



# The Selkirk Record

THURSDAY, DECEMBER 7, 2023

VOLUME 14 EDITION 49

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RECORD PHOTO BY KATELYN BOULANGER

Santa Claus waved to all the good girls and boys in Selkirk last weekend at the Santa Parade of Lights. See inside for more photos from the spectacular local holiday event.

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# Bear Clan in Selkirk relaunches to keep city safer

Neighbourhood watch program acts as  
“eyes for the public”

By Kaitlin Vitt

A neighbourhood watch program is relaunching in Selkirk.

After a break of a few years, the Bear Clan Patrol will once again monitor the streets of Selkirk. Mike Calder and Cheryl Magnusson are starting up the program.

Calder, a residential school survivor, is a member of Peguis First Nation and lived in Selkirk before moving to Winnipeg where he worked for 42 years as the director of Indigenous services of the Behavioural Health

Foundation.

Calder moved back to Selkirk last year. When talking with a friend, it came up that Selkirk was in need of the Bear Clan.

“Every community could use extra eyes on the street,” said Calder, an Elder and Knowledge Keeper. “We’re not out there to change the world. We’re just out there to make it a little bit safer.”

The Bear Clan Patrol was first

Continued on page 4



RECORD PHOTO SUBMITTED

Mike Calder (left) and Cheryl Magnusson are relaunching the Selkirk Bear Clan Patrol.

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## > BEAR CLAN, FROM PG. 3

launched in Winnipeg in 1992. After a few years, the patrol took a pause until returning again in 2015.

"It came about as a result of the ongoing need to assume our traditional responsibility to provide security to our Aboriginal community," the Bear Clan Patrol website states. "The concept behind the patrol, then, is community people working with the community to provide personal security in the inner city in a non-threatening, non-violent and supportive way."

Selkirk has had a Bear Clan Patrol before but it disbanded a few years ago. Calder said the new Bear Clan plans to be fully launched in May. Until the launch in May, there will be meetings to ensure the program is as effective as it can be.

"The Bear Clan is a group of volun-

teers that have a commitment to the community they live in, and they just want to see that community thrive," he said. "We're eyes for the public."

The Selkirk Bear Clan has attended a few events in the city, including Holiday Alley, to talk with people in the community about the program. Calder said the RCMP is on board to assist the Bear Clan.

The patrol program is looking for volunteers who are interested in participating in the neighbourhood watch.

"A typical day [when monitoring the streets] would be come out about four o'clock, then we'll make up two groups of people if we have enough," Calder said. "We'll send one group to one quadrant of Selkirk and another group to another quadrant, and then

we'll walk until probably about 11:30 p.m. Thursday, Friday and Saturday."

Those interested in helping out can search "Bear Clan" in the Meanwhile in Selkirk Facebook group to find out when meetings are.

There are currently about 15 mem-

bers of the Bear Clan, and Calder wants to thank them for all their work so far. He also wants to thank all of Selkirk for the city's support.

"They put their trust behind us to get this going and stand behind us," he said.



RECORD PHOTO BY KATELYN BOULANGER

Selkirk Bear Clan volunteers at the Santa Parade of Lights last weekend.



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# Red River North RCMP locate stolen vehicle and make arrests

By Lana Meier

At approximately 4:45 a.m. on Nov. 30, Red River North RCMP were heading to an alarm call when they encountered a suspicious vehicle on Emes Road in the RM of West St. Paul.

There were two people in the car, and they seemed to be asleep. After waking them, it was discovered that the male driver had multiple outstanding warrants. The female passenger was also violating her conditions, and as a result, both individuals

were taken into custody by the officer and arrested.

The VIN on the vehicle was checked and it was determined the vehicle had been stolen out of Ashern.

Upon searching the vehicle, 19 grams of methamphetamine, prescription drugs, and other drug paraphernalia were seized.

Hannah Rossnagel, 30, was charged with Possession for the Purpose of Trafficking, Possession of Property Obtained by Crime and Fail to Com-

ply. She was later released from custody on a Release Order.

Sean Houlahan, age 37, is facing charges of Possession for the Purpose of Trafficking, Possession of Property Obtained by Crime, Operation of a Motor Vehicle while Prohibited, and Fail to Comply. He was remanded into custody.

Red River North RCMP continue to investigate.



RCMP lay charges for Possession for the Purpose of Trafficking after encountering a suspicious vehicle in West St. Paul.

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# MB government invests in improved traffic safety on provincial trunk Highway 59 North

## Project aims to address concerns about driver, pedestrian safety

Submitted by the Manitoba government  
The Manitoba government is responding to community concerns and

taking significant steps to enhance public safety by introducing new traffic signal lights at the intersection of

Provincial Trunk Highway (PTH) 59 North with Bison Drive-Anishinabe Way, Transportation and Infrastructure Minister Lisa Naylor announced on Dec. 1 alongside Chief Gord Bluesky, council and members of Brokenhead Ojibway Nation.

“We have listened to the leadership and the community of Brokenhead Ojibway Nation who have expressed their long-standing concerns about highway safety,” said Naylor. “Installing new traffic signal lights, reducing the highway speed through the community and improving signage are important steps toward addressing these concerns. We are also aware of the tragic loss of life that has occurred at this intersection and we are hopeful that these measures will make this

intersection safer for everyone.”

The \$2-million traffic safety projects are in addition to a new bridge structure over the Brokenhead River that is currently in the initial planning and design stage. Further engagement with the community on this important bridge project will be advanced in the new year, noted the minister.

Manitoba Transportation and Infrastructure (MTI) has been in recent discussions with Brokenhead Ojibway Nation about twinning PTH 59 based on conceptual plans from 2016. The minister noted the department is committed to working with the community to update the twinning design concept for this section of PTH 59, which will consider active transportation options such as new safe

walking and bicycle paths for residents as part of the conceptual plan.

In response to requests from Brokenhead Ojibway Nation, the province has also installed new community signs along PTH 59 acknowledging the Ojibway spelling of the community name, Baaskaandibewiziibiing.

“We welcome

Continued on page 11



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# Selkirk and District Horticultural Society grows cheer this holiday season

## Group of gardeners gives back to local organizations

By Katelyn Boulanger

The Selkirk and District Horticultural Society is well-known in our community for maintaining some of our amazing local parks in the summer. This year, they've set their green thumbs to giving back to our community with donations of \$1000 to both Nova House and Our Daily Bread Soup Kitchen this holiday season.

Selkirk and District Horticultural Society fundraised this money through their annual plant sale. The proceeds of the plant sale are used to keep the group going throughout the year but this year they noticed that they had a little more than they needed.

"We decided that we would like to donate it to the community," said Kris Kubay, president of the Selkirk and District Horticultural Society.

She said that the group felt that they wanted to help the community and that they voted on the groups within the community that they wanted to support this year.

The Selkirk and District Horticultural Society is a garden club that has been in our community for almost 30 years.

"We started the plant sale just to sup-

port the club so we could get guest speakers in to talk to our membership. But, the plant sale has become an event, not a sale. We are able to offer to the community, very reasonably priced plants, not only to beautify your yard or feed your family, but I call it partnering with Mother Nature. We support the environment by helping the bees, birds and butterflies," said Kubay.

She says that supporting the community makes perfect sense as gardeners are nurturing people by nature.

Though many of the group's members are from outside of Selkirk that doesn't stop the group from continuing to maintain the Main St. Garden, Red Feather Farm and the Veterans Memorial Gardens in Selkirk.

Many residents might not think to join a gardening group at this time of year but Kubay says that they are still active in the community in the winter.

"We would love to have new members. We meet on the third Tuesday of each month. We have guest speakers. We exchange information with each other about gardening and gardening tips," said Kubay.



RECORD PHOTO SUBMITTED

The Selkirk and District Horticultural Society has given \$1000 doantions to Nova House and Our Daily Bread Soup Kitchen this holiday season.

Their guest speakers cover a large variety of topics. In the past, they've had people speak about bees, mulching, looking after soil, and different kinds of plants. These speakers are decided on based on what the group would like to learn about.

In their January meeting, the group is going to be hearing from an expert on trees.

"We welcome all people if they'd like to come. [It doesn't matter if they] are a seasoned gardeners or want to learn about gardening. We have very

interesting guest speakers that we get and we meet at seven o'clock at the United Church at 202 McLean [Ave. in Selkirk]," said Kubay.

Potential new members are welcome to show up at a monthly meeting and introduce themselves.

If you are a plant enthusiast looking to support this group look out for their plant sale information this spring. The Selkirk and District Horticultural Society always plans their plant sale for the last Friday in May.

# Dutch Elm infected tree removal begins in City of Selkirk

Submitted by the City of Selkirk

The removal of Dutch Elm Disease (DED) infected trees in the City of Selkirk is underway.

As part of the Province of Manitoba's DED Management Program, every year provincial inspectors survey trees in communities and tag those infected with the disease for removal to prevent further spread.

In Selkirk, 153 trees on public and private properties were tagged for removal this summer. There is no cure for Dutch Elm Disease, and the trees must be removed, as authorized under the Forest Health Protection Act.

Removal is anticipated to be com-

pleted by the end of December. Factors such as weather, location of the infected tree, and proximity to Manitoba Hydro infrastructure can impact removal timelines.

The city awarded ASAP Tree and Stump Removal with the tender for DED removals and the company has started removing trees, mostly in forested or wooded areas. Private property owners with affected trees have received notices and service release forms from the contractor in order to start the work.

Every effort will be made to minimize disturbance to the property. The trees will be cut flush to the ground,

but the stumps will not be removed as

Continued on page 8

## Winnipeg Beach Clinic now accepting non-urgent same day appointments on Friday afternoons

Starting Friday, Dec. 8, clinic health care staff can help you with health issues such as:

- rashes, eczema, infected cuts or minor sores
- sore throats, earaches, colds and flu, coughs, hay fever
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Call the clinic at 204-389-3649 as early as 8:30 a.m. on Fridays to make a same day appointment for that afternoon between 1:00 p.m. and 4:00 p.m.

Health issues treated at same day appointments by the Winnipeg Beach Primary Care Clinic are non-urgent and do not require long-term health care management. If your health condition is chronic, requires longer-term care or specialized care, you may be referred to a more appropriate health care provider or your family doctor.



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Lana Meier



**MARKETING & PROMOTIONS**  
Brett Mitchell



**EDITOR**  
Katelyn Boulanger



**SALES**  
Brittany Hiebert



**DISTRIBUTION**  
Christy Brown



**REPORTER/PHOTOGRAPHER**  
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Call Katelyn Boulanger

## Selkirk and RRN RCMP investigate arson in WSP

Submitted by Manitoba RCMP

On Nov. 27, at approximately 5:35 a.m., Red River North RCMP responded to a structure fire at a residence on Pipeline Road in the RM of West St. Paul.

When officers arrived the home was fully engulfed in flames.

The occupants of the home which included adults and young children, were able to get out of the home safely.

The home was completely destroyed by fire.

Video surveillance was obtained which indicated that the fire was the result of arson. In the video a vehicle can be seen driving up the tree line next to the house, a person exits the vehicle, sets the residence on fire, gets back in their vehicle and flees.

RCMP are asking the public if they have any information on this incident to please call RCMP at 204-482-1222, call Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com).



RECORD PHOTO SUBMITTED

A photo of the remains of the home that was destroyed.

### > DUTCH ELM IN SELKIRK, FROM PG. 7

per the agreement with the province.

Dutch Elm Disease is an introduced disease caused by a fungus that kills elm trees. The fungus is spread from elm to elm by the native elm bark beetle, which feeds in the canopy of elms and, over the winter, under the bark at the base of the trees. The bark beetles breed in dead and dying elm material, including elms infected with Dutch Elm Disease.

The Dutch Elm Disease Management Program has been in existence in Manitoba ever since DED was first detected in the province in 1975.

Communities participate in the program through Community Forest Grant agreements with the province. Under these agreements, the province provides technical assistance, educational materials and support, funding for tree removals and urban forestry activities, and annual surveillance

where trained inspectors search for elm firewood and infected elms. Participating municipalities remove trees identified and marked by provincial inspectors.

Each of the communities takes measures to protect their elms from DED, including activities such as regular pruning of dead branches from elms that can attract elm bark beetles, basal spraying of an insecticide to elms to reduce elm bark beetle populations, and public education.

Fewer infected trees were slated for removal in 2022 and the surplus funding allowed the city this year to purchase new equipment and services to improve its urban forestry operations.

“The purpose of the removal program, in partnership with the province, is so that we limit the transmission of Dutch Elm Disease to healthy elms. If we’re able to identify it early

on, we can remove those trees and prevent the likelihood of disease spread to other trees throughout the city,” said Mihali Schindle, the city’s Urban Forestry and Naturalization Coordinator.

In the City of Selkirk, trees are considered critical infrastructure and their care and maintenance are guided by several policies, including a Street Tree Policy. The city monitors and assesses trees through an annual tree inventory, which includes not only elm but all trees in the city’s canopy.

The cost of Dutch Elm Disease infected tree removal is shared between the City of Selkirk and the Province of Manitoba.

For more information on the Province’s program, go to Province of Manitoba | DED Questions & Answers ([gov.mb.ca](http://gov.mb.ca)).



