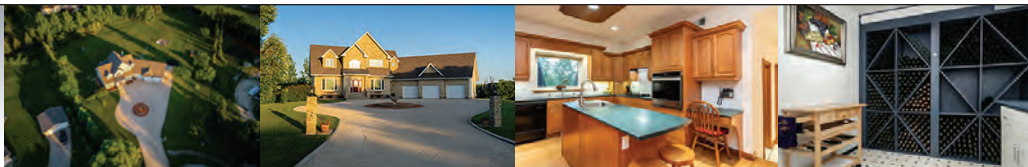




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THURSDAY, JANUARY 19, 2023

VOLUME 14 EDITION 3

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## Sonia's Stand open in Jan.

RECORD PHOTO BY KATELYN BOULANGER

Orders were up at Sonia's Stand in Lockport last weekend. Though not unprecedented, the bout of beautiful weather prompted the opening up of the local restaurant and residents were able to enjoy what is normally summer fair in the winter air.

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# West St. Paul Riverview Landing project brings in crowd

## Council considers zoning by-law amendment for new subdivision in West St. Paul North

By Katelyn Boulanger

It was standing room only and the crowd packed the hallway at the Jan. 12 meeting of West St. Paul council. There were two public hearings on the agenda and the topic of discussion was zoning by-law amendment 2022-09 'P' as well as subdivision application no. S22-2965. The first public hearing was for the discussion pertaining to the rezoning of the Riverview Landing project and the second was for the dividing of the parcel of land into smaller lots.

Because of the large turnout and many people who wanted to speak, only the rezoning of the property, which lies between Main St. and the Red River and beside River's Edge subdivision, was discussed during this council session. Though the developer and a representative from McGowan Russell Group Inc. did do a joint presentation at the beginning of the session in an effort to be more clear about their intent.

West St. Paul mayor Peter Truijen opened the meeting and asked people to be concise as well as respectful when they took their time to speak.

"People here have taken the time to come out and have registered to speak and it is our goal to hear each one of you tonight," he said.

A representative from the Red River Planning District then spoke explaining to residents what would take place in the first public hearing, the zoning by-law amendment 2022-09 'P'. This time was used to discuss the application to rezone the subject land from "A80" Agricultural zone to "RC" Comprehensive Residential zone in order to establish 21 block parcels for future small lot residential development.

This parcel is within the West St. Paul North Secondary Plan and has been identified as a future growth area for a residential subdivision.

When addressing council Jackie Wilkie, vice president of McGowan Russell Group Inc. and representative of the owners of the property, discussed the plan for the future project.

"The comprehensive residential zone as noted has lot widths of 60 feet and a requirement of the lot area of 8000 square feet. So, that is the minimum size that we can do. That is the minimum size that we would be looking to do. The majority of the lots in the future would be bigger than that.

Right now, we do not have a lot plan shown. The RC zoning provides for a range of lot sizes in keeping with the West St. Paul North Secondary Plan, it allows for lots of 60 feet and it can also be bigger. It doesn't mean that we can't go any bigger than 60 feet, it just means that's our smallest width that we can have," Wilkie said.

Wilkie then discussed how public consultations took place in the community.

"During our preparation for this application, we've held public engagement. We did a virtual residential stakeholder meeting where we heard concerns about the plans that were provided. This meeting was held Nov. 18, 2021. We had 39 participants attend the meeting. Participants provided us comments regarding the proposed development and, summarizing here, they noted that they did not want to have 50-foot wide lots. So, we're going to a 60-foot wide. There was not a desire to have multifamily, so, we're not including multifamily in the applications. One of the main points is wanting to have River's Edge Dr. closed to through traffic. So, we are proposing that there is a blockage of the road," said Wilkie.

There is also a requirement in the secondary plan that the lots adjacent to the existing development should be of similar size. "Two webinar sessions were held Feb. 23, 2022. A total of 46 participants attended

the public open houses and an online survey was made available and 18 surveys were completed. From this information that came through the open houses, lot sizes were a concern. There was a desire to have larger lots of 70 and 80-foot widths. For this, the conceptual plan that we've done has wider lots closer to the existing houses and along the river. Smaller lots are included further away from the existing houses at the 60-foot minimum size," said Wilkie.

She says that the connection to River's Edge is going to be left to the decision of the RM.

It was also indicated in Wilkie's presentation that there was an archaeological report that was submitted with the application, and it has recommendations that are going to be followed.

After Wilkie spoke, the developer of the lot Sabie Brar as well as other

members of the public took to the floor to discuss their support for the development.

There were also many members of the public who shared their concerns about the development with council.

The chief concern that almost all residents brought to council was that they did not want the future subdivision to be connected by road to the River's Edge subdivision because of the increase in traffic.

Some other concerns that were brought up were that an archeological survey should be done as the edge of the Red River is known for historical finds.

How water may affect existing wells was a concern, however, Brar assured residents that municipal water and sewer would be brought to the development and that it would be at the

Continued on page 4



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Jackie Wilkie speaking at the public hearing.

RECORD PHOTO BY KATELYN BOULANGER

> RIVERVIEW LANDING,  
FROM PG. 3

cost of the developer so existing wells should not be affected.

There was also concern that the proposed lots across from the current River’s Edge development did not mirror the River’s Edge lots. Some residents were also concerned that two-story houses might be put on these lots and voiced that they didn’t want people overlooking their backyards.

There was a concern about the lot sizes being smaller than those in River’s Edge.

A difficulty that was addressed by a resident during their time to speak at the meeting was that because some residents had to stand in the hallway waiting for their time to speak, they were unable to hear what was going on in the council chamber.

Some residents expressed that they are worried that West St. Paul’s services may not be able to support this and future developments that are in the works.

One resident, in particular, was concerned that when looking at the sheet of people who signed up to speak she felt that many of the people in favour of this project seemed to have Winnipeg addresses. She was concerned that her voice in this matter, as someone who lives and pays taxes in West St. Paul, counted the same amount as someone who doesn’t reside in the RM.

The tally from the RM as of Jan. 16 for the zoning by-law amendment 2022-09 ‘P’ public hearing showed that 166 people were registered for the rezoning, 22 registered against, and 6 people were registered as there for information.

In an effort to hear all residents’ concerns, West St. Paul Council had to adjourn the first public hearing when it was apparent that they would not be able to complete the evening’s events before 10:30 p.m.

In order to continue to hear residents’ concerns and have space for all, the Public Hearings have been scheduled to continue Thurs. Jan. 19 at 5:30 p.m. at West St. Paul’s Access Centre formally Sunova Centre.

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# Nova House wants to connect residents with resources

## Lunch & Learn events help give residents more info about our community

By Katelyn Boulanger

If you've ever wanted to learn more about the resources in our community, one way to do that is to join Nova House staff at their Lunch & Learn events.

"Our Lunch & Learns are meant to be informal learning sessions. We try and provide the community with agencies that they can access, and that they may not know, as well as some of the general information that these agencies provide, and usually, the agencies we interact with, provide services free of charge," said Jola Hnatiuk, Outreach Coordinator for Nova House.

One of their recent Lunch & Learn events had staff from the Gaynor Family Regional Library explain how many services are available from our local library. Libraries, like ours in Selkirk, are no longer just places to come and borrow a book but hubs of the community which can connect you with a wide array of information as well as programs for people of all ages.

"They gave us a tour and told us about all the programs they offer. We did a walk through and she explained how the geothermal worked in the library. I didn't know anything about that. So here I am learning things as we go too," said Hnatiuk.

Their next Lunch & Learn event will take place at Selkirk United Church on Jan. 26 from 12 to 1 p.m. and will be a presentation about how you can access Public Health Services throughout the Interlake-Eastern Health Authority. This is a free event.

The presentation will cover the programs that they offer including what services you can receive through the public health office, their community programs, and the services that they can provide through their outreach van.

Hnatiuk explained that events like this are great because everyone benefits from the residents that come to the event to the groups that connect

and can then find ways to collaborate more closely so that even more people can learn about all of the opportunities available in our region.

She also said that though Nova House is our local youth and women's domestic violence shelter, this is an event that is open to anyone in the community.

"Every month we're trying to host them and it's just an informal event. People can come over during the lunch hour and you can bring your kids," said Hnatiuk.

She encourages residents to come to the Lunch & Learn events because often community resources provide more services than people realize.

"It's not all just cut and dried. There're so many different aspects to each agency that offer different services. For example, I had no idea prior to my work here at Nova House that public health had a mobile van. They do pop-up vaccinations. They attend events. They can give you vaccinations on site, or you can come into their office. They can help you find a doctor or they can offer referrals for hearing. They can connect you with the baby programs. There are so many different things that they do and I think it's important that the community knows," said Hnatiuk.

Residents can register for this event by calling or texting 204-485-1711 or emailing outreach@novahouse.ca. Residents should be aware that the event does not include lunch but takes place over the lunch hour to make accessing the event more convenient for people who may have obligations during the day, however, residents can bring their own lunch or snack to the event.

To keep up with Nova House and to learn about future Lunch & Learn events you can keep an eye out for posters in the community or follow them on Facebook.



RECORD FILE PHOTO BY BRETT MITCHELL

Nova House staff welcoming residents to their Wellness Day event last year.



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# In a flurry to go sledding? Selkirk's got you covered

## Enjoy the winter season by heading out for some fun at Little Lake Park

By Katelyn Boulanger

It's a slippery slope and everyone is going downhill at Little Lake Park because of the free to use sleds that the City of Selkirk is providing park goers this year.

"It's a bin located at Little Lake Park that contains a variety of different toboggan sleds. It's free to use. Anyone can come and grab a sled out of the bin, and enjoy it on the hill at Little Lake," said Courtney Bangert-Murray, program coordinator for the City of Selkirk.

The idea for a program like this is not new in Selkirk as the city has other programs that allow people to access sporting equipment, however, this is the first time that a sled borrowing opportunity has been available at Little Lake Park.

"We have an equipment lending program that runs out of the Kin Center in the spring, summer and fall and

this is a little bit of an extension of that type of concept. Really it's just encouraging people to get active in safe spaces and helping to reduce barriers so that more people can enjoy recreation and leisure opportunities," said Bangert-Murray.

Currently, the sled borrowing bin has been operational since December and started with a half dozen sleds provided by the city.

"We are monitoring it right now just to see if we need to replenish, if one gets broken or something like that. And, the public's also encouraged that if they have toboggans at home, that kids have grown out of them or, they're no longer being used, They're welcome to also drop them off there to be used by the public," said Bangert-Murray.

The plan for the sled bin is to have it available to the public until the spring comes and it's no longer safe to sled

down the hill.

Bangert-Murray encourages anyone who uses the sleds to use them safely as using the sleds is an activity that residents do at their own risk.

"We want to make sure that, people are supervising their children and making sure that they're using the sled properly. So, sitting in or going feet first down the hill to make sure that they're, being as safe as they can doing an activity that is enjoyable," said Bangert-Murray.

The city's sled bin also has recommendations such as making sure that people and obstacles are clear before sliding down, avoiding the sledding area when you walk back up the hill, getting out of the way quickly when your sled stops, wearing a helmet, and avoiding wearing dangling clothing like scarves so they don't get caught.

Bangert-Murray also noted that this opportunity is free for anyone to enjoy which means not only our community's youth but adults are also encouraged to get out and have some

fun this winter if they feel like taking a ride down the hill.

"We want to help promote that there are so many great health benefits and wellness benefits of just getting outside and being active, especially in the winter. I know sometimes, even myself, it's hard to get out in the winter when it's cold and you might prefer to go in the spring or the summer, but there's so much that comes out of getting outside and staying physically active, and connecting to nature. Little Lake Park is so beautiful with the big mature trees there and it's a great place to go," she said.

You can follow the City's social media or sign up for their email blasts to keep up to date with the latest news on future city lending programs. They also have information about all of the city's parks and their amenities at <https://www.myselkirk.ca/park-sandpathways/parks/>.



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# Selkirk RCMP arrest 3 and seize drugs following robbery

Submitted by Manitoba RCMP

On Jan. 3, at approximately 9:50 p.m., Selkirk RCMP received a report of a robbery at a business on Main St. in Selkirk, where an employee had been assaulted and received minor physical injuries. Three suspects fled the scene in a vehicle. Selkirk RCMP immediately conducted patrols, and the suspect vehicle was located south-bound on Highway 9, near Lower Fort Garry.

A traffic stop was initiated, how-

ever, the suspect vehicle did not stop. Officers were able to get the vehicle stopped on Liss Road. The driver of the vehicle fled on foot but was apprehended a short distance away. The two passengers inside the vehicle were arrested.

When the vehicle was searched, stolen property was located, as well as methamphetamine, a substance believed to be purple fentanyl, and drug paraphernalia.

The three men face several charges.

# Selkirk RCMP arrest 2 for theft committed in a stolen van

Submitted by Manitoba RCMP

On Jan. 4 at approximately 11:25 a.m., Selkirk RCMP received a report of a theft in progress at a business on Manitoba Ave. in Selkirk. Loss prevention officers attempted to detain a male, but he fled on foot and left a van behind in the parking lot. Officers arrived on scene within minutes and were able to trace the suspect into another nearby business.

Investigation determined two males had attempted to steal more than \$1000 worth of merchandise from the business before being approached by the loss prevention officer. In the cart with the merchandise were stolen items from another business, worth approximately \$1000. Officers determined the van the suspects were driving was stolen out of Winnipeg, both suspects were in breach of court orders, and both suspects were wanted

on outstanding arrest warrants.

Police arrested Mohit Kumar, 30, and Bhalbhinder Gill, 26, both from Winnipeg.

Kumar is facing charges of Theft of Property Under \$5000, Possession of Property Obtained by Crime x2, and Fail to Comply x2.

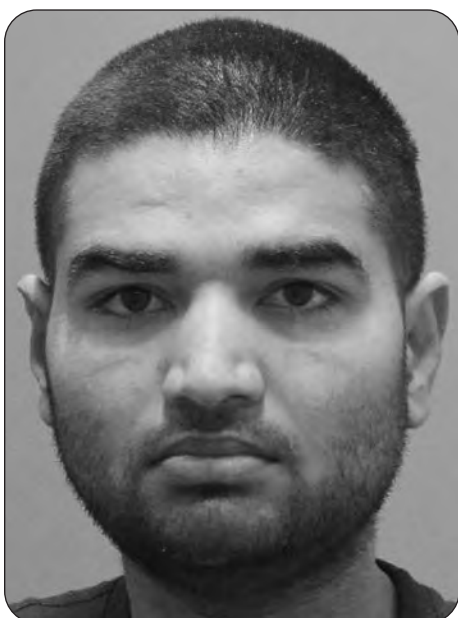
Gill is facing charges of Theft of Property Under \$5000 x5, Possession of Property Obtained by Crime, and Fail to Comply.

Kumar remained in custody. After an appearance with a Justice of the Peace, Gill was released from custody at 1:43 p.m.

At 1:56 p.m., Selkirk RCMP were notified of an assault and robbery of a vehicle in the parking lot of a business close to the RCMP Detachment. Officers attended and identified the suspect as Gill. A warrant is now issued for Gill for Robbery, a charge which includes the assault.

The victim of the assault did not sustain physical injuries.

The investigation continues. If you have information on the whereabouts of Bhabhinder Gill, please call Selkirk RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com).



RECORD PHOTO SUBMITTED  
Bhalbhinder Gill.

# Male in custody found to have ingested drugs

Submitted by Manitoba RCMP

On Jan. 9, at approximately 3:25 a.m., Selkirk RCMP on patrol were flagged down by a driver at a business on Main St., in Selkirk. He reported he had picked up a hitchhiker, who was now causing a disturbance and refusing to leave the vehicle.

Officers spoke with the suspect and once his identity was confirmed, he was found to have numerous outstanding warrants including a parole warrant. He was arrested and transported to Selkirk RCMP detachment.

