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THURSDAY, NOVEMBER 23, 2023

VOLUME 14 EDITION 47

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RECORD PHOTO BY BRETT MITCHELL

There was a lot to be happy about on Friday night with the RCMP, Big Hearts Christmas Hamper Drive and Santa in front of the Coke Truck at Safeway. Pictured: Community Policing Officer Paul Human having a biggest smile contest with Gwen Griffiths. Gwen's pearly whites take it. Learn more about the Big Hearts Hamper Drive inside.

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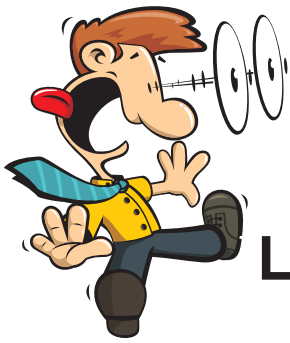
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Keeping your house and family safe this holiday season

'Twas the month before Christmas and all through the house caution should be used and fire safety accounted for

By Katelyn Boulanger

Holiday lights go up, fireplaces are lit, kitchens get used to their full capacity and furnaces work overtime this time of year meaning that it's a great time to give your home a once over to make sure you're practising the best fire prevention possible. To get the best advice straight from our local experts, the *Selkirk Record* caught up with former Selkirk Fire Chief Ted Wozny who gave the below tips to keep in mind.

Don't let your tree be tarnished with ashes and soot

Whether they are real trees or artificial Wozny says that placement and care need to be taken.

"Real trees burn quickly and must be checked by adults and be watered regularly so they don't dry out. Don't keep trees for more than a few days or weeks after Christmas. They get very dangerous. Many people are using artificial trees now, but they also can be dangerous. Place the tree in a sturdy non-tip stand, always away from fireplaces or any heat source, and never in the way of exit areas," said Wozny.

He also says that people should go over their holiday lights before they go on the trees to make sure that there are no cracks and though it may seem like it's reducing a tripping hazard, putting extension cords under carpets can cause them to melt and cause a fire in the right circumstances.

Dash away all of the candles when not in use

Wozny says that candles should never be left unattended.

"Always unplug all decoration lights before leaving home or going to bed. Consider using battery operated candles, which look very good, almost like real ones," he said.

Wozny related a story where a family left a candle out and unattended and their cat accidentally knocked it over. Luckily the family was able to put the fire out quickly in that circumstance. Decorations with electronic pieces can also create a hazard if they get too hot or malfunction and so they should also be monitored.

Holiday lights should be hung with care

Wozny's advice for hanging Christmas lights using nails and staples is "Don't use them."

"You can put that staple right across [the cord], and it becomes a filament," said Wozny.

This damages your cords for the coming years but also creates a space for heat or a spark to potentially come from and is not worth the risk.

He also reminds people to not just use an inside extension cord but to get proper cords for their lights that are safe to use outside.

Go straight to work making sure your family's heads are filled with fire safety basics

Continued on page 5

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BIG DOLLAR

Big Hearts Hamper Drive ready to help people again this year

Selkirk hamper drive gearing up for 2023 season of helping people in need

By Katelyn Boulanger

Residents should look through their pantries and plan their grocery shopping now in preparation to donate to those in need this year. Big Hearts Hamper Drive is once again collecting to make the holidays special for those in need in our community.

"The reason the whole thing started was because they stopped the [previous] pro-

gram in Selkirk and I didn't want that to happen. So, we decided to start up our own, and this is the sixth year now. It's grown to be something that really helps the community," said Big Hearts Hamper Drive Founder Kevin Christianson.

The program will be supplying hampers to more than 400 families that need a helping hand this holiday season which Christianson says only

helps a portion of the total families that are living below the poverty line in our community.

"I feel as though especially now with the economy in such a state where it's tough to be able to go to a store and even buy a case of soup. I remember, when I was younger, you could go and get a case of

Continued on page 6



RECORD PHOTO BY KATELYN BOULANGER
Kevin Christianson accepting donations last weekend outside of the Safeway in Selkirk.

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> FIRE SAFETY, FROM PG, 3

With all of the seasonal decorations in place, the flow within your house may be changed. Wozny says that those changes can mean there is a need to talk through the basics of fire safety to make sure everyone is on the same page.

"Make sure all exits are clear and no Christmas trees or decorations are in your exit path. Parents, please discuss fire safety with your children [and go over your escape plans so] that everyone knows the outside meeting location so that parents know everyone's out," said Wozny.

The holiday season is a great time to have conversations about fire safety with your family so that everyone can have a safe holiday season.

Also, with the time change taking

place a few weeks ago residents are reminded to change the batteries in their smoke and carbon monoxide detectors.

"ALWAYS UNPLUG ALL DECORATION LIGHTS BEFORE LEAVING HOME OR GOING TO BED. CONSIDER USING BATTERY OPERATED CANDLES, WHICH LOOK VERY GOOD, ALMOST LIKE REAL ONES," SAID WOZNY.

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> BIG HEARTS HAMPERS, FROM PG. 4

soup for four bucks and now it's \$15 for 12 cans. Things have gotten exponentially more expensive than they were and people's wages haven't gone up to match. It's one of those things. There are a lot of people who just cannot keep up with the bills anymore and to me, this is truly needed

otherwise, there'd be a bunch of kids sitting there by the Christmas tree at Christmas with not a whole lot going on," said Christianson.

Big Hearts provides all of the meal items needed in order for families to focus on togetherness while they celebrate the season. There are items for

breakfast, lunch, and supper meals as well as presents for all members of the family including parents.

They provide many hampers to people in the City of Selkirk but also have hampers going out to Lockport, Petersfield, and Clondeboye.

"Every year we're learning from the previous year, and we're adding things that are making things easier

for the volunteers, and easier for the people to come pick up their hampers. This year, for example, we've got the Agricultural Building in Selkirk Park as our headquarters," said Christianson.

In previous years, Harvester Outdoors in Selkirk generously provided

Continued on page 7

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> BIG HEARTS HAMPERS, FROM PG.6

the space for Big Hearts to store items and put hampers together and while Christianson said he has greatly appreciated their help over the first five years, he's glad to not have pallets of food in their way.

This year there are many local businesses that will be accepting donations for Big Hearts Hamper Drive and they were also collecting outside of Safeway beside the Coke Truck last weekend.

Home Hardware in Selkirk in addition to accepting donated items will be accepting financial donations which go a long way to filling the gaps in the hamper program's list of needs. Some needed items include:

- Pancake Mix
- Syrup
- Stuffing
- Sugar
- Cereal
- Canned Meats
- Cranberry Sauce
- Pasta Sauce
- Children's Toys
- Pasta
- Desserts
- Gravy
- Coffee
- Corn
- Beans
- Peanut Butter
- Rice

In addition to accepting donations,

Home Hardware is hosting a draw for a beautiful rocking horse which will support the hamper program.

"We are pleased to have contributed to this great cause. Recognizing the escalating costs, particularly during the holiday season, we anticipate an increased demand for assistance within the community. While we have collaborated in previous years, our commitment has deepened in the current year, and we are enthusiastic about our expanded role during this season," said Wendy Merger of Selkirk Home Hardware.

The last day that Big Hearts is accepting donations will be Dec. 10 as hampers will need to be assembled after that date so that they make it out of the door before Christmas.

Christianson says that they have welcomed many volunteers to help assemble hampers this year but that if there is anyone who would be open to delivering hampers, they would be very appreciated. If you would like to help with deliveries contact him at bigheartshamper@gmail.com.

"There is no better feeling than helping someone in need. This is the best time of the year, as far as I'm concerned when you can go and really make an impact on someone's life," said Christianson.



RECORD PHOTO BRETT MITCHELL

Santa and the Coke Truck were at the event taking photos and encouraging donations. Pictured: Clara and Brielle with Santa.

Assiniboine Practical Nursing Dean recognized for leadership by Interlake-Eastern RHA

by Staff

The Interlake-Eastern Regional Health Authority (IERHA) has recognized Assiniboine Community College's Dean of Nursing, Suzanne Nicolas, with a Community Leadership Award.

In 2018, Nicolas became a member of the college and has since played a crucial role in leading Assiniboine's Practical Nursing program. She played a key role in establishing the School of Nursing at Assiniboine and has successfully overseen the growth of Practical Nursing programs throughout Manitoba.

"It is a tremendous honour to be recognized for this award. I think it speaks to how important nursing is to our province, and how Assiniboine continues to be a provincial leader in delivering nursing education," says Suzanne Nicolas, Dean of Nursing at Assiniboine. "Our graduates are serving the communities they live in; they are having an impact on the health of their region and are committed to good healthcare outcomes in Manitoba. This award reflects all those ef-

forts and I'm honoured to celebrate that."

By recognizing the need for education and training close to home, Assiniboine's Practical Nursing program has been a key support in Interlake-Eastern Regional Health Authority's approach to meeting their needs. Most recently, Assiniboine hosted a rural rotating Practical Nursing site in Arborg, with intakes in January 2021 and September 2022. The Interlake-Eastern RHA was able to hire 16 graduates from the first intake, with more set to enter the nursing field as they graduate from the second intake this spring.

