



# The Selkirk Record

THURSDAY, FEBRUARY 15, 2024

VOLUME 15 | EDITION 7

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## Intercepting a great read

RECORD PHOTO BY BRETT MITCHELL

Reading is cool at Happy Thought School. Members of the Winnipeg Blue Bombers stopped by to read to the students last Wednesday in celebration of I Love to Read Month. Learn more inside and keep reading the Record all month to see how other schools and organizations in our community are celebrating literacy.

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# Robert Unik donates new bench to Gaynor Family Regional Library

## Check out the stegosaurus, megalosaurus and thesaurus at the library

By Katelyn Boulanger

Local woodcarver Robert Unik has donated benches all over our region. You can check out his work from Grand Marais, where a carved butterfly bench makes its home, to West St. Paul where one of his creations is in the Access Centre and all points in between. He's also raffled off a bench to support the people of Ukraine and now is delighting Selkirk library goers with his latest donation of a 200 lb. dinosaur bench which makes its home at the Gaynor Family Regional Library.

"I did a dinosaur carving years ago for [the Royal Tyrrell Museum]. We're talking late 90s and I haven't really carved dinosaurs since then. So, I thought, 'I'm a bench carver. Let's go ahead and try carving a bench just for the heck of it.' and then I carved and it turned out really nice," said Unik.

The bench is incredibly detailed as are all of Unik's benches making them art pieces in addition to functional

items. This bench is covered in dinosaur carvings which are based on our current understanding of what dinosaurs may have looked like based on fossil remains.

Unik said that he had decided to donate the bench but initially didn't know who might be interested in it. Being a Selkirk local, this time he felt the bench should stay close to home.

"I was born and raised in Selkirk and I thought, 'How can I contribute back to Selkirk?' Then I went to the library and thought that's a perfect place because a lot of people [use the space]," he said.

The library administration agreed and the bench is now in the children's section where children and their adults get to enjoy it.

"[When it was first put in it had] only been there for a day and there were maybe a dozen kids playing on it and jumping on it and when I build my benches they are solid. They're not going to fall apart and I just stood

back and just watched them play on it and putting their hands in the T-Rex's mouth and stuff like that and just seeing the smiles on their faces," said Unik.

Unik is a retired teacher and wanted to make sure that the bench was interactive so all the dinosaurs depicted are actual dinosaurs that we know existed. There are a mix of herbivores and carnivores and there is also a prehistoric alligator and fish as well.

This is not the first bench that Unik has donated as there are many throughout the region and residents

will be able to spot his benches because of Unik's distinct artistic style, colourful work and fun, and sometimes humorous, subject matter.

He is happy that residents can now enjoy this piece of practical art in our community.

"It's something that you can use; something you can sit on and enjoy," he said.

If you would like to follow Unik's work, he posts his creations on Facebook. He also takes commissions and teaches woodcarving classes. Unik's email is rob\_unik@mymts.net.



RECORD PHOTO SUBMITTED

Library patron Porter was able to name all of the dinosaurs on the new bench.

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# Lockport resident places second in class in drag-and-drive race

## Sick Week competitors complete five-day challenge

By Kaitlin Vitt

Sheldon Root, who lives in Lockport, and his 1962 Acadian placed second in his class “rowdy radials” in Sick Week, an annual “drag-and-drive” event in the United States.

Competitors ran quarter-mile time trials on dragstrips (straight raceways) every day for five days and would drive on public roadways to travel to the next dragstrip. Drivers started in Orlando, Florida, travelled to various stops in the state, and made their way to Georgia before going back to Orlando.

“With the safety rules involved, you don’t race on the street,” Root said. “The driving on the street is all within the legal [limits]. We’re not speeding down the highway.”

The total distance travelled was about 1,600 kilometres. Drivers had to take photos at check stops along the way to prove they took the designated route.

“Once you leave the first racetrack, basically everything that you need

needs to be with you, as there are no support vehicles,” Root said. “It’s basically you need to have whatever you need in order to make the week.”

These are cars built to go fast, not far, so it’s a real endurance test, Root said.

“These are not just your normal cars,” Root said. “Some of them are making an excess of 3,000 horsepower. You need to build a car to survive the whole week.”

The cars pull trailers behind them with all the equipment they need for the five days. The drivers have to convert the car from race trim (version) for the dragstrip to street trim for the public road.

The drivers and their crew — someone in the car with them for the long-distance drives — change the car’s tires, shocks, spark plugs, and fuel to make it road versus race-ready. Root’s father joined him as his crew for this year’s Sick Week.

Root bought his Acadian for \$300 about 30 years ago. In 2008, he started working on the car to make it race-

ready, building it all himself. He’s been racing it on and off for about 15 years.

His Acadian makes about 2,500 horsepower. In Sick Week, the fastest he drove was 4.7 seconds at 160 miles.

Root has always been interested in cars, he said. In the late 1990s, he started drag racing at the track in Gimli. His interest influenced his career — he owns Motion Performance, a performance vehicle shop.

“It’s basically part of my life,” Root said. “It’s what I do all day long, but

it’s also my hobby.”

He said the car community is supportive, and the camaraderie among racers is what makes the sport so fun.

For people interested in racing, he suggests going to the track in Gimli to see if you enjoy it, and if you do, then take part in a drag-and-drive event.

Root raced in Sick Week last year and also placed second in his class, but he thinks he has a championship race in him yet.

“It’s time to go back and try to get first,” he said.



RECORD PHOTO SUBMITTED

Sheldon Root (left) placed second in his class at Sick Week, a drag-and-drive race. His father joined him as part of his crew.

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# Multi-denomination World Day of Prayer to be hosted at Knox Presbyterian Church

By Katelyn Boulanger

Celebrating the World Day of Prayer has been an annual event in our community for many years now. This year, the ecumenical worship service will take place on March 1 at 1:30 p.m. at Knox Presbyterian Church and everyone in our community is welcome to stop by and take part.

"It's an international event. It's held all over the world that's why it's called World Day of Prayer," said Elizabeth Bennett a representative from Knox Presbyterian Church.

The service is a combined effort made annually by Knox Presbyterian, Notre Dame RC, Christ Church Anglican, Selkirk Evangelical Lutheran and Little Britain United Church. These churches alternate which location hosts the event and representatives from all of the churches contribute to the event.

World Day of Prayer itself dates back to the 19th century. Its origins involve Christian women in the US and Canada engaging in cooperative activities in support of women's involvement in missions at home and in other parts of the world.

Then as is the case now, women and children are the focus of this prayer and their voices are highlighted in the World Day of Prayer service.

This event involves groups from 150 different countries holding services in 90 different languages.

Every year a different area of the world is chosen and people from that region share their culture and experiences by creating a service. This year's service was written by the World Day of Prayer Committee of Palestine it was then prepared and adapted for use in Canada by the Women's Inter-Church Council of Canada.

Past committees have created services that highlight the lives of people in Taiwan, (2023), England, Wales, & Northern Ireland (2022), Vanuatu (2021), Zimbabwe (2020), Slovenia (2019), Suriname (2018), the Philippines (2017), and Cuba (2016).

The theme of the service this year will be "I Beg You... Bear With One Another in Love".

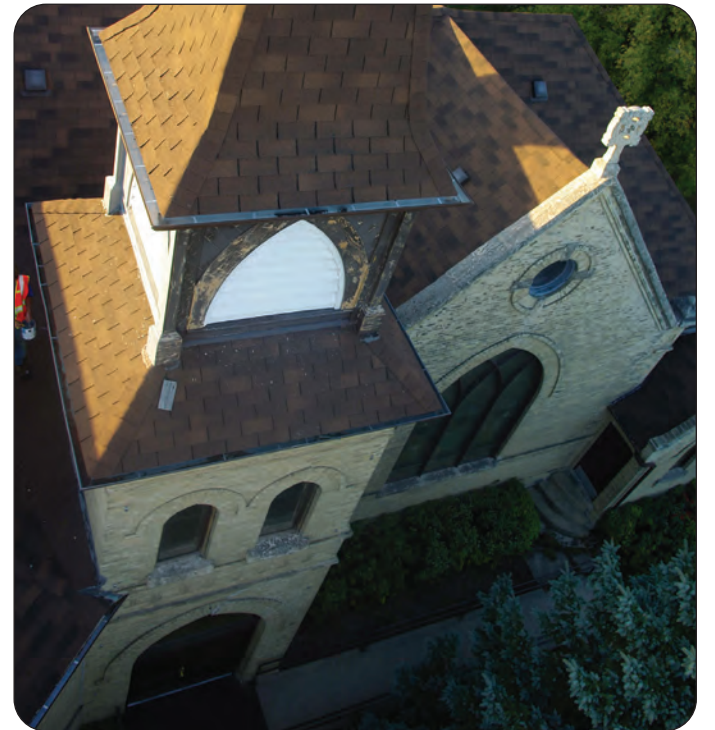
The World Day of Prayer website says, "We reflected collectively on this theme from the context of our suffering as Palestinian Christian women. We hope to inspire other women around the world to bear with one another in love during troubled times."

"It's beautiful to have the different denominations together praying together," said Pat Ward, a representative from the Notre Dame Roman Catholic Church.

The service involves readings written by the women of Palestine as well as hymns and music. They will also be sharing in Palestinian culture as well as fellowship with some Palestinian deserts, as well as some Canadian favourites, after the service.

Bennet explained that this is impactful because the stories are directly from the people of the region and that the goal this year is to pray for peace.

As part of this service, residents will also have the opportunity to donate to the World Day of Prayer organization that supports many different groups worldwide.



RECORD FILE PHOTO BY BRETT MITCHELL

This year's World Day of Prayer service will be hosted by Knox Presbyterian Church.

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# The RCMP Report

Submitted by Selkirk RCMP

The RCMP Report is a short overview of the calls received in our area by local law enforcement. This report covers Jan. 15 to 31.

## Grand Marais

Grand Marais had 8 calls for service from Jan. 15 to 31.

Police received a call of dangerous driving on Jan. 21 near Road 103N. A black truck came off the ice in that area and nearly hit a person on a snowmobile. The vehicle continued to travel away from the area swerving back and forth on the road. Police attempts to locate the vehicle were negative.

Police were called to a residence on Bear Paw Trail in the RM of Alexander, on a report of two unwanted intoxicated guests at that location. Police attend-

ed but the guest had left on snowmobiles.

## Red River North

Red River North Detachment had 180 calls for service from Jan. 15 to 31.

Police received a call of fraud on Jan. 24 from a resident on Minnehaha Avenue in the RM of West St. Paul. Police learned the complainant had a large sum of money charged to their credit card, even though no purchases had been made.

Police received a call of theft from a vehicle on Floodway Drive in the RM of St. Clements on Jan. 25. The caller reported that suspect(s) had gained entry to their vehicle and multiple items were stolen.

On Jan. 29, police were notified of vandalism to a vehicle on Foxgrove Avenue in East St. Paul. Investigation revealed that the suspect(s) entered a garage where the vehicle was parked and damaged it extensively. Police continue to investigate.

## Selkirk and Area

Selkirk and area had 346 calls for service from Jan. 15-31.

Police received a call of fraud on Jan. 24, from a resident in the RM of St. Andrews. The caller reports they worked online for a fake company and had lost money as the 'company' had access to the caller's financial info.

