheque was presented to Allstar Toilet Rentals for this amount. The family members who came from Allstar Toilet Rental to pick up the cheque at the MWF office were speechless at the generosity of the individuals who donated, and wanted to pass along their many thanks." The portable toilets are now back in place. Pictured upper left: Chris Benson (left), program and Events Coordinator with the MWF and Allstar Toilet Rentals owner Cory Douglas.

# St. Andrews couple's son breaks news of major LOTTO MAX win



RECORD PHOTO SUBMITTED

Rhonda and Dwayne Keller were surprised by lottery win.

Submitted by Western Canada Lottery Corporation

Rhonda and Dwayne Keller were sure their son was joking when he told them their LOTTO MAX ticket had won \$147,432.90 on the Dec. 26 draw.

The St. Andrews couple asked their son to check the ticket on the Lotto Spot app.

"We thought he was lying," the winners said as they claimed their prize. "We had to check it a few times to be sure of what we were seeing."

The couple said they purchase LOTTO MAX tickets every week and were completely taken by surprise by this windfall.

"It feels great," said Dwayne. "This is a big relief – life will be a bit easier."

The couple said their first plan of action is to pay off all debt and take their time deciding what to do with the rest of their winnings.

The Kellers bought their winning LOTTO MAX ticket for \$6 at Harry's Fine Foods, located at 5571 Highway 9 in St. Andrews. They won their prize by matching six of the seven main draw numbers and the Bonus number drawn on December 26 – 1, 11, 13, 17, 42, 45 and 49, and the Bonus 23.

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## Congratulations to winners of the Rotary Club's Vocational Service Award

Corinne Thompson Bobrowich and Brad Bobrowich come away with community honours

Submitted by the Rotary Club of Selkirk

Vocational service is the essence of Rotary and serves as the foundation from which we serve our communities around the world. The concept of vocational service is rooted in the second object, which calls on all Rotarians to encourage and foster:

- High ethical standards in professions
- The recognition of the worthiness of all useful occupations
- The dignifying of each Rotarian's occupation as an opportunity to serve society.

Vocation Service calls on Rotarians to empower others by using their unique skills and expertise to address community needs and help others discover new professional opportunities and interests. Rotary recognizes the importance of all skills and occupations. Rotarians have a dual responsibility: to represent their occupations within their club and to exemplify the ideals of Rotary in their places of work.

Rotary emphasizes the importance of bringing together business and professional leaders for the purposes of exchanging ideas, developing relationships, and improving communities.

As January was Vocational Service month, Corinne Thompson Bobrowich and her husband Brad Bobrowich were asked to speak about being a business owner in our community what the pair didn't realize was their contributions to the community were noticed and that the Rotary wanted to acknowledge that effort.

The Vocational Service Award is presented annually to someone in



RECORD PHOTO SUBMITTED

Brad Bobrowich and Corinne Thompson Bobrowich are this year's winners of the Vocational Service Award.

the community who exemplifies outstanding professional achievement, maintaining high ethical standards while using their vocational talents to serve their community. This year's recipients, Corinne Thompson Bobrowich and Brad Bobrowich, exemplify all these qualities and more.

Giving back to the community are the Bobrowichs', owners of Steelcity Physiotherapy & Wellness Centre, number one priority. Some of the projects that they have been involved in are:

- Financially supporting a family's move from Ukraine to Selkirk.
- Working tirelessly on the fundraising efforts and being on the board of the MBNF, Manitoba Neurofibromatosis as well as organizing the Lockport River's Edge Run.
- Building an expanding a thriving business from the ground up

for nearly 13 years and employing many young people who are studying or wish to get into physiotherapy, massage therapy, and athletic therapy.

- Creating and supporting the Steelcity Physiotherapy & Wellness Bursary Award.
- Allowing their business to be a point of contact for accepting donations for those affected by the war in Ukraine, along with the Big Hearts Hamper Drive and Toasty Toes – socks for the homeless.

The Bobrowichs are always willing to lend a helping hand in the Tri-S area and beyond. They live in St. Andrews and are parents to Brady and Brooke.

Congratulations to Corinne and Brad as this year's recipients of the Rotary Club of Selkirk's Vocational Service Award!

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

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

### TROUBLE WITH PAPER DELIVERY?

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

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# Free provincial park entry for month of February

## Manitobans encouraged to explore the great outdoors

By Lana Meier

The Manitoba government has announced free park entry for the entire month of February in efforts to promote the various winter activities offered in provincial parks. Environment and Climate Change Minister Tracy Schmidt shared this news last Wednesday, urging both Manitobans and visitors to take advantage of this opportunity.

"February is a great time to enjoy

Manitoba's provincial parks," said Schmidt. "We know affordability is top of mind for many families, so I am pleased to announce we are waiving the entry fee to all provincial parks for the month of February. We encourage all Manitobans to get outdoors and enjoy everything our beautiful provincial parks have to offer."

In February, vehicle permits are not necessary in provincial parks. However, for snowmobiles using designated trails, Snopasses are still required. Additionally, entrance fees remain applicable in national parks.

Manitoba's provincial parks are equipped with a diverse range of trail systems, providing opportunities for cross-country skiing, fat biking, snowshoeing, and hiking. Addition-

ally, Paint Lake, Spruce Woods, and Turtle Mountain provincial parks boast outdoor skating areas, hockey rinks, and toboggan hills. Those interested in ice fishing can utilize the free shelters on Lake Winnipeg at Hecla/Grindstone Provincial Park. For those seeking downhill skiing and snowboarding options, Assessippi Ski Resort in Assessippi Provincial Park or Falcon Ridge Ski Slopes in Whiteshell Provincial Park are excellent choices.

According to the minister, park interpreters at Birds Hill, Spruce Woods, and Whiteshell provincial parks are providing a variety of guided programs to enhance visitors' experiences and encourage conservation of Manitoba's park resources. These programs, which can be registered for

at [www.gov.mb.ca/sd/parks](http://www.gov.mb.ca/sd/parks), include wolf howl hikes, snowshoe treks, ski clinics, quinzhee building, and ice fishing. Additionally, teachers have the opportunity to schedule free guided field trips or virtual programs with park interpreters from these three provincial parks.

Manitobans are encouraged to check trail conditions before visiting parks. Detailed maps and trail information can be accessed at [www.gov.mb.ca/sd/parks](http://www.gov.mb.ca/sd/parks). It is requested that individuals using the trails adhere to designated activities, keep their dogs on leashes, and follow Leave No Trace principles by bringing back everything they brought in.

# Manitoba Merv, predicts six more weeks of winter

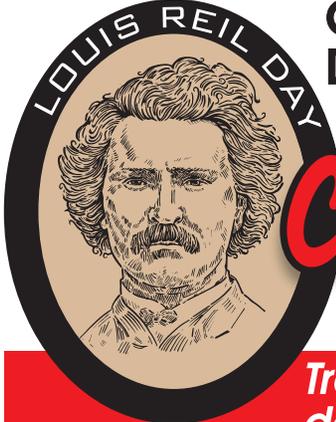
By Lana Meier

February 2 has come and gone, and Manitobans eagerly waited last Friday to find out if spring will arrive early this year. Groundhog Day is more than just a quirky tradition - it's the day when Oak Hammock Marsh's Manitoba Merv, the adorable weather forecasting puppet groundhog, emerges from his cozy abode at sunrise to determine our fate.

According to traditional folklore, because Manitoba Merv saw his shadow on Feb. 2, he will retreat into his burrow and winter will continue for six more weeks.

But as much as we believe in the abilities of a plush rodent to predict the arrival of spring, according to biologists at Oak Hammock, the best way to find out if we have an early spring is by looking for the arrival of the first Canada Geese. Recording the spring arrival of the first Canada Goose seen at Oak Hammock Marsh is an annual tradition.





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**RECORD PHOTO SUBMITTED**  
In spite of all the construction going on at Oak Hammock Marsh, Manitoba Merv still emerged last Friday, hard hat and all, to see if spring was around the corner. It was a beautiful, sunny morning and Manitoba Merv saw his shadow, which means that winter will continue for six more weeks.

