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A Ukrainian Celebration



RECORD PHOTO BY KATELYN BOULANGER

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Kids are invited to come to the library in their PJs

I Love to Read in PJs returns to Gaynor Family Regional Library

By Katelyn Boulanger

From reading street signs to writing the next hit novel to come out of the Interlake, literacy is an important skill. To celebrate I Love to Read Month, United for Literacy has teamed up with the City of Selkirk as well as the Selkirk and District Community Foundation to host I Love to Read in PJs every week of this month at the Gaynor Family Library. This program not only shows kids that our local leaders value their learning to read, but also that reading can be fun.

"The I Love to Read in PJ's events are a way for us to help inspire the love of reading, and give positive experiences to lead to lifelong enjoyment of books," said Sandra Ross, Community Coordinator (Manitoba) for United for Literacy.

These weekly events are aimed at children ages 5 to 9 and their parents or guardians and are free to attend

with registration.

"Each week, we have a guest reader who reads the featured book to the participants, and the children are encouraged to come up and join our reading circle with our guest reader, and to follow along in their book," explained Ross.

Not only do the kids get a story time evening, but they also get their own copy of the book from that week, as well as a related craft/literacy activity to take home. There are also small snacks that will be available at the event.

This is all taking place since February is I Love to Read Month in Manitoba.

"It's an annual celebration of literacy in Manitoba. It was started in the early 1980s as a response to the International Reading Association. They put out a call to host events in February to foster the love of reading. It's kind of

just built from there," explained Ross.

Continued on page 4



RECORD PHOTOS SUBMITTED

Selkirk Steelers reading at last year's I Love to Read in PJs.

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> I LOVE TO READ IN PJS, FROM PG. 3

I Love to Read in PJs programming has been taking place since 2022.

Selkirk's Mayor Larry Johannson feels that it's important that I Love to Read month programming like this takes place in schools and the library to support our local kids' learning.

"I've had the privilege of reading in Selkirk classrooms many times, and every visit reminds me just how curious and engaged the kids are. I really enjoy connecting with students and seeing their excitement when a story comes to life. It's something special. We're also very fortunate to have the Gaynor Family Regional Library here in Selkirk. They do incredible work inspiring young readers and supporting families, and I'm grateful for everything they bring to our community," he said.

If you do decide to sign up to be part of this program, there are four sessions that take place each Thursday in the month, starting on Feb. 5. You can sign up for each session individually.

"The program runs from 6:30 p.m. to usually we're finished by 7:15 p.m. with it. We do require parents or caregivers to be in attendance with their children, and it gives them a great opportunity to do something with their kids, especially in the dead of winter," said Ross.

In her experience, it is important to show kids that adults think literacy is a priority too. She explained that we use literacy in so many places in life that we might not even realize, for in-

stance, getting a prescription from a doctor and taking the medication properly is something many people do without considering that they are using their literacy skills to read the label..

"By giving the children the tools they need early in life, and to really develop that love for reading, and instill that love for reading, it's something that's so positive for them," said Ross.

To sign up for I Love to Read in PJs, visit the City of Selkirk's website at <https://www.myselkirk.ca/selkirk-loves-to-read/>. There will be an online registration form that adults will have to fill out to sign their kids up.

If you'd like to follow what United for Literacy is up to in our area beyond February, they also have other events throughout the year. They do reading circles at Ruth Hooker School for Grade 3 and 4 students. They also welcome residents to Selkirk Park in the fall for a Halloween walking story, and, in the summer, they set up at the Selkirk Port Market in their reading tent to help decrease some of the literacy loss that students experience when they are out of school for the summer.

Ross hopes that the kids who attend these events have a great time and advises that parents sign them up early.

"We'll take registrations up until the day of the program, but definitely register early so that the kids aren't disappointed," she said.

Johannson hopes that parents and guardians come out and connect with reading and each other at this event.

"Our Reading in PJs evenings are something families look forward to every year. We're really



RECORD PHOTOS SUBMITTED

Photos from last year's I Love to Read in PJs.



fortunate to partner with the Gaynor Family Regional Library, the Selkirk & District Community Foundation, and United for Literacy to offer free, fun programming for kids in our community. When families come out, they get a snack, a craft, a book to take

home, and they get to hear stories from some local celebrity readers. It's a simple event, but it brings people together and celebrates what makes Selkirk such a strong, connected community," he said.

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St. Andrews Heritage Centre supporting local artists with Community Art Show

Nineteen Manitoba artists will show their work in historic Red River location

By Katelyn Boulanger

The St. Andrews Heritage Centre is the historic home of Reverend William Cockran and, in modern times, hosts displays of significant artifacts combined with local knowledge that helps to tell the story of the people who came before us. This month, the Heritage Centre will also be home to modern artistic creations to complement their displays as they are hosting their Seventh Annual Community Art Show.

"Our art show is combines 19 local artists, mostly from St. Andrews, but some from within the Interlake and Winnipeg. We have 49 different pieces, ranging from paintings, to prints, to various different sculptures. It is truly a wide variety of different pieces. And, it really encapsulates the communities, not just St Andrews, but what Manitoba is," said Breanna Markiewicz, Museum Program Coor-

dinator

The show starts on Feb. 7 with the grand opening from 1 to 4 p.m. and runs until the end of the day on Feb. 28.

When you think of 19 artists, you may not realize the scale of this show, but there are multiple pieces from each artist, allowing the entire heritage centre to get a fun art flair.

"Some artists are bringing one type of medium, so (perhaps) just paintings, but there are other artists who are bringing both hanging works and sculptures as well. It really encapsulates the talent and how some artists are not just limited to one discipline, but they're multi-disciplinary in their art," said Markiewicz.

The Heritage Centre, being one of few examples of distinctive historic Red River architecture left, made with wood from the Birds Hill area and limestone from local quarries, is an

excellent venue for displaying these pieces of art in a place where they can be appreciated.

Some of the many notable unique pieces that will be on display will be works where snowflakes have been preserved, and also sculptures that look like wood, but when you take a second glance at the card, you realize are made from paper.

Markiewicz explained, in addition to wanting to host some amazing art in the Heritage Centre, they often

Continued on page 15



RECORD FILE PHOTO BY
KATELYN BOULANGER

A floral painting from 2024's Community Art Show.



RECORD FILE PHOTO BY KATELYN BOULANGER

Sarah LeBlanc with her whimsical paintings from last year's show.

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Selkirk & District Community Foundation Is Accepting Grant Applications



Hearthstone Community Group received a SDCF grant in support of creating a community garden.

For the Western Canada Games Legacy Fund

- The Legacy Fund provides opportunities for promotion and enhancement of leadership and/or sport development within the communities of either Selkirk, Stonewall, Beausejour, Gimli or within the Lord Selkirk School Division boundaries.
- For projects and/or programs from the 18 sports in the 2003 WCSG.

For the Community Grant Program

- Applicants must be a registered charity with Canada Revenue Agency or a non-profit volunteer-based organization, located and/or providing services within the City of Selkirk, or the R.M.s of St. Andrews or St. Clements.
- The Foundation's granting program supports local needs and interests, which include, but not limited to, the arts, cultural activities, heritage programs, health, education, senior services, social programs and youth activities, along with the priority community sectors as outlined in the Foundation's Vital Signs Report 2025.
- Grant submissions should reflect projects and/or programs that will occur between the months of April to September 2026.

New Online Grant Application Procedure

- The online grant application is found at www.sdcf.ca

APPLICATION DEADLINE: Monday, March 2, 2026

For more information contact:

Selkirk & District Community Foundation,
(204) 785-9755, selkirkfoundation@shaw.ca



Ukrainian Christmas Concert and Tea a heart warming success



RECORD PHOTOS BY KATELYN BOULANGER

A winter storm may have postponed Happy Thought School and East Selkirk Middle School's Ukrainian Christmas Concert and Tea, but the kids didn't let a cold January night stop them from spreading cheer. Students from Kindergarten to Grade 8 sang in both English and Ukrainian, and shared Ukrainian Christmas traditions with a full gym on January 21.

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Architectural malpractice: Interlake investors just finding out data hacked last August in CIRO security breach

Hackers stole personal and financial data of 750,000 Canadians

By Patricia Barrett

At least 750,000 Canadian investors had their personal and financial data stolen last August after hackers gained access to the IT system of a national investment regulatory body, and some of those investors in the Interlake said they're just finding out about it now.

The Canadian Investment Regulatory Organization (CIRO) is a private, self-regulatory organization that patrols investment and mutual fund dealers in Canada. CIRO has a mandate to protect Canadians from improper investment conduct and practices by overseeing the investment industry and ensuring compliance. CIRO obtains investors' personal and financial data "in the normal course" of carrying out its mandate.

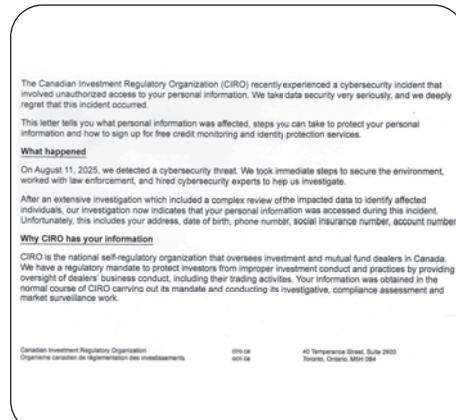
Its IT system was hacked last August, resulting in access to and exfiltration of a suite of personal and financial information of investors - as well as investment brokers - that included legal name, date of birth, social insurance number, passport information, bank account number(s), financial information, gender, eye colour, height, address, telephone number, email address, beneficiary information, and criminal or civil disclosures.

Two investors whose data was stolen shared parts of a letter they received from CIRO informing them of the breach. One investor lives on the west side of the Interlake and the other is affiliated with an Interlake resident who lives on the east side. Neither wants to be identified and only one investor shared their concerns.

CIRO had announced on its website via a news release dated Aug. 18, 2025, that it had identified a "cybersecurity threat" on Aug. 11, 2025, and it proactively shut down some of its systems. It stated in that release that "Canadians' investments are not at risk."

That major breach of security flew under the radar of the two investors. And they were blindsided last week when they received a letter from CIRO.

"After an extensive investigation which included a complex review of the impacted data to identify af-



A letter an investor received from CIRO indicates the data accessed "includes" their address, date of birth, phone number, social insurance number and account number.

fected individuals, our investigation now indicates that your personal information was accessed during this incident," states CIRO's Jan. 14, 2026, letter to the investor who agreed to speak with the paper. "Unfortunately, this includes your address, phone number, social insurance number, account number."