Police received a call of theft of a truck from Breezy Point Road in the RM of St. Andrews. The caller reports going fishing and upon return their truck was gone. The stolen truck is a Black 2002 Ford 1/2 ton. Police continue to investigate.

Police attended to a residence on Highway 9 in the RM of St. Andrews for a report of a person in mental health distress. Police attended and spoke with the person. The person was taken to hospital for treatment.

# KidFish Ice Derby moves off the ice

Submitted by Kidfish

Due to ice conditions and out of an abundance of caution, the KidFish Ice Derby is moving off the ice. An unseasonably warm February has forced event organizers to make alternate plans.

The updated event is planned for Feb. 18 from 12 - 2 p.m. and will be held at the Selkirk Recreation Complex in Selkirk. All tickets purchased will be honoured and a range of activities and raffles will still move forward.

Everyone who has purchased tickets will be eligible for the draws of top 10 fishing prizes and top five kid prizes, including the grand prize of \$5,000.

There will be many extra prize draws as well.

Those with kids' tickets must attend to receive their free rods and reels, but ticket holders do not need to be in attendance to win draw prizes. Activities will include kids' games and pork on a bun from Danny's Whole Hog.

Prize tickets will be available online or at the door. Tickets purchased online will be available at the door for pick up. Online sales close Feb. 17 at 12 p.m.

All money raised will be donated to CancerCare Manitoba Foundation and Children's Hospital Foundation of Manitoba.

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# The difference dental implants made for Lynne

BY ELISHA VANDOR

"I'll be able to eat again" exclaimed Lynne as she felt her lower denture snap into 3 lower dental implants for the first time; "oh, and they're so natural-looking too!" With built up emotion, Lynne hugged and thanked Denturist Brock saying, "it was worth it".

We wish you could hear the SNAP as Lynne pushed down on her lower denture securing it into her three dental implants like snapping together a button tightly. For us, it's the successful sound of a tight-fitting lower denture, but for Lynne it's the sound of freedom. Freedom from struggling with a loose lower denture. She says, "to go from not being able to eat anything but soup and yogurt, being embarrassed and holding up my hand in front of my mouth to now being able to eat normally again and smile at people, it's been an excellent, excellent experience and I would suggest having it done to anybody." So, the big question ev-

eryone wants to know is, what is the dental implant procedure like? Lynne says, "I was petrified. I wasn't sure if was going to work properly. Now, feeling the way they fit properly and being able to take them in and out, it's been worth it. If the person can afford it, then definitely get it, even if it's 2-3 posts like I was able to get done. It feels natural, it really does."

A dental implant should feel natural! After all, the purpose of the dental implant is the same as a tooth root - anchoring the teeth for chewing purposes. Without an anchor, the ship floats away... the same can be said for a lower denture (specifically). Trying to chew with force and accuracy with a lower denture will not be as successful without it being snapped into at least two dental implants. Natural teeth can bite using a substantial amount of force and mulch food with ease because of the teeth's stability being rooted into the jawbone. The difference with dental implants is an anchored denture providing greater chewing force,

accuracy, and stability. All three combined will provide you with the ability to successfully and easily eat with a denture. As Lynne so excitedly said to us that she's trying out steak for the first time in a while because she's now confident in her chewing again like she once was with natural teeth.

For Lynne, the total amount of time it took to have the denture snapping into the dental implants from the time of the procedure was 3.5 months. In contrast, some dental implant procedures allow for the teeth to be secured onto the dental implants the same day. The wait period or no waiting period is dependant on the procedure, which can be discussed with our Denturists Brock and Matthew. Our consultations are free of charge! As Lynne says, "I always felt like it was family working with me here, you were excellent that way. To know I can eat properly again and smile, it feels natural. You all have been excellent."



Lynne (pictured right) celebrates her new teeth with her friend Anna and Denturist Brock.

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# SDCF grant helps Selkirk & District Curling Club get back on ice

Submitted by Selkirk & District Community Foundation

Curling enthusiasts have worked hard to keep the aging Selkirk & District Curling Club open and when the ice plant's compressor croaked, it threatened not only the club's season but its very existence.

Club Vice President, Reid Henderson, was thankful for some assistance in getting back up and running.

The Club applied for an SDCF grant last year. This year's deadline to apply for a spring grant is Feb. 29.

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

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

SDCF grants support numerous non-profits and charities in Selkirk, St. Andrews and St. Clements.

The club is busy, with Men's leagues running Tuesday and Thursday, a full slate of ladies filling the ice on Wednesday, Friday's open night is full as well and on Saturday morning it's Learn to Curl for juniors.

"We have 48 kids that come out every Saturday, 9 a.m. to 12:30 p.m., and it costs them roughly \$7," Henderson said.

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

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

Henderson says if you just want to hang in the lounge, there's beer on tap, two big-screen TVs and Coralea's good eats.

"It's fantastic food," he said.

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

Shauna Curtin, Chairperson of the SDCF, says supporting the communi-

ty is what the Foundation is all about.

"We all live here, we all know how terrific the volunteers in these three communities are and how they put their hearts and souls into delivering for the community," Curtin said.

"Helping out when unforeseen issues arise is what the Foundation, and those who support us through their generous donations, are all about. It makes us feel good when a grant can help something as institutional as the curling club keep going. Sports and the camaraderie they provide are important for people's well-being, so we're happy to contribute to keeping curling alive in the area."

Bev Clegg, Executive Director at the Foundation, agrees that sports are key to a well-balanced and healthy lifestyle. And, curling is a sport that people of all ages can enjoy, as evidenced by the men's and women's leagues that play out of the Selkirk & District Curling Club and the junior program on the weekends.

"It's an accessible sport, and that's important. It's also a lifelong sport and to be part of keeping that going in our community is a real feel-good story for the Foundation and its donors," Clegg said.

The SDCF is accepting grant applications for the Western Canada Games Legacy Fund and the Community Grant program now, with the deadline to apply being Feb 29. Grant applications have moved solely online.




RECORD PHOTO SUBMITTED

Tom Matheson says the Selkirk & District Curling Club is having a great year. The Club applied for a SDCF grant last year; deadline to apply for this year's spring intake is Feb. 29.

Go to [sdca.ca](http://sdca.ca) for an application. Call [204-785-9755](tel:204-785-9755) or email [selkirkfoundation@shaw.ca](mailto:selkirkfoundation@shaw.ca) for more information.

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## A Safety Message from the Manitoba RCMP on Safer Internet Day

Submitted by Manitoba RCMP

On Feb. 6, Safer Internet Day, the Manitoba RCMP would like to remind parents and the public about a growing concern being observed by our officers from the Internet Child Exploitation Unit (ICE).

Self-exploitation is generally defined as youth creating, sending or sharing sexual images and/or videos of themselves with peers online (YouTube, TikTok, Instagram, etc) or through electronic devices.

The Manitoba RCMP's ICE unit has been receiving a higher-than-average number of calls from Social Media Applications reporting children taking these videos and posting them online, often linked to their parent's social media accounts/devices.

In 2022, the ICE unit received 242 reports from Social Media Applications. For 2023, the number of reports increased to 652.

The following tips can help ensure your children have a safer experience online;

- A reminder that social media applications are recommended 13+.
- Know all of your child's account usernames and passwords.
- Be aware of secondary/backup accounts often referred to as "Spam" accounts.
- Check your child's devices regularly and often, check on what they "Google" and watch on YouTube and who they communicate with on social media.

- Talk to them about appropriate online etiquette (eg. bullying, harassment, threats, sexting and grooming).
- Free monitoring/parental control applications for electronic devices exist and are a great place to start when monitoring a child's online activity.

"We encourage parents and guardians to talk to their children about online safety and to be vigilant of unsolicited friend requests," said Corporal Gord Olson, of the Manitoba RCMP ICE unit. "Safe online habits can go a long way to protecting kids from exploitation, but parent awareness is also key."

## Letter to the editor

### What does the education funding announcement really mean for Lord Selkirk School Division?

The recent announcement of government funding for education in Manitoba would have the public believe that enormous amounts of money are being poured into the schools of Manitoba, and indeed it is, "In 2024/25 the total school year increase amounts to \$104.2M, an increase of \$93.4M in funding to public schools (includes a total increase of \$30.5M for new initiatives)." Reports identify "an average increase of 3.4% for school divisions across Manitoba".

But what does that mean for LSSD? LSSD received an increase of \$600,000 or 2.1%. Of this, \$435,000 is dedicated to the universal nutrition program (which is WONDERFUL!) but it may not be used for

anything else. This leaves \$175,000 which translates to a 0.6% increase, the lowest increase of any division in Manitoba, for operations.

"Well, you still got an increase!" True, but what has not been included in any press release is that LSSD had several years of 0% increases, followed by six straight years of 2% funding cuts each year up to the 2022/2023 school year.

As of the 2022/2023 school year, LSSD had reduced operating support totalling \$2.7 million dollars compared to the 2016/2017 school year. So while we are appreciative of the increased funds received this year, it does little in the way of helping recover what we have lost in the last decade.

Resurrecting the K-3 less than 20 students/class size directive would be great for our youngest learners, but would also require increased space and staff in most of our schools. And while the funding announcement indicates that "\$3M will be allocated to lower class sizes", the LSSD portion would be a fraction of the \$175,000 we received which must also pay for increases to wages, utilities, fuel, insurance, maintenance of buildings and buses.

So while at first glance, pouring additional funds into education is good news, a deeper dive reveals that in LSSD, the well is very shallow.

Join us on Feb. 21 at 7:30 p.m. for a virtual presentation of the 2024/25 draft budget to learn more. A meeting link will be available on the school division's website.

Submitted by  
Lena Kublick,

Chair of the LSSD Board of Trustees

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**TROUBLE WITH PAPER DELIVERY?**

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

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# Stay and Play program gets new toys from SCRC grant

Program provides fun indoor space for kids to play

By Katelyn Boulanger

The Gaynor Family Regional Library's Stay and Play program is always well attended and with a \$1900 grant from the Selkirk Community Renewal Corporation to buy new toys it's become an even more fun place to be for parents and kids.

"Stay and Play is something we added to our Baby Time program. We run Baby Time four times a week, twice on Thursdays, that's our most popular day. Everybody's getting bundled up, they're putting on their snowsuits. The parents are coming in with all this stuff for 45 minutes and then they need to go. It seems like they just get here and they're leaving so, we thought, Is there something that we can do to expand on that make it really worth their while to come out?" said Leesa Furgale, Children's Coordinator at the Gaynor Family Regional Library.

What they realized was that the playgroups that had been in place before COVID-19 needed to come back in a big way. Instead of just being in the children's section the program has expanded to the library theatre which gives more space for kids to play and is strategically located next to the Bake + Brew Café which is a bonus for caretakers.

The program, as the name suggests, allows parents and guardians with kids aged baby-5 to come to the library and stay and play. This opportunity gives them a place to develop children's social skills, find fellowship with other adults caring for little ones and have a climate-controlled place to get wiggles out all year round.

"Just coming off of COVID, we had many parents coming to us and say-



RECORD PHOTOS BY KATELYN BOULANGER

The Gaynor Family Regional Library thanks the SCRC who's grant allowed them to purchase toys for the Stay and Play program.

ing that their child or grandchild doesn't know how to interact with kids, doesn't know how to play, doesn't know how to share. They'd been isolated. So, we needed to do what we could open up a place like this," said Furgale.

The grant from SCRC is helping to make sure that everyone who takes part in the program is engaged.