"Since 2010, Assiniboine has offered the Licensed Practical Nursing program more than 10 times in the Interlake-Eastern region in Ashern, Selkirk, Pine Falls and Arborg," says IERHA CEO, Marion Ellis. "This award recognizes Suzanne Nicolas for her commitment to providing locally accessible education opportunities within the region."

The college offers Practical Nursing programs in various locations, including Brandon, Winnipeg, Dauphin, and Portage la Prairie.

In addition, it also rotates its programs in rural areas throughout the province.

Upcoming rural sites will be hosted in Beausejour, Morden, Otterburne, Virden and Neepawa. Applications are open for all rural sites as well as Brandon and Winnipeg for January and September 2024 and some January 2025 intakes.

To learn more, visit assiniboine.net/nursing for details on intake dates, locations, and the application process.


The need for Assiniboine nursing graduates continues to be high; 100 per cent of practical nursing graduates surveyed from the 2021-22 academic year said they had jobs, making on average more than \$57,000 a year.

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Regional Health Authority bolsters staffing across Interlake

New hires to combat emergency department closures

By Becca Myskiw

As emergency departments in the Interlake-Eastern Regional Health Authority (IERHA) remain understaffed, they continue to be closed.

For the first two weeks of November, only two of IERHA's 10 hospitals had their emergency department open 24 hours a day, seven days a week: the Gimli Community Health Centre-Johnson Memorial Hospital and the Selkirk Regional Health Centre.

From Nov. 1 to 15, Lakeshore General Hospital's emergency department was closed Nov. 9 and 10 and was only available during the day on Nov. 1. E M Crowe Memorial Hospital in Eriksdale had its emergency department open Nov. 6 and 9, while Arborg and District Health Centre was only able to offer emergency services during the day on Nov. 6, 9, and 13.

Stonewall & District Health Centre's emergency department was closed Nov. 3 and 6 and only offered services during the day on Nov. 2, 8, 10, and 15. Pine Falls Health Complex's emergency department was only open on Nov. 15 for the entire day, Pinawa Hospital's was open for half of the two-week period, Beausejour District Hospital was open during the day 13 days of the 15, being closed for one entire day and open for one. Teulon's Hunter Memorial Hospital's emergency department was closed for the entirety of Nov. 1 to 15.

A representative from IERHA attributes the emergency department closures to staffing issues — there simply aren't enough medical professionals working in the region.

"New health care staff members are starting to arrive in Manitoba from the recent Philippines recruitment mission," they said.

In June of this year, the provincial government announced more than 300 healthcare workers from the Philippines accepted jobs in Manitoba. They're expected to take jobs in 31 communities in the province.

IERHA said access to primary care will reduce pressure on the emergency departments in the region — the family medicine physician residency program has seen six graduates since it started in 2019, with most remaining in the region to practice.

"We have been successful in retaining two nurses who worked in the region and who secured further training to become nurse practitioners," said the IERHA representative.

Nurse practitioners diagnose and treat illnesses, order and interpret tests, prescribe medications and perform medical procedures.

IERHA said its new recruits are expanding care delivery into the Eriksdale and Ashern regions, with one more nurse practitioner adding care to the Fisher Branch area in early 2024. IERHA has also created a nurse practitioner float pool that has casual staff to bridge gaps in the primary care sector.

IERHA works closely with education institutions as well, said the representative, and they currently offer the following training opportunities closer to home:

- Health care aide
- Licensed practical nursing

- Medical laboratory assistant
 - Operating room assistant
 - Medical device reprocessing
- IERHA has developed micro-credential health care aide training, which has seen four graduates in Fisher Branch, eight in Seymourville and eight in Selkirk. The health authority said most of these graduates have accepted positions within the region.

"We are investing in hosting learners as part of efforts to recruit and retain staff," said IERHA. "Students have been hosted all over the region to complete practicum training."

As substance use treatment is a rising concern in the province too, IERHA has opened two new medical withdrawal management beds at Lakeshore General Hospital for residents from across IERHA to access. There, people can receive treatment from a physician, nurse, addiction nurse, social worker, peer counsellor and an Indigenous elder or knowledge keeper for the first time, allowing people to heal physically and traditionally.

The addition of 12 beds at Lakeshore General Hospital is progressing along with the addition of seven beds in their emergency department. That will give the hospital a total of 26 beds and 13 treatment sites. It's expected they'll be available in 2025.

At Selkirk Regional Health Centre, a 30 inpatient bed unit is being constructed along with the addition of three new emergency department treatment spots, making for a total of 17. These new areas should also be done in 2025.

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Lead Me, Guide Me to the Elvis Xmas Gospel Concert

Lily Pad Cruisers bring the King back to serenade Selkirk this holiday season

By Katelyn Boulanger

There will likely be some crying in the chapel on Dec. 9 when the Lily Pad Cruisers bring Elvis tribute artist Daylin James of Thunder Bay back to town to perform at the Selkirk Community Church.

James regularly performs at the annual Burgers to Beat MS event which is a collaborative effort between our local Selkirk A&W and Lily Pad Cruisers proceeds of which support MS research but this holiday season the Cruisers have brought him back to help them raise funds which will support their other community efforts.

"You don't have to be an Elvis fan and you don't have to like gospel. You just want to listen to this man sing. It is unbelievable. It's like nothing else," said Marcel Lemire, president of the Lily Pad Cruisers.

The concert will be a matinee performance by James who is nationally recognized in the Elvis tribute scene having taken home wins at the Canadian National and International Elvis Tribute Artist Grand Championship in Collingwood, Ont. Particularly poignant to this event is his 2011 win which he took home after performing gospel classics.

"We do a three-hour show. We do two sets [with an intermission]. We're looking at performing from 1 to 4 p.m.," said Lemire.

Lemire says that they decided to host this concert because they as a group have a goal of fundraising \$10,000 every year which they donate to their Selkirk and District Community Foundation Fund. This will allow them to provide a scholarship for high school students graduating from Lord Selkirk Regional Comprehensive High School in perpetuity.

The group also makes regular donations to the Our Daily Bread Soup Kitchen, our local palliative care, and always collects Tins for the Bin at every event they host which will include the Elvis Concert.

"The community gives so much to us. We come out looking for donations and stuff to hold our events. [With all the help we receive] it's important for us to give back to the community in whichever way we can," said Lemire.

He also said that residents who may be interested in joining this local car enthusiast group are very welcome to take part.

"We're looking for more members to join, we have 111 but we're always looking for more," said Lemire.



RECORD PHOTOS BY BRETT MITCHELL

Above: The Lily Pad Cruisers recently made a large donation to the Selkirk and District Community Foundation during Giving Week. (Left to right) Dale Hiscock, Pam Seekings, Bev Clegg, and Marcel Lemire. Below: Daylin James performing as Elvis at a Burgers to Beat MS event in Selkirk.



New potential members or people looking for advice are also very welcome to stop by A&W in Selkirk where the group meets on Wednesday evenings.

The concert tickets are being sold for \$20 each and though there are posters throughout Selkirk with information, the easiest way to get a ticket is to call Lemire at 204-485-6899.

He suggests residents call sooner rather than later as tickets have been selling quickly and he doesn't expect any to be available at the door.

"If Mom and Dad could use an early Christmas present, here's an early Christmas present, go to the concert. Get a hold of one of us. We'll be glad to sell them a ticket. Absolutely! We want to see it sold out," said Lemire.

The Selkirk Record
 217 Clandeboye Ave., Selkirk
 Proof Deadline **Fridays at 4 p.m.**
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 Office Hours: Monday-Friday 9:30-5:00

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Plenty of new talent to see at Gwen Fox Gallery all members show

Carroll Henderson, Joyce Reid, and Roberta Vyse talk art and local gallery

By Katelyn Boulanger

The Gwen Fox Gallery is wrapping up its year with an expanded selection of offerings in their gift shop and a wide variety of wonderful local talented artists showing at their all members show. Don't miss a chance to see works in an amazing array of differing mediums adorning every wall, table, and plinth until the end of the season.

Three of the gallery's newer artists that are taking part in the show are Carroll Henderson, Joyce Reid, and Roberta Vyse who agreed to share a little bit about their work.

Carroll Henderson

Henderson has two wonderful watercolour paintings in the gallery this month.

"[My art is] just everyday things. It's realistic but I'm not into abstract or realism," she said.

One of her pieces is a landscape where attention is drawn to logs in the foreground. The other is a floral piece with bright happy colours.

She says that she's very inspired by flowers because of their colours along with birds and nature.

"I started out just sketching and drawing when I was about 12 years old and then a while later, I started with the colours," said Henderson.

Her art really took off after she retired as she had taken a pause from her practice to raise a family.

"I got a chance to go to some art classes and so I got back into that. I was fortunate enough to even be able to go to Dauphin for weekend courses because I had family to stay with. So that really got me back into it. We'd go there Friday night, Saturday and then part of Sunday, so, we were really immersed in," she said.

She is a St. Andrews artist now and grew up in our area but spent time in the Swan River area as well.

Henderson is a newer artist to the Gwen Fox Gallery having joined about a month ago. She originally learned about it as the gallery was recommended to her for their art classes but she decided to participate in the all members show as well.

Her advice to people wanting to pick up a pencil or paintbrush is to give it a try.

"Don't compare yourself to anyone else. I have a problem with that. I look around because other artists are so good. But we shouldn't think like that. Just do it because you'd love to do it," said Henderson.

