

make a dramatic performance at Centennial School's Christmas Concert last week. See photos from many of our local holiday productions in the Christmas section inside.

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Selkirk Community Renewal Corporation celebrates 15 years in community

By Katelyn Boulanger

Last week staff, community members and board members gathered at the Gaynor Family Regional Library to celebrate the 15th anniversary of the Selkirk Community Renewal Corporation (SCRC).

The meeting began with a grant. Jacqueline Bercier, Lord Selkirk Regional Comprehensive Secondary School Cultural Proficiency Lead Teacher on behalf of the Promoting Aboriginal Student Success program at the school accepted a \$5000 cheque for the program from SCRC.

SCRC's Executive Director Ashley Monkman then welcomed everyone to the event.

"On December 5, 2023, the Selkirk Community Renewal Corporation had been in existence for 15 years. What an amazing 15 years it has been. We've had the privilege of working with so many great people over the years who have served on our board and have been a part of our staff team. We also have had many amazing partnerships with various organizations, businesses, community groups and funders through the past 15 years," she said.

Monkman has been with the SCRC since 2013. Though she has taken on various roles in the organization over the years she has been executive director since 2015 following original executive director Darlene Swiderski.

Swiderski said that the first few years of getting the organization off of the ground was a huge learning curve.

"Trying to put this organization together, coming up with the mission statement, our vision and our mandate, and trying to find a board of

Continued on page 3



RECORD PHOTO BY KATELYN BOULANGER SCRC board, and staff members past and present gathered to celebrate the 15 year anniversary.





A4 The Selkirk Record Thursday, December 21, 2023 > SCRC'S 15TH ANNIVERSARY, FROM PG. 4

directors, it was a lot of work," said Swiderski.

At the very beginning, the SCRC started as one of seven communities that received funding from the provincial government to be created.

"It was started real small. We had a couple of grants and programs that were very popular, they still have the small grants program for small organizations. They had housing grants that we used to give out and it was so popular," said Swiderski.

She says that she's very proud of SCRC's current staff and everything that's been accomplished over the vears.

Over the years SCRC's services have changed but they continue to enhance community development and revitalization as well as improve the quality of life for Selkirk residents by fostering community spirit and building the capacity of community organizations.

They have many programs that help our community including Selkirk Employment Services, Hop, Skip, Saturday which is a literacy program that parents can do with their children, the Girl's Wellness After School Program, and a free income tax program that helps people file their taxes under

specific circumstances. They also host community events like their World Suicide Prevention Day Walk and Community Clean Ups.

Monkman attributes the organization's success to the people who've worked hard to make it happen and the many partnerships that they've established with local organizations.

"I think the staff and board that we have are so dedicated to their community to be able to offer these services. We try to fill the gap as much as we can," said Monkman.

She wishes that more people in our community knew about the SCRC and how it can help.

"I think, just through COVID, I think that contact has kind of been missed so we're just trying to get back out into our community," said Monkman. She thanks everyone from our community who has been involved with the SCRC over the past 15 years.

"I would like to thank everyone from the bottom of my heart for being a part of our organization through the years and for your continued support of the work that we do. Thank you for being here today and helping us celebrate our 15th anniversary and I look forward to many, many more years to come," said Monkman.



RECORD PHOTO BY KATELYN BOULANGER

Ashley Monkman Executive Director of the SCRC thanked all those who worked hard to grow the SCRC these past 15 years.





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City of Selkirk Open House turns up some great finds



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RECORD PHOTO BY BRETT MITCHELL At the City of Selkirk open house Antique collector Laurie Hunt of Hunt's Roadhouse offered Mayor Larry Johanson a couple of vintage Selkirk Centennial collectables.

OW OPEN IN WES

UNTDOWN



ST. PAUL!



Students discuss impact of nuclear weapons and nuclear disarmament

By Katelyn Boulanger

seum for Human Rights, students After attending the Youth Nuclear Madison Bell, Amelia Macfarlane Peace Summit at the Canadian Mu-



and Sophia Bahara from Lord Selkirk Regional Comprehensive Secondary School had the opportunity to attend the First Youth-Parliament Nuclear Summit in Ottawa and shared their voices at the event in Ottawa. It all started

with a project that the group did for the Youth Nuclear Peace Summit at the Canadian Museum for Human Rights along with Jakob Dainard, Carley Catellier, and Sydney Ostermann.

"We had pre-



RECORD PHOTO SUBMITTED

Left to right: Madison Bell, Amelia Macfarlane and Sophia Bahara at the First Youth-Parliament Nuclear Summit in Ottawa.

pared for quite a while our presentation then present there. There were other schools there from Manitoba and we also had keynote speakers as well. We also heard from Dr. Ira Helfand who's a Nobel Peace Prize winner," said Bahara a LSRCSS grade 12 student.

The group's presentation was about Nuclear Weapons Then and Now.

"We each had different points on the subject and we all had our own slides. When we presented it, it was about 10

minutes," said Macfarlane, a LSRCSS grade 11 student.

"I think it went pretty well. We had a lot of time to prepare and practice for it," said Bell, a LSRCSS grade 11 student.

This isn't the first time that Selkirk students have attended the event at the Canadian Museum for Human Rights but it is the first time that they made the trip to Ottawa.

Kathleen Elgar the teacher involved Continued on page 7



Ice fishing village in Lockport to open for second year

Weather permitting, L.I.V.E. will open

January 1.

By Kaitlin Vitt

A winter village in Lockport that offers outdoor activities for all ages will be back on the ice in the new year.

Lockport Ice Village and Entertainment (L.I.V.E.), put on by the Lockport Community Development Group (LCDG) and Red River Cats, is returning to the St. Andrews Lock and Dam. Weather permitting, L.I.V.E. will open January 1, 2024, and will run until the end of March.

Plowed roadways on the ice and fishing bays make the area more accessible. People visiting the village can also take part in hockey on a three-on-three rink, crokicurl (a hybrid of crokinole and curling) and ice pickleball.

Safety checks, like measuring and monitoring the ice, take place multiple times each week, plus speed limits on the ice roadways help to ensure the safety of the village.

"Between the streetlights and street signs and all the activity that's going on in there, it's something different,' said Collin Stone, owner of Red River Cats, a guided fishing tour company in Lockport. "It's a really neat experience to be able to drive on the roads and do it safely. You don't even need a four-by-four truck. You'll be able to [drive] in a car."

Stone said if people haven't tried out ice fishing before, it's a good sport to get into since it can be quite affordable.

"The beauty of ice fishing is it's one of those things that doesn't cost you a pile of money to get going. You can buy a rod for \$20 and get out there," he said. "You don't need a big boat and all these different other things. You can just get out there in a lawn chair and start fishing, so it really makes it viable for the average person to come out and try."

For those who don't want to buy their own fishing gear, Red River Cats offers rentals, and employees of the fishing tour company will be at L.I.V.E. to help out people new to ice fishing.

"We're always excited to get new people into the sport," he said. "We have a big passion at Red River Cats for fishing. It has always been what drives us. It gets us up in the morning. It's an amazing thing to do. ... We look forward to ice fishing and the first time we can get out there, and we look forward to the first time we can get back into the boat [in the summer]. It's kind of funny how that goes back and forth."

Red River Cats and the LCDG, a non-profit made up of local businesses dedicated to the sustainable development of the area, have been working together with the RMs of St. Andrews and St. Clements and businesses in the area to put on L.I.V.E.

"Without those business, we could never do this, and it's the sponsorships of all the communities involved and the businesses coming together, including government, that has allowed us to make this possible and feasible. ... It's nice to see all kinds of people giving from their hearts to put on something so great," Stone said. "It's a great example of how private businesses and governments actually work together really well."

L.I.V.E. has been well received by the community — Stone said every day at last year's village, a visitor thanked the hosts for what they're putting on.

"Often our winters get so harsh with so much snow that it actually makes ice travel not possible. It makes it very difficult to ice fish in the wintertime. So this started through Red River Cats to just create clear roads to give access to people to come down and ice fish all [season] and make it easy and safe. And that was what our goal was when it started off was to just give safe, easy access to fishermen to ice fish," he said. "It morphed into the L.I.V.E. acronym ... and that's more than just fishing."

To continue to grow and to best serve the community, L.I.V.E. has launched a GoFundMe fundraising page (visit gofund.me/9bf54618 to make a donation).

"We do this free for the community. There's no question about that. But people see value in it, which is impor-tant," Stone said. "There's an oppor-



RECORD PHOTO SUBMITTED BY COLLIN STONE Lockport Ice Village and Entertainment (L.I.V.E.) is returning to the St. Andrews Lock and Dam in 2024.

tunity this year to be able to just scan [the QR code] and click and donate and help support us for the people who are in a position to do so.

People can volunteer at the village doing things like setting up some of the equipment and putting up signs. L.I.V.E. will post about volunteer opportunities on social media (@lockportlive on Facebook and Instagram) and its website (lockportlive.ca), plus will post updates on ice conditions and when the ice village is open.

complishments being able to speak directly to politicians and express their views.

"They were the only high school students that were there. There were some university students but we were the only high school students. It was a very intimate setting. They were called by their first names and they were able to speak their thoughts and ideas and ask questions and present to the MPs and senators so it was not what I expected it to be, but they were excellent ambassadors for Selkirk and Elgar is proud of her students' ac- I'm super proud of them," said Elgar.

STUDENTS GO TO NUCLEAR SUMMIT, FROM PG. 6 >

in this project explained that the students learned about nuclear weaponry and its effects and Canada's involvement. There was also emphasis on where we go in the future with disarmament being a key topic of conversation as students of today will inherit a very complicated political situation if something isn't done to resolve it.

Nuclear weapons also create many other issues beyond the threat of violence with environmental effects and the human impact of mining and testing nuclear weapons also being explored.

Bell explained that their trip to Ottawa was a quick addition to their schedules.

"When we were at the [Canadian] Museum [for Human Rights], they kept talking about this summit they were having in Ottawa. One of the senators who attended the summit in Winnipeg was funding for different schools to go to Ottawa and see the summit," she said.

The group decided to go and a couple of weeks later the students made the trip.

Bahara said that it was a very interesting experience attending The First Youth-Parliament Nuclear Summit in Ottawa. They were able to go to the parliament buildings as well as hear from some very interesting people.

Macfarlane highly recommends that students join this program and learn more about nuclear weapons.

"Before I joined this I actually knew nothing about the threat of nuclear bombs and nuclear weapons. I didn't even think it was much of a threat. I didn't realize how much our world still has and how much we still have to dismantle before getting to a nuclear free world. I think lots of people don't know about that and I think it'd be a great thing for kids to learn about," she said.

Bahara agrees recommending the problem be looked at through a humanitarian approach.

"It affects so many people across the world. It's not just whoever the bomb drops on. It affects the whole world. We can look at how it disproportionately affects women, people of colour, or just everyone in our world in general. I think that's a really good step to get people involved and people understand that this is a really important cause," she said.

"You don't have to be an expert on nuclear peace to back it up and to be part of the movement," said Bell.



<u>SelkinkRecord</u>





Lana Meier



Katelyn Boulanger

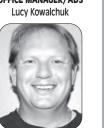




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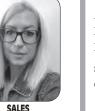
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EDITORIAL

The Selkirk Record welcomes submissions to Letters to the Editor. Letters or call our office at 204-785-1618 can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.



RRN RCMP investigate fatal collision

EDITORIAL > VIEWPOINTS > LETTERS

Submitted by Manitoba RCMF

On Dec. 15, at approximately 11:35 p.m., Red River North RCMP were patrolling on Henderson Highway in the RM of St. Clements when officers saw a vehicle in the east ditch. When officers approached the vehicle, there

was heavy damage, and a lone male was in the vehicle. The 36-year-old from the RM of St. Clements was pronounced deceased on scene.

the vehicle was heading southbound when it crossed over the centre line

and entered the ditch, where it struck a concrete driveway approach. The male was not wearing a seatbelt.

A RCMP Forensic Collision Recon-Investigation has determined that structionist is assisting with the ongoing investigation

letter to the editor

2023 a busy year to be a Rotarian in Selkirk

The Rotary Club of Selkirk has so much to be thankful for in 2023. Together, our Club of amazing volunteers has collectively accomplished many wonderful things in our community and abroad. Here is just a snippet of those amazing feats.

In January, we presented the 2023 Vocational Award to Aaron Hoium of Aaron's No Frills. We followed up by hosting a Blankets and Quilts drive which allowed us to donate hundreds of gently used and new blankets to northern First Nations in

In February, we again hosted our 3rd annual Viva La Vino Raffle which saw our volunteers sell out every ticket.

In March, our Club hosted Indig-

May 27th saw us host our 30th annual Lobsterfest which made a record profit. This amazing feat allowed us to commit to a \$100,000 donation to the Gaynor Family Regional Library for the new Children's Wing and \$1500 to Lord Selkirk Regional Comprehensive Secondary School graduating students.

As June rolled around, we were able to hand out scholarships to area middle schools as well as a \$1,000 scholarship to a Grade 12 student at the Comp.

The Rotary Garden was back for a 3rd year in a row. This year, a total of 954 lbs of food was grown and donated to the Our Daily Bread Soup Kitchen and the Selkirk Food Bank.

