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The Selkirk Record

VOLUME 14 EDITION 2

THURSDAY, JANUARY 12, 2023

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RECORD PHOTO BY BRETT MITCHELL

Alan Lagimodiere, MLA for Selkirk and Minister of Indigenous Reconciliation and Northern Relations, has announced that he will not be seeking re-election in the provincial election this fall. Learn more on page 3.



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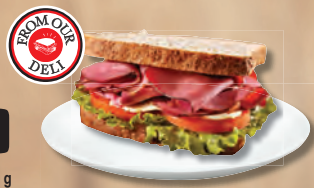
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Lagimodiere announces that he will not seek re-election this fall

By Katelyn Boulanger

Hon. Alan Lagimodiere who is both our local MLA for Selkirk and the Minister of Indigenous Reconciliation and Northern Relations has announced that he will not seek re-election in the provincial election this fall.

He has cited family concerns as the reason for this decision.

Lagimodiere has been our provincial representative since 2016 when he defeated incumbent Greg Dewar for the position.

"I was always concerned about rising taxes, increasing pressures and, having a business background, was quite concerned about what I saw as mismanagement of Manitoba. And so, I was approached by a group of individuals who said, 'Hey, we need somebody like you to represent our area and help get Manitoba back on the right track.' I took that and went back to the family and we thought about it for a while, and everybody agreed and supported [my decision to run for office] and that was the start," said Lagimodiere.

His first election in 2016 required some quick campaigning as he was nominated for the position close to the election.

"I didn't get the nomination in 2016 until about two months prior to the election. I certainly had my work cut out to get out there and get my name known. I talked with people and met as many residents as I could and heard their concerns and let them know that I was putting my name forward and would do my very best to represent them," said Lagimodiere.

He was very humbled by the response of the Selkirk community in supporting him during this election.

"After the election, it was overwhelming. The community has always been there behind me. They put their trust in me and I said right from the start that integrity, compassion and honesty, always had to be a part of being a leader in your community and representing the community," said Lagimodiere.

He says that, as part of the current provincial government, he has been able to be part of some major accomplishments over the years.

"We saw the completion of [the new Selkirk Regional Health Centre], which is huge. It's a state of the art hospital in our region, something we're very proud of. Plus, we announced a major expansion of our hospital with \$31 million going into healthcare, to meet the needs of residents in our area. Better care sooner, closer to home, those are our goals and you can't do that without infrastructure," said Lagimodiere.

He also cited the expansion of our local RAAM clinic, the province's work with the City of Selkirk in supporting the new wastewater treatment facility in the city, and the province's contribution towards the recently erected Dufferin Gang monument as some of the projects that he's been able to be involved in.

Overall, he thinks that he will most miss the contact with the residents in our community when he steps back from the MLA position this fall.

"Being engaged on a daily basis with everybody in the community, taking their issues and moving them forward and helping them find a resolution to their concerns, That's it. There's so much that can be said about that but the rewards you get just from being able to do that [are amazing]," said Lagimodiere.

Personally, something that's become important to him, brought on by a health concern of a family member, has been advocating for people with scleroderma. Scleroderma is an auto-immune condition characterized by an over-



RECORD FILE PHOTO BY KATELYN BOULANGER

Alan Lagimodiere speaking at an announcement last year. Lagimodiere will not seek re-election in next fall's provincial election.



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Remembering Selkirk Canoe and Kayak Centre founder Milt Pedwell

Local citizen of the year recipient created a community of canoers and skiers

By Katelyn Boulanger

Milt Pedwell died last month at the age of 86. He will be remembered in our community for founding the Selkirk Canoe and Kayak Centre and teaching many members of our community about the wonderful outdoor opportunities that our area has to offer.

"He grew up in Saskatchewan on a farm and helped his mom and dad operate the farm," said Curtis Pedwell, Milt's son.

Milt was the oldest of three brothers. Despite education being a challenge to access in his youth, because of his farm responsibilities, he was a life long learner, pursuing many educational opportunities.

"By the time he was 11 or 12, he missed a lot of school. If it was seeding or harvest time, the boys didn't go to school but he did get his GED when he moved to Snow Lake," said Lynn Pedwell, Milt's daughter.

Lynn said that even after getting his GED he never stopped finding educational opportunities from public speaking, to mine rescue, firefighting, and CPR training just to name a few.

Milt's career took him to Snow Lake after a friend sent a letter letting him know about an opportunity to work for a mine. He started as a labourer and worked his way up in the company throughout his 35-year career there.

Residents in Selkirk may remember the talks that he gave at the Circle of

Friends group at the library about his mining experiences.

More known than that in our community, however, was Milt's work at the Selkirk Canoe and Kayak Centre. He was the founder of the group and taught many people in our community how to canoe.

"He's always been canoeing for as long as I can remember. He started off, with him and my uncle, they had the cedar strip freighter canoes that had motors on them, and they used to spend an awful lot of time in the bush together," said Curtis.

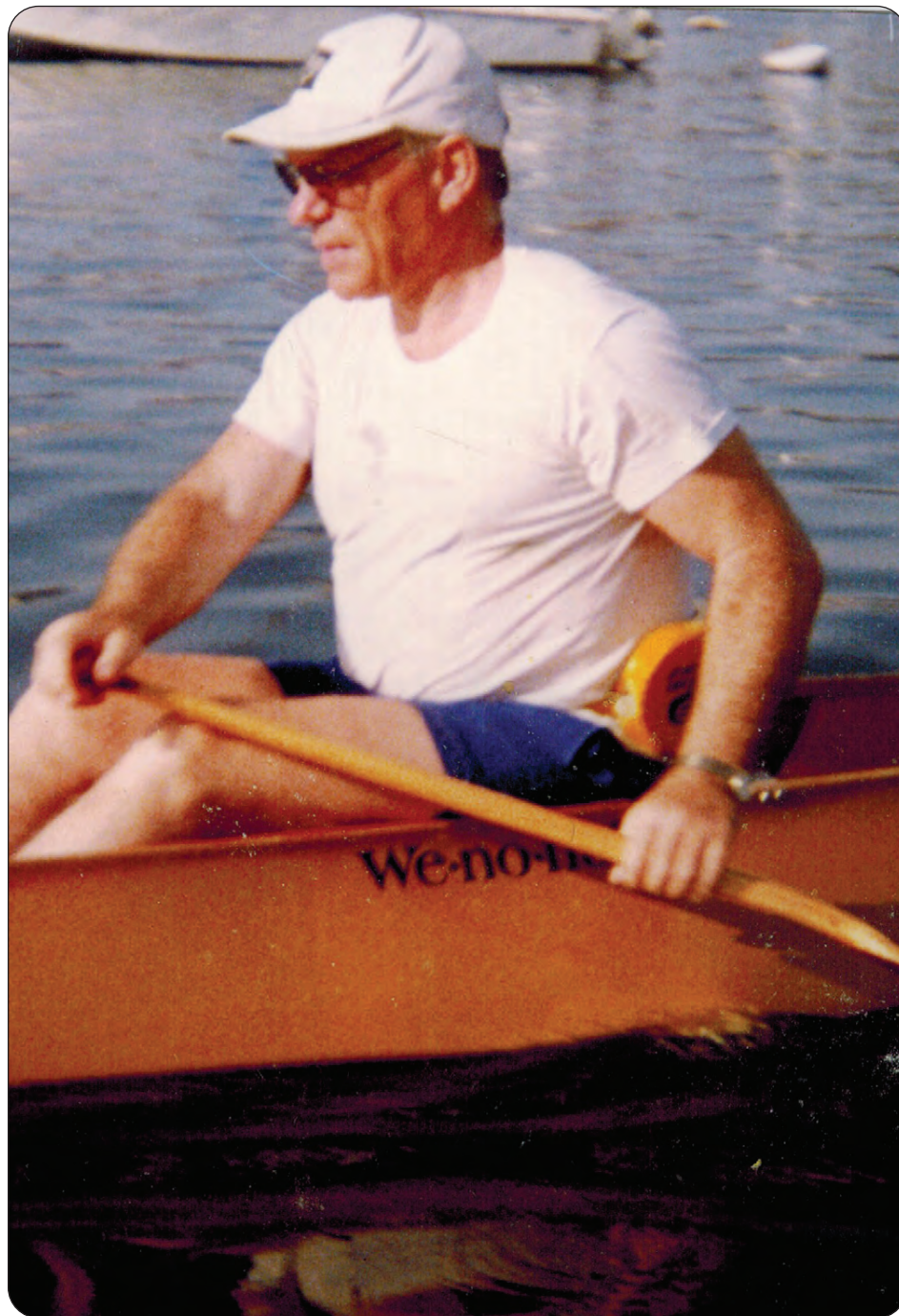
Milt learned about the annual Gold Rush Canoe Derby in Flin Flon and found a partner who would participate with him. From the first time that he participated, he caught the racing bug and started to organize events.