She invites people to come to the gallery and have a look around.

"I definitely think they should come because we're not really aware of all of the talent that we've got around us and coming to something like this is your eye-opener, and it's a pleasurable one," said Henderson.



RECORD PHOTOS BY KATELYN BOULANGER

Carroll Henderson.



RECORD PHOTOS BY KATELYN BOULANGER

Joyce Reid.

Continued on page 11

> **GWEN FOX GALLERY, FROM PG. 10**

Joyce Reid

Joyce Reid is a talented mixed-media painter. This month at the gallery she has one abstract style piece and one piece that is reminiscent of the famous Manet piece A Bar at the Folies-Bergère.

"My artwork is eclectic. I can paint anything, anywhere, anytime. It's just whatever I like. I look at something, and say 'Oh that would be a great picture.' And then I just paint it. So, it could be anything," said Reid.

She's inspired by the things that come to her but she says she has to really be compelled to create something because of the time and commitment that it takes to create a piece.

Reid says that her art journey started at a very young age.

"I found out that I was an artist when I was between the ages of three and five. This was the 1950s remember and I was standing in our garage and I thought, 'This garage is so bland.' It was just a wood structure with boards. So, I thought, 'Well, I'm

just going to liven it up.' My dad had all these pots of colour. I opened up each one and I painted as much garage as I could with those pots of paint," said Reid.

She came in from the house that day covered head to toe in oil-based paints and her mother sent her straight to the bath for as long as it took to get that paint off of her but that experience was eye-opening for her.

She continued sketching as a child and eventually used her creativity in her career taking a graphics design course at Red River College and continuing to incorporate creativity throughout her life.

Reid comes from north of Gimli and says that she was looking for a place where she could share her work before finding the Gwen Fox Gallery.

She says that the Gwen Fox Gallery has a little something for everyone and encourages them to stop by.

"It's well worth coming here. Because there's something for everybody. If it's a Christmas card, or a \$1,000 painting, there's something

there for you and everybody here is so talented," said Reid.

Roberta Vyse

Vyse is a very methodical painter from Lockport who plans out her colourful and fun acrylic paintings in a way that captures not just the look of a place but its spirit.

This month at the gallery she has a cottage scene as well as a painting depicting the Witch's Hut in Kildonan Park in Winnipeg.

"[My practise is] varied. It's mostly landscapes and some sketches. I use reference pictures like photographs in order to develop a picture. So, I will take several photographs and put them together and come up with a picture. Often, I will have sketches to go with the paintings; often I will sketch them first and then I will paint later. So, when I'm finished, I have a sketch and I have a painting. I'm just beginning, so I'm experimenting with different kinds of things and different ways of painting," said Vyse.

She says that she's inspired by landscapes and hopes in the future to work more in the realm of realism.

"I really would like to be able to do more realistic art. I think I'm at the beginning stages and would like to be able to paint something that looks so real

you can't tell the difference between a painting and a photograph," said Reid.

She says that she found her way to art later in life after initially being discouraged.

"It's sort of sat in the background for a long time. I retired about seven years ago. We had some paintings from a lady in Miami, Manitoba. She did oils and she started painting after she retired. So, I figured maybe I should come back to it. So about a year and a half or two years ago, I started to take art lessons online, and decided I liked it and continued on," said Reid.

Her advice to other artists wanting to give a paintbrush a whirl is to have fun.

"There are very few artists around, at least locally who can actually make a living at art. If you're doing it because you think you're going to be able to sell [everything you make] well, probably not. So just have fun and enjoy it," she said.

She and her husband joined the Gwen Fox Gallery about a year ago and she recommends that, like her family, people in or community come to the beautiful monthly shows.

"From what I've seen before, and what I'm seeing today, there are some amazing artists here. There's a wide range between people who are just starting and people who are very, very gifted. If you like art, then I think this is a natural place to come, just like most art galleries, you can find some really unique pieces," said Reid.



Roberta Vyse.

RECORD PHOTO BY KATELYN BOULANGER

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Happy times at Holiday Alley



RECORD PHOTOS BY KATELYN BOULANGER AND BRETT MITCHELL
People gathered throughout downtown Selkirk last weekend to have some fun at Holiday Alley. The award winning event kicks off the holiday season with a holiday market, downtown street festival, sheep poetry, straw sculpture, caroling, a soup cook-off, and pooch parade.





The Foot Shop owner stepping out after 36 years, but store sticking around

By Patricia Barrett

Selkirk's beloved footwear boutique The Foot Shop will be exchanging owners at the end of this month, but its legacy of providing women with style and comfort at reasonable prices isn't about to change.

Owner Lil Branscombe, who is from Stonewall, is stepping into retirement after 36 years of running the popular store and plans to continue on with the volunteer work she and her husband, Fred, are involved in, as well as catch up with the people she hasn't been able to see a whole lot of while she managed all aspects of the store, from buying, selling and bookkeeping.

"I am definitely going to miss my customers. My husband has been retired for 23 years and we're now going to be able to travel and do things we want to. When you own your own business, you don't get to get away for more than a few weeks," she said. "And you want to leave before you don't enjoy what you do anymore, which I think is the case in any business. I still love what I do. We make a lot of people happy that can't find a particular product."

The Foot Shop stocks high quality shoes, boots, sandals and running shoes at affordable price points from brands that include Rieker, Romika and Clarks. Some are chic, some are serious, some are just plain fun and others are definitely made for walking. The shop also sells handbags.

Customers can expect to be royally pampered when they pop in. Branscombe or her assistant will set out a fitting stool, sit you down and conduct a thorough investigation of everything foot-related. That can range from physiological foot challenges to how women intend to use their footwear and where they intend to use it. If it turns out that an item chosen by the customer halts them in their tracks, there are alternatives. Branscombe said the ultimate goal is to combine what a customer desires with a really good fit, as well as something they can wear more than once.

"I do tell women if a shoe or boot is not right for them because I like to have my customers wearing my products. When you buy something, I need you wearing it not leaving it in your closet," said Branscombe. "Most people coming to our store have a foot issue to some degree, whether it's to do with their arches or they have a bunion or some other issue. We work with them to get the right item. And when they dance out of here happy and excited, we're happy because we've done our job."

The Foot Shop is well known in the

region. Selkirk customers are "very supportive" of the store, said Branscombe, but she also has customers from as far north as Thompson and Churchill, as far west as Vancouver and Calgary and as far east as Ottawa.

"People from the community who've moved away sometimes can't find what they're used to buying. When they come back to Selkirk to visit family or friends, they load up on shoes," she said. "And we listen to what customers want. We're not buying something that won't be comfortable for them. We also evolve with fashion trends, so if a square toe is trending, we will supply some items in that style."

A seamless transition to new ownership – Kelly Lewis from Selkirk's Packers Fashion bought The Foot Shop – is expected with the same quality and price points of the merchandise Branscombe currently sells. But evolution is inevitable.

"Part of our business is to keep up with fashion trends and evolve with them, but at the same time you have to be cognizant of what your particular market is and what people tend to buy. For example, we might not supply something that's a look more suited to Toronto or Montreal but is not for the Prairies," she said.

Branscombe's long-time staff member, Bonnie Melvin, will be providing continuity during the transition to new ownership and she'll also be providing the same level of personalized service that keeps customers "talking about where they got their shoes" and keeps them coming back, said Branscombe.

"Bonnie has been working with me for 21 years and is going to stay on for the next few years until she retires," said Branscombe. "She is very knowledgeable about fitting women with the right footwear and brands and styles."

Branscombe started her footwear business in Stonewall in the 1980s after a 15-year career as a banker for the Royal Bank. She bought a shoe store in Stonewall that came up for sale in 1987 then opened a second location in Selkirk in 1992 before moving to her current location on Manitoba Avenue. She eventually closed her Stonewall store in 2000. Her clientele are primarily women who are 30 years of age and up.

As for where Branscombe plans to buy her shoes after she retires, well, you guessed it.

"I'll be buying them here for sure," she said. "When you have a store, it's like your baby. You nurture it, you grow it and when it comes time to pass it on, you want it to go to some-



RECORD PHOTOS BY PATRICIA BARRETT

After 36 years of selling high quality, fashionable footwear, Lil Branscombe of Selkirk's The Foot Shop is retiring and passing on her business to the owner of Packers Fashion.



The Foot Shop evolves with fashion every year. This dress boot with a small square heel wasn't trending last year, but it is this year.

body who will take good care of it. Kelly [of Packers Fashion] knows the fashion industry and Bonnie, who is so good, is staying on in the shop to share her knowledge and expertise."

Branscombe is holding a seven-day Black Friday sales event from Nov. 20-26 before she officially retires on Nov. 30.

The Foot Shop is located at 305 Manitoba Ave, next to Packers Fashion on Main Street. Call (204) 482-5536.



Some footwear incorporates fibreglass into the soles for enhanced grip on snow and ice.

City commended for prompt, professional tree removal

Submitted by the City of Selkirk

The city's Urban Forestry and Naturalization division is involved in all phases of tree life, from planting new trees to dealing with others at the end of their life.

The city's Street Tree Policy states that street trees will not be removed without just cause. It also states that structurally damaged trees posing a threat to public safety require emergency removal.