> CONTACT US

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**EDITORIAL**

Katelyn Boulanger 204-485-3337  
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Christy Brown, Distribution Mgr.: 204-467-5836

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# Brothers celebrate Ukrainian Christmas traditions through dance

By Kaitlin Vitt

Two brothers from St. Andrews will take to the stage with their dance ensemble in December to showcase Ukrainian Christmas traditions.

Nick and Lukas Skromeda, who dance with Anola's Selo Ukrainian Dancers, will perform in the production *Keeping the Spirit: A Ukrainian Christmas Celebration*, a collaboration between Selo and the O. Koshetz Ukrainian Choir of Winnipeg on Dec. 16.

The show follows the story of a Ukrainian family who moves to Canada just as the holiday season arrives. Through song and dance, *Keeping the Spirit* will share about the Ukrainian and Ukrainian-Canadian Christmas traditions the family takes part in during their first Christmas in Canada.

"It's a great outlet for people during the Christmas season to see all aspects of Ukrainian heritage come together, not just traditions but also the dance, the music, all of it," said Lukas, 25. "It's going to be a really, really great show for people to come see."

To prepare for the show, the dancers have been practising four to six hours a week, both on their own and having some joint rehearsals with the choir.

"A big part of it is not just making sure we know our dances but understanding the meaning behind those dances," said Lukas. "It's knowing how to portray those traditions through dance and being able to ensure that the audience, whether they're Ukrainian or not, is able to understand what's happening on stage and how important it is to us."

Nick, who is a teacher, and Lukas, an accountant, danced with Selo growing up and continued dancing as adults with various ensembles. They haven't Ukrainian danced for about five years, but when one of Selo's instructors asked them if they'd dance with the ensemble for the show, they both agreed right away.

"It's a natural way to express your culture, but then you realize it's kind of a responsibility ... to keep Ukrainian culture alive," Nick said. "It's us Ukrainian people, with our strong spirits and our love of Ukrainian culture — it's up to the people to make sure that Ukrainian culture lives on."

The brothers with their family celebrate many of the traditions that will appear in *Keeping the Spirit*, such as serving the 12 meatless dishes on Christmas Eve, inviting carollers to sing between courses and setting an extra place setting at the table to honour the family's ancestors.

"We are so thankful to [our ancestors] for helping us preserve the heritage and bringing along these tradi-

tions to Canada from Ukraine," Lukas said.

Nick said some of his favourite memories were made while celebrating Ukrainian Christmas at his great-grandfather's house.

"We affectionately called him Old Gig — we had Younger Gigi (grandfather) and Older Gigi," said Nick, 29. "His parents came from Ukraine. He grew up on the farm. He didn't have much, but his whole life, he established this amazing farm right off Old McPhillips, kind of between Lockport and Selkirk."

At Christmas, all the grandkids would gather in the basement, singing carols, and playing cards, and Old Gig would sit at the end of the table at the bar, looking over them all.

"It's very emotional to think about now because he's gone but that's what he worked for," Nick said. "Those memories will always be some of the most special memories that I'm ever going to have."

Celebrating Ukrainian traditions, including through dance, has always been a family affair for Nick and Lukas.

"Ukrainian dance and family are quite synonymous," Lukas said. "It's just how it's always been."

In addition to dancing alongside each other, Nick and Lukas dance with one of their cousins, plus another cousin, Hannah Picklyk. Her parents, Bonnie and Rod Picklyk, are Selo's instructors.

"You're Ukrainian dancing to promote your Ukrainian culture, which comes from your family, your actual blood family, and I would consider all of my best friends from Ukrainian dance family as well," Nick said. "I don't know if I could Ukrainian dance without it feeling like family, to be honest."

Nick and Lukas said *Keeping the Spirit* will not only entertain and educate the audience but also highlight the strength of Ukraine and Ukrainians, something they said has felt especially important because of Russia's full-scale invasion of Ukraine.

"Through dance, as beautiful of a thing as it is, I think it's also a great



RECORD PHOTO SUBMITTED BY NICK SKROMEDA.

Lukas (left) and Nick Skromeda will perform in *Keeping the Spirit: A Ukrainian Christmas Celebration* on December 16.

way to showcase strength," Lukas said. "It might not be directly helping the frontlines, but it's a way to show everyone that Ukraine is willing to continue to be strong and have a united front."

"Ukrainian culture isn't a piece of land — it's people," Nick added. "In dancing and doing what we're doing... that is how Ukrainian culture stays alive, people continuing the traditions."

*Keeping the Spirit* takes place Dec. 16 at 7 p.m. at the Seven Oaks

Performing Arts Centre in Winnipeg. Tickets are available on Eventbrite. To stay up to date with Selo as the ensemble prepares for the show, people can follow along on Instagram (@seloukrdancers) and Facebook (@selodancers).

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# MHRN hosts awareness event at library on World Aids Day

## Presentation helps share up-to-date health care information

By Katelyn Boulanger

The Manitoba Harm Reduction Network welcomed residents to their World Aids Day Gathering on Dec. 1. This event had health-care professionals coming together to provide community consultation on HIV treatment, STBBI testing, vaccinations, and a health-care clinic. But, the main event of the day was a presentation by Nurse Practitioner Chrissy Rowan who shared the most up-to-date local information available about HIV in our area and also local resources that can help reduce the spread and help people with HIV in our community.

Tristan Dreilich, network coordinator – Selkirk for the Manitoba Harm Reduction Network started off the discussion by letting residents know about all of the resources that were available at the event.

After a land acknowledgement, Knowledge Keeper Jeannie White Bird led the group in the prayer, and the Women Forever Drum Group welcomed residents with their performance.

Dreilich then came back and added some context to the conversation.

“We should acknowledge that we’re celebrating World AIDS Day today. There’s been a long history of how folks with HIV, and more specifically the queer community has been impacted by hate and stigma throughout the years, and how that has impacted access to things like care, medicine, and basic dignity. [This day is] also the start of Indigenous HIV Awareness Week. It means a lot to me to be able to partner and have relationships with folks who can speak and share knowledge and hold space for Indigenous knowledge. [We need to] also recognize when we think of HIV and HIV in our communities, that Indigenous folks are disproportionately affected,” said Dreilich.

He then welcomed Rowan to the podium to discuss how far HIV medicine has improved in recent years.

She introduced herself as a primary care nurse practitioner in Selkirk as well as a new prescriber of HIV prevention medication. She said that though she doesn’t consider herself an expert she would be sharing the information that she has.

“I’m very passionate about prevention of all health issues and health equity,” she said.

She started with the basics.

“HIV is the human immunodeficiency virus. It weakens the immune

system,” said Rowan.

When treated it’s a manageable chronic condition and when untreated it can cause more susceptibility to infections and cancers.

She explained that the disease is spread through body fluids.

Rowan showed the group the 2021 Manitoba HIV Surveillance Report which showed year over year the test positivity rate is increasing in the province. This means the number of cases for the most recent year’s data that we have available is showing the disease is spreading more quickly than in previous years.

The two main ways that HIV is spreading are through sexual contact and the sharing of needles which means that using barrier methods, not sharing needles and having testing available so that people can know their status and protect themselves and others are all prevention options.

Rowan went on to explain that there are now post-exposure medications that should be taken as soon as someone realizes that they have potentially been exposed and can be used up to 72 hours after exposure. They are available in emergency rooms and urgent care because exposure is an emergency situation.

There are also medications that people can take if they are at risk of exposure.

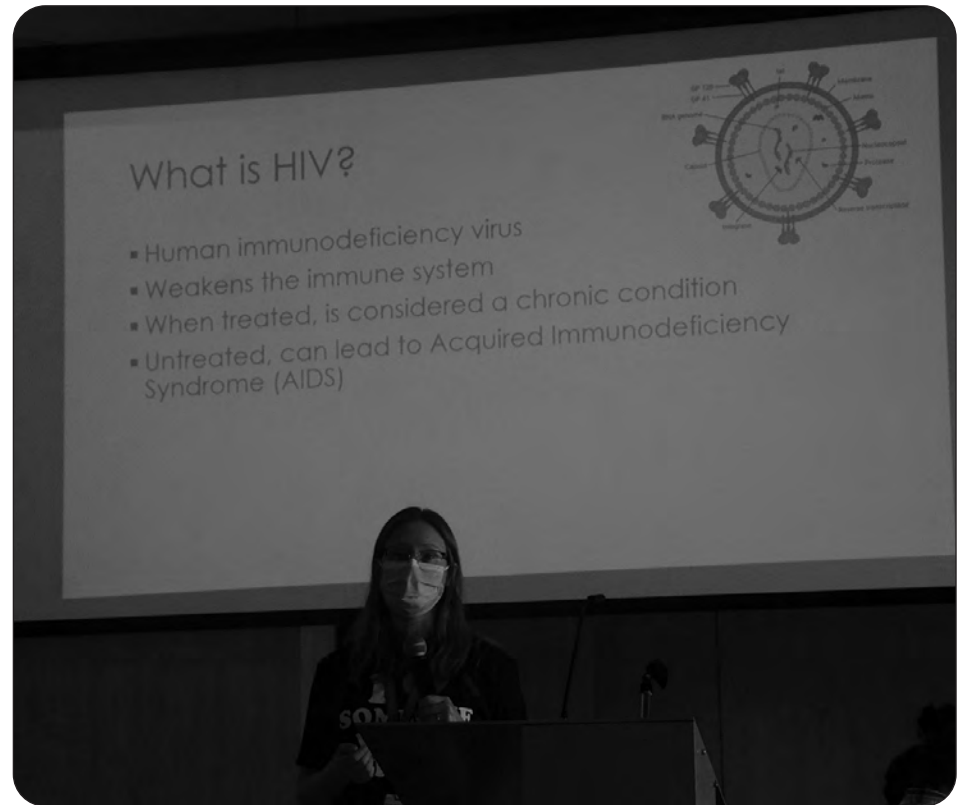
“It’s extremely effective, up to 99% effective at preventing HIV after an exposure,” said Rowan.

People who believe they are at risk can talk to their healthcare providers who can do an assessment which will likely include blood tests and some personal questions to see if they are eligible for this pre-exposure medication.

Rowan explained that if someone happens to be diagnosed with HIV there are some great treatments now available which make it so that HIV can be managed as a chronic condition.

HIV self-test kits, which are kits that residents can use in the comfort of their homes to test for HIV, were available at the event and are available in our community.

“If you don’t know about the self-test kits, it’s something we’re super excited about. You can take up to five of them with you today and you can test from the privacy of your own home. They’re 99.9% accurate, and they’re made to be distributed throughout



RECORD PHOTOS BY KATELYN BOULANGER

Above: Chrissy Rowan speaking at the event. Below: Supplies and information that were available at the World AIDS Day event.



the community,” Dreilich said.

They are also available locally from Dreilich at the Community Health Office at 237 Manitoba Ave. and people who receive a positive result are encouraged to follow up with their health-care provider.

For more information about HIV support, care, and information residents can go to the Manitoba HIV Program website at [www.mbHIV.ca](http://www.mbHIV.ca) or call them at 1-866-449-0165. They can also reach out to Dreilich and the MHRN at [tristan@mhrn.ca](mailto:tristan@mhrn.ca)



# Local health workers recognized with Chair's Awards

Four health-care workers have earned customer service accolades for their commitment to our local communities

By Jennifer McFee

Michele Polinuk, board chair for Interlake-Eastern Regional Health Authority, presented four Chair's Awards for Customer Service during the health authority's recent annual general meeting.

Val Kozyra, administrative assistant at Rosewood Lodge, received a nomination from clinical team manager Margarete Moulden. Kozyra was recognized for embodying IERHA's mission and values in her interactions with the public and coworkers in Stonewall. She is known for being

positive, helpful and calm.

Glenn Shymko, regional manager of facilities management and capital planning, earned recognition for being reliable and capable in his behind-the-scenes work.

Clinical team manager Clayton Fisher received nominations from five colleagues at Lac du Bonnet's personal care home, who describe him as supportive and caring towards residents and staff.

Allison Maki is a proponent of finding out what residents in the personal care home love to do and then provid-

ing opportunities to enjoy those activities. She started out as a health-care aide and enrolled in a licensed practical nursing program to come back to work as a nurse at Lac du Bonnet's personal care home.

CEO Marion Ellis also presented the CEO Award for Community Leadership to Suzanne Nicolas, dean of the school of nursing at Assiniboine Community College, to recognize her commitment to providing locally

accessible education opportunities. Assiniboine offers more than 60 certificate, diploma and post-graduate programs. The college also delivers apprenticeship programming in a range of skilled trades disciplines. The college welcomed more than 3,700 full-time and 6,000 part-time students last year.

A recording of the AGM is posted online at [www.ierha.ca](http://www.ierha.ca) under "About us" and "Annual General Meeting."



Polinuk with chair's award winner Val Kozyra and nominator Margarete Moulden.



RECORD PHOTOS SUBMITTED

Board chair Michele Polinuk with Glenn Shymko.

## > NEW LIGHTS ON HWY 59, FROM PG. 6

this new controlled intersection, which will improve safety on Highway 59 North through our community," remarked Bluesky. "This is the result of decades of work and advocacy by our First Nation. While this is great news, I want to recognize and pay tribute to the families who lost loved ones on this stretch of highway. We look forward to continuing to work with the Manitoba government on additional safety improvements including bridgework, safe active transportation corridors and meaningful co-planning on the eventual twinning of the highway."