Officers began to suspect the male may have ingested drugs as an attempt to smuggle them into prison, as he repeatedly asked to be taken to a particular institution.

To ensure the male's safety he was

transported to hospital. Once at the hospital the male used the washroom and passed a balloon filled with 34 grams of methamphetamine.

The 26 year old man has been charged with Possession for the Purpose of Trafficking. He was remanded into custody.

"Officers have begun to see a number of individuals turning themselves in for the purpose of smuggling drugs into prison," said Staff Sergeant Kyle McFayden of Selkirk RCMP Detachment. "Thankfully these officers recognized this and took precautions to ensure the male was not injured and the drugs were recovered. Ingesting drugs is incredibly dangerous and can lead to death."

# Application under the Canadian Navigable Waters Act

Manitoba Transportation and Infrastructure (MTI) hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Canadian Navigable Waters Act for approval of the work described herein and its site and plans.

Pursuant to paragraph 7(2) of the said Act, MTI has deposited with the Minister of Transport, on the on-line Common Project Search Registry (<http://cps.canada.ca/>) and under registry numbers or, under the NPP File Numbers indicated below the description of the proposed works, their sites and plans:

- Bridge replacements project over Rice Creek in the Rural Municipality of Alexander

Location	Latitude	Longitude	Registry No.	TC-NPP File No.
PR 313, NE ¼ 10-16-13E	95° 43' 32"	50° 19' 54"	6976	2022-606986
PR 315, SW ¼ 8-16-13E	95° 46' 57.6"	50° 29' 27.0"	6977	2022-606985

Comments regarding the effect of these works on marine navigation can be sent through the Common Project Search site mentioned above under the Comment section (search by the above referenced number) or if you do not have access to the internet, by sending your comments directly to:

Navigation Protection Program – Transport Canada  
344 Edmonton Street  
Winnipeg, MB  
R3C 0P6

Transport Canada (TC) will not make your comments on a project available to the public on the online public registry. However, any information related to a work is considered as unclassified public record and could be accessible upon legal request. As such, the information and records provided should not contain confidential or sensitive information. If you want to provide confidential or sensitive information that you think should not be made public, please contact TC before submitting it.

However, comments will be considered only if they are in writing (electronic means preferable) and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Posted this 19<sup>th</sup> day of January 2023 by MTI.

Manitoba



**SELKIRK SUPPORT GROUP**  
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# The Selkirk Record



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## Twenty-five COVID deaths in Manitoba first week of year

### Eriksdale hospital lab, ER service reinstated

By Patricia Barrett

Twenty-five people in Manitoba died from COVID in the first week of the new year, according to the provincial government's respiratory surveillance report for Jan. 1-7 (reporting Week 1). The government reported 38 deaths in the last week of 2022.

There were 39 new hospitalizations with seven intensive care admissions for COVID in Week 1. The last week of 2022 saw 111 new hospitalizations with 23 ICU admissions.

There were 125 new COVID infections reported in Week 1. There were 134 new COVID infections reported in the last week of 2022.

Provincial data are an undercount of the true number of infections as the government restricts access to PCR lab testing and rapid antigen tests aren't tracked.

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

Manitoba's COVID death toll was 2,369 as of Dec. 31, 2022, according to the federal government's COVID outbreak webpage. Canada, so far, has had a total of 49,566 COVID deaths.

While COVID continues its quest around Manitoba, influenza cases have decreased.

According to the surveillance report, there were 52 new cases of influenza A and zero cases of influenza B in Week 1, along with 12 new hospital admissions.

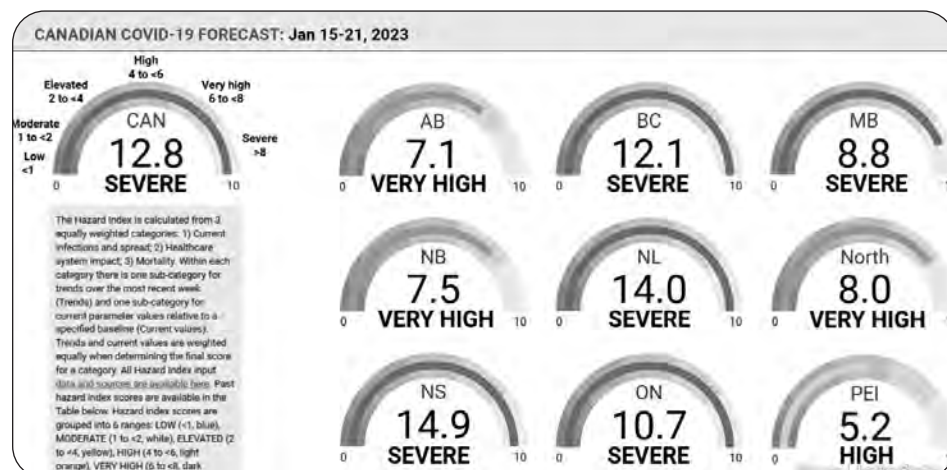
In total, there have been 2,562 cases of influenza A and two cases of influenza B so far this season, as well as 643 hospital admissions and 54 deaths.

Respiratory syncytial virus (RSV) increased in Week 1 with 164 new detections.

#### Other health news:

Outpatient lab and ECG services were reinstated at the E. M. Crowe Memorial Hospital in Eriksdale, starting Jan. 9.

But outpatient X-ray service is unavailable at the Eriksdale hospital; the service is being offered at the Ashern hospital for the month of January, ac-



#### COVID-19 RESOURCES CANADA

COVID-19 Resources Canada's forecast for Jan. 15-21 shows Manitoba's COVID risk remaining at severe, with a score of 8.8. The hazard score is based on current infections/spread, health-care system impact and deaths.

cording to a joint Shared Health and Interlake-Eastern Regional Health Authority notice published in the *Express Weekly News* Jan. 12 edition.

Outpatient ultrasound at the Eriksdale hospital continues to be available.

The Eriksdale hospital's emergency department re-opened, starting Jan. 16, after being closed for about a month and a half because of staffing issues. The IERHA's online ER schedule shows the hospital offering five days of 24-7 service over the period Jan. 16-31. The joint notice says the ER will be open on Mondays and Thursdays for the remainder of January.

There continues to be scaled-back ER service at the Arborg hospital for the above period, with seven days on which a doctor will be available either 24-7 or half days. ERs at the Ashern, Gimli and Selkirk hospitals show 24-7 availability for the entire period. Stonewall's ER is available on a 24-7 basis for all but three days. In the eastern half of the health region, Pine Fall's ER – which had been temporarily suspended for several months – is open either on a 24-7 basis or half days on 15 days out of 16-day period. The ER schedule is subject to change.

- COVID outbreaks declared at Stonewall's Rosewood Lodge Personal Care Home (in Appleyard Bay) on Dec. 13, Selkirk's Betel Personal Care Home on Dec. 30 and Oakbank's Kin Place Personal Care Home on Jan. 3 continue, according to the IERHA's outbreak webpage (viewed Jan. 14). An RSV outbreak at Stonewall's Rosewood Lodge Personal Care Home (in

Shura Lana) declared on Dec. 22 also continues.

- The World Health Organization's COVID-19 technical lead and infectious disease epidemiologist Maria Van Kerkhove said a rapid risk assessment published on XBB.1.5, an omicron subvariant that has been reported in 38 countries to date, indicates there is no potential change in disease severity as yet.

The report dated Jan. 11 says severity assessments of XBB.1.5 are ongoing and that the subvariant "does not carry any mutation known to be associated with potential change in severity ...." However, XBB.1.5 may contribute to increases in infections.

Because infection estimates are based so far on XBB.1.5's rapid escalation in only one country – the United States – it's too early to say whether the subvariant will take off in other countries.

There is moderate confidence that the XBB variants, as well as BQ.1, are the "most antibody-resistant" variants to date, states the report.

- The WHO's weekly epidemiological update says there were almost 2.9 million new COVID cases and over 11,000 deaths worldwide from the virus reported over the period Jan. 2-8.

The WHO says infection data is likely an underestimate as countries have changed testing strategies. That has resulted in lower numbers of tests being performed and, consequently, "lower numbers of cases detected."

Globally, there have been over 6.6 million COVID deaths reported as of Jan. 8



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#### EDITORIAL

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View the Selkirk Record online at [selkirkrecord.ca](http://selkirkrecord.ca)

Funded by the Government of Canada



The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca) or dropped off at our office. Letters must include the name and mailing address of the writer.

#### TROUBLE WITH PAPER DELIVERY?

Christy Brown, Distribution Mgr.: 204-467-5836

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# Lockport Ice Fishing Village brings fishers to community



**RECORD PHOTOS BY KATELYN BOULANGER**  
Fishers lined the Red River in Lockport last weekend. A combination of beautiful weather and the conveniently accessible ice fishing village created by Red River Cats and the Lockport Community Development group saw many fishers come down to spend the afternoon on the ice.



# First baby of the year arrives at Selkirk Regional Health Centre

Submitted by IERHA

An early morning drive from Arborg area to Selkirk through thick ice fog ended with the first birth of the year at Selkirk Regional Health Centre in Interlake-Eastern Regional Health Authority.

Wanda and Samuel Wipf welcomed their fifth child, Zachary Don, at 9:05 a.m. on Wednesday, Jan. 4.

He weighed 6 lbs, 11 oz and is 21.5" long.

"He's the smallest one yet," said Wanda, comparing him to his siblings Noah, 9; Logan, 7; Lindsay, 6; and Jackson, 3.

Zachary will be welcomed with open arms by his brothers and sister who are at home with their grandma at Broad Valley Colony.

"We sent them a picture this morning and apparently they are hitting the ceiling," said Samuel.

The birth was attended by Dr. Margaret Speer. This was Wanda's fourth birth at Selkirk Regional Health Centre where she says she has always been treated very good. The couple said everyone is very helpful and they have always been welcomed at the health centre.

During their stay in the obstetrics unit, Betty Milkowski, president of the Selkirk Regional Health Centre's Ladies Auxiliary, visited the Wipf family to celebrate Zachary's arrival. She presented them with a new play pen, diapers, sleepers and toys on behalf of the auxiliary.

"This is such a wonderful way for us to start the year," said Milkowski.

Clinical team manager for the obstetrics unit, Jamie Brown, said they are pleased that the Wipf family has made Selkirk Regional Health Centre their preferred location for their deliveries.

"We are very proud of our obstetrics unit and the team that works to provide care. It is our pleasure to help families get off to a great start. For those who are interested, we do offer epidurals. We encourage anyone interested in delivering with us to call the health centre at 204-482-5800 to learn more and arrange a tour of the unit," said Brown.

In 2022, there were 397 births at Selkirk Regional Health Centre which is Interlake-Eastern RHA's birthing centre.



PHOTO SUBMITTED

Wanda and Samuel Wipf and their child, Zachary, who is Interlake-Eastern RHA's 2023 New Year's baby.

## Manitoba government launches nomination process for capital planning region board

### Positions will represent our municipalities in guiding capital planning

Submitted by the Manitoba government

The Manitoba government is accepting nominations for the first provincial board member appointees to the newly established Capital Planning Region, Municipal Relations Minister Eileen Clarke announced Jan. 4.

"We are looking for Manitobans

with a range of skills, experiences and backgrounds to work alongside municipally appointed directors to guide the Capital Planning Region in its first years of operation," said Clarke. "The new board will be a forum for regional collaboration to achieve common goals while ensuring the unique and distinct character of each community in the region can flourish and grow. Regional

municipal members will bring unique experiences and perspectives to the table, and work collectively with provincial board appointees to harness regional opportunities and foster the long-term growth of the region."

The Manitoba government established the Capital Planning Region to enhance economic and social development by improving and coordinating sustainable land use and development between the 18 member municipalities.

The board of the Capital Planning Region consists of one director from each member municipality. The province will add up to four additional

board members to facilitate conversations among municipalities and add provincial perspectives and relevant expertise, the minister said.

The Capital Planning Region board will be responsible for:

- adopting a regional plan that is set in by-laws;
- leading the development of regional responses to the planning issues of its member municipalities; and
- identifying and promoting opportunities for the regional member municipalities to co-operate in the cost-effective development of infrastructure and the provision of services on a regional basis.

The minister noted the new board will also ensure the organization complies with applicable legislation, regulations and provincial policies as well as transition related functions from the Winnipeg Metropolitan Region organization.

Directors will serve a three-year term, after which they may be re-appointed and continue to hold office until a successor is appointed.

The deadline for applications is Feb. 1. For more information about eligibility or to apply, visit <https://jobsearch.gov.mb.ca/generateBulletin.action?ID=96833>.

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# Canada welcomes historic number of newcomers in 2022

Before 2021, last time Canada welcomed such large number of newcomers was in 1913

## Submitted by Government of Canada

Canada has experienced one of the fastest recoveries from the pandemic, thanks in large part to our approach to immigration. Newcomers enrich our communities, and contribute to our economy by working, creating jobs and supporting local businesses. Recognizing their value, the Government of Canada planned to welcome 431,645 new permanent residents in 2022.

The Honourable Sean Fraser, Minister of Immigration, Refugees and Citizenship, announced Canada has reached that target, surpassing our previous record from 2021. This represents the largest number of people ever welcomed in a year, in Canadian history. Prior to setting a new record for admissions in 2021, the last time Canada welcomed such a large number of newcomers was in 1913.

This incredible achievement would not have been possible without the employees of Immigration, Refugees and Citizenship Canada (IRCC), who continue to set the bar higher for processing. In 2022, IRCC processed approximately 5.2 million applications for permanent residence, temporary residence and citizenship. That's double the number of applications processed in 2021.

As we plan to continue to welcome historic numbers of newcomers, IRCC has added resources, embraced new technology, streamlined processing, and brought more processes online. These changes are all important improvements to Canada's immigration system, which will position us well for the future. As the Government of Canada focuses on addressing the acute labour market shortages we are facing today and building a strong economy into the future, one thing remains certain: immigration is a key

part of the solution.

## Quick facts:

- The number of permanent residents Canada welcomes each year is based on the annual Immigration Levels Plan that is tabled in Parliament.
- The 2022-2024 Immigration Levels Plan was tabled on February 14, 2022 and the 2023-2025 Immigration Levels Plan was tabled on November 1, 2022.
- Immigration accounts for almost 100% of Canada's labour force growth. Roughly 75% of Canada's population growth comes from immigration, mostly in the economic category. By 2036, immigrants will represent up to 30% of Canada's population, compared with 20.7% in 2011.
- Canada's aging population means that the worker-to-retiree ratio is expected to shift from 7 to 1 50 years ago to 2 to 1 by 2035.
- During the 2021 Census, nearly 1 in 4 people counted were or had been a landed immigrant or permanent resident in Canada, the highest proportion since Confederation and the largest proportion among G7 countries.
- Just over 1.3 million new immigrants settled permanently in Canada from 2016 to 2021, the highest number of recent immigrants recorded in a Canadian census.
- Immigrants account for 36% of physicians, 33% business owners with paid staff, and 41% of engineers.
- In the Fall Economic Statement, the government committed an additional \$50 million in 2022-23 for IRCC, to address ongoing application backlogs, speed up processing, and allow skilled newcomers to fill critical labour gaps faster.