**METIS ELDER**  
**HENRY HALL**  
**WILL JOIN US FEBRUARY 11<sup>th</sup>**

Henry has travelled for 20 years doing Metis presentations and has spent 11 years as a native court worker in BC. Henry is currently a Metis Elder and knowledge Keeper at the Lord Selkirk school Division. Join us Sunday February 11th at 10:30 am. Cloverdale United Church 805 Cloverdale Rd. Coffee after 204 485 0165

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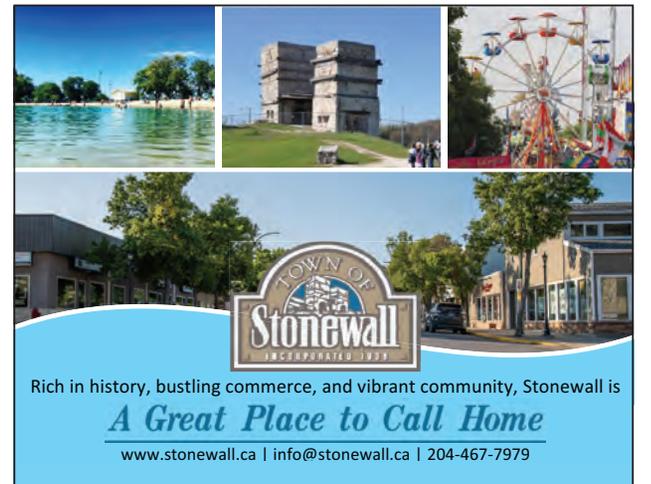
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# St. Andrews Community Art Show draws a crowd



RECORD PHOTOS BY KATELYN BOULANGER

The St. Andrews Heritage Centre is presenting their 5th Annual Community Art Show this year. The opening event was packed as more than 20 different local artists showed their paintings, sculptures and more at the Heritage Centre. The show runs until Feb 17. Entry to the Heritage Centre is always free and residents are invited to come down to check it out and vote for their favourite art pieces.



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- MEAT DRAWS: Fridays 6-8 pm, Saturdays 3-5 pm
- CHASE THE ACE & 50/50 DRAWS: Wednesdays 6-8 pm
- TOONIE 50/50 DRAW: February 10 during Meat Draw
- THURSDAY DANCES: 7:00 pm - Old Tyme Dance Music
- SATURDAY DANCES: 7:30 pm -
  - Feb. 10 - Marvells
  - Feb. 24 - Darren Lavallee
  - March 9 - Marvells
  - March 23 - Dance In UR Pantz
- FUN BINGO: February 10 during Meat Draw
- REGULAR EVENTS: Crib, Darts, Corn Hole - weekly  
Ukelele - every 2nd Sunday
- SNOW GOLF: March 2

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# Dancers spin on in to Tudor House and Woodland Courts



RECORD PHOTOS SUBMITTED

The residents of Tudor House and Woodland Courts were able to enjoy a wonderful performance last month. The dancers of Selkirk and District Ukrainian School of Dance leapt at the occasion to put on their first performance at the residence since the COVID-19 pandemic limited visits. The residents were smiling the entire time and dancers had a blast especially since it was the first time that some of them were able to perform in their full costumes. To learn more about the Selkirk and District Ukrainian School of Dance visit their recently updated website at [selkirkdistrictukrainianschoolofdance.com](http://selkirkdistrictukrainianschoolofdance.com).



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### LAND AUCTION UPCOMING FEB 29, 10:00AM

160' acres (1/4) land auction for Marc and Michelle Robidoux, land is in the RM of De Salaberry MB, SW quarter 32 -4-5E, selling on timed online auction with Grunthal auction service opening Feb 29 and closing March 7 /2024, Marc and Michelle are continuing to

dairy farm like they have for several decades and have decided to liquidate this property by public auction. Terms and conditions of this sale. Contacts for registering at our office will be Barb, Debbie or Becky at home office 204-434-6519.

### BAZINET AUCTION SALE 2024. TIMED ONLINE UPCOMING FEB 29, 10:00AM CST

Auction sale for Brad Bazinet dairy in dugald mb, (the dairy is sold). Grunthal auction service is pleased to announce the complete equipment dispersal of all major machines, tractors, skid steer, baler, tubeline, discbine, dodge Cummins, cattle trailer and much more on complete unreserved public auction. Opening Feb 29 at 10 am and closing March 7 / 2024, auction

is online only. All items must be removed by March 15/2024, any items remaining after March 15 /2024 become the property of the new owners. Grunthal Auction Service thanks Brad and Doug for the privilege of selling there machinery and thanks all the bidders for taking part in the sale.

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# Health

## Give some love to your heart this February

Local expert talks heart health and the things we can do to improve it

By Katelyn Boulanger

Valentine's Day is less than a week away and while sharing love with family, friends and that special someone is always a priority, residents should also take this as an opportunity to remember that February is heart month and show your heart a little love.

In order to get the best advice when it comes to heart health, the *Selkirk Record* has conferred with local Registered Dietitian and Certified Diabetes Educator Jay Adam.

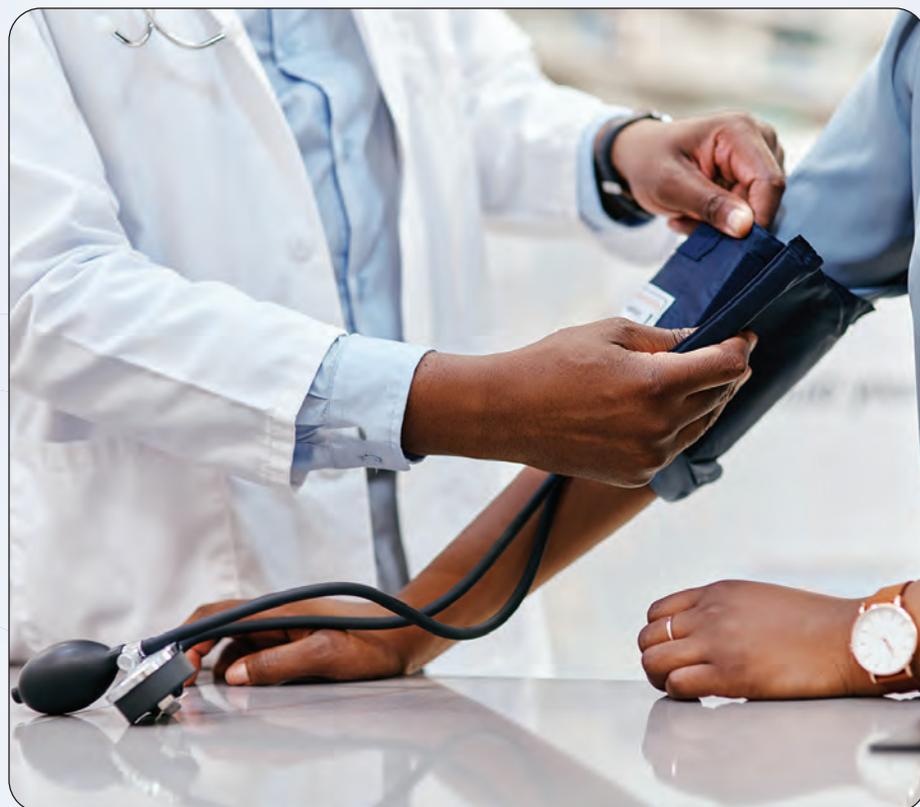
"It's definitely the most common disease in North America still, heart disease, and there's a lot that can be done about it. It can be life-

changing when problems start to occur," said Adam.

Maintaining a healthy heart is important in having a good quality of life and there are things that can be done to improve the chances of maintaining heart health. There are also risk factors that we cannot change.

Some unmodifiable risk factors could be age and genetics. On the other hand, there are lifestyle changes that most people can make that can reduce your risk of heart disease. Adam mentioned quitting smoking or tobacco use, as well as eating a healthy diet and getting physical activity as things people can modify in their lives which have been shown to have a positive influence.

"The most commonly described [diets] would it be the Mediterra-



METRO

February is heart month.

Continued on next page

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- Preventative Health Awareness Month
- Psychology Month
- Recreation Therapy Month
- World Cancer Day - February 4\*
- International Day of Zero Tolerance to Female Genital Mutilation - February 6\*
- Congenital Heart Disease Awareness Week - February 7 to 14\*
- Sexual Health Week - February 12 to 16
- Wear Red Day - February 13
- International Childhood Cancer Day - February 15\*
- Mental Health Nurses Day - February 21
- Pink Shirt Day - February 28
- Rare Disease Day - February 29

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# Your Health

Continued from previous page

nean diet, or the modern Canada's Food Guide diet [which] are shown to have benefits for risk reduction. There are many dietary interventions [that can be made] without going that far that do help as well," he explained.

