

The Selkirk Record

THURSDAY, NOVEMBER 30, 2023

VOLUME 14 EDITION 48

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RECORD PHOTO BY BRETT MITCHELL

Selkirk Veterinary Services veterinarian Dr. Birte Klug has received an honour for her veterinary skills. Learn more about this achievement inside.

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PRICES IN EFFECT: THURSDAY, NOVEMBER 30 - WEDNESDAY, DECEMBER 6, 2023

Rural Hamper program returns to help those in need

By Katelyn Boulanger

Holiday Hampers can make a difference for families during this season of celebrations. This year Abundant Life Lutheran Church in East St. Paul is helping residents in the rural areas of our region once again and asking area residents to show their caring spirit.

Angie Hughesman, coordinator of the Community Christmas Hamper Program, says that Abundant Life took up the call when a previous hamper program stopped running in the community 12 years ago.

"We decided to pick it up and start doing it then. We were just doing the East St. Paul area but it grew. It was decided that anything north of the perimeter, excluding the City of Selkirk and Beausejour, we would try to get hampers to those people that were in need," said Hughesman.

This means that people within the RMs of St. Andrews, St. Clements, East St. Paul and West St. Paul are all helped by this hamper program.

The hampers include food to help families through a time when larger meals to feed the whole family are needed. The group also tries to get a gift for all of the children in the families and aims to have items for adults as well as pets so that everyone has a little something to make the holidays special.

Hughesman anticipates that there will be about 70 hampers prepared by volunteers to be sent out to the community this year.

This is particularly helpful to our rural residents who, living outside of a city centre, may not have the same access to hamper programs as people living in urban communities.

"We really believe in giving back when you're fortunate enough to be able to and have a little extra. It's good to share and give back to the

people. This could be the first time ever they've needed a hamper, maybe someone got sick or lost their job or something. It's just a good feeling to give back," said Hughesman.

She says that it's not all about making kid's holidays a little brighter either. There are seniors in our community, some of whom are living all alone, who call in asking for some help as well.

As far as donations go Hughesman says that they are very open as far as what they can accept.

"We will take financial donations. For people who have food; canned goods are really good items, like cereal boxes, peanut butter, tuna and salmon are really good things. And, we get people who donate gift cards," she said.

Hughesman explained that gift cards to grocery stores can be wonderful for families but also gift cards for chain restaurants that teenagers might enjoy would be an asset as it's often they are overlooked because lots of people donate toys for the little ones but donations that teenagers can enjoy are harder to come by.

"On December 10, it's a Sunday, at Abundant Life Lutheran Church between 12 and 4 p.m., we're asking anyone that has any donations they'd like to drop off to drop them off at the church on that day," said Hughesman.

She also said that anyone who would like to volunteer and help out is welcome to give them a call at the Christmas Hamper phone line – 204-805-6270 —or email at community-christmashamper@gmail.com.

She thanks everyone who plans to make a donation this year.

"Whatever anyone can donate, whether it be big or small, we just appreciate it," said Hughesman.

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Local RCMP welcome students to create latest local mural

Mural recognizes history while celebrating present and future connections

By Katelyn Boulanger

The Selkirk RCMP headquarters is now home to the community's latest in a long line of beautiful murals that make our community a little brighter. The mural, Reconciliation by Rita Bennet was made by the collaborative effort of Rita Procyshyn (nee Bennet) who teaches art and social studies at East Selkirk Middle School, ESMS students, and Jaqueline Bercier who is the cultural proficiency lead teacher for the school division.

"Today we have an unveiling of a mural that I had the idea for, like 10 years ago. I wanted to bring the community back into the detachment in one way or another. So, during the RCMP 150th year, we're doing different things; you can see an RCMP 150 flag posted right here, and we have an RCMP 150 quilt made by the River City Quilters around the corner. But, I wanted to take it one step further. We have incredible artists in this community in and around our RMs and I wanted to bring that inside the detachment," said Community Policing Officer Paul Human.

Human made the connection that saw this happen when he was at ESMS. He spoke with Rita Procyshyn and, as the school has worked on many of the murals in our community in the past, they were able to work collaboratively to make a mural in the RCMP building.

"When you go see the mural, you'll see the focal point right away is an RCMP Mountie in his Red Serge offering tobacco to a woman who's in her Pow Wow Regalia passing the pipe to him. The seven grandfather teachings

are represented on the mural and the sacred medicines are represented on the mural," Procyshyn said at the unveiling.

The many elements of the mural represent reconciliation between the RCMP and Indigenous people (the bridge), our area's colonial past (the railroad), and the work that must be done by having truthful and respectful conversations (the holding of a sacred pipe and offering of a tobacco tie).

At the unveiling ceremony, Human presented Procyshyn and student artists Alex Soche, Lynne Graham and Joseph Holder with a patch as well as East District Challenge coins recognizing their contribution to this project.

The students said that they learned a lot from participating in the project, particularly how much math is involved with creating a large-scale piece of art. They said it was a pretty cool project to be involved in.

Human is glad that this project that he's been envisioning for years is now a reality.

"It's awesome. It is something that as a community policing officer I



RECORD PHOTOS BY KATELYN BOULANGER

Rita Procyshyn with students, Alex Soche, Lynne Graham and Joseph Holder and Paul Human at the unveiling. Below: The mural and the explanation of the many elements.

wanted to have done for years because it brings elements from all the different communities that we belong to, or we serve into the building. Every time you walk by that here, as a

member you walk by that mural to get your uniform on and go get your stuff ready for the day. That way you see our past and present and how you're moving into the future," he said.



Home Hardware's Gifts from Angels program back supporting community elders

Showing local seniors how much we care this holiday season

By Katelyn Boulanger

The contributions of our senior citizens can be seen throughout our communities. They have worked and volunteered to build the foundations for what we have today and often are continuing to contribute everywhere you look. As a way of letting our local elders know how much we appreciate what they've done and the vast amount of experience and knowledge they still have to share with us today, Home Hardware is once again hosting its Gift from Angels program which aims to connect seniors in local care homes with gifts letting them know there are people that want to celebrate them this holiday season.

"It's a program where the community buys gifts for the seniors in care homes that may not have family nearby or any family at all, in some cases," explained Wendy Meger, General Manager of Selkirk Home Hardware Building Center.

Residents who want to support a senior this year can go down to Selkirk Home Hardware Building Center and find the Gift from Angels tree with all of the information.

"We have the tree set up in the store with paper angels on it. Each paper angel has the name and age of a resident in one of the homes. What people do is they come in, and they

pick an angel off the tree. They go and buy an appropriate gift, bring it back to us unwrapped, with the angel, we will wrap it and label it and get it to the care homes for them to hand out to the residents," said Meger.

This is the second year that the program has run. Last year they started small initially looking for gifts for Tudor House residents. After those angels flew off the tree, they expanded to Woodland Court residents. Because of the great success last year, they have decided to expand to residents in Red River Place and Betel Home as well as Tudor House and Woodland Court.

"It was so well received. People kept coming in and saying, 'We want an angel. We want an angel,' and we didn't have more to give. So, this year, I figured we could go big," said Meger.

Meger started the program because of her own experience of her father, Walter Meger, being in a nursing home and meeting the people that he lived alongside. After her father's passing, the COVID-19 pandemic came and she thought of all of those people and how her father would feel if he didn't have the ability to have visitors.

Continued on page 14



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The tree full of angels at Selkirk Home Hardware Building Center waiting for residents to give this holiday season.

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Selkirk veterinarian receives Veterinarian of the Year Award

Dr. Birte Klug of Selkirk Veterinary Services recognized

By Katelyn Boulanger

A local veterinarian came away with national recognition a few months ago when Dr. Birte Klug of Selkirk Veterinary Services was honoured by the Canadian Association of Professional Dog Trainers.

"A few months ago, I got a letter from the Canadian Association of Professional Dog Trainers. One of my clients is associated with them and she had basically nominated me for the Veterinarian of the Year," said Klug.

Though the nomination was a sur-

prise to Klug she was very happy to receive the honour.

"It's nice to be recognized for something you do for the health and welfare of the dogs," she said.

Klug is originally from Germany receiving her credentials in Berlin in 1995. After some years in research, she moved to Manitoba and eventually found her way to Selkirk to set up her practice.

"In 2004, I moved to Winnipeg, and I worked for a clinic in the City of Winnipeg, and then after a few years, of becoming first a permanent resident,

and then eventually deciding to look into Canadian citizenship, the plan was to settle in. At that time, the clinic here went for sale. So that's kind of what started the journey," she said.

Klug said that she decided to pursue the field of veterinary medicine because it's both a challenging and satisfying field. She also had a connection to animals from early on and decided to combine her interests.

"We have two

veterinarians here, myself and my full-time associate and then we have, depending on the time of the year, we'll have between 12 and 15 staff. We do small animals only, no large animals. And, basically, we think that pets are our family members. They can be your best friend, and we want to help people, human beings, to take the best care possible of their four-legged family members. [We want to] enable them to live life to the fullest and be as healthy as possible, because that's where we get our joy. I mean, pets are super important for people," she said.

She believes that we need to have top-notch veterinary care for our pets in all of life's situations.

"It's something which we always want to make sure that we are able to offer it. It can be a challenge, especially, you know, involving the cost of veterinary care. But we want to make sure that we at least are able to offer to relieve any kind of suffering in our pets and to make sure that they, again, can live a good long life so that we have ongoing joy from them," said Klug.

Klug's advice to pet owners in our community is twofold. She suggests that residents purchase pet insurance so that the financial cost of unexpected circumstances isn't a burden when making decisions about their pet's care. She also suggests that you establish an ongoing relationship with your vet where your pet has yearly visits. That way you are a current patient on their books and it's much more convenient to get your pet in to see the vet in emergency situations. There is currently a shortage of veteri-

narians so this is very important.

Her future plans after winning this award are to continue working in Selkirk.