# Rotary club's 2023 vocational award



RECORD PHOTO SUBMITTED

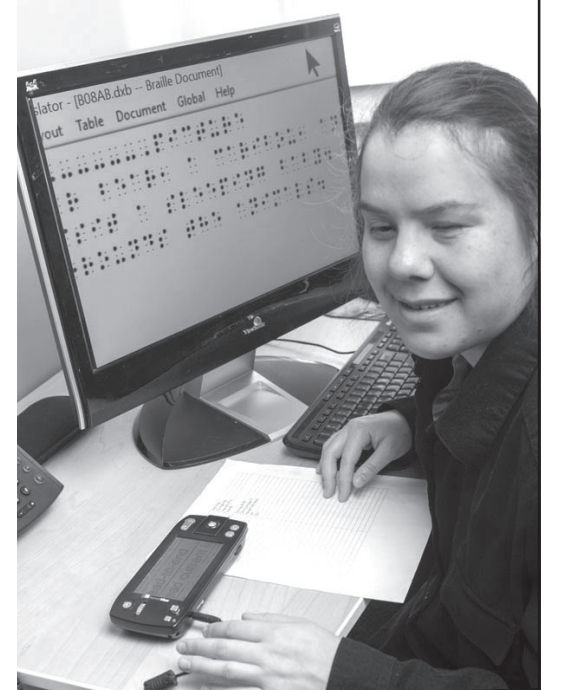
On Jan. 9, a vocational award was presented to Aaron Hoium, of Aaron's No Frills by the Selkirk Rotary Club. These awards are presented to community members who exemplified outstanding professional achievement while maintaining a very high ethical standard. Some of Hoium's contributions include teaming up with Selkirk Mobility to provide an opportunity for people with temporary or permanent mobility issues to receive free door to door service twice a month to get their groceries. In addition, Aaron's No Frills was also the first donation to the IERHA Harm Reduction Fun and has contributed to every school in the LSSD.



The Manitoba Accessibility Fund provides **grants up to \$50,000** to businesses, non-profit organizations, municipalities, on reserve organizations and public sector organizations to create awareness and compliance with the Accessibility Act for Manitoba.

Learn more about the Manitoba Accessibility Fund and how to apply at: [AccessibilityMB.ca](http://AccessibilityMB.ca)

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# Test your home for radon this winter: Health Canada

By Ashleigh Viveiros

As we all hunker down inside during the coldest months of the year, Health Canada is working to get the word out about a hidden danger that may be lurking in your home.

The agency is urging Canadians to test their homes for radon, a radioactive gas naturally produced by the breakdown of uranium in the ground.

Living as we do on the uranium-rich soil of the Prairies, Manitobans need to be especially aware of the dangers of radon, says Eveline Schroth, senior environmental health specialist with Health Canada.

"Across Canada, about seven per cent of Canadians live in a home that is above the guidelines," she says. "We are one of the higher countries in the world [for radon exposure]."

"In Manitoba itself ... it's 19.4 per cent."

That's a sobering number, especially considering that radon is the number one cause of lung cancer in non-smokers, killing more than 3,200 Canadians every year.

The gas can easily enter homes undetected through cracks and gaps in the floors and walls that are in contact with the ground.

You can't see it, smell it or taste it,

but it's most certainly there in some amount, Schroth says.

The only question, then, is how high is that amount in your own home? For that, you need to do a simple test, one that's best to launch during the fall or winter months.

"Testing is pretty straightforward," Schroth says, explaining you can simply pick up a radon testing kit from your local hardware store and follow the directions to install it somewhere it won't be disturbed (also keeping it away from high-humidity areas like kitchens or washrooms).

"They're just this little plastic thing, almost like a little tiny hockey puck," she says, stressing the importance of letting it gather readings for three months to get an accurate picture of the long-term exposure in your home. You can also hire a certified professional to perform the test for you, if you're so inclined.

Once the three months are up, you send the kit into a lab for the results.

If those results come back in the danger zone (Health Canada pegs that at more than 200 Bq/m<sup>3</sup>), you'll want to reach out to a certified radon mitigation professional to take steps to lower those numbers and lessen your family's cumulative exposure to



SUPPLIED PHOTO

This little device can give you a clearer picture of just how high the radon readings are in your home—and whether or not you should consider mitigation efforts to lower them.

the gas.

There's a few ways they may do that, including a method called sub-soil depressurization, which works by sucking air (and radon gas) from beneath the foundation of a home and venting it outside.

Costs for radon mitigation depends on how big your home is and what work is needed, but could range from \$2,000-\$4,000.

So it's not cheap, but, from a health standpoint, to lessen your long-term exposure to radon, it's most certainly worth it, Schroth says, and there are programs in place that could help defray the costs.

The Canadian Lung Association's new nationwide Lungs Matter

program, funded in part by the Take Action on Radon initiative, offers low to moderate income families grants for radon mitigation costs. Application details are available at <https://www.lung.ca/lungs-matter-radon-mitigation-support>.

Take Action on Radon also holds an annual sweepstakes where homeowners who have already paid for radon mitigation have the chance to win cash for their efforts. More information is available at [TakeActiononRadon.ca](https://www.TakeActiononRadon.ca)

You can find certified mitigation professionals by heading to [Canada.ca/radon](https://www.Canada.ca/radon) or calling 1-833-723-6600.

## Pharmacists Supporting Manitobans with their New Years' Resolutions to Quit Smoking

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The application deadline is February 3, 2023 for all provincial park seasonal campgrounds.



For more information about the seasonal camping program, please call 204-945-3934; toll free 1-800-214-6497; or email [seasoncamp@gov.mb.ca](mailto:seasoncamp@gov.mb.ca)

Manitoba 

Submitted by Pharmacists Manitoba

Pharmacists Manitoba launched a Social Impact Bond with the Government of Manitoba in April 2022 referred to as "Quit Smoking With Your Manitoba Pharmacist." This initiative is also supported by Canada Life and ClaimSecure. The goal of the social impact bond is to help 4500 Manitobans become smoke free by March 31, 2025.

"With 2023 around the corner, we are encouraging those who have set 'quitting smoking' as their new years' resolution to take advantage of this initiative" said Tanjit Nagra, CEO, Pharmacists Manitoba.

Individuals eligible for this program must

be 18 years of age or older, be a Manitoba resident with a valid Manitoba Health card, and consent to participate in the program. Through the program, individuals will receive up to a \$100 subsidy towards smoking cessation products. The service will be delivered through an initial one-hour assessment, up to nine follow up counselling sessions, and prescribed first-line smoking cessation pharmacotherapy.

"Quitting smoking is not an easy task, but we hope that with the help of a pharmacist and resources made available through this initiative, interested participants will feel motivated and supported every step of the way" said Nagra.

There are 200 participating pharmacies across Manitoba, throughout all health regions. Interested individuals can visit [www.quitsmokingmb.ca](https://www.quitsmokingmb.ca) and find a participating pharmacy near them to book an initial appointment.

Smoking cessation services are also available in additional languages at various pharmacies across the province. A full of available languages and where these additional language services are being offered can be found at [www.quitsmokingmb.ca/languages](https://www.quitsmokingmb.ca/languages).

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# Manitobans impacted by dementia break silence on stigma

"Support changes everything"

By Rachel Wilson

This January, during Alzheimer's Awareness Month, the Alzheimer Society is creating awareness about the many resources available to help support families as they face the challenges of living with dementia.

With more than 18,400 Manitobans living with dementia today, a number expected to reach 39,100 by 2050, the Society continues to enhance support for families impacted by dementia and meet their needs early in, and throughout, their journey. Their First Link® program connects people living with dementia and their care partners with community, support, knowledge and expertise so they don't have to face dementia alone.

"Whether it's before, during or after a diagnosis, the Alzheimer Society is the first place you can turn," said Erin Crawford, Program Director, Alzheimer Society of Manitoba. "The Society gives you access to dementia-friendly expertise and resources and connects you with a community of people who understand what you're going through."

When Marcel Hebert's wife Ida was diagnosed with frontotemporal dementia at 55, the couple was shocked and overwhelmed. The First Link® program connected Marcel with information about Ida's type of dementia and to a care partner support group where he met and received support from others in a similar situation.

"I didn't think someone as young as

Ida could be diagnosed with dementia. I thought it was something only older adults could get," said Hebert. "It was such a relief to speak with someone from the Alzheimer Society, she gave us the guidance we needed. And the support I received from my care partner group changed everything for me."

The goal of the Alzheimer Society's First Link® program is to ensure that people living with dementia and their care partners have the proper support and information from the moment they notice the first signs of dementia and throughout the progression of the disease.

"The more help and support we give now, the better our province will be at caring for the rising cases of dementia expected to come," said Crawford.

To get connected to support, contact your local Alzheimer Society today at 204-943-6622 (Winnipeg), 1-800-378-6699 (Provincial) or visit [www.alzheimer.ca/FirstLink](http://www.alzheimer.ca/FirstLink).

Follow the Alzheimer Society throughout January to see more stories like Marcel's and hear from Manitobans impacted by dementia about how the support they received from the Society has made all the difference.

## Quick facts - National Statistics

- Today, more than half a million Canadians are living with dementia, including Alzheimer's disease.

- By the year 2050, more than 1.7 million people in Canada will be living with dementia.

- Care partners for people with dementia provide an average 26

## Support Changes Everything

For people living with dementia, the Alzheimer Society is your first link to a network of support, knowledge and people ready to help.

Alzheimer Society  
MANITOBA  
Dementia Care & Brain Health

FIND SUPPORT

[alzheimer.mb.ca](http://alzheimer.mb.ca)

First Link® Premier Care

hours of caregiving per week compared to 17 hours per week for seniors with other health issues (coming from data out of the Canadian Institute for Health Information (CIHI)). Data from the CIHI has shown that:

- 45% of care partners providing care to people living with dementia exhibit symptoms of distress. This is twice the rate compared to care partners of older adults with health conditions other than dementia (26%).
- 21% of care partners feel unable to continue their caring activities due to stress

## The Alzheimer Society

- Alzheimer Societies across Canada provide programs and support services for people with all forms of dementia, including Alzheimer's disease, and their care partners.

- Alzheimer Societies across Canada provide caregivers and families with information, education and resources to help them support the person in their care who is living with dementia.

- The Alzheimer Society is a leading Canadian funder of dementia research. Since 1989, we have invested over \$70 million in grants and awards toward innovative dementia research through the Alzheimer Society Research Program, improving the quality of life for people with lived experience and bringing us closer to a future without Alzheimer's disease and other dementias.

- The Alzheimer Society is a key partner in the development of Canada's first national dementia strategy, which will enhance research efforts and ensure access to quality care and support for all Canadians affected by dementia,

- The Alzheimer Society is the organization behind First Link® and all the important services and supports it provides to those diagnosed with dementia across Canada.

(The Landmark Study – 2022)

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**MANITOBA** CANADA'S HEART IS CALLING



# Your FARM



## Building a microgreen business, one tray at a time

By Raegan Hedley

Five years ago, Kurtis Bouskill walked into his 4,000 sq. ft. barn and thought, "what a waste." His family farm near Stonewall stopped shipping milk 17 years ago, and they hadn't done

much with the dairy barn since.

"It's a very good building, and I wanted to use it for something other than just storage," he says. "I felt it was a shame."

Bouskill went to YouTube for an answer. He

noticed people were using spaces like his for indoor growing. Inspired, he turned to books, YouTube and experience to get started.

"There's plenty of information out there, obviously, and I just kind of follow what people have already done and succeeded at," said Bouskill. "I had a wealth of knowledge in my back pocket even before I started, and I farm too, so there's that business as well. I lean on that a lot."

Bouskill owned an automotive business for a long time until he recently sold it, so building something from the ground up wasn't new to him.

"With my other business, I'd been at it for 25 years, so I couldn't learn any more there. I wanted to try something new, and it just made sense for how things are now," said Bouskill. "To keep this farm rolling...I had to come up with a different plan."

And that's how Jackfish Creek Gardens, a local microgreens business, came to be. Named after the river that runs through the family farm, Bouskill says Jackfish Creek Gardens is his passion project. Over a five-year period, Bouskill slowly retrofitted the barn to make it more efficient for indoor growth. His wife, Camille, works on the business, but he didn't hire any other help, opting instead to do all the work himself on a "shoestring budget." He was experimenting and trying to figure out what to grow during this time.

"I just started chipping away at it...until I got good at it," said Bouskill. "I know how to fail and I try not to let it discourage me."

Indoor growing is all about the environment, which Bouskill says he learned quickly after experimenting with buttercrunch lettuce and basil and "failing miserably."

"The lights are one thing, but the temperature and humidity

Continued on page 16



PHOTOS SUBMITTED

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# Happy retirement to a long-standing pharmacy assistant

By Jennifer McFee

A long-serving pharmacy assistant employed with Interlake-Eastern Regional Health Authority recently celebrated her retirement after an impressive career that spanned more than five decades.

Gladys Moroz worked her last day on Thursday, Nov. 17 in the pharmacy at Selkirk Regional Health Centre, back where she initially launched her career around 1970.

"I worked in Selkirk at the old hospital, then at Seven Oaks, then in Yellowknife and now have 16 years here at the Selkirk hospital," she said. "So I've come full circle. I've been in pharmacy all this time."

Prior to embarking on her career path, Moroz gained additional experience in the health sector.

"At the old hospital, I worked in the laundry part time there," she said. "They just approached me and asked me if I wanted to work in the pharmacy when the person left."

With more than 50 years of experience as a pharmacy assistant, Moroz has proven to be adaptable.

"There have been lots of changes — some good and some not so good," she said. "You've just got to go with the flow."

Kurt Schroeder, regional director of pharmacy, reflects on the positive impacts of her work.

"She's amazing from a resiliency perspective. With all the changes in technology in health care, she's been able to adapt all along — from the days when pharmacy was looking after material purchasing and doing a lot of compounding," he said.

"She's been here from when we used typewriters through all the iterations of computer systems right through to the new hospital where we have a state-of-the-art pharmacy. She's been able to roll with the

changes every step of the way."

Moroz started her career at a time when drugs such as Lasix, Advil and Valium came on the market, he added.

"She's been around to see this whole explosion of new drugs and therapies. She experienced these modern marvels coming onto the market and she's been an active participant in the work to bring these to patients, which is just amazing," Schroeder said.

"When she started, we had only a handful of antibiotics on the shelf and now we have so many. As everything has gotten more complex, she's been able to effectively go about her role."

One of these roles has been to oversee orders from other hospitals and ambulance stations throughout the Interlake-Eastern region.

"She got the orders, packaged them up and got it all couriered out. I'm guessing she's handled and moved \$40-million worth of drugs around the region. She's also been a cornerstone to mentoring multiple generations of health-care leaders, pharmacists and technicians," Kurt said.

"She holds herself and others to a high level of accountability. Day in and day out, for 50-plus years, Gladys has gone about taking care of business. It's a gift to the program that she has practised this long. She's irreplaceable."

Now, for the next phase of her life, Moroz is looking forward to some down time — for a while.

"I might be back," she said with a laugh.

And for those who continue to carry on her good work, Moroz offers a few words of wisdom.

"I want everyone to know they just have to do the best they can," she said. "And don't be afraid to ask for help if you need it."



PHOTO SUBMITTED

Gladys Moroz recently retired after working more than 50 years as a pharmacy assistant.

## Three surprises you never want with new dentures

BY BROCK VANDOR, DENTURIST

"You know that look people with new dentures sometimes have? Those big fake white teeth... that's exactly what I don't want! I want to look natural, like the ones I have now, but not stained or worn-out." We hear this all the time and it's exactly what we like to hear because we believe in making dentures that are both beautiful and natural-looking! The worst thing that can happen is someone comes in to get new teeth because theirs are getting old and then leave with a new smile that looks totally different than what they, and everyone else, are used to; which is a big surprise for all.

Surprises are not good when it comes to dentures! When myself or Matthew first meet with patients we like to tell them that they will be happy if we can ensure there are no surprises in 3 areas.

1. We want no surprises when

it comes to what your dentures will look like. To do this we first talk about what you like or don't like about your current teeth, then we pick the new shade and shape together while sometimes even using old photographs to recreate your natural smile. Lastly, we actually do a mock up (practice) denture with the real teeth in pink wax so we can heat up the wax to make the teeth longer or shorter and characterize it just right. Once you are happy with the look, then we finish the denture(s) in high impact natural-looking acrylic.