His advice to people who want to make a change to their diets is to reduce their intake of ultra-processed food and replace it with homemade foods.

"A piece of advice from a dietitian is taking time to cook one or two more homemade meals per week [if possible]," said Adam.

He says that with the higher cost of groceries learning the skill of cooking is great in many ways.

"Learning how to prepare things at home can most often improve the quality of your food for fat, salt intake, sugar intake, and what have you and often in a way that can also save a person money," he said.

Adam also spoke about getting adequate physical activity as something residents can do if they want to lessen heart disease risk.

"People often start with very safe exercises that they can do such as walking when the sidewalks aren't too slippery," he said.

The Selkirk Recreation Complex has a Walk and Jog program which is available to residents Monday to Friday from 8:30 a.m. to 4 p.m. from September to April with the exception of holidays and special events.

"Many people need to clear things with their physician before they start exercise or they can access other kinds of support from physical activity educators that exist through gyms or physiotherapy centers in town," said Adam.

Changes that work for one person may not work for others.

Slowly layering the changes in and finding changes that residents are honestly content with is something that Adam's found works well for his patients.

An example of this is people who upon close reflection of their eating habits might find that there are unhealthy foods that they are eating but really wouldn't



miss very much if they didn't have them anymore.

"One more thing I would always tell any layperson, if they're researching nutrition information online, one of the best ways to screen out bad information is to see if somebody's trying to sell you something," said Adam.

A way to avoid having to decide what health advice is good and what is not when online is to look to our local resources. Health-care professionals in our region are available and there is an access line (1-877-979-9355) which can connect you to local information as well as groups like a smoking cessation group and a group that works on developing healthier eating habits.

If residents have individual concerns about their heart health Adam says they should make sure to see their primary care provider.

"If there really is something going on. That's a great starting point," he said.

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## 4 financial topics to discuss with your significant other

Did you know that money is one of the leading causes of stress in a relationship? Here are four topics to address with your partner to avoid financial turmoil.

**1. Salary.** The first thing you should discuss with your partner is how much you both earn. This may feel like a taboo subject but it will set you up for financial success. Knowing each other's income will allow you to decide on the best ways to use your money together.

**2. Budgeting style.** It's imperative to discuss your budgeting style with your partner. This will help you glean insight into how they spend their money and what's most important to them. You can then come up with a budget that matches both your needs and lifestyle.

**3. Current debt.** Most people have some form of debt. Therefore, it's essential to be open and honest with your partner about yours and vice versa. You should also ask your significant



other about how they handle debt.

**4. Savings goals.** As a couple, creating a healthy savings account can put you in a great financial place. It's a good idea to ask your partner about their savings goals and discuss yours so you can work towards a common aim.

Finally, having an honest conversation about money is the key to fostering a closer connection with your partner. No matter what stage you're at in your relationship, it's never too late to start discussing money.

## Expert tips for managing an inheritance

The gift of an inheritance almost always comes with a loss. Consequently, it's normal to feel confused, upset and overwhelmed. The last thing you want is to make financial decisions while in shock. If needed, put the assets in a high-interest savings account to give yourself time to grieve. That way, you won't regret rushing into any major purchases.

Once you're ready to take the next step, hire a financial adviser to help you create a plan about how to work your inheritance into your life. For example, you could pay off debt, save for retirement or put money into your children's higher education fund. You may also want to establish

an emergency fund with at least three to six months of living expenses.

Moreover, don't feel bad about using some of the inheritance money to treat yourself. After all, your loved one wanted the best for you. For instance, you could use some money to take a trip or buy your dream car. The most important thing is to be intentional about how you spend the money.

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### A Q&A about retirement planning

Individuals need not look very far to be reminded of the importance of planning for retirement. Television ad campaigns touting the need to plan for retirement have been front and center for many years. Banks also heavily promote their retirement planning services to account holders. The emphasis financial firms and banks place on retirement planning underscores just how important it is for individuals from all walks of life to prioritize securing their financial futures.

Ad campaigns can make saving for retirement seem simple, but plenty of people may have questions about how to save for the days when they are no longer working.

#### Why and when should I begin investing to build my retirement savings?

It's never too early to start saving for retirement. Young professionals may not be anywhere close to retirement, but that doesn't mean they can afford to put off saving for the day when they call it a career. Much of that has to do with inflation. The rate of inflation varies, but it's fair to assume that your cost of living will rise dramatically between your twenty-third birthday and your seventieth birthday. If you choose to simply save as opposed to investing that money, your money will not grow at a rate necessary to overcome inflation. Though there's no guarantees with investing, traditional retirement investment vehicles have a proven track record of outpacing inflation.

#### How can I save for retirement?

Various investment vehicles can help people save for retirement. Many people utilize employer-sponsored Group RRSP retirement plans. These allow individuals to deposit money via pre-tax contributions deducted from their paycheck. For young people, enrolling in these plans as soon as they're eligible can be a great way to begin building their retirement savings, and since many people contribute between 6 and 10 percent of their pre-tax earnings, their take-home pay will not be significantly different once they enroll. TFSA's, RRSP pension plans, certain life insurance policies, and regular contributions to personal savings accounts are some additional ways to save for retirement.

#### How much will I need to save for retirement?

No two people are the same, so there's no simple answer to this question. Estimates about how much people will need in retirement range from 60 to 80 percent of their yearly income the year they stopped working full-time. A financial advisor can be a useful ally as people try to calculate how much they will need to save for retirement. However, the simplest answer to this common question is that there's no such thing as saving too much money for retirement so long as saving does not adversely affect other areas of your life.

#### What if I need money before retirement?

No law prohibits people from withdrawing funds from designated retirement accounts before they retire. However, there may be significant financial penalties and tax consequences if you do so. Withdrawals made before then could be subject to Federal and a 10 to 30% penalty of the amount withdrawn. Individuals are urged to speak with a financial advisor about withdrawal guidelines and penalties prior to opening a retirement account.

Saving for retirement is vital and it's never too early to begin investing in your financial future.

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**Rebecca Self-Kuziw**

Investment Specialist

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# Visual Chronicles brings together art and storytelling at Gwen Fox Gallery

Artists Stan Born, Clyde Finlay, Gayle Halliwell, Jo Smoley and Andrew Zurawsky exhibit in Selkirk this month

By Katelyn Boulanger

Residents will likely have heard the expressions 'a picture's worth a thousand words' and 'every painting tells a story'. These sayings have been combined to create the vision behind Visual Chronicles the latest Gwen Fox Gallery exhibit which is on now until March 2.

"We've called it Visual Chronicles because it is a story, a record of our creativity," explained Artist Gayle Halliwell.

In addition to the works of some great Manitoba artists, there is also a little extra this month. Each piece is accompanied by a few sentences which gives residents a glimpse into the minds of the artists as they created their pieces.

This month residents will be treated to works by Stan Born, Clyde Finlay, Halliwell, Jo Smoley and Andrew Zurawsky.

## Stan Born

Born is a wood turner and carver from St. Andrews who this month is exhibiting his turned bowls and sculptural pieces.

"I love doing bowls. I like hollow forms, although they're very difficult," he said

He says that his inspiration comes from work that he's seen others do. He then lets that idea bounce around in the back of his mind for a while until it transforms into something that is uniquely his own.

Though most of his pieces are made of wood, he is also showing a turned soapstone piece.

His journey towards creating wood-turned pieces started with a carving class.

"I thought this takes way too long this carving thing, although it was nice to be able to work inside the house because you don't do a lot of sanding, but I thought there's got to be a faster way to do this," said Born.

He picked up a magazine and saw that a man in England was making wood-turned frames on his watermill-powered lathe and the beginnings of finding his craft began to take hold.

At that point, Born made himself a lathe. This lathe has been improved over the years and now is large enough that it can have seven feet between centres.

Born believes that residents should

give the Gwen Fox Gallery, which is free to visit, a look.

"People should go to galleries, just because, just for interest sake, just to see what's going on," said Born.