The investor said not only did they just become aware of CIRO's breach, but they had also not been given a heads-up from their financial institution.

"I learned about the breach last week and then received a letter in the mail on Friday [Jan. 30] confirming that my information may have been affected," said the investor.

"I didn't receive any notification directly from my financial institution, which was frustrating."

As regards CIRO's failure to protect their data, the investor said their ability to trust has taken a hit.

"I'm careful about protecting my personal and financial information and I take that

responsibility seriously, so it's disappointing to learn that data I trusted to others to safeguard was compromised," they said. "I've always been an advocate for privacy and data protection, and this has affected my trust."

CIRO offered the 750,000 Canadians affected by the breach two years' worth of credit-monitoring services through Equifax and TransUnion, and the investor said they'll be taking up that offer, as well as keeping a "close eye" on their accounts. That said, they don't think two years of monitoring goes far enough as their stolen data could be used in perpetuity.

"Data like this can be misused years down the road, and long-term moni-

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2. RETAIL	Aligned Capital Partners Inc. Arton Investments Assante Capital Management Ltd.* ATB Securities Inc.* AURAY Capital Canada Inc. Aviso Financial Inc.* B2B Bank Securities Services Inc. Canaccord Genuity Corp.* CIBC Investor Services Inc. Designed Securities Ltd. Desjardins Securities Inc.* Edward Jones* Fidelity Clearing Canada ULC* Friedberg Mercantile Group Ltd.* Haywood Securities Inc.* IA Private Wealth Inc.* Investors Group Securities Inc.
4. MANAGED ACCOUNTS	Acker Finley Inc. Caldwell Securities Ltd.* Cumberland Private Wealth Management Inc. CWB Wealth Partners Ltd.
6. INSTITUTIONAL	Webull Securities (Canada) Limited Barclays Capital Canada Inc.* Beacon Securities Limited* BNP Paribas (Canada) Securities Inc. Cantor Fitzgerald Canada Corporation* Cosgrain & Company Limited CitiGroup Global Markets Canada Inc.* Clarus Securities Inc.* Cormark Securities Inc.* Deutsche Bank Securities Limited Eight Capital* Goldman Sachs Canada Inc.* Instinet Canada Limited* J.P. Morgan Securities Canada Inc.* Jefferies Securities, Inc. JonesTrading Canada Inc.* Lorentian Bank Securities Inc.* Merrill Lynch Canada Inc.* Morgan Stanley Canada Limited* MUFG Securities (Canada), Ltd. Paradigm Capital Inc.* Peters & Co. Limited* PGM Global Inc.*

CANADIAN INVESTMENT REGULATORY ORGANIZATION

A partial list is shown of banking and financial organizations that share client data with CIRO. About 750,000 Canadian investors had their personal and financial information stolen last August after hackers gained access to CIRO's system.

toring should be available to every customer who may have been affected. There's a limit to what individuals can realistically do to be secure. At some point, stronger protections have to be in place at a higher level, and government needs to act," they said. "I think CIRO and the financial institutions involved need to be transparent, communicate clearly and provide ongoing support to those affected. This shouldn't end with a letter - people deserve reassurance that real improvements are being made to prevent this from happening again."

CIRO's letter to the other investor is nearly identical, including its issue date, but it states the investor's date of birth was accessed in addition to other vital information.

Both letters indicate a possibility - by use of the word "includes" - that the two investors may have had more personal and financial information stolen than what the letters spell out.

CIRO lists on its website hundreds of financial institutions from which it obtains investors' data. These "dealers" include well known names such as BMO Nesbitt Burns, CIBC World Markets, National Bank Financial, RBC Dominion Securities, TD Waterhouse Canada, Assante Capital Management, Aviso Financial, Desjardins Securities, Investors Group Securities, Richardson Wealth, Sun Life Canada Securities, and Morgan Stanley Canada. Credit unions offering

investment services have partnerships with some of the large financial companies listed.

Hackers can do a lot of damage with stolen personal and financial data. They can clone it several times over and sell it on the dark web to other criminals or impersonate an individual to open a bank account, apply for loans, apply for credit cards, make purchases, steal the title to a property and sell it, apply for an additional mortgage, or demand a ransom in exchange for a promise to not sell the data. They can also attempt to access victims' accounts and change passwords.

Bill Buckels lives in the Interlake and is a retired systems analyst, software engineer and wealth systems manager. The *Record* asked him to explain what he believes happened as he used to build IT systems for large financial companies in Canada, the U.S. and internationally, including RBC Dominion Securities, National Bank, various stock exchanges and international

Continued on page 14



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Manitoba Merv predicts six more weeks of winter

By **Lana Meier**

Manitobans may need to keep their winter gear handy a little longer.

Manitoba Merv emerged on Groundhog Day Sunday and saw his shadow, signalling six more weeks of winter according to the annual tradition.

Merv made his prediction from a viewing platform at Oak Hammock Marsh, just north of Stonewall.

The forecast aligns with classic folklore, which holds that a shadow sighting means winter conditions will linger, while the absence of a shadow points to an early spring.

Despite the light-hearted nature of the prediction, Manitoba Merv's annual appearance has become a familiar winter tradition, offering a moment of fun — and a reminder that prairie winters are not quite ready to loosen their grip.

In Manitoba in 2026, the astronomical first day of spring — the vernal equinox — falls on Friday, March 20, 2026. That's the moment when day

**RECORD PHOTO SUBMITTED**

and night are nearly equal in length, Northern Hemisphere, marking the start of spring in the

community.

The hepatitis A vaccine is highly effective in preventing infection, including when it is administered after exposure to a confirmed case. Eligible individuals can receive the vaccine through primary care providers, local public health offices, nursing stations and health centres.

As of Jan. 18, there have been 308 hepatitis A cases associated with the outbreak across Manitoba, primarily spread through person-to-person contact. Health officials say the overall risk of exposure to the general public remains low.

Hepatitis A is an acute liver infection caused by the hepatitis A virus. Some people, particularly young children,

may have no symptoms. Others can experience symptoms ranging from mild to severe, with sudden onset that may include fever, loss of appetite, nausea and vomiting, stomach cramps, abdominal pain, diarrhea, dark urine, clay-coloured stools and jaundice, or yellowing of the skin and eyes.

People with mild illness often recover within one to two weeks. The infection can be more serious for individuals with weakened immune systems, chronic liver disease, or those over age 60, and severe cases can result in symptoms lasting several months.

The virus can spread through contaminated food or water, or through

Continued on page 10

Province expands hepatitis A vaccine eligibility to Peguis First Nation

By **Lana Meier**

The Manitoba government has expanded free hepatitis A vaccine eligibility to include Peguis First Nation as it responds to an ongoing outbreak in the province.

Manitoba Health, Seniors and Long-Term Care said the vaccine is now being offered to Peguis First Nation community members, visitors and close contacts aged six months and older. The expanded eligibility, already in place for Garden Hill, St. Theresa Point, Wasagamack and Red Sucker Lake, now includes Peguis First Nation community members, anyone travelling to or working in Peguis First Nation, and people who have household visitors from the

community.

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to 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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It's the Gwen Fox Gallery's biggest show of the year

Large scale art show shows off how amazingly talented local artists are

By Katelyn Boulanger

The Gwen Fox Gallery's Large Scale Art Show's return has been hugely anticipated since it first took place last year.

"The gallery never looks as good as it does with all large paintings. It just fits better because it's a big space. This is a good-sized gallery, so when you put big pieces in it, it looks really good," said Gwen Fox Gallery Volunteer Coordinator Brenda Hedberg.

She explained that for people who didn't attend last year's large scale art show, this show is one where all of the pieces, not counting art on plinths, are 40 inches in one dimension. The gallery also opens this show to all member artists, so there is work from 37 different Manitoba artists on display.

"We have everything here. We have photography that's at least 40 inches. We have a beaded piece that's more than 40 inches. We have lots of paintings of every kind. We have triptychs that we have several of them that combine make more than 40 inches," said Hedberg.

The gallery is hosting an artists' reception that residents are welcome to attend on Feb. 7 from 1 to 3 p.m. The Large Scale Art Show itself is taking place from Feb. 3 to 27, is free to attend, and opening hours for the gallery are Tuesday to Saturday from 11 a.m. until 4 p.m., with opening hours going late until 8 p.m. on Thursdays.

Hedberg hopes to see you there.

"If you want to see a beautiful gallery full of beautiful, large art, come and see this show," she said.

The *Selkirk Record* couldn't feature all 37 artists in the gallery this month, but did speak to three who shared the inspiration behind their work.

Sue E. Cowan

Cowan is a Sidney, Man. artist who works in a variety of mediums. This month, you can see a representation of her vibrant use of colour at the gallery.

She started with oils, and then life circumstances made it so that acrylic paints were more practical, however, she's gotten back into oil paints and has even expanded into pastels.

The piece that she's sharing this month is *After the Last Cut* and depicts a road with round bales and a beautiful prairie sky.

"We've always lived in the rural settings, and I'd see all these lovely

farms. This one isn't an exact place. It just was in my mind. I worked it out compositionally so that it would lead the eye in," she said.

She wanted to create a place that pretty much anyone who has lived rurally in the prairies is familiar with.

"I wanted it to evoke a feeling of home, a familiar place that people have been," Cowan explained.

She says that the inspiration for the art that she creates comes from the world around her. For example, the piece she made for this show came from an early morning.

"I got up early one morning, and I looked out the window, and everything was just this lovely rosy colour. So, I went outside with my coffee, and I was wandering around, and there were hay bales, and they were, it's such a hard colour to even describe. They just looked rosy because the sun was just coming up, and everything was this pinkish sort of colour. I just loved it," said Cowan.

She said that she first started creating art in childhood.

"I had a kind of a tough childhood, and so that was my escape. I liked to sketch. I would spend lots of time just sketching, and that was the one thing that people would be nice to me about, so I felt comfortable doing it," she said.

She put a pause on her artistic side when raising her family, but came back to it when she started to have more time.

"I started doing little decorative painting, because I always had to be a little bit creative. And it kind of, then it went from there," said Cowan.

She decided to take part in the Gwen Fox Gallery despite living a ways away, thanks to her sister-in-law, who lives nearby and the welcoming volunteers who made her feel at home.

"Everybody seemed very warm and friendly when I came in. I really like the atmosphere here," she said.

She explained that she feels that anyone could come to the gallery and feel welcome to spend time looking at art.

Cowan hopes that residents take some time to stop by this month's show.