The minister said MTI remains committed to working co-operatively with Brokenhead Ojibway Nation and Indigenous Services Canada to

establish short and long-term solutions to further enhance safety along PTH 59 through the community.



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# Santa Parade of Lights brightens up Selkirk's downtown



RECORD PHOTOS BY KATELYN BOULANGER

The Santa Parade of Lights was an unseasonably warm night of fun this year for residents of Selkirk. Children and adults filled Eveline St. to see the displays and wave to Santa. The many volunteers did a wonderful job of making this a night to remember.





# Record recognized at provincial newspaper awards

By Lana Meier

The *Selkirk Record* won a number of Premiere photography awards along with General Excellence at the 103rd annual Manitoba Community Newspaper Association Better Newspaper Competition held in Winnipeg over the weekend. The awards were the first ones held since the COVID pandemic and are for the 2021 newspapers.

The *Record* won second in Best in Class in the General Excellence 10,000 plus circulation along with second for its Front Page and third in Best Layout and Design and Best Front Editorial Page.

Premiere Awards are judged against writers and photographers from newspapers all across the province. The *Selkirk Record's* Brett Mitchell placed second for Photographer of the year and won third for Best Sports

Photo.

The *Selkirk Record* is part of the independently and community owned newspaper chain Big and Colourful Printing and Publishing, which also owns and operates Interlake Graphics, the *Stonewall Teulon Tribune*, *Express Weekly News*, *Winkler Morden Voice*, *Altona Rhineland Voice* and the *Carman Dufferin Standard*.

Our sister papers also received multiple honours for the year.

The *Tribune* placed first in Best in Class, second in Best Layout and Design, and second in Best Front Page in the General Excellence circulation 3600-9,999 category.

The *Tribune* also won a number of premiere writing awards: first in the Best Health Story, Stonewall woman, 100 forced to give up hospital bed by

Continued on page 14



RECORD PHOTO BY JEFF MEIER

The *Selkirk Record* staff along with their sister publications were recognized for their hard work and excellent writing and photography skills at the annual Better Newspaper Competition over the weekend.



## We want to hear from you

*Letters to the editor - If you wish to comment on anything you read in the newspaper, or if you wish to comment on any concern affecting Selkirk and surrounding communities, write a letter to the editor. We welcome diverse views and opinions.*

### Why You Should Write a Letter to the Editor

Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The *Selkirk Record* has an approximate readership of 37,368 readers weekly.

Readers also include members of local government, who we may want to reach. Frequent letters about a certain topic will convey that a sizable group of people care about it.

A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

### Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed, or topic recently covered by the newspaper.

Structure your letter in three parts: refute or promote a certain claim made previously, provide reasons

for your stance, and then suggest what needs to happen now.

Write from your own perspective and show how the topic relates to your local community.

If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful – don't attack anyone when expressing your concerns.

Letters must include your name and a telephone number where you can be reached. Please keep letters to 300 words or less.

The *Selkirk Record* reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca)

## A beautiful frosty day



RECORD PHOTO BY BEN HEWSON

As hunting season came to close last Sunday, deer can safely venture out again. Last Monday the hoarfrost made a beautiful backdrop for these white-tailed deer north of Gimli. Hoarfrost is the deposit of ice crystals on objects exposed to the free air, such as grass blades, tree branches, or leaves. The recorded temperature for Gimli on Dec. 4 was -4 degrees C. Help the *Record* record the weather of the week and send in your photos of friends or family enjoying the outdoors. Email: [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca).

### > PROVINCIAL NEWSPAPER AWARDS, FROM PG. 13

Patricia Barrett; first in the Best Arts & Culture, Local craftsman replicates traditional Red River cart by Tyler Searle; second in Best Agriculture Story, Let's talk turkey - June is Turkey Month in Manitoba by Tyler Searle; second in Best Feature, Hearing Aids open 'a whole new world' for Teulon girl, by Iris Dyck; second - Best Editorial by Evan Matthews and third in Best Photo Essay, Remembrance Day by Lana Meier.

The *Express Weekly News* placed first in the General Excellence for circulation 3,600-9,999 for its Front Page and third in the Best in Class in the same circulation size.

Reporter Patricia Barrett also received several Premiere writing awards: First - Best column or Feature Article on a Business Topic, Gimli pub gets \$5,000 fine after inspector characterizes staff as members; First - Best Education story, ESD unsure how schools will be supported given education property tax cut; First - Best News, Interlake livestock farmers using winter feed; province, federal as-

sistance a Band-Aid solution; Second - Best Health, Interlake paramedics put in 'dangerous and dire' situation and Third - Best Habitat Conservation, Farming and water retention go hand in hand in Poplarfield.

The *Winkler Morden Voice* won Best All Around Newspaper for the province and several General Excellence and Premiere writing awards.

The *Voice* also won first in Best in Class in the General Excellence 10,000 plus circulation and first in Best Editorial Page.

In the Premiere writing category, the *Voice* received third in the Best News Story, "It can feel a little bit like a slap in the face," by Ashleigh Viveiros; third in Best Health Story, "People need to know we have limited capacity," by Ashleigh Viveiros; third in Best Education Story, Trustees reeling in wake of planned education changes by Lorne Stelmach and third in the Best Environmental Story category, Shoring up Dead Horse Creek by Lorne Stelmach.

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# Government introduces a gas tax holiday for six months

Legislation to make lives more affordable for Manitobans

By Lana Meier

The Manitoba government is introducing amendments to the fuel tax act, which would temporarily pause the collection of the provincial tax on gasoline for at least six months starting next year, Finance Minister Adrien Sala announced.

According to Sala, the current situation in Manitoba and throughout Canada is one of affordability crisis. Therefore, this proposed legislation aims to offer crucial assistance to Manitobans, specifically during these exceptional times of significant inflation. It would benefit various individuals, ranging from families with busy schedules to small business owners who heavily rely on their vehicles for work.

The proposed Bill 3, also known as the fuel tax amendment act or the fuel tax holiday, aims to provide a temporary reduction of the provincial fuel tax rate to zero cents per litre on gasoline, natural gas and diesel fuels for road use. This proposed tax pause is set to remain in effect for six months. As stated by the minister, this period will see the elimination of the current 14-cent fuel tax rates on gasoline and diesel used for operating motor vehicles.

According to Sala, this would offer immediate assistance to Manitoba families facing financial difficulties due to increasing expenses and is an essential part of our government's efforts to enhance affordability for all residents of Manitoba.

There is no provincial sales tax on the purchase of fuel. Fuel taxes would continue to be collected on aviation, locomotive and propane as these are not included in the fuel tax holiday, the minister added.

The average Manitoba family with two cars is expected to save approximately \$250 during the six-month fuel tax holiday, the minister noted.

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| December 10th | 2nd Sunday in Advent                                 | 9:30 am & 2:00 pm |
| December 17th | 3rd Sunday in Advent                                 | 9:30 am & 2:00 pm |
| December 24th | 4th Sunday in Advent/<br>Service of Lessons & Carols | 9:30 am           |
| December 25th | No Service   |                   |



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# Your Health

## Resident with mixed connective tissue disease warns others to look out for symptoms

Disease can be hard to diagnose because of unusual presentation

By Katelyn Boulanger

When St. Andrews resident Ray Malcolm went to his doctor to be checked for a COVID-19 infection last year, he didn't know that he would be starting on a path toward a diagnosis that would take a while to figure out.

"Prior to my being diagnosed with COVID, I had some issues that had been going on for a while. I was suffering from a condition where if I exerted myself heavily then I would be huffing and puffing and figure that I was going to pass out or faint. So, I did have this for a while. When COVID [hit me] in April of 2022, it really made a big difference. I could hardly walk to my van.



RECORD PHOTO BY BRETT MITCHELL

Ray Malcolm was diagnosed with mixed connective tissue disease and raynaud's disease and wants to spread information in case others have the conditions.

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## December Awarenesses

- World AIDS Day - December 1\*
- Women's Brain Health Day - December 2\*
- International Day of Persons With Disabilities - December 3
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- Human Rights Day - December 10\*
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# Your Health

I could hardly do anything in my home. It went downhill from there," said Malcolm.

He says that he'd been seeing doctors for a while before this for what they thought might be congestive heart failure but the test results said that his heart was working well.

"We were kind of in mystery land. And then, when COVID hit, I went and saw them again and it took about until May or June to diagnose it as MCTD which is an autoimmune disease," said Malcolm.

His main disease symptom was shortness of breath. MCTD often also comes with joint pain, and fatigue which Malcolm didn't feel he experienced.

The difficulty in finding his diagnosis was in part due to how confusing the signs it leaves can be.

"This is how sneaky this disease is. The bloodwork says 'Oh, you have a bunch of things happening,'" said Malcolm.

For instance, his blood tests led the doctors to think that he might have lymphoma for a time but then later bloodwork contradicted those first results. This caused him to have to undergo further tests, for confirmation of lymphoma which were negative in the inbetween period between blood tests.

He explained that MCTD is similar to other autoimmune dis-

eases that people might know about like lupus, scleroderma, polymyositis, or rheumatism.

In addition to being diagnosed with MCTD he also received a diagnosis of raynaud's disease which is a condition in which your fingers feel numb and cold in response to cold temperatures or stress. This is a potential symptom in people with MCTD.

"Your fingers freeze from the knuckles down. They're always cold; they're always white and they're aching," said Malcolm.

Another of the symptoms of MCTD is it attacks your heart and lungs.

"They found out that my lungs were suffering from a condition called pulmonary fibro-

sis. That is a bad one because you have trouble breathing because you don't get good oxygen to feed the blood," said Malcolm.

He says that diagnosis for the condition, for him, involved mostly blood tests and CT scans.

Since his diagnosis, Malcolm has been on medicine for MCTD but so far hasn't had much symptom relief.

"It's made me more cognizant

of just how fragile and how limited life can be," said Malcolm. "I made 79 years. So, life doesn't owe me anything. I've had a good life a very healthy, very active life. I did almost everything I wanted to throughout my life, so I'm pretty happy with where I'm at now, I just wish I could be healthier and keep on doing fun stuff," he said.

Malcolm wants people to know that MCTD is out there and should be taken seriously if you think you have the symptoms.

"It would just be nice to let people know that [MCTD] is a very, very nasty disease," he said.

He suggests that people who think that they or a family member have MCTD should go to their doctors and

discuss it with them.

"Get to see your family physician as quickly as you can and give them all the information about what you feel and where your pains are, if you're huffing and puffing or whatever. And then, hopefully, they'll get you to see a rheumatologist, who is ultimately the one to diagnose you further," said Malcolm.

**"THIS IS HOW SNEAKY THIS DISEASE IS. THE BLOODWORK SAYS 'OH, YOU HAVE A BUNCH OF THINGS HAPPENING."**

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204-482-8473

**A&W** 238 Main Street, Selkirk

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JANUARY 31



# Donations in Peterfield



**RECORD PHOTO SUBMITTED**

Petersfield General Store/Esso were granted an award for doing a great job of selling and promoting Old Dutch products from Old Dutch. Wanting to give back to the community who purchased the products and helped them win this competition, the owners of the General Store decided to make some local donations. They made \$500 donations to: Petersfield Community Club, Petersfield Duck Park, Petersfield Curling Club, Clandeboye Community Club, and Clandeboye Fire Department. Pictured left to right - Chelsey Antoniuk; Kevin McKay; Steve Golden; Amrinder Mann, owner of Petersfield General Store; Greg Purpur, Pratts; Ed Pankaruk Clandeboye Fire Department; Ron Zapotochny, Old Dutch national key acct sales manager; Sandra Pruden of Peterfield community club; Richard Runchey of Old Dutch; Craig Jones of Old Dutch and Barb Janisch Petersfield General Store manager.

**WE'RE BACK!**

**Papa Carlos Pizzeria is NOW OPEN**

Receive 10% OFF your  
Pick-up or Dine-In Order

*\*Until December 31, cannot be combined with any other offer.*



**Papa Carlo PIZZERIA & GELATI**  
Unit 200-5759 Hwy. 9 (at Hwy 44)  
Lockport 204-757-4330  
www.papacarlopizzeria.ca

Josh would like to thank his loyal and growing customer base for the continued support.  
Ask for Josh Isford to see why cars cost less in Selkirk!



**November Top Sales Josh Isford**

**SELKIRK GM**  
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@joshselkirkgm



# Winter



LSSD  
CONTINUING  
EDUCATION

*The Flame of knowledge lights  
the path to your future*



## 2024 PROGRAM

# JOIN US AND HAVE SOME FUN!

- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms may be subject to change.

### REFUND POLICY

- Refunds must be requested **one week prior to course start date less \$15 admin fee.**
- For courses cancelled due to insufficient enrollment you will be notified by email and money will be refunded in full.
- Please note start date, time and location of course. You will be contacted by email **only** if the course is cancelled due to insufficient registration.