Lynn found a quote from Milt's memoirs which he wrote when he was 78 about that time in his life, "I helped to start a big canoe race in Snow Lake. The mining company and town businesses put a lot of prize money into it. The race was a week before Flin Flon's big race. One year we had over 42 pro-boats."

She says that people came from across Canada and the United States to participate in the race.

Once Milt retired, he and his wife Darlene, decided to move to Selkirk. Lynn says that the decision was largely due to wanting to be closer to her

Continued on page 5



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RECORD PHOTO SUBMITTED
Selkirk Canoe and Kayak Centre founder, local volunteer, and 2022 Selkirk Citizen of the Year, Milt Pedwell died last month. He will be remembered for the impact he had on our community.

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> MILT PEDWELL, FROM PG. 4

and her brother's families but that they specifically chose Selkirk because of the proximity to the river.

"He went to the mall, and he set up a table and had sheets of information about canoeing and tried to get a few people that were interested to start canoeing and start a little club," said Lynn.

That club eventually evolved into the Selkirk Canoe and Kayak Centre.

"My dad was very social and he didn't want to just stay home all the time. He wanted to continue canoeing and I think, if you boil it right down, my dad was a teacher. He loved to be teaching the skills that he had," said Lynn.

It wasn't just canoeing that was Milt's passion however, once he started the club he introduced members to cross-country skiing which he spent winter doing. He's the reason that the Canoe and Kayak Centre has skis for members to borrow and was instrumental in getting cross-country ski trails in Selkirk Park.

It didn't matter if it was conducting historical canoe tours or volunteering in the Highland Games, Milt enjoyed taking part in our community in many ways and, in recognition of all his efforts over the years, he was given the title of Selkirk's Citizen of the Year in 2022.

"Being Citizen of the Year, he just couldn't believe it. He was thrilled," said Lynn.

Both Lynn and Curtis hope that their father is remembered for his positive attitude and willingness to help people.

Lynn shared a final quote from Milt's memoir which are his words to live by, "Be kind. Do your best. Enjoy the good times to the max. Meet the bad times head-on. Don't stray off your path, your destiny. My attitude is to have a good sense of humour. A good attitude will take you a long way in life."



Milt Pedwell taught many people in our region how to safely canoe and created a community of canoe, kayak and skiing enthusiasts. RECORD PHOTOS SUBMITTED

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COVID deaths in MB during last week of 2022; virus expected to increase

Current trends suggest COVID-19 uptick could occur in the New Year

By Patricia Barrett

The last week of 2022 saw 38 people die from COVID, according to the provincial government's weekly respiratory surveillance report for the period Dec. 25-31 (reporting Week 52).

A spokesperson for the provincial government said no respiratory surveillance report was compiled for Dec. 18-24 (reporting Week 51) "due to the holiday break."

There were 111 new hospitalizations with 23 ICU admissions for COVID in Week 52, according to the differences between total hospitalizations and ICU data in the reports for weeks 50 and 52.

There were 134 new COVID infections reported in Week 52. There were 158 infections reported in Week 50. Provincial data are an undercount because the government restricts access to PCR lab testing and rapid antigen tests aren't tracked.

The government stopped providing in its surveillance reports the names of personal care homes and hospitals with COVID outbreaks.

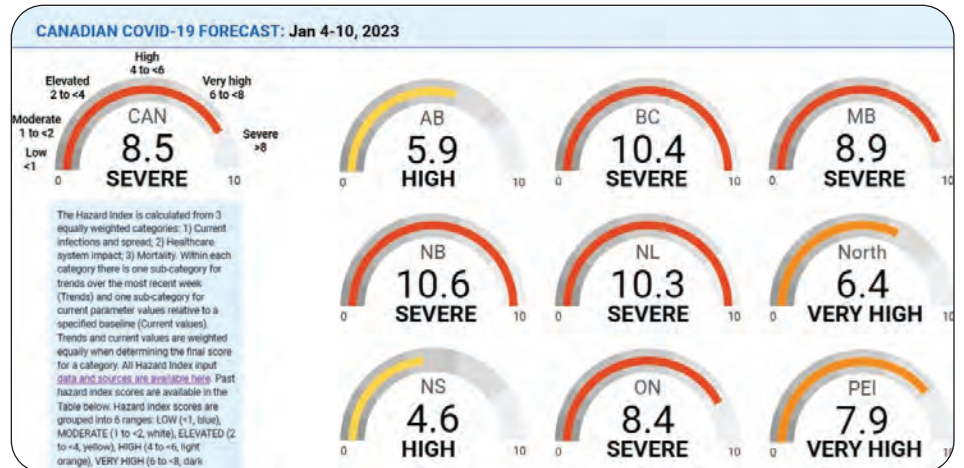
There were 108 new cases of influenza A and zero cases of influenza B reported in Week 52, as well as 20 new hospitalisations. There were 294 influenza A cases reported in Week 50, along with 48 hospitalizations.

There has been a total of 2,499 cases of influenza A so far this season, with 605 hospitalizations and 50 deaths.

Respiratory syncytial virus cases increased in Week 52, with 148 new cases reported. There were 120 cases in Week 50.

Other health news:

The Interlake-Eastern Regional Health Authority declared a COVID outbreak on Dec. 30 at the Selkirk Be-



COVID-19 RESOURCES CANADA

Manitoba's COVID hazard score, based on current infections/spread, health-care system impact and deaths, for Jan. 4-10 is 8.9 or severe.

tel Personal Care Home.

A COVID outbreak that had been declared on Dec. 13 in Appleyard Bay in the Rosewood Lodge Personal Care Home in Stonewall and an RSV outbreak declared on Dec. 22 in Shura Lane in the Rosewood Lodge are ongoing, according to the IERHA's outbreak page viewed Jan. 7. The IERHA also declared a COVID outbreak on Jan. 3 at the Kin Place Personal Care Home in Oakbank.

- Canada's chief public health officer Dr. Theresa Tam said an increase of COVID in Canada is expected and people should continue to take precautions.

"In Canada, variations in population level of immunity & current global trends suggest an uptick in #COVID19 could occur in the New Year," said Tam in a Jan. 3 tweet. "With other respiratory viruses circulating too, it is too soon to let our guard down."

- COVID-19 Resources Canada's latest Hazard Index for Jan. 4-10 shows COVID at a "severe" level in Manitoba, with a score of 8.9. Hazard scores are based on current infections/

spread, health care system impact and deaths.

- XBB.1.5, an omicron offshoot that is said to be more transmissible than any previously known COVID mutation, is surging in the United States. The U.S. Centers for Disease Prevention and Control said at the end of December that XBB.1.5 was estimated to be responsible for about 40.5 per cent of cases across the country.

The Public Health Agency of Canada reported 21 cases of XBB.1.5 in Canada as of Jan. 4.

- The World Health Organization's weekly epidemiological update for COVID for the period Dec. 26, 2022 to Jan. 1, 2023, reports over 3 million new COVID infections worldwide and 10,000 deaths.

The WHO says the numbers are likely undercounts because of a

reduction in testing and reporting delays over the holiday season.

The U.S., China, France, Brazil and Japan were among the countries reporting the highest numbers of deaths over that weekly period.

"IN CANADA, VARIATIONS IN POPULATION LEVEL OF IMMUNITY & CURRENT GLOBAL TRENDS SUGGEST AN UPTICK IN #COVID19 COULD OCCUR IN THE NEW YEAR."



