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THURSDAY, FEBRUARY 22, 2024

VOLUME 15 EDITION 8

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Movement forward for Selkirk solar glass facility

Appeals dismissed and company able to move forward with construction

By Staff

Premier Wab Kinew and Environment and Climate Change Minister Tracy Schmidt joined Mayor Larry Johannson to announce the solar glass manufacturing facility planned for Selkirk is moving forward.

"Today, we are moving forward with Canadian Premium Sands (CPS) to mine critical minerals here in Manitoba. They will mine silica sand that will be used to manufacture solar glass panels at a brand new facility right here in Selkirk," said Kinew

He said that this project would position Manitoba as a leader in the low carbon economy of the future.

"We will support CPS to establish Impact Benefit Agreements with First

Nations and Métis governments. We want to ensure that our commitment to economic reconciliation is brought to life and how we carry this project to fruition," said Kinew.

The Manitoba government has released information stating that this glass facility is projected to produce up to 800 tonnes of solar glass per day. The Manitoba Bureau of Statistics has assessed the overall economic impact of these projects which it reports would create 250 direct jobs for Manitobans as well as 600 to 700 jobs during the construction phase. The extraction project is estimated to create another 30 jobs near Hollow Water First Nation.

Schmidt said, "Manitoba has an op-

portunity to become a leader in clean energy and this project will move us forward towards that goal by helping us meet our net zero targets. Today's announcement helps us do just that. It comes after months of careful review of the appeals by our government and this is over and above the lengthy review done by our departmental experts who issued the licenses first in 2023. Dismissing these appeals removes the final unknown for the company as they continue moving forward with the goal of having shov-

els in the ground this summer."

The project received Environment Act licence approvals between 2019 and 2023.

Mayor Johannson called this announcement fantastic.

"We know the importance of a new clean green future for the generations of Manitobans to come. With this plan, and with Manitoba Hydro electricity, this green initiative will lead to Manitoba what oil and gas was to Alberta in the past. This is going to be the future," said Johannson.



RECORD PHOTOS BY BRETT MITCHELL

Premier Wab Kinew and Environment and Climate Change Minister Tracy Schmidt joined Mayor Larry Johannson at the Gaynor Family Regional Library to announce that solar glass facility will move forward.



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Selkirk police officer talks scam and fraud prevention

It's ok to hang up, block, delete and engage your inner investigator

By Katelyn Boulanger

Cst. Paul Human, community policing officer with Selkirk RCMP was at the Gordon Howard Centre last week discussing many of the scams and frauds that he's learned about through his employment and letting residents know how to tell they are being scammed before they are.

"Where it used to be a letter being mailed to your house, now it's on your phone. So, my job is to turn all of you into scam investigators," said Human to kick off his presentation.

Human said that he received a phone call just the other week from a resident who said that they got a text saying that they had won a contest where there was a cash prize in the millions and they also won a car. Someone impersonating FedEx wanted to know where to drop off the prize. Human says he called the person back and asked them if they had entered a contest like that. When the person said no, Human said to block that number and delete the text.

This particular scam used excitement to try to get a response. Scammers can use these tactics to get personal information or even ask for money or gift cards.

"The big problem with fraud in this country is that only 5% of our victims report it," said Human

He says that the reason that the reporting rate is so low is because of shame and that if you ever encounter someone who tells you they have been the victim of fraud to be very

supportive of them because these frauds can be incredibly convincing.

He also wants to reassure people that because more frauds are being committed by people in Canada, there have been instances where people have gotten their money back so reporting the fraud can be worth it.

Another tactic that fraudsters use is to pull on your heartstrings so that you react first and use your critical thinking skills second. Human told a story where his mother, who worked as a head administrator for the RCMP called him worried about her grandchild because of a fraudster.

"My mom was calling me at eight o'clock in the morning. My mom never calls me that early unless something's going on," said Human.

She had received a call from a scammer saying that her grandchild, Human's child, was in jail in Winnipeg because they had been pulled over and drugs were found in their car and now they needed bail money.

Human reassured her that her grandchild was in fact not even in the province as they were away for work. He explained that even though she knew police procedure and knew that some of the information that she had received couldn't be true, her concern for her grandchild came first.

Residents should know that this is commonly called a grandparent scam but it can happen with other close family relationships or even close

Continued on page 6



RECORD PHOTOS BY KATELYN BOULANGER

Cst. Paul Human shared stories at the Gordon Howard Centre about frauds and scams.