2. Next, it is so important (I believe this for every business) for there to be no surprises in price! We hate extra costs and hidden fees, so we make sure everyone knows exactly what their treatment price will be before we ever start. This ensures there will be no surprise charges, unless the cost ends up being less,

but that's a good surprise!

3. Lastly, there should be no surprises in how the denture functions and feels. This one is the hardest to ensure, so we take the time to sit down face-to-face with you before we begin, to really understand what you're used to. We talk about any issues, what you want in your new teeth and clearly communicate all the options including their pros and cons so we can all have the right expectations and no surprises.

We call the face-to-face meeting a consultation and it's the first step to making sure there are no bad surprises when getting your beautiful and natural-looking new teeth. We don't charge anything for this appointment (no price surprise!) and would love to book you in today! Looking forward to taking your call and meeting you in person.



SENIOR PRICING

- supplied photo -

Crystal shows off her beautiful yet natural looking smile with Brock (Denturist).

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## > MICROGREENS, FROM PG. 14

is everything. You have to have that dialed in. So that was a big part of my learning curve. It was always cool in the barn, and I thought it would be alright. Nah. Stuff just wouldn't grow."

He saw online that microgreens, the edible seedlings of vegetables and herbs, were easier to grow, so he gave them a shot. To reach the temperature the plants need to grow properly (about 75 degrees) without heating the entire 4,000 sq. ft. barn. Bouskill grows in tents, so he only has to heat a fraction of the barn.

"As I grow, I'm going to lose the tents and have the heat up in the whole barn. The scalability is there. I just need more clients."

Bouskill keeps Jackfish Creek Gardens' environmental footprint low. Compared to traditional farming methods, he describes microgreens as "wildly efficient."

"You're able to get so much more out of a small piece of land and a small amount of water," said Bouskill. "My microgreens don't even require fertilization...I water them about three times a cycle, and I'm done."

2022 was the first year Bouskill did Jackfish Creek Gardens full-time.

"This being my first year, I realized we do still farm here...we do 250 acres of hay and alfalfa — so from

July to September, I was very busy."

Despite having a full-on farm schedule, it didn't stop him from doing the farmers market circuit throughout the summer, then continuing through the fall and winter. He says he recently purchased some new software to sell fresh microgreens directly to local consumers through his website.

"I'm not going to grow until I get the order through my website. So you'd go on my website, order what you like... and in 7-10 days, you'll pick up your very fresh food."

Jackfish Creek Gardens has four options: pea shoots, radish, broccoli and a blend of all three. Because his products are so fresh, Bouskill says his will last in the fridge for up to two weeks.

Dr. Victoria Baldwin, Naturopathic Doctor, says microgreens are great for people with busy lifestyles because they're very nutrient-dense, even in small quantities.

"Aside from vitamins and minerals, they contain plant substances that benefit health. They provide antioxidants and polyphenols that can lower heart disease risk, help control blood sugar, support a healthy microbiome and are great for your digestive system health."

Bouskill explained that his 143-year-old family farm is "small by today's



PHOTOS SUBMITTED

Camille and Kurtis Bouskill. The Jackfish Creek Gardens logo pays homage to the barn where the microgreens are grown and shows Jackfish Creek, which runs through the farm and is what the business is named after.

standards," but he says niche is the way to go when you can't compete against the big 4,000-acre farms.

"You have to be specialty. I'm looking for things people aren't doing and take the non-traditional route," he says. "I saw microgreens five years ago, and they weren't a big thing, but all of a sudden, in today's day in age, with supply chains and all the shipping issues...I just thought, why can't we grow this right here in our backyard?"

Even though growing basil and buttercrunch lettuce didn't work initially, he's "happy to report I do grow them both now."

"I now have a machine called an

Omega Garden — it's a rotary garden that circles around a bright light. So on top of the microgreens, they're now part of my offering."

Customers in Stonewall, Teulon and Selkirk will soon be able to pick up their orders from a partner restaurant in each respective town. Bouskill calls this "the next chapter for this small farm."

"My goal is to fill the other nine months with growing indoors throughout the rest of the season," said Bouskill. "If I become successful, it will be a year-round venture."

Find Jackfish Creek Gardens on Instagram: @jackfishcreek.

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# New Beginnings



Kind and caring donors came through again and during Endow Manitoba Giving week gave an average of \$10,000 a day to SDCF. Thank you!

We're going to miss the 37<sup>th</sup> Citizen of the Year, Milt Pedwell

Milt Pedwell with just some of the youngsters he has taught paddling to over the past 30-plus years.

## Chair's Message – Embracing New Beginnings

I hope everyone had a safe and healthy holiday season – it's a busy time of year and one that often brings families and friends together.

The theme of this Community Report is New Beginnings, and as we kick off 2023 it's certainly fitting!

At the Foundation, we're thrilled to announce three new funds – the Lawrence Paquin Estate Fund, the Lily Pad Cruisers Fund, and the Sharon Chanas Memorial Scholarship.

We're always excited by new beginnings – the potential of a fresh start, the anticipation of something brand new and the commitment to getting in on the ground floor and working to establish a new entity. These new funds arrive at the Foundation with a sense of exhilaration and promise that our Here for Good mentality can't help but embrace.

We are also pleased that in the pages of this report you will learn about two first-time grant recipients – St. Hubertus Wildlife & Conservation Inc. and St. John Ambulance Dog Therapy Program. We're confident you'll enjoy learning about both.

On behalf of the Selkirk & District Community Foundation Board of Directors, and our staff team, I wish you all the best as we embrace the new beginnings of 2023.

– Shauna Curtin, SDCF Chairperson

It was a pleasure, and so much fun, to award the 37<sup>th</sup> Citizen of the Year to Milt Pedwell last November. Sadly, Milt passed away the following month, making a day we all cherished even more special.

The founder of the Selkirk Canoe Kayak Centre, Milt, dedicated more than 30 years to teaching kids and adults of all ages to canoe, stay safe on the water, cross country ski and to keep a smile on their faces while doing it!

Bonny Wynnobel, Selkirk & District Community Foundation board member and long-time paddling club member, remembers her friend fondly.

"The thing with Milt is that he was this really kind, gentle soul who was generous with his time and abilities," Wynnobel said.

"He was a very skilled coach, whose enthusiasm for paddling and cross country skiing was contagious. He made you feel so comfortable, even if you thought you had no skill to paddle or ski, he made you realize you could do it. Milt had a way of bringing people together and got them doing amazing things. I think of all the races and events that were either organized by the club or club members participated in.

"I really want to thank Milt for making such a difference in our community! We had so many fun adventures over the years! I will miss you my dear friend."

Milt always made sure to point out that he had plenty of help, but his helpers point to him as the heart and soul of the paddling club and its home base, the Selkirk Canoe Kayak Centre.

Corrine Johnson, current President of the Centre, heaped praise on the 87-year-old Milt when he was presented with the award. She said he turned his dream into an "amazing reality", and that he "created a safe place for all without judgment or prejudice."

Paddling Club members told stories of Milt's special connection with kids, his mesmerizing story-telling abilities and the kids' love of being accepted into Milt's Wolf Pack and greeting him with a wolf call.

Wynnobel said the calls rang out at this past summer's camp. Brother and sister Jacoby and Addison were camp veterans and Jacoby in particular was looking forward to seeing Milt.

Unfortunately, Milt wasn't going to attend that day. Wynnobel said Jacoby's disappointment was obvious, so she went and picked Milt up.

"I brought (Milt) down to the camp and Jacoby was by the dock and all of the sudden what do we hear? An animal call from Jacoby," she said.

"It just made Milt's day."

Everyone at the SDCF is honoured to have met Milt Pedwell, and our thoughts are with his family and friends who will miss him immeasurably. His contributions to the community and its people will live on forever.

## New space will be for the kids

The Gaynor Family Regional Library has always had a great space for young readers, but just like the kids who visit the space, the library is experiencing a growth spurt.

"The new library is a victim of its success as traffic increased to over 140,000 visitors a year, almost three times as much as our prior location," said Ken Kuryliw, Director of Library Services.

"The use clearly shows the library is a wonderful community space, built on positive values where all are welcome to enjoy."

Kuryliw is quick to point out that the Selkirk & District Community Foundation played a role in the new library's beginnings and a grant this year will help facilitate an expansion into the space previously occupied by Red River Planning District.

The move opens up about 6,000 square feet and they are exploring an expansion into that area. Additional parking will now be available outside and Kuryliw said they're working to create a wonderful, dedicated children's area, add additional shelving and study space, as well as have additional rooms for community groups to meet at the library.

"We are very excited the SDCF is providing us with a grant to design and cost the expansion plan. Without the vision of the Foundation, we could not pursue this opportunity," he said.

"The staff and library board love to work with the Foundation to build upon our common community goals. It is through this partnership we make the region a better place to live and enjoy."



An expanded kids area will allow more space for successful programs like Babytime.

The Selkirk & District Community Foundation supports and serves on Treaty One Land and the home of the Anishinaabeg, Cree, OjiCree, Dakota, Dene and Metis peoples. We acknowledge that our Indigenous peoples are the stewards and guardians of this land. As a community and workplace that embraces the values of diversity and inclusion, we honour and celebrate our Indigenous nations, their traditional knowledge and their contributions to all our communities. We acknowledge the harms of our shared history on Indigenous people, and that we pursue a path forward that is inclusive and supportive of reconciliation within all our communities.



# SDCF provides more than \$148,000 in grants from

SDCF is excited about new beginnings and with \$148,875 in fall granting to 20 different organizations, the Foundation is confident we're part of many new beginnings! support literature for young people, sports, the Gaynor Family Regional Library expansion and the St. John Ambulance Therapy Dog program.

## First time grant recipients excited to be growing Sporting Clays

A former gravel pit that's been reclaimed and is now home to the St. Hubertus Game & Fish Association's shooting range and sporting clays site is about to welcome competitors from one of the largest sports events to ever converge on Manitoba.

Located in Libau, the site will host the World Police & Fire Games this August. In total, some 8,500 competitors will compete in various disciplines, with some of them coming to Libau for the sporting clays competition.

"We should see 100 participants in sporting clays," says Scott Masniuk, sporting clays chairman and treasurer.

"We'll work with the high school to bring volunteers for scoring and trapping and with the welding program to make shoot stands and gun racks. It's a real community push."

For the uninitiated – and there are many – sporting clays is like golf with a shotgun. Masniuk says participants in groups of about five go from station to station shooting at clay targets thrown from automatic launchers. There can be 12-20 stations that will have shooters taking aim at as many as 100-200 targets.

It's a busy time with the World Police & Fire Games on the horizon, but the day to day of the Libau location is to host public events and member nights, which take place on Thursdays.

St. Hubertus Game & Fish Association was established in 1952 and is committed to conservation. Masniuk



A young sporting clays shooter at the St. Hubertus Game & Fish Association shooting range in Libau.

says some members are hunters who come out once a year before hunting season, but other are there for sporting clays.

"Some guys use it as a tune up for the season and we always advocate for ethical kills, but we have a lot of people that are strictly just shooters, this is their outing," he said.

"It's very social because you're moving with a group of guys and you're always bumping into the next group and there's lots to talk about.

The SDCF grant will go towards the purchase of an automatic sport clay thrower that will be used during the Police & Fire Games and benefit the club in years to come.

## A new group on the horizon, ready to promote

It's almost a universally accepted fact – dogs put a smile on your face. And in return, people put a wag in the furry, four-legged friend's tail.

That perfect combination just got two paws up from a Selkirk & District Community Foundation grant that will allow the St. John Ambulance Therapy Dog (SJATD) program to add more volunteer teams – human and dog – to visit even more Selkirk locations.

The goal of the expansion is to meet the growing requests for therapy dog teams in Selkirk and around the province. There are six local organizations on the waitlist for therapy dog visits, including Betel Personal Care Home, who would like to add another team. The Covid pandemic impacted the program, and some who enjoyed the visits previously are now on a waiting list. Those include Selkirk Mental Health Centre and Red River Place, who both previously were part of the program. New, and also on the wait list, are Gaynor Family Regional Library, Hearthstone Community Group, and Selkirk Regional Health Centre.

"We are extremely grateful to the Selkirk & District Community Foundation for the support of the St. John Ambulance Therapy Dog program and our efforts to expand the number of teams in the area," said Ruth Howard, Director of Community Services at St. John Ambulance.

"We are excited to have a team starting at the Selkirk Regional Health Centre soon as well. Therapy dogs provide many benefits to enhance the wellbeing of people in the community such as improved morale, reduced stress levels and the opportunity to develop friendly relation-



ships with social in... The SJATD Pre-Covid 7,300 h... the provi... organizati... from Sel... to train n... This gra... Family F...

## SDCF excited about new website, Strategic Plan

The SDCF's new website is up and running, full of smiling faces you'll know and recognize, and stories that connect the Foundation to the community and to you!



It's an exciting time at the Selkirk & District Community Foundation with several new beginnings of our own occurring.

Check out our new website. Our original site was born just over 10 years ago and has served us extremely well, and now our second baby is looking really good!

We've worked with PR House to design the new site that has a fresh new look. It's full of local images that reflect the work the Foundation does and it tells the story of our communities and our donors. If you're looking to learn more about the Foundation, the website will take you on a journey of exploration.

"We're excited for everyone to see the new site and we're very proud of the final result," said SDCF Executive Director Bev Clegg.

"This relaunch was a team effort and the board members and staff worked together to create a site that is easy to

navigate... Foundati... donors w... ing endo... for Good... The Fou... Develop... 2027. Th... leading... ments a... As the F... mature... Report t... develop... equity, di... cial med... You can... website



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## s from fall intake

ew beginnings! Some of this year's grants will

y to promote benefits of puppy love



Volunteer Della, with her partner pooch Rosie, visits residents of Betel in Selkirk.

ships with the handlers that visit regularly through social interactions and conversations.”

The SJATD program has been around since 1992. Pre-Covid, there were 180 teams that spent 7,300 hours visiting 93,000 youth and seniors in the province. Since Covid, there have been 120 organizations request new teams, including the six from Selkirk. The grant will allow STJTD program to train more volunteers.

This grant was made possible by the Polinuk Family Fund.

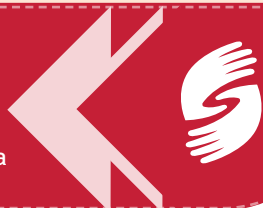
navigate and shines a light on how the Foundation takes a lead role in connecting donors with community needs and how by building endowment funds we're ensuring we're Here for Good.”

The Foundation has also completed its Growth, Development and Maturity Strategic Plan 2022-2027. The plan builds upon our five core pillars – leading, granting, communicating, building endowments and operating in a smart and caring way.

As the Foundation continues to grow, develop and mature it will focus on updating its Vital Signs Report to feature an affordable housing section, develop an employee succession plan, commit to equity, diversity and inclusion and enhance our social media platforms, focusing on the new website.

You can visit the new Strategic Plan on the new website – sdcf.ca.

ation  
W6 OR  
selkirkfoundation@sdcf.ca



## Connecting your smart and caring gift with the perfect fund

At the Selkirk and District Community Foundation, we know that when you make the decision to give, it's because something is important to you. We appreciate that and have created a variety of ways for you to give. We're confident you'll be able to match what you care about with the right fund at SDCF.

### New fund helps new readers and preserves nautical history

Lawrence Paquin would be thrilled to know that his legacy in Selkirk will include boats and children.

Paquin, a lifelong Selkirk resident who passed away in 2012 at the age of 70, shared his wishes with his estate lawyer and his second cousin, Neil Cooke, prior to his passing.