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Survivor's Hope Crisis Centre hosts online healing group

Eight-week online healing group provides support for women and gender non-conforming people

By Katelyn Boulanger

People who've experienced sexualized violence will have a new opportunity to seek support in their own homes. Survivor's Hope Crisis Centre is hosting an online 8-week support group for women and gender non-conforming folks who have survived sexual violence.

"Our work is really focused on recovery, healing, support and prevention for individuals who have experienced sexualized violence, or for people who support someone who has experienced sexualized violence, or people who are at risk of sexualized violence. So, we work in a number of different ways to achieve those goals, including our crisis program, our counselling program, our education program in schools, and through community outreach and networking," said Coral Kendel, executive director of Survivor's Hope Crisis Centre.

This support group is part of their Sexual Assault Recovery and Healing (SARAH) program which provides counselling and support groups for sexual violence survivors and support for people reporting a historic or recent sexual assault.

The 8-week sessions will run from Jan. 31 to March 21.

"It's really meant to be something that folks attend on the first day, and then for all of the consecutive, eight

weeks so that it's really a safe and comfortable group that can be formed amongst the individuals who attend. It is being done online, partially because of the fact that we serve the entire Interlake-Eastern region and it's such a vast region, it's a little bit more accessible, and also because sometimes people find it a little bit safer and more comfortable because of the small town dynamics that can happen if you're all meeting in person," said Kendel.

During the group sessions, which take place via Google Meets, attendees will be able to share with other survivors but also have the opportunity to learn some potentially helpful strategies to deal with trauma, about self-care, mindfulness and grounding techniques, and, in general, learn a little bit more about why they might be feeling the way they are and how to hopefully improve that.

Though the current support group is for people who identify as women and gender non-conforming people who are over the age of 13 residing in the Interlake-Eastern area, they also have other individual counselling supports available for men who contact them.

Kendel says that accessible resources for people in our communities not only help the individual but help our entire community.

"Sexual violence's really an experi-

ence and a topic that everyone likes to pretend doesn't happen. And so, to be able to have these supports, in a manner that people can access them safely, confidentially, and to really recover from their experiences that they may have, is so valuable, not only to that individual but to the wellness of the entire community," said Kendel.

She hopes that attendees come away from the eight-week group with more knowledge.

"They're not alone, in their experience. There are other folks who can understand how they might be feeling and their experience. I also hope they get a little bit of a better awareness and understanding of themselves, and how that experience can affect you really entirely. It wasn't just a one time event, it can be something that you really carry with you in your body and your mind, in really significant ways. If it was many years ago, to still be coping with it today is completely understandable. And, it's something that they can really have the power to work on, and to improve so that they don't have to always feel this way. There is hope and there are opportunities for recovery from that trauma they might have experi-

enced," said Kendel.

She encourages people who are interested in this support group or their other support opportunities to get in touch with Survivor's Hope.

"We want to meet your needs, whatever they may be, and really are open to listening to that and hearing your experience and figuring out what it is that we can offer and being adaptable and flexible to each unique individual. If you reach out to us you're calling someone who is going to listen and is going to be hopefully someone who can become a safe person to speak with. There's really no downside to making that first call and taking that first step, even though it can feel huge and scary, it can lead to really wonderful things.

If you would like to take part in this opportunity you can call Survivor's Hope Crisis Centre at 204-753-5353 or contact SARAH program counsellor LP Penner at LP@survivors-hope.ca. You can also learn more about Survivor's Hope Crisis Centre at <https://survivors-hope.ca/>.

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Interlake Speed Skating supported Our Daily Bread Soup Kitchen by donating 1,440 perogies last week. Pictured: Cathy Krawchuk from Interlake Speed Skating making the donation to soup kitchen coordinator Barbara Pasaur.

> LAGIMODIERE, FROM PG. 3

production of collagen and damage to the blood vessels. Because collagen is found throughout our bodies, the disease affects many different organs and systems and no two cases progress the same way. He encourages residents to learn more about this condition as currently there is no cure for this disease.

"It is a progressive, degenerative autoimmune disease, that there is no cure for. The treatments that are available are there to try and give people a quality of life back but you can't reverse the damaging effects of the disease and you can't stop it. The goal is to try and slow it down. And, when you see a family member struggling, and you see their life deteriorating, it's an easy decision that you say, 'Hey, I have to devote my energies to the family now,'" said Lagimodiere.

As he starts to look forward, Lagimodiere wants to thank the members of our community for their support.

"I sincerely want to thank all the residents in our constituency. Constituency boundaries have changed since the last election. First, we had Selkirk and St. Clements and now we have Selkirk and St. Andrews and I just want to thank everybody, all of the residents for putting their trust and confidence in me to represent them in the province, to be their voice. It was overwhelming to be able to do this, and a great honour," he said.

The Selkirk Record

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St. Andrews Rectory hosting fourth annual Community Art Show

By Katelyn Boulanger

The St. Andrews Rectory will play host to the St. Andrews Community Art Show from Feb. 11 to 25. This is the fourth annual art show run by the Rectory and residents are invited to submit their art pieces by January 28 in order to have a chance to see them hung in the historic building.

"Every year, we send a shout-out to the community and ask them to submit their work. This is for amateur artists, professional artists, for everyone. If you live around here, and you like to make art, this is for you," said Meredith Boerchers, curator of the St. Andrews Rectory and Heritage Centre.

Artists can submit up to three pieces of art to be considered. Submissions are free but if your art is selected there is a \$15 registration fee per artist to join the show.

Attending the show is free. There will be a grand opening event on Feb. 11 and attendees, regardless of when they attend, will be able to vote for their favourite piece of art. The four artists with the most community votes will win one of four cash prizes.

An additional benefit to artists involved in the art show is that the Rectory will be facilitating sales of the art for artists that wish to sell their pieces. The Rectory won't be taking a commission on these sales.

"It's a great chance for local artists, but also local art lovers to see what's going on," said Boerchers.

This is the fourth time the Rectory will be hosting this event. The original event took place before the pandemic but, during the pandemic, Boerchers says that the staff was re-inspired to

bring the event back.

"We were still working in this building but we weren't able to be open to visitors. So looking ahead, we thought, 'Okay, we have time to plan something really cool for the community. What can we do that is also safe?' And so, we brought it back during COVID and then it was one of those things that rather than it being a one time event it just worked well to do every year. Every year we get a new batch of artists as well as returning people and last year, we had 75 pieces. So, it's grown a lot," she said.

Boerchers thinks that the art show brings a great contrasting element to such a historic space.

"It's really interesting to see. The building has stone walls from the 1850s so, it's over 150 years old. You can tell it uses all the original stone and last year, we had it absolutely packed with contemporary art. So, it's a really interesting contrast," she said.

This year the submissions will all take place online. There is a submission form on the Rectory's website where residents who want to enter will have to give information about themselves and their art and a photo of the piece will need to be taken and uploaded.

Because the staff at the Rectory realize that there may be some people in the community whose skills involve making



RECORD PHOTO SUBMITTED

Last year's St. Andrews Community Art Show.

great art but not submitting electronic forms, they will be hosting an online one hour Info and Q&A Session over Zoom on Jan. 21 from 1:30 to 2:30 p.m. This session will help participants learn how to submit their art and sign up for this session is on the Rectory's website.

Boerchers encourages local artists who want to get their work out in the community to submit their work.

"It's a really good opportunity to

dip your toe into our local art scene and because it's not juried. It's a good chance to just give it a try," she said.

Artists can sign up for the Info and Q&A session at <https://www.standrewsrectory.ca/event/community-art-show-info-and-qa-session/>. Residents can also submit their art directly at <https://www.standrewsrectory.ca/community-art-show/>.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Baty becomes latest member of Selkirk's Wall of Champions

By Brian Bowman

There are many exceptional hockey players enshrined in the Wall of Champions, located in the lobby of the Selkirk Recreation Complex.

Al Baty is the latest one - and it's very well deserved.

"It's an honour, for sure," said Baty from his home Monday afternoon.

From 1956 to 1958, Baty was a left winger for the Winnipeg Barons junior hockey club (later known as the Braves). He was one of the league's leading scorers during the 1957-58 season.