## CONTINUING EDUCATION PROGRAMS REGISTER NOW!

**Swim Registration Opens  
Sunday, Dec. 10th at 8 AM**

Lord Selkirk School Division  
Continuing Education Classes  
221 Mercy St., Selkirk, Mb. R1A 2C8  
Melissa Nietrzeba ~ Program Director

Phone 204-904-7163

<https://coned.lssd.ca/>



## PERSONAL INTEREST

### BEGINNER'S LINE DANCING \$110

Tuesdays, Jan. 16 – Mar. 19  
6:00 – 7:00 pm (10 sessions)

Fun for all ages! University, studies say "the health benefits are: stress reduction, increased cognitive acuity and the ability to ward off the onset of Alzheimer's & dementia." Along with lifting moods, easing anxiety & improving balance & flexibility, it's just plain fun too! And you don't even need a partner! We will be learning some pop, country, & Latin line dancing. This class will cover the same dances learned in the Fall term. If you'd like to learn more, please see the Beginner/Intermediate Level class description.



#### Cafeteria

### \*NEW – BEGINNER/ INTERMEDIATE LINE DANCING \$110

Thursdays, Jan. 11 – Mar. 21  
NO CLASS: Feb. 1

6:00 – 7:00 pm (10 sessions)

Learn these new pop, country and latin line dances! Some dances are by special request from the Fall class, plus a mix of the instructor's own picks. Not only is line dancing fun and good exercise, but you can use these dances at weddings, socials, even at the nightclubs! See you on the dance floor!

#### Cafeteria

### \*NEW – COUPLE'S LINE DANCING \$80 per person

Tuesdays, Jan. 16 – Feb. 20  
7:30 – 8:30 pm (6 sessions)

Grab your partner or BFF and come out and have fun! We will be learning 3 couple's line dances. These line dances are performed in the sweetheart position; meaning you are side by side, not face to face. These dances are fast and easy to learn. Yes, even those with two left feet can learn these and look great at your next wedding, social or even if you're dragged onto that country-bar dance floor. See you on the dance floor!

#### Cafeteria

### \*NEW – WITCHES RUNES \$95

Saturday, Jan. 13  
11:00 am - 2:00 pm (1 session)



This 3-hour course includes instruction, worksheets, and the Runes kit. These are fast, fun, and found to be very accurate. You can use them for yourself, friends, family or adding them to your Tarot Card readings for profit. They are great for asking a question and getting a more decisive, easy to read answer.

#### Room 149

### \*NEW – ASTROLOGY DICE \$95

Saturday, Jan. 20  
11:00 am - 2:00 pm (1 session)

This 3-hour course includes instruction, the dice kit, and the worksheets. These can be used with Tarot, Witches Runes or on its own. Astro dice offer a way to look at a situation from a different perspective. The 3 dice represent different areas of life, emotions, and actions that can help you understand what is going on in a particular situation. Each dice has symbols for each of the 12 astrology signs, the 12 houses, and the 12 ruling planets, so you can get a sense of what may be blocking you (client/family) and how to proceed. Astrology dice offer a way to forecast the future and make decisions and choices to change your life's path for the better.



#### Room 149

### CONVERSATIONAL SPANISH (Level 1) \$55

Thursdays, Jan. 18 – Mar. 14

NO CLASS: Feb. 1

6:00 – 7:00 pm (8 sessions)

Start speaking Spanish as quickly as possible. Learn important phrases for travel and how to express yourself in a variety of practical situations. We will learn common themes like greetings, numbers, family, calendar and colours, with emphasis on conversation and pronunciation.

#### Room 147

### INTERMEDIATE SPANISH (Level 2) \$80

Thursdays, Jan. 18 – Mar. 14

NO CLASS: Feb. 1

7:00 – 8:30 pm (8 sessions)

For those who have already practiced some basics and are ready to advance your Spanish Language. We will focus on a solid grounding in grammar, and will continue learning more of the important verbs, and vocabulary, with emphasis on conversation, pronunciation and more useful conversation for travel.

#### Room 147

### WELDING \$190

Mondays and Thursdays, Jan. 18, 22 & 29 and Feb. 8, 12 & 15

6:00 – 8:00 pm (6 sessions)

No Experience Necessary!

You will learn how to do basic welding procedures in Arc, Gas + Mig, plasma cutting, & brazing. Shape metals and weld them together to make a project to take home. Please wear clothing that you don't mind getting holes in and dirty, or coveralls. The welding material you will be using can be purchased through the instructor or can be brought from home. Will be discussed at first class. Please bring safety glasses and gloves.



#### Metals Shop

### SMALL ENGINE/ATV REPAIR \$190

Tuesdays, Jan. 30 – Mar. 12

6:00 – 9:00 pm (7 sessions)

Service your own equipment with help from an expert technician. Micro weekly in-class lessons (20 min in-class) touching on a variety of mechanical equipment/theoretical knowledge will prepare learners to take on their own service procedures while a trained technician supports. The practical portion (160 min) will allow learners to utilize a facility, with instructor support, to service and repair a variety of equipment that they can provide.



#### Room 199 Power Mech. Lab

### DOG OBEDIENCE

Tuesdays, Jan. 9 – Feb. 13 (6 sessions each)

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed. Please park and enter through back of school. Lower Multi-Purpose Room

### PUPPY CLASSES \$90

For Puppies up to 1 year old  
6:00 – 7:00 pm



### BASIC MANNERS \$90

7:15 – 8:15 pm

All ages are accepted. But recommend very young dogs (up to a year) do a puppy class first.

## SAFETY FIRST

### HUNTER EDUCATION \$75



Saturday, Mar. 16

9:00 am – 5:00 pm (1 session)

Minimum Age 10

In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

#### Room 141

### CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course) \$170

Saturday, Jan. 13 (1 session)

9:00 am – 5:00 pm (Plus Exams)

Minimum Age 12

Please Bring Government issued ID & lunch. Students ages 12-17 need to have consent from their legal guardian. This 8 hour course is followed by a written exam and then practical testing. As each student needs to be tested individually, the practical testing will continue into the evening. Upon successful completion you will be able to apply for your PAL. Increase your chances of passing by reading the manual in advance. For questions or to purchase a hardcopy manual, please email [KatiesFirearmSafety@outlook.com](mailto:KatiesFirearmSafety@outlook.com)

#### Room 147

### CANADIAN RESTRICTED FIREARM SAFETY COURSE (CRFSC) \$170

Saturday, Jan. 20 (1 session)

10:00 am – 4:00 pm (Plus Exams)



Minimum Age 18. Attendee must have passed the CFSC (proof is not required but taking the courses out of order will make the CRFSC void) Government issued ID is required & please bring a lunch (the course will continue through lunch). This 6 hour course is followed by a written exam and then practical testing. As each student needs to be tested individually, the practical testing will continue into the evening. Upon successful completion you will be able to apply for your Restricted PAL. Increase your chances of passing by reading the manual in advance. For questions or to purchase a hardcopy manual, please email [KatiesFirearmSafety@outlook.com](mailto:KatiesFirearmSafety@outlook.com)

#### Room 147

### FOOD HANDLERS \$120

Includes Workbook

Saturday, Mar. 2 9:30 am – 4:30 pm

(1 session)

Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). There is a short lunch break (30 minutes).

#### Room 147

### RE-CERT \$70

Exam only 3:00 - 4:00 pm

Room 147



### STANDARD FIRST AID \$135

Saturday & Sunday, Jan. 13 & 14

9:00 am – 5:00 pm Saturday AND 10:00 am – 4:00 pm Sunday (2 sessions)

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.

#### Library

## YOUTH CLASSES

### BABYSITTING SAFETY \$60

Saturday, Mar. 2

9:00 am – 5:00 pm

Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter.

Class includes textbook and wallet certificate. Please bring a doll and a bagged lunch.

#### Library

### HOME ALONE \$45 Ages 8 & up

Tuesday, Feb. 13 6:00 – 8:30 pm

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Topics covered include, establishing a routine, house key is your responsibility, strangers, telephone, emergencies, basic first aid and internet safety. Kids 8 and up can attend however, the Canadian Gov't recommends kids under the age of 10 should not be left home alone.

#### Room 142



## HEALTH & WELLNESS

### YOGA FLOW with Heather \$100

Thursdays, Jan. 11 – Mar. 14

NO CLASS: Feb. 1

6:00 – 7:00 pm

(9 Sessions)

Flow yoga class is a mixture of meditation, breath-work and energizing movement. It begins with gentler movements to warm up the body, then move into progressively more challenging flowing sequences. You will be taken through seated and standing poses which can be adjusted to be harder or easier depending on your level of fitness. While previous yoga experience is helpful, beginners are welcome as instruction for the poses are explained throughout the class.

Library



### BLOCK THERAPY \$135

Wednesdays, Jan. 10 – Mar. 6

5:30 – 6:45 pm (9 sessions)

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Poor posture or repetitive movement patterns can lead to ingrained patterns in the fascia. Block Therapy is a method of Myofascial Release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on block, on the floor. Please bring a yoga mat, any yoga blocks you may have, and water.

Library



### HATHA YOGA with Cecilia \$90

Mondays, Jan. 8 – Mar. 4

NO CLASS: Feb. 19

5:30 – 6:30 pm (8 Sessions)

For all levels and every body. With modifications and variations. Hatha Yoga is the yoga of Asana (poses). Along with Asana we will explore Pranayama (breath work) and Dhyana (meditation). Please bring a mat and small blanket/ or towel and any props you may have.

Library

### TAI CHI \$100

Tuesdays, Jan. 9 – Mar. 12

6:00 – 7:00 pm (10 sessions)

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Tai Chi arts are truly a moving meditation. Beginner level class, working through the first seventeen movements of Tai Chi.

Library



## LET'S GET MOVING!

### \*NEW - STEP AEROBICS \$80

Wednesdays, Jan. 10 – Feb. 28

6:00 – 7:00 pm (8 Sessions)

An hour full of fun, music, choreography that will challenge your cardio fitness. After a short warm-up your feet will be moving to some fun and fancy choreography. Previous step experience an asset. The hour will be finished up with a cool down and stretch.

Lower Multi-Purpose Room

### ZUMBA \$85

Wednesdays, Jan. 10 – Mar. 6

4:45 – 5:45 pm (9 sessions)

Ditch the workout, Join the party! Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system in a party like atmosphere. No dance experience necessary. \$10 Drop ins Welcome!

Cafeteria

### PILATES \$95

Wednesdays, Jan. 10 – Mar. 6

7:00 – 8:00 pm (9 sessions)

A floor-based program to improve strength and flexibility for the whole body. Emphasis on abdominal strength and spinal mobility. Please bring a mat and water.

Library



## ARTS & CRAFTS

### CHUNKY BLANKET

\$95

Monday, Jan. 15

6:00 – 9:00 pm

All supplies included.

This event is for beginners to learn how to \*begin, create, and totally finish\* a chunky blanket! This is a small, lap sized blanket, and I'll show you how to add to it if you want to create a larger one. Please email Monique Rainville at mqlise@gmail.com with your preferred colors of yarn (by Jan. 12).

Cafeteria



### ART SOIRÉE: LONGSTEMED WINE GLASSES

\$45

Thursday, Feb. 8

6:30 – 8:00 pm

All supplies included. Join local artist Monique Rainville for a fun, relaxing night of painting your own beautiful wine glasses!

Follow along with step-by-step instructions (beginner-friendly!), or customize as you like!

Room 162



### ART SOIRÉE: WINTER WOODPECKER ON A WINE BOTTLE

\$45

Thursday, Mar. 7

6:30 – 8:00 pm

Cork lights and all supplies included. Join local artist Monique Rainville for a fun, relaxing night of painting your own beautiful wine bottle! Follow along with detailed, step-by-step instructions (beginner-friendly!), or customize as you like!

Room 162



## PAINTING

Bob Ross style painting. Beginners always welcome, no experience required. All supplies included.

**BONUS\* - Register for Both Same Day Classes and Save \$5!**

Room 162

### BLUE MOUNTAIN \$80

Oil painting on a 16" x 20" stretched canvas, with focus on palette knife work.

Saturday, Jan. 13

9:00 am – 12:00 pm

### CITYSCAPE \$80

Acrylic painting on a 10" x 20" stretched canvas, highlighted with copper foil.

Saturday, Jan. 13

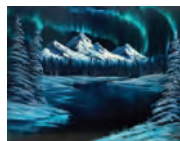
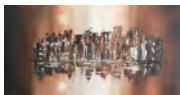
1:00 – 4:00 pm

### NORTHERN LIGHTS \$80

Oil painting on a 16" x 20" black canvas.

Saturday, Feb. 10

9:00 am – 12:00 pm



### NOT QUITE SPRING \$80

Oil painting on a 16" x 20" stretched canvas.

Saturday, Feb. 10

1:00 – 4:00 pm

### CHICKADEES & LILACS \$80

Acrylic painting with an oil overlay on a 10" x 20" stretched canvas.

Saturday, Mar. 9

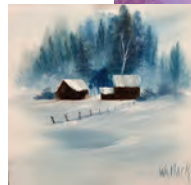
9:00 am – 12:00 pm

### WINTER ON THE HOMESTEAD \$80

Oil painting on a 10" x 20" stretched canvas.

Saturday, Mar. 9

1:00 – 4:00 pm



## COMPUTERS & TECHNOLOGY

### TECHNOLOGY FOR BEGINNERS \$75

Wednesdays, Jan. 10 – 31

6:00 – 8:00 pm

(4 sessions)

For those who fear new technology, computers, phones or tablets! We will go over everything you'll need from buying a computer to being able to comfortably use it, with hands on training. Setting up a new phone and even just using a tablet at home to play games on. Sending emails, managing photos, virus protection, printers and more. Question and answer period regarding anything with a power button for the last 30 minutes of each class.