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Ready for some St. Patrick's Day cheer? Selkirk Biz is

Invitation to Paddy's Day Pints and Wings connects residents to local business

By Katelyn Boulanger

The Selkirk Biz is inviting residents and business owners alike to the Selkirk Legion on March 13 for a Paddy's Day Pints and Wings event.

"We're going to be having wings with some beer samples from local breweries," said Alice Skalesky, executive director of the Selkirk Biz. "We're just going to eat some food and do some mingling."

The local breweries will be Brazen Hall, Farmery Estate Brewery, and Torque Brewing.

Wendy Meger, Selkirk Biz's 1st vice president says that because of their shop local initiative, it made sense to feature Manitoba breweries at this event.

"Local is Manitoba, where we live. When I think local, I think of the whole province and keeping it to the

smaller companies. [Featuring their products] gets them exposure, it helps their business and it introduces us to them as well," said Meger.

Skalesky says that the Biz is hoping to get more people out to more of their events. Residents should know that business leaders in our community are welcome and encouraged to come as well as residents who live in Selkirk, St. Andrews, St. Clements, and West St. Paul. If you are a business leader or owner who isn't part of the Selkirk Biz you are also very welcome. This is a way for everyone to connect with the businesses you may not have even known were local and have some St. Patrick's fun.

"It's a good networking opportunity. We're hoping to have around 60 people attend so we're hoping to get a good variety of different people," said Skalesky.

Meger says that she's most looking forward to going to a new event as

well as meeting and seeing all of the local people who come out.

"It's in all of our best interest to keep dollars here in our community. The whole point of a lot of these initiatives is getting all the local businesses to find ways to work together to keep the economy dollars here," said Meger.

Tickets are \$20 plus tax and can be gotten through the website Eventbrite. With a ticket, residents will get a flight of beers as well as a dozen wings. This is an 18+ event.

Skalesky thinks that this is a great way to connect with our community at a lighthearted local event.

"Just for the networking opportunity alone, I think it would be worth it but on top of that, you can get some delicious wings and try some beer samples," she said.

Purchase your ticket at <https://www.eventbrite.com/e/paddys-pints-wings-tickets-830464691247>.



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RECORD PHOTO BY KATELYN BOULANGER

Cst. Paul Human speaking at the Gordon Howard Centre about frauds and scams.

> SCAMS AND FRAUDS, FROM PG. 4

friendships. The scammers pretend to be a loved one in trouble and then convince you that they are that person with a bad phone connection or a cold and ask for help. The signs that this was a scam are that, in Canada, the RCMP need a warrant to search a vehicle which they wouldn't have if they just pulled someone over. Additionally, there is no such thing as bail in Canada, it's a commonly known American term but our Canadian justice system works differently.

Another common scam that Human mentioned was a scam that works to collect credit card information. A fraudster will call saying there is something wrong with your credit card. They will then ask for your personal information like the name on the card, the card number and the three-digit CVV code to confirm your identity. Human says that you should absolutely never give this information out as confirmation. If they are calling you, you should be confirming who they are. You can do this by hanging up and calling the number on your credit card.

Scammers can also say they represent banks or other institutions. It's always ok to hang up and find the information to call them from a trusted source like a statement you've received from that institution to confirm the fraud.

Because it's coming up to tax season scammers will be gearing up to pretend they are the CRA or involved with taxation in some way. If you get calls like that in the coming weeks it's ok to hang up as the CRA doesn't reach out by phone.

"Google your names to see how much of your information is out there. Who do you trust your information with? [Don't give it out freely.] And, please, if you see those [posts or quizzes] on social media, where they say, 'Hey, what was your first car and where do you live? What was your hometown?' Don't put that stuff out there. Why? Because they are good password

questions," said Human.

He also says that sometimes fraud scams aren't targeted.

There are programs now that automatically call random phone numbers and fraudsters just wait for someone to answer who won't hang up on them. They play on resident's good nature.

"If you have a phone, and you getting a call from a number that you don't recognize, leave it. They can talk to my answering machine. If it's important, they'll leave a message. If it's not, they don't," said Human.

He asks that people who are victims of fraud to report it not just for themselves but because it helps the police know about new frauds so that they can protect others. It's also the best way to potentially get what you have lost back.

"Please report it as quickly as you can because the quicker an issue is reported, the quicker that we can get working on it and get it to the powers that be to possibly get wherever you lost back," said Human.