"Our future plans are to continue with outstanding services. We do specialize in dentistry because it's a big, big health factor for all pets and to continue with excellent services taking referrals from other veterinarians in that area. But also, you know, trying to fit in as many people as we physically can in our busy schedule to be able to see their pets and help them to live a healthy life," said Klug.

She also wanted to take this opportunity to remind rural pet owners who care for cats that they offer a spay clinic for female cats on a regular basis to help control the feral cat population. It's a very reduced price to cover the bare minimum of costs.

"I've [let people know] mostly through Facebook and social media trying to reach people who are in the country and farms that deal with a lot of that problem because cats get dumped off at their farm property and all of a sudden, there's a litter of another five cats," she said.

Keep up with the Selkirk Veterinary Services's Facebook page at <https://www.facebook.com/selkirkvet/>.

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Author from Matlock releases first book Blood Bound

Fantasy novel features themes of forgiveness and overcoming challenges

By Kaitlin Vitt

A local author has published her first book, which is to be part of a trilogy, all while raising her three children.

"After everyone goes to bed, that's my writing time," said Trinity Cunningham.

Blood Bound, the first book in the Guardians of the Weldafire Stone series, is an epic fantasy adventure novel and was released Nov. 2.

"It's about a curse that wipes magic from the land, and these twin brothers' blood is entwined with that magic, but they're unaware. They mistakenly reawaken the magic and break the curse, but only partially," Cunningham said. "The brothers find themselves caught up in a war that hadn't ever truly been resolved, and with the change felt by all, the attention of the country's tyrant ruler turns to the brothers and magic, the very thing he seeks to rid the land of once and for all."

A dream she had as a kid inspired the story.

"It's evolved and transformed from what it was to what it is now," she said. "It's come a long way."

Cunningham, who is from Selkirk and today lives in Matlock, wrote a draft of the three books in the trilogy in 2020 then focused on refining *Blood Bound*.

"I've always loved just the made-up worlds and the creatures and all — not something we'd ever see in our world. But funnily enough, I wanted to write a sci-fi, and it turned out to be a fantasy."

Early readers have commented on the detail Cunningham includes and the strong plot of the story, she said. In addition to being immersed in a fantasy world, readers will take away themes of overcoming challenges and forgiveness.

"I was always a fearful person," Cunningham said. "I have this character [in *Blood Bound*] who's quite fearful but overcoming his fears and being able to do things because it means protecting his family, and it's something that drives him," she said. "Forgiveness is another theme that is in the story — past hurts and being able to move on with our lives beyond things that we were wronged in."

Cunningham has taken storytelling and screenplay writing courses and has written screenplays as a hobby, but this was her first time writing a novel. She said she learned a lot along the way as she worked with her editor.

She felt encouraged to start this project after her mom published a children's book in 2020. After hearing about the publishing process, Cunningham thought it was something she'd like to do too.

"I sat down at my computer and started typing," Cunningham said. "I had no idea where it was going to, but it took me down this path, and here I am."

When she started writing, she thought the first chapter was going to be the prologue to her original book

idea, but as she continued, it turned out to be the story of the twin brothers.

"The character that I originally thought I was going to write [about] is the second book's story," she said. "It was exciting and fun and just an adventure. I felt like I was taking that adventure with my characters."

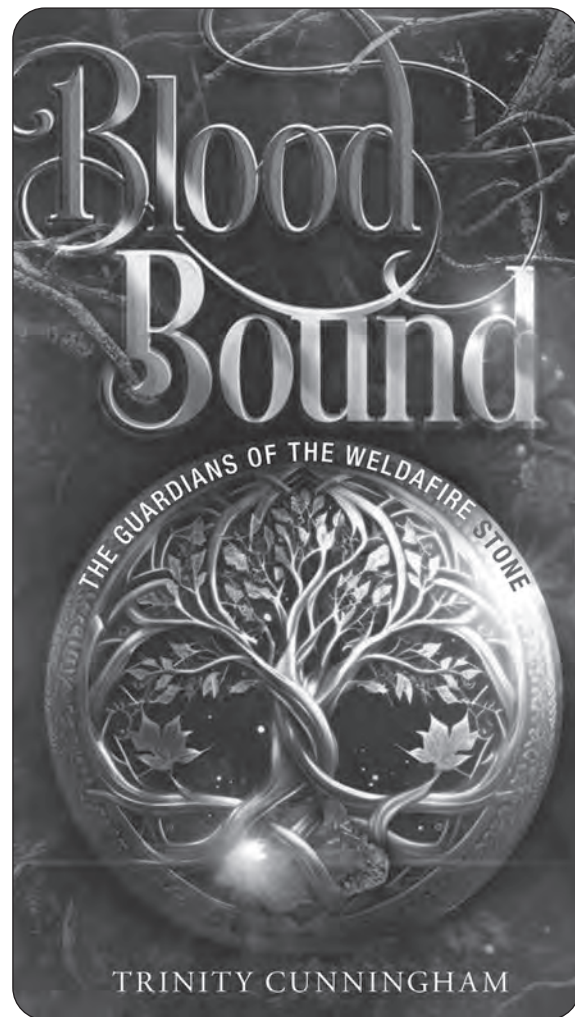
She hopes to have the second book of the trilogy out in 2025.

Cunningham will be selling her books at the Christmas craft and vendor market at the Gimli Recreation Centre on Dec. 2 and the Mrs. Claus Approved Market at West St. Paul Access Centre on Dec. 16. In addition to major retailers such as Amazon and Indigo, *Blood Bound* is available at Wishme in Selkirk and HP Tergesen and Sons in Gimli. A list of where to find the book is on Cunningham's website (trinitycunningham.ca). She also posts updates on Facebook (@Trinity-Cun) and Instagram (@trinnuncun).



RECORD PHOTO SUBMITTED

Trinity Cunningham is a local author who just published the first book in a trilogy *Blood Bound*. Check it out online or at local area markets.



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MB government takes steps to reduce emergency room wait times

Submitted by the government of Manitoba

The Manitoba government is taking steps to reduce waits in emergency departments in Winnipeg, Selkirk and Brandon by adding capacity and expanding patient discharges from five to seven days a week, Health, Seniors and Long-Term Care Minister Uzoma Asagwara announced Nov. 24.

“By adding positions for physiotherapists, occupational therapists, social workers, health-care aides and hospital case co-ordinators, we can ensure Manitobans can return from the hospital to their home community safely, reducing weekend bottlenecks in hospital emergency departments in Winnipeg, Brandon and Selkirk,” said Asagwara. “Our government’s top priority is to fix health care by reducing wait times and ensuring all Manitobans have timely access to care close to home.”

The Manitoba government is making an initial investment of \$2.75 million this fiscal year to expand the number of allied health staff and hospital case co-ordinators at Winnipeg hospitals as well as Selkirk Regional Health Centre and Brandon Regional Health Centre.

The minister committed to working

with health-care workers and leaders to ensure front-line providers have the resources and support they need to provide high quality care at the bed side.

Currently, hospitals only have the necessary staff to discharge patients during the week, leaving patients to spend more time in the hospital than is necessary, which has resulted in overcrowding and higher wait times in emergency rooms and urgent care centres, noted the minister, who added the expansion to seven-days-a-week discharge will improve patient flow and the work environment for staff.

The province will partner with front-line staff to hire dozens of additional care providers at hospitals across Manitoba, noted the minister. Focused and strategic recruitment efforts will begin immediately and are expected to extend into the coming year.

“Increasing the capacity of social workers, physiotherapists and other allied health workers will support the extremely important roles they play in discharge planning and patient flow, ensuring more patients have the necessary supports in place to be safe-

ly discharged in a timely manner,” said Jennifer Cumpsty, executive director of acute care services at Health Sciences Centre Winnipeg. “This investment will enhance the discharge process for these patients, improving patient flow throughout hospitals and helping to address congestion in emergency departments and urgent care centres.”

“We know that our health-care system is actually a collection of deeply connected systems,” said Asagwara. “People arrive at hospitals 24 hours a day, seven days a week and this expanded staffing helps ensure our approach to hospital discharges also reflects that reality. There is no single solution for health care, but this is an important and positive step in the right direction.”

The minister noted this investment is expected to have positive ripple effects on the wider health-care system as safe and timely patient discharges will ensure available beds and staff capacity for others who require the level of care offered in a hospital, and in turn, create capacity to move patients out of emergency departments and into a hospital bed.

Truth and Reconciliation as provincial statutory holiday legislation introduced

By Lana Meier

The Manitoba government has recently proposed a new legislation to declare a provincial statutory holiday in honour of National Day for Truth and Reconciliation.

Premier Wab Kinew and Labour and Immigration Minister Malaya Marcelino announced the introduction of Bill 4, also known as the Employment Standards Code Amendment and Interpretation Amendment Act by the Manitoba government on Nov. 27. This legislation would officially recognize Sept. 30 as a provincial statutory holiday, specifically designated as National Day for Truth and Recon-

ciliation.

“Manitobans from all walks of life are ready to embrace reconciliation—whether it’s participating in school events, wearing a WASAC jersey to a Jets game or talking to their kids about our history and the future we want,” said Kinew. “Legislating Sept. 30 as a general holiday creates space for all Manitobans to come together in observation, reflection and commemoration of the history and legacy of residential schools.”

The proposed legislation aims to make Sept. 30 a provincial statutory holiday in line with the Truth and Reconciliation Commission’s Call to

Action No. 80.

“Sept. 30 is a day of remembrance dedicated to honouring residential school survivors, their families, and communities,” said Marcelino. “This legislation would allow everyone, wherever they work, to have the opportunity to take part in commemorative events that promote education, understanding and healing.”

The proposed legislation was developed following significant consultations with Indigenous leaders, residential school survivors and stakeholders from all over the province.



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Cycling program offers outdoor winter activities for women

Winter fun now part of recently launched program

By Kaitlin Vitt

A cycling program for women ages 55+ that started in the spring has expanded its activities to continue all year.