"We have activities for the babies, right up to the older ones," said Furgale.

After seeing the crowd that this program was drawing and understanding the gap that it fills in our community Ashley Monkman from the SCRC said that this was a new initiative that they wanted to support.

"We're really excited by what we've seen of the Stay and Play Program. Just being here today and seeing how phenomenal the program is, and how well attended it is, makes us very excited to be a sponsor for these programs," said Monkman.

The Stay and Play program runs on Thursdays from 9:30 a.m. to 1 p.m. and Sundays from 1:45 to 3 p.m. and

doesn't take a break in the summer like many other community programs.

"Sunday tends to be our family day. Moms, dads, grandmas, grandpas nanas, and babas will come out as well," said Furgale.

Parents should note that there are no childminders and adults must be present with their kids while they attend.

Ken Kuryliw, director of library ser-

vices for the Gaynor Family Regional Library said how much they appreciate the SCRC's generous donation.

"Without the funding, we couldn't have this great program that mixes both our literacy program and then follows up with a chance for the kids to play and parents to network," he said.

Parents with kids ages 0-5 are encouraged to stop by and check out the Stay and Play program.



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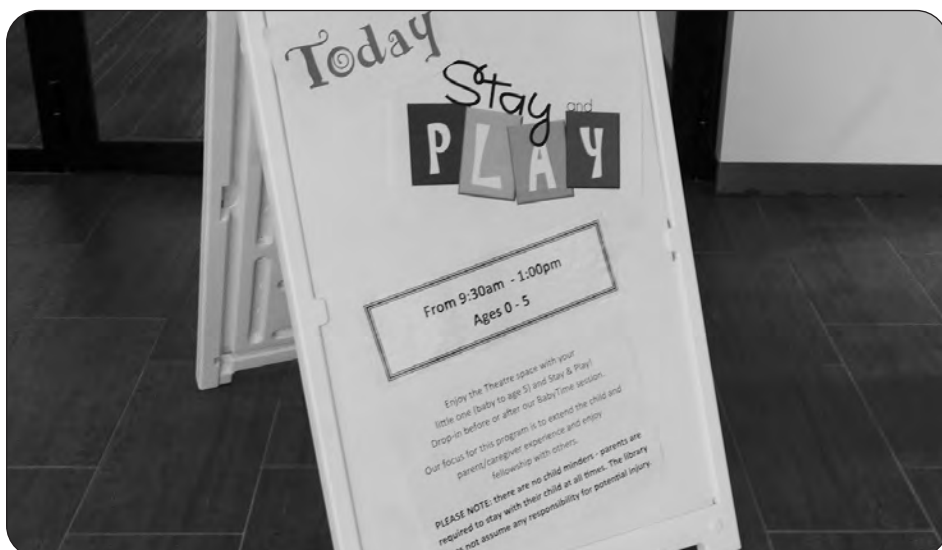
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# Reading feels good at Ruth Hooker and Centennial Schools



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Literacy is high on the list of skills that students learn as they journey through the Lord Selkirk School Division. At Ruth Hooker and Centennial Schools, kids had many of our local leaders and area athletes read them stories to show that it's not just their teachers that prioritize reading. Everyone in our community wants our students to unlock this ability.





# Safety top of mind for farmers, governments

By Autumn Fehr

As the agriculture industry continues to evolve, so do the challenges with farm safety — pushing producers to embrace a culture of safety in the industry.

On Jan. 24, the federal and provincial governments, through the Sustainable Canadian Agricultural Partnership — a five-year, \$3.5 billion investment by the governments to support the industry — announced they will invest over \$1.5 million over the next five years in the Keystone Agricultural Producers (KAP) for the FarmSafe Manitoba program to promote safe and healthy farm operations in Manitoba.

“As equipment and practices evolve and change the day-to-day realities on Canadian farms, it’s vitally important that we take steps to protect our agricultural workers and their families,” said federal Agriculture and Agri-Food Minister Lawrence MacAulay. “This important investment will help farmers access essential tools and information to manage risks effectively and keep farming operations in Manitoba safe, sustainable

and productive.”

The Canadian Agricultural Injury Reporting’s most recent findings prove this investment to be crucial.

The report found that between 1990 and 2020, 2,814 agriculture-related fatalities were reported in Canada, averaging 91 deaths per year. Although, between 2006 and 2020, the average number of fatalities dropped by 70 a year.

Even though this report shows a significant decrease in fatalities on Canadian farms, it still shows that lives are being lost in the workplace, which means work still needs to be done to promote farm safety education and support.

The FarmSafe Manitoba program provides resources for farm safety, such as machinery operation, livestock handling, chemical handling and emergency preparedness. The program aims to reduce workplace injuries and fatalities and promote a safety culture within the agricultural community.

The program is led by Keystone, Manitoba’s general farm policy organization representing farmers and

commodity organizations across the province.

FarmSafe Manitoba provides farm-specific resources, safety assessments, hazard identification, risk management guidance and training sessions.

“This funding provides KAP with the ability to deliver the FarmSafe Manitoba program, which provides Manitoba producers with a suite of resources, tools and services to help them manage safety on their farms,” said Jill Verwey, president of KAP. “With an increased demand for these tools and services, KAP will be able to support Manitoba producers in their efforts to be safer in their operations and continue to promote what they have available at their disposal.”

For farmers like Craig Riese, who has worked as a producer in the Selkirk area for 30 years, farm safety is a “day-to-day thing.”

“They (KAP) put the tools and the resources in place, so farmers like myself can contact them, and they can help you put your safety plan in place. They will come out and tour your farm. I’ve had them out in the past. KAP can’t fund this program



PHOTO SUBMITTED


While farm-related fatalities have decreased in recent years, lives are still being lost in the workplace, prompting a welcome investment in safety initiatives by government stakeholders.

themselves — they need the money from the provincial and federal government to keep this program going,” Riese said.


Growing up on a farm, he’s seen the firsthand evolution of technologies and the importance of considering

Continued on page 13

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RECORD PHOTOS BY BRETT MITCHELL

The students at Happy Thought School are having fun celebrating I Love to Read Month. First, the school hosted members of the Winnipeg Blue Bombers who read for students then they had an interactive reading day where students had fun with different reading related stations.

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# Beware when looking for rental properties online

## RCMP warning about rental scams

By Lana Meier

On Feb. 5, Portage la Prairie RCMP received a report of a rental scam.

The real estate company in the area reached out to officers due to receiving alarming emails regarding properties listed for sale on their website.

According to the company, individuals were unlawfully capturing images and details of properties listed for sale or rent on the authorized realty platform. These falsified listings were presented as a rental unit or home on

a distinct fraudulent site, prompting unsuspecting renters to submit payment in order to secure the rental.

RCMP are warning the public to be aware of this rental scam.

When browsing for a rental, it's important to keep an eye out for warning signs.

- the monthly rent is lower than other similar places
- you're asked to leave a deposit without any formal rental agreement or lease in place
- you're asked to send money to someone outside your province or country
- when you ask about the rental,

you get an email that sends you to a website asking for personal or financial information

Here's what you can do to avoid being scammed:

- Reach out to local realtors in the area to inquire about the property listed.
- Go to the address, make sure the listing is truthful and accurate. If you are unable to go in person, use the Internet to see actual images of the rental.
- Research the address to ensure it is not a duplicate post. Schedule a showing and confirm that the landlord will be present.

- Request a lease or contract. Review it thoroughly.

- Be sure to know your rights as a tenant.

In the event that you have fallen prey to a rental scam or any other form of deceptive activity, it is essential to promptly report the incident to the police and also notify the Canadian Anti-Fraud Centre.

To learn more about ongoing fraudulent activities and trickery, visit the Canadian Anti-Fraud Centre website at <https://antifraudcentre-centreantifraude.ca/index-eng.htm>.

## > FARM SAFETY, FROM PG. 11

farm safety in all his daily operations as a grain farmer, harvesting wheat, canola, soybeans and corn.

Riese's daily duties vary depending on the season. For example, a day in January is very different from a day in May through November, he said. But no matter the season, safety is always a part of it.

"No longer can a farmer just be enrolled in the Worker's Compensation Board and think that's a farm safety plan. When you have employees, as many farms have now, that are not family members, you are, under the law, obligated to have them in Work-

er's Compensation, but that's not the end of where the farm safety needs to be. That's just a starting point. We have to, as farmers now, with employees, prove that we are taking safety seriously, that we are training our staff, and that we're giving our staff the tools that they need to work safely," he said.

Riese has taken advantage of the FarmSafe program. Specifically, the documentation aspect has been enlightening for him, and he has learned just how important it is to know your plan and what you are doing.

"It's unimportant until something

goes wrong, but if something goes wrong, the onus is on the farmer to prove that they've done safety training and have a safe plan for their farm," said Riese.

Riese encourages all Manitoba farmers to take advantage of the free program to find out where their shortcomings are or what they can do to take some small steps to start documenting safety on the farm.

"As the owners and operators of

their farming operations, farmers and ranchers need to be supported in the efforts they take to protect themselves, their families and their workers," said Manitoba Agriculture Minister Ron Kostyshyn. "FarmSafe Manitoba is an invaluable resource that gives producers the ability to use their knowledge and experience to foster a safety culture that promotes physical and mental well-being."

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# Sigvaldason Fine Art opens high-end art gallery in Gimli

By Patricia Barrett

Getting fine artwork into the hands of art lovers and collectors has just been made a lot easier with the opening of an art gallery in Gimli.

Nolan Sigvaldason, who grew up in Arborg and has been selling high-end artworks for nearly 15 years, said the opening of the gallery will give the public an opportunity to view and purchase investment-quality art.

"One of the main reasons I decided to open a gallery in Gimli was to get more Manitobans and local people interested in owning art," said Sigvaldason, who celebrated the launch of his gallery last Friday evening and is in the process of completing his website. "I have been dealing in art for a number of years and I've bought and sold a lot of art outside Manitoba and in other provinces and countries, but I've always hoped that more Manitobans would think about owning and investing in artwork."

Since 2010 Sigvaldason has been helping art enthusiasts, collectors, dealers and corporations obtain fine artwork for their collections. The gallery offers free verbal appraisals, written appraisals for insurance purposes, assists with estate sales and professionally packages (or crates) and ships artwork to any location in Canada or abroad.

The gallery specializes in historical Canadian art, and currently has several paintings by Canada's Group of Seven landscape painters, who produced influential works in the 1920s and 1930s, as well as works by Emily Carr, Ukrainian Canadian sculptor Leo Mol, Ivan Eyre and Indigenous Group of Seven artists such as Noval Morrisseau. In addition to paintings, the gallery has screenprints, Inuit soapstone sculptures and rarer items such as monoprints (a type of printmaking) and woodblock prints.

"We have several pieces by Walter J. Phillips [Canadian painter and printmaker], who created around 50 woodblock prints," said Sigvaldason. "He did several pieces of Gimli and surrounding areas, including the dock, and they're quite valuable today. There are many things to con-



Autumn Tapestry (1949) by A. J. Casson. Oil on board.

sider with each, including how many were made – as that varied – their importance and condition. For example, WJ's woodblock of Hnaua Dock is significantly more valuable and sought after than his Gimli Dock woodblock mainly because of its importance to WJ's career and what awards he won using Hnaua."

Not only can people buy art from Sigvaldason's gallery, but they can also potentially have the gallery sell their own art. People with artwork they think might be worth something can contact Sigvaldason and his staff for an appraisal.