Jim Duncan

Duncan is a painter. His art is inspired by nature, and he enjoys painting landscapes.

Though he has dabbled in oil a little,



RECORD PHOTOS BY KATELYN BOULANGER

Sue E. Cowan.

his work is mostly acrylic paintings.

The piece that he's sharing this month is *Carden Cove Lake Superior*.

"It was a favourite spot of ours. We discovered it years ago (when) we were camping across Eastern Canada, and we came across this town, Marathon, on the north shore of Lake Superior. We wanted to camp somewhere, but we like to do what we call stealth camping, or boondocking. Some people call it," he said.

After following a road down to a place called Carden Cove, they found the spot he painted.

"The first time we got there, the rain had just stopped, the sun came out, and the colours and brightness and everything was just beautiful. And so, we took a number of photographs, and the painting is based on one of the photographs," said Duncan.

Continued on page 12

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Sweep over to the Rec. Complex



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Recreation Complex has been transformed. With the 2026 BUNGE Men's Curling Championships, our provincial men's curling championship, taking place at the Selkirk Recreation Complex from Feb. 3 to 8, the ice surface is now home to six sheets of curling ice. To learn more visit <https://curlmanitoba.org/bunge-championship/>. Pictured: George Hacking, Brady Szydlik, and Sean Bracken.

> HEPATITIS VACCINE, FROM PG. 8

close contact with an infected person, even if they have no symptoms. Health officials recommend frequent handwashing with soap and water after using the toilet, handling diapers, and before eating or preparing food. Alcohol-based hand sanitizer can be used if soap and water are not available.

Anyone who develops symptoms of hepatitis A is advised to contact a health-care provider, particularly

if they may have been exposed to someone who is ill.

For more information, residents can contact their health-care provider, local public health office or nursing station, or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free). Information on hepatitis A and vaccine eligibility is available on the Manitoba government website.

Selkirk RCMP respond to fatal two-vehicle collision on Highway 8

By Haley Cvar

Selkirk RCMP responded to a fatal two-vehicle collision on Highway 8 near Whytewold Road in the RM of St. Andrews on Jan. 27.

Police were called to the scene at approximately 12:10 p.m. and attended along with other emergency responders.

RCMP said a vehicle travelling southbound on Highway 8 collided head-on with a northbound vehicle.

The driver of the northbound vehicle, a 26-year-old woman from the RM of Gimli, was pronounced dead at the scene. The driver of the southbound vehicle, a 20-year-old woman from Winnipeg Beach, was transported to hospital, where she later succumbed to her injuries.

Selkirk RCMP, along with an RCMP forensic collision reconstructionist and the Criminal Collision Investigation Team, continue to investigate.

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> GWEN FOX GALLERY, FROM PG. 9

His art journey did include doing some work as a child, but it really began its upswing after his retirement in 2018, when he signed up for art classes in Teulon.

He's been part of that group for some time, but his journey into the Selkirk art scene was inspired by his wife, who has been an artist for longer than he has, and wanted to check out the Gwen Fox Gallery.

"She was aware of it, and so we came here to see some of the art exhibits. And, in the course of visiting, we talked to Brenda Hedberg, who told us more about the gallery, and that got us interested. So, we signed up to become members," he said.

From there, he learned about the Gordon Howard Centre's art classes with instructor Patricia Johnson, and he's now enjoying the many art opportunities that Selkirk has to offer.

His advice for people who are just starting their art journey is to put themselves out there, even if it's scary.

"It's a bit hard to join a group and paint in front of other people, because you're kind of vulnerable. You're exposing yourself. And, from what I've heard from other people, too, who are artists, is don't doubt yourself. Just have fun and try to keep the pressure off. Enjoy it. It's a wonderful learning experience. It can be a wonderful social experience as well. I always say just jump in with both feet," he said.

He also feels that creating art is great for your health.

"Art is just a wonderful thing to do for you. It can relieve stress. I find it very meditative. When you start a session where you're doing some artwork, it's amazing how fast the time flies.

Duncan welcomes artists and non-

artists from the community to stop by the Gwen Fox Gallery and check out the show.

"You don't have to stand close to the artwork to see it. You can stand back and absorb. I think it's an opportunity to come here and not only see some fantastic art by a huge variety of artists, but I think what's really interesting to think about when you're here is (to) look at the paintings and artwork and try to get a sense of the emotion or action that they portray. That's something that's kind of fun to do," he said.

Amrit Sandhu

Sandhu is a painter who is showing one of a series of paintings that she's created this month.

"I would describe my art, probably, as a mix of contemporary and fantasy. I've experimented with a lot of different types of art, but specifically, the collection that I'm working on now is called the *Engineering Purpose Collection*. And so, a lot of it incorporates acrylic, oil, modelling paste, and foil leaf. All of those have come together to create ethereal landscapes, and a lot of them are cloudscapes," she said.

These pieces are quite special because of the unique blend of mediums that she's using.

"I've narrowed my palette down to just black and white paint, just to really work on learning more about shadows and light. So, you'll see a lot of that throughout my art — trying to learn how different light can refract on different parts of clouds and create different images — and even when natural light hits the paintings, you'll see that, because of the foil leaf, certain parts of it would be illuminated



RECORD PHOTOS BY KATELYN BOULANGER

Jim Duncan.

a bit more than other parts. I just like that idea of details slowly revealing themselves. It's like a fun game of, Where's Waldo when it comes to my paintings," she explained.

Sandhu explained that this collection that she has created is inspired by finding one's purpose.

"In my childhood home, the traditional academic pathway was highly admirable, so I first leaned more into that, and I loved connecting with people and health care, so I worked more in veterinary settings and pharmacies and health care. My parents were always really hardworking, so they enforced this idea of you should be like the jack of all trades and know how to do a little bit of everything, whether that's changing tires, work-

ing in nature, working in health care. They were like, just do it all. And, it created the sense of perfectionism and independence in a way. And so, I went ahead, got my Masters of Public Health, and it wasn't until I was working two years in the federal government at the Public Health Agency of Canada, when we had these mass layoffs and we had huge budget cuts, and reaching what felt like rock bottom at the moment that really pushed me to reevaluate my purpose and understand what I wanted out of life," she explained.

With art being a passion of hers, she decided that it was the time to pursue that dream.

The specific piece that she's sharing this month from the *Engineering Purpose Collection* is *The In Between*.

"It's the third piece in my collection that I created, and I wanted to create this moment where you have a sense of pause. A lot of my other pieces, you'll see stormy cloudscapes and this drive and like an urge towards your goal, is the feeling that comes from those pieces, especially when I was creating them. I don't want to give others meaning for the pieces, but this is what resonated with me when I was creating it. But with this specific one, I wanted to capture that moment of stillness. So, it does depict a cloudscape and a lake, but you're standing at this point of view where you're not necessarily the person and the identity that you once were, but you also recognize, with the path and the moon illuminating this path, that you maybe have a long way to go before becoming the person that you

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Saturday Feb 28th from 9 AM to 5 PM

GRUNTHAL

AUCTION

SERVICE

Classic Embers rock at Selkirk Legion



RECORD PHOTO BY BRETT MITCHELL

The Classic Embers played the Selkirk Legion on Jan. 30. The band is made up of Selkirk's Sandra Epp on vocals as well as Winnipeggers: Bayne Robertson on rhythm guitar, Bob Millar on guitar, keyboards, harmonica and fiddle, Darren McFee on bass and Chris Durston on drums. Not only is Epp a talented local singer who has been singing since she could talk but she can also deadlift 325 lbs. The six-piece cover band kept the Legion crowd dancing well into the night.

> GWEN FOX GALLERY, FROM PG. 12

want to be," said Sandhu.

She is a newer artist at the Gwen Fox Gallery and was attracted to the gallery because it is a way to get her art out

there.

"As an artist, sometimes when you create work, you're hesitant to show it to people, and part of this collection



RECORD PHOTOS BY KATELYN BOULANGER

Amrit Sandhu.

We want to hear from you

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

Why You Should Write a Letter to the Editor

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

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

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

Tips for Writing a Letter to the Editor

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

Structure your letter in three parts:

- Refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.
- Write from your own perspective and show how the topic relates to your local community.
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If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

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

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

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

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We look forward to your submission: news@selkirkrecord.ca

is really forcing myself to step out of my comfort zone. I want to say, (my) mantra for the past year has always been just being one per cent better than I was yesterday. So instead of hiding my art, I saw this opportunity to join the art gallery, and I figured, you know what, we'll just give (it) a shot," she said.

Sandhu hopes that you visit the

gallery this month and check out the show.

"There's a lot of beautiful work here that's very different. Some of it captures landscapes that you'll see in Manitoba, some of it captures the celestial, kind of whimsical art that I'm creating, and so there's no shortage of variety here. If you're looking for inspiration, or if you're looking for support, a moment of pause, or just a welcoming community, I think this gallery offers that," she said.

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> CIRO SECURITY LAPSE, FROM PG. 7

banking systems. He said he knows how data security should be structured, and it's clear that CIRO's IT system was not built to do information hiding.

"In my day, the protocol was to hide client information and never transmit that data across the Internet. Ever. Not if you wanted to have system integrity. Internal IT systems can be set up in such a way that there's a complete separation between transactions and clients so that client data would never be exposed," said Buckels.

"CIRO's security lapse is a serious breach of the personal and financial data of three quarters of a million Canadian investors. And what's equally serious is that CIRO didn't inform some of those investors - we don't know exactly how many - about what happened until maybe a month later or over four months later, according to the class-action lawsuit, after its system was hacked. This to me is criminal negligence on the part of the CIRO board. They enabled this data breach by not doing their proper due diligence with regard to IT and data security. The board is in charge; they have the keys to the place and they left all the doors unlocked."

He's questioning why CIRO needs to have investors' personal data in the first place as that information should be held only by banks and financial institutions.

"CIRO is a private oversight committee, not a police force, and it should never have been able to copy investors' data from the servers of banks and financial institutions. The system CIRO is using actually makes a second copy of client data - it's called cloning - even though it's encrypted. CIRO's system puts that copy on their own server, whose soft underbelly was exposed because CIRO failed to

protect it. So if it can't protect its server, why isn't CIRO using an IT system that doesn't identify clients?" he said.

"CIRO could carry out its oversight duties by using a system that uses a transaction number it gets from a financial institution that's following a certain set of business rules, rules that comply with regulatory oversight. The transfer of data should use the language of the so-called geeks and nerds who put everything in code. There should be no human-language data available to CIRO. This organization shouldn't be able to know investors' personal information The way to separate financial reporting from client information is through an information-hiding system."