“He had a learning disability and that's why he felt it was so important that every child learn how to read and function in a grown-up world. He could work, he could do everything he needed to do but reading and writing, mathematic equations were beyond his grasp,” Cooke said.

“He wanted me to do something, he said ‘I don't care what it is, just do something so that kids will learn how to read.’”

Cooke suggested a fund through the Selkirk & District Community Foundation and Lawrence was happy with that choice. Cooke later spoke with Lawrence about his life on Lake Winnipeg, including time spent on the Joe Simpson, and offering support for the Marine Museum of Manitoba (Selkirk) was agreed upon as well.

“He spent most of his time in his younger years working on different freighters and lake boats until an injury forced him into an early

Lawrence Paquin has made a caring donation to the SDCF to support children's literacy and the Marine Museum.



SDCF's Community Fund supports things important to everyone, like being able to get outside and enjoy winter's greatest pastime!

### COMMUNITY FUND

We already know you care about your community, and if your decision to donate is based on helping wherever help is needed, the Community Fund will resonate with you. It's an undesignated fund and matches donated dollars with all kinds of deserving groups, from daycares to senior centres and cultural dance troupes to women's shelters. It's a smart and caring fund that fulfills both the wishes of our donors and the dreams of charitable community organizations.

Your donation to the Community Fund can be a general donation, or if you wish, can be directed to a Named Fund.

retirement, but he continued to be a watch person for most of the riverboats in Selkirk and Winnipeg. He also spent quite a bit of time with Marine Transport working on Black Island,” Cooke said.

“He liked looking at the boats, wished they were still on the lake and him too, but that wasn't to be after he was injured on one of the boats.”

Paquin lived his entire life in the house he grew up in. A lifelong bachelor, Cooke says Lawrence had a very full life and good friends.

“People really liked him, he was a very gentle person and from my perspective a pretty humble man when you consider that he sure didn't have a lot in his life but he's making the most of it in his passing.”

The Lawrence Paquin Estate Fund will provide annual funds to support any type of children's literacy development at the Gaynor Family Regional Library and will provide an annual grant to the Marine Museum to be used as the organization sees fit.

## Your fund, your wishes

Anyone can start their own fund, just like Lawrence Paquin, or the Lily Pad Cruisers who've started their own fund this year, and the Sharon Chanas Memorial Scholarship. If you're interested in starting your own fund, please contact the SDCF Executive Director to talk about your idea(s) for a new fund. We can help match our community's needs, wishes and dreams with a cause that matters to you most.

### New Funds Created Recently

- Lily Pad Cruisers Fund
- Sharon Chanas Memorial Scholarship
- Lawrence Paquin Estate Fund



A Lily Pad Cruisers member donated this 'Bad Humour' van and it was auctioned off at the club's windup and raised money that helped start the new fund with SDCF.

# Your Local Community Home Real Estate Section

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## 6 strategies to get more organized

When the new year arrives, many people focus on changes that can be implemented in the months of come. This time of year, is a popular one to make resolutions to clean and organize homes and offices.

There are plenty of things that can use a little organizational attention. There's no ideal way to get organized. Whatever works is a good approach, but the following are six strategies to help individuals clear the clutter.

### 1. Utilize to-do lists

People tend to be less productive when they're storing all of their tasks in their brains. The first step to getting organized is to remove those plans from the head and put them down on paper or in some other tracking tool. A digital to-do list manager, for example, enables you to see all of your tasks, deadlines and due dates in one place so you can get things done more efficiently. Carry around



a notepad or use the digital notes app on a phone to jot down thoughts and needs as they come up.

### 2. Corral your "smalls"

Smalls are keys, phones, chargers, wallets, headphones, and other accessories. When these items are grouped together, they're easier to find so you can stay on track. Invest in an attractive organizer and install it by the front door or another high-traffic area. You'll cut down on trying to find those smaller items when running errands.

### 3. Conquer clutter regularly

It's easy to be put off by cleaning and organizing when clutter has gotten out of control. Instead, by cleaning up items on a daily or weekly basis, it's much easier to keep ahead of clutter. Treat it like a daily job, including sorting mail and tossing unnecessary items; emptying waste pails; dusting the desk; deleting emails; and putting items back where they belong.

### 4. Categorize emails

Utilize the folder creation option from popular email providers to sort your messages. Drop messages that need attention into categories of your choosing, such as school, health and receipts. Then you'll know which folder to go into when searching for what you need, eliminating the time-consuming task of scrolling through a full inbox.

### 5. Give one; toss one

When bringing new items into the home, follow the procedure of giving away or throwing out one item for each new item that is received or purchased. This can help to tame clutter.

### 6. Mise en place your life

"Mise en place" is French for "put in place." It is used in the kitchen to refer to preparing and setting out all ingredients needed in a recipe. The same concept can be used elsewhere. Lay out clothing on the dresser for the next day at work or school. Prep the foyer of a home with items you need, like an umbrella, shoes and paperwork. Organize backpacks so they're ready for the school day. Establish a to-go bag at work for items that need to be brought home.

Getting organized can be as simple as taking small steps that have lasting impact.



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## A homeowners' guide to ice dams

Cold weather contributes to many different conditions that can affect homes. When winds are blowing fiercely, homeowners may soon discover deficits in insulation or in caulking around windows and doors. Icy conditions can cause walkways and stairs to become slick.

One winter condition can cause extensive headaches and damage and could be a mystery to many homeowners. Ice dams occur when warm air in the attic heats up the roof and melts accumulated snow. Water from this melt runs down the roof and re-freezes when it reaches the colder roof edge. A mound of ice forms at the lower edge of the roofline as a result.

Ice dams may help create a picturesque winter vista, with icicles hanging and glinting in the sunlight, but they can cause significant damage. According to experts, ice dams can

weigh hundreds of pounds if they get large enough, potentially affecting the structural integrity of roof eaves. In addition, ice dams can cause melted runoff to back up under roof shingles. This water can eventually make its way inside, ruining ceilings and walls. The roof, gutters, insulation, interior drywall, and other home surfaces can be damaged if ice dams are left unchecked.

The following are some conditions that make a home vulnerable to ice dam formation:

1. The presence of snow on the roof.
2. An average outdoor temperature that is 32 F or lower.
3. A roof surface temperature above 32 F at its higher points and below 32 F at the lower end.
4. Indoor heat making its way to the underside of the roof.

Homeowners should take a few



steps to address ice dams. The first is preventing future ice dams from forming. According to First American Roofing and Siding, LLC, improving insulation in the ceiling below the attic and addressing any inefficiencies in the home is necessary. A professional can do a blower door test, which works by depressurizing the home and using a thermal camera to find areas where insulation is poor. In addition, adequate ventilation under the roof deck is necessary so cold

air can circulate and prevent the attic from getting so warm that it will melt the snow on the roof.

The next step is to remove excess snow from the roof with a roof rake and keeping gutters clear. If ice dams have already formed, hire a professional to remove them, as it can be dangerous to do it oneself.

Snow-covered roofs and landscapes can be beautiful, but also dangerous if conditions that cause ice dams to form are not addressed.

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# Family Doctor Finder waitlist shrinks in some Interlake communities

By Jennifer McFee

The waitlist to find a family doctor is shrinking in some Interlake communities, which shows a healthy improvement for patients seeking care.

As of Dec. 14, a total of 87 Interlake residents were on the waitlist for Family Doctor Finder, a resource that aims to link Manitoba residents with a home clinic. Individuals seeking assistance to find a home clinic or primary care provider can register with Manitoba Health.

Wendy Meek, primary care connector for the Family Doctor Finder program, said several local communities with new doctors have seen significant improvements in the length of their waitlists.

"Gimli and Beausejour have obtained new doctors, so waitlists for these communities have decreased," Meek said, noting that the length of the waitlist changes daily.

"The waitlist has also definitely decreased since Easton Place in Selkirk has brought in new providers."

Between February and September 2022, the waitlist for Selkirk decreased by 77 per cent, with no patients waiting by the end of October and November.

Selkirk's Easton Place Clinic welcomed Dr. Temitope Ajayi from the U.K. in February, Dr. Jennifer Wilson from South Africa in mid-August and Dr. Idowu Dare from the U.K. at the end of September. They join Dr. Anthony Anozie, a general surgeon who started the clinic in December 2019.

Easton Place Clinic, a Manitoba College of Physicians and Surgeons accredited facility, has space for 12 full-time primary care physicians, Anozie said. Currently, the clinic has seven physicians (four full-time and three

part-time) and four clinical assistants.

For Anozie, he enjoys practising as a surgeon in Selkirk thanks to the appreciative patients, friendly community, proximity to Winnipeg and the new hospital.

"We hope to continue to develop our extended clinic opening hours," Anozie added.

Marianne Tom, clinic manager for Easton Place Clinic, said Dr. Anozie is always working to recruit more physicians. Recruitment efforts include networking and advertising in Canada and overseas.

"He has done an amazing job in bringing Easton Place Clinic so many wonderful physicians to work here. So far, every physician has been caring and a joy to work with. Our Easton Place family is amazing and we all love working here," she said, noting that Dr. Dare is currently accepting new patients but might reach capacity soon.

"Easton Place Medical is unique in its own way. We have a variety of different clinics under one roof and we all work in a partnership to help each other out. We have Red River Dental, Horizon Hearing, Interlake Lymph Clinic, Dr. Anthony Anozie, Dr. Angela Schellenberg (general surgeon) and Dr. Shahnaz Ziaei Saba (gynecologist) all here for specialist consultations, as well as Easton Place Pharmacy. The closeness of all the clinics helps keep a majority of people's medical needs under one roof."

Physicians run the walk-in clinic with the help of clinical assistants, she added.

"Our walk-in clinic's goal is to relieve the pressure on Selkirk's already overwhelmed ER. We try to limit things to acute care issues when possible as we want people to reach out to their family doctors first for chronic care issues," Tom said.

"We really hope that we have helped reduce



The Easton Place team is pleased to serve the community.

numbers in the ER, even if it's just a small amount of patients per day that we have kept out of the emergency room."

In an effort to increase access to the clinic, Easton Place Clinic is undertaking a trial run of extended clinic hours on Wednesdays.

"We have been trying in the last few weeks to gauge community interest in extended clinic, so we have a rotating schedule and have been filling up these spots quickly each week," Tom said.

"Each week, the physician works an extra couple of hours till 7 p.m. to see a few extra walk-in patients. So far, this has been going well and we keep our pharmacy open later to provide any needed medications."

Check out [eastonplace.ca](http://eastonplace.ca) for more info.

For Interlake residents seeking a primary care provider, Meek encourages them to register with Family Doctor Finder.

"By registering, it gives a small snapshot of the needs in the communities and how best these needs can be addressed. Interlake-Eastern Family Doctor Finder can assist clinics that are on board to maintain a wait-

list when no providers are available," she said.

"This list allows us to maintain regular contact with people who are waiting to connect. It provides individuals with a support while they are waiting. We can offer other resources that are available in their community depending on their needs."

To register with Family Doctor Finder, call 204-786-7111 or toll-free 1-866-690-8260 or visit <https://www.gov.mb.ca/health/familydoctorfinder/register.html>.



RECORD PHOTOS SUBMITTED  
Dr. Anthony Anozie celebrates at Easton Place Clinic's recent Christmas party.

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# Travel Manitoba unveils new brand to lure tourists

By Ty Dilello

Our province has a new marketing campaign and slogan that is aimed at bringing tourists to Manitoba with the message "Canada's heart is calling."

The launch of Travel Manitoba's refreshed brand took place last Monday afternoon at the RBC Convention Centre in Winnipeg.

Manitoba's Premier Heather Stefanson spoke at the event, as well as Colin Ferguson, President and CEO of Travel Manitoba, and Kiirsten May and Alex Varricchio, Co-owners of UpHouse Inc.

"Manitoba's tourism sector is a vital part to our economy as it employs many thousands of people," said Stefanson. "There is so much to explore in every community in this beautiful province of ours. This rejuvenated brand will help ensure that Manitoba's tourism will continue to grow."

Ferguson noted how Travel Manitoba wanted to create a refreshed brand that meets consumers where they are and draw them in to our province. With that, Travel Manitoba teamed up with UpHouse, who worked diligently in producing this new brand.

"Courageous thinking is what Travel Manitoba and Manitoba's tourism industry is known for. It will continue to set us apart," said May.

"Bold thinking is what will continue to make Manitoba a viable tourism destination."

The brand and its launch campaign were unveiled through a series of videos, including new television commercials that will begin airing this month. They focus on how travel makes us feel rather than just the

places we go.

As tourism destinations around the world seek to capture pent-up demand for travel, Travel Manitoba wants to remind people that traveling in Manitoba is about more than just a place. Whether it's viewing the northern lights dancing in the sky, participating in an authentic Indigenous experience or visiting a world-class museum, Manitoba's refreshed tourism brand conjures up the emotions that these experiences create.

With the tagline 'Canada's Heart Is Calling,' the brand focuses on the feelings we have when we see or do something amazing while on holiday. The refreshed brand builds on the success of the previous Manitoba, Canada's Heart...Beats, which redefined Manitoba in the eyes of visitors around the world.

"The 'Manitoba, Canada's Heart...Beats' brand changed the way people viewed Manitoba as a travel destination. We wanted to tell the next chapter of that story," said Colin Ferguson. "We know that travellers are seeking unique experiences that they can share with their friends and family. Manitoba is full of those experiences."

The Manitoba Tourism Strategy targets to achieve visitor expenditures of \$1.6 billion in 2024 and \$2.5 billion by 2030.

"We are proud of this campaign not just because it shows off our province so beautifully, but also because it was created almost exclusively with local talent," said Cody Chomiak, Travel Manitoba's Vice-President of Marketing. "That's just one more way we can show how special this place is."



PHOTO SUBMITTED

Manitoba has a new marketing campaign and slogan that is aimed at bringing tourists to Manitoba with the message "Canada's heart is calling."

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# get inspired

> MEAL IDEAS



Servings: 2  
 1 cup quinoa  
 1 cup orange juice  
 1 tablespoon hot sauce  
 1 tablespoon honey  
 1 tablespoon soy sauce  
 4 tablespoons vegetable oil  
 1 tablespoon lime juice  
 1 tablespoon white miso  
 1 1/2 pounds shrimp, peeled, deveined and tails removed  
 1/4 cup butter  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 1 cup mushrooms, sliced  
 1 red bell pepper, diced  
 1 cucumber, sliced into half moons  
 5 green onions, sliced  
 1 avocado, sliced  
 1 teaspoon sesame seeds



## Orange Shrimp Quinoa Bowls

2 tablespoons cilantro, chopped  
 Cook quinoa according to package instructions. Set aside.  
 In medium bowl, whisk orange juice, hot sauce, honey, soy sauce, vegetable oil, lime juice and miso until combined. Pour 1/4 of liquid into separate bowl. Set aside.  
 Add shrimp to remaining mixture and marinate 15 minutes.  
 Heat large skillet over medium heat with butter. Add shrimp, salt and pepper. Cook 2 minutes on each side until pink. Add mushrooms and cook until tender.  
 In two serving bowls, divide quinoa, bell pepper, cucumber, onions, avocado and shrimp. Sprinkle sesame seeds and cilantro over both bowls.  
 Drizzle with reserved dressing.



Prep time: 15 minutes  
 Cook time: 10 minutes  
 Servings: 6  
 1 quart cooked red lentil rotini  
 2 packages (9 1/2 ounces each) Fresh Express Twisted Pesto Caesar Chopped Salad Kits  
 1/2 teaspoon salt  
 1/4 teaspoon black pepper

## Pesto Pasta Salad

1 cup grape tomatoes, halved  
 1/2 cup walnuts, toasted  
 Prepare red lentil rotini according to package directions; cool 15 minutes.  
 In bowl, mix rotini and one dressing packet from salad kits. Sprinkle with salt and pepper; mix well. Refrigerate, covered, 30 minutes, or until rotini is cold.  
 In large bowl, mix lettuce from both salad kits with remaining salad dressing package. Add rotini and tomatoes; toss to combine. Sprinkle with garlic brioche croutons and shredded Parmesan cheese from salad kits and walnuts.  
 Substitution: Traditional rotini can be used for red lentil rotini.