"We'd look at current values and determine what the best course of action would be to sell it," said Sigvaldason. "Oftentimes, after a family member passes away, a family likes to keep a few pieces for themselves if there's a large collection. For the rest, we can figure out what to do with the pieces. We have a number of options for selling in our gallery. We purchase art all the time, and we can consign some of the more expensive pieces and sell other pieces at auction."

The fine art world has always been subject to forgery because of potential lucrative payouts, and it requires art dealers to know their material and have a network of experts with whom to consult. Sometimes, however, the experts themselves can be fooled by forgeries.

The Vancouver Art Gallery's acquisition of 10 paintings by Group of Seven member J.E.H. MacDonald, for example, turned out to be forgeries after an examination of handwriting



RECORD PHOTOS COURTESY OF NOLAN SIGVALDASON

Sigvaldason Fine Art staff Nolan, Melody, Abby and Emma Sigvaldason.



Hnaua (1934) by W. J. Phillips. Woodblock print.

and paint that wasn't available at the time of the works' creation. The gallery launched an investigative exhibit into the provenance (previous ownership) of the works and how the forgery was discovered.

Sigvaldason, who is a self-taught art specialist and who has family members in the art industry, said it can take a "lot of research" to determine whether a piece is authentic or fake.

"There's not an art dealer in the world that probably hasn't made a mistake or two along the way, and you can learn from them. You have to do a lot of research," said Sigvaldason. "I have a great team; we have many years of experience and we consult with other art dealers, galleries, museums or the artists themselves if they're still alive. I'm connected to many galleries and art dealers right across Canada, so if there's something

piece. Provenance may be important for determining authenticity.

"However, we can usually tell within a minute or so if something looks off or not, and the back of the painting often tells just as much as the front," he said.

Sigvaldason also has hundreds of Canadian art books for reference on well known artists, groups and movements, he said, and there are certain clues that may present with a piece of artwork that could raise some doubt.

Fine art can at times be pricey. Those experiencing sticker shock should keep in mind that high-end works represent an investment that can increase in value over time for the owner or their descendants, said Sigvaldason. People should eschew picking up something mass-produced from a big box store as that has no value or meaning other than aesthetic appeal.

As a better alternative, people should look at purchasing art from local artists, said Sigvaldason, as their art has significantly more meaning, and the inherent value of those works will be retained or could increase over time.

Sigvaldason Fine Art is located at 70 Centre St. in Gimli. Call 204-641-1594 or visit online [www.sigvaldason-fineart.com](http://www.sigvaldason-fineart.com)

I'm not sure of, I pick up the phone and talk to the expert in that area."

People who sell their art often prefer to remain anonymous, which can be challenging when assessing the provenance of a

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My finances?  
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## What to know about mortgage preapproval

Shopping for and ultimately purchasing a home can feel like a day at an amusement park. Much like a ride on a roller coaster, buying a home can be both exciting and a little scary, and those peaks and valleys have been even more profound in recent years, when the real estate market has been as tough as ever to navigate due to low inventory and high prices.

Though the real estate market has changed significantly in recent years, some conventional home buying wisdom still holds true. The importance of mortgage preapproval is one such notion, and it's even likely that being preapproved for a mortgage before making an offer on a home is more significant now than it was as recently as half a decade ago.

What is mortgage preapproval?

Mortgage preapproval essentially confirms to sellers and sellers' agents that a given buyer has qualified for a mortgage they can use to purchase a property. In a competitive real estate market like the current one, mortgage preapproval can set buyers apart from the competition, increasing the likelihood that their offers will be accepted over ones submitted by buyers who have not been preapproved.

What is prequalification?

Some buyers may hear the term "prequalification" and assume it's the same thing as preapproval. However, the lending experts at LendingTree report there is a notable distinction between the two terms. Prequalification is less formal and based on a casual conversation with a lender that may or may not involve details about a buyer's credit history, income, monthly expenditures, and other pertinent financial information. Preapproval is a formal examination of a buyer's finances and financial history that is conducted after documentation such as W-2s and bank statements are provided. A lender also will conduct a credit inquiry through three major credit bureaus during the preapproval process.

How do I get mortgage preapproval?  
Mortgage preap-

proval is a simple process and it's a service offered by most mortgage lenders. A simple phone call or email to a lender can get the process started, and it does not take long for a lender to decide if an applicant qualifies for preapproval. However, insufficient documentation or misleading information can slow down the preapproval process (and potentially cause a lender to deny an application), so prospective home buyers are encouraged to provide ample and honest documentation of their finances.

Does mortgage preapproval expire?

It can take buyers a long time to buy a home in a competitive market with low inventory. So it's important that prospective buyers recognize mortgage preapproval has a shelf life of around 60 to 90 days. The preapproval letter a lender provides will indicate an expiration date for the preapproval. If that date comes and goes without buyers purchasing a home, they will have to reapply for preapproval.

Must I borrow from the lender who preapproved me?

Buyers also should know that a mortgage preapproval does not bind them to the lender who preapproved them. Buyers can still shop around for a mortgage once they make an offer on a home.

Mortgage preapproval is a vital part of the home buying process and can be especially useful in a competitive real estate market.

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- 3. Family Finances-** Having your finances in order can benefit your Family's well being. RESPs for your children, an emergency savings account for those unexpected costs, even a well laid out insurance plan to compliment your financial plan can be a welcome addition.
- 4. Budget, budget, budget.** - Otherwise known as Cash flow management.. personally, I think this sounds nicer than the 'B' word. This is one of the first steps of creating a successful financial plan. Knowing your inflows and outflows gives perspective of where your money is going. Seeing your expenses on paper gives you the power to make your money work harder for you, ie) do you have an emergency fund? or do we really need to spend this much on takeout every month.
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# Give your living room a new vibe

An “out with the old, in with the new” mentality can extend to people’s visions for their homes. A home in need of repair or renovation can serve as a catalyst to take inventory of personal style and help make interior spaces reflect one’s unique vibe.

A living room can grow stale over time and often serves as a catch-call for clothing, blankets, gadgets, and other items. Upon recognizing a living room has seen better days, individuals may decide it’s time to give the space a new vibe. That transformation can start with these strategies.

### Organize first

Clutter frequently is the culprit behind a living room that may not give off the vibe individuals desire. As families



grow and people add belongings, space may be at a premium. Less is more has never been a more important concept. Remove extraneous items before purchasing new furniture or transitioning to a new design. You may even want to remove everything and start from scratch before reintroducing desirable elements to the space.

### Seek the assistance of professionals

Some people are adept at decorating and designing spaces. But just as you wouldn’t perform your own medical procedures, you should leave jobs like interior design and renovations to the professionals. Hiring a professional interior designer and contractors can really bring a living room together in ways homeowners may have never imagined. These pros can build off of your ideas and truly create a space that may be worthy of a magazine spread.

### Promote wellness

You may want to consider adding natural materials in the design to promote well-being. Eco-friendly furnishings, raw fibers and organic textures will create an environment from sustainable choices. Plenty of plants also can create a welcoming environment that helps you surround yourself with positive energy and the items you love.

### Light it up

One of the easiest ways to transform a room’s vibe is to utilize lighting. Change draperies to allow more natural light to shine in. Consider additional windows or skylights if yours is a particularly dark home. If you desire to create a more vivid or cozy ambiance, use a combination of accent, task and supplemental lighting in the space so there are no dim corners.

### Create an industrial or urban vibe

Industrial-chic design celebrates the bones of a building. It’s what makes city lofts so appealing, with their exposed beams and brick. Even those who live in suburbia or out in the country can give a living room this look with subtle nods to the style. Unadorned windows, clean lines on furniture, oversized, gallery-style art, and metal accents can add touches of this popular look to your home.

Revamping a living room doesn’t have to be difficult. With an idea in place and some professional touches, an entirely new vibe can be achieved.



**5 Davis Place, St Andrews - \$679,900**  
**STUNNING FAMILY HOME!** Situated on a treed 1.37 acre lot in St Andrews is this 2,150 SF, 4 bed, 3.5 bath home featuring a circular driveway, neutral tones, and ample natural light throughout. Your inner green thumb will love the garden space in the backyard! Enjoy a triple attached garage for your tools & toys!



**SOLD**  
**3625 Henderson Highway, East St Paul - \$524,900 GREAT FAMILY HOME!** Located on a 3.3 acre lot in the desirable East St Paul is this 2,500 SF, 3 bed, 2 bath home featuring neutral tones and plenty of upgrades throughout! Under 5 minutes to the Perimeter Highway for all amenities!



**129 Corunna Avenue, West St Paul - \$629,900 STUNNING FAMILY HOME!** Located on a quiet no-through road on a 2 acre lot in the desirable West St Paul is this 2,100 SF, 4 bed, 2.5 bath home featuring neutral tones and ample natural light throughout. Double attached garage for your tools and toys.



**SOLD OVER ASKING**  
**10 Schubert Lane, St Andrews - \$489,900 BEAUTIFUL FAMILY HOME!** Situated on a no-through road in St Andrews on a treed 1.38 acre lot is this 1,994 SF, 3 bed, 4 bath home featuring a stunning 3 season sunroom and ample natural light throughout. Under 5 minutes to Selkirk for all amenities and 20 minutes to the Perimeter Highway.



**SOLD**  
**135C St Andrews Road, St Andrews - \$579,900 COUNTRY RETREAT!** Nestled on a treed 11.26 acre lot in St Andrews is this 2,296 SF, 4 bed, 2 bath home, featuring plenty of natural light and vinyl tile flooring throughout. Enjoy the advantage of quiet country living with the convenience of all the nearby amenities!



**110108 Road 14E Road, Armstrong - \$479,900 GREAT FAMILY HOME!** Nestled on a sprawling 5 acre lot is this 2,398 SF, 4 bed, 2.5 bath home featuring a large front porch, ample natural light throughout, and a stunning sunroom! Situated only 10 minutes away from schools, shopping, beaches, and all other amenities!



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# How empty nesters can repurpose bedrooms in their homes



It can be bittersweet when adult children decide the time has come to move out of the family home. Parents perhaps get their first trial run of this scenario when their children go off to college or enlist in the military. Rooms are left empty, if only for a certain period of time. Eventually, those rooms will remain empty as adult children move out of the house for good.

Converting a child's bedroom into an area for adults may take some planning. It can be exciting to regain space, but at the same time, it can be disheartening to convert a child's bedroom once and for all. When the time comes and homeowners are emotionally ready to tackle bedroom conversions, these tips can help the process go smoothly.

- Repurpose the space for them. Give a childhood bedroom an adult spin without changing too much. If furniture is in good shape, replace the bedding, change the flooring, swap out artwork, and remove "youthful" items like toys, trophies and other collectibles. When the child comes home to visit, he or she will still feel com-

fortable in the space.

- Create extra storage. The bedroom can be transformed into a walk-in closet or dressing space. According to the design experts at Houzz, many clients request this type of dressing room situation. There's a bonus if the layout allows the space to connect to the owner's suite or bathroom. This is a major overhaul, so homeowners should enlist a professional contractor.

- Make a fitness center. A bedroom can be turned into a home gym to make working out more convenient. Homeowners should take inventory of equipment they may have and then figure out where existing and new equipment will go. They may need to consult a structural engineer to ensure that the flooring can bear the weight of additional equipment.