When people used to go to HIV clinics for testing back in the 1980s at a time when there was a huge stigma around the virus, Buckels said the clinic would assign people a number instead of a name and do anonymous testing. CIRO should have had that kind of system - and should have that going forward - in order to protect client information.

In addition to CIRO's board being at fault for failing to secure investors' data, he puts the weak security protocol down to the attitude of Gen Y and Gen Z who are building the IT systems of today and failing to question systems that look at data from a "non-machine" point of view.

"When did CIRO implement this IT system? I guess we'd have to ask CIRO - and we'd have to ask Gen Y and Z, as well, as they invented these systems and these rules. This is like having the fox guarding the hen house," said Buckels. "I don't know any reason why CIRO would need to know client data. But they think it's okay to transmit it over the Internet and store copies of it on their server.

There's a level of arrogance here, too, where they think their system can't be hacked, that whatever level of encryption they're using is secure enough to allow them to

store sensitive data and do queries on their server. CIRO is not competent and should be shut down."

As for the role of banks and financial institutions sharing investors' data with CIRO, Buckels said he's sure they're "hiding behind regulation to deny their fiduciary responsibility."

He thinks two years' worth of credit monitoring is "insulting" as 750,000 Canadians will need new social insurance numbers, new bank accounts, new driver's licenses and so forth to better protect themselves.

He reached out to federal finance minister François-Philippe Champagne and the Manitoba Securities Commission to request a criminal investigation of CIRO under Section 219 of the *Criminal Code*, he said. CIRO committed "architectural malpractice" by abandoning foundational principles of information hiding and created a "sniffer's paradise" (sniffer refers to computing tools used to capture or intercept data packets flowing across networks).

The *Express* contacted CIRO, asking how many hours or days CIRO's system was breached, how far back in time the compromised data go, why CIRO needs to clone clients' personal information, how many years it has been cloning client data, how exactly is CIRO enhancing its IT system in the aftermath of the breach, whether it will continue to have future access to investors' personal data, and whether it thinks it's competent to continue its regulatory role.

Apart from the question pertaining to cloning data, CIRO's director of corporate communications and public affairs, Sean Hamilton, declined to answer the questions, saying the newspaper can find those answers on its FAQ page, news release and "about us" page.

Hamilton offered a statement denying that CIRO "clones or transmits" data, saying CIRO is on the receiving end for data.

"To be clear, CIRO does not clone or transmit personal information. CIRO receives information in the normal course of carrying out its regulatory

mandate to protect investors from improper investment conduct and practices, and conducting its investigative, compliance assessment and market surveillance work," said Hamilton.

But CIRO is being sued for allowing the personal and financial information of 750,000 Canadians that it holds as copies in its system to be stolen. An application for a class-action lawsuit against CIRO was brought before the Quebec Superior Court on Oct. 6, 2025.

It states CIRO failed to implement adequate cybersecurity and data protection measures, and committed a fault inconsistent with the trust placed in it by registrants, investors and the public. And CIRO is being "summoned" to retain all investigation reports and findings related to the breach, including "copies of the stolen data sets."

The full text of the suit is available on Lex Group Inc.'s website.

In addition to offering credit monitoring through Equifax and TransUnion for two years, CIRO said in its letter to compromised investors that credit-monitoring service includes monitoring the dark web for Canadians'

stolen data.

Equifax itself was hacked in 2017, resulting in a major data breach that accessed names, addresses, social insurance numbers and in some cases the credit cards of about 100,000 Canadians, as well as the personal data of 143 million Americans. The breach was caused by Equifax's failure to patch a software vulnerability.

The *Express* contacted the Manitoba Securities Commission (MSC), whose website notes CIRO's cybersecurity breach and states that CIRO wants investors with questions to contact them [i.e., CIRO].

The paper asked MSC how many Manitoba investors out of the 750,000 had their personal and financial data stolen, when MSC found out about CIRO being hacked, why financial institutions in Manitoba didn't notify their investment clients about the data theft, whether Docusign (electronic signatures) was part of the data breach, and what MSC is doing to protect Manitobans' data.

The commission did not respond.

PUBLIC SAFETY NOTICE

Dangerous Ice Conditions

During Ice Cutting and Ice Breaking Operations

Ice cutting crews will begin working on or about February 11th on sections of the Red River beginning in the Netley Lake area and will move upstream towards Selkirk. On February 17th, the Amphibex ice breakers will start operating at the mouth of Netley Creek.

Dangerous ice conditions may not be obvious but will exist. Ice fishers, cross-country skiers, snowmobilers and others going on the frozen river must:

- Use caution on the ice
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> COMMUNITY ART SHOW, FROM PG. 5

host classes and groups in the building, so this annual show is a bit of an extension of their goal to be a space for community gathering.

"(It's) a hub for being creative. We're always hosting our workshops and fostering an environment for artists and those looking for a creative outlet. This place isn't only a historical representation of what built St. Andrews, but it's also a place that shows what it is today. And, what better way to do it than showcasing artists across the municipality and beyond, right? (We) don't want to just leave this place as something that's representing the past, but also a representation of what it's become as well," she said.

As this is the seventh time that the Heritage Centre has hosted this event, it's become an annual favourite event for many residents, and Markiewicz also enjoys the show.

"Being able to interact with the different artists and their art, learning about everybody's story, and how they got into art, and seeing how it manifests. It's really inspiring," she said.

Markiewicz also finds this show is a way to connect with fellow artists and draw inspiration from their work, even if it's not the kind of art that you make.

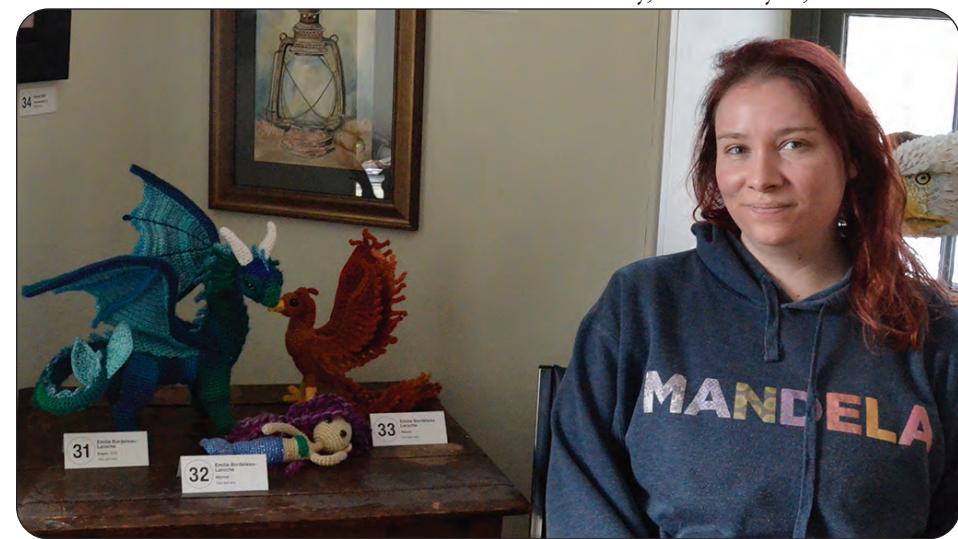
If all of this interests you and you would like to check out the show, it's pretty easy to do so as it's free admission and starts on Feb. 10

"From the 10th, we start from 10 a.m. to 5 p.m., and essentially, whenever the museum is open, people are welcome to show up and peruse the gallery. They're also welcome to view the museum as well. It's open to everybody of all ages, so all you've got to do is just show up," said Markiewicz.

After the show is over, the Heritage Centre will continue to be open and free to attend for anyone who would like to view the historical displays, as they are open all year long.

If you would like to keep up with everything they are doing, there are a few different places to keep up to date.

"We post all our workshops on our Instagram and Facebook pages. We actively remind our audience of what's going on, whether it be this weekend or the coming weekends. We also announce all our workshops a week before the next month, so there's ample time to peruse our workshops for the month (ahead). We also send out a newsletter as well that people can sign up for, and we do as well, have posters up within our cen-



RECORD FILE PHOTO BY KATELYN BOULANGER

Emilie Bordeleau-Laroche with her fantastical crochet creations from last year's show.

ter," said Markiewicz.

She hopes to see any residents who are interested in checking out the art show stop by this month.

"Now more than ever, it's more important to go into the physical art spaces and engage with art pieces in person. It's easy to feel you're getting your fix of art online, but especially in a digitally dominant world where AI is kind of complicating the art space, I feel that it's now more than ever important to go to an art show, see what people are making and take in authentic work," said Markiewicz.



A sculpture from 2024's Community Art Show.

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Funding for this project [in part] has been provided by Agriculture and Agri-Food Canada through the Agricultural Climate Solutions - On-Farm Climate Action Fund

Interlake explorers launch docuseries in search of Canada's Viking roots

By E. Antonio

A new docuseries is taking viewers deep into the Interlake and beyond, following one family's quest to uncover answers about Viking ancestry in Canada — and the journey may change how Canadians see their own history.

Quest for the Lost Vikings, now streaming on Super Channel Quest, explores Icelandic history in Canada through the lens of people, geography and wildlife, revealing stories rarely told.

"It's a point of Canadian history no one has really looked at before," said David Collette, lead explorer with Fara Heim.

Fara Heim — Icelandic for "going home" — is a team of four explorers who began their ambitious journey 18 months ago after receiving approval to produce the series. Following 15 months of filming, the eight-episode docuseries is now airing weekly.

Collette and Johann Straumfjord Sigurdson serve as the senior leads of Fara Heim. Both grew up in the Interlake and have spent decades researching Icelandic heritage in Canada. They are joined by junior explorers Mackenzie Collette and Johann Straumfjord Sigurdson Jr., as the team sets out to uncover pieces of Viking history dating back more than 1,000 years.

For Collette and Sigurdson, the project grew out of years of unanswered questions.

"We know Norse arrived in Canadian territory around 1000 C.E., but there isn't much publicly available information," Collette said. "We wanted to find our own answers."

Their curiosity led them to think differently about familiar waterways.

"In northern Manitoba, through Hudson Bay, you can sail anywhere in the world," Collette said. "We started asking, what if people came the other way? If Vikings sailed from Iceland, what signs would point to life in



Quest for the Lost Vikings is a new docuseries featuring parts of the Interlake as the Fara Heim explorers attempt to uncover stories of Norse heritage.

North America?"