Some other tips that he shared are:

- To never allow anyone to have remote access to your computer even if they say they are a technician or professional who calls you
- That frauds are not just happening to seniors. Anyone of any age is being targeted now
- If they tell you not to tell anybody, then it's probably fake and you should definitely tell someone you trust
- You shouldn't feel bad blocking and deleting potential fraudsters
- If you see someone in your neighbourhood is acting strangely it's ok to call in a suspicious person to the RCMP

"I don't want any of you to lose anything, lose money, lose property, lose anything and I want you to tell others to help them at the same time," said Human.

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Louis Riel Day



RECORD PHOTO SUBMITTED

Louis Riel Day was celebrated in style in Selkirk. On this day our local Métis community gathered at the Selkirk Recreation Complex to celebrate hosted by the Manitoba Métis Federation and the Selkirk Steelers.

The RCMP Report

Submitted by Selkirk RCMP

The RCMP Report is a short overview of the calls received in our area by local law enforcement. This report covers Feb. 1 - 15.

Selkirk and Area RCMP

Selkirk and Area RCMP had 293 calls for service in this time frame.

On Feb. 1, Selkirk RCMP received a Mental Health call at a residence on Berrisford Ave. in Selkirk. Police arrived and it was determined that everyone was calm and Police assistance was not required. During this time period, Police attended to six calls involving the Mental Health Act.

On Feb. 3, Police were called to the Blue Bridge on Eaton Ave. in Selkirk for a report of a male and female in distress. Police attended and after speaking with both parties there were no worries of distress. Police attended to nine calls checking on resident's well-being during this time period.

On Feb. 12, Police were called to a possible overdose at a residence on Sutherland Ave. in Selkirk. Police attended with ambulance attendants. The person was responsive to the actions of the emergency responders and was taken to hospital for further treatment.

Red River North RCMP

Red River North RCMP had 185

calls for service in this time frame.

Police were advised of a Break and Enter at a business on Kapelus Drive in the RM of West St. Paul on Feb. 15. Investigation revealed that suspect(s) had entered and stole a number of items. Police continue to investigate.

On Feb. 12, Police received a report of identity fraud from a resident on Grassmere Road in the RM of West St. Paul. The person had their personal online account hacked. This resulted in fraudulent purchases. The person made contact with their financial company for assistance.

Police were patrolling on Highway 9 in the RM of West St. Paul on Feb. 8, when they located a vehicle parked roadside with an individual in it. Further investigation revealed the driver had recently consumed cannabis and was impaired. A three-day driving suspension was issued to the driver.

Grand Marais

Grand Marais had 13 calls for service during this time period.

Police received a call of dangerous driving on 59 Highway in the RM of St. Clements on Feb. 9. The complainant reported a blue sedan was swerving all over the road and into oncoming traffic. Police attended but could not locate the vehicle.



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Call Katelyn Boulanger

COVID-19 and flu vaccines still available

Manitobans encouraged to get immunized before end of April

Submitted by the Manitoba Government

Manitoba Health, Seniors and Long-Term Care reminds Manitobans it is not too late to protect themselves against COVID-19 or seasonal influenza by getting vaccinated. It is recommended people get their COVID-19 vaccine by the end of April to help ensure the recommended minimum intervals between doses in anticipation of the fall immunization campaign.

Building on guidance released by the National Advisory Committee on Immunization last month, an additional dose of the XBB COVID-19 vaccine is also now available to individuals who are at higher risk of more severe outcomes from COVID-19 or whose immune system may require the ad-

ditional support of another dose. Manitobans who are concerned about their risk associated with COVID-19, should speak to their health provider about the need for a spring dose. For a complete eligibility list, visit <https://gov.mb.ca/covid19/vaccine.html>.

COVID-19 vaccines will continue to be available to all eligible people until April 30. Individuals who wish to receive a COVID-19 dose after May 1 should speak with their health-care provider. By generally discontinuing COVID-19 immunization at the end of April, Manitoba is ensuring most people will have at least a six-month interval between doses when vaccines are again available in the fall. Longer intervals between COVID-19 doses provide a stronger immune response.

Over the last several months, the respiratory virus season has placed significant demands on the health-care system. Older people with one or more underlying health conditions continue to be at greater risk of severe outcomes from COVID-19 and flu. Getting vaccinated is the most effective way to prevent severe outcomes, like hospitalization or intensive care admission, which is why public health highly recommends vaccination.

Vaccine appointments at some sites can be made by calling 1-844-626-8222 or through the online portal at <https://patient.petal-health.com/login?groupId=6032>. Walk-in vaccinations may also be available at some locations.

For more information about COVID-19 and flu vaccinations in Manitoba, visit: <https://manitoba.ca/projectmb/>.