- Create a work space. One of the best ways to transform adult children's bedrooms is to convert the spaces into home offices. Those who have been setting up "desks" at dining room tables or elsewhere may be excited about the prospects of finally

having a private, dedicated space to work from home.

- Turn it into a craft room. The bedroom can be converted into a space to explore hobbies and various other interests. A dedicated craft space, a reading nook, a place to store photography equipment, or another function can serve as a useful way to repurpose an empty bedroom.

Empty nesters have many possibilities when it comes to converting their children's old bedrooms into adult spaces.

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EASTSELKIRK



# Local agricultural entrepreneur introduces innovative irrigation system

By Raegan Hedley

William Aitken was working in construction when he started trying to figure out the next business opportunity to pursue. He grew up on a family farm in Stonewall, surrounded by a family of entrepreneurs. Aitken approached his uncle, Rick Langille, a retired business owner and former CEO, with an idea.

"You can't really tie my uncle down. He's one of those guys who constantly has to be doing something," said Aitken. "So, I said, 'hey, why don't we get into vertical farming and design and create a piece of equipment?'"

Langille, who has a background in manufacturing and a degree in agriculture from the University of Manitoba, immediately saw the potential. They started prototyping in 2020. Now, the Harvest Wall is sold around the world to growers who are passionate about fresh food.

"When we got into the science of it, we realized we could do a better job," Langille said.

The pair consulted with Dr. Jill Claperton, a soil scientist, to create a design with the densest plant spacing possible.

"We started analyzing systems, lighting components and all the different pain points that growers experience, and we came up with the Harvest Wall," Aitken said. "It's easy

to ship, scalable to your location and easy to service and clean. We can do residential or full commercial applications anywhere."

They named the company Harvest Today. Langille is the CEO, and Aitken is the director of operations for Canada. Every wall is completely customized and made of modular pieces, so it assembles easily.

Once it gets running, it doesn't need much water because the media keeps the soil moist. They use the patent-pending word "vertigation" to describe how the wall's vertical irrigation works. The water drips down from the top of the wall, and whatever is left at the bottom gets sent back to the top to complete the cycle.

Aitken said what sets the Harvest Wall apart from all the other systems is that the plant ports are filled with organic growing media to inoculate the root system. The other common vertical farming methods — aeroponics, hydroponics and aquaponics — don't use soil.

Aitken said they chose this method because the beneficial bacteria in the soil lead to bigger plants, not bigger roots.

"On social media, people are pulling out these plants with huge long roots. And it's like, I don't know dude, that looks like a lot of plant energy being expelled into the root system because you're starving your plant."

Aitken says their roots only extend about half an inch to an inch off the cup because the soil is saturated with nutrients.

"I believe we're going to be very successful. I believe in providing people with the opportunity to be self-sufficient and make sure that they're not reliant on truck bed lettuce anymore," Aitken said. "A lot of people don't understand how much nutritional depletion happens after the time of harvest."

Aitken explained that within the first 48 hours, many greens actually lose up to half of



Harvest Today's showroom in Edmonton. Once the plants germinate just take the plug out, put it in a peat cup, add some cocoa coir, pat it down and put it in the wall.



William Aitken (left), and his uncle Rick Langille (right), the founders of Harvest Today.



PHOTO SUBMITTED

Rick Langille with the Harvest Wall. Harvest Today is the only company in North America that can produce a stackable grow wall thanks to a design and utility patent.

the islands he stopped at throughout his journey. Most of what was available was processed and brought in by truck or boat.

"We mostly ate canned food or bagged food filled with preservatives. We lived that way for five years," Langille said. "When we came back, it was like, 'give me a salad for crying out loud.'"

In addition to using the Harvest Wall to grow greens, Harvest Today recently developed larger plant ports to accommodate flowering plants like strawberries, peppers and tomatoes. The next step is developing smaller varieties that give the fruit the proper space to grow on the wall while still yielding an impactful amount of produce.

Langille said he would love to eventually set up a Harvest Today vertical farm in Stonewall, where he was raised, to provide the community with fresh food year-round.

LOUIS RIEL DAY

Weekend Event

**Manitoba Métis Federation  
and SELKIRK STEELERS**  
presents

FEBRUARY 16	
10:00 A.M.	Market Opens
12:00 P.M.	Booths Opens
6:35 P.M.	Red River Métis Entertainment
7:30 P.M.	Selkirk Steelers vs Winnipeg Blues, Puck drop. Métis and Canadian National Anthems sung by Krista Rey.
9:00 P.M.	Booths and Market Close
FEBRUARY 17	
10:00 A.M.	Booths and Market Open - 50/50 draw starts at \$2,500
3:00 P.M.	Red River Métis Dance and Jigging Old Time Dance, Métis and Canadian National Anthems sung by Krista Rey.
6:00 P.M.	Stew and Bannock Dinner - Opening remarks
7:30 P.M.	Selkirk Steelers vs OCN Blizzard Puck drop
9:00 P.M.	Booths and Market Close

50/50 raffle starting at \$2,500



# Your FARM



## Prairie Innovation Centre receives \$100K donation from the McCain Foundation

### Agriculture education growing research into the future of food

By Lana Meier

Assiniboine Community College's Prairie Innovation Centre for Sustainable Agriculture has received \$100,000 from the McCain Foundation.

Agriculture and food are the largest areas of applied research at Assiniboine. The Prairie Innovation Centre will provide an integrated learning environment with a mixture of collaborative learning spaces, applied research labs, multipurpose spaces, and amenities.

"The McCain Foundation is proud to support initiatives that recognize the importance of global environmental challenges, like food security" said Linda McCain, Chair of the McCain Foundation. "By investing in educa-

tion and supporting agriculture programming at Assiniboine, The Foundation hopes to contribute to a strong, sustainable future for agriculture in Manitoba."

The Centre will utilize the Parkland building located on the North Hill campus, along with the grow plots, orchard, and weed identification garden. It will also incorporate the Sustainable Greenhouse into its operations, which was previously funded by the McCain Foundation. This facility aims to offer interdisciplinary training, hands-on education, and applied research opportunities.

The creation of the Prairie Innovation Centre will provide students, who represent the future agricultural

workforce, with more chances to acquire practical professional experiences by collaborating with industry partners. This initiative will also bolster the college's efforts in promoting economic prosperity in Manitoba by focusing on applied research, work-integrated learning, extension and innovation.

"The agriculture industry is evolving to a place where technology and food innovations coupled with a strong commitment to sustainability are fundamental to things like agronomy, farming or land management and value-added food processing," said Tim Hore, Dean of the Russ Edwards School of Agriculture and Environment at Assiniboine. "You can't do one without having knowledge of the other parts. The McCain Foundation donation supports our mission to become a leader in agriculture educa-

tion and applied research to ensure we are producing well educated students who enter the ag. sector with the advanced skills to champion sustainability in the agriculture industry."

In 2019, the college initiated the Prairie Innovation Centre campaign and has since raised its fundraising goal twice. Originally set at \$10 million, it was then increased to \$15 million and has now surpassed the new target of \$20 million. As of January 2023, the Province of Manitoba has pledged an initial amount of \$10 million towards design and costing.

The Prairie Innovation Centre will create an enhanced agricultural training capacity, increasing seats in agriculture, environment and related technology programs from 300 to more than 800 to fill the growing agricultural labour gap.

### JOIN US FOR THE FEBRUARY CONSIGNMENT SALE 2024



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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 these machinery and thanks all the bidders for taking part in the sale.

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# get inspired

> MEAL IDEAS



**Citrus Balsamic Vinaigrette:**  
 1/4 cup Florida Orange Juice  
 1/4 cup Florida Tangerine Juice  
 2 teaspoons Florida Orange zest  
 1/4 cup lemon juice  
 1/2 cup balsamic vinegar  
 2 tablespoons honey  
 2 teaspoons garlic, minced  
 1 tablespoon Dijon mustard  
 salt, to taste  
 pepper, to taste  
 1 1/2 cups olive oil

RED RIVER CO-OP FOOD STORE

## Citrus Marinated Flatiron Steak Salad

**Flatiron Steak Salad:**  
 1 1/2 pounds flatiron steak  
 2 cups Citrus Balsamic Vinaigrette, divided  
 1/2 cup Florida Orange segments  
 1/2 cup Florida Grapefruit segments  
 2 quarts baby spinach  
 1/2 cup red onion, thinly sliced  
 1/2 cup cherry tomatoes, halved  
 1/2 cup radish, thinly sliced  
 1/2 cup cucumber, thinly sliced  
 1/2 cup crumbled goat cheese

To make citrus balsamic vinaigrette: Combine orange juice, tangerine juice, orange zest, lemon juice, balsamic vinegar, honey, garlic, Dijon mustard and salt and pepper, to taste. Slowly drizzle in olive oil while whisking vigorously. Set dressing aside.

To make flatiron steak salad: Place flatiron steak in container and add 1 cup citrus balsamic vinaigrette. Marinate in refrigerator at least 30 minutes, or up to 3 hours.

Heat grill to medium-high heat.

Grill steak to desired doneness. Remove from heat and rest 5 minutes before slicing thinly.

In large mixing bowl, combine orange segments, grapefruit segments, baby spinach, red onion, cherry tomatoes, radish and cucumber. Add remaining citrus balsamic vinaigrette, as desired, and toss well to combine.

To serve, divide salad and sliced steak among four plates and top with crumbled goat cheese.

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*Pina*  
*Colada*  
*Song*

## Tart Cherry Superfood Banana Splits

Recipe courtesy of Hannah Zimmerman of Bite Sized Studio on behalf of the U.S. Tart Cherry Industry

Prep time: 15 minutes

Cook time: 20 minutes

Servings: 2

1/2 cup dark chocolate chips

2 cups tart cherry juice

2 ripe bananas

1 cup vanilla Greek yogurt

1/4 cup almond butter

1/4 cup granola

1/4 cup dried tart cherries

1/2 cup frozen tart cherries, thawed

Place chocolate chips in bowl.

In saucepan over medium heat, bring tart cherry juice to simmer about 20

minutes until reduced to 2/3 cup.

Pour juice into bowl and mix until chocolate chips are melted and sauce is smooth.

Cut bananas in half lengthwise and place on two plates. Spoon 1/2 cup Greek yogurt on each banana then drizzle with 2 tablespoons almond butter and 2 tablespoons tart cherry chocolate sauce.

Sprinkle 2 tablespoons granola, 2 tablespoons dried tart cherries and 1/4 cup thawed frozen tart cherries on top of each banana split.

Note: Leftover tart cherry chocolate sauce can be stored in airtight container in refrigerator for later use.

# Exercise as medicine

By Julie Germaine Coram

Exercise is commonly known to be “good for you” and plays a vital role in a healthy lifestyle. However, do you know exercise can treat severe diseases and dangerous conditions?

Yes! Getting active and maintaining a routine that includes regular physical activity isn’t just a solution for weight management but can be used as an additional way to manage certain medical conditions.

For example, diabetes is related to high blood sugar levels, and millions of people are affected by this around the world. When one exercises, glucose is used by our muscles for energy as fuel, which helps maintain an optimal blood sugar level. Insulin sensitivity is also improved when you work out, a way once again to regulate blood sugar levels. Truth: I had a client whose doctor wanted to put her on medication to manage diabetes but agreed to wait three months while the patient tried to get healthier. We did it! She completely turned her diagnosis around with the nutritional tips and exercise routine we developed together.