Sarah Gravelle-MacKenzie and Rose McDonald founded Cycling with Sarah to help older women become more comfortable riding their bikes.

The program started after Gravelle-MacKenzie became an ambassador for Liv Cycling, a cycling brand focused on women. Because of the program's success, Cycling with Sarah began organizing group hikes in the fall and now is launching winter activities, including hiking, snowshoeing and cross-country skiing.

Gravelle-MacKenzie said the continuation of the program was a way to keep people connected while keeping them active to prepare for cycling next year.

"It's all about support and encouragement, being active and, first and

foremost, having fun because of course if anything we're doing is fun, then we want to do it again," she said.

Cycling with Sarah has partnered with the Winnipeg Trails Association for the skiing portion. Winnipeg Trails has a mobile ski library that people can borrow equipment from.

Winnipeg Trails and Cycling with Sarah are hosting an information session on Dec. 2 at 1 p.m. at Kildonan Park Golf Course to discuss the winter programming and how people can participate. The event is open to women 55+ and is free.

Cycling with Sarah has also partnered with Manitoba Parks to offer interpretive hikes and snowshoes in parks, including Birds Hill Provincial Park, in the new year. Gravelle-MacKenzie said she's been talking with Pineridge Hollow about having the group of women gather there after activities to sit around a fire and have a warm drink.



RECORD PHOTO SUBMITTED

Cycling group for older women has expanded activities to embrace the winter season. Check them out on Dec. 2 at 1 p.m. at Kildonan Park Golf Course to learn more.

"Everybody talks about the benefits not just being physical, but it was also the social and the mental health that became a real theme throughout the summer," Gravelle-MacKenzie said. "It really made everybody feel better having this consistent routine of getting together and being active."

Gravelle-MacKenzie said the mother of one of the women who joined a hike had recently passed away, and the woman found comfort in talking with other people on the hike.

"It was sort of that instant support group right there, and she just sort of talked to a variety of different hikers," Gravelle-MacKenzie said. "Everybody had something different to offer her."

There's also a philanthropic aspect to Cycling with Sarah. The group has hosted fundraisers, for Willow Place and Main Street Project in Winnipeg. Gravelle-MacKenzie said this was a way to extend the group's impact and support beyond just the women who attend Cycling with Sarah activities.

"What started out as let's get women

out there and let's get active and support each other and encourage each other has really grown to become much more than I ever anticipated when it started," Gravelle-MacKenzie said. "It's been so gratifying, and as great as I feel about it, all the women feel the same way."

Gravelle-MacKenzie said cycling with the group will start again in the spring. For people who want to take part in Cycling with Sarah activities this winter, contact Gravelle-MacKenzie at cyclingwithsarah@gmail.com. She'll send a waiver, which is offered through another partner, the RM of East St. Paul Recreation Facilities.

Once the participant submits the waiver, Gravelle-MacKenzie will help them register with the app the group uses to organize hikes.

To stay up to date on Cycling with Sarah and to follow along the group's journey, follow @cyclingwithsarah on Instagram.

Donation brings the thrill of the hill



RECORD PHOTO SUBMITTED

Kids at Robert Smith School will be disappointed come the first snow day of the year after the Robert Smith School Parent Advisory Council (PAC) President Jennifer Zitting and Secretary Kristy Magnusson presented School administrators and Learning Support Team members with new winter sleds. The sleds will be used by the Learning Support Teams in place of wagons for students going out on community walks as well as for supervised fun at recess.

The Selkirk Record

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Ukrainian Canadians, Ukraine supporters pay respects to Holodomor victims

By Patricia Barrett

As Ukrainian Canadians and supporters of Ukraine gathered in numerous cities across Canada last Saturday to pay tribute to the millions of victims of the Holodomor under the Soviet regime of the 1930s, Russia launched a sustained drone attack that could represent the start of a winter campaign to destroy Ukraine's energy infrastructure.

Russia launched a large-scale invasion of Ukraine on Feb. 24, 2022, and the country subsequently sustained significant damage to its energy infrastructure, which left millions of Ukrainians without power last winter.

Selkirk-Interlake-Eastman MP James Bezan, who attended Holodomor memorials in Ottawa and Winnipeg to mark its 90th anniversary and commemorate the victims, told the *Record* that Russia's invasion of Ukraine – starting with Crimea in 2014 – has parallels to the deliberate starvation and attempts to Russify Ukrainians in 1932 and 1933.

"The Soviets weaponized food in 1932. They went into every Ukrainian home and took all the food from their pantries, their canned goods and their produce. They went to farms and took crops and livestock and shipped those to Russia to pay for the Soviet war machine. Then they sat there and watched several million people slowly starve to death," said Bezan by phone last Friday.

"We know from records acquired after the fall of the Soviet empire – before [Vladimir] Putin came to power – there were statements Stalin made that people need to remember in the modern context and on the 90th anniversary of Holodomor. Stalin said the death of one man is a tragedy; the death of millions is a statistic. Secondly, he said they had to rid themselves of the little Russians, meaning the Ukrainians, and to Russify Ukrainians."

Holodomor means death by hunger, and various estimates of the deaths range from 3.5 to 10 million people.

The Union of Soviet Socialist Republics (USSR) was formed in 1922. Ten years later millions of Ukrainians and other ethnic groups were systematically starved to death after Joseph Stalin came to power and implemented a series of five-year plans to transform the Soviet Union. The plans included collectivizing agriculture and building up arms. Rural people were divested of their land and livestock and forced to join large state-run collective farms.

Russia's invasion of Ukraine, which was in its 640th day last Saturday, has



Children were among the hundreds of people attending the memorial at City Hall.

included attacks on agriculture, with the destruction or damage of grain storage silos, farmland, farm equipment and food warehouses. Those attacks have undermined food security and nutrition in Ukraine and reduced farmers' income. Russia has also attacked or blocked ports used to export Ukraine's grain to other countries, including food-insecure countries in Africa.

Bezan said Putin has taken a page out of the Soviets' book by weaponizing food and trying to force Russian language, culture and ideology upon a democratic and sovereign nation.

And it's important to commemorate those who died under Stalin's genocide – Canada officially recognizes Holodomor as a genocide after Bezan brought a private member's bill forward 15 years ago – and remind people that the fight for Ukraine's freedom as a country continues.

"Every year it's important to commemorate one of the worst genocides in the history of the world where over 7 million Ukrainians, as well as other ethnicities, were purposely targeted by Joseph Stalin and the Soviet regime to destroy Ukrainian's national identity," said Bezan, whose grandparents came from the Bukovina region of Ukraine.

When he was in Ukraine in August, Bezan said he visited areas that had been formerly occupied by the Russians and found that even Russian-speaking Ukrainians were "patriotic Ukrainians who all hate Putin."

As Ukraine continues its counteroffensive in eastern Ukraine, forcing Russia's Black Sea fleet to the eastern part of the peninsula and pushing towards Crimea, the need for military support from its allies also continues, said Bezan. He recently met with members of Ukraine's parliament, who expressed concern about the approaching winter and anticipation of further action from Moscow to disrupt the country's energy infrastructure – a fear that materialized Nov. 25 with Russia's large drone attack on

Ukraine's capital, Kyiv.

Although Canada's federal Conservatives support everything the government has done for Ukraine so far, he said, they believe Canada can do more.

"Ukraine is very concerned [about winter] and needs a continued supply of military aid and support to continue to fight this war. We know there's an ongoing challenge of getting enough munitions. Canada only produces 3,000 rounds of artillery shells for Howitzer triple sevens every month. Ukraine burns through that in a day; they're using 5,000-6,000 shells a day. All our allies are running out of ammo and can't produce enough. But we need to step up our game," said Bezan. "And we definitely need to send over more of our surplus equipment that we don't need. We have armoured personnel carriers and armoured ambulances that would keep Ukrainian personnel safe."

Finland recently joined NATO and Sweden is expected to join the alliance in 2024, but Ukraine has yet to be approved for membership.

"We've [federal Conservatives] been advocating for Ukraine's membership in NATO since the time of Stephen Harper's government. The Trudeau government also supports Ukraine's membership. Finland, Latvia, Estonia, Lithuania and Poland all support Ukraine's immediate membership in NATO," said Bezan. "Their problem is the United States and other western European nations are apprehensive about that because as soon as Ukraine becomes a member of NATO, then Article 5 is triggered [an attack on one member state is an attack on all] and you're into a full-scale war between NATO and Russia."

Ukraine is in the process of joining the European Union, he added, and that will be "an amazing accomplishment, which could happen as early as the first six months of 2024."

Canada's prime minister Justin Trudeau issued a statement on Nov. 25 to commemorate the 90th anniversary



RECORD PHOTOS BY PATRICIA BARRETT
Selkirk-Interlake-Eastman MP James Bezan attended outdoor prayers at Winnipeg City Hall last Saturday then later spoke to hundreds of people who gathered to remember the millions of Ukrainian victims who died from starvation during the 1932-33 Holodomor.

sary of Holodomor, saying the Soviet regime tried to cover up evidence of the mass starvation and that Russia still denies it was a genocide.

"In 1932 and 1933, Joseph Stalin's Soviet regime inflicted a deliberate famine across Ukraine. The Holodomor – death by hunger – was a genocide that resulted in the starvation of millions of innocent Ukrainians, including children. The Soviet regime also arrested, deported and executed Ukrainians," said Trudeau. "Stalin perpetrated the Holodomor in an attempt to repress the will of the Ukrainian people, erase their identity and destroy their aspirations for a free and independent Ukraine."

The prime minister reiterated Canada's commitment to stand with Ukrainians as they defend their country.

As for any negotiations between Ukraine and Russia to end the conflict, Bezan said members of Ukraine's government are under no illusion that all wars end at the negotiation table with signed documents. But even so, Russia's signature may be worth nothing.