That question inspired their expeditions along routes Vikings may have travelled, including Hudson Bay waterways that connect as far south as Minnesota. While the crew has not yet completed a sail from Iceland, they hope one day to journey from Iceland to Greenland and into Hudson Bay — an expedition that could take weeks or even months, depending on where they stop to explore.

Quest for the Lost Vikings takes viewers from Nunavut to the Kensington Runestone in Minnesota — a journey Collette describes as "a trip across Canada you can do sitting in your own chair."

"We're going places most people will never see," he said.

While many filming locations will feel familiar to Manitobans, the series also explores remote communities accessible only by boat. Along the way, the team uncovers unexpected stories, often through conversations with local residents and oral histories passed down through generations.

"We're trying to peel back the layers of stories that haven't been told," Sigurdson said.

"Our direct ancestors were here 1,000 years ago," he added. "They were explorers and businesspeople who built relationships with Indigenous communities. Now we're trying to understand what they saw, what they experienced, and why they



RECORD PHOTOS SUBMITTED

Johann Sigurdson (left) and David Collette plotting their route.

came."

All members of Fara Heim belong to both the Explorers Club and the Royal Canadian Geographical Society, bringing professional expertise to their passion for history. Sigurdson previously worked as an environmental impact biologist designing specialized Arctic products, while Collette holds a mechanical engineering degree and served in the Royal Canadian Air Force.

Viewers can also expect revelations surrounding the Kensington Runestone, the discovery of the oldest English silver penny in North America dating back to 1320, and firsthand accounts shared through oral storytelling.

"It's more than just old guys on a trip," Collette said. "It's a journey across Canada to understand how people first began settling here."

The team credits famed Arctic ex-

plorer Vilhjalmur Stefansson — who grew up in Arnes in the late 1800s — as a major inspiration. Stefansson lived among the Inuit and helped advance archaeological and anthropological research in the North.

Exploring by water was essential to the crew, allowing them to experience the land the way Vikings once did. By travelling aboard whaling ships through historic routes like the Nelson River, York Factory and the Red River, they uncovered stories embedded in the landscape itself.

In one episode, the crew reflects on a trip to Port Nelson 15 years ago, sharing photos from a night spent camping on an island — unknowingly near a polar bear.

"That's the kind of adventure we bring viewers along for," Collette said. "Land, people, wildlife — it's all incredible."

While the team is still searching for answers, the first season reveals a wealth of information. If renewed, Fara Heim hopes to produce two or three additional seasons, expanding their search across other regions of North America.

"There's only so much one season can share," Collette said. "We want to keep this journey educational, entertaining and accessible."

The first half of *Quest for the Lost Vikings* is now streaming on Super Channel Quest, with new episodes airing Sundays at 8 p.m.

For more information, visit www.faraheim.com or www.questforthelostvikings.com.



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- 19 – Over 60 Club lunch 11am
- 20 – Black Water Band 7:30pm
- 25 – General Meeting 7:30pm
- 27 – Bowman Bros 730pm

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Interlake Tourism Association sponsoring GIFF's new winter film series

By Patricia Barrett

The Interlake Tourism Association (ITA) is supporting a new initiative from the Gimli International Film Festival (GIFF) to feature a film a month over the new year's winter season to help people beat the cold-weather blues and attract more visitors to Gimli.

GIFF's winter film series runs from January to April. Films are screened on the last Sunday of each month.

Interlake Tourism Association manager Dee King said the festival's winter series is part of the ITA's Tourism Development Grant program, which supports new tourism projects across the Interlake. ITA had selected GIFF as a grant recipient last year, providing financial support to launch the winter film screening.

"A crucial part of Interlake Tourism's role is to support local businesses and organizations that are creating new events and experiences, whether through funding, marketing support, or other opportunities," said King. "The Winter Film Series is a great example of a project that benefited from this early investment and is now helping expand year-round cultural programming in the Interlake."

In February, GIFF will be showcasing Icelandic director Hlynur Palsson's 2025 family drama *The Love That Remains*, which premiered at the Cannes Film Festival.

The English subtitled tragicomedy comprises a series of vignettes from a rural household grappling with the collapse of a marriage and its effects on the separating couple - a commercial fisher and an artist - and their three children as they try to make sense of the pull of lingering attachment and shared memories over the course of a year. The film showcases Iceland's stunning ru-

ral topography and its changing seasons through ordinary scenes including hiking, ice skating, playing and commercial fishing at sea.

GIFF's winter film series started with *Sentimental Value*, a 2025 Cannes Grand Prix winner.

Screening films in the winter gives locals and visitors alike access to more arts-related activities during the off-season when they tend to hunker down as temperatures drop.

"We're especially excited to see initiatives like this activate the winter season, giving residents and visitors more reasons to get out, connect, and enjoy local arts and culture during traditionally quieter months," said King.

The next intake for ITA's Tourism Development Grant closes on Feb. 27, and application guidelines are available on ITA's website. The grant is open to local community development organizations, tourism groups, small or emerging businesses, nonprofits, new event or festival organizers, and more.

"It's a core feature of ours as organizations cannot do it alone; they need the financial support so they can focus on what they do best: the experience," said King.

The Love That Remains is scheduled for Sunday, Feb. 22 at 6 p.m. in Johnson Hall in the Waterfront Centre in Gimli.



With funding support from the Interlake Tourism Association, the Gimli International Film Festival is screening a film a month during the new year's winter season. Icelandic film *The Love That Remains* will be screened on Feb. 22.

PET of the Month

Winner January 2026

Schneider

Fun Fact:

He is a very spunky guy with a huge personality! He loves running, getting up to 22 km/h sometimes! He also loves snuggles and his visits to Canvasback!

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February we are celebrating dental health month! All pets up to date on their exam are eligible for 10% off dental cleanings for the month of February. Call our client services team today for more information. Follow us on Facebook and Instagram for dental tips and tricks all month long.

get inspired

> MEAL IDEAS



Recipe adapted from Love & Lemons
 Prep time: 20 minutes
 Servings: 12
 1 can (16 ounces) refried beans
 3/4 cup salsa
 2 avocados
 1 green bell pepper, finely chopped
 2 tablespoons fresh lime juice
 16 ounces sour cream
 3 tablespoons taco seasoning
 1 1/2 cups grated sharp cheddar cheese
 1 tomato, diced



Recipe adapted from Simply Recipes
 Prep time: 10 minutes
 Cook time: 1 hour, 40 minutes
 Servings: 6
 6 medium russet potatoes
 extra-virgin olive oil
 6 slices bacon
 kosher salt, to taste
 freshly ground pepper, to taste
 shredded cheddar cheese
 sour cream (optional)
 thinly sliced green onions (optional)
 Heat oven to 400 F. Clean potatoes then pierce with fork.
 Rub potatoes with olive oil then bake 1 hour until cooked through.
 In frying pan over medium heat, cook bacon 10-15 minutes until crisp. Drain on paper towel-lined plate then crumble.
 Cut cooked potatoes in half then scoop

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7-Layer Game Day Dip

1 bunch scallions, chopped (optional)
 1 can (2 1/4 ounces) sliced black olives, drained (optional)
 tortilla chips, for serving

In medium bowl, stir refried beans and 1/2 cup salsa. In separate medium bowl, mash avocados with remaining salsa. Add bell peppers and lime juice; stir to combine. In third medium bowl, stir sour cream and taco seasoning.

To assemble, spread refried bean mixture in bottom of baking dish. Spread avocado mixture evenly on top then spread sour cream mixture. Sprinkle with cheddar cheese then top with diced tomatoes.

Top dish with scallions and black olives, if desired. Serve with tortilla chips.
 Photo courtesy of Shutterstock

Crispy Potato Skins

out insides, leaving about 1/4 inch of potato inside skins. Rub with olive oil then season with salt, to taste. Place on roasting pan and cook 10 minutes. Flip and cook 10 minutes.

Arrange potatoes skin-sides down and season with pepper, to taste. Sprinkle with cheese and crumbled bacon then broil 2 minutes.

Serve with sour cream and sliced green onions, if desired.
 Photo courtesy of Shutterstock

Burger Bowls

Recipe courtesy of Casa de Crews

Prep time: 10 minutes
 Cook time: 10 minutes
 Servings: 4
 Burger Bowls:
 2 cups French fries, homemade or frozen
 2 tablespoons olive oil
 1 small yellow onion, diced
 1 pound ground beef or ground turkey
 1 teaspoon Worcestershire sauce

T-OAT-ALLY TASTY

By Fitness Expert Julie Germaine Coram

Are you looking for a healthy breakfast that doesn't require setting your alarm earlier? I have a few amazing recipes for you — have you tried overnight oats?

Oats are proven to lower cholesterol and blood sugar, help build a healthy gut biome, and aid in weight management. Packed with vitamins, minerals and antioxidants, oats are also high in beta-glucan, a soluble fibre that provides a sense of fullness and sustained energy for hours after your meal.

The prep work for this breakfast is done the night before. Simply cover and let the oats rest in the fridge overnight, then grab a bowl and spoon in the morning before your busy day kicks off. There are many overnight oat recipes available online — including several on my website, www.juliegermaine.com — but they all use similar base ingredients, with flavours added to suit your taste.

Base ingredients:

- 1/2 cup oats
- 1/2 cup milk (your choice)
- 1-2 tbsp creamy add-in (e.g., peanut butter or yogurt)
- 1 tsp chia seeds (optional, but very healthy and add great texture)
- Sweetener to taste (honey, agave or maple syrup)

Here are a few of my favourite combinations:

Vanilla Raspberry Crunch

- 1/2 cup oats
- 1/2 cup water mixed with 1/2 scoop protein powder (your choice — vanilla works great)

• 1 tbsp almond butter

- 1/2 tsp honey
- 1/4 cup raspberries
- 2 tbsp walnuts

Blueberry Honey Almond

- 1/2 cup oats



Fitness Expert Julie Germaine Coram

- 1/2 cup almond milk
- 1 tbsp almond butter
- 1/2 cup blueberries
- 1-2 tbsp sliced almonds

Vacay Mode

- 1/2 cup oats
- 1/2 banana, mashed
- 1/3 cup pineapple or mango
- 1/2 cup coconut milk
- 2 tbsp honey
- Coconut flakes

Sweet Apple (or Peach) Pie

- 1/2 cup oats
- 1/2 cup milk
- 2 tbsp Greek yogurt
- 1/2 cup diced apple or sliced peach
- 2 tbsp honey or agave
- Cinnamon to taste

To discuss your health goals or fitness struggles, schedule a free online consultation at www.calendly.com/juliegermaine or email julie@juliegermaine.com.