# BINGO

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# Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Another year, another resolution? Nope!

Well, not exactly. As someone with many health needs to juggle – appointments, insulin pump management, food intolerances, etc., the thought of yet another responsibility does my head in. But a new year, a fresh start, right? It's good to better oneself and set goals. So here's how I think about resolutions now:

Set unmeasurable goals.  
 Before you think I've lost my mind, hear me out. We've all been there. We set a goal like, 'I'm going to do 50 crunches a day to get my abs in shape' or, 'I'm going to wake up at 5:30 a.m. every day, including weekends to write my blog' (What are you, psycho?! 5:30 is the middle of the night! Go back to bed.) Or, 'I'm going to post pictures about my Less Health Stress business on Instagram five times a day to gain 5,000 followers/week.' (Good luck with that one. You might need an assistant.)

But what happens when we miss a day or two? We get discouraged and say,

'next week is a new week', don't achieve it again and then feel defeated. And then what? The guilt sets in.

After years of not taking care of my Type 1 Diabetes and health (I try much harder now!), I've felt enough guilt to last 400 lifetimes. So I am no longer interested in setting myself up for self-shame and loathing.

Here's the reframe: Try to change attitudes rather than actions. For example, be more grateful for your life and find ways to remind yourself of that. Maybe that's writing in a gratitude journal whenever you feel thankful for something. Or listen to those people around you who seem to notice all the beautiful things in life, and then while it's top of mind, think of one thing you, too, think is beautiful. Maybe you could follow someone on Instagram who posts gratitude prompts which get you thinking. Notice how I didn't say 'everyday' or other measurable tactics. (I mean, if that helps you, then crack on! I don't want you to feel pressure.)

If you are struggling with your health, be it physically or emotionally, it's okay not to make any new year's resolutions! There. I said it. All I ask is that you take care of yourself and your health best. Put your energy there. And if only a few more people a week follow your Instagram, well, you've just found a few actual human lives that care about your world. And maybe your story can help them in theirs. That's huge! I might even say something to be grateful for. (Wink)

Happy New Year!!

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss\_stress, and at [www.lesshealthstress.com](http://www.lesshealthstress.com) where you can sign up for Convos with Carlos – 1 Care, 1 Quote, 1 Question to get weekly support to your inbox.

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# Six Manitoba individuals/businesses honoured with Manitoba Watershed Awards

Recipients recognized for tremendous effort working on the land and in their communities, helping to build local knowledge and resilient watersheds

## Submitted

The Manitoba Association of Watersheds is pleased to announce the recipients of our 2022 Watershed Awards, which include Manitoba farmers who are adapting the way they farm and enhancing their land for the future, as well as leaders in the community who have worked to establish conservation programs, build partnerships, and enhance local knowledge.

The Manitoba Watershed Awards are presented through a partnership between the Manitoba Association of Watersheds and Manitoba's 14 watershed districts and are presented in two categories - Watershed District Awards and Watershed District Builder Awards.

This year's Watershed District Builder Award recipients are:

Art Bergmann (Watershed District Builder Award), who built lasting municipal partnerships which are the foundation of the Seine Rat Roseau Watershed District, and helped establish a water retention project which remains among the most impactful projects in the district's history.

Linda Miller (Watershed District Staff Builder Award), who in her 14-year career with the West Interlake Watershed District, established some of their most successful programs (Community Tree Nursery Program, and the Winter Watering System Program).

More information on these recipients as well as the recipients of the Watershed District Awards can be found on our website here: <https://manitobawatersheds.org/awards>

"The work done in watershed districts has a direct impact on water quality for all Manitobans. That's why it's so important to recognize the work being done throughout the province, and to celebrate those who have demonstrated excellence within the watershed district program. The individuals and businesses presented with 2022 Watershed Awards are wonderful examples of how positive change is possible through dedication and community," said Lynda Nicol, Executive Director of the Manitoba Association of Watersheds.

## 2022 West Interlake Watershed District Award Recipient Tyson Cook

The West Interlake Watershed District is pleased to present a 2022 Manitoba Watershed Award to Tyson Cook. Tyson is a cattle producer from Moosehorn, who also works at the local cattle auction mart, and is well-deserving of this award.

Tyson has been a leader in the community for his environmental stewardship practices. Tyson is not afraid to try something new. His enthusiasm for soil health is reflected by his experiments with cover crops, no tilling, and various grazing practices. He has been a great resource for understanding the landscape and how environmental practices thrive in the Interlake.

Tyson has been on our local Growing Outcomes in Watersheds (GROW) Committee for the last 2 years. His hands-on knowledge and experience was critical for building our cover crop program. Tyson has played an important role in educating about and promoting the programs offered through the West Interlake Watershed District (WIWD). Whether Tyson is presenting at an event, giving a field tour, or just talking to you on the street, he is relatable, passionate, and full of knowledge. He is always willing to answer questions and talk to other producers interested in soil health and environmental practices.

Having producers from your watershed who are passionate about working with the land is crucial for engaging producers in our programs. Without producers like Tyson who are willing to document and share their story, the WIWD would not be able to assist as many producers as we do.

We would like to thank Tyson for all the time and effort he has put into helping us develop and promote programs, and for being so open about his journey through implementing environmentally beneficial practices on his farm.

## 2022 Watershed District Staff Builder Award Recipient: Linda Miller

When you think of the West Interlake Watershed District (WIWD) you should think of Linda Miller. Linda has been a devoted employee who has been part of the WIWD since the beginning. Linda was essential in building the WIWD into what it is today.

In 2008, just a few months after the WIWD was beginning to form, Linda began working at the WIWD as a Financial Administrator. In 2009 the



2022 West Interlake Watershed District Award Recipient Tyson Cook



2022 Watershed District Staff Builder Award Recipient Linda Miller

WIWD was looking for a manager. At this point Linda was already running the watershed by herself in the past managers absence, so it only made sense for her to be promoted to manager in 2010. Luckily (or not so luckily for Linda) she was an excellent financial administrator, and the board did not want to lose her in that role. So, she became the Manager/Financial Administrator. She remained the only employee for the next 2 years until the WIWD hired another part-time employee. Linda was the only full-time position at the WIWD until 2019.

During these years Linda was not only responsible for the Manager and Financial administrative duties, but she was also the technician, going out into the fields with producers and checking projects. In the early years of the WIWD Linda was out building relationships with the public. Many producers in the area were reluctant to sign up for programs, and as a cattle producer herself she understood the concerns others may have. Today the WIWD has a great relationship with producers in the watershed, much of that thanks to Linda.

Throughout her 14 years in the watershed Linda also implemented new programs unique to the West Interlake Watershed District. These programs are the Community Tree Nursery Program, and the Winter Watering System Program. Today these programs are still some of the most popular programs at the WIWD. After the 2011 flood many residents lost trees, so Linda came up with the idea of the Community Tree Nursery Program. The goal was to restore the trees that

had been destroyed, especially those along Lake Manitoba which served as shoreline erosion protection. This is the WIWD's most well-known program, which helps advertise the WIWD and brings in new residents to the office.

In the winter, producers keep their livestock close to home so the livestock can drink from a drilled well. This leads to a concentrated amount of manure in one area, causing nutrient runoff. To encourage producers to put their livestock on alternative quarters, distributing the manure to a larger area, the Winter Watering System Program was developed. The WIWD would offset the cost by funding a percentage of the materials and labour. This program that has now transitioned into the alternative watering system program through Growing Outcomes in Watersheds (GROW).

The WIWD is so thankful for Linda's hard work and dedication over the last 14 years. With Linda as Manager/Financial Administrator the WIWD has flourished from a small 1-person watershed to 4 full-time staff plus summer students. The WIWD also went from a budget of 250,000-300,000 to a million-dollar budget. Linda deserves the watershed builder award because she has been one of the largest factors in contributing to the WIWD's growth today. Without her devotion who knows where we would be.

# Naturopath encourages a healthy start to the new year

By Jennifer McFee

A new naturopath discovered her career path through curiosity about her own health.

Mackayla Johnson, who is originally from Stonewall, became a fully licensed naturopathic doctor in November. After graduating with a bachelor of science in biology from the University of Manitoba, she ventured to Toronto to embark on a four-year program at the Canadian College of Naturopathic Medicine, where she received her doctorate of naturopathy.

She passed her board exams and provincial licensing exams, and now she's practising her profession at Fifth, located at 1108 Corydon Ave. in Winnipeg. Her goal for 2023 is to open a second naturopathic location in the Interlake.

"I always knew I wanted to do something in health care. During university everyone always said, 'Oh, classes become so much easier after the first year' — and, for me, that wasn't the case," she said.

"I would study and study, then walk into an exam and not remember anything. I was also just not feeling my best, but I didn't have any idea what was going on."

Later, while working with a naturopathic, Johnson discovered she has celiac disease.

"The extreme brain fog was from eating gluten when I shouldn't have been. After taking nutrition courses in my undergrad, I enjoyed them and wanted to see what was out there for jobs, which is where I found out about the career mentorship program U of M offered," she said.

"I was connected with a naturopathic doctor and got to shadow her for the day and learned all about what naturopathic medicine had to offer. Pretty well after that day, I applied to the program and eventually got accepted."

During her health journey, Johnson found herself constantly trying to go deeper into the reasons why she experienced her symptoms.

"With naturopathic medicine, we dig to find the root cause of what is going on. For example, when you get your blood work back, your doctor tells you your B12 is low and tells you to supplement with B12 — but nothing else. Well, why is your B12 low?" she questioned.

"Is it because you have a leaky gut or your stomach acid isn't breaking down your food enough to allow nutrients to be absorbed properly? Are you just not eating foods that contain B12? Is your immune system attacking the cells that produce the factor that helps B12 get absorbed? Not everyone is going to have the same reason as to why they aren't absorbing that B12 properly, which is why it's so important to figure out the causing factors so we can fix it and not have you be on a supplement for the rest of your life."

Through her naturopathic practice, Johnson offers one-on-one meetings for an initial 90-minute appointment.

"We do a complete and thorough intake of health history, symptoms presenting and physical exams," she said.

"After this appointment, the patient will leave with a detailed plan that can include a variety of different aspects such as nutritional guidance, blood work requisitions, specialized testing such as food sensitivity tests or celiac panels, supplements or botanical formulations such as tincture or teas."

In addition, she also offers acupuncture, which is the insertion of thin needles into different points of the body to restore balance.

"Acupuncture can be great for people who are experiencing any type of pain — arthritis, sciatica, headaches, TMJ dysfunction, frozen shoulder or sore and tight muscles," she said.

"It is also really great for anxiety and for those who always feel like they are stressed."

Another service is cupping, which involves suctioning plastic cups to certain areas of the body to increase circulation as a way to promote healing and muscle repair.

Johnson also offers IV therapy to administer vitamins, minerals or amino acids directly into the circulatory system. In addition, she does intramuscular injections of vitamins or minerals for individuals who have known deficiencies, such as B12.

"If you are interested but unsure where to start," she said, "I offer complimentary 15-minute meet-and-greets, either in person or virtually."

## Healthy ideas to launch the new year

To ring in 2023, naturopath Mackayla Johnson offers some ideas for a health start.

"The best piece of advice for anyone is eat more veggies," she said.

A great rule of thumb is when creating your plate is to fill half of it with fruits or vegetables, a quarter with protein (such as chicken, eggs, fish or tofu) and a quarter with carbohydrates (such as potato, rice or pasta).

"If you find you're hitting that afternoon crash and want to have another coffee, replace that coffee with a cup of warm bone broth. Bone broth is full of key nutrients to give you a boost for the afternoon and soothing for your gut," she suggested. "And drink more water. Hydration is so important for all areas of health, especially making sure your kidneys are filtering out toxins properly, keeping your cells running optimally and keeping your skin looking hydrated."

If you're feeling burned out from the holidays, Johnson shares some ideas to reduce stress, starting off with a good night's sleep.

"Sleep is so important for your body. This is the time when our bodies restore themselves by clearing out neurotoxic waste built up throughout the day and decreasing the stress response. We want to aim to hit eight hours of sleep every night," she said.

"Trying things such as reducing blue light exposure throughout the day or having some nighty night tea before bed can help calm you and promote sleep. If you are someone who constantly has thoughts racing through your mind when trying to sleep, write them down on a piece of paper before bed so they don't keep you up at night."

When it comes to exercise, Johnson recommends walking for at least 30 minutes each day to help calm the nervous system and boost happy emotions.

"Take your dogs or kids and get out to enjoy the beautiful nature our province has to offer," she said.

Box breathing is another stress-reducing technique to try.

"When you are overwhelmed or feeling anxious,



PHOTOS SUBMITTED

Naturopath Mackayla Johnson offers some tips for healthy suggestions to start the new year.

box breathing is an easy technique to reset your nervous system," Johnson said.

"Take a deep breath in through your nose for four seconds, hold for four seconds, then exhale through your mouth for six seconds. Repeat three to four times to feel more relaxed."

In addition to these other suggestions, Johnson emphasizes the importance of setting healthy boundaries.

"Whether it's work or pressure from other people in your life, setting healthy boundaries is a great way to minimize stress. This can include setting a time each day to shut off work-related emails or phone calls," she said.

"It's important to schedule time in your busy schedule for 'you' time, whether that includes having a spa day, spending the day for yourself, having dinner with friends, taking a relaxing bath or doing an activity you enjoy."

For those seeking more information, Johnson offers an education event called Sips & Tips, and the next edition will focus on stress.

"We will learn about stress and how it affects our bodies and then what botanicals can help with stress and how. There will also be an opportunity to try each of the botanicals we learn about, and at the end everyone gets to create their own tea to take home with them," she said.

"The next event will be coming at the end of January if anyone is interested. More details about how to purchase tickets will be on my Instagram and Facebook page in the new year."

More information is available at on Instagram (@drmackayla.nd) and on her Facebook page (Dr. Mackayla Johnson, ND) or to book an appointment 2048983130 or email: drmackayland@gmail.com .

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Trio of Interlake speedskaters headed to Canada Winter Games

By Brian Bowman

The Interlake Speedskating Club will be very well represented when Manitoba sends its contingent of athletes to the Canada Winter Games next month in Prince Edward Island.

The local club has three skaters - Garson's Aaron Riehl and Selkirk's Olivia Krawchuk and Jakob Dainard - that will be competing at the Games.

All three are really excited to represent our province at a national level.

"I'm really looking forward to it. It's going to be a lot of fun," said the 17 year old Riehl, who is on the men's short track team and is an alternate with the long track squad. "For long track, our team is looking incredibly strong. For short track, we should be pretty competitive in a few events. I'm looking forward to seeing how I can do (against) the best skaters in Canada. I love going out and competing at the highest level that I know that I can."

Dainard, 17, is equally thrilled about competing at the Canada Winter Games.

"I'm really looking forward to it," Dainard said last Sunday while competing at the provincials. "It's going to be a fun experience and I'm look-

ing forward to trying my hardest. I'm competing in short track and the team is looking pretty good."

Krawchuk, 15, will be skating with Manitoba's women's short track team.

"I am so excited. It's going to be super awesome. I have never been to Prince Edward Island before," she said. "There's going to be a lot of fantastic skaters and over the years I've met a lot of good people and I'm sure I'll see a lot of them there. It's going to be a very big turnout, I'm sure. I'm nervous but I'm going to try my best and I have a great team with me and my coaches are awesome."

The trio skates with their club a couple of times a week and as many as four times a week with the provincial team.