In the 1958-59 campaign, Baty and the Winnipeg Braves won the Turnbull Cup, the Abbot Cup, and the Memorial Cup.

In Game 5, Baty scored three goals to help clinch the national championship.

It was a phenomenal team with a lot of great players that all got along.

"We had a very good hockey team," Baty said. "We won it all. We had a real good team. We were strong everywhere, from the goaltender out. Our defence was good and our forward lines were good. We could play any way you wanted. If you wanted to play hockey, we could play hockey. If you wanted to play rough, we could play rough also."

That Braves' team was later inducted into the Manitoba Sports Hall of

Fame and the Manitoba Hockey Hall of Fame.

The next season, Baty played professionally for the Greensboro Generals in the Eastern Hockey League. He was called up to play for the Springfield Indians in the American Hockey League.

In 1960-61, Baty suited up in the International Hockey League with the Indianapolis Chiefs, Toledo Mercurys, and the Muskegon Zephyrs.

"We didn't make the money that the young kids make today," Baty joked.

When his pro career was done, Baty played for the Selkirk Fishermen from 1962-68, winning Intermediate "AA" and Senior "A" championships.

"We had a very good club. We had some real good hockey players," Baty recalled. "Some of the guys were really good. We were all good skaters and played Junior 'A' hockey. We all got along and we had good goaltender, too."

Baty then made the transition from player to coach as he was the bench boss for the Manitoba Junior Hockey League's Selkirk Steelers (1969-71) and the Selkirk Jr. B Fishermen (1972-73).

"It was good. I enjoyed coaching the kids," Baty said. "The kids were good and I had no problems with the players whatsoever. They were good kids. The Steelers were a good bunch



RECORD PHOTOS SUBMITTED

Below photo, after playing an old timers hockey game on Sunday morning, individuals posed for a picture to celebrate Al Baty's induction into the Wall of Champions at the Selkirk Recreation Complex. Above photo, Al Baty, second from left, Ken Kell, representing Sunday morning old timers hockey, Pat Baty, and Mike Chubey, chair of the Wall of Champions

of guys. They were young, you know, when you're 17, 18, 19, you want to get higher (in hockey) so you listened."

Fishermen stung by St. Malo, beat Lundar

Staff

It didn't take long for the Selkirk Fishermen to shake off the sting of their first loss of the season.

In fact, it took them less than 24 hours. Selkirk overcame a 1-0 third-period deficit to

edge the Lundar Falcons 2-1 in Capital Region Junior Hockey League action last Sunday.

Riley Zdan scored midway in the third period to give Lundar a 1-0 lead.

But the Fishermen's Kyle Folhoffer netted a shorthanded goal just over three minutes later

and then Selkirk's Kasen Andrushko tallied the game winner with just 38 seconds remaining in regulation time.

Folhoffer and Jordan Donald each had two points in the game.

Owen Derewianchuk stopped 30 Lundar shots for the win.

On Saturday, Selkirk was shocked 5-3 by the St. Malo Warriors.

St. Malo stormed out to a 3-0 first-period lead on a pair of goals from Ethan Doell and a single by Radek Merasty.

The Warriors went up 4-0 as Brady Gregoire scored a power-play goal.

Matt Brooks put the Fishermen on the board midway in the second and then Peyton Moneyas made the score 4-2 in the third.

St. Malo's Damon Johnson and Selkirk's Ryan Dupont then traded goals late in the game.

The Fishermen's next game is Friday (8 p.m.) when they battle the Comets in Beausejour. On Saturday, Selkirk will host the Arborg Ice Dawgs. Game time is 7:30 p.m.

Next Home Games

SELKIRK REC CENTRE

SATURDAY, JANUARY 14th

vs Arborg 7:30pm

SUNDAY, JANUARY 22nd

vs Lundar 3:00pm

FRIDAY, JANUARY 27th

vs Arborg 7:30pm

Next Away Games
Fri, Jan 13 - vs Beausejour - 8:00pm
Fri, Jan 20 - vs Lundar - 3:00pm



Meet the Fishermen



#29 Brendon Hocaluk
Goalie

Stasiuk leaps to new heights in track and field at U of M

By Ty Dilello

Selkirk's Annessa Stasiuk is a first-year track and field athlete at the University of Manitoba. Stasiuk's main event is hurdles, but she also competes in short sprints including the 60m, 100m and 200m.

She first got into track and field way back in elementary school when the teachers would teach the basics for a variety of sports.

"I knew that I enjoyed it from the very beginning when jumping over the little wicket hurdles, so I continued being part of the track teams throughout my years in school," said Stasiuk.

Stasiuk credits her Selkirk high school's track and field program, which helped her gain many skills that allowed her to be able to continue on in university.

"My coaches were great and knew what they were doing when it came to different techniques. It is unfortunate that a year and a half was lost due to the pandemic because it set me back from training and acquiring more skills. I'm sure many other athletes can agree to that as well. We made up for it, though, in my Grade 12 year by training super hard and perfecting techniques. My coaches even ran a couple of extra practices or worked one-on-one with me to gain extra training."

Stasiuk graduated from Lord Selkirk



Stasiuk's main event is hurdles, but she also competes in short sprints including the 60m, 100m and 200m.

Regional Comprehensive School in 2022. At first, she didn't know where she wanted to go for post-secondary education between the University of Manitoba and the University of Winnipeg. But since the University of Manitoba had a strong track team, it became an easy choice as to which university she would choose to enroll at.

"My time so far at the University of Manitoba has been great. The group I train with are a great group of people, and we are all super close and get



RECORD PHOTOS SUBMITTED

Selkirk's Annessa Stasiuk is a first-year track and field athlete at the University of Manitoba.

along great. I meshed very well with them. We train all year round as we have both an indoor and outdoor season that transition into each other."

Stasiuk has had some new personal bests early in this indoor season which just shows how effective the training is at the university level.

"My goal for the rest of the season is to just keep on working hard to beat my personal bests and continue to grow as an athlete. I don't want to put too much pressure on myself and burn out in my first year, as this team will hopefully be part of my life for the next five years."

Fighting Gophers down Royals in women's hockey

By Brian Bowman

The Selkirk Royals gave the third-place Garden City Fighting Gophers a real good battle last Thursday.

But, in the end, Garden City skated to a 3-1 victory in Manitoba Women's High School Hockey League action at the Recreation Complex.

It was a great effort by the Royals.

"Considering we were coming out of the break and first day back at school and we had one practice, yeah, the girls played really well," said

Royals' head coach Trevor Churchill. "We were basically 1-1 going into the third and we kind of just ran out of gas. We had our chances, a couple of breakaways, but we just couldn't finish."

After a scoreless first period, Madison Balazovic gave Garden City a 1-0 lead.

But Selkirk's Liberty Aime tied the score at 1-1 with a power-play goal, assisted by Serena Reeb and Kadence Sharples.

Aime now has four goals in the past two games.

"Liberty has been one of our mainstays. She had a little rough patch, she broke her wrist, so she came back out of that and the first couple of games it was sore but now she's 100 per cent healthy and she's definitely a key to our team," Churchill said. "She's a very knowledgeable hockey player and plays 'AAA', our only player who is AAA. She's definitely a leader in the dressing room and on the ice helping the girls."

Balazovic netted her second goal of the game with just 24 seconds remaining in the middle frame and then the Fighting Gophers' Hope Nerbas closed out the scoring in the third.

The Royals (2-8) played Lorette this past Monday and West Kildonan Tuesday but no scores were available.

Selkirk will host JH Bruns next Monday (4:30 p.m.) and Lorette Tuesday (3:30 p.m.) at the Recreation Complex.

On Jan. 19, the Royals will battle Beliveau at the East Selkirk Recreation Centre. Game time is 4 p.m.

The Royals' boys' hockey team, meanwhile, hosted Dakota this past Monday. Again, no score was available at press time.

Selkirk will play River East next Tuesday (4:30 p.m.) and then host JH Bruns on Jan. 19 at the Recreation Complex. Puck drop is 4 p.m.

To see more photos of your favourite Interlake Athletes

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Steelers 2-0 in 2023

By Brian Bowman

The new year has been very good to the Selkirk Steelers so far.