Two recent emergency situations in which trees needed to be removed as a matter of public safety have shone a light on the skill and efficiency of the city's Urban Forestry and Naturalization staff.

Long-time resident Linda Rosser saw how a lightning strike one July evening destroyed a tree in Little Lake Park in literally the blink of an eye. Concerned for the safety of children who would be in the park in the coming days, she contacted the city the next morning to tell them the splintered and fallen tree posed a danger.

"They came so fast," Rosser said, noting an eight-person crew showed up in less than an hour.

Mihali Schindle, Urban Forestry and Naturalization Coordinator, went to see Rosser and told her the plan to remove the tree and put caution tape around the area until work was completed to

keep people away and safe.

Rosser says the city called her later that day and kept her informed about the schedule for removal, telling her work would begin first thing the next morning. It did, and later that day all signs of the tree were gone.

Rosser was impressed with the city's performance that day and continues to be.

"If the workers are in the area and see me they stop and say hi and that's really nice," she said.

"I was impressed with what the city did that day and they continue to impress me."

Gord Henrikson called the city in October to let staff know an evergreen on the boulevard near his home was dead and a potential danger to passersby.

In this case, removal was contracted out and the tree removed quickly and professionally, prompting Henrikson to reach out and commend the city.

In an email to the city he wrote:

"I just wanted to follow up with you and thank you and the city for the great job you did with the tree remov-

al by our house," Henrikson wrote.

"The tree service showed up and the two employees were very professional and pleasant to deal with. They did excellent work and the cleanup was great and they should be commended for their work.

"The other morning, I noticed that the tree stump had already been ground down and cleaned up, as well. Again, the work and clean up was so good, I didn't even notice it the day that it happened! Thank you again, this was a great experience all around! Great work!"

Selkirk CAO, Duane Nicol, says that

active management of the city's urban forestry is a new program that has been created as a result of the city's award-winning Climate Change Adaptation Strategy.

"The strategy identified the creation of an Urban Forestry program as a top priority, and over the last three years we have done the work to get the program created. Internally, we are very proud of the work that Mihali and the whole team have done. It's exciting to see that citizens are recognizing the benefits of this new program as well,"

Continued on page 28

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The Interlake Eastern Health Foundation (IEHF) fosters meaningful relationships and leads initiatives that support great care, close to home. We believe in the essence of community - taking care of each other.

By Lana Meier

Lallemand Plant Care is pleased to unveil the specifics of the 2024 Hometown Roots Contest, with an even simpler entry process. Just capture a photo for a shot at supporting your community through a generous \$5,000 contribution from Lallemand.

"We are thrilled to bring the Hometown Roots Contest back to Canada for a third year, and we can't wait to see all of the amazing submissions," said Anne Favre, Strategic Marketing Director - USA & Canada, Lallemand Plant Care. "Being a family-owned company, this contest is a way for us to continue to support our communities."

Entering the contest is easy: Take a photo that you feel celebrates agriculture and your community. Upload it at www.lallemandhometownroots.com and include a brief summary of how the photo represents what makes your community or farm special. You can submit one photo per week, and no purchase of any kind is necessary to enter or win.

The contest will run from November 13, 2023 to July 31, 2024. Three prizes will be awarded, each comprising of a \$5,000 cheque that can be donated to a local community organization or charity chosen by the winner. One prize of \$5,000 will be given to a winner from Alberta, Manitoba, and Saskatchewan, respectively.

Over the course of three consecutive years, Lallemand has recognized 11 growers in Canada and the U.S. through the Hometown Roots Contest, resulting in a total donation of \$55,000 to support their respective communities.

For more information and full contest rules, visit www.lallemandhometownroots.com

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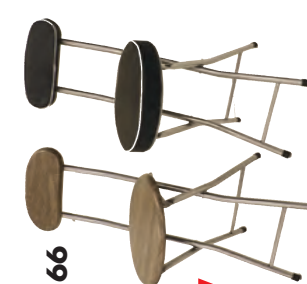
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WHILE QUANTITIES LAST, NO RAINCHEQUES

366 Main St. Selkirk

get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Grapefruit Avocado Bruschetta

Servings: 3
 1 cup Florida Grapefruit sections
 1 baguette, sliced on bias
 2-3 whole garlic cloves, peeled and halved
 3-4 ripe Roma tomatoes, seeded and chopped
 1 large avocado, chopped
 1/2 small red onion, chopped
 1/4 cup chopped cilantro
 2 tablespoons olive oil
 salt, to taste
 pepper, to taste
 Florida Grapefruit segments, for garnish (optional)
 cilantro sprigs, for garnish (optional)

Preheat oven to 350 F. Chop grapefruit.
 Place baguette slices on baking sheet and toast 5-7 minutes, or until golden brown.
 Rub toasted sides of bread with cut sides of garlic cloves; reserve.
 In medium bowl, combine tomatoes, grapefruit, avocado, red onion, cilantro and olive oil; season with salt and pepper, to taste. Toss gently to combine.
 Spoon grapefruit mixture over prepared bruschetta.
 Garnish with fresh grapefruit segments and cilantro, if desired.

Signs you may have nutritional deficiencies

By Julie Germaine Coram, Pro Trainer Julie Germaine Coram

Do any of these symptoms sound familiar to you: muscle pain, weakness, tingling in your hands or feet, chronic fatigue, or even heart palpitations? You may not even realize that these could all be related to a nutritional deficiencies, easily corrected by improving your diet in the right area.

It's cold and flu season, so feeling under the weather is certainly not uncommon, but if the flu-ish feelings are frequent and paired with deep body aches, then (essential) vitamin D, which plays a key role in immunity and bone health, could be deficient in your system. Perhaps this is the excuse you need to book that winter vacation (vitamin D comes from sun exposure), but if travel isn't in the budget then adding fortified cereals and dairy products is recommended, along with eating fatty fish 2-3 servings each week.

Cramps coupled with other issues such as dental problems, slow wound healing and splitting hair or nails could indicate more vitamin C and calcium are necessary in your diet. Vitamin D compliments uptake of calcium (see how everything works together in harmony?), so add some fruit to your breakfast, and pair your salmon with a red peppers and broccoli medley for optimal results.

Surprisingly, magnesium deficiency can show as heart palpitations, weakness or tiredness, and is involved in hundreds of your body's muscle and nerve functions, so it's extremely important to combat this common worldwide health issue. You may be at risk if you consume excessive amounts of alcohol, take certain medications, have a diet low in leafy greens, whole grains, seeds or nuts. Magnesium supplements are a good, easy option without having to make drastic, immediate changes to your lifestyle.

If you are a vegetarian or vegan suffering from tingling extremities or exhaustion, then replacing



Fitness and Nutrition expert Julie Germaine Coram

some of your plant-based alternatives for ones fortified with vitamin B12 may help. Memory issues and digestive concerns are other possible symptoms of this deficiency.

Making notes about how you feel each day can help when it comes to changing nutritional habits. You can pinpoint your personal issues by recording the foods you've eaten over the week and see if the changes you implement make an impact in how you feel. If this sounds like a lot of work, lean on a professional! I help my clients chart their foods and create diet plans that allow them to eat the things they enjoy while feeling their very best. Don't hesitate to reach out to enjoy my end-of-year promotions! Email julie@juliegermaine.fit

Of course, your symptoms could be related to a more serious condition, so it is always best to see your doctor before making any major changes to your diet, and to ensure you don't miss a more serious illness in the early stages.

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 or www.calendly.com/juliegermaine

Grapefruit Paloma



Servings: 4
 24 ounces Florida Grapefruit Juice
 16 ounces silver tequila
 16 ounces seltzer
 ice
 margarita salt (optional)
 4 Florida Grapefruit wedges (optional)

In large pitcher, mix grapefruit juice, tequila and seltzer with ice.

Rim four glasses with margarita salt, if desired.

Divide paloma among glasses; garnish with grapefruit wedges, if desired.

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Selkirk grad releases debut jazz, classical album

Jazzing it up with Jesse Dietschi

By Kaitlin Vitt

Jesse Dietschi, a big-city musician with small-town roots, has released his debut album, which features his own modern jazz and classical compositions.

"We like to think of things as being categorized in kind of one group or another, and usually, the reality is that most art falls somewhere in between two or more things," said bassist Dietschi, 36, who lives in Toronto.

Dietschi, who graduated from the Lord Selkirk Regional Comprehensive Secondary School in 2005, put out his album *Gradient* in October.

"The music on this album lands on a sliding scale — or a gradient — in between these two musical styles, being modern jazz ... and chamber music," Dietschi said. "Some of the songs are pretty firmly on one side or the other, but for the most part, they land somewhere in between, and many times they will change where they are on that gradient as the piece progresses."

He says "Lake Effect" and "Canmore" are particularly good examples of songs that feature both styles.

"Now I'm at a point where I feel like I can do a lot of things in both of those styles," Dietschi said. "They're very different, but they both appeal to the same kinds of sensibilities within me in terms of showcasing this instrument, what it can do, what it can sound like and pushing me and expanding my own boundaries as an artist."

The first instrument Dietschi played was the violin, but that's not the instrument that led him on his current path.

"I almost don't count that because I hated it so much," he said with a laugh.

Around Grade 7, he started playing guitar, transitioned to the electric bass so he could play with the jazz band at Lockport School, then took up upright bass while at the Comp.