"We're not there yet; neither Russia nor Ukraine wants to talk. It's not until one or the other feels it's a draw, and that they have the upper hand, that they'll sit down at the table to negotiate," said Bezan. "My concern about this – and I think this is Ukraine's concern as well – is that a piece of paper signed by the Russian Federation, particularly by Vladimir Putin, means nothing based on past violations of agreements Putin had signed and which promised Ukraine territorial integrity, peace and security. Nobody trusts Putin and nobody trusts that any piece of paper signed with the Russian Federation is going to be honoured for very long."

NDP government outlines priorities in first throne speech

By Patricia Barrett

The provincial NDP government released its first throne speech Nov. 21 to open Manitoba's 43rd legislature, promising to address long wait times for surgeries and diagnostic MRIs, reduce hospital backlogs, grow the economy, help Manitobans cope with the cost-of-living crisis and work with Indigenous and municipal partners.

The NDP won the October provincial election with a strong focus on fixing Manitoba's broken health-care system.

The throne speech sets out a course to address the "immediate crisis" in health care and reduce wait times by opening additional surgical slates [operating schedule] at the Grace hospital and expanding spinal surgery capacity at the Health Sciences Centre, Concordia Hospital and the Brandon Regional Health Centre.

"In one of our first acts, we reached out directly to Manitobans working in our health care system today. We committed to being a listening government and shared our plan to reset the relationship with health care staff on the front lines. Our team is launching a health care listening tour which will hear from the staff at the bedside across the province. We will hear directly from Manitobans who care for you at the bedside," states the speech.

The government promises to take care of health-care workers by fostering open and transparent communication, reducing burnout and holding management accountable to improve the working lives of health-care staff.

To improve retention and recruitment of health-care workers, the NDP will create a culture that will empower workers and let them make decisions.

The NDP will restore emergency care services as it works to "staff up our health care system" by opening new ERs at the Victoria Hospital in Winnipeg and the Eriksdale Hospital.

The government also promises to protect and provide access to abortion services, as well as provide free birth control.

To help Manitobans cope with high inflation, the NDP promises to put a temporary hold on the provincial gas tax and freeze hydro rates.

"At the start of the new year, our government has a plan to give you a break at the pump – we have a plan to pause the provincial gas tax, saving you 14 cents per litre every time you fill up," states the speech.

The gas tax reduction is expected to start on Jan. 1, 2024.

The speech says a "significant" new policy to lower costs for agricultural producers and ranchers is forthcoming, and that the government will partner with the agriculture industry to invest in "agricultural science, innovation, resilience and sustainability."

To help address the climate crisis, the NDP promises to focus on the environmental impacts of government policies and bring in measures to help families afford hybrids and electric vehicles, as well as make their homes more efficient with geothermal heat pumps.

In partnership with the federal government, the province will use \$500 million in new investment to expand the electricity grid and deliver low-carbon affordable electricity.

"Today we are proud to announce that we have a commitment from the federal government to work with us on our plan to help families make the switch to affordable, geothermal home energy," states the speech. "This collaborative approach will help us deliver on our commitments to reduce emissions, lower costs for families and create more low-carbon jobs."

About 5,000 homes would be converted to geothermal energy over the course of four years.



RECORD FILE PHOTO BY PATRICIA BARRETT

The rotunda outside the chamber at the Manitoba legislature.

The new government will also focus on working together with Indigenous governments, the Manitoba Métis Federation and municipalities.

To advance reconciliation, the government will introduce legislation to recognise Louis Riel as the first premier of Manitoba and make Sept. 30, Orange Shirt Day, a statutory holiday. It will strengthen municipal economies by providing infrastructure, services and multi-year funding.

The Manitoba Association of Health Care Professionals' president Jason Linklater said the organization is encouraged by the new government's commitment to fix the health-care system.

"MAHCP is encouraged by changes we are hearing and seeing, in tone, in approach, in government's will-

ingness to listen and work with us," said Linklater in a statement. "Steering away from for-profit care, reinvesting in staffing and implementing ground-up solutions are what health care needs. Allied health professionals are waiting to see that change translate to the front line, where they are still dealing with short staffing and unmanageable workloads. The staffing crisis hasn't gone away, and patients are seeing it in unacceptable wait times for ERs, scans and ambulances."

Interlake-Gimli MLA and former agriculture minister Derek Johnson, whose Progressive Conservative party now sits as the Official Opposition, said there are a lot of promises in the NDP's throne speech that will have to

Continued on page 14

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Dr. Amanda Fowler-Woods, Dept. of Community Health Sciences, Max Rady College of Medicine, Rady Faculty of Health Sciences, U of M

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Your FARM



Farm Women's Conference sought to "educate, encourage, and empower"

By Ashleigh Viveiros

The Days Inn Conference Centre in Winkler welcomed women from across Manitoba to town last week for the Manitoba Farm Women's Conference.

Organizing committee vice-chair Doris Doelger says they had nearly 140 ladies signed up to take part in the three-day event, which kicked off with registration and trivia Tuesday night followed by two days of educational sessions and guest speakers.

"It is reduced from the size we were 37 years ago, but our numbers are coming up again, which is nice to see," she said, noting it's been a few years since they've been able to hold a normal, multi-day conference. Last year's event, the first in-person gathering for the group since the pandemic, had a one-day program.

What hasn't changed is the conference's mission: to educate, encourage, and empower women in agriculture.

Along those lines, the conference featured guest speakers on topics ranging from farm safety to mental health to transition planning. Attendees also got the chance to venture out for a combine clinic at Green Valley Equipment and a tour of Vanderveen Greenhouse.

"We try to cover a little bit of everything," Doelger said, noting they have big plans for the future. "We are working on getting into more different parts of the ag industry ... in the coming years we're going to broaden our scope."

As always, the event's attendees come from all over, said Doelger, who is herself from Beausejour, where she's involved on her family's farm.

For her, the conference is a great opportunity to meet other women in agriculture.

"I love the networking. Meeting women in the same industry, not only farmers but also the agribusiness side of things," she said. "Yes, we're named the Farm Women's Conference, but if you are an agronomist, if you are an agricultural banker, you're welcome. We're trying to get to all parts of the industry with any connection to agriculture."

Doelger says the organizing committee is made up of a varied group of farm women, and they're always



Manitoba Women's Farm Conference organizing committee vice-chair Doris Doelger says the event is all about connecting and educating women involved in the agriculture industry.

looking for new members eager to pitch in to plan the next conference.

"We have monthly meetings, and most of them are on Zoom," she said, noting the time commitment beyond that varies depending on what aspect of the conference you're involved in organizing.

If you'd like to learn more or connect with the group, check them out online at mfwc.ca.

PROMOTING AGRICULTURE

Wednesday afternoon's keynote speaker was Cherylyn Jolly-Nagel.

Jolly-Nagel is an agricultural advocate who farms with her family in Saskatchewan and spends the off-season touring as a speaker on agricultural-related topics.

Her presentation last week urged attendees to work to "promote rather than defend" agriculture, taking a proactive approach to public education.

Through her years working on farm policy, Jolly-Nagel said she's come to see just how important public advocacy is to the industry.

She didn't always hold that view, she shared.

"I thought, why would I waste my precious time talking to the public? I took more of a 'none-of-your-business' attitude as it related" to non-farmers weighing in on how things were done on the farm.

"I realize now that was a mistake on my part, and that of all the policy issues, this could be the most important," Jolly-Nagel continued. "I grossly underestimated the importance of building relationships with the pub-



PHOTO BY ASHLEIGH VIVEIROS

Women from across Manitoba gathered in Winkler last week for the Manitoba Farm Women's Conference. Wednesday's keynote speaker was farm advocate Cherylyn Jolly-Nagel.

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> THRONE SPEECH, FROM PG. 11

be balanced with fiscal reality.

"It will be a matter of fitting those promises into the budget while keeping our provincial coffers from going into debt," said Johnson. "It's like a credit card: you can only spend so much on it before the interest becomes overwhelming."

In response to the NDP's claim that Manitoba faces fiscal challenges because of unsustainable commitments the PCs made, Johnson said he thinks that refers to the \$1.5-billion-dollar commitment the former government made to rebuild the central core of the Health Sciences Centre over a period of six years and invest in health care. The funding for HSC had already been approved by the government's Treasury Board, on which he used to sit.

"I'm guessing the new government has to look at that [commitment] because they have different priorities from what our government did," he said. "As PCs, we thought that was a great investment in our health care system. The Health Sciences Centre serves not just Manitoba, but north-western Ontario and Nunavut. It's the main trauma centre for them. And STARS [air ambulance] flies trauma patients directly to HSC. The building in the centre of the hospital is over 100 years old and it needs investment, which includes bringing everything up to a new standard for ventilation to reduce the risk of

having respiratory illnesses like COVID being transferred from room to room."

As far as the government's commitment to retention and recruitment of health-care staff, Johnson said the PCs had always encouraged employees in all sectors to come forward with ideas to help improve their industries and had introduced an innovation fund to encourage the generation of new ideas.

The NDP's promise to lower costs for agricultural producers and ranchers falls short, said Johnson, because the PCs had promised in their campaign to reduce the cost of agricultural Crown land by 50 per cent to help producers cope with the drought of 2021 and overland flooding in 2022. And the gas tax reduction coming in the new year won't benefit farmers.

"The NDP's gas tax holiday won't be giving a break to farmers," said Johnson. "They're not reducing the price for fuel per litre for farmers and producers who use purple fuel; they're not getting the same reduction as the rest of the population. The NDP is talking about inputs being high for farmers yet they're not doing anything for them with this gas tax holiday."

The throne speech is available on the government's website at www.gov.mb.ca/thronespeech.

> FARM CONFERENCE, FROM PG. 13

lic, and showing them how much farmers truly care about the land and the environment and the safety of our food system."

Public trust is integral to the continued growth of agriculture in Canada, she stressed.