Selkirk is 2-0 in 2023 after whipping the Winnipeg Freeze 10-0 last Saturday at the Recreation Complex.

Selkirk, which built period leads of 4-0 and 6-0, were led by a three-goal and one-assist effort from Lucas Brennan.

Carter Cormier also had a very strong game with two goals and two helpers.

The Steelers' other goals were scored by Brandon Ambrozik, Mathieu Moreira, Nolan Van Den Bussche, Lucas Gillson, and Owen Johnston.

Ambrozik and Moreira each had two assists.

Hunter Tarves stopped 17 Winnipeg shots for the shutout.

Last Wednesday, the Steelers knocked off the Nighthawks 4-1 in Niverville.

After a scoreless first period, Selkirk grabbed a 3-0 lead with second-period goals from Cormier and a pair from Brennan.

Josh Paulhus put Niverville on the board at 17:10 of the third but Cormier sealed the win with an empty-net goal just 32 seconds later.

Tarves made 36 saves for the victory.

The Steelers, now 12-17-3-1, played the Winnipeg Blues on Tuesday but no score was available.

Selkirk will host Swan Valley on Friday (7:30 p.m.) and then take on the Winnipeg Freeze Saturday (6 p.m.) at the Hockey For All Centre.

In off-ice news, Cormier was named one of three MJHL Original 16 Stars of the Week for Week 16. He scored four goals and added four assists in two games.

Cormier sits fourth in rookie scoring and owns the highest points-per-game percentage among all rookies (1.30) heading into this week's games.

Brennan, meanwhile, was named the Manitoba Pork Peak Performer of the Month for December. Brennan scored six goals and added eight assists in eight games that month.

As well, the Steinbach Pistons' Cole



RECORD PHOTO JOHN PODWORNIAK

Steelers' forward Lucas Brennan scored three goals and added an assist in Selkirk's 10-0 blowout win over the Winnipeg Freeze last Saturday.

Plowman was selected as the league's Original 6 Goaltender of the Month for December. The St. Clements' product and former Steeler was 2-0 with a 2.00 goals-against average and .955 save percentage.

Brown named to MJHL Community Ambassador Team

From the MJHL

The Manitoba Junior Hockey League announced the 2022-23 RBC - MJHL Community Ambassador Team, comprised of one player from each MJHL team.

Each player has displayed outstanding citizenship and sportsmanship both on and off the ice and a commitment to volunteerism. RBC Community Ambassadors are recognized for making a difference and giving back to their communities where they play.

Each Ambassador is recognized at an RBC Game Night and will be honoured by a donation from RBC to a school in their local community.

Here are the ambassadors from each team:

Ethan Brown (Selkirk Steelers) Cole Sheffield (Dauphin Kings), Josh Romanuk (Neepawa Titans), Ryan Monias (OCN Blizzard), Myles Mason (Swan Valley Stampeders), Brody Wilson (Virden Oil Capitals), Tresor Wotton (Waywayseecappo Wolverines), Evan Bortis (Niverville Nighthawks), Kian Calder (Portage Terriers), Hunter Degelman (Steinbach Pistons), Malachi Klassen (Winkler Flyers), Pearce Gare (Winnipeg Blues), and Evan Stirling (Winnipeg Freeze).

"We are thrilled to continue our involvement in the RBC Community Ambassador Program," said MJHL Director of Marketing & Partnerships, Erik Swar. "It is so valuable to have a partner like RBC who recognizes and

showcases the importance of giving back to our local communities."

"Our partnership with MJHL spans over two decades and in this time, we've seen time and again how the players, teams and league give back to all our communities in so many ways," added Terry Burgess, RBC Regional Vice President, Manitoba South. "The RBC Community Ambassador program is a way to recognize and reward these efforts. We thank and congratulate the recipients who are selected by their teams for their care and leadership."

At the conclusion of the regular season, one RBC - MJHL Community Ambassador will be named as the recipient of the RBC Community



Ethan Brown

Award, which comes with a further donation from RBC in the player's name to a school in their local community.

CATCH THE EXCITING NEW TEAM FOR THE 2022-2023 SEASON

NEXT HOME GAMES

- VS Swan Valley Fri, Jan 13th 7:30 pm
- VS Portage Terriers Sat, Jan 28th 7:30 pm

NEXT AWAY GAMES

- VS Winnipeg Freeze Sat, Jan 14 6pm
- VS OCN Blizzard Fri, Jan 20 7pm
- VS Swan Valley Stampeders Sat, Jan 21 7pm

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> MEAL IDEAS



Recipe courtesy of Liz Della Croce of "The Lemon Bowl" on behalf of Milk Means More

- Prep time: 15 minutes
 Servings: 12
 1 can (15 ounces) fat-free, refried beans
 1 cup salsa
 2 cups plain Greek yogurt
 1 tablespoon cumin
 1 tablespoon smoked paprika
 1 teaspoon salt, divided
 1/4 teaspoon cayenne (optional)
 2 avocados
 1/2 cup cilantro, minced, divided



Healthy 7-Layer Taco Dip

- 1 teaspoon garlic powder
 1 lime, juice only
 1/2 cup scallions, minced
 2 Roma tomatoes, seeded and diced
 1/4 cup black olives, sliced
 tortilla chips
 In small bowl, mix refried beans and salsa. Spread mixture in thin layer on bottom of large platter.
 In separate small bowl, whisk yogurt, cumin, smoked paprika, 1/2 teaspoon salt and cayenne, if desired. Spread mixture on top of bean layer.
 In third bowl, mash avocados with 1/4 cup cilantro, garlic powder, lime juice and remaining salt. Spread guacamole on top of yogurt layer.
 Sprinkle dip with minced scallions, diced tomatoes, black olives and remaining cilantro. Serve with tortilla chips.



- Prep time: 10 minutes
 Cook time: 30 minutes
 Servings: 6
 2 bags Success Tri-Color Quinoa
 1 tablespoon olive oil
 2 garlic cloves, chopped
 1/2 cup onion, chopped
 1 cup mushrooms, sliced
 4 cups baby spinach leaves
 3 cups tomato sauce
 2 cups ricotta cheese
 1 egg, lightly beaten
 1/2 cup grated Parmesan cheese, divided
 1 tablespoon Italian seasoning

Mushroom Spinach "Lasagna"

- 1 1/2 cups shredded mozzarella cheese, divided
 Prepare quinoa according to package directions.
 Preheat oven to 375 F.
 In large skillet, heat oil over medium heat. Add garlic and onions; saute 1 minute. Add mushrooms and cook 5 minutes, stirring occasionally. Add spinach and stir until wilted, about 2 minutes. Stir in tomato sauce and keep warm.
 In medium bowl, combine ricotta, egg, 1/4 cup Parmesan cheese and Italian seasoning.
 Place 1 cup sauce in bottom of 2-quart baking dish. Spread half of quinoa evenly over sauce. Top with half of ricotta mixture. Top with 1 cup sauce. Sprinkle with 1 cup mozzarella. Repeat layers, finishing with remaining mozzarella and Parmesan cheese.
 Bake uncovered 30 minutes. Serve warm.

How to protect yourself and your community from the flu and COVID-19

By Michael Olynik, Shoppers Drug Mart Pharmacist and Owner

The winter months should be a time for festivities and fun, not fevers and illness. Unfortunately, the cold weather brings with it another flu season, and this year, it is expected to be a tough one. According to the Public Health Agency of Canada (PHAC), Canada is entering an influenza epidemic as cases of the flu rise further beyond the seasonal threshold.

We are all at a greater risk of getting sick this year due to waned immunity, meaning it's important we take steps to prevent the spread of illness. As your local pharmacist, I've put together a few tips to protect ourselves and our community this flu season.

- Sleeves up!: Getting the flu shot is a simple and easy measure to take to protect yourself and vulnerable community members. Flu shots help to boost your immunity and can prevent worsening of symptoms and complications from the flu. Flu shots are available at your local pharmacy via walk-in.
- Get your COVID-19 vaccines and boosters: According to the Government of Canada, if your last COVID-19 vaccine dose was more than nine months ago, you are no longer considered adequately vaccinated. For best protection against COVID-19, it's important to stay

up to date with recommended COVID-19 vaccinations and boosters, even if you've been previously infected with COVID-19. As per current NACI guidelines, it is safe to get both flu and COVID-19 vaccines during one appointment, making it convenient to protect yourself against both viruses at the same time. And for those 18 years and older, ask your pharmacist about the Bivalent booster dose, available at your local pharmacy via appointment. Call your local pharmacy today to book an appointment.