Coach Julie Germaine Coram is dedicated to lifelong health. She is an active mom, registered personal trainer, two-time pro fitness champion, certified nutrition expert and fitness specialist. She has helped thousands of people worldwide improve their health since 2005.

bowls: Cook French fries according to package directions.

In medium skillet over medium-high heat, heat olive oil. Add onion and saute until translucent, 5-7 minutes. Add ground beef to skillet, breaking up meat with spatula. Add Worcestershire sauce, garlic powder, paprika, salt and pepper; brown until cooked through. Drain and discard excess liquid and grease.

To make burger sauce: In jar, mix mayonnaise, ketchup, mustard, pickle juice, Worcestershire sauce, onion powder, garlic powder and paprika well to combine.

Assemble bowls with layer of shredded lettuce, 3-4 ounces ground beef, diced tomatoes, pickles, cheddar cheese and 1/2 cup fries.

Drizzle with burger sauce and mix well.

Tip: Burger sauce can be made in advance and stored in refrigerator in jar with airtight lid.



Winter Hours Effective October 1

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INSIDE > OUTSIDE > UPSIDE DOWN

Royal Hoops Report: Varsity clubs jostling for position at midway point

By Kieran Reimer

The Lord Selkirk Royals varsity boys and girls basketball teams remained in the top half of their respective league standings for another week.

The boys earned a dominant home win Wednesday, defeating the Springfield Sabres 78-59 to improve to 4-3 on the season, while the girls suffered a double-digit loss to the MBCI Hawks the same night.

The victory marked a third straight win for the varsity boys. Springfield, still searching for its first win of the season, dropped to 0-5 and sits 12th in KPAC. The Royals moved into fifth place with the win, improving their point differential to minus-11.

Selkirk now trails only Maples (9-0), Miles Macdonell (6-0), West Kildonan (5-2) and River East (5-2-1) in the standings. The Royals are scheduled to face Garden City on Monday, followed by a home matchup with West Kildonan on Wednesday.

On the girls' side, the Royals fell just for the second time this season, losing 60-39 to MBCI in Selkirk. The Hawks moved ahead of Selkirk into second place in KPAC Tier 2 with the win. Both teams sit at 4-2, but Selkirk's lower points differential places them third overall.

Plenty of season remains for both squads, with the varsity girls set to host Murdoch MacKay on Monday.

UPCOMING GAMES

- Varsity boys (4-3): Monday, Feb. 2, 6 p.m. at Garden City; Wednesday, Feb. 4, 6 p.m. vs. West Kildonan



Lord Selkirk's Tegan Anderson seeks a pass while being double-teamed by MBCI defence on Wednesday, Jan. 28. Anderson and the Royals would go on to lose the contest 60-39.



Lord Selkirk's Hudson Kennelly is guarded by a Springfield Sabres defender in Wednesday, Jan. 28's Royals home game. Kennelly and the Royals went on for a 78-59 win and improved to 4-3 on the season.



RECORD PHOTOS BY BRETT MITCHELL

Lord Selkirk's Cassidy Laing controls the Royals offensive possession in Wednesday, Jan. 28's home game against the MBCI Hawks. The Royals currently hold a 4-2 record and sit third in KPAC Tier 2.



Lord Selkirk's Garrett Gburek races downcourt with possession on Wednesday, Jan. 28 against the Springfield Sabres. Gburek and team currently sit fifth in KPAC.

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Selkirk Record

To see more photos
of your favourite
Interlake Athletes

GO TO

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Einarson claims fifth Scotties in extra end

By Haley Cvar

Kerri Einarson captured her fifth national championship Sunday, defeating Kaitlyn Lawes 4-3 in an extra end to win the Scotties Tournament of Hearts in Mississauga, Ont.

The Team Canada skip forced an 11th end before stealing the winning point to edge the Manitoba rink in a tightly contested final.

"Oh, my God, what an amazing feeling," Einarson said during a post-game interview on TSN. "Just overwhelmed. I'm super proud of us. It was a grind this week and we had to make some big clutch shots to get ourselves into this final. So I'm super proud of my team and thank you to all the fans."

Lawes entered the championship game undefeated and was appearing in her first Scotties final since 2015, when she won the national title playing third for Jennifer Jones's Manitoba team.

Einarson struck first in the second end after Lawes's final stone came up light, allowing Canada to pick up an easy steal. Another Manitoba error proved costly in the fourth end when Lawes attempted a short-angle



RECORD PHOTO CP/CHRIS YOUNG

Canada's skip Kerri Einarson delivers a stone during the Scotties Tournament of Hearts in Mississauga, Ont. Einarson was named a second-team all-star at skip following consistent round-robin play.

runback wrecked on the guard, giving Einarson a second steal and a 2-0 lead.

Manitoba tied the game in the sixth following an uncharacteristic miss by Einarson. Her final takeout attempt, her rock did not connect and slid through the house, opening the door for Lawes to draw for two.

Lawes took her first lead of the game in the seventh when Einarson narrowly missed a double takeout, leaving one Manitoba stone biting the red ring for a single.

After two blank ends, the teams reached the 10th end with Lawes holding last rock and four stones in the house. Facing elimination, Einarson executed a precise angle raise for the single and force extra ends — a shot she described as one of the week's defining moments.

"All I thought in my head was, 'Just make this one for your team, Kerri, and take it to an extra,'" she said. "So yeah, it was a clutch one. It's incredible."

The championship run capped a demanding playoff path for Einarson, who lost 10-2 in eight ends to Lawes in Saturday's



RECORD PHOTO CURLING CANADA/ANDREW KLAVER

2026 Scotties Tournament of Hearts champions, Canada's Team Kerri Einarson. Pictured, Kerri Einarson (skip), Val Sweeting (third/vice-skip), Shannon Birchard (second), Karlee Burgess (lead), Krysten Karwacki (alternate/lead) and Reid Carruthers (coach).



2026 Scotties Tournament of Hearts champions, Canada's Team Kerri Einarson with daughters Khloe and Kamryn Einarson



RECORD PHOTO ANIL MUNGAL PHOTOGRAPHY

2026 Scotties Tournament of Hearts champions, Canada's Team Kerri Einarson.

1/2 Page playoff and had to advance through the semifinal to earn a rematch.

Einarson sealed the title with a steal in the 11th end, reclaiming the Scotties crown and the right to represent Canada at the upcoming world championship in Calgary — an opportunity she said remains deeply meaningful.

"It feels amazing," she said. "To wear the maple leaf is an absolute

honour, and we're so looking forward to playing here in Canada."

With the Scotties title secured, Einarson and her team will now turn their attention to the World Women's Curling Championship, scheduled for March 14-22 in Calgary. The event will see Canada host the world's top women's curling teams, with Einarson once again wearing the maple leaf on home ice.

Lord Selkirk Royals edged in pair of close losses

By Annaliese Meier

The Lord Selkirk Royals dropped a pair of one-goal games last week and sit ninth in the Platinum Promotions Division with an 8-13 record in Winnipeg High School Hockey League play.

Lord Selkirk opened the week with a 3-1 home loss to River East Kodiaks on Jan. 26. The visitors scored twice in the opening period and carried the lead into the third. Erik Eason pulled

the Royals within one with a late goal, but River East sealed the win with an empty-net marker in the final minute.

The Royals were back on the road Jan. 30, where they were edged 3-2 by Collège Jeanne-Sauvé Olympiens. Eason opened the scoring on the power play in the first period, and Kageon Carver added a second-period goal as the teams went into the third period tied. CJS struck early in the final frame for the game-winner,

holding on despite Selkirk pressure late.

Lord Selkirk returns to the road this week, visiting Westwood Warriors on Feb. 4 at 4:15 p.m., followed by a matchup against Sturgeon Heights Huskies on Feb. 5 with a 4 p.m. puck drop.

GIRLS IDLE, RETURN TO ACTION

FEB. 9

The Selkirk Royals did not see game

action last week and remain idle again this week in Manitoba Women's High School Hockey League play.

Selkirk currently sits 11th in the East Division with a 3-17 record and is scheduled to return to action on Feb. 9, hosting CSLR Raiders at home with a 3:45 p.m. puck drop.

Gators split week against top HTJHL opponents

By Annaliese Meier

The East St. Paul Gators split a demanding stretch of Hanover Tache Junior Hockey League action last week, opening with a dramatic overtime road win before dropping back-to-back games against two of the league's top teams.

East St. Paul earned a 5-4 overtime victory over the Red River Mudbugs on Wednesday, Jan. 28, at St. Jean Arena. The Gators jumped out to a 3-1 first-period lead on goals from Jonah Chaulk, Carter Reid and Cole Philion, but Red River rallied to take a 4-3 advantage midway through the third.

Adam Frick scored twice late in regulation to force overtime, including the tying goal at 15:55, before the Gators sealed the win in the extra frame. Caleb Hofer added two assists in the comeback, while Preston Laschyn stopped 24 shots to earn the victory in goal. East St. Paul finished 1-for-5 on the power play, while holding Red River scoreless on four opportunities.

The Gators were unable to carry that momentum into Saturday's home game, falling 7-3 to the Mitchell Mustangs at the East St. Paul Community Centre. Mitchell built a 4-1 lead in the opening period and added three more

goals over the final two frames. East St. Paul goals came from Chris Tataryn on the power play, Ethan Lukianchuk and Luka Burgess. Laschyn and Aiden Poseluzney shared the goaltending duties in the loss.

East St. Paul then closed the week with an 8-1 loss to the undefeated Macdonald Swarm on Sunday night at the Sanford Recreation Centre. Macdonald scored five unanswered goals over the first two periods to take control. Caleb Hofer scored the lone Gators goal late in the second period, with assists from Adam Frick, while Poseluzney made 54 saves un-

der heavy pressure. East St. Paul went 0-for-2 on the power play.

Following the three games, the Gators sit ninth in the HTJHL standings with an 8-18-0 record and 16 points. They trail Red River by five points in the race for eighth, while Macdonald continues to lead the league with a perfect 27-0 record.

East St. Paul returns to action Tuesday night with a road game against Macdonald, followed by home games Wednesday against Red River and Saturday versus Grunthal, before travelling to Niverville on Sunday.

Selkirk junior hockey makes triumphant return to Sagkeeng

By Kieran Reimer

Last weekend marked a full-circle moment for many members of the Selkirk Fishermen junior hockey club.

On Friday evening, the Fishermen were designated the home team for their Capital Region Junior Hockey League matchup against the La Broquerie Habs at Sagkeeng Arena Complex.

The game highlighted the Fishermen's strong pull beyond Selkirk, with roughly three-quarters of the rink filled with spectators.