New Canadian Adult Education Credential to Replace GED

Submitted by the Manitoba Government

The Manitoba government is ensuring Manitobans have continued access to adult education as a pathway to employment opportunities by introducing the Canadian Adult Education Credential (CAEC) to replace the General Educational Development (GED) tests, Advanced Education and Training Minister Renée Cable announced on Feb. 12.

"Adult education allows Manitobans from all walks of life to access equal opportunities in our growing economy," said Cable. "This is why our government acted swiftly to introduce this new credential as a modern replacement to the GED, so adult education students are able to learn without interruption."

The GED test series will be discontinued in Canada effective May 3. CAEC testing is expected to start in Manitoba in June, the minister added.

The CAEC features new Canadian content that includes diverse cultures and Indigenous perspectives. The modernized CAEC digital tests can be taken online in English or French, with a paper-based option available if needed. The same subject areas as the GED will be evaluated including English, French, mathematics, social studies and science. Successful test assessments will continue to lead to a high school equivalency certificate issued by the Manitoba government.

The Manitoba government is committed to ensuring a smooth and barrier-free transition from GED to

CAEC testing by keeping the cost at \$75 for test-takers. Manitoba's CAEC testing locations and schedule will be posted on the Adult Learning and Literacy website as soon as it is available, noted the minister.

Manitobans who have started the GED preparation process are encouraged to complete the full test series before May. Those who have passed some GED tests will be able to have those tests applied towards their CAEC for up to three years. Employers can recognize both the GED and CAEC as equivalent certificates.

For more information on the GED testing schedule, visit <https://edu.gov.mb.ca/all/ged/index.html>.

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Rental accommodations needed for health-care workers

By Jennifer McFee

Rental accommodations are in demand for health-care workers coming soon to the Interlake-Eastern region.

Interlake-Eastern Regional Health Authority is reaching out to local residents to find rental properties in Arborg, Ashern, Eriksdale, Stonewall, Selkirk, Pine Falls, Pinawa and Beausejour.

Julene Sawatzky, regional lead for human resources, said optimally they're seeking small furnished rental options that are in good condition and close to health facilities.

"One of the challenges we are finding in stabilizing the workforce in our rural environment is access to affordable and appropriate rental accommodation," she said.

"We have numerous recruitment initiatives underway, including the Philippines recruitment effort as well as the rollout of the Provincial Nursing Float Pool. We need accommodations in order to be able to have these nurses and health-care aides actually work in the communities."

In addition, physicians often struggle to find an appropriate place to live, which is a key factor in retention.

The duration of the rentals will vary

depending on the situation of the worker.

"Provincial Float Pool nurses may be coming to the community for three to six months at a time, whereas individuals and families from the Philippines will be staying in the community a minimum of several years. In both cases, having some basic furnishings in place is very helpful," Sawatzky said.

"We also have agency nurses working in many of our communities. They often seek nightly rentals as they may come and work in a community for a few shifts in a row and then drive back to where they live."

To help address the issue of accommodations, the health authority is gathering information about residents who might have short-term or long-term rentals available.

"We are finding challenges right across the region. The communities of Ashern and Pine Falls are of particular focus as their distance from a major centre makes it more difficult to support staff with accommodations. Staffing stabilization efforts are underway. We're capitalizing on Provincial Float Pool staffing and recruited workers from the Philippines,"

Sawatzky said.

"As we focus on improving access to care across the region, we need places for staff to live and we hope that communities take opportunities they may

have to facilitate access to housing."

Anyone with a rental site that is available can contact human resources officer Susan Peitsch at speitsch@ierha.ca or 204-345-4325.

Making winter lots of fun!



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Transformation underway at Wetlands Discovery Centre

By Jennifer McFee

A major transformation is underway at Oak Hammock Marsh, where the Wetland Discovery Centre is temporarily closed for renovations.

The revamp includes improvements to the current café and meeting rooms, as well as some entirely new exhibits complete with technological enhancements.

The award-winning Harry J. Enns Wetland Discovery Centre first opened its doors in 1993 and continues to welcome about 100,000 visitors each year. However, no major upgrades have occurred since it opened so the building is in need of serious repairs.

"We are also taking over the second floor of the current DUC (Ducks Unlimited Canada) offices and transforming it into a multipurpose event space," said Nathalie Bays, operations manager for Oak Hammock Marsh.

"The building is over 30 years old and many of the systems have deteriorated. This renovation allows us to make essential repairs needed for our continued operations."