## Clyde Finlay

Finlay is a multi-media artist with a range that includes oils, watercolour, acrylic and drawings. His work is eclectic with abstract and landscape paintings in the show this month.

"My inspiration is mostly from travel. I do a lot of research. A lot of the research is in Canada, and North America. But I was fortunate enough to go to Europe, and I was in Poland and France. And so, I've been influenced by some of the artists that are there in abstract," said Finlay.

In addition to travelling to Europe, he actually has had his work shown in Poland as well as many locations in the US.

Finlay says that his journey began with his father who learned oil painting from Bob Ross on television.

"He started to watch the TV show, then ordered books and stuff like that. And so his paintings were done that way. I was inspired to go back to the university when I was working for the Justice Department. It took me 12 years part-time, but I got my fine arts degree and that same year, I went international," said Finlay.

He invites interested people from Selkirk and the surrounding area to make the trek out to visit the gallery.

"Just come here. We're in a historical building. It's a beautiful place. The artists are very welcoming. And the art is awesome. It's got numerous international artists and it's got beginners. They have classes and they have programs that are here, not only for adults, but for kids," said Finlay.

## Gayle Halliwell

Halliwell made sure to choose works that had a clear story to them and has incorporated works in many mediums in this month's show. Stopping by the gallery residents will be able to see watercolour and acrylic paintings as well as clay jewellery on display from her.

One of her pieces in particular she shared is about a day as an artist in her gallery. Residents will probably not be surprised by the inclusion of



RECORD PHOTOS BY KATELYN BOULANGER

Stan Born



Gayle Halliwell

a cup of coffee and a glass of wine but might find the inclusion of a hammer adds a definite point of interest to the story.

"Most of my inspiration comes from Lake Winnipeg, I say that I have lake water in my veins and that comes out in some of them. Not

Continued on page 19

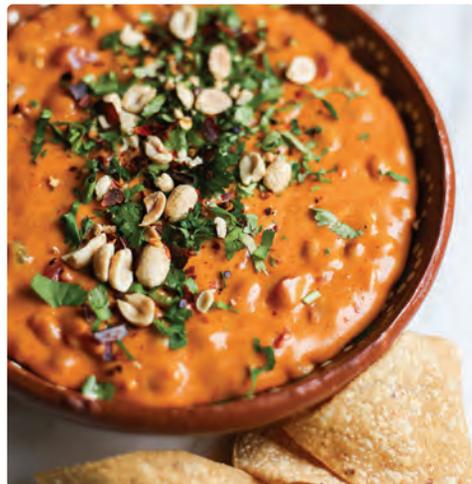
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# get inspired

> MEAL IDEAS



## Mexinut Dip

- 1 cup shredded cheddar cheese
- 1 can (10 ounces) tomatoes and green chiles
- 2 tablespoons finely chopped onion
- 1 tablespoon hot chili powder
- 1/2 cup peanut butter
- corn chips or crackers

In 2-quart microwave-safe container, combine soup, cheddar cheese, tomatoes and green chiles, onion, chili powder and peanut butter. Cover with glass or plastic lid.

Microwave on high 2 1/2 minutes; stir. Microwave 2 1/2 minutes, or until cheese is melted.

Stir before serving with corn chips or crackers.

Recipe courtesy of the Georgia Peanut Commission

Yield: 4 cups

1 can (11 1/2 ounces) condensed bean with bacon soup



## Asian Peanut Slaw

- 1/4 teaspoon crushed red pepper
- 1/2 cup coarsely chopped dry roasted peanuts
- 1 bag (16 ounces) three-colored deli slaw mix
- chow mein noodles

Drain juice from mandarin oranges into mixing bowl and reserve oranges.

In bowl with juice, add dressing, peanut butter and red pepper; whisk until well blended. Add peanuts, oranges and coleslaw mix; toss until thoroughly coated.

Garnish with chow mein noodles before serving.

Recipe courtesy of the Georgia Peanut Commission

1 can (11 ounces) mandarin oranges

1/4 cup Asian sesame dressing

2 tablespoons creamy peanut butter



## Bone-In Prime Rib

and warm at room temperature 20 minutes. Starting at tail on bone side of roast, cut bone along ribs, between meat and ribs, to back side, separating bones from meat.

Rub prime rib with light coat of oil. Season on all sides and under bone with blend of seasonings. Return bones to bottom side and, using butcher twine, secure in 2-3 areas by tying bones to meat. Wrap in plastic wrap or place in pan and refrigerate 12-16 hours.

Preheat smoker or grill to 200 F and load with preferred smoking wood chunks, if desired.

Place prime rib on grill rib side down, fat side up, allowing drippings to collect in drip tray. Increase heat to 350 F. Close lid and cook, uncovered, until desired doneness is reached.

Photo courtesy of Getty Images (Bone-In Prime Rib)

Recipe courtesy of chef Jason K. Morse, C.E.C., 5280 Culinary, LLC, and Ace Hardware Grill Expert on behalf of the Colorado Corn Administrative Committee

1 bone-in prime rib roast (8 pounds) oil

5280 Culinary Rub-a-Dub seasoning, to taste

5280 Culinary Island Boys Coffee seasoning, to taste

Remove roast from packaging and place on large sheet pan. Drain juices

# Ask the money lady

Dear Money Lady Readers,

I wanted to do something a little different this time as we all wrap up the end of the year. I always get questions from people who want to retire earlier than the 65-age benchmark, which honestly surprises me with so many "lap-top-class" employees now working from home. But alas, the allure of leaving their career and finally being free as bird, for some, can't come fast enough. So, with that in mind, here are the questions you must ask yourself to be able to break free in 2024 and finally do that hard stop to working.

Be truthful with your answers; if for nothing else, this will be a good exercise to help you understand what you need to work toward to retire earlier if you can. Good luck – who knows, 2024 could be your year to break free!

1. Is all your debt paid off? All debt means, credit cards, lines of credit, mortgages, and car loans.

2. Are you really ready to give up working, or are you just tired of your current position and in need of a change?

3. Will you need to support anyone other than yourself? If so, for how long, and how much will that cost annually?

4. Can you downsize your residence or move to a less expensive area to lower your monthly expenses?

5. Will you have a consistent monthly revenue stream that is long-lasting and able to sustain you during times of uncertainty? Preferably this would be in addition to CPP and OAS government benefits.

6. Do you have any future large expenditures that you have not already saved for? Can they be cancelled?

7. If necessary, could you make sacrifices to live a more minimalist lifestyle?

8. Have you made a financial budget for the future and can you write out exactly how you can, to the best of your knowledge, envision your retirement? How much do you anticipate this will cost in today's dollars?



Christine Ibbotson

What about inflation and taxation? What are your plans for assisted living should you need care as you age?

9. How will you socialize in retirement and how much will this cost? Do you plan to continue club memberships or join new ones, and how much will this cost?

10. Have you thought of ways to fill your time in retirement? Does your retirement partner want the same things as you and are they willing to make the same sacrifices to retire early?

So, how did you do? Do you have a budget or are you now going to begin to make one?

Short of knowing when you will die, there is no real way to know whether you can really retire early. But, one thing is certain, you must make sure you have a plan for the future and a strategy to stay in retirement; because once you give up working for good, very few will want to go back to it.

Good Luck and Best Wishes,  
Money Lady

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 [askthemoneylady.ca](http://askthemoneylady.ca)

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## > GWEN FOX GALLERY, FROM PG. 17

all in this particular show are about that, although I am very influenced by that. And so, the colours I choose, even when I'm not painting the Lake, the pigments and the hues that I use are often highly influenced by those colours," she said.

Halliwell has always been an art lover and the Winnipeg Beach artist started her journey being inspired to create the works she enjoyed looking at.

"We had creative works in our home, that's how we made our home beautiful. I always said when we were vacationing or holidaying or whatever we might be doing, 'Oh, I wish I could paint that.' And so, when I turned 50, I said, 'That's it, I'm doing it.' I stopped doing my paper and pencil career and moved into a career of becoming a working artist. It took a few years to do that," she said.

She welcomes residents who want to check out the show this month.

"I think this show is worth seeing. I am not only excited myself, to see the works of my fellow artists that are in it, but to read what they have to say about it, and then to look at that and look at the work and see how that changes how I view the work," said Halliwell.