September was a very busy month for our team. It saw us host the Annual Gigantic Book Sale which sold over 17,000 books enhancing our Club's quest for literacy throughout our region. We also saw the return of the N.O.W. (Nutrition on Weekends) program. One hundred and fiftyfive lunches for the weekend were packed each week by Rotarians and community volunteers from October to June. This November saw us pass 15,000 lunches since the program began 4 years ago. This is a huge commitment to fight food insecurity in the community.

We celebrated the United Nations International Day of Peace on September 21 by donating a Peace Pole with a message of peace in 12 languages to the City of Selkirk at Queen's Park. And, to cap things off in September, our Club sent over 100 pairs of runners to students at Moose Lake School.

October saw a winter clothing drive organized by Rotarians in partnership with the Lord Selkirk School Division. Thousands of gently used winter clothing items and sports

equipment were donated and flown to northern fly-in First Nations in Manitoba.

And the most important fact of all.....We welcomed new members: Scott Thorne, Bethany Debrecen, Wendy Meger, Glen Kostyk, Wes Maidment, Brandon Sutherland, Isabelle Gagne and Lorraine Hanson.

As we close the page on 2023, I want to acknowledge all the hard work that our Honourary Rotarians did that laid the solid foundation that our Club has today. I want to thank our current more experienced members for their tenacious spirit, but equally so, their acceptance of all the change that we have seen in our Club over the past few years. And for our new Rotarians, I am so proud to walk shoulder to shoulder with each and every one of you to make this world a better place. For, without you.....we could not do all these amazing things for our community.

I would be remiss in saying that the support both financial support and volunteer support from our entire community has been nothing short of stellar.

Together, the Rotary Club of Selkirk and the communities of Selkirk, the RM of St. Andrews and the RM of St. Clements have truly made a difference this year. I look forward to an exciting and prosperous 2024.

Merry Christmas and Happy New Year to all!

Submitted by David Thorne President of the Rotary Club of Selkirk

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Manitoba.

enous and Non-Indigenous students for the Rotary Y2Y Truth, Reconciliation and Engagement Program. We were the local hosts to 50 students, ages 15 to 18, from across Canada as well as 20 chaperones. We also supported ShelterBox with donations for war-ravaged Ukraine, as well as Syria and Turkey which saw devastating earthquakes that changed people's lives forever.

Community art show in St. Andrews open for submissions

By Kaitlin Vitt

Artists from St. Andrews, the Interlake, Winnipeg and surrounding areas have the chance to be featured in a community art show in February.

The St. Andrews Rectory and Heritage Centre is inviting artists who create any type of art, including paintings, photography, textiles, sculptures and jewelry, to apply for the centre's community art show that will run from February 3 to 17, 2024. This is the centre's fifth art show.

"The idea behind doing the art show was just to celebrate local art and to have unknown and established artists from the region have an opportunity to gain new appreciation to see each other and network with other artists to experience new art from the community," said Laura Brown, program coordinator at St. Andrews Heritage Centre. "It's a free event for people to attend to come see it, and so we'd like to help foster the community through art as a community organization ourselves."

The submission period is open until January 12. Artists of all ages and skill levels can submit up to three pieces of any media except digital media for the selection committee to review. The centre will choose a select number of artists to showcase in February.

Last year, 30 artists were selected, and nearly 90 pieces of art were on display. There is no cost to apply to be featured, but artists who are selected will pay a \$15 entry fee.

While the art show is open to artists from anywhere, the selection committee will give preference to residents of St. Andrews and the Interlake.

Artists with their work on display can make their pieces available for purchase, and all artwork will be entered into a contest. Visitors to the art show will place their votes for various categories, such as best use of colour, best photography and best overall. There will be four winners of monetary prizes ranging from \$25 to \$100.

"It's a great opportunity to share your artwork, especially if you're maybe not an established artist. The fee for it is \$15 to exhibit it, and most of that goes back into potential prizes that the artists can win," Brown said. "It's a good way to get involved in the community."

During the art exhibition, the centre is planning to host at least one painting class so that people can experience art as well as view it. The regular galleries, gift shop and grounds at the centre will also be open for people to check out during the art show.

"I think [the heritage centre] is a bit



RECORD PHOTO SUBMITTED BY THE ST. ANDREWS RECTORY AND HERITAGE CENTRE The St. Andrews Rectory and Heritage Centre is inviting artists to submit their art to possibly be featured in a community art show in February.

of a hidden gem. Not everyone has been here or got to see it. The build-ing itself is historic," she says. "It's sort of connected to the church across the street, and you can learn some bits about local history and Manitoba history in general, all while being in a historic building, which I think is really fun."

Artists interested in submitting their artwork to the show can complete the application form on the centre's website (standrewsrectory.ca/event/ community-art-show-2024).

Inclusion Selkirk to host draw to get away in January

Support a local organization and get a chance to win tickets to somewhere warm this winter

By Katelyn Boulanger

Inclusion Selkirk recently announced their intent to create a new multi-use space for themselves and our community on Eveline St. in Selkirk. They will have to do a great deal of fundraising to get this project off the ground and one way residents can support their efforts is to enter their upcoming the Gift of Flight draw.

This draw is made possible by West-Iet which sponsors non-profits like Inclusion so that they can host contests like this.

"It's always been in the back of [our minds to apply again.] I've actually applied to them previously for our golf tournament. When I put in the application for our new building, they loved the idea of the phase two development," said Merilee Mollard of Inclusion Selkirk.

The multi-use space is phase two of their Eveline St. development plans. It's going to bring all of their services under one roof as well as have spaces available for the community to use and enjoy.

This contest isn't just a great way to give, however, but also a great opportunity to win a prize many people will find enjoyable this time of year, two plane tickets to the destination of your choice.

"We go to the Cayman Islands in the wintertime. There are some blackout dates that you can't fly on. [But] you're given those blackout dates, and you just schedule your flights around that. But that's an example of where we'd want to go because WestJet now flies to Cayman," said Mollard.

Tickets are \$10 each and they can be found throughout our community. A great place to make a stop this time of year is Inclusion Selkirk's retail space WishMe which, in addition to selling the tickets, has a selection of artisan



RECORD PHOTO SUBMITTED

Alysia (left) and Kim (right) selling tickets for the Inclusion Draw at Safeway Selkirk.

made products that would fit well in a stocking or under a tree.

Mollard recommends that residents get their tickets quickly because there is a limited quantity available.

"It's a perfect stocking stuffer," she said.

The final draw takes place on Janu-

ary 19, 2024. "We printed 2000 tickets. If you think about it in terms of, a lot of people buying lottery tickets, I like the chances of winning one out of 2000 versus one out of however many thousands [of lottery tickets]," said Mollard.

A10 *The Selkirk Record* Thursday, December 21, 2023 It was a maker's market at the good old hockey game





RECORD PHOTOS BY BRETT MITCHELL

The Petersfield Community Club's Mallard Park Market brought almost 50 vendors to Selkirk on Friday and Saturday. The event celebrated Christmas with the Steelers at the Selkirk Recreation Complex with a Christmas tree decorating contest, a silent auction, a chance to meet Santa and more.



Manitoba's 123rd Christmas Bird Count is underway around the province

By Raegan Hedley

Instead of counting the number of holiday parties you're going to, what if you counted birds instead? From Dec. 14 to Jan. 5, the Christmas Bird Count (CBC), North America's longest-running citizen science project, takes place, and anyone interested can participate.

The CBC was created in 1900 by conservationists to encourage the public to count birds instead of hunting them. According to the official rules, each count is done in a circle with a 24-kilometre diameter. Each circle has a compiler who selects a count day, coordinates with the volunteers and divides everyone up to cover the circle depending on how many people are participating, and if they are solo or going out in groups.

Pending weather disruptions, 21 counts will occur across Manitoba this year.

Volunteer birders receive checklists, signs that say "Christmas Bird Count



This image of Selkirk's CBC area demonstrates how the count circle is mapped and divided. One of the rules is that the circle's centre point needs to stay consistent.



In Progress" (if they are driving) and maps outlining their allocated area. They then travel by foot, ski, snowshoe or vehicle to look, listen and record the number and types of birds they see. Volunteers can also watch their feeders and count from indoors, or use a combination of methods to count the birds in their area. Often, at the end of the count day, everyone gathers to enjoy refreshments and discuss what they saw.

"I like the comradeship," said Bonnie Chartier, the organizer for the Gimli count. "It's a small community,

Continued on page 13



RECORD PHOTOS SUBMITTED

Post count compiling and socializing after the 2015 Selkirk CBC at the organizer's (Gerald Machnee) residence.

erry Christma

Lockport



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Manitoba Farmer Wellness Program extends support to farm employees

By Allison Inglis

The Manitoba Farmer Wellness Program (MFWP) is proud to announce the expansion of its services to include farm employees, opening doors to mental wellness and support for all those integral to the agriculture community.

Starting Jan. 1, 2024, the MFWP is extending its service to provide six, one-on-one, no-cost, confidential counselling sessions annually by professional counsellors with backgrounds in agriculture to non-family farm employees.

"Farm businesses traditionally lack dedicated health and wellness programs for employees, yet the stress of the job is real. We want to change that narrative," said Marcel Hacault, MF-

ROFICEW

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Merry Christmas E A Happy New Year

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WP's chair, emphasizing the importance of acknowledging and valuing the well-being of all farm workers.

This expansion was prompted by direct requests from the farming community. "We were approached by farmers to enhance the coverage of our program. As we are a grassroots organization open to hearing from our stakeholders, we've embraced this opportunity to extend our support to all farm employees," added Hacault.

The MFWP remains dedicated to its vision of mental wellness for Manitoba farm families, and to bridging the gap in mental health services for the agriculture industry. "We are thankful for the unwavering support received from the agriculture community thus far through building awareness of our program, financial support, and the growing need for the services we provide," said Roberta Galbraith, MF-

WP's vice chair.

For more information about the program or to book an appointment, visit manitobafarmerwellness.ca.

What a haul!



RECORD PHOTO SUBMITTED

The U13AA Lord Selkirk Seven Oaks Rebels took part in the Children's Hospital Foundation Toy Drive. This week the teamates look forward to dropping the toys off so that they can make the recipient's holidays a little brighter.



> CHRISTMAS BIRD COUNT, FROM PG. 11

and it's fun to catch up with people." In addition to organizing the Gimli count on Dec. 19, she helps count in other circles since she's an experienced birder. However, you don't need to be an experienced birder to participate in the CBC.

"With new people, you make sure to put them with someone who's an experienced birder so they can learn the differences between a northern hawk owl and a great gray owl, for example," says Charlier.

The information volunteers docu-

ment through the CBC is important for assessing long-term trends in the bird populations of North America. Gerald Machnee, the organizer for the Selkirk CBC, says that some birds are not observed every year, while a few have been observed only a few times in 30 years.

"There have been a few birds that should not be here for the CBC, especially the yellow-rumped warbler that was counted in 2015," says Machnee. "They will not survive once the tem-



Canada Geese, American White Pelicans and a Ring-necked Duck observed on the Red River at the Selkirk CBC Dec. 15, 2015.







American White Pelicans at the Selkirk CBC Dec. 15, 2015.



204

272 Main St., Selkirk (Across from Co-op Gas)



RECORD PHOTOS SUBMITTED A Sharp-tailed Grouse was counted at the Gimli CBC Dec. 15, 2016.



Snowy Owl at Gimli CBC Dec. 15, 2016.



Immature Red-headed Woodpecker observed at the Oak Hammock CBC Dec. 2017.

A14 *The Selkirk Record* Thursday, December 21, 2023 CHRISTMAS BIRD COUNT, FROM PG. 13

perature goes below about -20 C."

Manitoba's collective CBC data results from hundreds of hours of observation and thousands of kilometres covered by volunteers. Last year, the house sparrow counted the most (21,213 times) followed by the common redpoll (6546 times), then snow buntings (5824 times).

James Duncan is the creator of Discover Owls, a retired conservation zoologist, and the organizer for the Balmoral CBC for almost 30 years. Duncan says that doing and publishing scientific research plays an essential role. Still, unless you get the public invested and involved by making nature a part of their lives, the research alone lacks the "conservation punch" needed to drive change.

"It's reasonably easy for the general public to participate in, and it provides people with an opportunity to have fun with family and friends while having these experiences counting birds...[and] making valuable contributions to our knowledge of bird populations," said Duncan. "Most importantly, they become stronger advocates against things that may impact birds...because they've

McPHILLIPS

been getting up close and personal counting them."

Chartier has been birding for almost 30 years. She remembers wondering what made birding so interesting until she saw a common redpoll through binoculars for the first time.

"I've been birding since I was a young person in Churchill. It started because I was just curious what all these ladies in goofy hats were looking at. I spotted a small brown bird with a red cap and a red chest. After that, I wanted to see what they all look like up close. When you see them through binoculars, it's so different."

In addition to the Manitoba CBCs, there are also opportunities for kids to learn how to count birds through a program called CBC 4 Kids. You can find the nearest CBC 4 Kids through the Birds Canada website.

Selkirk's bird count took place on Dec. 14. If interested in getting more information about the program contact Gerald Machnee at machneeg@ gmail.com.



Gerald Machnee spotted this pileated woodpecker while monitoring a feeder at the residence of Bonnie Chartier (organizer of the Cimli CBC) on Dec. 15, 2016.