Room 277

### CANVA – Graphic Design Tool \$75

Tuesdays, Jan. 9 – 30

6:00 – 8:00 pm (4 sessions)

Have you ever wanted to make your own digital creations for home or work? Come give the easy-to-use on-line software tool Canva a try. In this fun creative class, students will be introduced to creating social media posters for work and family functions, animations, family calendars, Christmas cards and so much more. You will even be able to access your creations from your phone for ease of posting.

Room 284



### CANVA II \$75

Tuesdays, Feb. 20 – Mar. 12

6:00 – 8:00 pm (4 sessions)

Taken in partnership with Canva I or if you had a first look on your own feel free to jump in here. Students will dive deeper into the on-line software tool Canva. We will spend time creating publications for your family or business by stepping up your social presence with templates, presentation, video and animations. You will be surprised how easy and fun this tool is.

Room 284



# SELKIRK Community Pool 2024

SCHOOL • COMMUNITY • POSSIBILITIES  
The Comp 221 Mercy Street  
Selkirk Mb | 204 785 7310

**Registration On Line**  
**Sunday Dec 10 8:00am**  
[selkirkcommunitypool.weebly.com](http://selkirkcommunitypool.weebly.com)

**Pool Closed**  
**Jan 21, Feb 19 Mar 17.**  
**Questions or concerns contact**  
**pool manager mstamm@lssd.ca**  
*Schedule subject to change.*

**Lap Swim passes purchase online or at the pool.**

10 visits - \$42.00  
20 visits - \$78.50  
30 visits - \$95.00

Lifeguard must punch your pass for entry to the pool.  
Drop in \$10.25 Aquafit  
Drop in \$6.25 Lap swim.

**Aquafit pass purchase online or at the pool.**  
no need to commit to one class use your pass for any class.

10 visits -\$78.50

**Open Swim (Debit machine available)**

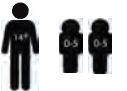




|                  |         |           |
|------------------|---------|-----------|
| Adult or Student | \$6.25  | 18+       |
| Preschool child  | Free    | 0 - 4yr   |
| Child            | \$2.25  | 5 - 12yr  |
| Teen             | \$3.25  | 13 - 17yr |
| Family           | \$16.00 |           |

(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

**Public admission entry requirements:**

Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings.

**Swim Admission Standards For S.C.P.**

|   |   |   |
|---|---|---|
| <p>Children 5 &amp; under</p>  <p>Guardian must remain within arms reach at all times.</p>   | <p>Children 6 to 9 years unable to pass swim test</p>  <p>Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.</p> | <p>Children 6 &amp; 7 years who pass swim test</p>  <p>Guardian must remain in the pool. Child must complete the swim test each time. <b>wrist band</b> is received. Child can use the deep end.</p>   |
| <p>Children 8 &amp; older who pass swim test</p>  <p>Child can swim alone and use the deep end and the diving boards <b>wrist band</b> is received</p> | <p>Children 10 &amp; older may swim alone</p>  <p>Must pass the swim test in order to use the deep end and use the diving board.</p>   | <p><b>Guardians must be: 14+</b></p> <ul style="list-style-type: none"> <li>• 14 years and older</li> <li>• Within arms reach at all times</li> <li>• Responsible for direct supervision in and out of the water</li> <li>• In appropriate bathing attire</li> </ul> <p><b>Facility Swim Test</b></p> <ul style="list-style-type: none"> <li>• Successfully swim continuously on front, four widths of the pool in a comfortable manner</li> <li>• Face and head must submerge</li> <li>• Body must stay near horizontal</li> </ul> |



**MONDAY SWIM CLASSES**

**Jan 8 - Mar 18 Closed Feb 19**

Preschool 1 5:00-5:30 p  
Swimmer 2 5:00-5:45 p  
Swimmer 4 5:00-5:45 p  
Swimmer 1 5:50-6:35 p  
Baby Bubblers 5:40-6:10 p  
Swimmer 5 5:50-6:35 p  
Swimmer 3 6:20-7:05 p  
Preschool 2 6:40-7:10 p  
Preschool 3 6:35-7:05 p  
Adult 2 6:30-7:15 p  
Swimmer 1 7:10 - 7:55 p  
Aquafit 7:30-8:30 p

**TUESDAY SWIM CLASSES**

**Jan 9 - Mar 21**

Lap Swim 4:00 - 5:30 pm  
Swimmingly 5:30-7:00p  
Special Olympics 7:00-8:30 pm

**WEDNESDAY SWIM CLASSES**

**Jan 10 - Mar 13**

Aquafit 4:00-5:00  
Preschool 2 5:00-5:30  
Baby Bubblers 5:15-5:45  
Preschool 1 5:00-5:30  
Adult 1 5:15 - 6:00  
Preschool 1 6:05 - 6:35  
Swimmer 3 5:50- 6:35  
Swimmer 4 5:35 - 6:20  
Swimmer 2 6:40 -7:25  
Preschool 3 6:40 - 7:10  
Swimmer 1 6:25-7:10  
Swimmer 3 7:15 - 8:00  
Swimmer 4 7:30-8:15  
Swimmer 6 7:50 - 8:25

**MORNING ADULT FITNESS PROGRAMS**

**Jan 8 - Mar 22**

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Swimmer 3 5:00-5:45  
Preschool 1 5:50 - 6:20  
Swimmer 1 5:50- 6:35  
Swimmer 4 5:35 - 6:20  
Swimmer 2 6:25 - 7:10  
Swimmer 5 6:40-7:25  
Preschool 1 7:00 - 7:30  
Aqua Zumba 7:30 -8:30pm

**FRIDAY SWIM CLASSES**

**Jan 12 - Mar 15**

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Rookie Ranger 5:00-6:00  
Preschool 1 5:00-5:30  
Preschool 2 5:35 - 6:05  
Swimmer 1 5:50 - 6:35  
Swimmer 3 5:50 - 6:35  
Bronze Star 6:00-7:00  
Swimmer 4 6:10 - 6:55  
Swimmer 2 6:40- 7:25  
Preschool 1 6:40 - 7:10  
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**Jan 12 - Mar 16**

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Lap Swim 10:30-12:00  
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## Possible signs of radon exposure

Exposure to radon gas is the leading cause of lung cancer among people who never smoked cigarettes or other tobacco products. The Environmental Protection Agency says radon accounts for about 21,000 deaths from lung cancer each year.

The EPA notes that radon is a naturally occurring gas that is present in outdoor environments in small amounts. It results from the breakdown of uranium in soil and rocks. Radon can prove dangerous when it is concentrated. Radon may enter homes and other buildings built on soil with natural uranium deposits through cracks in floors or walls, or through gaps in foundations and around pipes where radon becomes trapped and concentrated.

According to the American Cancer Society, when radon is inhaled, it exposes the lungs to small amounts of radiation that may damage the cells in the lining of the lungs. Over time, this may progress into lung cancer. That is why it is essential to confirm that

a home is safe from radon and be aware of any possible symptoms that may indicate its presence. Unfortunately, there are no immediate signs or symptoms to indicate radon exposure. Also, radon itself is colorless and odorless. However, the following are some potential symptoms of radon exposure that should be brought to the attention of a physician.

- Breathing issues: Respiratory problems may form from radon exposure. Frequent bouts of bronchitis or pneumonia should be questioned.
- Raspy voice: Repeated exposure to radon may cause the voice to sound hoarse or raspy. Non-smokers should be particularly concerned if their voices change.
- Muscle loss: Radon exposure may result in a reduction in overall muscle mass. If tasks suddenly seem harder or normal activities cause excessive fatigue, radon may be to blame.
- Chest pain: Radon exposure is one of many potential causes of chest pain, which should be addressed by a doctor.

National Radon Defense says radon-related symptoms typically do not turn up until a person has cancer or is on the cusp of developing the disease. That is why it is essential to test for radon so that these health issues do not develop. Homeowners can purchase radon tests and do them on their own. A radon contractor also can determine what level of radon is present in a home and suggest a ra-



don mitigation system if high levels are detected.

The ACS says no widely available medical tests measure exposure to radon, but people should speak with a doctor if they suspect they've been exposed to radon.

Radon is dangerous in high amounts, but people can test for radon levels in their homes and schedule annual health checkups to keep them safer.

## Tips to avoid the buildup of clutter

Clutter has a way of taking over a home. As time goes by, items that are not stored or discarded when they've lost their utility can gradually take over a space, creating a claustrophobic, cluttered feeling that can affect how people feel in their homes.

Clutter is not something to be taken lightly. A 2010 study published in the journal *Personality and Social Psychology Bulletin* found that women who characterized their living spaces as cluttered or marked by unfinished projects were more likely to experience fatigue and depression than women who described their homes as restful and restorative. Though clutter is often discussed in terms of removing it, there's also many ways to prevent it in the first place.

· Schedule weekly cleaning sessions. Cleaning is a chore few look forward to, and that reluctance may be a by-product of infrequent cleanings. The less a home is cleaned, the longer cleaning sessions take when individuals get around to it. Weekly cleaning sessions can help prevent items from

stockpiling and creating a cluttered look.

· Discard items when they're no longer used. Holding on to items you no longer use will eventually contribute to the buildup of clutter. That's a lesson parents know well,

Continued on page 25

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**5 Davis Place, St Andrews - \$679,900**  
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Donating clothing that is no longer worn is a simple way to avoid the buildup of clutter at home.

> **CLUTTER, FROM PG. 24**

as kids outgrow toys, which can then pile up and contribute to overcrowded toy chests and play rooms. Adults also have a hard time discarding their own toys, including old devices. As kids outgrow toys, let them choose which ones to discard before they're replaced with new items. The same goes for adults, who can wipe old devices like tablets, smartphones and laptops clean and discard them once they've purchased replacements.

- Make it easy to find stored items. Even the most well-organized person can fall victim to clutter if stored items prove difficult to find. When revamping storage systems, choose clear, stackable drawers so you won't make a mess as you look for stored items you can't find. Clear, stackable plastic bins and drawers make it easier to find what you're looking for, reducing the likelihood that items will end up on the floor or strewn about. If you don't want to replace existing storage bins, label them if they're not clear to make it easier to identify what's inside.

- Donate clothing. Much like kids'

toys and adults devices should be discarded when they're no longer used, old clothes can be donated to create more storage space and prevent the buildup of clutter. Clutter is often described as something visible to the naked eye, but clutter can also build up in dresser drawers and behind closet doors. Periodically go through closets and dressers and remove items you no longer wear, donating them if they're still in good shape and discarding them if they're not.

Clutter can quickly take over a home. A proactive approach that emphasizes clutter prevention can make for a more relaxing and restful home.

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# Willard Reaves new deputy leader for MB Liberals

By staff

The Manitoba Liberal Party has a new deputy leader.

Interim party leader Cindy Lamoureux announced last week that Willard Reaves will step into the role.

The former Winnipeg Blue Bomber ran on behalf of the Liberals in the Fort Whyte riding in the 2022 by-election and again in the 2023 general election. The seat was won and then held by Conservative candidate Obby Khan.

Reaves says he's looking forward to the opportunity.

"I appreciate being asked to serve as deputy leader of the Manitoba Liberals. As a past candidate, and a community advocate I will use the experience I've gained to work with Cindy, our membership and executive to

grow a healthier party."

Lamoureux also announced two new co-chairs to serve on the party's election readiness committee: Kevin Lamoureux and David Johnson.

"I believe in being prepared and this means that if a by-election were to be called at any point in time, we will be ready," she said. "Part of building a healthier provincial Liberal Party means gathering people who can relate to everyday issues that Manitobans face. We've got a tremendously talented and motivated group of volunteers, past candidates, and MLP board members. Today, I'm excited to share these three new positions that will be integral to the organization of our party."



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# get inspired

> MEAL IDEAS



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## Baked Brie with Pecans and Cranberry Orange Chutney

apple slices  
Preheat oven to 350 F. Line baking sheet with parchment paper or silicone baking mat.

In medium saucepan over medium-high heat, bring cranberries (reserving some for garnish), 1/2 cup maple syrup and water to boil. Reduce heat to medium-low and cook, stirring occasionally, until cranberries pop and mixture thickens, 8-10 minutes.

Remove cranberry mixture from heat and stir in orange zest, orange juice, 1 teaspoon thyme, rosemary and bourbon, if desired.

Place brie on parchment-lined baking sheet. Bake 5-7 minutes, or until inside of cheese softens while outside remains intact.

Transfer brie to serving platter and top with chutney and toasted pecans. Drizzle remaining maple syrup over brie and garnish with remaining fresh thyme and reserved cranberries. Serve with crackers, toasted bread and apple slices.