### Jo Smoley

Smoley is an East St. Paul artist who is showing her acrylic works at the gallery this month. Her works marry the whimsical and natural into the creations she is showing this month.

"It's the voice of nature that I'm trying to express in my paintings because it's so alive out there. There are so many ecosystems that are just incredible. They all work together and they coexist and get along. I try to relay that in my art. I try to give them a voice to remind everyone how incredible they are," said Smoley.

She says that her pieces are a way that people who are stuck in the city or don't have the opportunity to experience nature can experience more remote areas.

Her style is quite distinctive but hard to categorize as she works towards an abstract style but natural elements make themselves known in her work.

She attributes her creative nature to being encouraged by her family who themselves are creative people.

"My mother painted but she also did everything from quilting to needlework. She loved oil painting and gave her paintings to family members and never sold them. When we went outside Ottawa in the Petawawa area where I visited her sister, and she was selling her artwork. That was a big surprise to me. I went, 'Holy cow, you

can sell this?'" said Smoley.

That encouragement that she was given by her family and she continues to pass along to the next generations.

She says that the artists in this month's exhibit have found a way to complement each other's work and the gallery.

"This is one of the best galleries I think in Manitoba. It really shows the artwork to its grandest. There's a beautiful variety here. We have watercolour, we've got acrylics, we've got wood carvings, we've got pouring painting and some abstracts. There's so much for an individual to look at," said Smoley.

### Andrew Zurawsky

This is Zurawsky's first time exhibiting his work at the Gwen Fox Gallery. His art style may vary but the colour and the brightness that his work brings complements the theme and other artist's work well.

"I do cityscapes and do landscapes. I do architecture like buildings. One of my favourite themes is churches, mostly Ukrainian churches, because that's my heritage, and to me that sort of represents community," he said.

In the gallery this month he has 14 pieces in watercolour and acrylic.

He says that he's greatly inspired by driving around Manitoba and the beauty that he finds.

"Especially southern Manitoba, there are all sorts of little villages or little towns. Some of the communities have disappeared, but the churches are still there. And, to me, that's history," he said.

His artistic journey began as a child as he liked to doodle but he says it really took off when he took a watercolour class a little over 30 years ago.

"I took watercolour painting and that's how I started and then you evolve if you spend enough time at it. You evolve and develop techniques and so on. Some people are maybe fortunate that they have a particular style that's identifiable and people say that's so and so's painting. Mine is a little bit more difficult because I change. I like the colour. I like the way colors work together and so on but the techniques I experiment with so my paintings are different," said Zurawsky.

He invited residents not just to come by the gallery this month but to keep coming back for inspiration.

"You should stop by, actually, any months. But, there's a variety of artists and this time is beautiful. The colours are great. The artists are excellent. This gallery is exceptional because every month there's something here," he said.



RECORD PHOTOS BY KATELYN BOULANGER

Clyde Finlay



Jo Smoley



Andrew Zurawsky

Residents are invited to stop by the gallery Tuesday to Saturday from 11 a.m. to 4 p.m. The admission to the gallery is always free and there is no purchase necessary.

Residents who would like to meet

the artists responsible for the work in this month's exhibit can also come to the artist's reception on Feb 10 between 1 and 3 p.m.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Junior bonspiel 'C' event winners Raiders split weekend games



RECORD PHOTO BY STU BROWN

The West St. Paul rink of Hudson Strand, Aidan Friesen, Carson Salmon and Tyson Wickman won the 'C' Event at the 2024 Stonewall Pharmacy U16 Open Junior Bonspiel Jan. 26 - 28.

By Jo-Anne Procter

The Stonewall Curling Club hosted the 2024 Stonewall Pharmacy U16 Open Junior Bonspiel Jan. 26 - 28.

Sixteen teams competed in the bonspiel with the St. Vital rink of Alex Newcombe, Liam Cleary, Parker Schwab and Matthew Livetsky winning the 'A' Event. Team Keough was

the runner-up. The Fort Garry rink of Evan Boutet, Cooper Steele, Liam Burton and Hayden Pich won the 'B' Event after defeating Stonewall's Team Searcy. The 'C' Event winner was the West St. Paul rink of Hudson Strand, Aidan Friesen, Carson Salmon and Tyson Wickman who defeated Team Shea.

## Gators split weekend games



RECORD PHOTO BY JOHN PODWORNUIK

The St. Clements Gators defeated the Landmark Blues 5-4 in overtime on Saturday to end their HTJHL regular season. Last Friday, the Gators lost 9-4 to the Springfield Xtreme in East Selkirk. The Gators next game will be on the road Friday, Feb. 9 at 8:15 p.m. against the Steinbach Huskies at T.G. Smith Centre.

By Brian Bowman

The Raiders Jr. Hockey Club edged the St. Boniface Riels 3-2 on Sunday.

Devon Whiteside scored for the Raiders in the first period and then Nate Goodbrandson and Branden Huminek tallied in the second.

Ty McNaughton and Aaron Neilson replied for Transcona.

Last Friday, the Raiders lost 5-1 to the Transcona Railer Express

Ryland Kuczek scored a first-period

goal for the Raiders while Nathan Turner (two), Carter Johannesson, Parker White, and Colton Pakoo replied for the Railer Express.

Transcona scored three power-play goals and a shortie. Kuczek's goal came with the man advantage.

The Raiders will host the Stonewall Jets this Friday (7:30 p.m.) and then the Pembina Valley Twisters on Feb. 14 for a 8:30 p.m. game.

## Krawchuk awesome on the ice



RECORD PHOTO SUBMITTED

Olivia Krawchuk, middle, from the Interlake Speedskating Club, 16, collected five medals at the inaugural Canadian Neo Junior Long Track Championships in Fort St. John, B.C.

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers top Titans 4-0 in MJHL weekend action

By Brian Bowman

The Selkirk Steelers knocked off the Neepawa Titans 4-0 in their first regular-season game after the MJHL/SJHL Showcase.

After a scoreless first period, Mathieu Catellier tallied in the second and then Ian Lavallee (shorthanded), Ethan Brown, and Nick Giasson potted goals in the third.

Nice win.

Noel Olsonawski made 22 saves in the victory. Selkirk outshot Neepawa by a whopping 47-22 margin.

On Tuesday, Selkirk had another chance to take on the league-leading Steinbach Pistons at the Recreation Complex but no score was available.

The Steelers will play the Portage Terriers, another very good team, on Friday (7:30 p.m.) at Stride Place and then visit the Pistons Saturday (7 p.m.).

Next Tuesday, Selkirk will host the Virten Oil Capitals for a 7:30 p.m. game. It was the first of three home games for the Steelers.



RECORD PHOTO SUBMITTED

The Selkirk Steelers announced the signing of forward Rohan Guevarra (07) to a Letter of Intent for the 2024-25 season last week. Guevarra is currently playing for the U18 AAA Winnipeg Thrashers where he had 13 goals and a team-leading 47 points through 31 games.



RECORD PHOTO BY JOHN PODWORNIAK

Selkirk Steelers' forward Ian Lavallee scored a shorthanded goal in the second period of his club's 4-0 home win over the Neepawa Titans last Saturday.

## Royals' boys' hockey team ends WSHL regular season

By Brian Bowman

The Selkirk Royals wrapped up their WSHL Platinum Promotions Division regular-season schedule with a 4-1 road loss to the Westwood Warriors last Wednesday.

Nathan Ramos-Lam scored a second-period goal for Selkirk while Ethan Saan, Madden Parnell, Jack Sparham, and Nikolaj Bilenko replied for Westwood.

On Jan. 29, Selkirk defeated the Vincent Massey Trojans 5-3 at the Recreation Complex.

Royals' goals were scored by Deegan Teixeira, Gaven Berry, Drake Vermeulen, Ryan Cromie, and Deacon Kemp.

Selkirk's Zachary Lemire had three assists while netminder Jonny Enns-Demchuk earned the win.

Trojans' goals came from Aiden Dilay, Karter Kaczmarz, and Luca Buoncore.

Selkirk finished the regular season with a 16-8 record and 48 points.

The Royals started their best-of-three playoff series with the Garden City Gophers this past Monday and Tuesday but no scores were available. If necessary, Game 3 is slated for Thursday at 4 p.m. at the Recreation Complex.