RECORD PHOTOS SUBMITTED Hawk Owl at the Gimli CBC Dec. 15, 2016.



Male Northern Cardinal



Canada Goose on the Red River during Selkirk CBC Dec. 14, 2022.



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2nd Annual Gimli Ice Fishing Derby offering \$60,000 in cash and prizes

By Patricia Barrett

With \$60,000 in guaranteed cash and prizes, the lure of the 2nd Annual Gimli Ice Fishing Derby in a few months' time may prove to be irresistible to anglers from across the Interlake and beyond.

The winning catch will be rewarded with \$15,000 cash and there will be plenty of ice action, food and fun for the whole family on Lake Winnipeg.

After a successful inaugural derby held this past March during the Gimli Ice Festival, the two charities behind the angling fundraiser - Marymound and Fish Futures - are gearing up for a "bigger and better" derby in 2024.

Marymound's director of operations and fund development Mardy Yager said last year's derby was a lot of fun, with 1,100 anglers hitting the ice and net proceeds of \$36,000 that was split between the two charities to help support their respective missions.

"It was a fabulous day. The weather was great and the atmosphere was palpable. It was a great family event. There were prizes for kids given out randomly," said Yager. "The community of Gimli loved it and there were lots of spinoff benefits, including the promotion of Gimli as a four-season destination. There were lots of hotel rooms rented, people packed into restaurants and bought groceries. It was a great event for the community.

Yager said they're hoping to see around 1,500 participants register for this year's derby which will take place on the ice near Gimli's South Beach neighbourhood during the Gimli Ice Festival weekend.

"We'd like to thank Gimli Ice Festival chairs Peter and Susan Holfeuer, who've been supportive and easy to work with on our derby. They're real Gimli boosters and it has been a pleasure to work with them," said Yager.

Half the proceeds from the derby will go towards supporting Marymound, a social services organization that helps children and families across Manitoba. Marymound operates a school in Winnipeg for children struggling in the public system dues to challenges such as family breakdowns, mental health or sexual abuse. The organization also has an off-campus school called Pathways which helps older adolescents and young adults obtain their Grade 12 diploma.

"The money that Marymound raises goes directly to programs for the kids we work with here. We might need something extra for the kids whether that's a piece of sporting equipment, registration to an extracurricular activity, supplies for our cultural program or hamper supplies for our community hamper up in Thompson," said Yager. "Wherever we see shortfalls in funding, our fundraising dollars fill in those gaps."

Fish Futures is the recipient of the other half of the derby's proceeds. The organization is dedicated to the conservation and enhancement of freshwater fisheries through activities such as research sponsorship, including support for the Lake Winnipeg Research Consortium and the Namao research vessel, habitat preservation and public education that promotes catch and release.

Deanne Evans, Marymound's training and marketing manager, said Gimli businesses are on board with the derby because they saw the success of the first derby and "now want in." And the two organizations are hoping to round up volunteers to drill holes in the ice and help with on-ice parking for about 700 cars.

"Businesses in Gimli want to be part of the derby because they loved the buzz in the community.

We've had some businesses reach out to us to ask how they can get involved," said Evans. "Because it's growing, we're going to need volunteers. We didn't know how big it was going to be for the first derby. If there are groups in the

community that'd be willing to volunteer their time and help out either on the Friday before [to prep for the derby] or day of the derby on Saturday, we love to hear from them."

Yager said their lead sponsor for the upcoming derby is Home Hardware in Gimli and Winnipeg Beach, as well as Stringer Rentals & Power Products in Gimli.

Danny's Barbecue & Smokehouse will have a food truck on the ice, Marymound will be bringing its hotdog cart and Gimli's Flatland Coffee Roasters will be brewing up lattes and hot chocolate.

The 2nd Annual Gimli Ice Fishing Derby (catch and release) will be held on Saturday, March 2, 2024. Holes open at 9 a.m. with the derby running from 11 a.m. to 2 p.m.

First prize is \$15,000 cash, second prize is \$3,000 and third prize is \$2,000, plus the remaining \$40,000 in cash and prizes. People looking for a Christmas stocking stuffer for the angler in their family can purchase a ticket now.

For derby rules and to buy tickets online, visit https://buytickets.at/gimliicefishingderby.

Tickets can also be purchased at Home Hardware in Gimli and Winnipeg Beach, the Gimli RONA store, Kast King in Gimli, and at Harvester Outdoors in Selkirk.

Follow the Gimli Ice Fishing Derby on social media.



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Ice Rentals Down Significantly - The Barn not required this year

Staff reallocated to Selkirk Recreation Complex

Submitted by the City of Selkirk

The City of Selkirk will not operate the Selkirk Arena – commonly referred to as The Barn – this winter due to a lack ice rentals.

The Barn has been in the end-of-life stage for many years and now declining ice rentals and expensive ice plant upgrades have made operating the facility unnecessary and a waste of limited tax dollars.

"There's been a decrease in demand for ice rental in general and specifically at that facility," said Brady Clark, Director of Culture, Recreation and Green Transportation.

"The ice plant needs significant repairs or even replacement and during last winter when it was open with natural ice for a reduced amount of time, only about 13 hours a week were rented out of an available 40 hours. It's just not cost effective to operate."

Groups that had used the Selkirk Arena have been accommodated at the Rec Complex, with just a couple of slots still being worked out. The city is committed to ensuring these users have ice time and is looking at opening earlier on Saturday and Sunday mornings, as other facilities in the region do.

The Arena's ice plant needed repairs in 2020/21 for it to have artificial ice. However, the Arena did not open due to the Covid-19 pandemic.

The repairs were completed in 2021 and the Arena had a delayed opening

for the 21/22 season with minimal bookings. Last year, more repairs were required,



Selkirk Arena.

and the city decided to operate with natural ice and a shortened season. It was open from December to Feb-

It has been a privilege and a pleasure serving you this past year. We are really grateful for your kind support and look forward to your continued friendship. Merry Christmas & A Very Happy 2024! Merecenee (A Proud Past, A Strong Future"







RECORD PHOTO SUBMITTED

ruary and building and maintaining ice proved challenging and costly because of fluctuating weather.

With the declining demand in ice time in Selkirk and region, and with the Barn's decommissioning imminent, investing tens of thousands of dollars in repairs or well over a hundred thousand dollars in replacement would not be a prudent use of tax dollars.

The city will reallocate staff and equipment from the Barn to the Selkirk Recreation Complex to expand and improve services in that facility. Even with the reallocation of staff, the city will reduce costs by just over \$6,000 this year.

"While it's a small cost savings, it's also more efficient for the city to operate one arena and increase the available hours compared to operating two arenas with limited demand," Clark said.



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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



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Selkirk GM gives back



PHOTO SUBMITTED

Selkirk GM hosted it's annual Nova House Christmas Drive once again. For the past several years they have collected needed items as well as toys for the famillies who utilize Nova House's services and are spending time there over the holidays. Josh Isfjord, Selkirk CM sales rep. said "I do it because I want to give back to the community that I work in. It is truly amazing how the generosity of the employees and customers of Selkirk CM have stepped up to really bring it all together."



A18 The Selkirk Record Thursday, December 21, 2023 Fishers fight on against pollution, Gimli opposes sewage lagoon on its doorstep

By Patricia Barrett

Being an environmental whistleblower is a thankless job, but two Lake Winnipeg commercial fishers are determined to get the provincial government to take action on pollution in Lake Winnipeg.

The south basin of the lake and some of its tributaries along the west shore were hit by foul-smelling, extensive algal blooms this fall, and commercial fishers in the Hecla-Grindstone region were also beset by a series of thick blooms. One fisher said he collected water samples in October after he encountered – yet again – a large mass of fecal matter in the water along with algae.

That the fishers are now fighting another front in the form of a sewage lagoon that a Hutterite colony proposes to build in the RM of Armstrong

comes as no surprise; the lagoon is to be drained into Willow Creek, south of Gimli, and flow straight into Lake Winnipeg.

Commercial fisher Robert T. Kristjanson, who turned 90 last week, said he's been trying to engage the new provincial environment and climate change minister on the continuing degradation of the 11th largest freshwater lake in the world after he and other fishers were inundated with blooms during the fall commercial harvest. He's hoping the NDP, which formed government in October, will stop the continuing eutrophication of the lake.

'The lake is now frozen over and all the pollutants are hidden under the ice where people can't see it," said Kristjanson, who earned the Order of Manitoba in 2018 for raising aware-

ness of algal "What blooms. do we do? I went to

ture on open house day [Dec. 2] and I couldn't get in the [environment] minister's door. How are we going to be able to get through to our elected representatives about the pollution in the lake and the lagoon they want to build on Willow Creek?"

Kristjanson said he asked Gimli's mayor and council to "get some answers" regarding the proposed lagoon that will be built on the Armstrong-Gimli municipal border.

"It's only five miles to where [the colony] could put their waste into Gimli's sewage plant. This sewage doesn't have to go as far as the Moon," said Kristjanson. "You can't accept this proposal where they're going to be putting up to 250 people on the land then dump their waste into a cesspool. The days of sewage lagoons are gone."

Kristjanson said he had reached out to the provincial minister of environment and climate change weeks ago to ask her for a discussion about the

proposed lagoon and the state of the lake, but he didn't receive a reply.

"I went to the government with an open hand. We have every single solitary pollutant being dumped into the lake right now and we can't find a government inspector to look at it," he said. "We've got [agricultural] nutrients going into the lake off the land. We can't seem to get people to stop polluting this lake. I want my grandchildren to live to be my age.

Commercial fisher Bill Buckels is also continuing to pressure the government to protect the environment.

In 2018 Buckels took the Record on the lake to show the paper a mass of fecal matter swirling off the coast of the tourist-heavy Hecla-Grindstone region. He had taken water samples and paid a laboratory to analyse it; it tested positive for fecal coliforms. The lab was unable to provide DNA testing to determine if the feces was human or animal.

In October of this year, Buckels said he once again encountered a considerable load of feces in the water. He gathered several samples and reached out to provincial staff and water-related agencies. No one would come out to test the water or agree to test his samples.

"I phoned EIWD [East Interlake Watershed District] and the staffer who answered the phone told me water testing is not their job. So I asked for a water sample bottle and they said we don't have them and we don't do that. I had been in contact with the Namao [research vessel] but there was no response to my request to have my samples tested. I asked the Lake Winnipeg Foundation. And I spoke to the scientist at the government's water science branch. Even though the water is full of shit, the province considers it safe – that's what she said. For her to tell me that I don't understand when I stood in shit every day, I find that more than insulting," said Buckels.

"It seems the government and these agencies are apologists for polluters. They are, in effect, part of the coverup. During a major shit event, why aren't they out there? Why isn't the EIWD out there? They can drop by several times a day because their office is in Gimli. When they get reports of these harmful environmental events occurring – such as the one I reported in October - why do they refuse to test?"

Buckels said the outgoing provincial Conservative government "tightened up" citizen involvement on Manitoba's watershed district boards "except through the politically correct







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A20 The Selkirk Record Thursday, December 21, 2023 FIGHTING POLLUTION IN GIMLI, FROM PG. 18

farmer channel" because, apparently, they can decide what's "best for the water" rather than environmental organizations and citizens.

"But agricultural operations are polluters of Lake Winnipeg. That's a fact. The [previous] government gave us a corrupt piece of watershed legislation that should be revisited now that we've had a change of government," he said. "And it's not just farmers polluting this lake. It's sewage plants and lagoons and the rest of us. It's time for all of us to clean up our act. And for some reason, no one wants to talk about shit [feces] in the lake. They'll test clean water, but they don't want to test water with shit in it."

In the fall when thick blue-green algae blanketed the shoreline, harbours and tributaries in communities such as Winnipeg Beach, Gimli and Arnes, Buckels said he was disturbed by the province's lackadaisical response.

"There really are algal blooms on this lake even if the province claims it can't find them," said Buckels. "They're the result of climate change, in which the lake temperature has remained warm late into the fall, and the result of a steady injection of nutrients flowing into the lake from agricultural operations, including pigs and cattle, and from wastewater. Why does our government continue to allow phosphorus to pour into Lake Winnipeg, which is already suffering from high nutrient levels and algal blooms?"

Water bodies around the globe are degrading from nutrient overloading. An overabundance of nutrients such as phosphorus and nitrogen flowing into lakes and oceans cause algal blooms and eutrophication, which in turn lead to oxygen-depleted water. That causes ecosystem failures that can take the form of fish die-off events, acidification and contaminated water supplies. Eutrophication affects 54 per cent of lakes in Asia, 53 per cent in Europe, 48 per cent in North America, 41 per cent in South America and 28 per cent in Africa, according to the 2022 publication "The Global Assessment of Private Sector Impacts on Water."

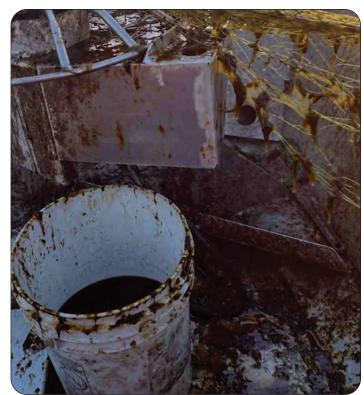
Buckels said the provincial government shouldn't make matters worse for the lake by allowing the proposed construction of the sewage lagoon in the RM of Armstrong to proceed. The lagoon's human and animal slaughter waste will only add more pollutants to the lake. He'd like to see the waste trucked to the Gimli sewage plant.