Recipe courtesy of the American Pecan Promotion Board  
Cook time: 24 minutes  
Servings: 8  
1 bag (12 ounces) fresh cranberries  
1/2 cup maple syrup, plus 1 teaspoon for garnish, divided  
1/2 cup water  
1 orange, zest and juice only  
1 teaspoon freshly chopped thyme, plus additional for garnish, divided  
1 teaspoon freshly chopped rosemary  
1 tablespoon bourbon (optional)  
1 round brie (13.4 ounces)  
1/2 cup roasted pecan pieces  
crackers  
toasted bread

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## Pecan Snack Mix with Cranberries and Chocolate

Recipe courtesy of Jess Larson and the American Pecan Promotion Board

Prep time: 10 minutes  
Cook time: 5 minutes, plus 10 minutes cooling time

- 1 cup pecan halves
- 1 cup rice squares cereal (wheat or cinnamon)
- 1/2 cup pretzels
- 2 tablespoons unsalted butter
- 1 tablespoon brown sugar
- 1 1/2 table-

# Expert patient here to help!



Susie Schwartz

By Susie Schwartz

It's Christmastime! If you're healthy and happy, it means jingle bells and gingerbread smells (Sorry, Batman. Not this time.) and singing all the way.

But if you're sick or in pain, it might mean missed gatherings, food you can't eat, and decorations seen only at your doctor's office.

I get it. With all the hype around this season, it can be more than disappointing to be in bed often, cancel plans, and keep up with appointments.

On a practical level, I can give tips on using technology to get the most from Christmas: video calls with friends and family, ordering gifts online, and sending e-cards. But you probably know these tricks already.

As far as your (Christmas) spirit, I have a few other suggestions: re-watch all your favourite Christmas movies (And no shame if they're cheesy!); blast the Pogues, Maria Carey, and Suschwa tunes (Shameless plug, there, ha!). Don't worry if

your neighbours are home. Spread the joy; buy yourself the softest, cuddliest bathrobe as a present. (Or another puppy. Chihuahuas are soft and cuddly. Just sayin'.)

I know Christmas can be hard when we're sick. We need to do everything we can to make it memorable... if you want it to be special. Some folks in a hard spot prefer to skip the month of December altogether. That's okay, too. (But take the gifts, ha!)

Here's my wish(es): First, as you read this, that you and yours are healthy. And if you are, please don't forget about those who aren't this season. Second, if you don't have your health, I hope you can find joy in a simpler Christmas, like a desk-sized Christmas tree, eating a mandarin orange first thing, or waking up in a new pair of pjs you bought for yourself.

And if you just can't stomach Christmas this year, may you feel a liberating freedom to just rest at home. It's okay if you watch 'A Star is Born', which has nothing to do with Christmas even though the title might suggest otherwise. Listen to yacht rock or Brian Adams and forget Jingle Bells. I hope you can find peace from your symptoms to gain strength for the next hard thing.

Christmas wishes. These are mine for you.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at [www.lesshealthstress.com](http://www.lesshealthstress.com) Sign up there for her writer's substack. Her book, 'Help the Doctor Help You' is available on Amazon.

up, salt and nutmeg. Microwave butter mixture 1-2 minutes until melted then pour over dry mix. Toss well to combine.

Microwave snack mix in 45-second intervals, about 4-5 intervals total, until mix is fragrant, golden and toasty.

Cool mix completely then stir in cranberries and dark chocolate chips.

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# She rocks - all female cover band debuted in 2022

## She will, She will rock you

By David Anderson

It's Friday night at the Assiniboine Inn on the Park — the Big A, as its known to a host of regulars — where the all-female band She has already lured a half-dozen people onto the barroom dance floor, two songs into the first of three planned sets of uptempo pop music.

As those bobbing and weaving in front of them sing along to a charged version of Martha and the Muffins' Echo Beach, guitarist Tracy Young-Dodds, dressed resplendently in a hot pink jacket, white shirt and dark slacks, shoots a wide grin at singer Shannon David and bass player Treasure Peterson, as if to say "will you get a load of this."

Moments later, as keyboardist Allyson Krawec, who graduated from Stonewall Collegiate in 1983 takes over on lead vocals to offer up her rendition of a mid-'80s Bangles classic, more audience members vacate their seats to walk, err, dance like an Egyptian.

At the conclusion of the set, which also boasted equally well-received covers of the Go-Gos' We Got the Beat, Quarterflash's Harden My Heart and the Pretenders' Middle of the Road, drummer Barb Smith agrees it's unlikely a reporter would be lobbing questions at the quintet, if She were a He.

"Mind you, I was in another all-girl band, the Welfare Starlets, back in the '90s," Smith says, taking a well-deserved sip of water.

"Yeah, but the big difference is you guys weren't all in your 50s and 60s," chimes in Krawec, ex- of the Lemons, Chocolate Bunnies from Hell and Swannage, the latter a unit wholly devoted to recreating tunes from the Phantom of the Paradise movie soundtrack. "This is definitely a unique project and, I have to say, one of the best times I've had in a band, ever."

Peterson, whose brother Garry, a drummer, was a founding member of the Guess Who, can't agree more.

"Not only can everybody sing, these women can flat out rock," says Peterson, a cancer survivor who, owing to a nasty fall that resulted in a torn knee meniscus, requires crutches to reach the stage, and plays and sings while seated on a chair.

"What we've got going on here is magic. That's the only word to describe it."

A week later, all five members of She have hooked up at a Portage Avenue coffee shop, blocks away from Smith's Conway Street home, their usual rehearsal space. They collectively shudder when a server reminds them the spot closes in an hour's time, at 8 p.m.

"We might have to speak with the manager," Krawec says with a wink, "because that's never going to be enough time to tell our story."

Young-Dodds taps herself on the chest, when they are asked who came up with the bright idea for She.

For years, Young-Dodds, whose late father Art Young was once a top draw on Manitoba's country music circuit, handled bass duties for bands led by her guitarist-brother Chris Young.

Chris died unexpectedly in Alberta in 2019. She travelled west with her two sisters shortly thereafter to sort through his belongings. While there, they came upon a Gibson SG guitar that appeared to be so new, they were unsure if their brother ever had the opportunity to play it in front of a live audience.

"Even though I'd never played lead guitar like him, both of my sisters were like, take (the guitar) and enjoy it," Young-Dodds says.

During the long drive home, Young-Dodds announced that not only would she teach herself how to play Chris's guitar, she would form a new band — one that would be entirely female — and that her brother's axe would be the "star of the show."

The first person she contacted was Smith, who, in addition to the Welfare Starlets, had also played drums for Wayne Walker, Harvey Henry and American rocker Buddy Knox. The pair enlisted a few others but when that early iteration of She failed to pan out, it was back to the drawing board... a process that was subsequently interrupted in March 2020 by a certain worldwide pandemic.

Young-Dodds and Smith decided to give it a second go, in the spring of 2022. Both of them were familiar with David, a longtime member of the popular country unit, Hearts on Fire. They gave her a call, and were overjoyed to hear she was interested.

Young-Dodds is also a Chocolate



PHOTO BY MIKAELA MACKENZIE/WINNIPEG FREE PRESS

From left: Allyson Krawec, Shannon David, Treasure Peterson, Tracy Young-Dodds and Barb Smith make up the all-female rock band, She.

Bunnies From Hell alumnus, so she reached out to Krawec next, to enlist her services.

The last piece of the puzzle was securing a person to play bass. Young-Dodds was well aware of Peterson's talent from clips of her she'd seen on Youtube, and got in touch with her, through a friend. One problem: Peterson, who recalls learning Led Zeppelin's Stairway to Heaven "start to finish" the month it came out, 52 years ago, had only ever played guitar; bass was completely foreign to her.

"Except after talking to Tracy, and getting excited over what she was telling me, I headed straight to Long & McQuade to grab a bass, only to fall in love with it the second I got it home," says Peterson, whose father Ferdinand Peterson was a jazz drummer, and whose other brother Randy regularly sat in with Neil Young in the 1960s, "before Neil took off."

The group had its initial rehearsal at Smith's abode in March 2022. Among the 12 tunes they tore through that evening were Mickey, originally recorded by Toni Basil, Heaven is a Place on Earth, by Belinda Carlisle and Pat Benatar's Heartbreaker.

Krawec feels she can speak for the others when she says the first thing

that ran through their minds upon reaching the end of the final number was "holy s-t, what just happened here?"

"And it wasn't just the playing that was super tight," David contends. "Our harmonies were so spot on, you would have sworn we'd been singing together for years."

The group made its official debut in April 2022, at a curling social held at an army, navy and air force veterans' club on Ellice Avenue. Following that, they embarked on what they jokingly refer to as the "legion tour," by appearing at Royal Canadian Legions in and around Winnipeg over the course of the next year. (If you're thinking She only performs songs originally done by female artists, think again; the group's current, 60-song repertoire also counts tunes made famous by the Beatles, the Hollies, John Mellencamp and Michael Jackson.)

"We usually play twice a month, which is the number everybody agreed on, when we started," Young-Dodds says, noting only one of the five is a retiree, and three of them continue to play in other bands around parental duties. "To date we've played in St. Malo, Victoria Beach, Winnipeg Beach ... we did the (Red River Exhibition) this year and that was so much fun, we can't even tell you."

Regrettably, even though the calendar reads 2023, some people who've never witnessed She before are flabbergasted when they glance up from their beverage, and eye five women on stage, rocking out like nobody's business.

"I'VE BEEN DRUMMING SINCE I WAS 10 YEARS OLD AND TO ME, THERE'S STILL THE SENSE THAT, AS WOMEN, WE HAVE TO BE BETTER THAN THE GUYS, TO MAKE A FAVOURABLE IMPRESSION."

Continued on page 28



# Winnipeg Police Service and RCMP launch holiday Checkstop program

By Lana Meier

The 2023 holiday Checkstop program was launched in Headingley by a joint effort between the Winnipeg Police Service and the Manitoba RCMP. While police focus on road safety year-round, the influx of travelers during this season highlights the need for enforcement methods such as Checkstops.

In 2023, the number of fatalities on Manitoba roads has been distressingly high. According to both the RCMP and WPS, there have been a total of 109 deaths in collision incidents. The most prevalent factor in these fatal collisions is impaired driving. Looking at the past five years within RCMP jurisdiction alone, there have been a total of 143 fatal collisions related to impairment.

We will now discuss the recurring issue of dangerous driving habits – specifically impaired driving, speeding, failure to use seatbelts, and distracted driving – that have resulted in numerous fatalities and severe injuries on our roads. This has been an ongoing concern for quite some time. Additionally, we are actively taking measures to combat these behaviours through methods like Checkstops and mandatory alcohol screening.

According to Inspector Michael Gagliardi, Officer in Charge of RCMP Traffic Services, avoidable deaths and life-altering injuries are being witnessed on the roadways. The solution is simply a matter of choice. By choosing to not drive impaired, speed, or neglect safety measures like buckling up and paying attention, lives can be spared. To aid in this effort, our officers will be carrying out Checkstops.

In addition to impaired driving, checkstops also aim to prevent other illegal behavior and high-risk driving habits in order to promote safety for all on the road.

According to Inspector Marc Philippot of the WPS Central Traffic Division, ensuring road safety involves more than just enforcement. It is a collective effort that begins with individuals making the proactive decision to always have a safe ride home. Let's all do our part this holiday season.

Minister of Justice Matt Wiebe reminded the public that zero drinks is the only sure way to stay safe while driving. He urged everyone to make responsible decisions this holiday season and find alternative ways of getting home without driving impaired. Options include calling a cab, taking the bus, or staying the night. Let's work together to ensure the safety of Manitobans on our roads.

Trevor Ens, President of MADD Manitoba, affirms the organization's support for police check stop programs as effective means of quickly stopping impaired drivers. These efforts are vital in preserving life and promoting safer roads, especially during the holiday season.



RECORD PHOTO SUBMITTED

The Winnipeg Police Service and the Manitoba RCMP joined forces to launch the 2023 holiday Checkstop program in Headingley.

MPI has been working closely with police agencies to address the increasing issue of impaired driving. Annually, there are tragic fatalities and numerous severe injuries among Manitobans due to the reckless decisions of individuals who choose to drive while impaired. According to Satvir Jatina, Chief Customer Officer at MPI, their message is clear: never drink and drive, as even one or two

drinks are too many. They urge all Manitobans to arrange a safe ride home during this festive season.

The Checkstop initiative will be in effect for the entire month of December, and the respective law enforcement departments will release their final findings upon completion of the program.

## > SHE WILL ROCK, FROM PG. 27

"It's not like they're surprised there's a gal on vocals, that's pretty commonplace," says Peterson, who never fails to bring down the house, when she breaks into Sass Jordan's Make You a Believer, during which she sounds like the second coming of Janis Joplin. "It's more like they expect her to be backed by four or five guys, instead of more women."

"That or they'll say something stupid like we're pretty good... for a bunch of girls," Smith pipes in, pursing her lips. "I've been drumming since I was 10 years old and to me, there's still the sense that, as women, we have to be better than the guys, to make a favourable impression."

"Yeah, well, that's never going to be a problem," cracks Krawec, drawing

guffaws from her counterparts.

If you want to be the judge yourself, She will be appearing at the McPhillips Station Casino in mid-December, and is also booked for a New Year's Eve gig in Petersfield.

As for the Dec. 31 date, all five chuckle again, asserting a nap will definitely be in order that day, if the plan is to still be wielding their instruments at the stroke of midnight.

"Back in the day, first set didn't start

till 10 (p.m.)," Krawec says. "When we told the manager at the Big A a couple of weeks ago that we'd be going on at 8:30 (p.m.) he said, isn't that a bit early? We were like, uh, not at our age."