He was about 16 when he started to consider music as a career.

"I have a memory of attending my first professional jam session during the Winnipeg International Jazz Festival, and it was one of these things that started at probably 12:30 at night," Dietschi said. "It was a jam session that featured all these artists from the festival who were there, and so I sat and listened, and then I knew enough of the musicians that they brought me up to play a song, and to be honest, I don't really remember much of

what happened while I was playing because I think I kind of blacked out a little bit. But at the end of it, everyone seemed really excited and gave me tons and tons of positive feedback. And I remember kind of the rush, the high that I got from that, and there was really no looking back from that point. It was really clear: this is what I'm going to do."

After graduating high school, Dietschi continued his study of music at Brandon University, the University of Toronto and the Royal Conservatory of Music's Glenn Gould School.

"I love the energy. I love the creative freedom that comes with improvising. The sounds and textures that they used in modern jazz composition all really appealed to me. It was very exciting," he said. "Then in the orchestra, I got to experience what my instrument sounds like acoustic without amplification and playing with other similar instruments like cellos and violins and violas and the way that it can blend with them. And it really just opened up this whole other world of subtlety to the kinds of things, the kinds of sounds that I can make with my instrument."

During the pandemic's lockdown, he didn't have any performances, and he had more time to think about how he wanted to shape his career.

"I really had very little presence online because so much of my artistic activity revolved around live performance," he said. "As soon as those activities stopped [during the lockdown], there was kind of nothing, and I struggled with that a fair bit. But having that time did allow me to start to take some of the necessary steps to be able to make this recording happen."

In addition to playing with the Jesse Dietschi Trio, Dietschi works as a freelance jazz musician and has appeared as a guest musician on recordings by groups such as Headstones, Metric, Nick Maclean Quartet and the Toronto Symphony Orchestra.

"We play on many other people's albums, but it's sort of a different, a different kind of output when it's your own creation, whether it be as a collective with a group of other players or something that is truly your own."

Dietschi said people have commented on the storytelling aspect of *Gradient*. While he tries to leave open what the "plot" is for each song so people can interpret them as they need or want, he does have his own inspira-



RECORD PHOTO SUBMITTED BY BO HUANG

Jesse Dietschi has release his debut jazz, classical album.

tions behind the compositions.

One programmatic piece — that is, a song with a narrative — is "Lake Effect." Since he grew up in Manitoba, Dietschi is quite familiar with winter driving, but when he moved to Ontario, he learned about lake-effect snow. This type of snowfall is created when cold air moves across the warm water of a lake — and because of the size of the Great Lakes, lake-effect snow in Ontario can lead to intense snowfalls that can come out of nowhere.

"I experienced it driving out of a busy downtown rush-hour day in Toronto through ... north of the city where it's kind of Canadian Shield, and then suddenly getting walloped by the snowstorm. That is the only time I've never had to turn around and drive back and not go where I was going to after 24 years of ... living in Manitoba," he said. "I tried to kind of convey that story, the journey from a bustling downtown centre through sort of majestic wilderness into this kind of chaotic weather storm."

Reviews of *Gradient* have comment-

ed on the storytelling aspect and have been positive.

"In terms of composition, multiple doors are open to explore, and there's a hint of nostalgia in this music, akin to the feeling when leaving a place one has particularly enjoyed," wrote Thierry de Clemensat in a review for Paris Move. "There's no doubt that Jesse Dietschi's diverse musical experiences have enriched his approach to musical composition and arrangements, achieving the rare feat of creating music that is densely layered yet remains accessible."

Gradient can be streamed on Spotify, Apple Music, YouTube Music, Amazon Music and most other streaming services and is available for purchase at jessedietschi.bandcamp.com. To stay up to date on Dietschi, including concert dates, visit his website at jessedietschi.com.

Students learn the art of straw sculpting



RECORD PHOTOS SUBMITTED AND BY LIZ TRAN

Junior High students learned the art of straw sculpture making from Vytautas Musteikis, a Lithuanian artist. Last week the students went to the Selkirk Agricultural Building to help make the sculpture that was a feature of Holiday Alley.



> SELKIRK TREE REMOVAL, FROM PG. 15

Nicol said.

While emergency situations do arise, Schindle says the city is continually monitoring its tree inventory and collects basic information including condition assessments on all trees in city parks and on boulevards.

When one is in poor health and posing a potential threat to public safety,

they move quickly to take it down.

Earlier this spring seven trees were removed from the Selkirk Park Campground after assessment showed just that. The trees had significant decay and there was concern that a strong wind could topple them.

In March, a 75-year-plus-old Manitoba Maple in Veterans Memorial

Park also had to be taken down. The city assessed that tree over the course of a year to determine that removal was the best option. In the case of the Manitoba Maple, trunk decay, branch dieback, tree age, wind load on weak branches and environmental factors were the primary concerns.

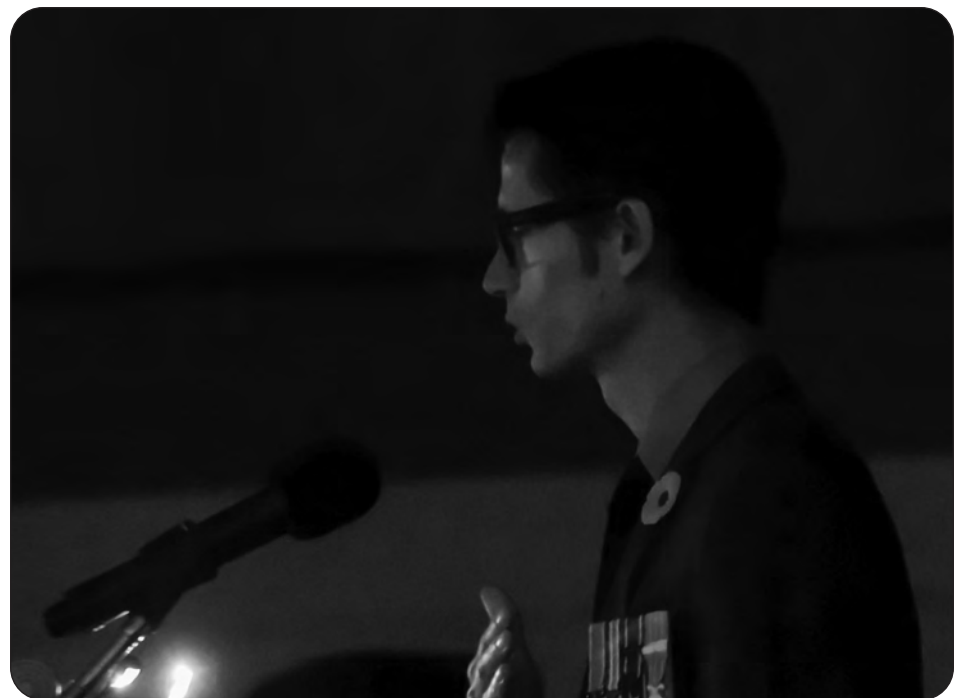
The condition of the tree, likelihood of structural failure, and proximity to park visitors made it a safety concern.

The city doesn't take removing a tree lightly and does all it can to keep older trees in place. The city follows International Society of Arboriculture assessment parameters and methodologies, the national standard for tree care, maintenance and assessments, along with monitoring tree condition over time as part of the city's street tree inventory.

Remembrance Day at the Comp



RECORD PHOTOS SUBMITTED BY LSRCS COURTESY OF TJ BREWER
The students of Lord Selkirk Regional Comprehensive Secondary School commemorated Remembrance Day with a school assembly honouring our veterans.



Pre-cadet training program geared for Indigenous youth

By Jennifer McFee

Indigenous youth have the chance to apply for a specialized RCMP pre-cadet training program and learn about potential career opportunities.

All First Nations, Inuit and Métis youth aged 19 to 29 are invited to apply for the Indigenous Pre-Cadet Training Program.

Through this program, participating Indigenous candidates can experience

a modified three-week RCMP training experience at the Regina-based training academy.

During this training, the participants will learn skills to help them prepare to apply to become a police officer. After the program, they'll receive ongoing support and guidance as they go through the application process.

"It gives Indigenous youth the opportunity to experience a training ses-

sion and a first-hand view of what a possible career in police work might entail," said Cpl. Maureen Greyeyes-Brant, a graduate of the program who is now the national co-ordinator.

Candidates must be Canadian citizens of First Nations, Inuit or Métis descent who have a Canadian high school diploma or equivalent. In order to be considered for the program, they will also need to pass an en-

hanced reliability security check and they must be in good physical condition.

The RCMP will cover the costs for all successful candidates, including their travel, meals and accommodations.

The application deadline is Dec. 5. To learn more, email Brett.Montour@rcmp-grc.gc.ca or Debbie.Beck@rcmp-grc.gc.ca.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

U10 Interlake Ignite ringette team brings home gold

By Lana Meier

The Interlake U10 Ignite ringette team had a busy weekend Nov. 18-19. They started Saturday with a regular league match against the Southwest Fury in Winnipeg. Thanks to Maisie Kett's timely goal in the last second, the game ended in a 6-6 tie.