"For years, on the survey of who the public trust the most, farmers were always near the top of that list. And so we took for granted that we were always going to have their trust. And then we just walked out of the tractor one day and went, 'Why doesn't anybody trust us?' We didn't realize that we needed to be building a relationship with the public."

Many people have an antiquated view of farming in their heads, when the truth is that modern agriculture is among the most scientifically advanced industries in the world.

"But the way the public views agriculture and views farmers is from 50 years ago," Jolly-Nagel said.

It's up to today's farmers to engage with the public to help foster updated views of agriculture and to impress upon people the shared values that fuel the industry.

"Public trust is granted when our actions align with the values and expectations of society," Jolly-Nagel said in discussing the responsible use of things like genetically-modified crops or pesticides. "I have the privilege of farming with minimal rules because I make good decisions. That's a privi-

lege ... and if you want to hold onto those privileges, you have to work really hard at it."

It's not necessarily a matter of throwing facts and data at people, Jolly-Nagel noted, "which is what we did when we first started defending the industry. 'You don't like glyphosate? Here's a 400-page study. It's sure to convince you.'

"What we have learned since then is that sharing your values is three to five times more effective with building trust than sharing scientific facts and expertise."

Knowing the science behind decisions being made on the farm is still important, Jolly-Nagel stressed, but when it comes to engaging the public it's more important to inform people as to why these decisions are being made and let them know the decision-makers share their values when it comes to food safety and environmental stewardship.

"No one cares how much you know until they know how much you care," Jolly-Nagel said, quoting U.S. President Theodore Roosevelt.

"It doesn't matter if you've memorized all of that science so that you can reply to somebody on Facebook," she said. "It matters why you do what you do, and that's the value behind it."

Jolly-Nagel encouraged her fellow farm women to get out into their com-

Continued on page 18

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> GIFTS FROM ANGELS, FROM PG. 5

"I couldn't imagine him being in that nursing home with no visitors, no gifts, no nothing. That was my reason for starting this gift. I just don't want to see any senior feel that way, that they were forgotten or left behind," she said.

Though she wasn't able to personally deliver the gifts to their recipients last year Meger says that she heard how appreciated they were.

"The worker telling us about it was just tearing up with emotion telling us how excited everyone was and just the sheer joy," said Meger.

The tags themselves have information about the age of the resident, their name so gifts and cards can be personalized and some suggestions about things they may like as well as areas of interest for them.

"Last year, people brought lap blankets, mugs, ornaments, slippers, hats, large print word searches, Sudokus as long as they're large print and some large print books," said Meger.

To show appreciation for residents participation in the program, the team at Home Hardware will put the names of the donors into a draw and the winner will come away with a Selkirk Biz Bucks card.

The draw will take place after the gifts have been delivered.

Meger appreciates residents who want to make a gift donation.

"I would just hope that everyone thinks of their grandmother or aunt or uncle or mother or father. Do it for them. Think of them being in that situation," she said.

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more educated kids graduating from high school about how their food was grown, wouldn't that be fantastic? Wouldn't we have a society that had a better base level of knowledge?

"If you haven't done this already, it's such a fantastic way to get out there and start sharing some really real stories about life on the farm.

"I also think it's really important to talk to adults about this ... I spend the majority of my off-farm hours speak-

ing to an urban audience and sharing with them the good news stories about life on the farm and being a mother on the farm and all those different value systems. And I encourage you guys to do the same ... take every opportunity you can."

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Christmas COUNTDOWN

SHOP LOCAL THIS HOLIDAY SEASON

Celebrating local choristers going above and beyond

By Emma McGill

Having been a staple in the community for over 45 years, the Selkirk Community choir serves anyone longing to develop stronger vocal skills, sing a variety of music, and be apart of a group that performs concerts year-round, such as performances at the Remembrance Day service and Selkirk's Holiday Alley Winter Concert recently this year.

Kendra Obach, conductor of the Selkirk Community Choir, has a masters in choral conducting and is heavily involved in the Interlake Choral Association and Interlake Youth Choir programs. She has worked with the choir for over 13 years, 11 of which have been consecutive.

Obach has just recently returned from New York City along with chorister Lisa Highmoor, where they sang with a massive choir, which included 230 singers from 15 choirs across North America and Europe, at the famous Carnegie Hall as a part of the Distinguished Concerts International New York series on November 13.

"The New York trip was outstanding," said Obach. "Carnegie Hall is one of the most recognizable and iconic performance venues in the world. The view from the stage was incredibly powerful and the musical performance was very gratifying."

It was Highmoor, who had been a member of the Flin Flon choir in the past, that encouraged Obach to apply. "The Flin Flon Community Choir has been part of the DCINY series a few times in the past. The choirs need to audition to be part of the program. This year, they were open to including a few additional singers."

The program connects choirs internationally to perform across iconic music halls in New York city. This concert was the World Premiere of a work by Ola Gjeilo, a Norwegian composer. The piece is called Twilight Mass and is made up of nine movements, featuring 30 to 40 minutes of chorus, orchestra, piano, and soprano solo. The choir had two four hour rehearsals and one dress rehearsal prior to their performance debuting the piece. "The work is stunning and it was special to be part of the premiere, especially with the composer," shared Obach.

In the past, Obach has sung with a number of ensembles, which include university choirs.

She has twice represented Manitoba at the National Youth Choir.

"As a conductor, I sing often, but haven't sung as a member of a choir in a long time. It was a nice opportunity to be a chorister again for a few days and work under the leadership of a renowned conductor, Johnathan Griffith," said Obach.

Another talent of the Selkirk Community Choir has also recently been recognized for her work; Beth Emmers is a local piano teacher and a Music for Young Children specialist. Last summer, she traveled to Italy for a piano intensive, and has now recently completed her grade 10 piano exam. Emmers was awarded the Provincial Gold Metal for her performance, and performed again at the awards concert.

"Selkirk Community Choir is simply a community group with a wide array of members, ability levels, and experiences, but we come together to enjoy



PHOTO SUBMITTED DCINY PRODUCTION/DAN WRIGHT PHOTOGRAPHY

There were 230 singers in this performance at Carnegie Hall.

making music together and learn in a fun and safe space," said Obach.

Not only will the choir be performing at a St. Peter's Old Stone Church Advent service, which has been a traditional performance for them for about 30 years, but they will also be hosting their own Christmas Concert on December 5 at 7 p.m. at Good Shepherd Lutheran Church.

Tickets are only 5 dollars and gives an audience member the opportunity to see the choir perform, to sing along with some Christmas carols, and see featured performances from the talent of Kendra Obach, Lisa Highmoor, and Beth Emmers.

Anyone interested in

joining this accomplished singing community should know that the choir will start up again on January 9 at 7 p.m. in the same place as the Holiday concert.

Jim and Verna Poole are pleased to announce...

Interlake Supply is SOLD!!

After 60 years in business we want to thank all of our valued customers, employees and friends for their support over these many years.

New owners will continue to operate Interlake Supply, offering new and used auto parts, autobody shop and mechanical services. Jim Walde will continue to provide his exceptional skills as part of the Interlake Supply team.

We wish Amandeep and Garry all the best and thank them for their support during this transition.

Please stop in and welcome them to the area.

Poole's Place Antiques will remain open onsite until our inventory is gone. Purchase in store and watch for items listed with McSherry Auction Service. Call us at 204-886-0023.

Please stop in for a visit! We'd love to see you.



Thank you for EVERYTHING! See you soon.
Jim and Verna Poole

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She shoots!



RECORD PHOTO BY BRETT MITCHELL
It was a stiff contest at Saturday night's Steeler's Shot In The Dark Competition.

Fundraising for Uganda



RECORD PHOTO SUBMITTED
Former Selkirk resident Kurt Petersen is once again hosting a holiday event in support of his mission to help youth in Uganda. This year the Change 2 Change Holiday Draw will be selling \$10 tickets and the chance to win cash, a food hamper or a South Beach Casino package. Email contact@change2change.ca for more details.

get inspired

> MEAL IDEAS



Brown Sugar Honey Glazed Ham

place in roasting pan with flat side down.

Bake ham about 1 hour until heated through to internal temperature of 130 F with meat thermometer inserted into thickest part of ham.

In medium saucepan, combine brown sugar, honey, butter, Dijon mustard, apple cider vinegar, cinnamon and cloves. Cook mixture over medium heat, stirring frequently, until butter is melted and ingredients are well combined.

Brush about half of glaze over ham, making sure to fill crevices or scored cuts.

Return ham to oven and bake 30-45 minutes, or until glaze is bubbly and caramelized with internal temperature of 145 F.

Baste ham with pan juices and glaze every 10-15 minutes while baking.

Remove from oven and let rest 10 minutes before slicing and serving.

Prep time: 12 minutes
Cook time: 90 minutes
Servings: 32
1 fully cooked Coleman Natural Applewood Smoked Bone-In Spiral Ham (7-9 pounds)
1 cup packed brown sugar
1/2 cup honey
1/2 cup unsalted butter
1/4 cup Dijon mustard
2 tablespoons apple cider vinegar
1/4 teaspoon ground cinnamon
1/4 teaspoon ground cloves
Preheat oven to 325 F.
Remove ham from packaging and



Smoky German Potato, Sausage and Bacon Chili

pepper, to taste

In large saucepan over medium heat, cook bacon until crispy. Remove and set aside, leaving about 2 tablespoons drippings in saucepan.

Add smoked sausage and cook until browned.

Once sausage is cooked, add diced onion and minced garlic, cooking until onion is translucent.

Drain excess fat then stir in chili powder, coriander, cumin, cayenne pepper, oregano and Fresno peppers until well mixed.

Add drained diced tomatoes, German potato salad and cooked bacon to saucepan.

Add beef broth and stir to combine. Season with salt and pepper, to taste.

Bring mixture to simmer and let cook about 30 minutes, stirring occasionally, until flavors are melded.

Substitution: Jalapenos can be used for Fresno peppers.