"I believe the government is just not going to do anything about pollution going into the lake. There's been a concentrated conspiracy to leave Lake Winnipeg as the super sewage lagoon that it has been over the course of my lifetime," he said. "We're just going to trot along behind the polluters like lemmings over a precipice."

EIWD manager Armand Belanger said the watershed district, which like all districts is a partnership between the province and local governments, does sample water on occasion and is open to more sampling in the future.

"While we don't actively monitor the water quality and nutrient loading of the lake, we've been able to sample water on occasion with the help of our partners at the Province of Manitoba Water Quality Monitoring Program and the Lake Winnipeg Foundation, Lake Winnipeg Community-Based Monitoring Network. We're open to sampling water in the future, but we'd need a plan in place to verify our capacity, pro-





RECORD PHOTO BY BILL BUCKELS

Lake Winnipeg commercial fisher Bill Buckels gathered water samples from his nets in mid-October when he says he encountered a mass of fecal matter and algae. The brown water in the bucket is what the water looks like under the surface of the lake. He couldn't get any water agency or the province to test the lake or his water samples.

tocol and partner responsibilities," said Belanger. "The EIWD is committed to improving the overall health of the watershed and actively works with people in the watershed and project funders to encourage sustainable use of land and water resources."

In response to the proposed construction of the sewage lagoon in Armstrong, the RM of Gimli posted a notice of objection on its website, saying it retained a third-party consultant to review the [colony's] application under the Environment Act.

"On December 8, 2023, the Rural Municipality of Gimli provided the Department of Environment and Climate Change's Environmental Approvals Branch with its written comments, along with a review report prepared by its third party consultant," says the statement. "The Rural Municipality of Gimli objected to the proposed construction of the lagoon given the lack of adequate due diligence and proper public consultation. The Rural Municipality of Gimli has requested that a public hearing be held as a consequence of the foregoing. The Rural Municipality of Gimli understands that the Environmental Approvals Branch's review process is ongoing."

The statement also says that the RM spoke with the RM of Armstrong to understand what steps it has taken and will be taking "to ensure that due diligence and public consultation takes place."

A spokesperson for the provincial department of environment and climate change said the proposed lagoon is in the process of being assessed.

"The department is aware of the concerns surrounding the proposed lagoon, and the project is currently undergoing an environmental assessment under the Environment Act," he said. "The environmental assessment includes a robust review of all aspects of the proposed lagoon to ensure the lagoon, if licensed, is operated in a manner that protects public health and the environment."

As for Kristjanson's attempts to speak with the environment minister, the spokesperson said the department was in contact with him in mid-November, "appreciates and values" his expertise on the lake and "confirmed they would be pleased to talk to him at any time."





Prep time: 20 minutes Cook time: 1 hour, 10 minutes Servings: 4

1 package (6 ounces) stovetop stuffing

- 2 cups chopped apples, divided
- 4 Cornish game hens (20 ounces each)
- 1/2 cup butter
- 2 teaspoons Italian seasoning, divided
- 1 teaspoon paprika

1 teaspoon salt, plus additional, to taste, divided

1/2 teaspoon garlic powder

1/4 teaspoon black pepper

2 large sweet potatoes, peeled, cut into 1-inch cubes

2 tablespoons olive oil

1 package (10.9 ounces) Fresh Express Sweet Kale Chopped Kit

Heat oven to 350 F.

Prepare stuffing according to package directions. Add 1 cup apples and fluff stuffing with fork; cool 15 minutes.

Remove anything inside hens, rinse cavity with cold water and pat dry.

In small saucepan, melt butter over low heat. Add 1 teaspoon Italian sea-



Ornament Cookies

Prep time: 25 minutes plus 1 hour to decorate

Cook time: 20 minutes Yield: 2 dozen cookies Cookies:

11/2 cups (3 sticks) unsalted butter,

- at room temperature 1
- cup Domino Golden Sugar 1 teaspoon pure vanilla extract
- 1 large egg
- 31/2 cups all-purpose flour
- 1/4teaspoon salt
- Royal Icing:
- cups Domino Powdered Sugar 4
- 3 tablespoons meringue powder
- 1/3cup, plus 2-3 tablespoons,

RED RIVER FOOD STORE

Cornish Game Hen with Kale Sweet Potato Salad

soning, paprika, 1 teaspoon salt, garlic powder and pepper; mix well. Remove from heat.

Fill cavity of each hen with apple stuffing.

Place hens in 13-by-9-by-2-inch baking dish. Tie legs together and tuck wings under. Baste with butter mixture.

Bake 50-60 minutes, or until thermometer inserted in thickest part of thigh reads 165 F and stuffing temperature reads 165 F. Baste with butter mixture every 15-20 minutes.

In bowl, toss sweet potatoes with remaining Italian seasoning and olive oil. Arrange in single layer on sheet pan. Sprinkle with salt, to taste.

Bake with hens 25 minutes, or until tender. Remove from oven and cool. Tent hens with foil and let rest 10 minutes.

Place greens from salad kit in large bowl. Add remaining apples and sweet potatoes; mix well. Toss with salad dressing. Add toppings; toss to combine.

Serve Cornish game hens with sweet potato kale salad.

warm water, divided desired food coloring

To prepare cookies: In large bowl, beat butter and sugar until light and fluffy. Add vanilla and egg; beat until well combined. Scrape sides of bowl as needed. Add flour and salt; beat until just combined.

Dump mixture onto lightly floured surface and divide in half. Shape each half into disks and wrap with plastic wrap. Refrigerate 30 minutes.

Preheat oven to 350 F. Line two baking sheets with parchment paper.

Working on lightly floured surface, roll dough to 1/2-inch thick. Cut cookies using ornament-shaped cookie cutter. Place cookies on prepared pans and bake 18-20 minutes, or until golden brown. Remove from oven and cool at

Protecting your joints and ligaments through food

By Julie Germaine Coram, Pro Trainer Julie Germaine Coram

Whether or not you are an active individual, maintaining good ligament health is important. Mobility and flexibility are factors that contribute to our quality of life into old age, so it's never too late to consider this and make an impact through simple measures like daily food choices.

Those who like to lift heavy when they train, or people who work in fields like farming or construction, need to be especially careful now to protect their joints from stress. So if you've felt a twinge in your knee or experienced shoulder pain in the past, keep in mind that small injuries can snowball into big problems if left unattended.

Finding ways to incorporate some of these foods into the recipes you already love will help your body to flush out inflammation, enabling you to move with more ease and just feel better overall. If these aren't your favourites, don't hesitate to email me at julie@juliegermaine.com or sign up for my free emails on my website for more options.

Collagen: This structural protein is available in a powdered supplement form that can easily be added to juice or a smoothie, which is convenient and crucial to top up as we age. Our natural production of collagen decreases gradually over time, so trying new items, like bone broth, ensure your system has a good source consistently. Getting more protein from egg whites and meat has help, too, since these foods offer proline and glycine, amino acids that are used for collagen synthesis.

Vitamin C: Another key element in collagen production is Vitamin C, readily available in peppers, citrus fruits, and strawberries.

Vitamin D is best to receive naturally by safe sun exposure, however in cold weather months, in-

room temperature.

To make royal icing: In large mixing bowl, combine powdered sugar, meringue powder and 1/3 cup water. Beat on low speed until combined. Increase speed to medium-high and beat 8-10



Fitness and Nutrition expert Julie Germaine Coram

creasing your intake of salmon or fortified foods, like cereals, will aid you in getting the recommended amount for joint and bone health.

Vitamin E is an antioxidant you can get some enjoying nuts and dark leafy greens, so be sure to add some spinach hazelnut salads to your weekly lunches to reduce swelling and ease joint pain.

Ómega-3 Fatty Acids: Inflammation is often the root cause of discomfort, so addressing this issue through food selection is worth the effort. Seafoods and nuts, particularly mackerel and walnuts, are superpowers for their anti-inflammatory properties. It's been shown that individuals with arthritis benefits from adding salmon to their diet.

The most simple way to reduce joint friction is by keeping them lubricated with high water consumption. Drink about eight cups daily, or be conscious to sip often, to avoid dehydration.

Finally, move that body! Excessive weight puts strain on your joints, so keep a healthy body composition along with proper nutrition.

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calen*dly.com/juliegermaine*

minutes, adding 2-3 tablespoons warm water, as necessary. Icing should be stift enough to hold peak when tested.

Color royal icing with food coloring and decorate cookies.



A22 The Selkirk Record Thursday, December 21, 2023



Around the world: Mulvihill man on mission to see 100 countries

By Patricia Barrett

A Mulvihill resident who's on a mission to see 100 countries will be edging closer to his target this month when he packs up and heads to South America.

Garry Steinthorson, who's in his 60s, said his goal to see 100 countries doesn't entail a quick visit and a few selfies, but extended stays to really get to know the world beyond Mulvihill.

"Since I was I young fellow, I've been wanting to travel. Reaching a goal of 100 countries got into my blood over the last 20 years," said Steinthorson, who's now been to 92 countries. "At one point in my life, I sold everything I owned and went travelling around the world for four years. I had pretty good jobs and I worked really hard. And it's easy to do when you're selfish and irresponsible!"

Steinthorson said he's scaled mountains, travelled on cargo boats in the Amazon, sailed down the Nile River in Egypt, kipped in caves, biked around Mount Vesuvius (volcano) in Italy and visited some of the world's ancient wonders along the way.

He has taken a bike with him on some of his trips in order to travel off the beaten path, and even took jobs for months at a time in places like Australia and Iceland to help fund his adventures.

"I mountain climbed on some of the highest mountains in Canada and other mountains such as in Ethiopia, which was over 15,000 feet. I skied in France for two seasons. I've been in the Valley of the Kings in Egypt and sailed down the Nile River on a felucca [a riverboat with sails] for three nights back in the 1980s," he said. "I cycled 2,000 kilometres across South



Climbing Wedge Mountain in British Columbia



On a river trip in Sri Lanka, alligators were abundant.

America from Buenos Aires [Argentina] across the pampas and over the Andes to Chile and then down to the Pacific Ocean."

On a seven-week bike trip to northern Europe, he cycled 3,700 kilometres from the Netherlands to Germany, Denmark, Sweden and Norway then jumped on a ferry to Iceland. From there he went to the Faroe Islands, Shetland and Scotland.

But it wasn't always smooth sailing. He had his passport stolen at a bus station in Morocco – he got it back later but not his travellers' cheques and money – and was rounded on by people in one town who objected to him and his friend staying for free with a local woman and her family.

"The hotel owners were angry. The police tried to get our passports but we wouldn't hand them over. So they took the woman away for questioning. Then a group of kids started throwing rocks at us. It was a rough night."

In Amsterdam he and a friend were confronted by muggers armed with knives and a hypodermic syringe.

"They were threatening to stab my buddy and I started talking a mile a minute. They had my buddy against the wall and I was pushing them back and telling them they're going to get in trouble and that we had no money," he said. "After a while they gave up. They probably decided they couldn't listen to me anymore."

When he hiked 120 kilometres up and down a mountainside in Ethiopia, he and a group of other hikers hired a mule driver and "two guys with guns" to protect them from bandits wandering around in the highlands.

"When we got up in the morning and got ready to leave, our two guards ran up to a stone wall and started popping off a couple of rounds up the



RECORD PHOTOS COURTESY OF GARRY STEINTHORSON

Garry Steinthorson at Petra in the Jordan desert. The archaeological site contains temples and tombs carved into rose-coloured sandstone cliffs.



Steinthorson visited India's Taj Mahal on his first cycling trip.

mountain. That scared the hell out of us. Later on, we met a group of men armed with Russian Kalashnikovs [assault rifles] but our guards knew them," he said. "Dangerous situations like these didn't deter me from wanting to explore countries."

In addition to seeing a lot of places around the globe and experiencing things most people haven't, Steinthorson said he made friends with people who welcomed him back.

"I found a place to ski-bum in France for two seasons after I became friends with a Swedish group that were all ski-bumming up there," he said. "I was able to ski for five months each season."

His last trip took him 3,000 kilometres across southern Europe in 10 weeks. He biked from Paris to the Pyrenees where he dropped down into Spain and eventually made his way to Corsica, an island in the Mediterranean Sea, where French emperor Napoleon Bonaparte was born. Then he caught a ferry to the islands of Sardinia and Sicily, where he visited the town of Corleone that was made famous in the movie *The Godfather*.

Panama in Central America and Colombia and Peru in South America are next on his list.

When he reaches 100 countries does he plan to stop? Doesn't sound like it.

"I'm going to go back to a few places I've been before. I won't worry about getting another country after I reach 100," said Steinthorson. "At first, I wanted to see every country in the world, but that would mean having to do all the island countries and see even more beaches. I eventually got bored with paradise."



Royals reach Tier 2 final of Neelin varsity boys' basketball tournament

By Brian Bowman

The Selkirk Royals reached the Tier 2 final of the Brandon Sun Spartan Invitational at the Neelin High School, losing 83-52 to a tall, talented St. John's Ravenscourt squad on Saturday.