- Stay home if you are feeling unwell: Despite our best prevention efforts, sometimes we still get sick. If you find yourself with symptoms of the flu or COVID-19, it's important to take the necessary steps to protect those around you. Stay home and isolate while you are feeling under the weather to prevent the spread of illness.

Because of lack of exposure to the flu in recent years, it is especially important we take the steps to protect ourselves and our loved ones this season. Be sure to visit your local pharmacy to get your flu shot and your COVID-19 vaccine – it's our best shots at protecting our communities this season.

Michael Olynik is a pharmacist and owner of your local Shoppers Drug Mart in Teulon. Visit ShoppersDrugMart.ca to find your nearest store.



Baked Vegetarian Taquitos

- sour cream, for dipping
 salsa, for dipping
 guacamole, for dipping
 fresh cilantro, for garnish
 Prepare rice according to package directions; add collard greens and corn to water during last 5 minutes.
 Preheat oven to 450 F. Drain rice and vegetables; transfer to saucepan. Stir in black beans, pumpkin puree and taco seasoning.

- Prep time: 15 minutes
 Cook time: 20 minutes
 Servings: 4
 1 bag Success Brown Rice
 1 cup shredded collard greens, packed
 1/4 cup frozen corn
 1 cup canned black beans, drained and rinsed
 2/3 cup canned pumpkin puree
 1 1/2 tablespoons taco seasoning
 8 flour tortillas (6 inches each)
 1 cup Monterey Jack cheese, shredded
 2 tablespoons olive oil

Spoon 1/3 cup rice mixture into center of one tortilla; sprinkle with 2 tablespoons Monterey Jack cheese. Roll up tightly. Place seam side down on parchment paper-lined baking sheet. Repeat with remaining tortillas, filling and cheese. Brush taquitos with olive oil; sprinkle with remaining cheese.
 Bake 10-15 minutes, or until tortillas are crisp and cheese is melted.
 Serve taquitos with sour cream, salsa and guacamole for dipping. Garnish with fresh cilantro.

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News Tips? Story Ideas? call the Record 204-785-1618

take a break

> GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

	N	O	S	C	O	I		D	D	O		
N	V	E	T	O	C	S		O	V	E	D	O
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V	K	O				V	N	V	T			
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H	E	B	V		S	D	N	U	O	I	S	V
W	O	K			N	O	H	E	T	S	V	

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Respiratory disorder
 - Bulgarian mountain peak
 - Group of important people
 - South American nation
 - Amazes
 - ___-Castell, makers of pens
 - Perlman and Seehorn are two
 - Early medieval alphabet
 - Legislator (slang)
 - Tasty crustacean
 - Course of action
 - Airborne (abbr.)
 - Permanent church appointment
 - Larry and Curly's pal
 - Famed American journalist
 - 12th letter of Greek alphabet
 - In a way, vanished
 - Afflict in mind or body
 - Egyptian Sun god
 - Source of the Blue Nile
 - Egyptian unit of weight
 - Be the source of pain
 - Esteemed award ___ d'Or
 - Partner to pains
 - Deep blue
 - No longer living
 - Country in the UK
 - Not even
 - Arizona city
- ### CLUES DOWN
- Wager
 - Classical portico
 - As a result

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- Bird
- A type of "Squad"
- Autonomic nervous system
- Dish with food on a stick
- "The Stranger" author
- Not old
- Periods of starvation
- Language of tribe in India
- Savings account
- Pitching stat
- Megabyte
- Ribonucleic acid
- A place to put your feet
- The fun part of a week
- We all have our own
- Partner to "oohed"
- African nation
- Breezed through
- Sets out
- Other
- Not fattening
- "Much ___ about nothing"
- Central Time
- Former EU monetary unit
- Charles S. Dutton sitcom

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MISCELLANEOUS

4 winter tires, Uniroyal Tiger Paw 195/65R/15, five bolt hole rim. Low mileage, good tread. \$225 total. Call Patricia 204-362-0336.

EC Men's blueish purple parka, sz XXL, w/ black woolen hood; fits a man's sz XL, \$100, BN Men's sz 9 buckle-up leather winter boots, \$100; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BN-CIEC pr. sz 9 Men's WORK BOOTS/ SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVERCOAT fits a Men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

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NOTICES

East Selkirk Cemetery Fund Cash Draw held on Dec. 30/22, winners are: 1st- Darlene Boyko, 2nd- I. Dear, 3rd- Elly Garrett.

St. Nicholas Ukrainian Orthodox Church, Gonor, MB - Raffle ticket winners held on Dec. 18, 2022: Garry Pruden, Maisic Phillips, Miles Youzwa, Walter Wasylshyn, Chris Sochan, Bob Livingstone, Gary Pawluk, Donna Funk, Alex Pawluk (2 times).

BVM Church, East Selkirk, Holiday Draw on January 8, 2023 winners are: 1st - \$500, Bridget Skazyk; 2nd - \$300, Wilma Ratkowski; 3rd - \$200, Tammy Krebs.

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204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Wage depending on experience, and health benefits after 3 months. **Please call 204-344-5404 for more details.**



PUBLIC NOTICE REMINDER SNOW REMOVAL

The Municipality of Alexander hereby gives notice that any party who deposits snow upon a highway or the shoulders thereof, may be in contravention of Section 217 (2) of the Highway Traffic Act, which reads as follows:

A person who drops, throws, or deposits upon a highway any substance or thing likely to injure a person, animal, or vehicle shall immediately remove it or cause it to be removed.

As the practice of cleaning private lanes and driveways and leaving of snow on the road and/or shoulders creates hazardous driving conditions, the Municipality of Alexander will take whatever action is necessary to enforce the above-mentioned section of the Act.

NB* The term "highway" applies to all roads and streets within the Municipality, both Provincial and Municipal.

Council of the Municipality of Alexander

NOTICE TO CREDITORS

IN THE MATTER OF the Estate of FRODE PUR ANDERSEN, late of the Rural Municipality of Bifrost-Riverton, in Manitoba, deceased.

All claims against the above estate, duly verified by statutory declaration, must be filed with TAYLOR McCAFFREY LLP, at their offices at 2200-201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3, Attention: Diana C. King, on or before February 18, 2023. **DATED** at the City of Winnipeg, in Manitoba, the 18th day of January, 2023. **TAYLOR McCAFFREY LLP** Solicitor for the Administrator Diana C. King

NOTICE TO CREDITORS

In the matter of the Estate of WAYNE ROGER DENNIS BUCHER, late of Selkirk, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amanda Adam, Estates Officer, at 155 Carlton St. Suite 500, Winnipeg, MB. R3C 5R9 on or before the 7th day of March, 2023.

Dated at Winnipeg, Manitoba, this 3rd day of January, 2023. **NICOLE HAMILTON**
The Public Guardian and Trustee of Manitoba

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Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



RURAL MUNICIPALITY OF ST. ANDREWS REQUEST FOR QUOTATIONS RFQ 2023-01 2023 & 2024 Private Equipment Hourly Rates

The Rural Municipality of St. Andrews is seeking quotations from qualified bidders for hourly rates for Privately Owned Equipment for the 2023 and 2024 seasons.

Request for Quotation packages including submission documents are available from the RM's website www.rmofstandrews.com or electronic copies can be requested by contacting pwclerk@rmofstandrews.com.

Sealed submissions clearly marked 2023 & 2024 Private Equipment Hourly Rates will be received by the undersigned at the address below until:

Quotation Close Date: **January 27th, 2023 at 4:00 pm CST.**

Late and incomplete submissions will not be accepted.

All inquiries related to Request for Quotation RFQ 2023-01 should be directed to the Public Works Department (204) 738-2076.