"It is a lot of hard work but I enjoy it," said Krawchuk, who started speedskating seven years ago. "I love skating and I wouldn't be doing it if I didn't enjoy it."

Riehl said it is amazing that the Interlake Speedskating Club has three skaters headed to the Canada Winter Games.

"It's a really big deal. We're a smaller club but we're not exactly strangers to success," he said. "We've had many



RECORD PHOTO SUBMITTED

Interlake Speedskating Club members Aaron Riehl, left, Olivia Krawchuk, middle, and Jakob Dainard will be representing Manitoba at the Canada Winter Games next month.

great skaters come out of the (club), Alexa Scott comes to mind. One of our Olympians at the last Olympics in Beijing."

Krawchuk wanted to thank her parents, Michael and Cathy, for all of their support and her coaches, Anne Mushmanski and Dave Granger, for their help over the years.

"Everybody talks about the provincial coach Alex Moritz and he's fantastic but you cannot get on a provincial team without the help from club coaches," she said. "Club is so important in beginning development and even in the later days. Right now, Anne and Dave are super fantastic. They are so awesome and helpful."



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Lexie Everett carries the ball up the floor against Steinbach Christian during home tournament action last Saturday. Selkirk won the game 35-34.

## Varsity girls 2-1 at home basketball tourney

Staff

The Selkirk Royals' varsity girls' basketball team posted a 2-1 record at their six-team Royal Rumble tournament last weekend.

Selkirk started the tournament Friday afternoon with a 44-43 win over the MBCI Hawks.

The Royals then lost 50-38 to the Steinbach Regional Sabres later that evening. Selkirk then beat the Steinbach Christian School Flames 35-34 on Saturday.

In league play, Selkirk is now 1-2 after edging the Springfield Sabres 44-43 last Wednesday.

On Jan. 9, the Royals suffered a 55-21 loss to Miles Macdonell.

Selkirk played Murdoch MacKay on Monday but no score was available.

The Royals will host Kildonan East next Monday at 6 p.m.

The Royals' varsity boys' basketball team, meanwhile, is 1-1 in KPAC after an 83-49 loss to the Miles Macdonell Buckeyes on Jan. 9.

Selkirk played Murdoch MacKay this past Monday but no score was available.

The Royals will visit River East on Wednesday (6 p.m.) and then host Kildonan East next Monday (7:30 p.m.).

In junior varsity girls' action, Selkirk lost 41-33 to the Morden Thunder in the consolation game last Saturday at a Steinbach Regional tournament.

Selkirk started the tournament with a 45-15 loss to Leo Remillard but then beat Steinbach Regional 36-13.

# Gurney competes in pentathlon for the UofM Bisons

By Ty Dilello

East Selkirk's Asha Gurney is a student-athlete at the University of Manitoba that has been competing for the past few years in various track and field events.

Gurney has been around the track for much of her life. Both of her parents are track coaches at Lord Selkirk Regional Comprehensive Secondary School and Selkirk Junior High, so she grew up tagging along to watch practices or track meets. Once she got old enough to start competing in junior high school meets, she jumped at the chance.

"I very quickly fell in love with the sport and just knew it was something I wanted to continue. I adore everything about it," said Gurney. "Track and field is definitely demanding as it's a lot of hard work day in and day out. But the grit, perseverance, and drive it takes are all worth it for the rush I get when I step onto the track, it's unlike any other. But in some ways, I think I wanted to pursue track competitively for the way it's about bettering yourself. Jump farther, run faster, throw further than you have before."

Gurney notes how her high school years in Selkirk helped her track career immensely. However, she may be biased as she was coached by both parents throughout those years.

"The coaches spend many, many hours with their athletes providing great knowledge and support. There was also a great sense of camaraderie in my high school days, and the memories made with my teammates and coaches are a highlight of my time there."

Gurney is a multi-event athlete that does the indoor pentathlon, which is five events rolled into one. It includes 60m hurdles, high jump, shot put, long jump, and the 800m. For outdoors track, she does the heptathlon, which is seven events into one. The events added are the 200m and jav-



East Selkirk's Asha Gurney is into her second year as a student-athlete at the University of Manitoba where she competes in track and field.

elin, and the 100m hurdles replaced the 60m hurdles.

Gurney always wanted to go to the University of Manitoba and represent the Bisons from the time she was in high school, so she was ecstatic it worked out for her to attend the school.

She began going to university during the pandemic, so during her first year, the season was lost almost entirely, with no competitions and shutdowns of training facilities regularly.

"But we persevered, and last season was really fun getting back to competing. We do train year-round in our sport since it has an indoor season during the fall/winter months and an outdoor season in the spring/summer. I'm usually training six days a week on the track and three days in the weight room in a healthy year."

Gurney qualified for the CanWest championship last season in the pentathlon and finished in eighth place. However, for the past year and a bit, Gurney has had some lingering injuries that have prevented her from



RECORD PHOTOS SUBMITTED

Long jump is one of the sports Gurney competes in as part of the multi-event pentathlon.



Gurney excels in high jump.

competing. She is still training when she can as she hopes to return to the track sooner than later.

"The recovery has felt long and tough sometimes, but most times, I feel I will come back stronger than before. It's been trial and error, but my coaches are extremely support-

ive, and I'm so grateful to them. I'm also beyond grateful to my family as they're my biggest support. I hope to be back to competition soon, but I am taking it one day at a time. My goal is to come back strong for next season, but hey, if all goes better than expected, I may be on the track sooner."

## Rosters announced for MJHL-SJHL Showcase

Staff

The Manitoba Junior Hockey League, in conjunction with the Saskatchewan Junior Hockey League, announced team rosters that will compete at the 2023 MJHL-SJHL Showcase Jan. 31 to Feb. 1 at the Seven Oaks Sportsplex in Winnipeg.

Six teams will compete in the showcase event, with three teams from both the MJHL and SJHL. All teams have been selected by the showcase coaching staff of their respective leagues forming one 18U roster and two 20U rosters.

The event provides high-perfor-

mance exposure in front of NHL, WHL, NCAA and USPORTS scouts. The 2023 edition of the joint showcase is the first in Manitoba and first since 2020 in Regina after both the 2021 and 2022 showcases were canceled due to the global pandemic.

Tickets will become available for

purchase online starting on Jan. 17. Walk-up tickets will also be available for purchase starting at 11 a.m. on Jan. 31 at the Seven Oaks Sportsplex.

To view the rosters please visit [mjhl-hockey.ca](http://mjhl-hockey.ca).

## Einarson loses Grand Slam final to Japan

By Ty Dilello

Gimli's Kerri Einarson and her team had another impressive week reaching the final at the Co-Op Canadian Open Grand Slam event in Camrose, Alberta. However, in Sunday evening's final, Einarson came up a little short losing 5-3 to Japan's Satsuki Fujisawa.

Unfortunately, Einarson was on the other side of history as with the win, Fujisawa became the first Asian team to capture a Grand Slam title.

But the team still had lots to celebrate as it was a record sixth-consecutive Grand Slam women's final for Einarson, third Val Sweeting, second Shannon Birchard and lead Briane Harris, who won \$20,000 on the week.

Einarson's quest to complete a career Grand Slam will have to wait another year. She has won the other three majors in the series, with just the Co-op Canadian Open to check

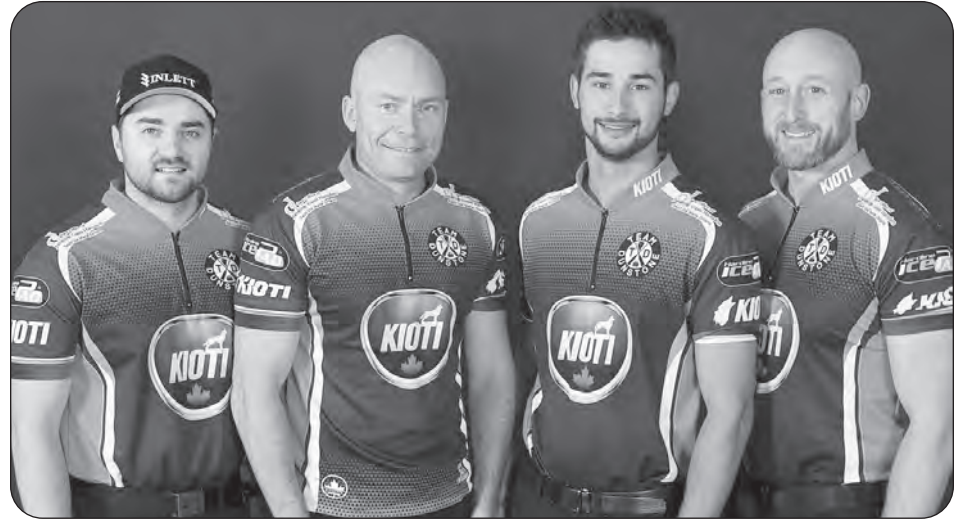
off from the list.

Abby Ackland of Winnipeg flew the Manitoba flag proudly at the Grand Slam event reaching the quarterfinals. It was the maiden Grand Slam for the Ackland rink, which includes Meghan Walter, Mackenzie Elias and Marquette's Sara Oliver.

Ackland qualified for the playoffs through the B-Side after winning three games, including a 7-6 victory over the 2018 Olympic gold medalist Anna Hasselborg of Sweden. However, Ackland's run ended in the quarterfinals after a tough 6-5 loss to Eun Ji Gim of South Korea.

On the men's side at the Canadian Open, Alberta's Brendan Bottcher was victorious after defeating Niklas Edin by a 5-3 scoreline in Sunday's final.

Winnipeg's Matt Dunstone (featuring Gimli's B.J. Neufeld and Colton



RECORD PHOTO SUBMITTED

Team Dunstone, left to right, Matt Dunstone, B.J. Neufeld, Colton Lott and Ryan Harnden, reached the quarterfinals of the men's side of the Co-op Canadian Open Grand Slam event last weekend in Camrose, Alberta.

Lott) reached the quarterfinals after winning three games to qualify through the B-Side. Sadly, the Dunstone rink fell in the quarterfinals to Italy's Joel Retornaz by an 8-2 score-

line.

The Grand Slam of Curling season resumes with the Princess Auto Players' Championship, April 11-16, at Toronto's Mattamy Athletic Centre.

## Steelers melt Freeze with five unanswered goals

By Brian Bowman

The Selkirk Steelers turned a close game into a rout with five unanswered goals in a 7-3 road victory over the Winnipeg Freeze on Saturday evening.

"(The win) came at an important time for us because every point really matters right now," said Steelers' head coach Hudson Friesen. "We had a couple of tough games earlier in the week so to come back and respond that way and win was huge for our group."

Aidan Anderson led Selkirk with a hat trick while Carter Cormier, Brandon Ambrozik, Rhett Marchant, and Cameron Hibbert also scored for the Steelers.

Naaman Hofer, Tyler Moroz, and Hayden Chaloner replied for the Freeze.

Joshua Kirton made 22 saves for the win.

Last Friday, the Steelers stumbled in a 7-2 home loss to the Swan Valley Stampede.

Swan Valley was 4-for-7 on the pow-

er play while Selkirk finished 0-for-6.

"Five-on-five, we played a pretty strong game," Friesen said. "We got into a lot of penalty trouble and we had a really tough time killing anything off."

Tyson Smith and Marchant, playing in his first game as a Steeler since being acquired in a trade with Winkler, scored for Selkirk.

Swan Valley goals were tallied by Trey Sauder (two), Warren Marcotte, Justin Keck, Jakob Jones, Noah Wilson, and Landen Gulutzan.

On Jan. 10, the Steelers were blasted 8-2 by the Blues in Winnipeg.

Winnipeg took a 3-0 first-period lead on goals from Brandon Funk, Thomas Kaufield, and Michael Tanchuk (power play).

"Any time you spot a team three or four goals like that it's going to be pretty tough to come back," Friesen said. "It just wasn't our night, we weren't focussed, we weren't ready to go. It was a tough game for us all around."

The Blues then increased their lead to 6-0 by the 5:30 mark of the second as Funk, Dawson Keller, and Kaufield tallied.

Anderson put Selkirk on the board in the middle frame but the Blues closed out the period with a pair of power-play goals from Luke Janus.

The Steelers' Mathieu Catellier had the only goal in the third.

On the trade front last week, Selkirk dealt defenceman Zachary Brault to the Winkler Flyers in exchange for Marchant.

Marchant, a 17 year old from Winnipeg, had two goals and six points in 19 games with Winkler this season.

"We were very excited to acquire Rhett. He's somebody that we've liked for a while. He plays a very fast game and he's hard on pucks. He's a cerebral player with a lot of skill," Friesen said. "He's 17 and we get him for another three-and-a-half years so we're excited about his development and what he can turn into. He's already having an immediate impact



Aidan Anderson

with the group. He's been a really nice add for us."

The Steelers also acquired defenceman Owen England from Ontario's Ayr Centennials for future considerations.

"He's a bigger defenceman and we felt that we needed to get more size back there and he brings that with his (6-foot-4) frame," Friesen said. "We're excited to get him going here."

Selkirk, now 13-19-3-1, will visit the OCN Blizzard on Friday and the Swan Valley Stampede Saturday. Puck drop for both games is 7 p.m.



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# Royals' hockey teams earn victories



RECORD PHOTO BY BRETT MITCHELL

The Royals' Tony Pyner is tripped up by a Dakota Lancers' player to prevent a scoring opportunity during a WSHL game on Jan. 9. Selkirk won the contest 4-3 in overtime.

By Brian Bowman

The Selkirk Royals' boys' hockey team got off to a strong start in the new year.

Brennan Feschuk scored the game winner in overtime to lift Selkirk to a 4-3 home win over the Dakota Lancers on Jan. 9.

Andrew Denoon, Nathan Ramos-Lam, and Drake Vermeulen scored for the Royals in regulation time.

Selkirk's Andrew Hladun and Gaven Berry each had two assists in the game.

Brock Beauchemin, Neely Evans, and Jake Godfrey replied for Dakota. Leam Morin earned the win in goal.

Selkirk played at River East this past Tuesday but no score was available. The Royals will host JH Bruns this Thursday at the Selkirk Recreation Complex. Puck drop is 4 p.m.

In Manitoba Women's High School Hockey League action, Selkirk beat the West Kildonan Wolverines 6-4 on Jan. 10.

The Royals overcame a 4-3 third-

period deficit by scoring three unanswered goals.

Serena Reeb led Selkirk with two goals and an assist while Liberty Aime, Kayla Skoryk, and Jayme Edmonds each had a goal and a helper.

Lerxi Everett scored Selkirk's other goal.

West Kildonan goals were tallied by Megan Tomes (two), Julianna Silver, and Lily Stevenson.

Sarah Ernstberger made 24 saves for the win.

On Jan. 9, the Royals were defeated 6-1 by the Scorpions in Lorette.

Aime scored a third-period goal for Selkirk, assisted by Elara Nazimek and Abby Gaborieau.

Jaicee Huberdeau was unstoppable with five goals for Lorette while Dakota Stollard-Lagasse also tallied.

Selkirk played JH Bruns on Monday and Lorette Tuesday but no scores were available.

The Royals will host Beliveau this Thursday (4 p.m.) at the East Selkirk Recreation Centre.

## Derewianchuk posts sixth shutout this season

By Brian Bowman

Another game, another shutout for Owen Derewianchuk.

Derewianchuk stopped 27 Arborg Ice Dawgs' shots as Selkirk blanked the visitors 5-0 in CRJHL action on Saturday.

"It was a lot better compared to how we we had been playing lately," said Derewianchuk. "It was good to bounce back with the boys like that."

The win improved Derewianchuk's record this season to 10-0-1 to go along with an incredible .54 goals-against average and .976 save percentage.

He also has a league-leading six shutouts this season.

Those numbers are absolutely incredible.