Recipe courtesy of "Dad with a Pan" on behalf of READ
Prep time: 20 minutes
Cook time: 40 minutes
Servings: 8
4 strips thick bacon, cut into cubes
1 pound smoked sausage, sliced into 1-inch segments
1 small onion, diced
4 cloves garlic, minced
4 tablespoons chili powder
1 tablespoon ground coriander
1 tablespoon ground cumin
1 teaspoon ground cayenne pepper
1 teaspoon dried oregano
2 Fresno peppers, diced
1 can (14 1/2 ounces) diced tomatoes, drained
1 can READ German Potato Salad, drained
1 cup beef broth
salt, to taste

Ask The Money Lady

Dear Money Lady: Should I sell my home and move into a retirement home? I'm 76 and I really don't want to move but my kids say I should. What do you think. Anna

Well, isn't that a loaded question? Anna, I want to commend you for at least having an open mind to moving. I know it's a big decision and one that gets more complicated as we age. There are plenty of Canadians that feel the same way and have strong emotional ties to their homes. I have read all your emails: "They'll carry out my dead body from this house. I will never sell". Okay, I get it, you don't want to give up your home.

Instead of thinking that you have to give up your house, why not consider giving yourself a new home that may be an even better fit for you as you age, and if it helps to give you a little bit more money, how can that not be something you would consider? The decision to change your living arrangement in retirement could provide more confidence and happiness instead of the nervous worry about how to maintain the status quo. A wait and see perspective can be very stressful especially if your current residence is not suitable for an aging senior. If you get forced into a decision you're not ready for, it could make things very difficult at a time when your health may not be at its best. Here are some questions to consider.

1. Can you downsize your traditional home into a smaller home or condo. Are you able to get a new home that is more suited to your needs as you age? Could you see yourself growing old in this new home? Are you able to stay in the same town/location?

2. Could you move in with family/friend to save money and build a tight social system. Families could move in together to help out each other and care for one another (grandchildren/elderly, cooking/cleaning/gardening, financially supporting one another).

3. Should you financially downsize and rent: no more taxes,



Christine Ibbotson

maintenance, etc. This would provide a true lock-and-leave-it lifestyle. Are you wanting to be "free as a bird" to travel? You could sell your home, rent for a few years, and then move into a small home or consider an adult living community when you want to settle down.

4. If moving is still out of the question, could you spend part of your retirement savings to make your current home more suitable. Can you modify your home to keep you in it long term; for example, a main floor master, walk-in tub/shower, new roof or heating, less maintenance/gardening, etc. Can you get a renter in the basement to help with expenses? What about hiring a part-time maintenance man to help out?

There are many people who know their current home may not be suitable anymore, but they still don't want to leave. What will they do for Easter, Thanksgiving, or Christmas? Family memories are made in a loving home, but they can also travel with you. Remember, it's our family, not the place, that binds us together. Don't worry about your adult kids, they will still gather no matter where you end up....maybe Christmas could be at another person's home with new traditions and lots more new memories for you to make and treasure.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

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

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Interlake Thunder take in NDSU football game from the sidelines

By Becca Myskiw

The Interlake Thunder Football teams recently travelled south to the U.S.A. to take in the world of college football.

The women's football teams made the three-hour drive to North Dakota State University (NDSU) on Saturday, Nov. 18, to watch the North Dakota State Bison take on the Northern Iowa Panthers. Head coach Joel MacDonald is a season ticket holder for the Bison, so when he threw out the idea of watching a game as a team, the girls jumped on it.

"They love football," he said. "They've got a passion for it, and they also love doing things together."

Thunder running back Brooke Bardarson was one of the driving forces behind the team going to the game. She feels college football is often overlooked because it's not the National Football League (NFL), but she said it plays a huge role in the development of players.

"You can get so many tips and so much more experience even by watching than just playing," said the 16-year-old.

So, MacDonald made some calls, and soon enough, the Interlake Thunder players were on the sidelines of the game, talking to players and coaches of the Bison. Bardarson said speaking to them was like meeting a celebrity, and she came out of the conversations learning from the players' experiences and stories.

"They're so grateful for the opportunity they've been given and they just really take it all in," she said.

"They go full out, 100 per cent."

MacDonald said taking the girls to the game was a way to show them what the next level looks like since Canada has nothing comparable to US college football.

"For us, it was for the girls to see firsthand how you're supposed to do things properly, see the fun of the game, and learning, seeing how they technically do things very well," he said.

The girls sat on the sidelines the entire game, cheering along with the NDSU fans. MacDonald said seeing his team experience and be part of the energy there was incredible.

"As long as they're having fun, we're having fun as coaches," he said.

Bardarson said the entire experience was fun and gave her a lot of tips for next season. Watching their hand movements, the signs from player to player, the different variations of plays, and seeing the team's chemistry on the field was amazing — she said the energy in the stadium was like nothing she'd experienced before.

"You know the team has a connection, and they're always going to be there for each other and celebrate and uplift," she said. "It was cool to see it up close."

The game the Thunder attended was NDSU's last of the season. It de-



RECORD PHOTO SUBMITTED

The Interlake Thunder travelled to NDSU to take in a college football game earlier this month.

terminated if they'd start playoffs at home or on the road. The Bison won 48-27 over the Panthers, sending the stadium into an ear-deafening uproar. On Nov. 25, they kicked off playoffs at home, hosting the Drake Bulldogs.

While the Thunder wait for next season to start, they're holding practices and training sessions to be together and to continue working on their games. Bardarson said her team is a tight-knit group, and they have been since day one.

"It's cool how we all became close

really fast," she said. "Even when we were still kind of new, we all had each other's back. We're like family."

MacDonald said his current group of players is special, making up the varsity and junior teams.

He's always told them he'll match their enthusiasm and finds himself trying to keep up because they're so full.

The Interlake Thunder season goes from May to June. Come the end of the year, they'll start training more seriously to prepare for it.

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NEXT STEELERS HOME GAMES: Tuesday, Dec 5 vs Winnipeg Freeze • Friday, Dec 8 vs Virden Oil Capitals

Junior High volleyball finals held last week

Submitted

The Lord Selkirk School Division held its annual Junior High Volleyball "Finals Night" at the Selkirk Regional High school gym on Nov. 21. There were two Grade 8 finals (Tier 1) and

two Grade 9 finals. Here are the results:

Game 1 featured Lockport and Ecole Selkirk in the Grade 8 boys' (Tier 1) final. Ecole Selkirk won 2-0 (25-19, 25-5).

Game 2 featured Lockport and Ecole Selkirk in the Grade 8 girls' (Tier 1) final.

Ecole Selkirk won 2-1 (25-19, 19-25, 15-12).

Game 3 featured Lockport and Ecole

Selkirk in the Grade 9 boys' final. Lockport won 2-0 (25-3, 25-6).

The final game had Lockport and East Selkirk in the Grade 9 girls' final. Lockport won 2-0 (25-22, 25-21).



Lockport Grade 9 boys defeated Ecole Selkirk 25-3 and 25-6 to win the 2023-2024 LSJHAA Grade 9 Boys championship.



RECORD PHOTOS SUBMITTED

Lockport Grade 9 girls defeated East Selkirk 25-22 and 25-21 to claim the 2023-2024 LSJHAA Grade 9 girls championship banner.



Ecole Selkirk Grade 8 girls claimed the 2023-2024 Tier 1 Girls championship in three games defeating Lockport 25-19, 19-25 and 15-12.



East Selkirk Junior High defeated Lockport 25-19 and 25-5 to win the 2023-2024 LSJHAA Tier 1 Boys championship.

Steelers close out homestand with a loss

By Brian Bowman

The Selkirk Steelers posted an 0-2-1 record in a three-game homestand to close out November.

Selkirk lost 3-2 to the Portage Terriers last Saturday.

Selkirk's Mathieu Moreira and Portage's Anyandro De Leon traded first-period goals.

The Terriers' Decker Mucjin tallied midway in the second and then he scored his second of the game just 16 seconds into the third.

On Friday, the Steelers were defeat-

ed 4-3 in a shootout by the Winnipeg Freeze.

Kylow Monkman was the lone play-er to score in the shootout.

He opened the scoring at 9:01 of the first period and then Selkirk's Owen Johnston and Catellier answered with goals early in the second.

The Freeze's Davis Thompson then tied the score at 2-2 at 9:14 of the middle frame.

The third period saw Winnipeg's Gage Sutherland and Joel Purdom trade goals. Purdom's marker tied

the score at 3-3 at 16:21 of the third period.

All six goals in the game were scored on the power play.

On Nov. 21, the Steelers were defeated 5-2 by the Winkler Flyers at the Selkirk Recreation Complex.

Catellier opened the game's scoring midway in the first period before Winkler's Brody Beauchemin answered with a power-play goal exactly two minutes later.

The Flyers' Jayce Legaarden scored with the man advantage late in the

second period.

The third period saw Winkler take a 5-1 lead on goals by Mike Svenson, Zach Nicolas (power play) and Dalton Andrew before Nick Giasson closed out the scoring with a power-play goal in the game's final minute.

Selkirk (7-14-1-1) will visit OCN on Friday and Swan Valley Saturday. Both games will start at 7 p.m.

Next Tuesday, the Steelers will host the Freeze. Puck drop is 7:30 p.m.

Collins to represent Team Manitoba in alpine skiing in Calgary

By Lana Meier

Dylan Collins has been involved with Special Olympics Manitoba for an extensive period, specifically the Team Edge-Alpine ski club for the past eight years.

After a strong performance in alpine skiing at the 2023 Special Olympics Winter Games, Collins has been selected to represent Team Manitoba at the national level in Calgary from Feb. 27 to March 2, 2024. His goal is to qualify for Team Canada and potentially compete at the 2025 World Winter Games in Italy.

In preparation for the 2024 Winter Games, Collins has taken a proactive approach to training by working independently and attending various specialized training camps designed for both athletes and coaches.