Michael McDougall led Selkirk with 19 points while Justin Cabaneros added 15 points.

Selkirk had a phenomenally exciting semifinal game with an exciting 81-77 win over a very good Neelin team.

That was a huge victory.

"We spent a lot of gas in the semifinal. The semifinal was a fantastic game," said Royals' head coach Dean Goodbrandson. "It went down to the wire, last-second free throws and the whole bit and we pulled it out. It was good. It's up there as one of my biggest victories over the years. That was a real gutsy effort."

Cabaneros paced the Royals with 21 points and three steals in the semifinal game while Andrew Vanenbogerd added 19 points and McDougall chipped in with 18 points. Selkirk was good on the boards as Vanenbo-



RECORD PHOTO SUBMITTED

The Selkirk Royals reached the final of the Neelin tournament in Brandon last weekend. Pictured back row, left to right, Blake Hamm (assistant coach), Kurt Fey (assistant coach), Michael Williams, Adam Armstrong, Seth Hargreaves, Noah Minaker, Julian Lachuta, Andrew Vandenbogerd, Reece Forman, and Dean Goodbrandson (head coach). Middle row, left to right, Michael McDougall, Ethan Debiuk, and Justin Cabaneros. Front row Tyson Prince.

gern had 13 rebounds and McDougall
added 11.The Royals were really good in pool
play, soundly defeating Glenboro (63-
(71-55) to post a perfect 3-0 record.53), Swan Valley (94-40), and Sanford
(71-55) to post a perfect 3-0 record.

Raiders defeat Royal Knights in OT

By Brian Bowman

The Raiders Jr. Hockey Club defeated the River East Royal Knights 4-3 in overtime on Sunday.

Nate Goodbrandson scored the game winner in OT. It was his 17th goal of the season.

The other Raiders' goals were

scored by Andrew Denoon, Tanner Skrypnyk, and Devon Whiteside (power play).

River East goals were scored by Graham Maslow, Eric Johnson, and Aaron Neilson.

Evan Banera made 24 saves for the

r win.

Last Friday, the Raiders had a tough day at the office with a 7-1 road loss to the Ft. Garry/Ft. Rouge Twins.

Goodbrandson scored in the losing cause.

Twins' goals came from Ethan Gib-

son (three), Sloan Tremblay (two), Darien Medwick, and Dean Gorchynski.

The Raiders played the St. James Jr. Canucks this past Tuesday and then will visit the Transcona Railer Express on Friday at 8 p.m.

Gators drop pair of HTJHL games



By Brian Bowman

The St. Clements Gators were defeated 10-2 by the Steinbach Huskies in a HTJHL road game on Sunday.

Ryan Pellaers and Kaiden Sichewski scored for the Gators while Ian Friesen (three), Rylan Penner (two), Keyan Grimard, Ethan Unger, Eric Mateychuk, Lewi Hartung, and Brandon Thiessen replied for the Huskies.

Last Friday, St. Clements was defeated 9-3 by

the Macdonald Swarm.

Gators' goals were netted by Pellaers, Braden Quinn, and Luke Tyslau.

Swarm tallies came from Zach Erb (two), Justin Zurbyck, Logan Erb, Talon Weselak, Adam Bossuyt, Andrew Thompson, Brady Gallant, and Bayledn Dilk.

The Gators will play at the Niverville Clippers this Saturday at 8 p.m.



Selkirk Steelers red-hot in December

Selkirk goaltender Noel Olsonawski scores late in the game

By Brian Bowman

The Selkirk Steelers have played their best hockey of the season this month, winning their fifth out of six games in December after a solid 5-2 home victory over the Niverville Nighthawks on Saturday.

"It's been a great month, absolutely. We're 5-1 in December and I think part of that is getting healthy. We're getting guys in the lineup...and the guys are starting to gel and play the right way," said Steelers' head coach Hudson Friesen. "We're playing consistently every night and that was a bit of an issue early in the year. It was our consistency. Now that we're bringing it every night, the results are coming and obviously getting the win (Saturday) night against Niverville, a team we're playing for the last playoff spot, those points are huge and the boys came ready to play. It was an exciting and big win, for sure."

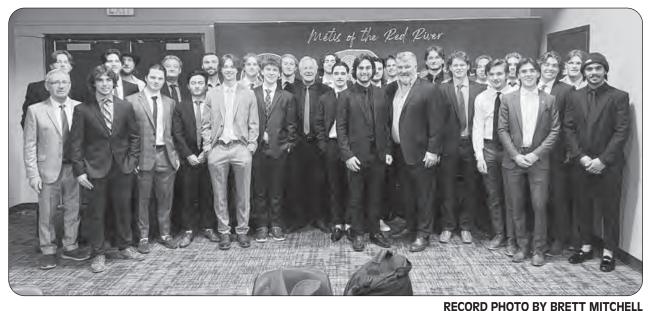
Steelers' goaltender Noel Olsonawski capped off the win with a goal with just 23 seconds remaining in the game.

Selkirk's bench went crazy after the goal. Why wouldn't they? Wow.

Olsonawski said it was his first-ever goal and it was an amazing experience seeing his teammates get so excited. The Fargo product has really enjoyed his experience playing for the Steelers and is looking forward to the rest of the season.

Not too many people get an opportunity to see a goalie score a goal in person.

"For me, that was my first experience (with our goalie scoring)," Friesen said. "I've been on the other side of that against the Blues. It was the first time for me being on the plus side of that. It was amazing, it was spectacular and cool to be a part of it, being in the building and being on the bench and seeing how excited everybody was for Noel was incredible," Friesen said. "We weren't shocked. Noel



The Selkirk Steelers had NHL legends Darryl Sittler and Ray Bourque speak at last Thursday's Manitoba Metis Federation NHL Legends Gala last Thursday.

is extremely good at playing the puck and he's very active - he's almost like a third defenceman back there."

Selkirk's other goals came from Rhett Marchand (two), Mathieu Catellier, and Ian Lavallee.

Michael Debrito and Luke Mackenzie notched goals for Niverville.

Last Friday, the Steelers edged the Dauphin Kings 3-2 behind the sensational 54-save performance by goaltender Jack Hodgins (according to the MJHL website).

"He was phenomenal, I don't know if the shots were completely accurate," said Friesen. "We were under siege at times during the game, especially at the back half of the second (period) and at times in the third. Jack has been battling injuries the last few weeks and hasn't been playing a whole lot. On Friday, he made big saves when we needed him to and he helped us to get that win against Dauphin."

Rocco La Cara scored the game winner on the power play at 11:56 of the third period. It was his sixth goal and he now has 12 points through his first eight games of the season with Selkirk. He's been really good since Selkirk acquired him in a trade with Dauphin.

"Rocco has been phenomenal for us," Friesen said. "Part of our turnaround has been getting him in the lineup...and he has made an immediate impact, not only on the ice, but in the room, too. He's a great kid and has strong leadership qualities. He's someone that brings positive energy to the room every day, whether it's at practices or games."

After a scoreless first period, Dauphin's Anthony Bax scored a shorthanded goal just 49 seconds into the middle frame but Selkirk's Owen Weihs tied the score at 1-1 about eight minutes later.

In the third, the Steelers' Joel Purdom, on the power play, and Bax traded goals.

The Steelers, now 12-15-1-1, hosted the Portage Terriers this past Tuesday to close out 2023 but no score was available.

In off-ice news, the Steelers announced the signing of defenceman Rhett McAuley (07) to a Letter of Intent for the 2024-25 season. He was selected by Selkirk in the first round (14th overall) in the 2024 MJHL draft.



Royals boys' hockey team hits Montreal for a tournament

Selkirk is among the WHSHL's top teams

By Brian Bowman

The Selkirk Royals' boys' hockey team recently competed at a tournament in Montreal.

Selkirk posted an 0-2-1 record but the experience was a great one for the players.

"It was a really good experience and we got to check out a Montreal Canadiens' game (against the Nashville Predators) and went to old Montreal," said Royals' head coach Michael Buffie. "It was a really good experience. But the tournament didn't go as well as we hoped. That was a little disappointing but the experience, overall, was a really good one."

The Royals tied their first game 1-1, lost the second one 2-1, and then was defeated 5-2 in the third contest.

Those Montreal teams were pretty darn good, said Buffie.

In league play, the Royals were in second place with the Oak Park Raiders, each with 33 points, heading into

this week's action.

"We're having a great year and the teams up there in Montreal were all academies. We played two academies and Sturgeon Heights," Buffie said. "It was a good experience playing those schools."

Selkirk hooked up with the St. Paul's Crusaders in a wicked matchup on Monday but no score was available at press time.

The Royals' next league game is this Thursday when they host the Raiders in what should be another very good game. Puck drop is 4 p.m.

In Manitoba Women's High School Hockey League action, the Royals were shut out 4-0 by the Shaftesbury Titans last Thursday at the Hockey For All Centre.

Lana Cipriano led the Titans with a hat trick while Isla Van de Walle also tallied

Royals' goaltender Delainey Kiteley saw a lot of pucks as she stopped 38 Shaftesbury shots.

On Dec. 12, Selkirk was defeated 8-2 by the St. Mary's Academy Flames at the Recreation Complex.



RECORD PHOTO SUBMITTED

The Selkirk Royals' boys' hockey team had a great experience competing at a tournament in Montreal.

Liberty Aime scored both Royals' goals in the first period, assisted by Alexis Kwiatkowski.

Flames' goals were tallied by Kennedy Smith (three), Sara Johnstone (two), Adriana Duna, Kate Chubak, and Hannah Elkie.

Kiteley was peppered with 47 shots. Selkirk will have a break in action and won't resume league play again until it hosts the CJS Olympiens on Jan. 9 at the Recreation Complex. Game time is 3:30 p.m.

Fishermen defeat Ice Dawgs

By Brian Bowman

Arborg Ice Dawgs 3-1 in CRJHL play ation Complex. The Selkirk Fishermen downed the on Sunday afternoon at the Recre-

After a scoreless first period, Julius Guimond and Kasen Andrushko potted second-period goals to give Selkirk a 2-0 lead.

Arborg's Mitchell Wilson cut the lead in half in the third before the Fishermen's Matt Brooks closed out

the scoring.

Jordan Armstrong made 19 saves for the win.

Selkirk, well in front of the six-team league with 38 points, gets a welldeserved break and won't hit the ice again until Jan. 7 when it hosts Arborg. Game time is 7 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Fishermen's Matt Brooks scored a third-period goal in Selkirk's 3-1 home win over the Arborg Ice Dawgs on Sunday.



RECORD PHOTO SUBMITTED The Selkirk Fishermen were part of the Andrushko Family Christmas Toy Drive when they hosted the Arborg Ice Dawgs last Sunday.





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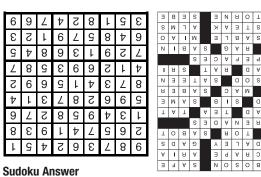
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62. Supplement with difficulty

CROSSWOR take a break **CLUES ACROSS** 12 1. Droops 5. Subatomic particle 14 10. Not in danger SUDOKU 19 17 14. Nursemaid 15. Black band worn in mourning 20 Fun By The 16. Long song in opera 6 17. Edible seed of a Philippine tree Numbers 18. Chicago political family 5 6 7 8 Like puzzles? 19. Pursues pleasure from one Then you'll love place to another 35 3 9 5 sudoku. This 2 20. Appetizer mind-bending 22. Hill (Celtic) 39 puzzle will have 3 9 8 gener 23. Simple shoe you hooked from 24. Songs to one you love 42 the moment you 7 2 27. Secret activities square off so 45 30. Upset sharpen your 4 2 5 7 31. Popular hot drink pencil and put 32. Body art (slang) your sudoku Y 3 35. Fired savvy to the test! 37. Blood relation 2 1 60 38. Identical 39. Porticos 4 6 64 40. Partner to cheese 41. Type of sword 68 67 42. Enough (archaic) Here's How It Works: 43. Surface layer of ground Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 44. Cotton fabric woven like satin 3. Impudent behavior 36. Mythical settler of Kansas 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each 45. Choose for a post 4. Adherents to Islam 37. Unhappy row, column and box. Each number can appear only once in each row. 46. Father 5. They come after A column and box. You can figure out the order in which the numbers will 38. High schoolers' test 47. Tell on appear by using the numeric clues already provided in the boxes. The 6. Spoke 40. Measured in pace 48. Indian title of respect more numbers you name, the easier it gets to solve the puzzle! 7. Room to receive guests 41. Satisfies 49. Fonts 8. About opera 9. End-blown flute 43. Gullible person 52. Fencing sword 44. Enclosed space 55. Mock 46. Substance used to color **10. Heroic tales** 56. Vaccine developer 11. Member of a Semitic people something 60. Atmosphere surrounding a 47. Shirt type G 8 7 12. Dog's name 6 1 9 person or place 61. Marten with a short tail 13. Opposite of west 49. Discover by investigation 8 F 6 3 2 1 9 50. __-Castell, makers of pens 51. Semitic Sun god 21. Political divisions in ancient 6 9 2 Þ 63. Chinese temple Greece 64. Invests in little enterprises 23. Ocean 52. Grads wear one 9 G L 4 3 L 8 65. Popular cut of meat 25. Cool! 53. French river 3 287 9 69 66. Charity 54. Part of a cap 26. Young woman about to enter 1340 67. Iron-containing compound 2 89 society 57. Digestive fluid 68. River in Northern Europe 27. One from central Caucasus 58. Metrical foot L G 1 7 9 2 6 69. One point east of southeast 28. Indian city 59. Body part 4 6 2 8 61. Very fast airplane 29. A way to serve ice cream CLUES DOWN

1. Exhausts

2. Genus of fish related to gars



Crossword Answer

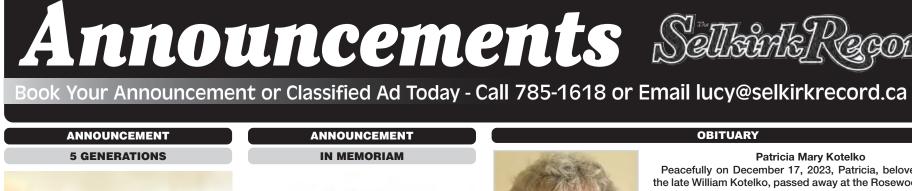
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Left to right: Rhonda Walker (Grandma), Kaliegh Liess (Mom), Helen Walker (Great Great Grandma), holding Ethan Jr. and Chris Walker (Great Grampa), holding picture of Diane Walker (Great Grandma in heaven)

ANNOUNCEMENT

IN MEMORIAM



In loving memory of Rvan Petaski February 7, 1974 - December 21, 2020 Time goes, memories stay, Love never leaves. You are missed more than words can say. You are forever in our hearts.