I always recommend speaking with your doctor before starting a new fitness routine, but some simple activities you can try to incorporate to see these benefits include walking, swimming, playing casual sports, or going for a bike ride. Remember that making a change doesn’t have



Julie Germaine Coram

to be painful or extreme. Small steps towards more movement every day add up quickly.

Want help getting started or to ask me your nutrition or fitness questions? Please email me [julie@juliegermaine.fit](mailto:julie@juliegermaine.fit)

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit [juliegermaine.com](http://juliegermaine.com) or [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

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# LOUIS RIEL DAY WEEKEND EVENT

## FEBRUARY 16 & 17

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Bottom left-Eddy Fluery-"Métis Man in Black"  
Bottom Right-Brian Mayo-"The Tall Dark Stranger"  
Top left-Dylan Gaudry  
Top middle-Ryan Gaudry  
Top right-Jason Leclec



## KRISTA REY

Krista Rey is a proud Métis musician and performer from St. Claude, Manitoba. Krista began singing and playing piano at a very young age. She has performed at a variety of events over the years including Folklorama, Manitoba Métis Federation gatherings, the 2023 Selkirk Steelers annual fundraising gala and youth celebrations honouring Métis children and youth. Krista was a featured performer for the Manitoba Métis Federation 2020, 2021 and 2022 holiday specials featured on CTV. An incredible honour saw Krista perform the Métis National Anthem (Proud to be Métis) at the Winnipeg Jets Winnipeg Aboriginal Sport Achievement Centre (WASAC) nights in April, 2022 and March, 2023. She is scheduled to perform at this year's event taking place on February 25, 2024.



### February 16

- 10:00 am Market Booths
- 7:30 pm Selkirk Steelers vs Winnipeg Blues, Opening remarks, Puck drop, Metis and Canadian National Anthems sung by Krista Rey, Red River Entertainment

### February 17

- 10:00 am Booths and Market Opens, 50/50 starts at \$2,500
- 3:00 pm Red River Metis Dance  
Live Metis Band THE BREEZE with guest fiddler Glen Hewgill  
Old Time Dance, Metis and Canadian National Anthems sung by Krista Rey
- 6:00 pm Stew and Bannock Dinner  
Opening Remarks
- 7:30 pm Selkirk Steelers vs OCN Blizzard  
Puck drop. Metis and Canadian National Anthems sung by Krista Rey
- 9:00 pm Booths and Market Close

**Free Admission to both Steelers Hockey Games with your Metis Citizenship Card**



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Team Carruthers headed to 2024 Montana Brier

By Ty Dilello

Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the championship final of the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.

It was an up-and-down week for Carruthers as they lost a pair of games and struggled at times, but in the end, they found a way to defeat some stiff competition to capture the provincial title once again.

"This is the toughest test I've ever faced in a provincial," said Reid Carruthers. "Not to say that some of the other battles weren't crazy, but just overall... holy smokes. We had some insane games against some good young teams. It makes me want to retire."

Carruthers won the event by winning seven games and losing twice. They reached the final by defeating Assiniboine Memorial's Jordon McDonald 10-7 in the semi-final in a back-and-forth thriller that saw Team Carruthers' skip Brad Jacobs making a double takeout on his final rock of the game for the victory.

Sunday afternoon's final with Team Calvert was another back-and-forth affair that saw Carruthers ultimately get the upper hand in. Carruthers stole a critical point to take the lead with the game tied 3-3 in the eighth end. They would steal two more points in the tenth for a 6-3 win and



James Renn of Selkirk competed in the Curl Manitoba Hit, Draw, Tap Competition, 9-10 years of age category, that took place in between the bronze and gold medal games at the 2024 Viterra Championships.

the provincial championship.

"We're very excited to be heading to the Brier once again," said Carruthers. "It wasn't easy this week in Stonewall, but we want to head to the Brier and find our top game there and give it everything we have. This strong test that we just faced to win the province is only going to help us in Regina."

Other local participants included Stony Mountain's Jared Hancox who played second for Riley Smith who had four wins and one loss; Stonewall's Emerson Klympke played sec-



RECORD PHOTOS BY JO-ANNE PROCTER

Granite's Reid Carruthers and his team of Brad Jacobs, Derek Samagalski and Connor Njegovan are headed to the 2024 Montana's Brier after defeating Fort Rouge's Braden Calvert 6-3 in the 2024 Viterra Championships at the Veteran Memorial Sports Complex in Stonewall on the afternoon of Feb. 11.

ond with Team Ede and Winnipeg Beach's Justin Reynolds team including Nick Weshnoweski, Josh Maisey and Sean Giesbrecht, both finished the event with a record of 3-2, narrowly missing out on the playoffs. Stonewall's Greg Melnichuk, Carman's Dean North and Holland's Jeremy Sundell all exited the event winless with a 0-2 record.

As the 2024 Viterra Championship came to a close, the event is already being regarded as a major success, thanks in part to the host committee and the countless volunteers who

made everything happen. The Town of Stonewall should be very proud as the stands were full every single draw, and the competitors played in a world-class atmosphere.

Team Carruthers will now advance to the 2024 Montana's Brier that is to be held from Mar. 1-10 in Regina at the Brandt Centre.

Manitoba will also be represented at the Brier by Team Matt Dunstone, who prequalified through a Canadian Team Ranking System (CTRS) spot.

## Royals advance to MHSAA curling quarterfinals

RECORD PHOTO SUBMITTED

The Selkirk Royals reached the quarterfinals of the MHSAA boys' provincial curling championship where they lost 7-3 to a strong College Stonewall Collegiate Rams' rink. Selkirk finished its pool play with a 2-1 record after defeating the St. Paul's Crusaders (7-5) and the Rosburn Raiders (13-1). Selkirk lost an 11-5 decision to the William Morton Raiders. Pictured, left to right, Hudson Strand, Kaimen Doyle, Lucas Preun, Wesley Hiebert, and Logan F Henry. Missing from the photo is Ryder Wilson, coach Larry Liebrecht and Zach Brenda.





# West St. Paul's Carter Bear was named the WHL Rookie of the Month for January

By Western Hockey League

The Western Hockey League announced that Everett Silvertips' forward Carter Bear was named WHL Rookie of the Month for January.

Bear tallied nine goals, 10 assists and a plus-six rating in 13 games in January as Everett went 10-2-0-1 to sit first in the competitive U.S. Division.

The 17-year-old is third in the WHL's rookie scoring race with 45 points in 50 games. His 21 goals are tied for second-most among first-year players.

Bear, a 6-foot, 171-pound centre, is on a 10-game point streak that's seen him put up seven goals and nine assists.

The West St. Paul product's month was highlighted by five multi-point performances, including two goals

and an assist in a narrow 6-5 loss to Edmonton on Jan. 1 and a goal and two assists in a 7-4 defeat of Spokane on Jan. 30.

Bear also scored three of his four game-winning goals in January, which is good for third on the team.

Originally selected by Everett in the sixth round, 132 overall in the 2021 WHL Prospects Draft, Bear made his WHL debut during the 2022-23 season, where he scored his first WHL goal.

Entering February, Everett leads the WHL's Western Conference with a 32-15-1-2 record. The Silvertips are the third-highest-scoring team in the league with 209 goals in 50 games (4.18 goals per game).



RECORD PHOTO SUBMITTED

Carter Bear was named the WHL Rookie of the Month.

# Royals advance in WHSHL boys' playoff hockey

By Brian Bowman

The Selkirk Royals played two very exciting games to begin their WHSHL Platinum Promotions Division playoffs.

Selkirk started its postseason with a 2-0 sweep of the Garden City Gophers in a thrilling best-of-three series.

The Royals won Game 1 by a 3-2 score in overtime on Feb. 5.

Tony Pyner scored the game winner in OT. It was his second goal of the game. Gaven Berry tallied Selkirk's other goal.

Noah Banera led Garden City with a pair of goals.

The following day, Ryan Cromie was the overtime hero in a 4-3 comeback win.

Nathan Ramos-Lam, Berry and Deegan Teixeira also scored for Selkirk.

Nathan Horbas, Nicholas Lepki, and Jacob Chaytor replied for the Go-

phers.

Jonny Enns-Demchuk earned both wins in goal.

Selkirk played the Westwood Warriors this past Monday in round two of its best-of-three series at the Recreation Complex but no score was available.

Game 2 will be played at the Keith Bodley Arena on Wednesday at 4:15 p.m.

If necessary, Game 3 is set for Thurs-

day (4 p.m.) at the Recreation Complex.

In Manitoba Women's High School Hockey League regular-season action, the Selkirk Royals were nipped 5-4 by the River East Kodiaks last Friday.

Selkirk goals were scored by Liberty Aime, Kayla Skoryk, Serena Reeb, and Alexa Kwiatkowski.


Vanessa Moreira (two), Cherine Nichols, Katie Posthumus, and Kate Tustin replied for River East.

On Feb. 6, Selkirk was defeated 4-1 by the CJS Olympiens.

Skoryk scored for Selkirk while CJS goals came from Jeri-Ann Lafleche, Gabby Robbins, Olivia Price, and Linnae Johnson.

The Royals hosted the Shaftesbury Titans this past Tuesday in a regular-season game but no score was available.

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**NEXT HOME GAMES**  
 at the Selkirk Rec Centre  
**SUNDAY, FEBRUARY 18<sup>th</sup>**  
 VS Lundar 3:00 pm

**NEXT AWAY GAMES**  
 Friday, Feb 16 - vs Beausejour - 7:30 pm  
 Monday, Feb 19 - vs N. Wpg 2pm in Warren

**Playoffs begin in March.**  
 Check league website for dates.  
[www.crjhl.com](http://www.crjhl.com)

**Meet the Fishermen**

**#18 Theo Courchene**  
 Forward



# Raiders lose to Stonewall Jets

By Brian Bowman

The Raiders Jr. Hockey Club lost 5-1 to the Stonewall Jets in MMJHL action last Friday in a home game.

Peyton Bateman, Jeremy Klimchuk, Karson King and Landen Sitarz scored for the Jets (the other goal scorer was not posted on the league website).

Jack Oleksiuk replied for the Raiders.

On Valentine's Day, the Raiders will host the Pembina Valley Twisters.

Puck drop is 8:30 p.m.

The Raiders (18-18-1) will visit the St. Vital Jr. Victorias on Thursday (7:30 p.m.) before hosting the Charleswood Hawks Sunday (2:30 p.m.).

Meanwhile, the Raiders were well represented at the MMJHL all-star game by forwards Nate Goodbrandson and Oleksiuk and blueliner Parker White.

The game was held last Saturday at the Seven Oaks Arena.



RECORD PHOTO BY LANA MEIER

The Raiders' captain Jack Oleksiuk scored the lone goal for his team. The Stonewall Jets won the game 5-1.

# Royals on track at another indoor meet

By Brian Bowman

The Selkirk Royals continue to improve - and post impressive results - at indoor track and field meets this season.

Here are the Royals' top 10 highlights from the High School Series Meet No. 3 which was held Feb. 5:

Fiona Bailey (first in junior varsity girls' shot put), Danelle Robson (fourth in junior varsity girls' shot put), Sara Zorniak (10th in junior varsity girls' shot put), Nevaeh

Marynowski (second in varsity girls' high jump and fourth in 60 m), Selina Kermani Koosheh (ninth in junior varsity girls' long jump), Elliot Ferreira (ninth in varsity boys' 60 m), Jakob Dainard (eighth in varsity boys' 400 m), Owen Giesbrecht (third in varsity boys' triple jump), Kyle Zorniak (ninth in varsity boys' 1500 m), Quinn Fyfe (fifth in junior varsity boys' 200 m), and Alex Bayle (fourth in junior varsity boys' 60 m hurdles).