The Selkirk's girls' hockey team, meanwhile, played the CJS Olympiens this past Tuesday but

no score was available. The Royals will take on the River East Kodiaks this Friday (3:30 p.m.) at the Gateway Recreation Centre.

On Feb. 13, Selkirk will host the Shaftesbury Titans for a 3:30 p.m.

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**SUNDAY, FEBRUARY 18<sup>th</sup>**  
VS Lundar 3:00 pm

**NEXT AWAY GAMES**

Friday, Feb 9 - vs Arborg - 8:00 pm  
Friday, Feb 16 - vs Beausejour - 7:30 pm  
Monday, Feb 19 - vs N. Wpg 2pm in Warren

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Forward

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**PLAYOFF HOME GAMES**

**TUESDAY, FEB. 13<sup>th</sup>**  
vs Steinbach Huskies  
7:45 pm

If needed, a 2nd home game would be  
Game 4 on **SAT., FEB. 17<sup>th</sup>** 7:15 pm

Playoff Admission: Adults \$15  
Youths \$10, under 7 Free

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

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Team Lawes wins final 9-8 to capture Scotties title

By Lorne Stelmach

A well-played close final Jan 27 in Morden capped off the Scotties Tournament of Hearts with the top seeded team skipped by Kaitlyn Lawes edging the Beth Peterson foursome 9-8.

It was a close game the whole way between Lawes, who finished 5-0 in the round robin, and Peterson, who went 3-2 and whose team included Morden native Katherine Doerksen.

The key shot in the end was a Lawes deuce in the ninth when she faced two and played a re-direct hit, just rubbing off a Peterson stone in the front of the eight foot circle and doubling out the second stone on the centre line in the back of the eight foot circle.

Team Lawes jumped out to a 4-1 lead after three ends, but Peterson and her team fought back to tie it up 7-7 after eight.

The Lawes deuce in the ninth end set the stage for a dramatic tenth when Peterson had a chance to draw through a narrow port to the four foot circle for a pair and a tie. She navigated the port but slid a few inches too deep and scored just a single.

"When I let it go, I thought it was close, and it's either a flash or a two, so we went for it, and I thought it was kind of a gutsy call," Lawes said of her critical deuce.

"There were some great shots made on both sides and just some great line calls and well swept," she said, noting as well a key shot in the seventh when she called for a little nudge to prevent a steal.

"It was very intense. Beth and her team played phenomenal, like first end runback after runback, and we knew we had to bring our A game and had to hang in there and make some big shots."

A teary Peterson afterwards lamented coming up just short at the end of a challenging week which saw her and a teammate both make visits to the walk-in clinic with injuries and needing to have their fifth step in as well.

"I'm so proud of the girls ... people don't even know how much adversity we had this week," she said. "It was a really long week with a lot of challenges thrown our way, and I just thought we had this last one ... I'm pretty devastated."

Despite the challenges, the Peterson team qualified for the championship round with a 3-2 round robin record

and then were the only team to win all three championship round games and played a precision control game to win the semi-final over third seeded Kate Cameron.

She was optimistic heading into the championship final.

"Honestly, the girls did such a good job of keeping us in that game. It was a tough game, and we were down a lot, but a lot of good shots made, so I'm really proud of this team," said Peterson, who called it a hard loss that was going to sting for awhile. "Kaitlyn made some really key shots ... you can never count her out, and she made a great shot."

Lawes was equally proud of her new Fort Rouge team that includes Selena Njegovan, Jocelyn Peterman, and Kristin McCuish.

"It's our first provincial win as a team, and I'm so proud of the girls for hanging in there right to the end," she said.

Lawes sees winning the provincial championship as really helping build their team confidence now going as Team Manitoba to the national Scotties Tournament of Hearts later this month alongside fellow Manitoba teams led by Kerri Einarson and Jennifer Jones.

"Any chance you get to play in big finals, we keep saying the more finals we can get into the better, and it's really exciting going into the Scotties being Team Manitoba," said Lawes, who concluded with encouraging words for the Peterson team. "They had a phenomenal week, and look out, they're a great team, and they'll be right there for the next few years."



RECORD PHOTOS BY RICK HIEBERT

Above: Skip Kaitlyn Lawes shouts directions to her sweepers in the Scotties Tournament of Hearts final, which Team Lawes won 9-8 against the Beth Peterson foursome that included Mordenite Katherine Doerksen. Middle: Sara Krym. Below: Jenna Boisvert



# Classifieds



Book Your Classified Ad Today - Call 204-785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

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

### METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

### SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

### SHARPENING

Ice auger sharpening - Lazer Blades Eskimo, Jiffi, Mora. \$5 and up per blade. 204-482-4051.

### HAY FOR SALE

Small square bales of horse hay for sale. Call 204-482-9291.

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### APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

### HELP WANTED

Galay Landscaping is currently conducting interviews for the position of landscape technician, foreman and labourer for the upcoming 2024 season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. The ability to help our crew with our snow clearing operation for duration of winter in Selkirk would be an asset. Class 5 license and own reliable transportation is required. Please send resume by email to: [info@galaylandscaping.com](mailto:info@galaylandscaping.com) No phone calls.

### HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

### MISCELLANEOUS

Brand new Hoover upright household floor vacuum cleaner, exc. cond., \$150; BN men's size 9 buckle-up leather winter boots, \$100. EC Men's blueish purple parka size XXL w/black woolen hood, fits a man's size XL \$100; BNC & EC pair size 9 men's work boots/safety shoes w/laces & steel caps over toes \$100; Sunbeam 2-slice toaster EC & EWC \$15. Phone 204-785-8598. Let telephone ring at least ten times for an answer.

### FOR SALE

Garage stuff for sale: Lincoln AC-225 welder with helmet & gloves & box of rods, \$500; 1- Jackall, \$40; 1-20 ton Pneumatic Bottle Jack, \$75; 1-SAE combination wrench set 1/4 to 1 1/4, \$35; 1-55,000 BTU propane heater, \$75; 2- Tire Bars & Bead Breaker hammer, \$35; 5- 11.00 x 24.5 tire chain singles, \$50 each. Lockport, call 204-757-4468 or 306-620-9338.

### WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

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### WANTED

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, tire signs, Coke, Pepsi etc. Call 306-221-5908.

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### McSherry Auctions

12 Patterson Dr., Stonewall, MB

### Online Timed Auctions @ iCollector.com

**Estate & Moving**  
Featuring Coins  
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**Estate & Moving**  
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## EMPLOYMENT OPPORTUNITIES

Full-time/seasonal positions in Churchill with staff housing provided:

### SERVING STAFF/HOUSEKEEPING STAFF/FRONT DESK

On site training provided.

### WILDLIFE/ECO-TOURISM VIEWING GUIDE

Boat experience, PAL, public speaking, bus license an asset.

### BUILDING MAINTENANCE

Minimum 1 year experience.

### CARPENTER

Dock building, renovations.

Full-time permanent positions in Churchill:

**OPERATIONS MANAGER** Wages D.O.E.

**RED SEAL MECHANIC** Wages D.O.E.



### LAZY BEAR EXPEDITIONS

Churchill, Manitoba, Canada

Email résumé with references to [jef@lazybearexpeditions.com](mailto:jef@lazybearexpeditions.com)



## Teulon Golf and Country Club is currently seeking a Golf Course Superintendent for the 2024 season

The rural 18 hole course stretches over 160 acres of lush treed fairways and greens and is located 35 minutes from the north perimeter on PTH #7.