(Winnipeg Free Press / November 4, 2023 / reprinted with permission)

david.sanderson@freepress.mb.ca



# Matlock Recreation Club sees 420 people for breakfast with Santa

By Patricia Barrett

The Matlock Recreation Club is going to need a bigger hall if it keeps on organizing wildly successful free breakfasts with Santa every year.

The club, its volunteers and firefighters from the Matlock Fire Department threw a whopping big party last Saturday that had 420 people from across the Interlake attend. The event included a free breakfast, visits and photos with Santa and Mrs. Claus and free gifts and goody bags for the kids. Last year's event had just over 300 people.

The club's board president Brenda-Lee Walker said that in her three years of service this has been the highest number of people she's seen attend the event.

"This event is a club tradition. We're carrying on what the past board and club members have done for years and years. Coming out of COVID, we had to find ways to work around that and we did, and it's been growing and growing every year," said Walker. "It's so huge now that we actually had to have a cap in order to accommodate all the people who pre-registered. Next year we'll figure out how to get more people in."

Firefighters took over the club's kitchen to cook and serve pancakes and sausages.

"This is the third time the fire department has volunteered for this event. We like to give back to the community and help the recreation club," said fire chief Seth Johnson, who was joined by about 12 firefighters.

The club's ability to provide the free breakfast and free gifts comes down to the generosity of the community and area businesses, which donated items the club raffled off at its October and November Bingo games. The proceeds from those games, which



This is Ellie's third year helping the club distribute gifts to children

are coordinated by Denyse Stewner, fund the breakfast.

Stewner said the Village of Dunnotar is in need of Christmas hampers for people struggling with inflation, and she organized the 1st Annual Toonie Hamper Tree fundraiser at the breakfast. People were invited to donate a toonie and pick an ornament to decorate the club's Christmas tree.

"All the proceeds go to the village for hampers, and the fire department is delivering the hampers," said Stewner.

The club is hosting a number of upcoming events, including an ugly Christmas sweater contest on Dec. 15. Visit Matlock Recreation Club - MRC on Facebook.



RECORD PHOTOS BY PATRICIA BARRETT

Residents from St. Andrews enjoy breakfast.



Kids from the Inwood area told Santa and Mrs. Claus they were nice this year.



Riley (left) and Sophia with their mom came from Gimli to visit Santa



Koldan from the Matlock area is hoping to see a freeze dryer under the Christmas tree



From left Andrea, Emily, Oaklee and Connor from Matlock.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Royals stunned by Steinbach Sabres in epic MHSAA 'AAAA' varsity girls' volleyball final

By Brian Bowman

In one of the greatest MHSAA "AAAA" varsity girls' volleyball provincial finals of all time, the Selkirk Royals, unfortunately, came out on the losing end Monday evening.

In an epic battle between two extremely talented teams, Selkirk was defeated 3-2 (23-25, 26-24, 28-26, 19-25, 13-25) by the Steinbach Regional Sabres.

"It's tough to lose a provincial final in any way but to have a shot at the end and not pull it out (is tough)," said Royals' head coach Chad Whiteside after the game. "Steinbach is a formidable opponent and we knew that coming in. We've had great games against them all season long and they have some incredible players. Their program is definitely getting stronger. We came in expecting a battle."

The Royals, who were vying for their 13th varsity girls' provincial volleyball title, received 14 kills and two aces from middle Danika Jakabek, 13 kills from setter/right side Zoey Purvis and 11 kills and two aces from left side Carley Catellier.

Selkirk had two players - Megan Carpenter and Catellier - named as



Megan Carpenter (12) hammers the ball at the net.



Zoey Purvis (6) and Danika Jakabek (18) go up for a block.

provincial all stars.

The crowd for the provincial final at the University of Manitoba was electric. None of the coaches - and players - will ever forget that unbelievable experience.

"The environment was great," Whiteside said. "The goal is to be always playing in December and I'm super proud of my girls for the season that they put together."

Selkirk will be losing five very talented players due to graduation. They were a huge part of the success of the

Royals. Next season, Selkirk should be pretty good, too.

"I have to say our Grade 12 group this year was a really big reason why I wanted to win this so badly," Whiteside said, noting they have nine players returning next season. "They have been so incredible. They're fantastic volleyball players and they have represented our school with kindness all season long and I'm going to miss them."



It was an emotional ending for the Selkirk Royals.



The Selkirk Royals were defeated 3-2 by the Steinbach Regional Sabres in an epic MHSAA 'AAAA' varsity girls' volleyball final on Monday evening.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers awesome in sweeping northern road trip

By Brian Bowman

Road trips usually aren't very fun but the Selkirk Steelers had a great time on one last weekend.

Selkirk played some fantastic hockey, capped off by a very impressive 6-1 stomping of the Swan Valley Stampeders on Saturday.

After Jakob Jones gave Swan Valley a 1-0 lead with a power-play goal just five minutes into the game, it was all Selkirk after that.

Mathieu Moreira tied the score just 1:44 later with his team-leading 10th goal of the season. The Steelers' captain has been very, very good this campaign and was named the game's first star.

The Steelers' Mathieu Catellier and Ethan Brown netted power-play goals before the first period ended and then

Rocco La Cara tallied in the second.

Rhett Marchand, with his first goal of the season, and Nick Giasson closed out the scoring in the third.

Noel Olsonawski continued his stellar play last weekend, stopping 35 Swan Valley shots for the win.

Last Friday, Selkirk had another great effort in a 3-1 road win over the OCN Blizzard in The Pas.

Preston Lundbohm scored his first MJHL goal to give Selkirk a 1-0 first-period lead and then Moreira sniped power-play goals late in the opening frame and midway in the second.

La Cara assisted on both Moreira goals while Jacob Ziegler also had a two-point game.

OCN's Marlen Edwards closed out the scoring at 14:17 of the second frame.

Olsonawski was solid in goal, making 37 saves and was deservedly named the game's first star.

Selkirk (9-14-1-1) hosted the Winnipeg Freeze this past Tuesday and then will take on the Virden Oil Capitals this Friday at the Recreation Complex.

Saturday will see the Steelers visit the Portage Terriers at Stride Place.

Both games start at 7:30 p.m.

Meanwhile, Giasson was named the Chevrolet Rookie of the Month.

The 17 year old from Winnipeg helped the Steelers to four straight wins last month, scoring a goal in each game during that stretch. Giasson is in the top 10 of rookie scoring (seven goals, seven assists) and is second in scoring amongst MJHL 17 year olds.



Nick Giasson

## Raiders topped by Twisters in MMJHL weekend action

By Brian Bowman

The Raiders Jr. Hockey Hockey Club was defeated 5-1 by the Pembina Valley Twisters in MMJHL action on Sunday evening in Morris.

Pembina Valley snapped a 1-1 tie late in the third period with four unanswered goals.

Nate Goodbrandson scored a third-period goal for the Raiders while Riley Goertzen, Brett Bergman, Derek Wiebe, Cody Clark, and Mark Plett answered for the Twisters.

Last Friday, the Raiders lost a wild 8-6 game to the Jets in Stonewall.

This one was a topsy-turvy affair as Stonewall grabbed a 3-1 first-period lead before the Raiders came back with four second-period goals to snag a 5-3 lead.

The third period was a different ball game, though, as the Jets outscored the visitors 5-1.

Karson King led Stonewall with three goals and an assist while Peyton Bateman added a goal and four assists.

The Jets' other goals were scored by Jordan Gray, Brayden Kohlman, Cole Kennedy, and Cole Emberly.

Alex Loschiavo, Tanner Skrypnyk, Andrew Denoon, Owen Lourenco, Parker White, and Ryland Kuczek answered for the Raiders.

The Raiders will hit the road to take on the St. Vital Jr. Victorias on Thursday (7:30 p.m.) and the Charleswood Hawks Sunday (3:45 p.m.).



RECORD PHOTO BY LANA MEIER

The Raiders battled hard against the Stonewall Jets Friday night in MMJHL action.

**NEXT HOME GAMES**  
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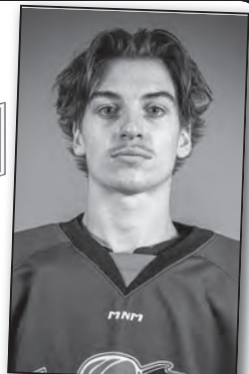
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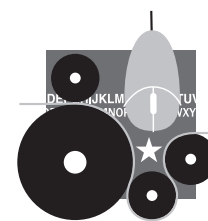


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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Royals' girls' shut out by Glenlawn Lions

By Brian Bowman

The Selkirk Royals were shut out 5-0 by the Glenlawn Lions in Manitoba Women's Hockey League action last Thursday in Winnipeg.

Glenlawn goals were scored by Leah Claussen, Delainay Rigaux, and Trinity Benci in the first period and then Kayla Tomsic and Sam Breier tallied in the second.

Selkirk hosted the Churchill Bulldogs this past Tuesday but no score was available. On Thursday, the Royals will battle the VMC Trojans at the Sam Southern Arena. Puck drop is 3:45 p.m.

Meanwhile, the Selkirk Royals' boys' hockey team lost 5-2 to the River East Kodiaks 5-2 in WSHL Plat-

num Promotions Division action on Nov. 28.

Selkirk goals were scored by Tony Pynner and Deacon Kemp while Ashton Kollar (two), Matt Didyk, Griffin Rarog, and Shea Reynolds answered for River East.

The day previous, the Royals were defeated 5-3 by the Sturgeon Heights Huskies.

Selkirk goals were scored by Kemp (two) and Dayton Desjarlais while Brady Thorsteinson (two), Wyatt Gallagher, Benjamin McLean, and Easton Therrien replied for Sturgeon Heights.

The Royals played Beliveau this past Monday and then will host Garden City on Thursday at 4 p.m.



RECORD PHOTOS BY BRETT MITCHELL

Selkirk's Deacon Kemp (21) reaches for the puck against Sturgeon Heights during WSHL action.

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The Selkirk Royals Deegan Teixeira (18) rushes the puck against Sturgeon Heights on Nov. 27.

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**The Selkirk Record**



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ringette returns to Selkirk



RECORD PHOTO SUBMITTED

After a few years of not being able to host a Selkirk ringette tournament due to COVID, we were able to participate in the Rings of Steel Tournament this past weekend. Congratulations to the U12C Interlake Ignite team who won a gold medal in their game versus the River East Rush. They won the game with a score of 7-5 at the Selkirk Recreation Complex. A job well done girls. A big thanks goes out to the tournament committee and the Interlake Ringette Association for hosting an exceptional tournament. As well as, a big thank you to all the fans that came out to cheer all of our girls on.

## Fishermen pick up another pair of wins

By Brian Bowman

Another week, another successful stretch of games for the Selkirk Fishermen.

Selkirk won a pair of games last week, capped off by a tidy 1-0 road win over the Lundar Falcons last Saturday.

Jordan Donald scored the game winner in the third period.

Jordan Armstrong made 23 saves for the shutout as the Fishermen outshot the Falcons by a whopping 47-23 margin.

On Nov. 28, the Fishermen pumped the North Winnipeg Satelites 6-2 in

Warren.

Selkirk sealed the win with three third-period goals.

Donald potted a goal and had two assists while Aaron Meger tallied twice. Ryland Schroeder, Dawson Bergagnani, and Matt Wagner also scored for the Fishermen.

North Winnipeg's Jack Speechley tallied twice in the losing cause.

Armstrong earned the win in goal.

Selkirk, now 11-1-1 and well in front of first place with 34 points after 13 games, will visit the Warriors on Friday (8 p.m.) in St. Malo and then host Lundar Sunday at 3 p.m.

# Regional winners



RECORD PHOTOS BY BRETT MITCHELL

Pictured above, Team Laurie Macdonell (Beausejour Curling Club), Team Wendi Nykoluk (East St Paul Curling Club), Team Kyle Foster (Arborg Curling Club), and Team Rob Atkins (East St Paul Curling Club) were winners at the Seagram's Whiskey Curling Club East Regionals, held Nov. 24-26, at the Selkirk Curling Club. The teams have qualified for the Seagram's Whiskey Curling Club Provincial Championships which will take place April 4-7 at the Gimli Curling Club.



Team Rob Atkins from the East St Paul Curling Club



Team Wendi Nykoluk from the East St Paul Curling Club



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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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**Gerdau invites the public to join the Community Advisory Committee meeting at 7 p.m. on December 19th, 2023.**

The meeting location will be held at Gerdau Site Office 27 Main Street. Please contact Janice Braga (email: [janice.braga@gerdau.com](mailto:janice.braga@gerdau.com) or Phone: 204-482-3241 X1680) to register for the meeting.

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Chief Administrative Officer

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

Applications are to be directed to:

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East Selkirk, MB  
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Christina Bowman  
Mom / Grandma  
Happy 92nd Birthday  
on December 7th  
-Love all your family

### CELEBRATE THE SPECIAL MOMENTS!

Send your special wishes to your friends and family.