Later that day, they made their way to Portage la Prairie for the Thunder Ringette Tournament. The first tournament game resulted in a 7 to 4 win including a hat trick by Jaelyn Brookes of Stonewall. The second game, their third game of the day, was a loss that landed them in the Sunday 8 a.m. playoff. The Ignite were strong

against Boni Vital Castenda with an 8 to 2 win which propelled them to the gold medal final. Boni Vital Hiebert was a tough opponent that had previously beaten Ignite in the round robin as well as a pre-season exhibition game. Ignite fought hard and a strong scoring effort by Olivia Cychowski of St. Andrews and a solid backstop at goal by Declan Bush of Selkirk helped bring the gold home in a 10 to 7 victory.

Big thanks to coaches Robbie Cox, Tara Thompson, Cara Surzyshyn, and hard working junior coaches Kaitlyn and Alyssa Vanwart.



RECORD PHOTO BY PAM CYCHOWSKI

Pictured back row: Jane Dufault, Addison Bullen, Isabella Cychowski, Declan Bush, Brielle Cochlan, Ellie Cox, Ellie Thompson; front row, Maya Winchar, Maisie Kett, Jaelyn Brookes, Addison Chaput, Saraphina Schmidt and Olivia Cychowski. Missing from the photo Taya Surzyshyn-Ruud and Karly Penner.

Gators mauled by Mudbugs

By Brian Bowman

The St. Clements Gators were defeated 9-1 at home by the Red River Mudbugs in Hanover Junior Hockey League action last Saturday evening in East Selkirk.

Luke Tyslau scored a third-period goal for St. Clements while Bryson

Loewen (three), Cole Martens (two), Andrew Dyck (two), Xander Dyck, and Gavin Wiens replied for Red River.

The Gators now, 0-7, will play the Macdonald Swarm on Friday at the Sanford Arena. Puck drop is 8:15 p.m.



RECORD PHOTO BY BRETT MITCHELL

The St. Clements Gators were defeated 9-1 by the Red River Mudbugs in an HTJHL game last Saturday at the East Selkirk Arena.

Royals' boys' hockey team wins pair of WHSHL games last week

By Brian Bowman

The Selkirk Royals won a pair of Winnipeg High School Hockey League games last week.

Selkirk defeated the College Stonewall Collegiate Rams 5-4 last Thursday at the Recreation Complex.

Selkirk, which built period leads of 2-0 and 4-2, received goals from Tony Pyner (two), Deacon Kemp (two), and Gaven Berry.

Adam Newcombe, Justin Braid, Gavin Holod, and Evan McMurtry replied for the Rams.

Easton Robertson earned the win in goal.

On Nov. 13, Selkirk blanked the Dakota Lancers 2-0.

Zachary Lemire and Riley Yourchenko scored third-period goals for the Royals while Jonny Enns-Demchuk posted the shut out.

Selkirk, now 9-1 in league play

and in second place in the Platinum Promotions Division, hosted the Westwood Warriors this past Monday but no score was available.

The Royals will play the Sturgeon Heights Huskies this Thursday at the Keith Bodley Arena.

In Manitoba Women's High School Hockey League action, the Selkirk Royals were doubled 4-2 by the Glenlawn Lions on Nov. 14.

Liberty Aime scored for Selkirk in the second period and then Aime tallied again in the third.

Warriors' goals were scored by Delainey Rigaux (three) and Vayda Rigaux.

Selkirk played the River East Kodiaks on Tuesday but no score was available. The Royals will play the Vincent Massey Trojans this Friday at Century Arena. Game time is 4:15 p.m.

Steelers struggle last week with pair of losses

By Brian Bowman

The Selkirk Steelers have had better weeks.

Selkirk lost a pair of games in just four days while getting outscored 10-1.

Last Friday, the Steelers were topped 6-0 by the Nighthawks in Niverville.

Niverville, which scored twice in each period, received goals from Tim Tychonik (two), Connor Thompson, Hayden Stocks, Mason Hartley, and Caden Hagerty.

On Nov. 14, the Steelers lost 4-1 to the Portage Terriers at the Recreation Complex.

Portage snagged a commanding 4-0 lead just 18:13 into the game.

Matthew Biros, Cam Bullinger, Alyandro De Leon, and Tayem Gislason (power play) scored for the Terriers.

Mathieu Moreira answered with a power-play goal in the third period for Selkirk.

Selkirk hosted the Winkler Flyers this past Tuesday but no score was available.

The Steelers (7-12-1-0) will host the Winnipeg Freeze on Friday and Portage Saturday. Both games will start at 7:30 p.m.



RECORD PHOTO BY RAYME THOMSON

The Steelers' Mathieu Moreira scored a power-play goal in the third period in their 4-1 loss against the Portage Terriers on Nov. 14.

Ingram scores game winner



Adam Ingram



RECORD PHOTOS BY ST. CLOUD STATE

Adam Ingram, a West St. Paul product and former Selkirk Steelers' forward, scored the game-winning goal and added an assist in the St. Cloud State men's hockey team's wild 6-5 win over the Minnesota-Duluth Bulldogs last Saturday evening.

Raiders downed by first-place Canucks in OT

By Brian Bowman

The Raiders Jr. Hockey Club were defeated 5-4 in overtime by the first-place St. James Jr. Canucks in Manitoba Major Junior Hockey League action on Sunday afternoon.

The Raiders stormed out to a 3-0 lead just 7:22 into the game on goals from Nate Goodbrandson, Tanner Skrypnyk, and Alex Loschiavo before Lavery Melsted tallied late in the second.

St. James' goals were scored by Tyrone Wilan (two), Rory Neill, Griffin Haight, and Kale Price (overtime winner).

The Canucks scored three power-play goals

in nine opportunities while the Raiders were 0-for-7.

Last Friday, the Raiders lost 7-4 to the River East Royal Knights.

Owen Lourenco scored a first-period goal for the Raiders and then Jack Oleksiuk, with a pair, and Goodbrandson tallied in the third.

Chase Sobey (three), Owen Harmacy, Dante Staples, Kalen Reynolds, and Shay Woytowich replied for River East.

The Raiders' next game is Friday at 7:30 p.m. when they host the Transcona Railer Express. On Sunday, the Raiders will play at the St. Boniface Riels. Puck drop is 3 p.m.

NEXT HOME GAMES

at the Selkirk Rec Centre

SUNDAY, NOVEMBER 26th

VS North Winnipeg 3:00 pm

SUNDAY, DECEMBER 10th

VS Lundar 3:00 pm

NEXT AWAY GAMES

Fri, Nov 24 - vs Arborg - 8:00 pm
Sat, Nov 28 - vs North Wpg - 8:00 pm



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Selkirk Royals win KPAC Tier 1 varsity girls' volleyball championship

By Brian Bowman

The Selkirk Royals' varsity girls' volleyball team was the best during the KPAC Tier 1 regular season.

They were equally as good in the playoffs.

Selkirk capped off a solid playoff with a 3-0 (25-14, 26-24, 25-15) win over the Miles Macdonell Buckeyes in the league final last Friday at the Comp.

"It feels amazing to have won KPAC. I am so proud of all of the girls," said the Royals' Megan Carpenter, a Grade 12 student-athlete. "It was a team effort to get to this point and without the hard work from the athletes and coaches at this point, it wouldn't be possible."

The Royals' tight second-set win was huge. If Selkirk loses that one, you never know.

"We were pretty dominant. The first set, we did really well and then the second set it got closer which was a little scary and the third set we did well as well," Carpenter said. "But I thought the team played a very clean game. We had a few mistakes but we all worked together which contributed to the outcome."

In the final, Selkirk's Zoey Purvis had seven kills and eight blocks while Carpenter added six kills. Carley Catellier finished the game with 19 digs. Danika Jakabek chipped in with eight blocks.

Carpenter said the home crowd at the final was awesome for the team. Selkirk always does a great job of supporting loud and proud for the KPAC playoffs.

"Playing in front of such a large crowd made the game so much fun," she said. "Having the support from friends and family and peers made the KPAC playoffs so much more enjoyable."

After a first-round bye, Selkirk started the playoffs with an impressive 3-0 semifinal win over the Garden City Gophers by scores of 25-16, 25-15, and 25-22.

The MHSAA varsity girls' "AAAA" provincials begin this Thursday. Selkirk has a first-round bye and will play the winner of Miles Macdonell and a yet-to-be-determined opponent as of Monday afternoon.

The Royals' first provincial game is scheduled for Friday at 10 a.m. at Sisler High School.

This Selkirk squad is really looking forward to showing off their talent at the provincials.

"I'm super excited and I'm sure the girls are, too. Getting to this point of the season is so challenging so there



RECORD PHOTO SUBMITTED

The Selkirk Royals won the KPAC Tier 1 varsity girls' volleyball banner after defeating Miles Macdonell last Friday. Pictured back row, left to right, Chad Whiteside, Shawna Whiteside, Kennedy Carey, Kaitlyn Beasley, Alyssa Cador, Danika Jakabek, Victoria McPherson, Zoey Purvis, Rebecca Stutsky, Madeline Beerling, Addy Enns-Demchuk, Kyla Anderson, and Jamie Fisher. Front row, left to right, Paige Bravo Bernier, Madi Freiter, Carley Catellier, Megan Carpenter, and Nevaeh Marynowski.

is going to be a lot of (preparation) for the big games but it will be so worth it in the end," Carpenter said.