The Wetland Discovery Centre closed on Nov. 1 for the project to begin. Soon after, representatives from local museums and non-profits had the chance to pick up displays and structures to give them a second life. After that, members of the public flocked to a clearance sale in mid-November to buy exhibit items, office furniture, supplies and much more.

With an eco-friendly approach, 98 per cent of the excess exhibits and furniture has been repurposed.

"All carpet and wood is being recycled," Bays added. "An energy audit was conducted and the new improvements are projected to increase the building's energy efficiency by almost 50 per cent."

The project's total budget rings in at \$6.4 million for the Wetland Discovery Centre side of the building. About half of those funds come from provincial and federal sources. Oak Hammock Marsh is currently running a capital campaign to raise funds for the other half.

The improvements aim to increase accessibility, offer engaging exhibits and add space that could be used for conferences and other gatherings, including weddings or celebrations of life.

A new theatre will provide an ideal venue for guest speakers to share their knowledge with both live and remote audiences. A state-of-the-art production centre will make it possible to deliver virtual and distance



RECORD PHOTOS SUBMITTED

Wetlands Discovery Centre.

learning across the country, allowing the Wetland Discovery Centre to become a national hub for conservation science and education programs.

The project is currently in the demolition stage, but the outdoor trails remain open for all to enjoy.

"We hope to reopen in time for the fall migration, and event space would be ready later in the year," Bays said.

"The trails can absolutely be used and we are also hosting groups in our Willow Retreat and running limited events."

She's looking forward to the new exhibits, which include a massive wall display of different wetland species. Another display will showcase wetlands wildlife through interpretive graphics, species models, live animal and plants displays, wildlife sighting tools and other hands-on activities.

Visitors will also learn about the role and function of wetlands through a large digital map, a "flood the town" exhibit, interpretive graphics, a live cattail display and a chance to view waterfowl decoys. The wetlands conservation and stewardship exhibit will feature interpretive panels, changeable displays and a role-playing game.

These displays will allow visitors to



gain a deeper understanding of the importance of wetlands and their role in maintaining ecological harmony and balance among ecosystems.

"We are excited to keep engaging guests of all ages," Bays said. "We encourage people to sign up for our newsletter and follow us on social media for updates. Any support towards the capital cam-

paign is appreciated."

Visit www.oakhammockmarsh.ca to learn more.

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Easter basket drive calls for donations

Baskets support families including those at Nova House

By Kaitlin Vitt

A West St. Paul resident is organizing an Easter basket drive for children staying at the Ronald McDonald House, Dignity House Inc. and women's shelters in Manitoba, including Nova House in Selkirk.

Tanya Pilat, the organizer of the drive in Manitoba, is an educational leader with the toy company Discover Toys. Representatives from the company organize Easter basket drives across North America every year.

"It's such a special part of our children's lives growing up that they get to do an Easter basket hunt or things like that," Pilat said. "It's one of those times where maybe kids in these situations aren't thought of as much."

Each spring-themed basket is filled with books, toys, crayons, treats, toiletry kits and anything else that can be gathered up for the basket. Pilat is collecting monetary and physical goods donations from individuals and businesses.

A basket can be sponsored for \$30, though Pilat said because of the donations of goods, the baskets are worth more than \$30 each. Last year, Pilat put together more than 300 baskets for families in Manitoba and has the same goal this year.

This project has been going on for 10 years, and Pilat has been involved for nine years. When the basket drive launched, the volunteers started by putting together baskets for women's shelters.

"They really deserve to have that little bit of joy that they might not have gotten in the emergency situations a lot of them experienced, so it was selected to do the women's shelters at



that time," Pilat said. "You're escaping a domestic situation, and you're going to a shelter, and the last thing you're going to think of is buying an Easter bunny for your child. ... One of the reasons Easter was chosen was because it was one of those holidays that might be overlooked by a lot of people."

As the project grew, with more and more donations and sponsorships coming in, it expanded to include Dignity House and the Ronald McDonald House.

"Moms will say to the staff that they didn't think that they would be able to provide something like this at Easter because of the situation they're going through," she said. "To have somebody think of them and their child was really special and really meaningful to them."