Ron Hahlweg, C.E.T.
Interim Public Works Manager | R.M. of St. Andrews
Box 130 | 500 Railway Avenue | Clandeboye, MB | ROC 0P0
Phone: (204) 738-2076 | 1-866-738-2264 (toll free)
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MORTGAGE SALE

The land and building known as 406 Selkirk Avenue, Selkirk, MB, as described in Certificate of Title No. 1896767/1 will be sold at a public auction on the 1st day of February 2023 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Jo-Anne Degagne at either 204-957-4808 or jdegagne@mltaikins.com.

The Vendor is informed that the property consists of 1 1/2 storey single family dwelling, built in 1946, 1100 square feet, 3 bedrooms, 1 bathroom, partial basement, single detached garage, located on a 50 x 110 foot lot.

Property taxes (excluding any accruing water charges) are paid in full to December 31, 2021. The property is sold subject to taxes and penalties accruing after that date. The prior encumbrances which will remain on title after the auction are: NIL

TERMS: Deposit of \$11,000.00 in cash, certified cheque or bank draft payable to MLT Aikins LLP and the balance according to conditions to be announced at the sale.

Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information may be obtained from:

MLT AIKINS LLP

Barristers & Solicitors

30th Floor, 360 Main Street, Winnipeg, MB R3C 4G1

Attn: Jo-Anne Degagne (204) 957-4808 jdegagne@mltaikins.com

ANNOUNCEMENT

BIRTHDAY



Happy 27th Birthday
Jenna Anne Kotyk
January 1st, 2023

Wishing you another exciting year and remember -

don't wait for opportunity - create it!

-Luv your family, friends, and critters

ANNOUNCEMENT

BIRTHDAY



Emma Cheyne
Happy 93rd Birthday
on January 17th

ANNOUNCEMENT

IN MEMORIAM

Philip Stolar

December 1, 1921 - January 6, 2014

He never looked for praises,

He was never one to boast;

He just went on quietly working,

For the ones he loved the most.

His dreams were seldom spoken,

His wants were very few;

And most of the time his worries,

Went unspoken too.

He was there, a firm foundation,

For all our storms of life;

A sturdy hand to hold on to,

In times of stress and strife.

A true friend we could turn to,

When times were good or bad;

One of our greatest blessings,

The man that we called Dad.

-Love from all your family near and far

ANNOUNCEMENT

CARD OF THANKS

LOUTIT - The family of Carl would like to thank our relatives and friends for messages of condolence and gifts of food. Also, the doctors and staff at the Selkirk and District Health Centre - Emergency, as well as the ICU and ACCU at St. Boniface Hospital, the Reverend Anthon Bouw and staff of Gilbert Funeral Home.

-Loutit, Antochiw and Mabee families



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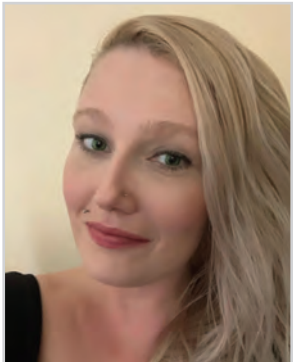
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OBITUARY



Stephanie Leigh Forster
June 7, 1983 - December 8, 2022

It is with a heavy heart that we, the family of Stephanie Leigh Forster (also known as Steph Limage), share that on December 8th, 2022 she was tragically taken from this earth and is now home with her Heavenly Father.

Steph leaves behind her son, Matthew; parents Maureen and Tom (Rowena); step-parents Nadine and Doug (Karen); siblings Rhiann, Cody, Sean, Melanie, Tyson, Gladys, Lauren, William, Cora, and Willie; as well as countless other family members and beloved friends.

A celebration of life will be held on Saturday, January 21 at 1 p.m. at the Selkirk United Church at 202 McLean Ave in Selkirk, MB.

Funeral arrangements were carried out by KORU Cremation; condolences can be left on their website.

OBITUARY



Rose (Rosie) Sybil Cook (Bear)

Rosie Cook of Selkirk, MB, passed away peacefully on January 5th, 2023, after a brief but courageous battle with cancer, at the golden age of 90 years.

Rosie is survived by her seven children, Richard (Nancy), Kenny, Harvey, Nadine (Blair), Christine (David), Robert (Brenda) and Stewart; her many grandchildren, great and great-great-grandchildren; her four stepchildren; as well as many nieces, nephews and special friends.

Rosie was predeceased by her parents Peter and Juliet Sanderson; husbands John (Jack) Bear and Ralph Cook; sister Margaret; brothers Allan and Bobby; son Johnny; stepdaughter Marlene; and grandson Josh.

Rosie was born November 19, 1932, in Bissett, MB. The family lived their early years in the community of Manigotagan, before

moving to the Selkirk area after the loss of her mother early in her life. She was a proud member of the Peguis First Nation.

Rosie married Jack Bear of Selkirk in June, 1953. They worked side by side for many years in the commercial fishing industry. In the early years, processing fish coming off Lake Winnipeg at the Booth Fisheries plant located at the Selkirk docks, and in the later years, working side by side with family and friends at the Fresh Water Fish Marketing Corporation in Transcona. Together, they made a home full of many fond and lasting memories for their seven children in the house on Taylor Ave. Jack passed in 1980.

Rosie remarried in June, 1991 to Ralph Cook of Winnipeg, enjoying their retirement years together in Selkirk. They enjoyed camping and fishing across Manitoba and Northwest Ontario; meeting up with family and friends at the local bingo halls; watching her beloved Toronto Blue Jays, Winnipeg Jets, and Tiger Woods; or simply enjoying their love of Metis fiddle music at home together on a Saturday evening. Ralph passed in 2009.

Later in life, Rosie would enjoy many memorable casino trips south of the border with her life long friends. The bus trips provided an opportunity to share their life stories, have some laughs together, and most of all, enjoy each others company. Her infectious laughter would keep the entire bus entertained throughout the trip.

Mom was a loving and devoted wife, mother, grandmother and great-grandmother. Although she endured many hardships in her life, she had a special "Zest for Life" that was admired and respected by all who knew her. She had a kind and unselfish heart, that always put the needs of family, friends, and the less fortunate, before her own.

Mom's greatest enjoyment in life came from spending time with family and friends. Christmas and birthdays were times for special celebration that she took great pride in. Every Christmas she went over and above to cook up a fabulous holiday dinner for her extended family. No birthday was ever overlooked. Everyone was made to feel special on their day.

Mom always looked forward to the annual delivery of wild ducks and geese from her "Other Son", Billy Purvis, who would share the fall harvest with Mom each season.

"As some people journey through life they leave footprints wherever they go. Footprints of kindness, and love, courage and compassion, humour and inspiration, joy and faith. Even when they are gone, we can still look back, and clearly see, the trail they left behind, A trail bright with hope, that invites us to follow."

Rosie was one of those Angels who brought joy into the lives of all those who had the pleasure to know her, and the honor to follow in her footprints. Our Guardian Angel now has her wings, and we know that she will continue to watch over us, and guide us down the trail of life, from a better place.

Respecting Mom's wishes, cremation has taken place, and a celebration of life is planned for later this summer. She will be interred at the St. Peters Old Stone Church, where she will be with her loved ones, who have gone before her.

A sincere thank you to the wonderful staff on the Surgical Ward; and of the Paramedic, Home Care and Palliative Care Units at the Selkirk Regional Health Center, who provided gentle and compassionate care to Mom during her final journey.

In lieu of flowers, please consider making a donation to CancerCare Manitoba in memory of Rosie. Rest well Mom, we love you, and you will always be in our hearts.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Nettie Kostiniuk

Sadness is in our hearts as we announce the passing of Nettie Kostiniuk, wife, mother, grandmother and friend and the Tudor House Personal Care Facility in Selkirk, Manitoba on Monday, November 28, 2022 at the age of 95.

Nettie was predeceased by her husband Tony, father Peter, mother Stephanie, brother Nick, brother Steve and son-in-law Tom.

She is survived by her daughter, Darcie Watson, son Terry (Sandra) Kostiniuk, grandchildren Breanne and Shayla.