The next meet is this Friday.



The Royals' Owen Giesbrecht was third in the varsity boys' triple jump.



RECORD PHOTOS BY MATT PEARSON

The Selkirk Royals' Fiona Bailey placed first in the junior varsity girls' shot put at an indoor track and field meet on Feb. 5.

## Gators drop Game 1 to the Steinbach Huskies

By Brian Bowman

The St. Clements were defeated 8-1 by the Steinbach Huskies in Hanover Tache Junior Hockey League action last Friday in Game 1 of their best-of-three playoff series.

Caleb Hofer scored a late third-period goal for the Gators.

Huskies' goals were tallied by

Ethan Unger (three), Eric Mateychuk, Cody Neufeld, Cole Topham, Brandon Thiessen, and Ian Friesen.

Game 2 of the series was played this past Tuesday in East Selkirk but no score was available.

If necessary, Game 3 will be played Friday (8:15 p.m.) at the T.G. Smith Centre.

# CRJHL announced all stars earlier this month

From the CRJHL website

The Capital Region Junior Hockey League (CRJHL) is thrilled to announce the All-Star lineup for the 2023-24 season, showcasing the exceptional talent and skill.

From the Selkirk Fishermen are a pair of overage defencemen in Ray Hefferman and Kasen Andrushko.

From the Arborg Ice Dawgs are a pair of 2003-born players in defencemen Michael Crave and forward Tyson Barylski

From the Lundar Falcons are a pair of 2003-born players in defencemen Zach Halldoson and forward Riley Zdan.

From the North Winnipeg Satellites

is rookie forward Jack Speechley and overage defencemen Daniel Valente.

From the St. Malo Warriors are a pair of forwards in Jeremie Collette and Damon Johnson.

From the Beausejour Comets are 2003-born defencemen Riley Tirschman and league-leading scorer Nikolas Bear.

In net, the CRJHL recognizes Jordan Armstrong of the Selkirk Fishermen and Kennedy Kerr from the Lundar Falcons as league all stars.

The CRJHL congratulates these exceptional players on their selection as All-Stars for the 2023-24 season.



# CRJHL is super competitive this season

By Brian Bowman

The Selkirk Fishermen were defeated 5-3 by the Beausejour Comets on Sunday at the Recreation Complex.

The league is really competitive this season.

Gaige O'Neill, Jordan Donald, and Ashton Schroeder scored for Selkirk. Comets' goals came from Jarvis Ewasko (two), Chiefton Enns, Evan Leeson, and Clint Thomas.

Last Friday, Selkirk edged the Ice Dawgs 4-3 in overtime in Arborg.

Kasen Andrushko scored the game winner in OT.

Selkirk, which trailed 2-0 in the first period after a pair Arborg power-play markers, received regulation-time goals from Matt Brooks, Matt Wagner, and Julius Guimond.

Ben Danielson (two) and Michael Crave scored for the Ice Dawgs.

Jordan Armstrong continued his stellar play this season, making 31 saves for the win.

On Feb. 4, the Fishermen nipped the Comets 2-1 at

the Recreation Complex.

Jordan Donald scored the game winner in the third period while Andrushko tallied a first-period goal for Selkirk.

Clint Thomas scored a second-period goal for Beausejour as Armstrong made 28 saves for the win.

On Jan. 30, Selkirk spanked the North Winnipeg Satellites 6-0 at the Billy Mosienko Arena. The Fishermen led 2-0 in the third period before exploding for four unanswered goals.

It was a nice - and well-deserved - win.

Fishermen goals were scored by Peyton Moneyas (two), O'Neill, Theo Courchene, Izzy Aime, and Guimond.

Armstrong made 30 saves for the shutout.

Selkirk, in first place in the six-team league with 57 points, will play at the Comets on Friday (8 p.m.) and then host the Lundar Falcons Sunday (3 p.m.).

Next Monday, the Fishermen will visit the Satellites for a 2 p.m. game in Warren.



RECORD PHOTO BY BRETT MITCHELL

Selkirk Fishermen goalie Marcus Sharpe made 32 saves in a 5-3 home loss to the Beausejour Comets.

# Steelers lose pair of weekend games

By Brian Bowman

The Selkirk Steelers earned just one out of four possible points last weekend.

That's not going to help their playoff chances.

Selkirk lost 4-1 to the Steinbach Pistons at the HyLife Centre on Saturday.

John Lang scored the Steelers' lone goal in the third period.

Connor Paronuzzi and Kirk Mul-

len tallied in the second period and then Samuel Noad and James Fuch notched markers in the third.

Last Friday, Selkirk was defeated 4-3 in a shootout by the Terriers in Portage la Prairie.

Ashton Fishley was the lone player to score in the four-round shootout.

Portage's Alder Johnston had tied the score at 3-3 at 18:04 of the third period.

The Terriers grabbed a 2-0 first-period lead on goals by Grant Dardis and Johnston just 19 seconds apart.

But Selkirk stormed back with second-period goals from Ethan Brown and Mathieu Moreira (power play) before Owen Wiehs tallied at 14:33 of the third.

On Feb. 6, the Steelers lost 4-1 to the Pistons. Selkirk's goal was scored by Ian Lavalley while Noad, Trey Sauder,

Leo Chambers, and Brett Kaiser replied for Steinbach.

Selkirk, now 19-21-2 and in fifth place in the MGEU Division, hosted Virden this past Tuesday and then the Blues will be here Friday, followed by the Blizzard on Saturday.

Puck drop for both games is 7:30 p.m.

# Royals lose KPAC game to Maples Collegiate, defeat MBCI in varsity boys' basketball

By Brian Bowman

The Selkirk Royals had mixed results in KPAC varsity boys' basketball last week.

After defeating the MBCI Hawks 78-74 on Feb. 5, Selkirk was stopped 110-63 by the Maples Collegiate Marauders on its home court last Wednesday.

Earlier this month, the Royals reached the final of their eight-team home tournament.

Selkirk lost to a very good JH Bruns Broncos team 99-49 in the championship game.

Julian Lachuta and Adam Armstrong each had 11 points for the Royals.

"We played well in the opening round after a long exam break," said Royals' head coach Dean Goodbrandson in an email. "We routed St. John's and shook off a shaky start to avenge an early-season loss to Steinbach in the semifinals but had nothing left for a strong JH Bruns team in the final. (It was a) disappointing outing.

Selkirk was great, though, against St. John's, pounding them 104-59.

A lot of Royals' players had solid games, including Andrew Vandebogerd (20 points), Lachuta (19), Michael McDougall (15), Armstrong (13), and Michael Williams (12).

Selkirk also played well in a hard-fought 63-58 win over the Steinbach Regional Sabres.

Hitting double digits in points were Vandebogerd (17), McDougall (11), Tyson Prince (11), and Lachuta (10).

Selkirk played the Kildonan East Reivers this past Tuesday and then will host the Transcona Titans on Wednesday. Tip-off is 6 p.m.

The KPAC playoffs start Feb. 21.

The Selkirk Royals' varsity girls' basketball team, meanwhile, absolutely crushed the Calvin Christian Eagles 85-27 in a league game last Wednesday.

On Feb. 5, Selkirk was defeated 44-35 by MBCI.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Tyson Prince went up for a shot during varsity boys' tournament action at the Comp earlier this month. Selkirk's playoffs begin Feb. 21.

The Royals played Transcona this past Monday and then will host the West Kildonan Wolverines Wednesday for a 7:30 p.m.



# Classifieds



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

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### SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

#### Here's How It Works:

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

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

Sudoku Answer

S	S	S	S	S	S	S	S	S
P	E	S	S	D	E	N	C	V
V	A	I	S	D	E	N	I	V
C	I	B	C	D	E	T	I	R
S	T	V	T	D	T	O	R	V
E	O	E	R	N	A	T	I	R
S	I	G	V	A	V	K	N	V
S	I	G	V	H	C	I	H	T
N	R	V	E	T	A	V	D	V
H	V	L	O	D	S	E	T	O
V	A	L	S	S	T	V	O	W
T	O	L	C	C	S	B	E	E

Crossword Answer

## X CROSSWORD

### CLUES ACROSS

- Gene type
- Persian male given name
- Type of protection
- Cloud
- One who returns to life
- Gym class
- General's assistant (abbr.)
- Baby's dining accessory
- Enchantress
- Prefix denoting "in a"
- Spiritual leader
- Cavities
- Relative biological effectiveness (abbr.)
- Foot (Latin)
- Sweet potato
- Pharaoh of Lower Egypt
- Land
- More inquisitive
- Dog breed: \_\_ Apso
- Stood up
- Direct and uninhibited
- Authorless
- Blocking type of drug (abbr.)
- Retrospective analysis (abbr.)
- Root mean square (abbr.)
- Macaws
- Actress Remini
- Polynesian wrapped skirt
- City of Angels hoops team (abbr.)
- Fitzgerald and Baker are two
- Bowling alley must-have
- A way to cool down
- Ethnic group in Asia
- A way to alter
- Set of five
- Removes from the record
- Dummies
- Set period in office

### CLUES DOWN

- DC Comics superhero
- Brew
- Play
- Single-celled animals

1	2	3				4	5	6	7
8			9				10		
11						12			
13				14			15		
16						17			
18					19	20			
					21		22		
				23			24		
				25			26		
				27			28		29
								30	31
								32	33
34								35	
36								37	
38								39	
40								41	
42								43	

- Rough to the touch
- Small island (British)
- Often noted alongside cons
- Preparation of rootstock
- Atomic #44
- Egyptian unit of capacity
- About secretary
- Particular groups
- Poke fun at
- Make certain that something occurs
- Financial term
- Justify
- Arbiter
- 007's creato
- Czech name for Prague
- Groans
- American time
- No seats available
- \_\_ Stahl, journalist
- Cleft lip

- Talk incessantly
- Expresses atomic and molecular weights (abbr.)
- A part of a river where the current is very fast
- Curdled milk
- Running competitions
- A team's best pitcher
- Carthaginian explorer
- World-renowned city
- Most common Japanese surname
- The bill in a restaurant
- They \_\_
- City of Angels football team (abbr.)
- Distinctive practice
- One quintillion bytes



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**NOTICE TO CREDITORS**

IN THE MATTER of the ESTATE of GRZEGORZ CEZARY SKORUPSKI, late of St. Andrews, in Manitoba, deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication. DATED at the City of Selkirk, in Manitoba this 8th day of February, 2024. Hnatiuk Law Attention: Andrew Hnatiuk Solicitor for the Administrator

**NOTICE TO CREDITORS**

IN THE MATTER of the ESTATE of DONALD EDWARD ANNIUK, late of St. Andrews, in Manitoba, deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication. DATED at the City of Selkirk, in Manitoba this 8th day of February, 2024. Hnatiuk Law Attention: Andrew Hnatiuk Solicitor for the Administrator



Twin Valley

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**PUBLIC NOTICE**

Public notice is hereby given that the Mars Sandhills Golf Course property intends to conduct the following Pesticide Control Program during 2024.