"I can't take all of the credit. I have to give (the credit) to my defence and the team in front of me," said a humble Derewianchuk. "They're eliminating all of the good scoring chances and I'm just picking up what I need to do. Without them, there's no way that this is possible. I have to give all of the credit to the team in front of me."

Jordan Donald scored a first-period goal against Arborg and then Peyton



RECORD PHOTO BRETT MITCHELL

Fishermen goaltender Owen Derewianchuk posted his league-leading sixth shutout of the season as Selkirk blanked Arborg 5-0 last Saturday.

Moneyas and Carter Courchene tallied in the second.

Julius Guimond and Matt Brooks closed out the scoring in the third.

Last Friday, Selkirk was defeated 6-2 by the Comets in Beausejour.

Brooks and Carter Courchene scored for the Fishermen. Comets' goals came from Aidan Ticknor (two), Jaiden Reeb (two), Brady Bowes and Carter Ramsden.

The Fishermen's next game is Friday at 7:30 p.m. in Lunder against the Falcons. Selkirk will then host Lunder Sunday (3 p.m.) at the Recreation Complex.

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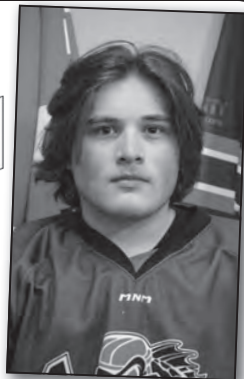
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## RURAL MUNICIPALITY OF ST. ANDREWS REQUEST FOR QUOTATIONS RFQ 2023-01 2023 & 2024 Private Equipment Hourly Rates

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](http://www.rmofstandrews.com) or electronic copies can be requested by contacting [pwclerk@rmofstandrews.com](mailto: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 | Clondeboye, MB | R0C 0P0

Phone: (204) 738-2076 | 1-866-738-2264 (toll free)

Fax: (204) 738-2937 | [www.rmofstandrews.com](http://www.rmofstandrews.com)

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- Experience performing preventative maintenance, diagnosis, and inspections of various heavy-duty equipment and/or transport trucks.

**Salary:** \$ 2,899.79 Biweekly as per the Mechanic Garage 1st Class classification.

**For more information on full job duties, qualifications, conditions of employment, and how to apply, please visit:**  
<https://legacy.winnipeg.ca/hr/>

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## PASTURES FOR RENT

AGRICULTURAL CROWN LANDS are presently available for rent for hay or grazing or cropping. These lands will be available for rent through an online auction. These lands are situated in the Rural Municipalities (RM) s of: ALONSA, ARMSTRONG, BIFROST-RIVERTON, CITY OF WINNIPEG, CLANWILLIAM - ERICKSON, COLDWELL, CRANE RIVER-NORTHERN AFFAIRS ACT, DE SALABERRY, ETHELBERG, FISHER, GIMLI, GRAHAMDALE, HARWILL-NORTHERN AFFAIRS ACT, HOMEBROOK - PEONAN POINT-NORTHERN AFFAIRS ACT, INDIGENOUS RECONCILIATION & NORTHERN RELATIONS, KELSEY, LAC DU BONNET, MONTCALM, MOUNTAIN, NORTH CYPRESS-LANGFORD, RIDING MOUNTAIN WEST, ROBLIN, ROCKWOOD, ROSEDALE, ROSSBURN, ST. ANDREWS, SIFTON, SPENCE LAKE-NORTHERN AFFAIRS ACT, SPRINGFIELD, SWAN VALLEY WEST, TACHE, VICTORIA, WEST INTERLAKE, WESTLAKE-GLADSTONE & WOODLANDS. A complete listing of Agricultural Crown Lands available for rent can be found online at: [http://resd.ca/leases\\_and\\_permits/LPproperties.aspx](http://resd.ca/leases_and_permits/LPproperties.aspx) The online auction will take place from February 6 - February 10, 2023, hosted by Garton's Auction Service: <https://gartonsauction.com> For additional information, please contact your nearest Manitoba Agriculture (MA) Agricultural Crown Lands District Office (or via email at [agcrownlands@gov.mb.ca](mailto:agcrownlands@gov.mb.ca)) or call Real Estate Services Branch at 1-866-210-9589. A listing of MA Agricultural Crown Lands District Offices can be found online at: <https://www.gov.mb.ca/agriculture/land-management/crown-land/agriculturalcrown-lands-district-offices.htm>

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## R.M. OF WEST ST. PAUL ZONING BY-LAW 2/99P ZONING BY-LAW AMENDMENT 2022-11 "P" PUBLIC HEARING

**We are Listening.**

**Public Hearing**  
**Thursday,**  
**February 9, 2023**  
**6:00 PM**  
**Council Chambers**  
**3550 Main St.**  
**West St. Paul, MB**

**Phone:**  
**(204) 669-8880**  
**1-800-876-5831**

**Fax:**  
**(204) 669-8882**

**E-Mail:**  
**[info@rrpd.ca](mailto:info@rrpd.ca)**

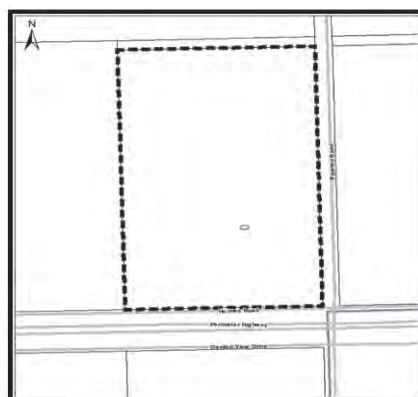
**Website:**  
**[redriverplanning.com](http://redriverplanning.com)**



As per *The Planning Act*, any person can make representation on the matter at the meeting.

### What is BL 2022-11 "P" about?

This application is to rezone the subject land from "A80" Agricultural General Zone to "CH" Commercial Highway Zone in order to establish a multi-lot commercial development and a public reserve.



**899 Holmes Road**  
**(Roll # 414300 & 414310)**

Please be advised that Public Hearing will be conducted in-person at the Council Chambers. Participants must register at the entrance on the day of the Public Hearing. If you require further information about attendance, please contact the municipality at [info@weststpaul.com](mailto:info@weststpaul.com) or by phone at 204 338-0306.

For more information, please contact the Red River Planning District.  
Red River Planning District Mon-Fri\*  
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm  
\*excludes all statutory holidays

**\*NOTE: Property owners are responsible for notifying "Tenants"**



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The successful applicant must be able to diagnose and repair a vehicle, which includes A/C, Transmissions, Braking Systems, Differentials, Suspension and Steering, knowledge with scan tools and experience with diesel engines would be also a definite asset.

The applicant must also own their own tools.

**Contact: Warren Lahaie, Service Manager - Gimli Auto Ltd.**  
**Ph: 1-204-642-5137 Fax: 1-204-642-9890**

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## ANNOUNCEMENT

### CARD OF THANKS

**Mayo** – The family of the late Kevin Mayo would like to express our heartfelt thanks and appreciation to all our family and friends for all their support at this difficult time. Thank you for the donations to the Heart and Stroke Foundation and to the Selkirk and District Community Foundation. We would also like to thank everyone who sent flowers, food, cards, messages, and stories you shared about Kevin. Thank you to Dr. Sayfee and to the staff at the Selkirk Regional Health Center for your compassion towards Kevin in his final days. Plus, a special thank you to Rob and staff at Gilbert's Funeral Home for your guidance and support during this difficult time.

-With love,  
Rose Marie and Andrew  
Leanne  
Kyle, Doreen, and family

## ANNOUNCEMENT

### IN MEMORIAM



**Peter Skazyk**  
July 11, 1936 - January 19, 2021

In loving memory of

my beloved husband and our father Peter  
In a quiet country graveyard,  
Where the gentle breezes blow;  
Sleeps the one we loved so dearly,  
And lost two years ago.  
We hold him close within our hearts,  
And there he will remain;  
To walk with us throughout our lives,  
Until we meet again.

-Sadly missed by Frances  
and sons Allan, Greg and Eddy  
and their families

## ANNOUNCEMENT

### IN MEMORIAM

**Marion Laye**  
(nee Hardwick)  
January 17, 2020

You are not forgotten, Sister  
As long as life and memories last  
I will always remember you.  
I love you and miss you so much.  
-Sister Ingrid

Your memory will live forever  
Engraved within our hearts

## OBITUARY

### Robert Janeczko

Peacefully, on Friday, January 6, 2023, Robert Janeczko, passed away at the age 83. Robert was the youngest of seven boys and was predeceased by all as well as their parents, Mary and Ludwick Janeczko.

He will be interred at the Polish National Catholic Cemetery in Libau by his families side on Tuesday, January 17, 2023 at 1:00 p.m.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## ANNOUNCEMENT

### IN MEMORIAM



**Laura Lyn Fox**  
January 22, 2019

You left us beautiful memories,  
Your love is still our guide;  
Though we cannot see you,  
You're always at our side.

-Love your husband John,  
Cody and Carson, Peter and Veronica,  
and Bryan,  
and all your family

## ANNOUNCEMENT

### BIRTHDAY



**Happy 65th Birthday**  
**Susan Hyslop**  
January 18, 2023

She was dancin' and prancin' and  
groovin' to the music  
at her 65th "Hippie Birthday Party"  
Keep on groovin' Susan!

Happy 65th Birthday

-Luv all your BFF's

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**Service Station Retirement Timed Online Auction**  
**DeGagne Motors**

Closing Time of Thursday February 2, 2023, at 6 PM  
Location: 366 Marion St. Winnipeg, Mb  
Contact #: Claude 204-295-2739 & [ClaudeLemoine@live.ca](mailto:ClaudeLemoine@live.ca)

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OBITUARY



**Robert "Francis" Kinnaird**  
May 16, 1948 - January 4, 2023

Francis passed away surrounded by his family. Francis was born in Prince Albert, Saskatchewan; the second child of Graydon and Georgina (Gena) Kinnaird. He went to school in Shellbrook, Saskatchewan.

He is survived by his wife of over 53 years Brenda; sons, Brent and Don (Jane); grandchildren, Morgan, Samantha and Benjamin; sister Anne Gaboury; brothers-in-law, Andy Gaboury and Ken Yaremchuk; nieces, Sherry, Tammy, Kathy, and Becky; nephew Matthew; and their families and numerous cousins.

He is predeceased by his parents Graydon and Georgina (Gena) Kinnaird; sisters, Ellen Kinnaird and Mary Yaremchuk; his in-laws Sixten and Rosa (Bobby) Lundgren; brother-in-law Art Churchwell; sister-in-law Darleen Mulgrew; several aunts, uncles, and cousins.

Once he retired, he had more time to farm, raise cattle, go for breakfast and coffee with friends, and spend time with family. He really enjoyed going to Cuba and a recent trip with family is a treasured memory. Francis loved his grandchildren and was always happy to see them and have them around. Francis loved to tease.

He enjoyed going back to the Shellbrook area and seeing friends. Francis loved to pick up the phone and call his childhood friend Lawrence. They would talk about machinery, old friends, and of course their wives.

Francis had a few unique ways of dealing with spam calls; he would sing to them, give them his "wife's" phone number (which was the RCMP number), or tried to sell them something.

Francis recently joined Facebook and was always happy to find people he knew.

Francis worked at numerous places, CN Rail for 31 years in Prince Albert, Saskatoon, and Winnipeg; he was an underground miner near Merritt, BC in the early 70s, also at Lynn Lake and Flin Flon, MB; and he worked for Athabasca Airways in Prince Albert, which he often said was his favorite job. With all these jobs he always wanted to be a farmer and to raise cattle.

When CN moved him to Winnipeg, and it was obvious he wasn't going back to Saskatoon he started looking for a farm. Machinery, cattle, and all kinds of other things were moved to Manitoba. One memorable trip was when we loaded the manure spreader with various tools and topped the load off with the aluminum boat. There were a lot of comments from people along the way.

He has had Shorthorn cattle since 1976. It was a purebred herd "Kindale Farm" for several years then switched to a commercial herd with Shorthorn cows and bulls. The Red, White, and the Roan were always in his heart. Brenda had a poem on the fridge for years "My love is not my love alone He loves his Red, White and Roan."

Anyone who knew Francis knew that the cattle must be looked after first, therefore the family will host a celebration of his life, in both Garson and in Shellbrook, once all the calves are born.

The family would like to thank the staff at Selkirk General Hospital Emergency and the staff at HSC Medical ICU for their exceptional care and compassion. Thank you to all the friends and neighbours for their help and support.

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OBITUARY

**Kimberley Rose Milner (nee Dowson)**  
May 22, 1964 - January 8, 2023



Suddenly on January 8th, 2023, Kimberley passed away in Selkirk, Mb. She was loved by her husband David Milner; her children, Jeremy (Kristen), Alex-Arissa (Clayton), and her amazing grandbabies, Jady, Layla, and Emery to which she loved the most. She will be greatly missed by her mom, Phyllis; her brothers Darren (Debbie), Michael (Janice) and numerous nieces, nephews, friends, and extended family. She was predeceased by her father, Robert Dowson.

Kimberley grew up in Garson, Manitoba until she moved to Selkirk with her family at a young age. She attended school in Selkirk and soon after, met her husband Dave, they spent the next 37 years together raising a family in their home on Eveline Street.

She had many friends and memories over the years with her children's many sports they played to keep themselves busy. Kimberley was always front line for any of her kid's activities and could not wait to do the same once her granddaughters arrived. Kimberley loved spending summers at the family cottage at Wallace Lake, and later on, Great Woods Campground, where she met so many more people and families. The past few years you could always find her sitting on her deck, enjoying the company of the squirrels and birds, or whatever other animal seemed to wander into the yard, or watching her grandbabies play, in what was for them, a playground, as Kim had so many toys for the kids. She even quit working nine years ago, to make sure she could be available to look after her grandbabies, to help them grow, and teach them the art of shopping, Kimberley's favorite past time.

Kimberley also loved traveling, with many trips to Mexico, and could not wait to make it to the beach again when she was healthy enough to travel. She has made trips throughout Western Canada, including weekends to Carlyle, Saskatchewan. The last few years, it was many day trips to various lakes, including Kenora, Ontario, to let her dogs swim and play in the water.

The last 2 1/2 years had been a struggle for Kimberley. The family would like to thank, Selkirk Regional Health Centre, H.S.C., Selkirk Home Care, Members and their families of Selkirk Fire Department, and the ongoing support from so many friends, relatives, and coworkers.

A come and go visitation will be held on Friday, January 13, 2023 from 1:00 p.m. - 3:00 p.m. in the Gilbert Funeral Chapel, to meet with the family. Followed by a private burial service at a later date.

In lieu of flowers, donations can be made to the Winnipeg Humane Society.

YOU ARE NOW AT PEACE, UNTIL WE MEET AGAIN, WE LOVE YOU.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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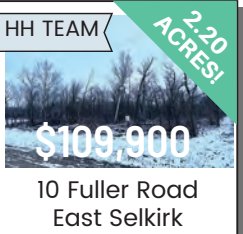
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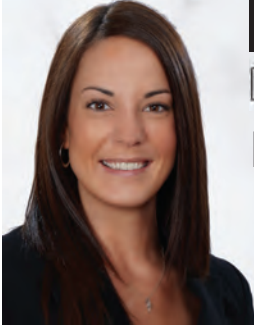
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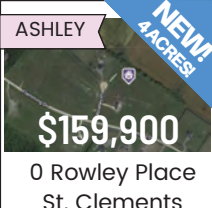
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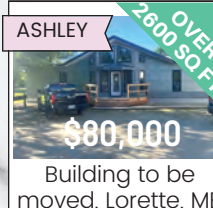
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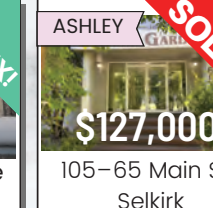
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