> -Love always Mom, Dad, Rhonda, Jack



Peacefully on December 17, 2023, Patricia, beloved wife of the late William Kotelko, passed away at the Rosewood Lodge, Stonewall, MB. at the age of 86 years.

In accordance to her wishes, cremation has taken place and a private family interment will take place at a later date.

Friends and family are invited to visit Patricia's memorial page at: www.interlakecremation.ca where memories and condolences may be shared. Arrangements entrusted to:

Interlake Cremation & Memorial Services 204.482.1040

OBITUARY

Jeffrey Earl Lawson

Jeff passed away peacefully, with family by his side, on Tuesday, December 12, 2023.

He is survived by his siblings Jennifer (Barry), Earl (Michele), and Steven (Andrea), as well as special extended family on both the Lawson and Pruden sides (special thanks to Pat, Troy and Lvnn), and many friends.

Jeff was predeceased by his beloved wife, June Ann, whom he missed so very much. They are together again, likely under a palapa on the beach in Mexico.

A service will take place at a later date.



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY

Maureen Margaret Murphy 1951 - 2023

Today, our hearts are broken as we mourn the loss of our beloved sister Maureen. Her bright light and huge heart left us far too soon, but we will always remember her wit, warmth, love and generosity. Maureen passed on December 11, 2023 of complications from COPD.

Maureen was predeceased by her father Dr. Claude Murphy, her mother Winnifred ("Peggy") Murphy, her sister Kathleen ("Kate") Murphy (Mike Waldram deceased) and her husband Gerry Leger.

She is survived by her sister Aileen (Greg), brothers Robert (Anne) and Paul (Barbara), nephews Sean (Danielle) and Brady (Sarah), and niece Brittany, as well as our honorary sister Lynne Richardson.

Maureen's first love was music. She was classically trained for many years and was usually a finalist at the Manitoba Music Festival. Maureen and her sisters were educated at Convent of the Sacred Heart in Winnipeg, where the Glee Club was an all-important activity. She still has many 'sisters' from the Convent. Opera may have been her career, had she not discovered Aretha Franklin. Her first band - Sugar 'n' Spice - included her sisters and they had some success with release of a record - "The Cruel War". Music took Maureen all over Canada and the northern USA, playing with such bands as Toronto's "Shooter", Winnipeg's "Zdenka", "LesQ" and "Crowcuss" and many others.

Her music career led naturally into broadcasting - she spent several years co-hosting a morning radio show with Don Percy, where her natural wit and sense of humour shone.

Mo - a family nickname - if she let you call her Mo, you were special indeed. Mo had an amazing ability to collect friendships. She would happily commit her time and resources to her friends, and they would happily reciprocate. She was a very good friend with a soft, forgiving manner.

As her family aged, she took on the responsibility of being the point person for Dad and Mum's care throughout their final years. She always welcomed their friends and visitors and made them part of her life. She found great purpose and comfort in her companionship with her father in his twilight years, and his ability to live and eventually pass on in his own home would not have been possible without her love and support. Her family thanks her.

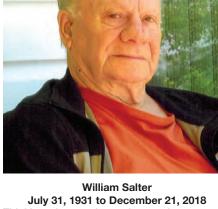
We are so grateful for the time, the laughter and the love we've shared with Maureen. If you wish to communicate with Maureen's family, please use this email address: maureen@mvscs. com.

A celebration of her life will be held in the spring.

"The most wasted of all days is one without laughter" - e.e. cummings Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.





Thinking of you today and every day. It's a lonely life without you, As I love and miss you very much. You will always be in my heart, Xmas ain't the same without you. Till we meet again.

-Love always your wife Millie xoxoxo



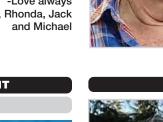


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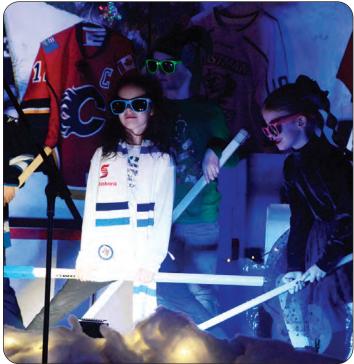
It brings us great joy to share our thanks and best wishes with all of you at this special time. Your friendship and patronage have filled our year with joy and purpose, and we owe our success to your support.

We hope the cherished traditions of this festive season fill your heart and home with as much glee as they do ours. May your holiday season be merry and bright, and your new year happy and healthy. Best wishes to you and your loved ones this Christmas and always!

Sellsark Record



It was a good old hockey game at Centennial School











RECORD PHOTOS BY KATELYN BOULANGER

The whistle blew and it was hockey night tonight at Selkirk's Centennial School hockey themed Early Years Christmas concert.



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MLS

A big holiday thank you from a grateful local group

Gifts from Angels gives to four seniors homes

Submitted by Wendy Meger

The inception of Gifts from Angels program was driven by a personal commitment to give back and make a positive impact on the lives of care home residents. It is with great dedication and sincerity that I extended this initiative to all local care homes, aiming to bring joy and companionship to those who may otherwise feel isolated. In dedicating this program to my father, Walter Meger, its inspiration stems from his journey in a care home. The memories of visiting him, with fellow residents eagerly awaiting our presence in the halls broke my heart but underscored the importance of human connection in their lives. They looked forward to us visiting my father almost as much as he did.

This program, therefore, is a tribute to the spirit of companionship and

aims to make a difference in the lives of care home residents, acknowledging the significance of such interactions in fostering a sense of belonging and joy. We the community are the Angels and these care home residents need to know they are valued and not forgotten. This project and its success means a lot to me personally and I am overwhelmed by the community's response to it. I want to personally thank the community for it's overwhelming support.

I have been approached by so many

people thanking me for starting this project and commenting that they hope it continues every year.

When I first approached the owner of Selkirk Home Hardware, Rob Borthistle about my idea, He thought it was a great project and supported it from day one. I am grateful to work for a company that has the same values as I do and supports so many great local initiatives.

We were able to deliver 166 gifts in total this year. That total was for all four care homes



RECORD PHOTO BY BRETT MITCHELL Wendy Meger and Eva Albert at Home Hardware with some of the Gifts from Angels gifts.





Here's hoping you and the pooches in your family enjoy lots of playtime, treats and walks!

800 Netley Road, Petersfield, MBThe Barkx Motel1-204-471-6370& Dog Resort





West St. Paul's Richard Koster and Richard Kresky of Selkirk have carried on a wonderful holiday tradition

By Katelyn Boulanger

As far as Christmas traditions go, keeping one going for 62 years is impressive. This season West St. Paul's Richard Koster and Selkirk resident Richard Kresky are celebrating just that. The two men have kept the tradition of sending one Christmas Card back and forth since 1961.

Please enjoy a Safe and Happy Holiday from Your Selkirk TD Team We look forward to seeing you again in 2024.

Show your support for the Centre by getting your 2024 membership now. January is membership month!! "We went to the same grade school, Machray [School in Winnipeg], and we live in the north end. We lived a couple of blocks from each other. So, what would happen is that we would walk together to school," said Kresky Koster says that they've been friends since grade 4.

Kresky explained that they have continued to be friends despite going to different schools over the years, and so when Kresky was in university, Koster sent him a Christmas card.

Because Kresky was attending school and didn't have much money to spare, he decided to send Koster his card back.

"I said, 'I thought you really liked this card so I'll send it back to you'," said Kresky.

The following year, Koster decided



RECORD PHOTOS BY KATELYN BOULANGER Richard Kresky (left) and Richard Kroster (right) with their Christmas cards.

to send the card back again. That next year, they also added a

second card to the rotation. The pair continued to get together over the years, so the tradition continues, like the friendship.

Sending a card back and forth like this has also created a beautiful his-

Continued on page 7



WWW.leoscase1h.com Toll Free: 1 866-694-4978 North Perimeter and Sturgeon Road, Winnipeg, Manitoba



Rural Municipality of



Wishing you a peaceful and joyous holiday season and a New Year filled with health and happiness

> CHRISTMAS CARD, FROM PG. 6

tory document for the two families.

"It starts off with just my name and then it adds my wife's name when I got married, then the kid's names as they were born, and also the animals that we had with us. [We also added important events]. In my case, my daughter was inducted into the Athletic Hall of Fame and was at North Dakota State University. I put that in so it kind of tells a history. There's not as much as we get older, not much happens, but there are the things that maybe the kids are doing, and that kind of stuff that's recorded," said Kresky.

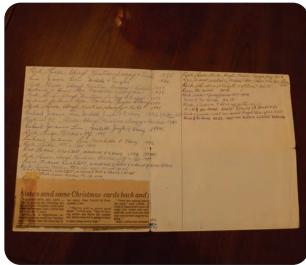
Koster will be adding Woodstock, his new dog, to the card this year for the first time, as they just added him to the family.

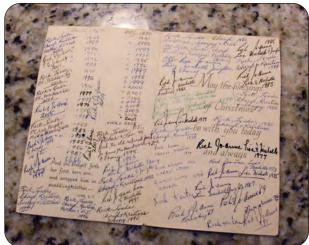
Important documents such as this need to be kept in very safe places. Kresky says that he keeps his in his sock drawer in the off-season, and Koster keeps it in a desk drawer that is a family heirloom.

Kresky feels this is the most important card he receives all year. Koster agrees, saying, "It's part of the tradition. You feel the warmth."

The pair plan to continue the tradition.







RECORD PHOTOS BY KATELYN BOULANGER

Pictured about, the first card (left), and the insides of the second card (top right) and the first card (bottom right). The cards are running out of space after 62 years of circulating.



Get in the Lo-ho-ho-cal Spirit Wishing all our valued clients a peaceful Holiday Season and prosperous New Year!

Ron Knight Rachelle Naherney Michael Buhr Brian Konrad

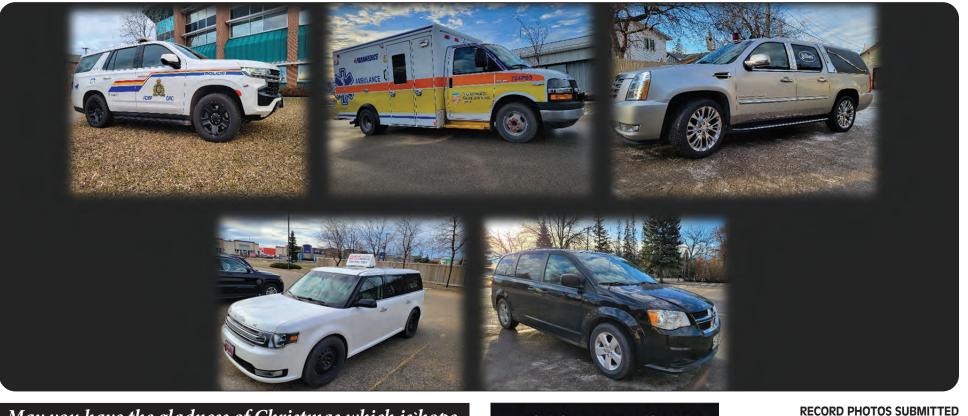
G WEALTH MANAGEMENT 61 I Selkirk wy

Brian Konrad 61 Main Street 204.785.8862 www.ig.ca





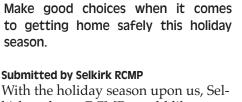
Selkirk RCMP reminds the public to choose your ride home wisely this holiday season



May you have the gladness of Christmas which is hope The spirit of Christmas which is peace, $\frac{\pi}{4}$ The heart of Christmas which is love.

Wishing our clients and our communities a very Merry Christmas! Христос Рождається !





kirk and area RCMP would like to re-

mind you that if you have been taking in some good cheer, make good choices on how you will get home from the party.