Selkirk's varsity boys' volleyball team, meanwhile, played Garden City in a provincial qualifier on Monday at Calvin Christian Collegiate but no score was available at press time.

In junior varsity girls' KPAC play, Selkirk was defeated 3-0 (25-23, 25-23, 25-15) by Miles Macdonell in the league final last Thursday.

The Royals advanced to the championship game after beating MBCI 2-1 (23-25, 25-23, 25-18).

Despite the loss in the championship game, Selkirk has earned a berth into the MHSAA provincials and will begin its round-robin play this Thursday (2:15 p.m.) when they take on Garden City. The Royals will then play the Jeanne-Sauve Olympiens later that day at 4:45 p.m. and Miles Macdonell that evening at 7:45 p.m.

All three games will be held at Windsor Park.



RECORD PHOTO BY BRETT MITCHELL

The Royals' Zoey Purvis passes the ball against Miles Macdonell in the KPAC Tier 1 varsity girls' volleyball final last Friday in Selkirk.

Selkirk Fishermen double Lundar Falcons

By Brian Bowman

Jordan Donald scored twice and added a pair of assists to lead the Selkirk Fishermen to a solid 6-3 road win over the Lundar Falcons in a penalty-filled Capital Region Junior Hockey League game last Saturday.

The Fishermen's Kasen Andrushko, Raymond Hefferman, and Theo Courchene each had a goal and an assist. Matt Brooks also scored for Selkirk while Dayson Mc-

Creedy (two) and Carson Gudmundson replied for Lundar.

Jordan Armstrong made 28 saves for the win.

Selkirk, now 7-1-1 and in first place in the six-team league with 22 points, will visit the Arborg Ice Dawgs on Friday (8 p.m.) and then host the North Winnipeg Satellites Sunday (3 p.m.).

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

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

Sudoku Answer

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

Crossword Answer

CROSSWORD

CLUES ACROSS

- Nocturnal S. American rodent
- Requesting
- Give temporarily
- Happiness
- Military branch
- , denotes past
- Middle Eastern city
- Air hostesses
- Partner to Pa
- Percussion instrument
- Popular computers
- Decrease light
- Valley in the Osh Region
- "To ___ his own"
- Absence of difficulty
- Notice announcing intended marriage read out in church
- Trims by cutting
- Impact
- Military member
- A French river
- Member of prehistoric people in Mexico
- Messenger ribonucleic acid
- Musician Clapton
- Greek sophist
- Largest English dictionary (abbr.)
- Narrow valley
- A way to disentangle
- Indicates not an issue (abbr.)
- Recommending
- Genus of legumes
- Friend to Larry and Curly
- Off-Broadway theater award
- Fencers
- Small Eurasian deer
- Denoting passerine birds
- Separate by category

CLUES DOWN

- Colorless fluid part of blood
- Of a main artery
- Photographic equipment
- Confirms a point
- Developed over time
- Not the leader

1	2	3	4		5	6	7	8	9	10											
11						12						13	14	15							
16						17				18											
19					20	21			22	23							24				
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49								50										51	52		
53																		55			
56																					59
60																					63
																					65

- ___ Lang (country singer)
- Adults need one
- Nests of pheasants
- Antelopes
- One quintillion bytes (abbr.)
- Japanese three-stringed lute
- Type of cat
- Cools your home
- The ancient Egyptian sun god
- Pouches
- Trigraph
- Form of Persian spoken in Afghanistan
- ___ route
- Body part
- Bridge building degree
- Indicates position
- Political action committee
- Tasty snack
- Part of a quadruped

- Locate
- Pitching statistic
- Of I
- City in Utah
- Football players in the trenches
- Hammer is one
- A "nightmarish" street
- Performers
- Slang for cut or scrape
- More breathable
- Most slick
- Provokes
- Home to college's Flyers
- Sodium
- Large fish of mackerel family
- Zero
- ___ and behold
- The Palmetto State
- Popular Tom Cruise movie franchise (abbr.)

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PUBLIC HEARING**

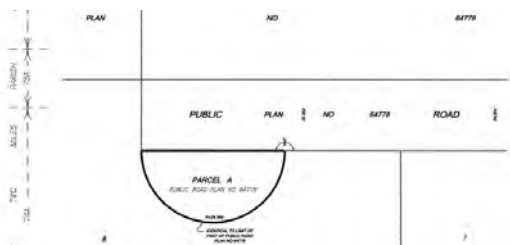
Closing of Undeveloped Part of Kilmany Place

The Rural Municipality of St. Andrews hereby give notice pursuant to Section 290 of The Municipal Act (Manitoba) regarding a Public Hearing to receive public representation on a proposed by-law to close a portion of a public road.

An in-person Public Hearing will be held at the Council Chambers, 500 Railway Avenue, Clandeboye, Manitoba Tuesday, December 12, 2023 at 5:30 pm On-line attendance will also be available via Zoom

The intent of the proposed By-Law is to close a portion of an undeveloped cul-de-sac along Kilmany Place legally described as: ALL THAT PORTION OF PUBLIC ROAD PLAN 64778 W.L.T.O. CONTAINED WITHIN THE LIMITS OF PARCEL A PLAN NO. _____ DEPOSIT NO. 329/2023 W.L.T.O. CONTAINED IN PART OF O.T.M. LOT 74A PARISH OF ST. ANDREWS.

A sketch identifying the Public Road as shown below, is intended to be consolidated with the adjoining property described as: LOT 8, PLAN 64778 W.L.T.O.



The purpose of the hearing is to allow any interested person to make a representation, ask questions or register an objection on the matter. **Submissions or requests to register for in-person and online attendance can be sent to the contact below.**

Any information and documents concerning this matter and the procedures to be followed at the hearing are available for review during regular business hours Mon-Fri 9:00 AM to 4:30 PM at the RM of St. Andrews Office, 500 Railway Avenue, Clandeboye, Manitoba, or by contacting:

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November events at Cloverdale United Church - Whist resumes Nov. 3rd at 12 noon; Remembrance Day service Nov. 12 at 10:30 a.m. Presentation by: Moar, Grieve and Harriott families; Nov. 26, 10:30 a.m., entertainment by musician Wayne Wozny.

Holiday Market Gifts & Crafts, Saturday, December 2, 2023, 10 a.m. - 3 p.m., Holy Eucharist Hall, 500 Pacific Ave., Selkirk. Admission \$2 - proceeds to Selkirk Food Bank.

Clandeboyne Community Club Christmas Craft & Vendor Sale 111 Main Street, Clandeboyne. Nov 25 - 10 a.m. - 3 p.m. Canteen available.

Nick of Time Craft and Vendor Sale, Little Britain United Church, 5879 Hwy #9, Lockport. Saturday, Dec 9, 10 a.m. - 3 p.m. Call 204-981-2433 for more info or to book a table.

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NOTICE TO CREDITORS

In the matter of the Estate of **GEORGE MICHAEL PIHULAK**, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St. Suite 500, Winnipeg, MB, R3C 5R9 on or before the 19th day of December, 2023. Dated at Winnipeg, Manitoba, this 7th day of November, 2023. **KERI RANSON** Acting Public Guardian and Trustee of Manitoba

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ANNOUNCEMENT

CARD OF THANKS

I, Beatrice (Bea) Furdyk, express my heartfelt thanks and appreciation to those who supported me through this difficult and tragic time in my life with the sudden passing of my husband Arnold (Ron) Furdyk.

Thank you to the employees at South Beach Casino who came to my aid when Ron collapsed and tried to help the best they could. The First Responders, the R.C.M.P., Roland Fontaine and his helper for the gentle care and compassion, my sister Mary Rivard and brother Clarence Hood who came to South Beach to be with me, my wonderful and caring niece Val Olson who was by my side everyday helping me with the preparation and listening to me cry, especially when she's still grieving her own husband Gord, my B.C. family and wonderful neighbours at M.O.R.I. for all your caring and thinking about me. Thank you all for the beautiful cards with all lovely verses and the encouraging words, the beautiful floral arrangements, telephone calls, visits, food and the tributes on Ron's Tribute Wall. Thanks to The Ven. Godfrey Maweje for the beautiful service and comforting words, Gilberts Funeral Home, especially John Dent for all his help, Don and Adelaide Little for the delicious lunch, Brian Taylor for his services, Dr. Nader Shenodah for his care over the years, Selkirk Legion Br. 42 and to everyone that attended the celebration of his life. I'm sure going to miss my love, my best friend and soulmate. Thank you for the happy and wonderful life. Rest in Peace my Darling, until we meet again.

-Love you forever,
your wife Bea

EXPRESS YOUR THANKS WITH A MESSAGE IN THE RECORD

ANNOUNCEMENT

IN MEMORIAM



Nettie Kostiniuk
In loving memory of
our mother and grandmother
who passed away on
November 28, 2022

In Our Hearts
We thought of you today,
But that is nothing new;
We thought about you yesterday,
And days before that too.
We think of you in silence,
We often speak your name;
Now all we have are memories,
And your picture in a frame.
Your memory is our keepsake,
With which we'll never part;
God has you in his keeping,
We have you in our heart.