Kindly consider making a donation or becoming a sponsor to show your support for Collins, our local Special Olympics athlete who works for the City of Selkirk Public Works Department.

Collins is grateful to have the support of the community as he strives towards his goals. On behalf of Collins and the entire team of athletes, coaches, staff and volunteers, they thank you for your consideration in making a donation or sponsorship. Your contribution will greatly aid in their success.

What is Draft an Athlete?

Draft an Athlete is an investment in your community, paving the way to a world where everyone is included. It's about building partnerships between athletes involved in Special Olympics and the communities in which they live, train, and continue to inspire.

Why Should I Partner with Special Olympics Manitoba?

Special Olympics Manitoba is part of a global movement of inclusion, and we are dedicated to enriching the lives of Manitobans with an intellectual disability through the transformative power of sport.

With 68 athletes and the help of volunteers and coaches, Special Olympics Manitoba – Interlake Region develops and delivers five athlete-centered

programs.

Drafting an athlete is your opportunity to support a Special Olympics athlete in your community and become an integral part of their success.

Special Olympics Canada Winter Games – Calgary 2024

This year, Team Manitoba is made up of 58 talented athletes, 19 coaches and 10 mission staff, who will represent our province in Calgary at the Special Olympics Canada Winter Games from Feb. 27 to March 2, 2024.

This is a premier national event that will welcome over 1,200 athletes, coaches, and mission staff from across the country to compete against one another in eight sports, in the hopes of qualifying for Team Canada and the chance to compete at the 2025 World Winter Games in Italy.

The cost to send just one of our provincial team athletes to Calgary is \$2,000. Our goal is to raise \$120,000 to help send Team Manitoba to this once-in-a-lifetime experience.

How Will I Make a Difference?

- Provide an inclusive environment for Team Manitoba athletes to live, train and compete.
- Provide support for equipment, facility, transportation, and competition.
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What are my options?

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- Attend provincial team send off and enjoy a meet and greet with your athlete
- Receive thank you letter and picture from your athlete
- Receive the team handbook including information about all athletes
- Receive a tax receipt for the full amount of your donation

\$2,000 Sponsorship

- Attend provincial team send off and enjoy a meet and greet with your athlete
- Receive thank you letter and picture from your athlete



RECORD PHOTO SUBMITTED

Selkirk's Dylan Collins will represent Team Manitoba in alpine skiing in Calgary.

- Receive the team handbook including information about all athletes
- Company logo recognition in team handbook
- Ability to use our logo as a Draft an Athlete Partner
- Thank you mention on Special Olympics Manitoba social media
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- Attend provincial team send off
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Continued on page 26

Royals advance to MHSAA 'AAAA' varsity girls' provincial semifinal

By Brian Bowman

The Selkirk Royals have advanced to the MHSAA "AAAA" varsity girls' volleyball provincial semifinals.

Selkirk, the top seed at provincials, defeated the eighth-seeded Miles Macdonell Buckeyes 3-1 (25-22, 21-25, 25-22, 25-20) last Saturday.

This match was a close one and it might help the Royals going forward in their provincial title quest.

"Our match on Saturday said one versus eight on paper but we knew going in that Miles Mac was going to be a challenge," said Royals' head coach Chad Whiteside. "We knew Miles Mac was going to be a tough test. They're better than the No. 8 indicates and they have been playing really well lately. We certainly knew

it wasn't going to be an easy match and we struggled at times. Not only did Miles have great energy and have a great game plan, but we made some mistakes that cost us. A couple of moments in that match we trailed but we preserved and our girls showed strong perseverance to be able to come back from pretty significant deficits."

With the win, Selkirk will now take on Brandon's Vincent Massey Trojans Wednesday at the University of Manitoba. Game time is 6 p.m.

The crowd for this one will be filled with excitement in what should be a great matchup.

"Vincent Massey is an interesting opponent and we have met them only

once during the season and it was in a round-robin match and we actually lost that round-robin match to them," Whiteside said. "They attended a lot of tournaments in western Manitoba so we only saw them on a couple of occasions. In that sense, it's a less familiar opponent than Miles Mac would be but we work hard to prepare for some of the things that we might expect. We know that this match will be a battle and to be successful there will have to be preparation and hard work on our end."

In the other provincial semifinal, the Jeanne-Sauve Olympiens will take on the Steinbach Regional Sabres on Wednesday at 8 p.m.

The championship game for all of

the marbles is set for Dec. 4 (6 p.m.) at the U of M.

The Royals' varsity boys' volleyball team, meanwhile, had their season end with a 3-0 loss to the St. Paul's Crusaders in the MHSAA "AAAA" provincials last Thursday. St. Paul's won by scores of 25-13, 25-14, and 25-19.

Selkirk earned a berth into the provincials after defeating the Garden City Gophers 3-1 (25-22, 25-23, 15-25, 26-24) in a wildcard game.

In junior varsity girls' "AAAA" provincial action, Selkirk was defeated 2-1 by the Westwood Warriors in a pre-quarter-final game.

In pool play, the Royals were 0-3.

Royals' boys' hockey team loses to Huskies in overtime

By Brian Bowman

The Selkirk Royals were edged 3-2 in overtime by the Sturgeon Heights Huskies in WSHL action last Thursday at the Keith Bodley Arena.

Isaac Martin scored the game winner in OT.

Nolan Dear scored for Selkirk in the first period and then the Royals' Ryan Cromie tallied in the third.

Marks Antonijs and Carter Joudry scored second-period goals for Sturgeon Heights.

On Nov. 20, Selkirk was doubled 4-2 at home by the Westwood Warriors.

Nathan Ramos-Lam led Selkirk with a goal and an assist while Gaven Berry also tallied.

Westwood goals were scored by Noah Curtis (two), Cole Warsaba, and Madden Parnwell.

Selkirk hosted Sturgeon Heights this

past Monday and then played at the River East Kodiaks Tuesday but no scores were available at press time.

The Royals will take on the Beliveau Barracudas next Monday and then the Garden City Gophers on Thursday. Both games start at 4 p.m. at the Selkirk Recreation Complex.

The Selkirk Royals' girls hockey team, meanwhile, was edged 2-1 by the River East Kodiaks on Nov. 21 at the Recreation Complex.

Liberty Aime scored for the Royals in the first period and then the Kodiaks' Cherine Nichols and Haiden Ludwick tallied in the third.

Selkirk played the CJS Olympiens this past Tuesday but no score was available. The Royals will then battle the Glenlawn Lions on Thursday (4 p.m.) at the St. Vital Centennial Arena.

Locals win bowling medals



RECORD PHOTOS SUBMITTED

Selkirk had two representatives at the Manitoba Youth Bowling Singles Provincial Championship - Courtney Soltys for Senior Singles and Parker Pelletier for Bantam Boys. The winners of each category will represent Team Manitoba at the National Tournament which will be held in Ontario in the spring of 2024. Soltys brought home the gold medal with an 1136 and she will represent Manitoba at the YBC National Championship in May 2024 in southern Ontario. She also receives a \$500 scholarship from YBC Manitoba. Pelletier won bronze in the Bantam Boys Division with a 635.

Raiders earn road win over Riels

By Brian Bowman

The Raiders Jr. Hockey Club defeated the St. Boniface Riels 6-2 in an MMJHL game last Sunday.

The Raiders, which scored a pair of goals in each period, received markers from Nate Goodbrandson (two), Davis Koga, Logan Klippenstein,

Lavery Melsted, and Parker White.

St. Boniface goals were scored by Brandon Ferg and Easton Kapelus.

The Raiders' power-play was clicking, going 3-for-5 while the Riels' were 0-for-5 with the man advantage.

Evan Banera made 27 saves for the win.

On Friday, the Raiders were edged 4-3 by the Transcona Railer Express at the Seven Oaks Sportsplex.

Raiders goals were scored by Parker White, Alex Loschiavo, and Koga while Kaden Bruchanski, Kyle Todoruk, Evan Chudley, and Colton Pakoo replied for Transcona.

The Raiders, now 10-7-1-0 and tied for third place with the Charleswood Hawks, will visit the Stonewall Jets this Friday (8 p.m.) and the Pembina Valley Twisters Sunday (7 p.m.).

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Fishermen down the Satelites, Ice Dawgs

By Brian Bowman

The Selkirk Fishermen defeated the North Winnipeg Satelites 3-1 on Sunday at the Recreation Complex.

Jordan Donald scored a first-period goal for Selkirk before the Satelites' Davis Epp and the Fishermen's Kasen Andrushko traded goals in the second.

Selkirk's Gage O'Neill closed out the scoring with an empty-net goal with 25 seconds remaining in the game.

Selkirk's Kyle Folhoffer had two assists.

Fishermen goaltender Marcus Sharpe made 23 saves for the win.

Last Friday, the Fishermen doubled the Ice Dawgs 8-4 in Arborg.

Selkirk, which grabbed a 5-1 first-period lead, had goals from Dawson Bergagnini (three), Matt Brooks (two), Folhoffer, Ryland Schroeder, and Andrushko.

Bergagnini had a super game with six points while Brooks added four points.

Ben Danielson (two), Austin Loewen, and Tyson Baryliski replied for Arborg.



Dawson Bergagnini

Selkirk was 4-for-6 with the man advantage while Arborg was 2-for-9.

Sharpe made 23 saves for the win.

Selkirk, now 9-1-1 and in first place with 28 points, played North Winnipeg this past Tuesday in Warren but no score was available.

The Fishermen's next game is this Saturday (7 p.m.) on the road against the Lundar Falcons.



RECORD PHOTOS BY RAYME THOMSON

The Fishermen's Gage O'Neill is congratulated after scoring a late third-period goal in Selkirk's 3-1 home win over North Winnipeg.



The Fishermen's Dawson Bergagnini had six points in Selkirk's 8-4 win over Arborg.

U18 AAA Thrashers split with Parkland Rangers

By Brian Bowman

The Winnipeg Thrashers were edged 5-4 by the Parkland Rangers in Manitoba U18 AAA Hockey League action last Sunday afternoon in Shoal Lake.