Set up a designated driver, call a cab or other ride service. No one wants a ride in a police car, ambulance or hearse at this time of year.

- From all the staff at Selkirk and area RCMP, have a fantastic festive season!



Happy Holidays from the Mayor, Council and Staff RM of West St. Paul www.weststpaul.com





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Stop it's Santa time!



RECORD PHOTOS BY BRETT MITCHELL

Jeffro Thibodeau, top right brought a little bit of fun to Selkirk's Main and Eveline St. by dressing up as Santa to help control traffic as construction equipment passed by recently.

"Just trying to get people into the spirit!" said Thibodeau.









NAPA

Warm

Greetings The staff of

NAPA Auto Parts Selkirk appreciate your support throughout the past year and are looking forward to keeping you running in 2023. Ed: Store Manager Teagan: Parts Specialist 1 Alexis: Parts Specialist 1 Keoni: Parts Specialist 2 **Bobby:** Driver Colleen: Driver Iosh: Driver

1877 Henderson Highway, Winnipeg, MB Cell: 204-791-7772 Email: rich@richmoyer.ca www.richmoyer.ca Wwhing you a Safe and Happy Holiday Season

Season's Greetings and best wishes for a Merry Christmas from all of us to all of you.

	Ress by the Red	R R KS	COLD BEER STORE AND BOTTLE DEPOT
Dec. 24	8am-3pm	9am-6pm	9am-7pm
Dec. 25	Closed	Closed	Closed
Dec. 26	8am-8pm	9am-10pm	9am-9pm
Dec. 31	8am-8pm	9am-2am	9am-12pm
Jan. 1	Closed	Closed	12pm-9pm
Jan. 2	Closed	Closed	9am-12pm
Jan. 3	Closed	Closed	9am-12pm

307 Manitoba Ave.,
Selkirk 785-8301

Selkirk Motor Hotel 219 Manitoba Ave. 204-482-1900





Sergeant Tommy Prince School's Winter Celebration







Selkirk, MB 204-482-3270 1023 Breezy Point Road













Keeping you connected to those who matter most!

We appreciate your support throughout 2023 Wishing you & your loved ones A Merry Christmas & Happy New Year

1 (866) 981-9769

www.quickstream.ca













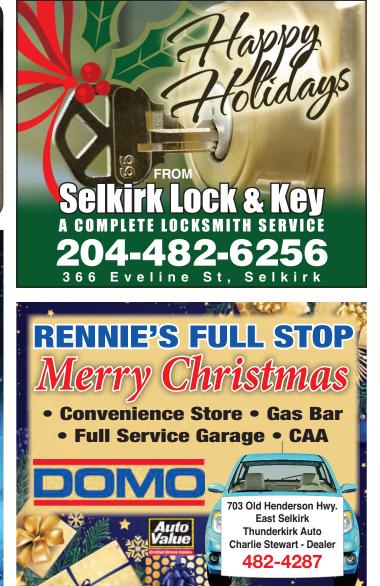
RECORD PHOTOS BY BRETT MITCHELL Brokenhead Ojibway Nation Sergeant Tommy Prince School rang in the holidays with a wonderful winter celebration this year.





Your vacations don't have to be just a Fantasy...

Stylings RV 40 IXL Cres, Lockport, MB 204-757-4974 www.stylingsrv.com





Jingle Bell Rock

Jingle bell, jingle bell, jingle bell rock Jingle bells swing and jingle bells ring

Snowing and blowing up bushels of fun

Now the jingle hop has begun Jingle bell, jingle bell, jingle bell rock Jingle bells chime in jingle bell time Dancing and prancing in Jingle Bell Square In the frosty air

What a bright time, it's the right time To rock the night away



Jingle bell time is a swell time To go gliding in a one-horse sleigh Giddy-up jingle horse, pick up your feet

Jingle around the clock

Mix and a-mingle in the jingling feet

That's the jingle bell rock

Jingle bell, jingle bell, jingle bell rock

Jingle bells chime in jingle bell time Dancing and prancing in Jingle Bell Square

In the frosty air

Jingle bell, jingle bell, jingle bell rock

Jingle bells chime in jingle bell time Snowing and blowing up bushels of fun

Now the jingle hop has begun

Jingle bell, jingle bell, jingle bell rock

Jingle bells chime in jingle bell time Dancing and prancing in Jingle Bell Square

In the frosty air

What a bright time, it's the right time

To rock the night away (rock the night away)

Jingle bell time is a swell time

To go gliding in a one-horse sleigh Giddy-up jingle horse, pick up your feet

Jingle around the clock

Mix and a-mingle in the jingling feet

That's the jingle bell

That's the jingle bell That's the jingle bell (rock)

Jingle bell, jingle bell, jingle bell rock

Jingle bell, jingle bell, jingle bell rock

We Wish You a Merry Christmas

Good tidings we bring To you and your kin; Good tidings for Christmas And a happy New Year! We wish you a Merry Christmas We wish you a Merry Christmas We wish you a Merry Christmas And a happy New Year. Bring us pudding Bring us pudding Bring us pudding And a cup of good cheer We won't go 'til we get some We won't go until we get some

> HOLIDAY CAROLS, FROM PG. 12

So bring it out here! We wish you a Merry Christmas We wish you a Merry Christmas We wish you a Merry Christmas And a happy New Year And a happy New Year We wish you a Merry Christmas We wish you a Merry Christmas We wish you a Merry Christmas And a happy New Year

Hark The Herald Angels Sing

Hark! the herald angels sing, "Glory to the new-born King! Peace on earth, and mercy mild, God and sinners reconciled." Joyful, all ye nations, rise, Join the triumph of the skies; With th'angelic host proclaim, "Christ is born in Bethlehem." Hark! the herald angels sing, "Glory to the new-born King! Christ, by highest heaven adored: Christ, the everlasting Lord; Late in time behold him come, Offspring of the favoured one. Veiled in flesh, the Godhead see; Hail, th'incarnate Deity: Pleased, as man, with men to dwell, Jesus, our Emmanuel! Hark! the herald angels sing, "Glory to the new-born King! Hail! the heaven-born Prince of peace! Hail! the Son of Righteousness! Light and life to all he brings, Risen with healing in his wings Mild he lays his glory by, Born that man no more may die: Born to raise the son of earth, Born to give them second birth. Hark! the herald angels sing, "Glory to the new-born King!"

Jingle Bells

Dashing through the snow In a one-horse open sleigh O'er the fields we go Laughing all the way Bells on bobtails ring Making spirits bright What fun it is to ride and sing A sleighing song tonight Jingle bells, jingle bells Jingle all the way Oh, what fun it is to ride In a one-horse open sleigh, hey Jingle bells, jingle bells Jingle all the way Oh, what fun it is to ride In a one-horse open sleigh A day or two ago I thought I'd take a ride And soon, Miss Fanny Bright Was seated by my side The horse was lean and lank

Misfortune seemed his lot He got into a drifted bank And then we got upset Jingle bells, jingle bells Jingle all the way Oh, what fun it is to ride In a one-horse open sleigh, hey Jingle bells, jingle bells Jingle all the way Oh, what fun it is to ride In a one-horse open sleigh A day or two ago The story I must tell I went out on the snow And on my back I fell A gent was riding by In a one-horse open sleigh He laughed as there I sprawling lie But quickly drove away Jingle bells, jingle bells Jingle all the way Oh, what fun it is to ride In a one-horse open sleigh, hey Jingle bells, jingle bells

Jingle all the way Oh, what fun it is to ride In a one-horse open sleigh

O Holy Night

- O holy night the stars are brightly shining
- It is the night of our dear Savior's birth
- Long lay the world in sin and error pining
- Till He appeared and the soul felt its worth A thrill of hope the weary world rejoices For yonder breaks a new glorious morn
- Fall on your knees O hear the angels' voices
- O night divine
- O night when Christ was born
- O night divine o night
- O night divine
- A thrill of hope the weary world rejoices

For yonder breaks a new glorious

morn

Fall on your knees O hear the angels' voices O night divine O night when Christ was born O night divine o night O night divine Ooh yes it was Ooh it is the night of our dear Savior's birth

It's the most wonderful time of the year

Oh yeah, oh yeah, oh yeah, yeah It was a holy holy holy, oh oh oh It's The Most Wonderful Time Of The Year It's the most wonderful time of the

year

With the kids jingle belling

And everyone telling you be of good cheer

It's the most wonderful time of the year

Continued on page 14

* CANADA'S CANADA'S CHRISTMA * STORE *

canadian

May the Holiday Spirit be with you and your family, at this time and throughout the New Year.

Happy Holidays from all of us at "Selkirk's Christmas Store"

1041 Manitoba Ave, Selkirk • 204-482-8473

> HOLIDAY CAROLS, FROM PG. 13

It's the hap-happiest season of all With those holiday greetings and gay happy meetings

When friends come to call It's the hap-happiest season of all There'll be parties for hosting Marshmallows for toasting And caroling out in the snow There'll be scary ghost stories And tales of the glories of Christmases long, long ago It's the most wonderful time of the year

- There'll be much mistletoeing
- And hearts will be glowing When loved ones are near
- It's the most wonderful time of the year
- There'll be parties for hosting Marshmallows for toasting



PRAIRIE

44 Mercy Street, Selkirk 204-785-8954

BEARING & BOLT

And caroling out in the snow There'll be scary ghost stories And tales of the glories of Christmases long, long ago It's the most wonderful time of the year There'll be much mistletoeing And hearts will be glowing When loved ones are near the most It's



wonderful time

Yes the most wonderful time Oh the most wonderful time Of the year

Feliz Navidad (I Wanna Wish You a **Merry Christmas**) Feliz Navidad Feliz Navidad Feliz Navidad Prospero año y felicidad Feliz Navidad Feliz Navidad Feliz Navidad Prospero año y felicidad I wanna wish you a merry Christmas I wanna wish you a merry Christmas I wanna wish you a merry Christmas From the bottom of my heart We wanna wish you a merry Christmas We wanna wish you a merry Christmas We wanna wish you a merry Christmas From the bottom of our heart Feliz Navidad Feliz Navidad Feliz Navidad Prospero año y felicidad Feliz Navidad Feliz Navidad Feliz Navidad Prospero año y felicidad We wanna wish you a merry Christ-

We wanna wish you a merry Christmas We wanna wish you a merry Christmas From the bottom of our heart We wanna wish you a merry Christmas We wanna wish you a merry Christmas We wanna wish you a merry Christmas From the bottom of our heart Feliz Navidad Feliz Navidad Feliz Navidad Prospero año y felicidad Feliz Navidad Feliz Navidad Feliz Navidad Prospero año y felicidad We wanna wish you a merry Christmas We wanna wish you a merry Christmas We wanna wish you a merry Christmas From the bottom of our heart We wanna wish you a merry Christmas We wanna wish you a merry Christmas We wanna wish you a merry Christmas From the bottom of our heart Feliz Navidad Feliz Navidad Feliz Navidad Prospero año y felicidad



377 Main St., Selkirk 204-482-7800

Letters to Santa

Written by Mrs. Bailey's Grade 1 class of St. Andrews School

Happy Holidays to our valued customers and friends

We are looking forward to serving you in 2024!

SELKIRK SOIL AND AGGREGATE WE PROVIDE CUSTOM LANDSCAPING www.selkirksoil.com



m Hortons

from the Selkirk

Tim Hortons team.

263 Main St. & 1041 Manitoba Ave.

im Horto

Dear Santa

How are your elves? I have been a good girl? For Christmas I would like a black bean bag chair. Do you want to know how I am behaving? I am behaving good. Love Katva

Love Katya

Dear Santa How are your elves and your reindeer? I have been a good girl because I cleaned my bed and Hunter's bed too. And I want an Elf on the Shelf.

- Love Scarlett
- Dear Santa

How are the rindeer. I have been a good boy. I listen to my mom and dad I want Lego for Christ-mas.

Love Wyatt

Dear Santa

How are you doing? I have been a good girl because I help my sister. I would like a LoL. I love christmas! Why do you like snow?

Love Julia

Dear Santa

How are the Reindeer? I have been a good boy. I would like a Lego set. Love Ben Dear Santa

Hows Mrs Claus? I have been a good girl. For Christmas I would like a cutie Reveal the liama one because I'm a good listener. How are the Reindeer? My sister has been good too. My mommy loves me.

Love Brielle

Dear Santa How are the elves? I have

been a good boy because For christmas I would like

pokemon cards. Love Leandro Botelho

Dear Santa

How are the reindeer? I have been a good

boy because I help my brother. For christmas I'd like a lego kit.

Love Dorian

Dear Santa

How are you? I have been a good boy because I clean my room. For christmas I would like a Pokemon Lego Set. Love Nox.

Dear Santa

How is mrs claus? I have been a good girl because I clean my room. For Christmas I would like Mag-ic Mixes. What are the reindeers Names? Love Lola

Dear Santa

How many people are in the World? I have been a good girl Because I helped around the House. For christmas I would like a magic mixes.

Love: Amy

Dear Santa

I have been a good girl this year. For Christmas I would like a big black dinosaur. I will leave you milk and cookies when you come. Please say Hi to the Elves for me.

Love Jada

Dear Santa

How are you? I have been a good boy. I make eggs for my family. I Would Like a Bunny Please and thank you.