### ANNOUNCEMENT

#### IN MEMORIAM



Gail Frederick  
February 5, 1972 - December 2, 2018  
If roses grow in heaven Lord,  
Please pick a bunch for us,  
And place them in our loved one's arms,  
And tell her they're from us.  
Because remembering her is easy,  
We do that every day,  
But there's an ache within our hearts  
That will never go away.  
-The Frederick and Boyce families

### ANNOUNCEMENT

#### IN MEMORIAM



Kevin Andrew Mayo  
January 7, 1968 - December 5, 2022

In loving memory of our dear son, brother, best friend and uncle  
So many things have happened in one year,  
Since you were called away;  
So many things to share with you,  
Had you been left to stay.  
There will always be a headache,  
And often a silent tear;  
But always precious memories,  
Of the days when you were here.  
We hold you close within our hearts,  
And there you will remain;  
To walk with us throughout our lives,  
Until we meet again.

-Always remembered, dearly loved,  
and sadly missed  
by your loving family

## take a break > GAMES

### SUDOKU

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

#### Fun By The Numbers

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

#### Here's How It Works:

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

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 9 | 1 | 7 | 8 | 2 | 9 | 7 | 6 |
| 6 | 7 | 2 | 7 | 1 | 9 | 8 | 8 | 9 |
| 7 | 8 | 9 | 6 | 8 | 2 | 7 | 1 | 4 |
| 1 | 9 | 7 | 2 | 7 | 6 | 9 | 8 | 8 |
| 8 | 2 | 7 | 1 | 8 | 9 | 6 | 9 | 7 |
| 9 | 6 | 8 | 9 | 7 | 8 | 1 | 2 | 4 |
| 7 | 8 | 9 | 6 | 2 | 7 | 8 | 1 | 9 |
| 7 | 8 | 6 | 8 | 5 | 1 | 4 | 9 | 2 |
| 1 | 2 | 9 | 8 | 6 | 7 | 4 | 9 | 8 |

Sudoku Answer

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | S | V | C | H | V | S | N | V | R | E | H | E | I |
| N | V | T | V | C | I | R | I | L | V | S | G | S |   |
| U | E | D | V | S | D | I | D | N | O | R | V | V |   |
| E | N | O | I | L | T | V | S | V | B | D | O | S | E |
| S | N | H | N | O | D | H | V | L | I | N | U |   |   |
| T | O | I | Y | W |   |   |   |   |   |   |   |   |   |
| L | O | N | N | M |   |   |   |   |   |   |   |   |   |
| S | E | N | G | O | C | H |   |   |   |   |   |   |   |
| E | R | O | G | K | D | W | Y | R | W | S | I |   |   |
| N | V | R | C | S | E | T | V | S | S | N | E | D |   |
| W | E | D | V | S | D | I | D | N | O | R | V | V |   |
| U | E | D | V | S | D | I | D | N | O | R | V | V |   |
| E | N | O | I | L | T | V | S | V | B | D | O | S | E |
| E | N | I | L | V | S | S | I | B | B | V | R |   |   |

Crossword Answer

## CROSSWORD

#### CLUES ACROSS

1. Spiritual leaders
7. Salt
13. Fortified wine
14. Edible mollusk
16. It begins with them
17. A way to compare
19. Government lawyer
20. Back parts
22. 8th month (abbr.)
23. Very willing
25. \_\_\_ ex machina
26. Satisfies
28. Quebec river
29. A doctrine
30. Popular pickup truck
31. Dekagram
33. Naturally occurring solid material
34. Company officer
36. Villains
38. Cricket frogs
40. German founder of psychology
41. Endured
43. A female domestic
44. A "place" to avoid
45. Cigarette (slang)
47. Canadian politician Josephine
48. French ballet/acting dynasty
51. Employee stock ownership plan
53. Belonging to the bottom
55. Sound
56. Yankees' slugger Judge
58. Dickens character
59. More wise
60. Flash memory card
61. Exposing human vice or folly to ridicule
64. Atomic #79
65. Longtime Braves pitcher Julio
67. Humor
69. Shawl
70. Preliminary assessment of patients

#### CLUES DOWN

1. Animal disease

|    |    |   |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|---|----|----|----|----|----|----|----|----|----|----|----|----|
|    | 1  | 2 | 3  | 4  | 5  | 6  |    | 7  | 8  | 9  | 10 | 11 | 12 |    |
| 13 |    |   |    |    |    |    |    |    | 14 |    |    |    |    | 15 |
| 16 |    |   | 17 |    |    |    |    | 18 |    |    |    |    |    | 19 |
| 20 |    |   |    |    |    | 22 |    |    |    | 23 |    |    | 24 |    |
| 25 |    |   |    |    |    | 26 |    |    |    | 27 |    |    | 28 |    |
| 29 |    |   |    |    | 30 |    |    |    | 31 |    | 32 |    | 33 |    |
|    |    |   |    |    | 34 | 35 |    |    |    | 36 |    | 37 |    |    |
| 38 | 39 |   |    |    |    |    |    |    |    | 40 |    |    |    |    |
| 41 |    |   |    |    | 42 |    |    |    | 43 |    |    |    |    |    |
| 44 |    |   |    | 45 |    | 46 |    | 47 |    |    |    | 48 | 49 | 50 |
| 51 |    |   | 52 |    | 53 |    | 54 |    |    |    |    | 55 |    |    |
| 56 |    |   |    |    | 57 |    | 58 |    |    |    | 59 |    |    |    |
| 60 |    |   |    |    | 61 |    | 62 |    |    |    | 63 |    |    | 64 |
| 65 |    |   |    |    | 66 |    |    |    |    |    | 67 |    |    | 68 |
|    |    |   |    |    | 69 |    |    |    |    |    | 70 |    |    |    |

2. Commercial
3. Craft supply
4. Storage units
5. Investment vehicle
6. Colorado Heisman winner
7. In a way, sank
8. Post-birth brain damage (abbr.)
9. Lay about
10. Intestinal
11. The opposite of yes
12. Caused to be loved
13. Messianic in Islamic eschatology
15. Showing since conviction
18. Not safe
21. The number above the line in a fraction
24. Yard invader
26. Pouch
27. Swedish krona
30. Start anew
32. While white or yellow flower
35. Fourteen
37. Graphical user interface
38. Up-to-date on the news
39. Campaigns
42. Touch softly
43. "Boardwalk Empire" actress Gretchen
46. Violent seizure of property
47. One who supports the Pope
49. Anxiety
50. Body fluid
52. Phony person
54. Title of respect
55. Chilean city
57. City in central Japan
59. Silk garment
62. Draw from
63. Automobile
66. Man
68. Legal bigwig (abbr.)



# Announcements



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## OBITUARY



**Lee Thomas**

On November 7, 2023 at his residence in Selkirk, Mb, Lee Thomas, aged 80 years, passed away.

A come and go celebration of his life will be held on Thursday, December 7, 2023 from 1:00-3:00 p.m. in the Gilbert Reception Centre.

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



Gilbert Funeral Home, Selkirk in care of arrangements.

## OBITUARY



**Lorraine Teplyski (nee Piasecki)**

Peacefully on November 16, 2023, Lorraine Teplyski passed away at Selkirk Regional Health Centre at the age of 80.

Lorraine was predeceased by her parents Henry and Anne Piasecki.

Lorraine leaves behind her cherished family, sons Gordon Dehn (Karla), Alan Dehn (Jacqui) and grandchildren Ashley and Carter.

Lorraine was born in Calgary on October 16, 1943. Her parents relocated to assist with the war effort. After the war, the family moved back to Selkirk. Mom was a tireless worker and had many occupations, always putting her sons first. Lorraine always enjoyed watching her sons Gordie and Alan play sports. She took great pride in all their accomplishments.

Many thanks are extended to the special care givers over the years at the Betel home in Selkirk, and the staff at the Selkirk Regional Health Centre.

In keeping with Lorraine's wishes, there will be no formal funeral service. A private service will be held later.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Evelyn Marie Douglas (nee Feltmate)**

Peacefully, at her home at Red River Place in Selkirk, Manitoba at the age of 88.

Evelyn is survived by her son Gary (Marina), Donna Marie, Lynn (Malcolm) and numerous grandchildren and great-grandchildren residing in Manitoba and Nova Scotia.

Evelyn was born and raised in Whitehead, Nova Scotia and as per her wishes will be returned there after private family celebrations of life in the near future.

Thanks to David at Gilbert Funeral home for all the arrangements.

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



Gilbert Funeral Home, Selkirk in care of arrangements.

## OBITUARY



**Donald Dean Iwanoczko**

It is with heavy hearts that we announce the passing of Donald Dean Iwanoczko on November 20, 2023 in Selkirk, Manitoba.

Dean was the first born to Don and Erna Iwanoczko on February 7, 1966. Dean spent his entire life in the City of Selkirk. As a young boy he loved all sports, hockey, baseball, golf, basketball you name it he tried it and most likely loved it. He was also a proud member of the Selkirk and District Ukrainian Dance Ensemble for many years.

Dean spent many hours at the golf course in Selkirk during his childhood. He was selected to the Manitoba Junior Golf Team and was also one of those golfers who could proudly say he was a member of the Hole In One Club. His love of the game inspired him to become a Board Member of the Selkirk Golf Course in hopes of improving the game for others.

During the winter months, Dean spent his time at the hockey rink. Starting with Lord Selkirk Minor Hockey, Dean moved on to play in Winnipeg with the Transcona Railers and the MNS Stars. During his time with the Stars they competed at the Macs Midget Tournament in Calgary. High school sports included volleyball and basketball. December 1983 brought MVP honours and 3A High School Provincial Volleyball Championship with the Selkirk Royals.

Many summer family camping trips to Detroit Lakes and the Whiteshell hold very special memories for all of us. Surely this played a part in Dean's love of the outdoors. Along with camping there was fishing, and of course all forms of hunting. Many great memories for Dean came from his fishing and hunting trips with great friends and family.

Dean graduated from Red River College in 1986 with a Business Administration Diploma which forged his career in the business accounting world. His compassion for others, especially his staff was evident in his work life.

Dean's love of sports and the outdoors was passed on to his children Drew (1993) and Amy (1995) as their hockey, volleyball and ringette coach. As well as "Dance Dad" and the best hunting partner for Drew.

Dean was one of the most thoughtful, caring people we knew. Always checking in on others and making sure things were okay with those closest to him.

Dean was predeceased by his grandparents as well as his best friend and brother Dale in 1998.

Left with a huge void in our lives and hearts are his children Drew (Rachel) his grandsons Wyatt and precious Wycklen whom he was looking so forward to meeting, Amy (Brendon), parents, Don and Erna, sister Dana (Richard) his nephews Matthew and Jacob whom he was so proud of, Auntie Audrey and his special friend Michelle.

The family would like to thank Dr. Brian Lindenschmidt, receptionist Denise, the doctors and nurses at the Selkirk Regional Health Centre and the caring paramedics.

Funeral service took place at the Selkirk United Church on Saturday, December 2, 2023 at 1:00 p.m.

There are two special gifts we should give our children one is roots the other is wings.

For those wishing to honor Dean's memory, donations would be gratefully accepted by the Dr. Dale Iwanoczko Memorial Scholarship [www.sportmanitoba.ca/donate-to-sport](http://www.sportmanitoba.ca/donate-to-sport) or Selkirk & District Community Foundation Inc. [www.sdcf.ca](http://www.sdcf.ca) For the Scholarship, please select Volleyball Manitoba Scholarships & Support Fund and then in the comments on the 3rd step be sure to indicate Dr. Dale Iwanoczko Scholarship. Donations can also be sent to Dr. Dale Iwanoczko Memorial Fund c/o Volleyball Manitoba 412-145 Pacific Ave Winnipeg, MB R3B 2Z6. Please make cheques payable to Dr. Dale Iwanoczko Memorial Fund.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Barbara Mary (O'Dell)**

**Waterman**

**May 6, 1939 –**

**November 29, 2023**

It is with heavy hearts that we announce the passing of our beloved wife, mom, Nancee, Great Nancee, who passed away peacefully, surrounded by family, on November 29, 2023.

Barb was born on May 6, 1939 in Toronto, ON to Charles and Evelyn O'Dell.

She leaves behind her cherished family, Tom, her husband of 63 years; daughter Sherri, son Butch (Loni), her grandchildren Brandi (Kyle), Jesse (Steph), her great-grandchildren Zayla-Lee, Shay and Oakley. Her sister Marilyn (Kevin) and their daughter Kristina who reside in St. Helier, Channel Islands, UK as well as many nieces and nephews on the Waterman side.

Barb was a teacher and thoroughly enjoyed her career. She taught many residents of Selkirk and surrounding area, who to this day would approach her with good tidings.

Barb belonged to many groups: PEO Chapter A, Pat Johnson's painting group, the Informal Wednesday Art Group Club, the Library (she loved to read) and many past clubs.

Travel was another passion of Barb's. She travelled to Europe, Asia, Mexico and many US states enjoying all the adventures that came her way.

Mom was always uplifted by the many visitors she received during her recent hospital stay and treasured the many phone calls, text messages from near and afar from friends, family and past students. It meant so much to her. You are her special friends, she loved you all. Family would like to thank the wonderful staff at the Selkirk Regional Health Centre for the excellent care Mom recently received.

There will be a Celebration of Life at the Selkirk Golf & Country Club, December 18, 2023 from 1:00-4:00 p.m.

For those wishing to honor Barb's memory, donations can be made to CancerCare Manitoba or Manitoba PEO Foundation.

"On the Jet Plane to Eternity.

We love you, miss you.

Forever and always my mom you'll be."

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

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