Many in attendance were family and friends of the Fishermen's Sagkeeng First Nation players, including Connor Bruyere, Marcus Sharpe, Theo Courchene and Sage Courchene, while other members of the roster hail from nearby communities.

Ultimately, the Fishermen fell 4-2 despite each team recording 30 shots on goal. The game nevertheless provided a highly anticipated return to Sagkeeng Arena Complex after last year's annual trip was cancelled.

"Going back there was great," said Fishermen head coach Chris Poponick. "The atmosphere was fantastic — everybody in the community supports it. There's people com-

ing to the games from Grand Marais and Pine Falls, and that entire area. They're kind of starving for a little bit of hockey action when they had a junior team there for many years, so it was great."

La Broquerie's Colton Pakoo, also a local product, recorded two assists in his club's win.

Selkirk goals were scored by Izzy Aime and Logan Saluk, both in the third period, while Johnny Enns-Demchuk made 26 saves in the Fishermen crease.

The Fishermen also played two other games last week amid the CRJHL's announcement of its 2025-26 all-stars.

The league named at least two all-stars from each of its seven clubs. Forwards Zach Gallinger and Ashton Schroeder were selected as Selkirk's representatives following strong seasons.

Gallinger leads the team with sev-

en goals and 21 assists for 28 points, while Schroeder sits one point back with 21 goals and six assists for 27 points.

Poponick said both players earned the recognition.

"Ashton Schroeder is kind of one of those utility knives that can play in any situation," Poponick said. "He never stops working. He generates offence, protects on defence — he's just a crafty player. For a young kid who's only 18 years old, it's quite impressive."

"Zach has come into his own," he added. "He came to us from the

MMJHL and was struggling to find his game and how to play his game, and he really fell into the power-forward role. He's quite dominant when he gets that puck and starts cruising through the neutral zone. I compare him a lot to John LeClair. He used to play for the Philadelphia Flyers — just a big body who battles hard on the boards, has a really good sense of the game, and can almost play with anybody because he works so well and sees the ice so well."

Both Gallinger and Schroeder scored

Continued on page 22

NEXT HOME GAMES

at the Selkirk Rec Centre

SUNDAY, FEB 15th

VS Beausejour Comets 3:00 pm

TUESDAY, FEB 17th

VS Winnipeg Satelites 7:30 pm

FRIDAY, FEB 20th

VS Arborg Ice Dawgs 7:30 pm

NEXT AWAY GAMES
Fri, Feb 6- vs Arborg Ice Dawgs - 8:00 pm
Tues, Feb 10- vs St Malo Warriors - 8:00 pm



Meet the Fishermen
2025-2026



#21 Deacon Kemp
Forward

> FISHERMEN, FROM PG. 21

in Selkirk's 6-4 win over the North Winnipeg Satellites last Tuesday at Billy Mosienko Arena.

Saluk, Aime, Deacon Kemp and Sage Courchene added the other Fishermen tallies, while Enns-Demchuk finished with 25 saves.

Friday's game in Sagkeeng followed before Selkirk returned to action Sunday afternoon in Lundar against the Falcons.

The Fishermen fell behind 4-0 in the second period before goals from

Dawson Bergagnini and Ryan Cromie got Selkirk on the board in the third.

Lundar sealed the win with an empty-net goal to claim a 5-2 victory.

Enns-Demchuk stopped 11 shots, while Lundar's Dylan LeClair made 38 saves to lead his club.

Selkirk holds a 15-7-0-0-2 record for 47 points in 24 games, keeping the Fishermen in third place. With their current position, Selkirk has guaranteed home-ice advantage for the opening round of the CRJHL playoffs.

With six games remaining, the Fishermen will continue battling for playoff positioning in hopes of a more favourable first-round matchup.

The next three games will all be played on the road due to the 2026 Bunge Championship being hosted at the Selkirk Recreation Complex, limiting available practice time.

That reality has been accepted by the coaching staff, at least until the tournament concludes Feb. 8 and the team can return home.

In the meantime, Selkirk faces road

matchups against North Winnipeg, Arborg and St. Malo before returning home for its final three-game homestand from Feb. 15-20.

UPCOMING GAMES:

- Tuesday, Feb. 3 — at North Winnipeg Satellites, 8 p.m., Billy Mosienko Arena
- Friday, Feb. 6 — at Arborg Ice Dawgs, 8 p.m., Arborg & District Arena

Raiders battle top teams, fall short in weekend losses

By Lana Meier

The Raiders Jr. Hockey Club showed flashes of resilience but came away without a win after facing two of the Manitoba Major Junior Hockey League's stronger clubs over the weekend.

The Raiders dropped a 7-4 decision to the St. James Jr. Canucks on Friday, Jan. 30, at Ab McDonald Arena, despite generating 43 shots on goal.

St. James built a 3-0 first-period lead and never trailed, powered by a four-

goal performance from Jayden Ward. Cole Robertson added two goals for the Canucks, including one on the power play.

Raiders goals came from Zach Einarson, Riley Kushnier, Cole Kennedy and Mason Laarveld, with Kennedy and Kushnier each factoring on multiple scoring plays. Owen Savoie stopped 45 shots in net as the Raiders went 2-for-4 on the power play.

Two nights later, the Raiders pushed

the league-leading Transcona Railer Express to overtime before falling 4-3 Sunday afternoon at Ed Golding Arena.

Noah Banera opened the scoring for the Raiders in the first period, while Einarson and Kushnier added goals as the teams traded momentum throughout regulation. Kushnier's third-period marker tied the game and forced overtime.

Ryder McLure ended it 1:36 into

the extra frame for Transcona. Savoie again saw heavy action, turning aside 40 shots in the overtime loss.

With the results, the Raiders sit eighth in the MMJHL standings at 12-19-3, while Transcona remains atop the league and St. James holds a playoff position in the crowded middle of the table.

The Raiders return home Thursday, Feb. 6, when they host the St. Boniface Rielers in a 7:30 p.m. matchup.

Steelers drop road pair to hungry Stampeders in MJHL action

By Kieran Reimer

The clock continues to tick on the Selkirk Steelers' chances of making the Manitoba Junior Hockey League postseason.

For another week, they will chase the Winkler Flyers, who sit 10 points ahead of Selkirk for the fourth and final MGEU East Division playoff spot.

Last week, Selkirk moved two games further into its 58-game season with a back-to-back road series against the Swan Valley Stampeders. Looking to secure four points and close the gap on Winkler, the Steelers struggled to find timely goals despite firing more than 30 shots in both contests.

Selkirk settled for a single point from the weekend road trip after falling 4-3 in a shootout on Friday and 3-2 in regulation on Saturday, with crowds of approximately 250 specta-

tors on both nights.

Selkirk scored the first two goals in Friday's shootout loss, with tallies from usual scorers Wyatt Witham and Dawson Madden. Swan Valley responded with two goals of its own to tie the game early in the third period.

Witham then notched his second of the night to put Selkirk back in front, 3-2. The lead lasted just four minutes before the Stampeders tied the game again at 10:04 of the third period, sending the contest to overtime tied at three.

A scoreless overtime led to a three-round shootout, where Witham scored Selkirk's lone goal. Ben Groome and Jake Giacobbo both converted for Swan Valley, which prevailed in the shootout.

Selkirk goaltender Ethan Sawyer finished with 38 saves in the loss, while

Swan Valley's Easton Falls turned aside 29 shots for the win.

The Steelers outshot the Stampeders 37-22 the following night but again came up short. Witham continued his strong weekend by opening the scoring in the first period. Griffin Krone made it 2-0 Selkirk in the second before Swan Valley scored twice late in the period to tie the game at two through 40 minutes.

Noah Stott gave the Stampeders their first lead early in the third period. His goal stood as the lone tally of the frame as Swan Valley secured its second win in as many nights, with Stott earning first-star honours.

Selkirk's Hudson Hunnie made 19 saves in the loss, while Swan Valley's Samuel Bastien stopped 35 shots in the win.

The Steelers now hold an 18-20-2-1

record through 41 games, with 17 remaining on the schedule.

This week will provide some much-needed rest and reset time as Selkirk looks to return to the winning ways that marked its strong start to the season just a few months ago.

Following Wednesday night's game against Neepawa, the Steelers will have five days off before heading to Virden on Tuesday, Feb. 10, to begin a busy stretch to close out the regular season.

UPCOMING GAME:

- Wednesday, Feb. 4 — at Neepawa Titans, 7:30 p.m., Yellowhead Centre

SHOW YOUR SUPPORT FOR YOUR LOCAL MJHL TEAM!!!

- VS Portage Terriers Fri, Feb 13rd 7:30 pm
- VS Steinbach Pistons Sat, Feb 14th 7:30 pm
- VS Neepawa Titans Sat, Feb 21st 7:30 pm

NEXT AWAY
GAMES

- VS Virden, Tuesday, Feb 10 - 7:30 pm
- VS Niverville, Monday, Feb 16 - 3:00 pm

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Men's Therapy Group Q&A Info Session with Doug Tataryn at Gaynor Library Thursday, Feb 12 - 6 p.m. New strategies for PTSD, Depression, Anxiety, Anger. Session is FREE & open to all. Ongoing group is eligible for BlueCross.

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

Sudoku Answer

take a break

> GAMES

SUDOKU

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

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The Rural Municipality of West St. Paul is seeking quotations for curbside collection of solid waste, yard waste and recycling. Specifications and quotation documents including submission documents are available online at www.weststpaul.com.

Sealed submissions clearly marked "RFQ 2026-01 Curbside Collection of Solid Waste, Yard Waste and Recycling" will be received by the undersigned at the address below until 11:00am on March 5, 2026. Late submissions will not be accepted and will be returned to the bidder unopened.

The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the quotation should be directed to Brendan Mazurik, Director of Operations by email at brendan.mazurik@weststpaul.com.

Mr. Jeffrey Simpson, CAO
Rural Municipality of West St. Paul
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ANNOUNCEMENT

IN MEMORIAM



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ANNOUNCEMENT

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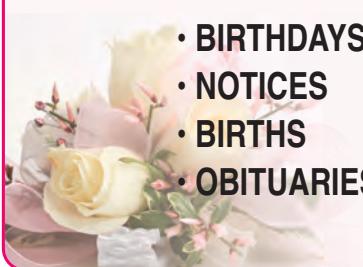
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Selkirk Record

Call 204-785-1618

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Linda Kroeker (Simpson)

Linda Kroeker (Simpson) was born in Winnipeg, Manitoba, on April 21, 1951 and passed away peacefully at Selkirk Regional Health Centre surrounded by her loving partner, Patricia Woodward, and her daughter, Sarah Simpson-Yellowquill (Thomaz Owczarek).