- Weed control in turf and treed areas within the property using: Par III, Super Spreader Adjuvant, Mecoprop, Oracle, Quicksilver, Roundup and Banvel VM.
- Fungus control in turf and treed areas within the property using: Daconil 2787, Instrata, Instrata II, Heritage Maxx, Banner Maxx, Subdue Maxx, Renovo, Velist, Civitas, Medallion, Honor, Disarm, Segway, Secure and Tournay.
- Insect control in turf and treed areas within the property. Target pests include mosquitoes, white grubs, ants, etc. using: Acelepryn G, Vectobac 200G, QP Imidacloprid 75 WSP and Deltagard SC.
- Algae and aquatic vegetation in water bodies within the property using: Reward and Polydex.

The projected dates of application will range from May 1st, 2024 to October 31st, 2024. All applications are part of a comprehensive IPM strategy. The duration of each program will vary within this time period, depending on weather conditions and pest thresholds. All of the pesticides used and procedures followed will be according to federally approved label recommendations and will only be used on Mars Sandhills Golf Course property.

The public may send written submissions within 15 days of the publication of this notice to the department below:

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



**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 x 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. 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



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**BIRTHDAY**



**Happy 80th Birthday!**

Bruce was born in St. Boniface, farming in St. Ouens, growing up in Selkirk, raising his family in St. Clements, now relaxing in St. Andrews.

-With love from Mom, Jennifer and Rick, Jason, all the grandkids, and great grandkids!

**ANNOUNCEMENT**

**HEAVENLY BIRTHDAY**



**Happy Heavenly Birthday Dad  
Lawrence Lee Smith Sr.**

February 21, 1960 - June 13, 2022

Even though you're gone, memories of you singing, laughing, smiling will forever live on.

*"All along Eveline Street, they talk about him still today..."*

-Love your kids, Linda, Amanda, Lacey and Lawrence Jr.

**ANNOUNCEMENT**

**IN MEMORIAM**



**Andrew Bosko**

August 7, 1929 - February 15, 2020

*Our Father's Garden*

- Author Unknown

Our Father kept a garden,

Garden of the heart;

He planted all the good things,

That gave our lives their start.

He turned us to the sunshine,

And encouraged us to dream:

Fostering and nurturing,

The seeds of self-esteem.

And when the winds and rain came,

He protected us enough;

But not too much because he knew,

We would stand up strong and tough.

His constant good example,

Always taught us right from wrong;

Markers for our pathway,

That will last a lifetime long.

We are our Father's garden,

We are his legacy.

Thank you Dad, we love you.

- Julia and family

**ANNOUNCEMENT**

**ANNIVERSARY**



**Sue and Al Stutsky  
Happy 50th Wedding Anniversary  
on February 9!**

Cheers to many more years of love and happiness.

-With love, from your family xoxo

**ANNOUNCEMENT**

**BIRTHDAY**



**Esther Cherniak**

Happy 90th Birthday  
90 years of wisdom,  
love and grace - you truly  
are an inspiration and  
blessing to us!

-We love you so much,  
your children and grandchildren

**ANNOUNCEMENT**

**IN MEMORIAM**



**Ron Law**

November 14, 1953 - February 20, 2022  
Silent thoughts of times together  
Hold memories that will last forever.

-Kim and family xo

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# Announcements



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## OBITUARY

### Mary Sinclair

Peacefully with her family by her side, Mary Sinclair passed away on February 9th, 2024 at St. Boniface Hospital at the age of 80.

Mary was predeceased by her husband Dell, parents Alex and Rose, and brother Henry Rubiletz. Left to cherish her memory are her daughters Cheryl and Karen (David), and her siblings Victor, Edward, Julia, Christine, Bella and their families.

Born in a small town in rural Saskatchewan, Mary was raised on a farm and grew up there before moving to Winnipeg. Mary worked many jobs in Manitoba including time at Nutty Club and The Winnipeg Airport. After settling in the family home in Lockport, MB Mary started working at The Met in Selkirk before finishing her career as a Health Care Aide for the Interlake Regional Health Authority.

Mary enjoyed gardening, baking, spending time with her friends in the Riverside Plaza social club, and spending time with her daughters. Mom loved to watch sports, especially her favourite teams the Winnipeg Jets and the Saskatchewan Roughriders.

As per Mary's wishes, cremation has taken place and there will not be a formal service. Interment will take place at a later date.

The family wishes to thank the nursing and support staff at the Grace Hospital ICU and the ICMS at St. Boniface Hospital

We love you and we miss you Mom, until we meet again. Go Jets Go.

In lieu of flowers, donations may be made in her memory to an animal welfare agency, or to a charity of your choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Frederick Glen Mabee

September 22, 1945 – February 9, 2024

With great sadness, we share the passing of Frederick (Rick) Mabee.

He is survived by his wife Karen of 52 years; son Patrick; daughter Kerry (Johan) and grandsons Mason, Arlo and Ronan; his siblings Wayne (Char), Ella (Frank), Bob (Lois), Larry (Jean) as well as his nieces and nephews; sister-in-law Lorraine; brother-in-law Bud and his many good friends.

Rick enjoyed a career as a welder that took him to France and Canada's Arctic where he worked on the oil rigs. A highlight of his career was travelling through the Northwest Passage on an Icebreaker. He was also involved in the restoration of the Golden Boy in 2002. He was an avid curler and volunteer with the Selkirk Curling Club.



He loved his family, especially time with his grandsons. There were many hours spent in his workshop with good friends.

He will be missed and each of us hold special memories in our hearts. We miss and love you, Papa.

A celebration of his life will be held at his home on Saturday, February 24th between 1-4:00 p.m. All family and friends are welcome to share memories.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### John Johnson

Peacefully with his family by his side, John passed away February 7, 2024.

John is survived by his wife of 25 years, Jacqueline; daughter Lani (Theo), son Lonnie (Holly) and stepchildren Morgan Zacharias and Sean Thiessen; grandchildren Skylar, Austin, Tyler, Natalia, Trenton, Natasha and great-grandchildren Aubrielle, Axtyn and Violet; brother-in-law Donald Caldwell and numerous nieces and nephews. Predeceased by wife Lillian (Caldwell), mother Lillian, father Elof and stepfather Ernest.

John was raised in Chatfield, Manitoba with his three brothers Ron (Carol), Wayne (Colleen) and Lloyd (Elaine); three sisters Mary (Doug), Carol (Wayne) and Betty.

Growing up on the family farm is where he acquired his great passion for raising cattle. He started part time raising cattle while working at Canada Packers for 19 years and then finally went full time raising cattle where he built a reputation for quality cattle. Even while fighting his illness, he was still out farming for as long as he was able, it was so much a part of him. He also drove a school bus for 13 years, which he enjoyed. John was like a kid magnet, there wasn't a kid that didn't like him. It wasn't only children but anyone who met him. He always had a smile on his face, even when he wasn't smiling, he still looked like he was smiling. John made many, many friends throughout his life that are still friends now. He was a very social person and loved nothing better than to have people come for a visit and sit around the kitchen table talking and laughing. He will be fondly remembered by all those that knew him. John's loved ones will be lost without him.

A celebration of John's life will be held on Thursday, February 15, 2024 at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB. The service will be livestreamed and a link will be available on his obituary at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### John (Warren) Flynn

John (Warren) Flynn passed peacefully on February 4th, 2024 at the Red River Place Care Home. Warren Flynn aged 84 years, of Selkirk, MB was born in Selkirk on June 22nd, 1939.

Warren was predeceased by his mother Margaret and father John (Jim). Also predeceased by older brothers Donald and Douglas. He is survived by both Donald's and Douglas's extended families. Warren is also survived by his closest dear friend and caregiver of many years, Marilyn Mayo and her spouse, Eric Schafer.



During school in Selkirk, Warren joined the Cadet Program where he learned many skills that would prepare him for an exciting 30 year long career with the Canadian Armed Forces. Warren spoke of the many exciting places and military training exercises while he was stationed in the Forces. He spent time training in many countries other than Canada and the US, such as countries in Europe and Scandanavia. He was trained as a Para-Trooper and Tank Munitions Expert. Warren often called himself a "Pathfinder" as it was his responsibility to navigate his Troops through battle to predetermined locations. He spoke often of the great people he met along the way. Although his career in the military happened during the "Cold War", he was always training and preparing for war. Warren did however see combat in Cyprus, as he was deployed there for a peace keeping mission. Warren was well trained, prepared and ready to fight for freedom at any moment along the way.

Following retirement from the Armed Forces, Warren was employed at numerous locations in Winnipeg as a security guard. He also spent many years as a guard at Lower Fort Garry. Warren mentioned numerous times that he really enjoyed working at the Fort.

Warren was well known around Selkirk as the gentleman who had a team of beautiful Husky dogs. He would often hook the many dogs up to a winter sleigh and mush his dog team up and down the Red River. Warren often spoke of his dog team, missing the many journeys he and they would do together.

Later in his retirement, Warren also travelled to numerous winter destinations such as Mexico, Cuba, Dominican Republic, Mesa AZ, California and Texas. If he wasn't travelling in his motor home, he would be on a flight to these destinations, always with his beloved pet dog Trixie.

Because of Warren's extended time in the military, he sustained extensive hearing damage. Communication with others was always difficult for him and he often seemed withdrawn, alone and not participating. His hearing loss was a curse for him. But Warren was kind, wise, intelligent, articulate, experienced and well-travelled. His many wonderful stories will be truly missed.

Thanks are extended to the many wonderful people who helped care for Warren at Woodland Courts and then later at Red River Place (both in Selkirk).

As per Warren's wishes, cremation has taken place and there will not be a formal service. Interment will take place at a later date.

In lieu of flowers, donations may be made in his memory to the Winnipeg Humane Society, or to a charity of your choice.

"When I die, bury my faults and prejudices with me. If you love me, say something kind to the ones that are left, that way I will live forever". Warren.

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

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## 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 of us 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.



Glen Lawn Funeral Home and Cemetery

## OBITUARY



**Josef Raymond Hokanson**

Josef Raymond Hokanson age 44, passed away at his home on February 3rd, 2024 from Lupus complications.

Joe is survived by his mother Wendy, brothers John (Nicole), James (Donna) and Corr as well as many nieces and nephews.

He was predeceased by his father John in 2019.

Joe was happiest when he was creating. Recently he created music and film. With his many other skills he built a smoke shack that turned into his summer cottage and he repaired anything at home that needed repairing. He was especially proud of the cart he made for the lawn tractor. His family loved him more than he knew.

A celebration of life will be held on Saturday, February 17, 2024 at 11:00 a.m. at Gilbert Funeral Home, Selkirk, followed by a reception. Flowers gratefully declined. Cremation will take place.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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

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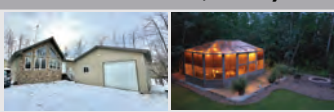
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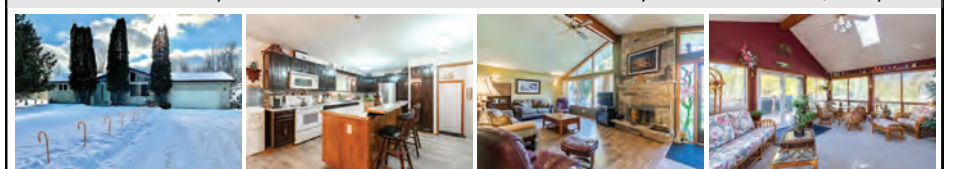
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