The successful applicant must possess:

- A Valid Manitoba Pesticide Applicators licence
- Mechanical knowledge of turf equipment
- Complete knowledge of irrigation systems
- Certificate or diploma of turf management program
- Must be a team leader, work independently and communicate well with staff
- Strong leadership and organizational skills to organize and oversee operations and staff in the maintenance department

Duties to include:

- Oversee any staff training and safety programs
- Organize and maintain maintenance staff schedules and time sheets
- Scheduling for applications of fertilizers, pesticides, herbicides etc.
- Maintain and update all equipment and service records
- Must be able to report and communicate with Owners/Management on a regular basis
- Maintain a clean and organized work environment inside and outside of buildings
- Oversee and assist with day to day routine golf course maintenance duties
- Work in tandem with the pro shop to ensure that activities are well planned and performed with no disruption to golfers

Please submit your resume by February 29th, 2024 via email [GM.Teulongc@gmail.com](mailto:GM.Teulongc@gmail.com)

The position will be kept open until a suitable applicant is hired.  
94-089 PTH #7 Teulon, Manitoba

## PUBLIC SAFETY NOTICE

### Dangerous Ice Conditions During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 20th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 20th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

**Dangerous ice conditions may not be obvious but will exist.** Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice
- Stay away from the ice cutting and ice breaking equipment
- Watch for posted warning signs about dangerous ice
- Watch for notices to remove ice shacks and remove them promptly



WINNIPEG ENVIRONMENTAL RENEDIATORS INCORPORATED

### LAND FOR SALE

240 Acres of farm land for sale in the RM of Rockwood.  
\$3500/acre.  
Location: NE20 15 3E and SE20 15 3E  
Offers being accepted via email: [mmansell2017@gmail.com](mailto:mmansell2017@gmail.com) OR mail: Box 27 GRP 324 RR3 Selkirk MB R1A 2A8 until Feb 28, 2024

Eddie's Gravel Supply Ltd. is Hiring

## ICE ROAD DRIVERS

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204-389-2023  
[info@eddiesgravel.com](mailto:info@eddiesgravel.com)  
102086 Hwy #9, Wpg Beach, MB

# Classifieds

## Manitoba Government Job Opportunities

### Assessment Officer (Developmental Opportunity) - Open until filled Assessment Officer 3 (Underfilled at AS2 Assessment Officer 2)

Regular/full-time; Term/full-time  
Municipal and Northern Relations  
Various locations: Minnedosa, Selkirk, Morden, Portage La Prairie, MB  
Advertisement Number: 42257; 42258; 42259; 42261  
Closing Date: March 31st, 2024  
Salary Range: \$55,983.00 - \$67,066.00 per year

The Manitoba government recognizes the importance of building an exemplary public service reflective of the citizens it serves, where diverse abilities, backgrounds, cultures, identities, languages and perspectives drives a high standard of service and innovation. The Manitoba government supports equitable employment practices and promotes representation of designated groups (women, Indigenous people, persons with disabilities, visible minorities).

Employment Equity is a factor in selection for this competition. Consideration will be given to women, Indigenous people, visible minorities and persons with disabilities.

Candidates who do not meet all essential criteria may be considered on an underfill basis at a commensurate rate of pay.

Please note, Assessment Officers will be hired at the Assessment Officer 2 (AS2) level (\$48,210 - \$57,004) unless the incumbent completed a Certificate in Real Property Assessment, IAAO designation or equivalent and have experience valuing and/or inspecting a wide range of residential, farm, and/or small to medium sized commercial buildings. Upon successful certification, incumbents are eligible for appointment to the AS3 Classification.

#### Introduction

The Department of Municipal and Northern Relations is seeking highly motivated individuals to fill several Assessment Officer positions throughout the province.

If you have a background or interest in building construction, industrial sales/financing, agriculture, land survey systems, municipal government, Geographical Information Systems (GIS), real estate or appraisal, we encourage you to consider this new career opportunity. Assessment Officers are provided on-the-job training and financial assistance to complete required education.

#### Duties:

This developmental opportunity will allow you to learn the necessary skills to be an Assessment Officer while completing the required education and training. As an Assessment Officer you will: inspect residential, farm and commercial property; record land and building characteristics for valuation, classification and assignment of liability to taxation; update property and ownership characteristics using computer software and determine value, class and liability; and attend boards of revision and defend assessments.

In addition, you may respond to assessment enquiries from the public and municipal government councils, prepare and present defense of residential and non-residential assessments at Boards of Revision and Municipal Board hearings.

For complete description of the conditions of employment and qualifications please visit the Manitoba website at <http://www.gov.mb.ca/govjobs/>.

#### Apply to:

Advertisement #42257; 42258; 42259; 42261  
Talent Acquisition Branch  
Human Resource Services  
6th Floor - 259 Portage Avenue  
Winnipeg, MB R3B 3P4  
Phone: 204-945-7518  
Fax: 204 945 0601  
Email: [govjobs@gov.mb.ca](mailto:govjobs@gov.mb.ca)

We thank all who apply and advise that only those selected for further consideration will be contacted.

Find out about other current job opportunities — click on the Jobs button at [manitoba.ca](http://manitoba.ca).

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#### UPCOMING EVENTS

Sweet Dreams of Patsy Cline, March 9th, 2024 at Cooks Creek Community Centre. Tickets: [www.cooks creek.ca](http://www.cooks creek.ca) or call 204-391-4449.

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#### UPCOMING EVENTS

St. Andrews Anglican Church Pancake Supper on February 13th, 6 p.m. at Rosedale Hall on Donald Road, Lockport. Adults \$12, children under 12 \$3. Tickets at the door. For info call 204-339-3090.

Shrove Tuesday Pancake Supper at St. Clement's Anglican Church Parish Hall 1178 River Rd., St. Andrews Manitoba, Tuesday, Feb. 13, 2024. Serving from 5 - 7 p.m. Adults \$10; children 5-12 \$5; children under 5 are free.

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#### FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

#### NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

#### NOTICES

SEASONAL HIRING? NEED DRIVERS? Having an AGM? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 to book, or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. [www.mcna.com](http://www.mcna.com)

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## CITY OF Selkirk PUBLIC NOTICE

### Regarding Special Service Plan No. 2024-01 and By-Law No. 5386 for the Provision of Protective Services

The Council of the City of Selkirk has scheduled a Public Hearing to be held at:  
**The Council Chambers, 200 Eaton Avenue  
Monday, March 4, 2024 at 6:00 pm  
to present the following Special Service Plan**

#### Special Service Plan Summary

The City of Selkirk currently provides Protective Services within the City of Selkirk. Protective Services includes Police, Fire, Emergency Measures, and Weed Control.

Council is proposing to shift the tax levy for Protective Services from the General Municipal Levy - City At Large to a Special Service Tax Levy. The Special Service area to be levied will apply against all real properties within the City of Selkirk including Taxable, Otherwise Exempt, and Grants in Lieu of Taxes. Exempt from this Special Service Tax Levy will be real properties that are identified in Schedule "B" of the Special Service Plan.

Under this plan, the Special Service Tax Levy is to be phased in gradually over four years of the five-year period, starting in 2024, as follows:

	2024	2025	2026	2027	2028
<b>Protective Services</b>					
Phase-In Percentage	25%	50%	75%	100%	100%
Special Service Tax Levy - Phased-In	772,147	1,763,357	2,830,828	4,047,895	4,344,057
General Municipal Levy - City At Large	2,316,440	1,763,356	943,609	0	0
<b>Net Expenditure</b>	<b>3,088,587</b>	<b>3,526,713</b>	<b>3,774,437</b>	<b>4,047,895</b>	<b>4,344,057</b>

The method of taxation to be applied will be based on each property's portioned assessment value. The actual mill rate for the Special Service Tax Levy shall be determined by Council annually, based on the Protective Services Net Expenditure amount within the City's Financial Plan to a maximum annual levy identified as per the estimated Special Service Tax Levy amount above. Based on the 2024 portioned assessment value of 758,508,690 for all real properties included in this Special Service Plan and the estimated Phase-In Net Expenditure of \$772,147, a 1.018 mill rate ( $\$772,147 / 758,508,690 \times 1,000$ ) will be required. Calculated on a residential property, for each \$100,000 of the property's assessment value, the shift in tax levy from the General Municipal Levy - City At Large to the Special Service Tax Levy will be \$45.81 in 2024.

A written objection may be filed with the Chief Administrative Officer at 200 Eaton Avenue, Selkirk, MB, R1A 0W6 prior to the Public Hearing. At the Public Hearing, Council will hear any potential taxpayer who wishes to make a presentation, ask questions, or register an objection to the Special Service Plan.

All objections written or verbal must be filed prior to the adjournment of the Public Hearing and must include the name and address of the person filing the objection and the grounds of their objection.

Copies of the Special Service Plan No. 2024-01 are available at the Municipal Office at 200 Eaton Avenue during regular business hours Monday - Friday 10:00 am to 4:00 pm and on the City of Selkirk's website [www.myselkirk.ca](http://www.myselkirk.ca). Those without access to online services are asked to call **CitizenSupport** at 204-785-4900.