Linda worked for many years in early childhood education before retiring, where she was known for her warmth, friendliness, and ability to connect easily with children and coworkers.

She loved gardening and had a true green thumb, finding joy in growing flowers, tomatoes, blueberries, and herbs, often with a cup of coffee nearby.

Linda was known for her big, bright eyes and her warm laugh. In the days leading up to her passing, she shared laughter with friends and family, surrounded by love. She now walks the spirit world, free and at peace.



She is survived by her siblings Bruce Dahl (Joanne), Judy Shirlaw (Tina), Sandy Wiesner, and David Wiesner. She also leaves behind many nieces and nephews who loved her deeply: Serena, Patrick, Brad, Karen, Cheryl, and Michael, as well as her great-nieces and great-nephews. She also leaves behind her two cherished puppies, Ella and Bubbles, who brought her so much comfort and joy.

She was predeceased by her beloved sisters, Dolores Simpson and Gloria Wiesner.

She will be greatly missed and remembered as a wonderful woman.

In accordance with Linda's wishes, immediate cremation has taken place, and no funeral services will be held at this time.

Tribute: www.gilbartfuneralhome.com

Announcements

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Selkirk Record

OBITUARY



Terry Patrick Roland Malley

December 25, 1942 - December 30, 2025

It is with great sadness we announce the sudden passing of our father, Terry Malley.

Terry was born on Christmas day 1942 in Winnipeg, Manitoba. He was raised in the West End and graduated from Daniel McIntyre. Eventually he moved to St. Andrews, Manitoba and loved rural living.

He had a love for airplanes like no other and worked at Air Canada for many years until he retired in 2007. For Terry, life was about two things... fixing what was broken and admiring what could fly.

He was predeceased by his father and mother (Fenton and Mona) and his sister (Nancy).

He leaves behind his daughter Kristie; son Christopher (Kaitlyn); granddaughter Fiona; as well as his sisters, Diane and Colleen. He had many close friends, but we especially want to thank Co, Bruce "Scooter" and George for all the support and continuing help to his family.

A celebration of life will be held for Terry at a later date.

The family would like to thank everyone involved and the staff at Selkirk Hospital for their compassion and dedicated hard work. A photo biography honouring Terry's life is accessible through the 'tributes' link below.

Rest in peace Dad.

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OBITUARY



Catherine (Cathy) Isobel (Montgomery) Sveinson

August 27, 1952 - January 27, 2026

It is with great sadness that we announce the passing of our dearest mother, wife, sister, grandmother and friend, Cathy, following a short battle with leukemia on January 27, 2026 at the age of 73.

Cathy will be deeply missed by her loving husband Roy; her children and their spouses, Kelly and Scott Bilous, Kyle Sveinson and Elsa Chang; her cherished grandchildren Cole and Annika Bilous; her sisters Roberta Jones (Casey) and Judy Montgomery; her beloved grand-dog-ter Daisy; and many extended family members and friends.

She was predeceased by her parents, Bessie and Robert Montgomery; her brother Keith Montgomery; and her much-loved grand-dog-ter Winnie "Muddy Paws."

Mom was born in Hamiota, Manitoba and raised on her family's farm in Oak Lake. As her dad's "right-hand woman," she milked cows, slopped pigs, and spent countless hours with her beloved Bugger-cat. She graduated from Virden Collegiate Institute and moved to Selkirk in 1970, where she began her training as a psychiatric nurse at the Selkirk Mental Health Centre. In 1974, she furthered her education at the Misericordia Health Centre in Winnipeg, earning her RN. In June 1975, she graduated from her RN program and married—both on the same day.

Cathy devoted 40 years to nursing, working at the Selkirk Mental Health Centre, Selkirk General Hospital, and for 26 years at Seven Oaks General Hospital, before retiring in August 2010. Wherever she worked, she was known for her compassion, professionalism, and quiet strength, and was deeply respected by both her patients and her colleagues.

Family, friends, and community were at the centre of Cathy's life. She was someone others relied on - steady, kind, and always willing to help. She gave generously of her time and energy and offered unwavering love, encouragement, and support to those around her.

Cathy lived a full and meaningful life, enriched by many interests and passions. She loved quilting and sewing, gardening, achieving numerous awards for Yard of the Week, cooking and baking, and was especially fond of sharing those moments with her children and her granddaughter Annika, whom she proudly taught all her vinaterta knowledge. She was a devoted member of the Evangelical Lutheran Church of Selkirk and an active participant in Project Linus - Selkirk.

A dedicated hockey mom for many years, she later became a proud and enthusiastic member of the Grandma cheering section for her grandson Cole. Her children and grandchildren were truly the light of her life, and she took immense joy in supporting them in all their endeavours.

In the end, Mom was at peace, knowing she had lived a wonderful life filled with family, friendship, travel, meaningful work, and treasured experiences, with no regrets.

The family extends heartfelt thanks to Dr. Shoewu, Dr. B. Houston of Cancer Care, the Selkirk Palliative Care Team, Selkirk Home Care, and the staff at the Selkirk Regional Health Centre for their compassionate care and support during her final days.

In keeping with Cathy's wishes, cremation has taken place. A celebration of her life will be held on Thursday, February 12, 2026, at 11:00 a.m. at the Gilbart Funeral Chapel, 309 Eveline Street, Selkirk, MB. Attendants are encouraged to wear red in honour of Cathy's favourite colour. The service will be livestreamed via the link on her obituary on Gilbart's website.

In lieu of flowers, donations may be made in Cathy's memory to the Evangelical Lutheran Church of Selkirk or to Project Linus - Selkirk Chapter.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Irene Elizabeth Couture

July 19, 1936 - January 21, 2026

It is with deep sadness that we announce the passing of Irene Couture (nee Duguid), who passed away peacefully on Wednesday morning at the Selkirk Betel Home at the age of 89.

Irene was born and raised in Selkirk, Manitoba on July 19, 1936, the youngest of five children. She was a beloved wife, sister, mother, nan, auntie, and friend, and will be remembered for her kindness, warmth, and infectious laughter.

She is lovingly remembered by her husband, Edward Couture; her children, Bob (Janet), Michele (Ron), and Terry; and her grandchildren, Rob (Sarah), Wesley, Kyle, Nicole (Justin), Corey, and Kristin. She was also a proud great-nan to Emma, Chelsea, Jaxon, and Brady.

Irene was predeceased by her parents, Arthur and Isabella; her brothers, Arthur, Gordon, and Bruce; her sister, Margaret; and her youngest daughter, Jo-Anne.

For over 30 years, Irene worked as a cook at the Selkirk Mental Hospital, where she cared for others the same way she did her family, through good food, kindness, and dedication. She took great pride in her work. To know Irene was to love her. She was an incredible baker famous for her cookies, buns, and carrot cake and a wonderful cook. She and Ed cherished their weekly A&W dinner dates, a tradition that brought her great joy.

Irene loved watching sports, especially curling, enjoyed long chats over a cup of coffee, and had a laugh so big it made everyone around her laugh too. Her greatest achievement and proudest joy in life was her family and the loving home she built.

She will be forever missed and continue to live on in our memories.

The family would like to extend their sincere gratitude to the staff of the Selkirk Betel Home for the compassionate and exceptional care they provided to Irene during her final two years.

In accordance with her wishes, there will be no funeral service.

Those who wish may donate in Irene's memory to Dementia Research through the Alzheimer Society of Manitoba.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Helen Elizabeth Sigurbjorg Walker (née DeLaronde)

January 23, 1935 - January 18, 2026

It is with deep sadness that we announce the peaceful passing of Helen Elizabeth Sigurbjorg Walker (née DeLaronde) on January 18, 2026 in Selkirk, Manitoba, at the age of 90.

Helen was predeceased by her beloved husband, George Walker; her parents, Joseph and Solveig (Sylvia) DeLaronde; her brother, Joseph DeLaronde Jr. and her daughter-in-law, Diane Walker (née Baczewich).

She is lovingly remembered by her daughters, Joanne Ksionzek (Wayne), Diane Wark (Tom), and Pat Sareault (Robert), and by her son, Chris Walker. She will also be fondly remembered by her 10 grandchildren, 16 great-grandchildren, and one great-great-grandchild.

Helen was born on January 23, 1935 on Hecla Island, Mb, before moving with her family to Selkirk at the age of 12. She lived her life surrounded by many cousins, nieces and nephews, with whom she shared close bonds, happy memories and stories that she cherished throughout her life. She married the love of her life, George Walker, on November 7, 1953 and together they made their home in Petersfield, Mb where they raised their family and lived a busy farm life. Helen was deeply involved in her community and worked at Booth Fisheries, served as a 4 H sewing leader, and was a long time member of the Petersfield Community Club. She was also well known as a cook at the Petersfield Hotel and the infield booth at the Selkirk Fair and Rodeo.

Later in life, Mom made her home at the Selkirk Lions Centennial Centre, where she enjoyed bingo, card games, outings, and the companionship of many friends. She cherished time with her family, especially her grandchildren and great-grandchildren. She also had a deep love and passion for baking, sewing, knitting and crocheting, creating countless handmade items for family, friends, and others in need. Helen was known for her humour, practical wisdom, and her love of travel, and family adventures.

Mom faced illness with remarkable courage, grace, and selflessness, always thinking of others first. We will deeply miss her, and she will never be forgotten.

A funeral service will be held on Friday, February 6, 2026 at 11:00 a.m. at Gilbart Funeral Home (309 Eveline Street, Selkirk, Mb). Guests are warmly invited to remain following the service for lunch and refreshments to share memories.

In lieu of flowers, donations may be made to the Petersfield Community Club, Arthritis Society of Canada or Cancer Care Manitoba Foundation.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

The Selkirk Record

OBITUARY



Irene Emily Thomas

It is with broken hearts we announce the passing of our beloved mother, grandma, great-grandma, sister and aunt, Irene Emily Thomas, on Tuesday, January 27, 2026 at Sunnywood Manor at the age of 90.

Cremation has taken place and a Celebration of Life will take place at a later date.

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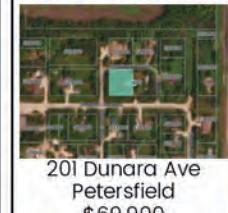
0 Hall Road
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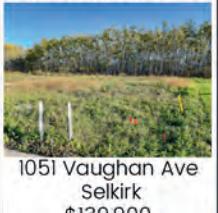
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