-Lovingly remembered, Darcie, Terry,
Sandy, Breanne and Shayla

ANNOUNCEMENT

IN MEMORIAM



Andrea "Andi" Bannish
(nee Lajeunesse Jungkind)
December 10, 1981 - November 18, 2010
Always remembered,
Never forgotten.
From family and friends
(Forever young)

ANNOUNCEMENT

IN MEMORIAM



Ken Buus
May 5, 1973 - November 22, 2021

And I would choose you:
In a hundred lifetimes,
In a hundred worlds,
In any version of reality,
I would find you and
I would choose you.

-Love and miss you always,
Anjela Buus

ANNOUNCEMENT

IN MEMORIAM



Arlene Schofield
August 6, 1940 - November 22, 1988
35 years have passed,

You are always dear in our hearts,
And we miss you every day.

-Love Rick and Sigga and Devon

ANNOUNCEMENT

IN MEMORIAM



Don Kordalchuk
November 24, 1961 - November 26, 2019

Every day in some small way,
Memories of you come our way.
Though absent, you are ever near,
Still missed and loved ever dear.

-Forever loved and remembered,
Mom, Dad and family

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OBITUARY



Brent R. Verheul
1963 - 2023

It is with heavy hearts, after months of battling cancer Brent Verheul, aged 60 years, passed away on November 15, 2023.

He was predeceased by his mother Louise. Survived by his father Adrian; brother Greg (Darlene) and his son Kyle.

Brent worked for many years as a pattern maker in the foundry industry in Selkirk and Winnipeg. His remaining years he worked at Black Cat Blades in Selkirk. He enjoyed his country living, gardening, cutting grass, watching the wild animals and working on the old homestead.

In keeping with his wishes a private graveside service will be held in the East Selkirk Cemetery near his mother, grandma and grandpa.

Many thanks to the doctors and nurses at CancerCare MB, Selkirk Regional Health Centre and Gilbert Funeral Home.

In lieu of flowers a donation in his memory can be made to CancerCare MB or a charity of your choice.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Maria "Mia" Fournier (nee Terra)

Mia passed away peacefully on November 12th at the age of 81, at the Selkirk General Hospital after truly and artfully enjoying life to its fullest! Mia bravely endured dementia over the past few years, a cruel and devastating disease that robbed her of mind and body.

Mia will be lovingly remembered by her husband Leo of 60 years; daughter Michelle (Cam), son Bruce (Sandra); grandchildren Connor (Emily), Reegan (Sydney), Simone (Roger), Matthew and Carson; sisters Thea and Joanna (Pat); and numerous nieces and nephews.

Mia was predeceased by her parents Alida and Ted and brother Frank (Pat).

Mia will leave a legacy as a beloved wife, devoted mother, adored Nanny, dedicated friend, and distinguished teacher. She

was born August 21, 1942, in Amstelveen, Netherlands and moved to Canada at 11 years old to Lac Du Bonnet, MB where Mia enjoyed swimming, fishing, and waterskiing growing up. She met the love of her life in the town's high school which led to Mia and Leo's marriage in 1963. They soon moved to St. Andrews, MB to build a home and raise a family.

Mia was a devoted and loving mother. She instilled positive qualities and morals in her children that allowed them to flourish. Cherished memories include amazing cooking, homemade clothes, summers at "The Bus", gardening, swimming, skating, skiing, family/friend gatherings, road trips, and so much more.

Upon graduating Teacher's College (and later University of Winnipeg), "Mrs. Fournier" was considered a master teacher who positively influenced many young students in several schools during her career - Pine Falls, Winnipeg, Selkirk, and St. Andrews. Her greatest gift (in addition to wearing her flashy themed shirts and earrings for her students' enjoyment) in the classroom was her ability to create genuine relationships with students, families, and colleagues. Mia retired from the Lord Selkirk School Division in 1997.

Mia became "Nanny" for the first time in 1993 and truly enjoyed spoiling all her grandchildren, hosting many family dinners and events... especially at their beautiful Lac Du Bonnet retirement home on the river. Happy memories include jumping/swimming off the dock, fishing, knee-boarding/tubing, hot-tubbing, BBQs, biking, playing games, Canada Day Celebrations and of course Nanny's delicious bread, tortiere, mustard pickles, wild rice and smoked Goldeye!

Mia and Leo embarked on countless adventures travelling to their favourite places. They flew back to the Netherlands frequently to visit family and traveled Europe together. They also enjoyed journeys across Canada, Hawaii, Mexico, and 23 warm winters in Tucson where Mia made many new and lifelong friends golfing, playing pool, and of course socializing!

Mia was a passionate and creative person whose hobbies included skilled painting, stained glass, crafts, sewing, gardening, tending prize roses and countless other artistic interests.

Her gift to us all was her ability to share her unconditional love and a peaceful positive outlook on life. She also LOVED chocolate, so whenever we enjoy some, she will be in our presence! Her memories will live on in the smiles she sparked, the laughter she shared, and the love she spread.

The family would like to thank the nurses and aides at the Tudor House Care Home for the compassion and comfort Mia received during her time there. Special thank you to Dr. Paradoski, Dr. Wood and the Selkirk Hospital for their care.

In keeping with her wishes, cremation has taken place, and a small gathering to celebrate Mia's life will be held late March.

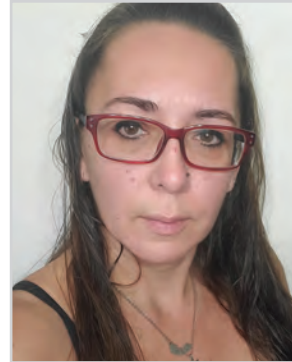
In lieu of flowers, donations in Mia's memory are welcomed to the Alzheimer Society of Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Carla Gauthier

It is with great sorrow that we announce the sudden loss of our cherished mom, sister, daughter, friend, and partner, Carla, who passed away on November 15, 2023.

Carla's mother, Beverly Orvis, and her grandparents have passed away before her. Her three children survive Carla: Cheyanne, Shawntae (Aaron), and Curran, as well as her grandchildren Luca, Emila, and Kashton. Her best friend Keith and beloved dog Lucy. She held immense love and adoration for her family. Carla is also remembered by her siblings Brian (Kelly), and Cristin, and her father Billy (Claudette).

Everyone acquainted with Carla recognized her as a truly wonderful person who loved deeply. Her heart was full of love, and she had a delightful sense of humour, spontaneity, and a lively spirit. She was a hard worker. Carla had a knack for both

bringing joy and standing strong when necessary. She welcomed everyone openly, embracing them for who they were. Her teasing and jokes were a sign of affection - if she teased you, she truly cared. Carla was a guiding mother figure for many and excelled as the best possible mother to her own children.

A celebration of her life will be held on Friday, November 24, 2023 in the Gilbert Funeral Chapel, Selkirk, MB at 1:00 p.m.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Leonard Kulbaba
August 30th, 1938 - November 16th, 2023

Our loving Husband, Dad and Papa passed away suddenly and unexpectedly on Thursday, November 16th, 2023 at his home in Selkirk, MB at the age of 85.

Len leaves behind his cherished family, Norma, his wife of 64 years; children Christine (Adam), Craig (Kim) and Kyle (Carol); grandchildren Jesse (Shawnee), Haley (Caleb), Cori (Wes), Kaycee (Keota), Quin, Kaz, Dylan and Macy; great-grandchildren Charlie, Maeve and Cleopatra and his furry buddies Izzy, Yeti and Toots.

Papa will always be remembered for his kind heart, patience, cowboy boots and ability to fix any and everything. We will all miss hearing him use his favourite sayings "oy vey" and "Don't push my luck".

We have all lost a great man way too soon, you can never be replaced and will be missed every day.

Following Dad's wishes there will be no service.

Donations can be made to the Heart and Stroke Foundation or the Alzheimer's Society of Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Jack Christie
1931 - 2023

On November 12, 2023, Ludwig Jack Christie passed away from natural causes at the age of 92 at Tudor House Personal Care Home in Selkirk, Manitoba.

Jack is survived by his wife, Pat, and sons, Bradley, Andrew and Jason.

He was predeceased by his parents, Stephen and Stella Kryschuk, and siblings Walter, Mildred, Tony, Frank and Kazmir.

Jack was born on a small farm in Narol, Manitoba on August 17, 1931 and later built a house with Pat just behind his parents' home on Henderson Highway where he raised his own family. He spent much of his career at CN Telecommunications on Pioneer Avenue in Winnipeg, Manitoba. He retired early from CN in 1987. In his earlier years, Jack enjoyed baseball, golf,

leading a wolf cub scout troop, working around the house and had a small apiary as a self-taught beekeeper. Jack will always be remembered for his kindness and sense of humour.

No public service is planned with a small private service for immediate family to be held at a later date.

The family asks that anyone wishing to commemorate Jack's passing to please donate to the Alzheimer's Society of Manitoba.

Tributes: www.gilbartfuneralhome.com

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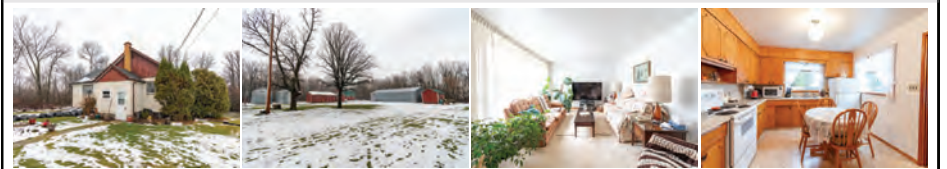
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