Love Declan Dear Santa

How are the reindeer? I have been a good boy because I keep my room clean. For Christmas I would like a transformer. Love Ryder





Dear Friends

On behalf of the Brokenhead Ojibway Nation Chief & Council and our local businesses we wish you a festive holiday season and all the best in the new year.

Wavers
Chicken Delight
BON Pharmacy
BON Grocery Store
BON Community Store



BROKENHEAD Ojibway Nation BAASKAANDIBEWIZIIBIING

Letters to Santa

Written by Cheryl Hrymak's Grade 2/3 class of Daerwood School

To Santa.

I hope you are doing well. My name is Willow and I'm in grade two at Daerwood School. For Christmas may I please have a Harry Potter and the Prisoner of Azkaban book? How many houses do you have to go to each year? I hope everyone has a nice place to stay. How are the reindeer? I wish we still had reindeer food so we could give them some.

from. Willow



Dear Santa,

I am Lucas in grade 3. I hope you are good and the elves too. Are the elves working for christmas? How are the reindeer feeling? I hope the whole community to have a home to stay in. can I please have a Lego set?

from, Lucas,

Dear Santa,

My name is Conner and I am in grade 2 at Daerwood school. Do you have your Christmas tree up? For Christmas I would like a dinosaur rocket launcher. I would like my community to have a new swimming pool. I hope you have a good Christmas.

Love, Conner

To Santa.

How are your reindeer? My name is Aubree. I am in grade 3 at Daerwood school. Can I please have coloring



Selkirk Town Plaza 204-482-6003

my Dad have a house too please? Also can I please have a squishmallow too. Love, Aubree

Dear Santa,

This is Taliah I'm in grade 3, can I please have a small squishmallow and can I Please have a giant spuishmallow. can also a Minecraft game for my brother.

Love.

Taliah

Dear Santa,

I hope you are doing well at the North Pole. My name is Nevaeh. I'm in grade 2. I'm at Daerwood school. Can I please have a pokeball? can I also please have 3 packs of pokemon cards with pokeball and stickers. Love.

Navaeh

Dear Santa.

tmas Day

Mon-Fri: 9am-9pm

Sat: 9am-6pm Sun: 11am-6pm

When is your birthday? My name is Remi I'm 8 years old. I'm in grade 3. my best friend is Thiago. my favorite food is broccoli. my christmas list so far: Snake Attack, LED lights, remote

control car. Thank you, Remi

Dear Santa Hi my name is Julia. I am in grade 2 at Daerwood School I am 7 years old. I hope you are doing good at the North Pole? is it

books and LEDlights? Can me and Cold at the North Pole? for Christmas I would like Some beanbags and I like my family to have more money. Have a good Christmas Santa. oh and I have been good this year! Love,

Julia

Dear Santa,

How are the elves doing? can you please help peopl who need food water and a bed to sleep in? Can you please bring me a Lego set and my brother carter a toy shark? can you please being my mom a Harry Potter Lego set Please and my Dad a deer Lego set? I am in grade 3. I am funny and kind

from Ionathan

To Santa.

How are your elves doing and how is Mrs. Claus? May I have a rainbow doll please and thank you. My name is Madelyn and I like cats and my cats name is Snowball. I'm in grade 3 at Daerwood School. May I also have a giant squishmallow please and thank vou.

From. Madelyn

To Santa.

I hope you are good. I I hope your elves are doing well. Santa Ill can I help you deliver presents please? can I please stay at a hotel? Thank you. Love.

Mya

Continued on page 17





> LETTERS TO SANTA FROM DAERWOOD, FROM PG. 16

Dear Santa,

Hi my name is Ella. I am 8 years old. Are you doing good at the North Pole? How are the elves doing? I hope your reindeer are ready for the big night. What is your favorite cookie and do the reindeer like carrots? For Christmas can I please have a new ipad and a new rainbow loom kit.

From,

Ella

Dear Santa,

I hope you are doing well. My name is Keyston and I'm in Grade 3. My Age is 8. Are your reindeer doing Well? How do your reindeer pull you in the sled? Are your elves doing well

Happy Holidays

Thank you to our patrons,

staff and community for

and getting their work done? Love.

Keyston

Dear Santa,

How are you? How do the reindeer fly? Are the reindeer tired after you and the reindeer go around on the sleigh with them pulling you? My name is Aubrey. I'm 8 years old and I'm in Grade 3. I'm always happy and I have lots of people in my family. I love to colour and make art. My favorite show is Sam and Cat. My favorite move is Harry Potter.

Aubrey Dear Santa,

Do the elves make you cookies when

it's not christmas? I go to Daerwood School. for community mv I wish for food and peace and no harm. For my family can we please have a tv, a new lamp and coffee maker? For me, Taylor Swift merch, clothes a Harry Potter wand. I would also like books a Harry Potter costume, all the Harry Potter books and book marks.

From, Aubrey

Dear Santa

I hope you are doing well at the North Pole. I am 7 years old. Are your elves getting work done in time. I am Gurshun in grade 2 at Daerwood School. I wish my Mom and Dad had a house. Please may I have a Kite and a skateboard.

From, Gurshan

Dear Santa,

I am in grade 3 at Daerwood School. My name is Kailey. I am 8 years old. Do you like to deliver presents? Please may I have a play doh ice cream maker set and may I have a doll too. Love,

ΤΔΧ

505 Mercy St.,

Selkirk

204-482-642

Kailey

Hello Santa,

I'm in grade 3 at Daerwood School. I'm 8 years old. My favorite food is doughnuts what is your favorite food? Santa may I please have Lego and another cat.

From. Daeson

Dear Santa,

Are your reindeer okay? My name is Maissoune. I am in grade 2. I am 7 years old. My favorite video is Elsa and I am in Daerwood School. Are you okay? Can I help you? May I have for my mom a dress and for my dad a shirt. For me I would like earrings please.

from.

Maissoune

Dear Santa,

My name is Olivia and I am in Gr. 3 at Daerwood School. How are the reindeer doing? May I have a new shower for my family? For me, may I have a Speak Now Cardigan, Taylor Swift calendar and Anti-Hero Sweater? can I also please have Taylor Swift room decor? I hope you and Mrs. Claus have fun this Christmas!

xoxo, Olivia

Dear Santa,

I would like for Christmas a Fortnite Nerf blaster, Please and thank you. from, Raylah

Continued on page 18











> LETTERS TO SANTA FROM DAERWOOD, FROM PG. 17

Wishing Everyone a

Hi Santa,

Im in grade 2. I'm 7 in Daerwood Im good I hope you are doing good. Im Ryleigh I hope your reindeers are healthy. for Christmas I hope to get LOLS! I also hope to get a lego set please! Love

Ryleigh Dear Santa,

Im in grade 3. Can I please have a remote control car. Some Lego, hot Wheels, a dool, a doll house and a nerf gun. How are you doing Santa? how is Rudalph? Is he very tired? How cold is it thare in the North Pole?

Love, Ioshua Hi Santa, How are you doing Santa?

Im 7 years old and my name is Paisley.

For Christmas I would like a tablet please. Can I also have a purple remote control car please. Hope you are having fun at the North Pole! Love Paisley

Big Hearts Christmas Hamper Program fills communities needs





RECORD PHOTOS SUBMITTED

Thank you goes out to everyone who made this project a success. Right photo: Volunteer Kristian Hooker.

By Staff

This year, three hundred and seventy hampers went out to the commu-

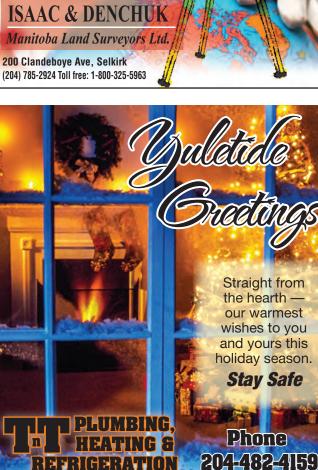
nity because of the Big Hearts Christmas Hamper Program. They would like to thank Rae Pennington and the Agricultural Society for allowing us to use their space and their generous donations. A big thank you to Allstar Toilet Rentals for donating and supplying the porta potty for the volunteers. Appreciation also goes to Home Hardware, which has partnered with Big Hearts Christmas Hamper.

We look forward to doing it all over



C 204.785.3844

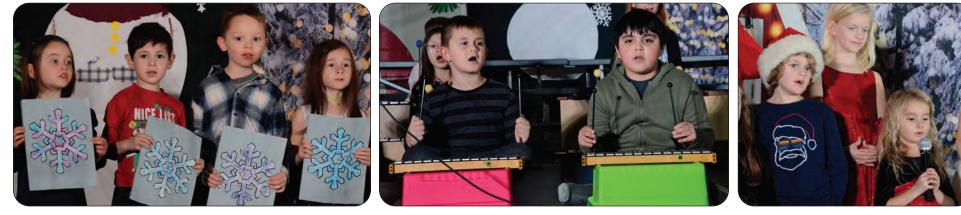
SPA & BOUTIQU 397 Eveline St, Selkirk 204-785-9262 Holiday Season Christma **Height of Happines** We're grateful to have such an uplifting group of friends and customers by our side at the holidays and all year. Thank you for making our progress possible! Merry Christmas & Happy New Year Your friends at Boyd Autobdy & Glass 139 Main Street in Selkirk 204-482-9888 Merry U From our Family to Yours, We would like to Wish Everyone a Very Merry Christmas and a Healthy and Happy New Year. The Baranyk Family and Staff



next year.



Making holiday memories at Selkirk's Mapleton School









RECORD PHOTOS BY KATELYN BOULANGER Poems, musical instruments and classic Christmas carols delighted the audience at Mapleton School's annual Christmas concert.





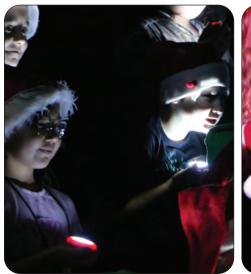
May you have the GIFT OF FAITH the blessing of HOPE and the Peace of his Love! Merry Christmas Interlake Cremation & Memorial Services

374 Main St. Selkirk 204-482-1040 www.interlakecremation.ca



Daerwood School performs annual holiday concert











Thank you to all our customers for your business this past year.

Stay Safe & Healthy



Septic/Holding Tanks
Septic Fields
Water Well Hook-ups
Low Pressure Sewer

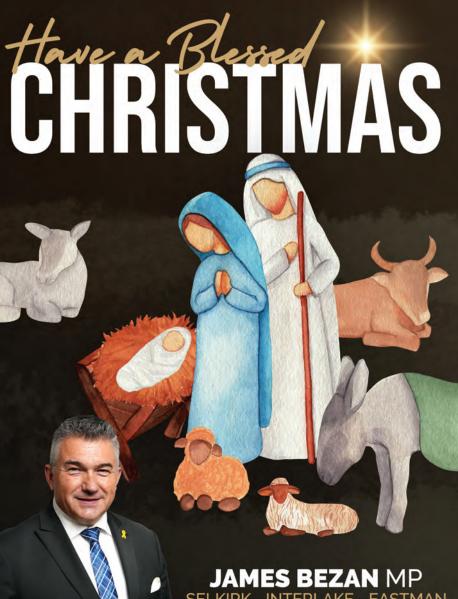


BBB Accredited Business Bureau

cldexcavating@live.com 204-485-5750 www.cldexcavating.com



RECORD PHOTOS BY BRETT MITCHELL Last week Daerwood School celebrated the season with it's annual holiday performance.



SELKIRK—INTERLAKE—EASTMAN OFFICE@JAMESBEZAN.COM JAMESBEZAN.COM • 204-785-6151







TO OUR WONDERFUL CLIENTS,

The entire team at Selkirk Auto Body thanks you for trusting us as your auto body repair shop of choice. We're lucky to have you as our loyal customers and friends.

We wish you a very magical Christmas and a New Year filled with happiness, health and many long drives.



Have a holly, jolly, Happy Thought Holiday









* * Merry Christmas and * Happy Holidays!

> This holiday season, may your home be full of love, togetherness, and joy.

RAQUEL DANCHO MEMBER OF PARLIAMENT raquel.dancho@parl.gc.ca Kildonan—St. Paul, Canada 204-984-6322



RECORD PHOTOS BY BRETT MITCHELL The elves were out and the sweaters were jolly at Happy Thought School's annual Christmas performances this year.

to All!











Dear valued readers and advertisers,

We would like to express our sincerest gratitude for your unwavering support over the past year. Our community newspaper wouldn't be possible without you. Thank you!

Moving forward, we'll continue to publish stories that have a direct impact on our community. You can continue to trust us to provide verified and timely coverage of the issues that matter most to you.

As we head into the holiday season, we want you to know that your support is our most treasured gift. We feel fortunate to have you on our side, and we hope you have a Merry Christmas and a Happy New Year.

Happy holidays, and best wishes for 2024!

Thank you to our dedicated team: Administrative, Editorial Sales & Marketing, Graphic Design and . Distribution Allana Sawatzky Ashleigh Viveiros Autumn Fehr Becca Myskiw Brett Mitchell Brian Bowman **Brittany Hiebert** Christy Brown Corrie Sargent Dan Anderson **Debbie Strauss** Dennis Young Donna Gislason Edward Arcenal Emma McGill Gloria Thomas



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