Dated at the City of Selkirk this 5th day of February, 2024, and issued pursuant to Section 318 of *The Municipal Act*.

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

# Classifieds *The Selkirk Record* Announcements

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## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF **RAYMOND ROBERT ROSS SMITH**, late of the City of Selkirk, in the Province of Manitoba, deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main St., Selkirk, MB, R1A 1R5, on or before the 24th day of February 2024. DATED at the City of Selkirk, in Manitoba, this 31st day of January 2024. PKF LAWYERS-Selkirk MB office Adam Kelso, solicitor for the Administrators

**News Tips? Story Ideas?**  
call the Record  
204-785-1618

## NOTICE TO CREDITORS

IN THE MATTER of the Estate of Darlene Christie MacLean, of the Rural Municipality of St Clements, in Manitoba, Deceased. All claims against the above estate, duly verified by Statutory Declaration, must be sent to the undersigned at 244 Manitoba Avenue, P.O. Box 336, Selkirk, Manitoba, R1A 2B3, on or about the 13th day of March, 2024. DATED at the City of Selkirk, in the Province of Manitoba, this 1st day of February, 2024. **RICHARD M. ALCOCK LAW OFFICE** Solicitor for the Administrator

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## ANNOUNCEMENT

### ANNIVERSARY



**Congratulations on 50 years of love, laughter and togetherness!**  
**Wishing you all the best on your milestone wedding anniversary Mom and Dad.**  
- Love your family

## ANNOUNCEMENT

### CARD OF THANKS

Thanks to all who so kindly assisted our father and brother, **Arnold GOODMAN**. We are so grateful for all the people who attended his celebration of life service on January 30, 2024. Thanks for all the loving gifts of kind words and heartfelt messages. Thanks to Reverend Ted Hicks for the beautiful service and personal stories. Ted regularly joined Arnold, brother Wynford, and friend Ed for coffee this past year. There were more laughs than tears at Arnold's service. Thanks to Gilberts for their professional services, including caterers and serving staff. Thanks to caring residents at Red River Manor who routinely assisted with Arnold's day-to-day activities - opening doors, carrying groceries, visiting Arnold for coffee, and doing food preparation. Thanks to Selkirk Home Care staff and attendants who enabled Arnold to live in the community for the last decade. Thanks to Selkirk Mobility personnel who always went above and beyond - driving Arnold for medical care and dialysis. Thanks to the medical, dental, nursing, and rehabilitation professionals who provided their best care. Thanks to the individuals who honoured Arnold with floral tributes and memorial trees. Donations made to Knox Church, the Kidney Foundation, or Interlake-Eastern Health Foundation are acknowledged by the family. Thanks again to everyone from the community who attended Arnold's celebration of life service.

## OBITUARY

### Sheila Pearl Cottingham

Peacefully on Sunday, January 28th, 2024 Sheila passed away at the age of 94 years.

She will be dearly missed by her son, Gregory (Anita); daughter, Glenda (Shane); grandsons, William (Angela), Hunter; and numerous nieces and nephews.

She was predeceased by her husband Glen in 1995; sisters Carol Klagenberg, Linda Craig, and brother James McRae.

Sheila was born in Selkirk and raised in the Meadowdale district. She graduated from Grade 12 at St. Mary's Academy in Winnipeg. After completing further training in Business at St. Mary's she worked as a statistician for the Radio Oil Company in Winnipeg.

She married Glen Cottingham in 1951 and moved to the family farm in Petersfield. Here she functioned as an integral part of the successful seed business 'Cottingham Seed Farms', while raising two children. She resided in Petersfield until moving to Selkirk upon their retirement from the seed business.

Sheila was a certified Health Care Aide and worked as a Home Care provider; a library clerk at Gimli's Evergreen Regional Library; and a Program Assistant for 4H.

She enjoyed travelling to horse shows and activities with her daughter Glenda, and trips to the casino. An avid reader, she especially enjoyed mystery stories and programs on television.

She took great enjoyment in spending time with her grandsons and was an enthusiastic and loving nana, always taking interest and pride in their accomplishments.

She moved to Gimli Betel Personal Care Home in 2023 due to health challenges. The past year was spent exploring Gimli and enjoying its many amenities such as dining, shopping, and fishing off the dock.

The family would like to thank the staff and caregivers at Betel Home in Gimli for the patient and loving care for mom in these past few months.

As per her wishes, cremation has taken place, and a memorial service and interment will take place at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



### Twin Valley

#### OWNER OPERATORS TRUCK DRIVERS WANTED

To deliver Anhydrous Ammonia (NH3): May/June (4-6 wks), Oct. (4 wks)

**Highway:** Brandon/Bloom to Harrowby.

Paid by MT delivered. \$1200-1600/load

**Field:** Local Deliveries. Paid by MT delivered.

\$1000-1400/day

**Twin Valley Co-op Russell Agro**

Contact: Mark or Lori (204) 773-2166

[www.twinvalleyco-op.crs](http://www.twinvalleyco-op.crs)

#### WANTED

Gold, Silver & Platinum!!



Cash Paid For Coins, Coin Collections, Bullion, 999 bars, Ingots, Rounds, Jewelry, Watches, Nuggets, Scrap, Gold Dust, Sterling Silver, Sterling Silverware plus anything Gold, Silver or Platinum.

Also purchasing Old Money, Royal Canadian Mint Coins, Franklin Mint, Coin Sets, etc. **Wanted:** USA, Canada and World Coin Collections, coin sets & old money. Buying Entire Collections!

**Todd The Coin Guy**  
250-864-3521



Red River North Tourism Inc.

## Tourism Exposition & AGM

Selkirk Memorial Hall

March 21, 2024

Exposition: 4:00PM

Meeting: 7:30PM

**ALL WELCOME!**

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# Announcements

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## OBITUARY



**Jake Gerald Niebel**  
April 25, 1988 - January 29, 2024

With great sadness Jake passed away on January 29 in Edmonton, Alberta, after a sudden diagnosis of cancer.

Survived by his father Doug (Liz), brother Luke, and sister Stephanie, nephew Kaiden, many aunts, uncles, and cousins. Jake was extremely close with his most favorite Uncle Ronald (Skippy), their time together in Edmonton and Fort Mac were memorable. Jake was predeceased by his mother Barbara, grandmothers Emily and Irene, grandfathers Gerald and Justin.

As a Class 1 driver, Jake enjoyed traveling and his time driving the winter ice roads for Hawkers Hauling and out west in the Alberta oil fields. As a young man, Jake worked hard and was proud of his many accomplishments. At home in Selkirk, he had fun with his friends and cousins working on his classic sports cars, taking care of his yard and house and could never understand why weeds grow tall so fast.

His sudden passing came as a shock to his family and friends who loved him deeply. Jake had a much deeper side that he shared with his most trusted friends and family.

Sincere thanks to the University of Alberta Hospital, and to the doctors and nurses in the ICU department.

The family appreciates your support during this difficult time. In lieu of flowers, please consider making a donation to the Cancer Society in Jake's memory.

He will be greatly missed

Funeral service will be held on Saturday, February 10, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB. The service will be livestreamed via the link on his obituary.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Lynn Reykdal**  
April 22, 1943 - January 7, 2024

With broken hearts we announce Lynn's passing in his 80th year. After a courageous, long-suffering battle with Mesothelioma, Lynn succumbed to the disease at the Selkirk Regional Health Centre on January 7, 2024 surrounded by his family.

He is survived by his wife Jackie of 61 years; son Curtis (Irene), son Glenn (Aurora), daughter Alanna Dmyterko (Dwayne); seven grandchildren and 10 great-grandchildren; sisters Carrol Moroz (Rudy) and Karen Kintop (Dennis); brother-in-law Jay Mitchell (Marge), sister-in-law Marilyn McNeil (Larry deceased) and four nieces and two nephews. He is already sorely missed and the special memories each us of have of our time spent with him will never be forgotten.



A Celebration of Lynn's life will be held at 11:00 a.m., Saturday, March 23, 2024 at Oakbank Baptist Church, 26033 Springfield Road in Oakbank. Reception to follow.

At Lynn's request, in lieu of flowers, donations may be made to the Champ Program for Child Amputees, Manitoba Chapter.



Len Lawn Funeral Home and Cemetery

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