Mason Mykichuk led Winnipeg with two goals and two assists while Brandon Corda added a goal and two assists.

Logan Bruneau also scored for the Thrashers.

Parkland goals were scored by Quentin Fisk (two), Maddox Shindle, Cash Clarkson, and Cade Legaarden.

Saturday evening saw the Thrashers double the Rangers 10-5 in a high-scoring affair.

Winnipeg trailed 4-2 after the first period but exploded for six goals in the second.

Thrashers' goals were scored by

Ryden Duchon (two), Corda, Rohan Guevarra, Leland Cody, Lian Hanzmann, Parker Rolston, Mykichuk, Crosby Harrison, and Ben Brambilla.

Tavyn Boychuk (two), Landyn Garton, Hayden Seib, and Legaarden replied for the Rangers.

Austin Kindrat and Taye Timmerman split the goaltending duties for

Winnipeg.

The Thrashers will host the Winnipeg Wild on Dec. 6 (7:30 p.m.),

Meanwhile, the Manitoba U18 AAA Hockey League will host a showcase at the Hockey For All Centre this Saturday and Sunday in Winnipeg.

The top 68 players will compete in a four-game Best-on-Best tournament.

The event is free to the public.

NEXT HOME GAMES

at the Selkirk Rec Centre

SUNDAY, DECEMBER 10th

VS Lundar 3:00 pm

SUNDAY, DECEMBER 17th

VS Arborg 3:00 pm

NEXT AWAY GAMES

Sat, Dec 2 - vs Lundar - 7:00 pm
Fri, Dec 8 - vs St. Malo - 8:00 pm



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APARTMENT FOR RENT

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

Tollack Place sublease, 2 bedroom suite, located at 40 Eveline Street. Spacious suite, with F/S, A/C, storage area, large balcony, utilities are included, 1 spot for parking included. 3rd floor, river view. \$1,027 per month. Call 204-513-0883. Available January 1, 2024.

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1 bedroom apartment for rent near No Frills in Selkirk. Fridge/stove/washer/dryer included, A/C, utilities & parking included. Ground level, separate entrance, wheelchair accessible. No pets, no smoking. \$1,150/month. Available Jan. 1, 2024. Call 204-785-0105.

HELP WANTED

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

Drivers required for Lockport Taxi. Must have a class 4 licence & a current resume. Phone Glen at 204-757-7377.

HELP WANTED

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews 204-338-4292.

MISCELLANEOUS

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

MISCELLANEOUS

Farm wagon, \$400; 16' tandem trailer, \$4500; 8' trailer, \$1200; 50 24x30 patio blks, \$499; air compressor 2 tanks, \$350; large air tank, \$150; parts cleaning tub, \$200. Call 204-482-2723.

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

R.M. OF ST. ANDREWS COMMUNITIES WORKING TOGETHER
PUBLIC NOTICE
REGARDING GENERAL BORROWING BY-LAW NO. 4389 TO PAY FOR THE EXPANSION OF THE PETERSFIELD WASTEWATER LAGOON
The Council of the Rural Municipality of St. Andrews at its regular meeting in the Council Chambers, 500 Railway Avenue, Clandeboye, Manitoba on December 12, 2023 at 5:30 p.m. will consider the following proposal to borrow \$800,431.00 (borrowing by-law no. 4389) to pay for:
The construction of the Petersfield Wastewater Lagoon Expansion Project
The total estimated cost of the expansion project is \$3.84 Million, to be funded as follows:
\$1,920,000.00 The Manitoba Water Services Board
\$1,119,569 The RM of St. Andrews Lagoon Reserve Fund
\$800,431.00 to be funded by borrowing
The borrowing will be repaid over 20 years at a maximum interest rate of 8% per year
The annual repayment amount will be no more than \$81,525.67 to be levied annually as part of the general municipal levy.
Copies of the proposal to borrow and information about the capital project are available at the municipal office at 500 Railway Ave, Clandeboye, MB. and on the municipal website at: www.rmofstandrews.com
Dated at the Rural Municipality of St. Andrews this 27th day of November, 2023 and issued pursuant to Section 174.1(1) of The Municipal Act.
Brent Olynyk
Chief Administrative Officer
Rural Municipality of St. Andrews
204-738-2264

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EMPLOYMENT OPPORTUNITY

FIRE CHIEF

The Rural Municipality of St. Clements is now accepting applications for the position of East Beaches Fire Chief.

Applicants must be a resident of the Rural Municipality of St. Clements or the Rural Municipality of Alexander and must reside within the East Beaches Fire Department Fire District.

QUALIFICATIONS AND SKILLS:

- Completion of Grade 12 and graduation from a secondary school or equivalent technical school;
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 - o Valid Manitoba Class 4 driver's license with Air;

Please visit www.rmofstclements.com for a complete list of job description, qualifications and skills

Applicants are subject to a current Child Abuse Registry Check and Criminal Record Check

This position will remain open until a suitable candidate is found.

Applications are to be directed to:

Deepak Joshi
 Chief Administrative Officer
 1043 Kittson Road
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UPCOMING EVENTS
 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.

St. Clements Parish 1178 River Rd St. Andrews is holding a Christmas Tea, Bake Sale & Silent Auction, on Saturday, Dec 9, 11 am - 2:30 pm. Admission by monetary donation.

UPCOMING EVENTS
 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.

Old St. Andrews on the Red Anglican Church is having a Craft and Bake Sale with refreshments, rainbow auction, photos with Father Christmas and children's craft on December 9th from 1 to 4 p.m. Music with Two by Two at 2:30 p.m. Silver collection.

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PERSONALS
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NOTICES
 Knights of Columbus Selkirk Council #6150 list of winners - Grey Cup Nov. 19, 2023 - Mike Hamilton, George Walker, Eileen Paskaruk, Rob Dobson, Charlie Veters, Joan Purse, Shelley Dupasquier, Chris Eichkorn, Bob Wensel, Kelly Borisenko.

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PUBLIC NOTICE

The Rural Municipality of St. Clements Landfill will be closing at 4:00 p.m. on December 8, 2023.

Deepak Joshi
 Chief Administrative Officer

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ANNOUNCEMENT

BIRTHDAY



Happy Belated Birthday to our little Rockstar Suzanna Lenore Shumilak who turned 18 on October 27th!
-Love Dad and Hayley! xoxo

ANNOUNCEMENT

IN MEMORIAM



Gordon Dennis Martin
October 31, 1953 - December 1, 2022
In another universe, I meet my father when he is a child.
We play catch in the woods and as we play he tells me he isn't allowed to cry but sometimes the world hurts him and he doesn't know what to do with all that pain.
So I give him the shoulder he needs to cry on. And he does. He does until the tears are done. Afterwards, I buy him ice cream and I listen to his laugh, the glowing warm laugh of a child who knows he is safe.
I wish someone could have done that for him. Been a kind, safe place for the child he used to be.
Would it have made a difference?
Dad, I will never forget you, and I promise to cherish my kind and safe place I created with my family, friends and community.
I love you

-Your daughter,
Kristy Magnusson

Your memory will live forever in my heart

ANNOUNCEMENT

IN MEMORIAM



Gail Lynn Frederick
February 5, 1972 - December 2, 2018
Five long years have passed and the pain of losing you still lingers in our hearts.
We cherish the memories we shared, holding you close in our thoughts today and always.
You meant the world to us and we miss you dearly.

-Forever loved, deeply missed,
John,
Frederick family and Boyce family

ANNOUNCEMENT

IN MEMORIAM



Lorne Huculak
In loving memory of my beloved husband, our dad and grandpa
December 5, 2008
Always in our thoughts.
-Forever missed and loved,
by wife Shirley and children, Shirleen and Brett, JR and granddaughter Choyce

Remember your loved ones or send your special wishes to your friends and family.

Selkirk Record

Call 204-785-1618

OBITUARY



Elmer David McMillan
February 27, 1927 - November 19, 2023
It is with heavy hearts we announce the passing of David McMillan on November 19, 2023 at the age of 96.
David was predeceased by his wife Diane (Upritchard) in October, 2023.
He will be greatly missed by several nieces and nephews along with many close friends.
As per David's wishes, there will be no funeral service.
Tributes: www.interlakecremation.ca

Arrangements entrusted to:

Interlake Cremation & Memorial Services
204.482.1040

OBITUARY

Dorothy Mary Cannon
Peacefully on November 22, 2023, Dorothy passed away at the age of 89 years.
In accordance to her wishes, cremation has taken place and she will be laid to rest with her late husband Arthur at a later date.
If friends so desire, donations may be made in Dorothy's memory to Park Manor Care Home, 301 Redonda Street, Winnipeg, MB. R2C 1L7
Tributes: www.interlakecremation.ca

Arrangements entrusted to:

Interlake Cremation & Memorial Services
204.482.1040

OBITUARY

Dori Scyrup
On Saturday, November 25, 2023 at his residence, Dori Scyrup, aged 83 years of Libau, MB passed away.
Funeral Service will be held on Monday, December 4, 2023 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk.
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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OBITUARY



With broken hearts we say farewell to
Karie Robinson/Guillas and her son Justice Guillas

Tragically on November 1, 2023 went to Heaven, both will be dearly missed.

Karen, her mother is asking for donations please to help lay their ashes at Old Stone Church.
Etransfer to Theresa_1973@hotmail.com we thank you greatly.



OBITUARY

Lorna Mae Nuspl

Our beloved Mom, Nana, and Great Nana passed away peacefully on November 22, 2023 at the Betel Home in Gimli. Mom's unconditional love and her witty humor will be so missed.

The family would like to thank the staff at the Gimli Betel Home for their compassion and care Mom and the family received.

In keeping with her wishes, cremation has taken place and a celebration of Mom's life will be held next year.

"Always remembered and loved, never forgotten"

Tributes: www.gilbartfuneralhome.com



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