Nettie was born in Walkleyburg, Manitoba on September 12, 1927. She attended Brightstar School in her early grades and like both of her older brothers was very active on the baseball field as a pitcher. Mom was an outgoing and social person and made many friends throughout her life's journey. She met her husband Tony and were married in 1947. Together, they settled on the family

homestead and had a successful mixed farming operation. Besides the farming operation, in 1949, they opened the locally well known "Kostiniuk Barn Dances," which ran for nine years. Mom was very active on the farm, from driving farm equipment to planting a huge garden and beautiful flowers. Every year a must have was her favorite coral coloured petunia named "Summer Madness". She was a very good cook and baker and shared that talent through family gatherings, neighborhood parties and if you stopped in for a visit. Many memories were made and were cherished throughout the years.

Mom always had some kind of pets on the farm. Whether it be ducks, geese, goats, cats or dogs, her main adventure was having chickens, and lots of them. In order to move the eggs, she started going up North and was known as the "Egg Lady".

In 2015, Mom moved to Tudor House Personal Care Facility in Selkirk, Manitoba.

Mom valued hard work and family.

Thank you Mom, for your love, support and guidance in shaping who we are today.

The family would like to thank the staff at Tudor House Personal Care Facility for all their care and compassion during Mom's stay.

As per Mom's wishes, cremation has taken place and a graveside service will take place at a later date.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Patricia (Trish) Ann Cotton

Suddenly, on Sunday, January 8, 2023 at the Beausejour Hospital, Trish Cotton, aged 74 years, of Stead, MB, beloved wife of the late Andrew Cotton passed away.

In keeping with her wishes, cremation has taken place and a private family service was held.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Gerald Gregory Ogonoski
April 12, 1943 - January 6, 2023

After a long battle with dementia, Gerald is finally at peace.

Gerald is survived by his loving wife Sandra of 56 years, sons Greg and Allen, and twin brother Raymond.

Gerald grew up in Narol, Manitoba and worked for the City of Winnipeg as a foreman for 30 years. Gerald loved having breakfast with his crew and would continue this tradition with his wife Sandra after he retired. Gerald liked to fish and golf. He also loved watching the wildlife in his backyard on Henderson Highway, the wood ducks were fed very well! These interests complemented Gerald's personality. Gerald was a private man who loved his family. He never spoke an unkind word about anyone.

We would like to thank our families, extended families and cousins of Gerald's for their compassion, support, visits and calls.

Many thanks to Raymond Ogonoski, Donna Huculak, Doreen Lozinski, Debbie Krieg, Ricky Negrich, Doug Henry and their families. You made a hard time easier to bear.

Special thanks to close friends, Harry and Adele Dulo who visited weekly. This meant so much to Gerald.

Respecting his wishes, cremation has taken place and there will not be a formal service.

Donations in his memory can be made to the Alzheimer's Society of Manitoba.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Marlene Gladys Dehn
January 25, 1940 - December 27, 2022

For those that knew Marlene Dehn, they know the world has lost a feisty advocate for those living with issues of addiction and mental illness. Her entire working life, either as a psychiatric nurse at the Selkirk Mental Health Centre, a manager with the Addictions Foundation of Manitoba, or the Canadian Mental Health Association was dedicated to enhancing the dignity and respect of everyone she dealt with.

But that is just part of her legacy. She was an amazing wife, mother, and grandmother. Family gatherings always revolved around her. The farm she owned with her husband Leonard in Lockport was always abuzz with activity. Family celebrations, pool parties, and gatherings with friends, more often than not were organized by her.

Her favorite time of year was Christmas. Dinners at our house became a family tradition. Her speciality was sour cabbage rolls—the strong scent of them cooking on the stove was usually the first thing that greeted you (just a split-second ahead of her beaming smile) as you walked through the door.

She loved to travel, visiting Mexico every winter with our dad. She loved to read, and she was always pursuing some sort of creative endeavor. Crocheting, painting, stained glass, were just some of the platforms she used to channel her creativity. This was just part of her passion for life-long learning.

In her fifties, she enrolled at the U of W and eventually graduated with a degree in Anthropology.

She was born in Melville, Saskatchewan on January 25, 1940. When she was 18 she moved to Selkirk, Manitoba to study psychiatric nursing at the Selkirk Mental Health Centre. That's where she would meet her husband Leonard. They were married for 62 years. As her health issues took over, he looked after her every day - she would often say that she wouldn't be able to get through the day without him. As her health issues worsened, he didn't miss a day visiting her in hospital. She died last month from multiple organ failure. She lived to be 82, but for us the end still came too suddenly.

She was loved by her husband Leonard; sons Kelly (Nori) and Murray (Elaine); grandkids, Alex, John, Brigham, Tyler, Abigail, and Grace; as well as countless members of her extended family, and friends.

Her family would like to thank the caring staff at the Selkirk and Grace Hospitals.

A funeral will be held at Gilbert's Funeral Home, Selkirk on February 4, 2023 at 11:00 a.m. You are invited to share in the celebration of her life. The service will be livestreamed on the funeral home website.

In lieu of flowers, donations can be made to the Selkirk Evangelical Lutheran Church.

When I die I shall soar with angels,
And when I die to the angels, what shall I become,
You cannot imagine.

-Deepak Chopra

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



The Selkirk Record

Announcements

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OBITUARY

Gerald Wallace
May 16, 1936 - January 2, 2023



With heavy hearts, after a courageous battle with Alzheimers, Gerald passed away on January 2, 2023.

He leaves to mourn his beloved wife of 62 years, Susan; his children Brenda, Trevor (Cheryl) and granddaughter Cassidy (Alex).

He was predeceased by his parents Samuel and Mary-Ella, brothers Alfie and Earl and son-in-law Kim.

Gerald was born in Winnipeg and his family moved to Petersfield in his early years. There he met Mom and they were married on November 5, 1960. Dad was a grain and dairy farmer. While farming, during the winter months, Dad worked at various trucking companies in Winnipeg. In 1970, Dad purchased Western Air Brakes. He was well known in the trucking industry and also known

as the guy who could repair or have parts no one had. He successfully operated Western Air Brakes until he retired in 2011 and his son Trevor took over.

Dad loved the outdoors. He especially loved hunting and fishing. He was an excellent marksman winning many trophies for deer and target. He enjoyed going camping and old-time dances with Mom. Dad was a jack-of-all trades. He could fix, build or modify anything.

Dad always had a smile and possessed a great sense of humour. He was great at telling a joke or story.

The family would like to thank the Tudor House for their care. Cremation has taken place and a private family service will be held.

"We hold you in our hearts until we can hold you again in heaven."

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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ST ANDREWS	SELKIRK	ST CLEMENTS
NEW: 2	NEW: 11	NEW: 6
PENDING: 0	PENDING: 0	PENDING: 1
SOLD: 3	SOLD: 11	SOLD: 6
AVG SALE: \$330,000	AVG SALE: \$432,468	AVG SALE: \$198,000
MAX SALE: \$590,000	MAX SALE: \$566,202	MAX SALE: \$305,000

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Selkirk, MB

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\$1.5M
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Business & Property!

HH TEAM **NEW!**
\$449,000
727 Edith Avenue
Petersfield

HH TEAM **NEW PRICE!**
\$269,900
26080 PTH 44 SSR HWY
St Clements

HH TEAM **2.19 ACRES!**
\$109,900
2 Fuller Road
East Selkirk

HH TEAM **2.20 ACRES!**
\$109,900
10 Fuller Road
East Selkirk

HH TEAM **1.873 SQ FT!**
\$544,900
885 Colville Road
East Selkirk

HH TEAM **INVESTMENT OPPORTUNITY!**
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HH TEAM **1,216 SQ FT!**
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215 Donohoe Cres
Petersfield

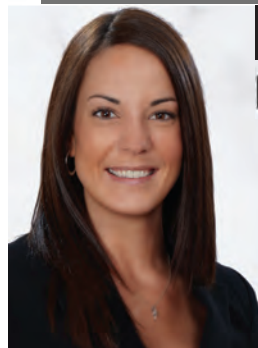
HH TEAM **.53 ACRES!**
\$337,500
5694 NO.9 Highway
St Andrews

HH TEAM **YEAR ROUND COTTAGE!**
\$229,900
28 Wright Street
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HH TEAM **3 SEASON COTTAGE!**
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26 Hideaway Cres
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HH TEAM **2 BEDS 1 BATH!**
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HH TEAM **SOLD!**
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