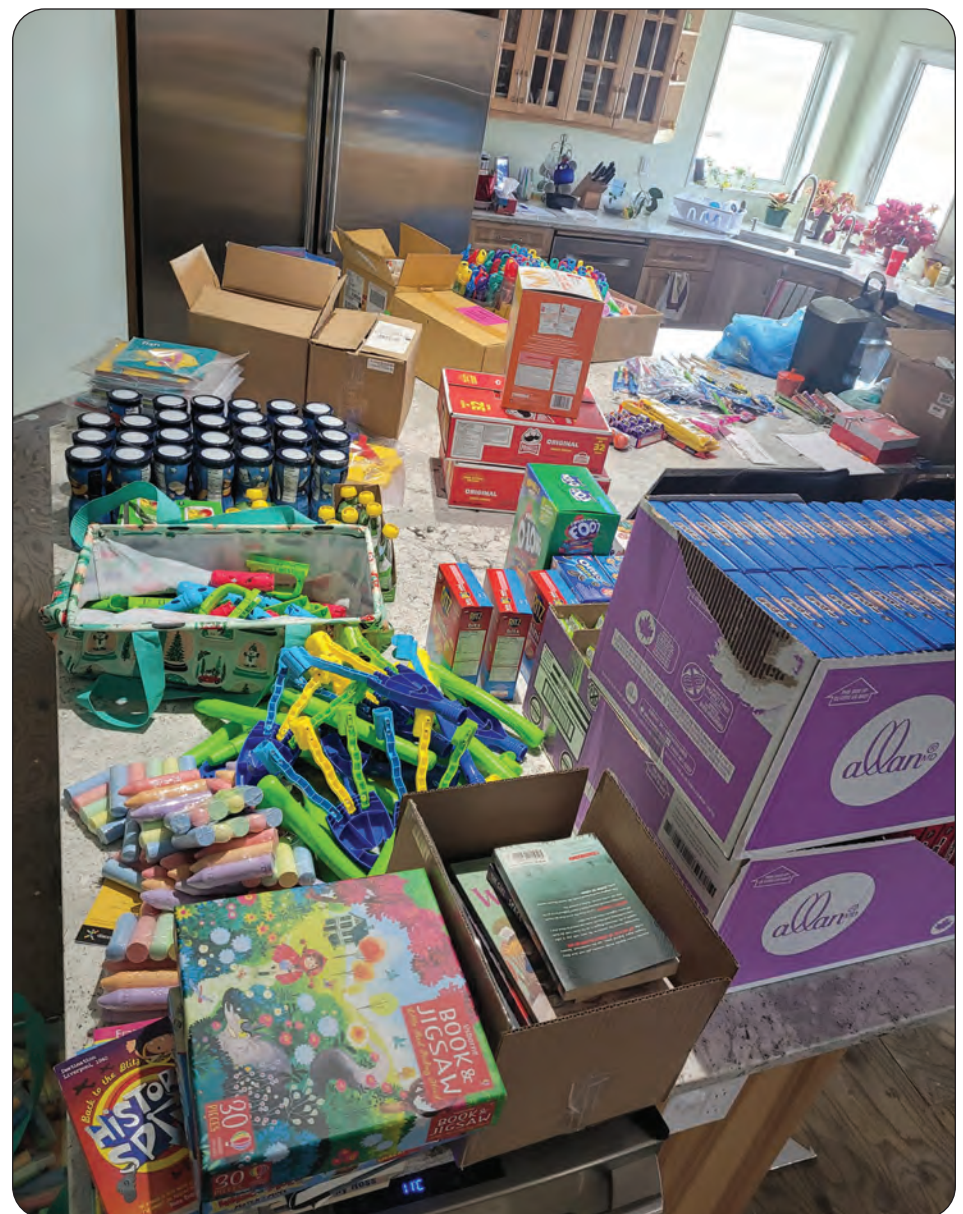
Those interested in donating supplies or money can contact Pilat by email at tanyapilat@yahoo.com. She

asks for people to contact her first before purchasing or gathering gifts to ensure there isn't overlap with multiple of the same items.

"It was just something special that we could do that was different and recognizing the need for children to experience joy at this time of year as well," Pilat said.

RECORD PHOTOS SUBMITTED

Above: Tanya Pilat is organizing an Easter basket drive for children staying at the Ronald McDonald House, Dignity House Inc. and women's shelters in Manitoba. Below: The Easter baskets are filled with books, toys, crayons, treats, toiletry kits and anything else that can be gathered up for the basket.



Gather up your family and friends for ...

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Friday, March 8, 2024

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We want to hear from you

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

Why You Should Write a Letter to the Editor

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

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

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

Tips for Writing a Letter to the Editor

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

Structure your letter in three parts: refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

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

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

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

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

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

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

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

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

Hat Trick at Petersfield Motor Hotel



RECORD PHOTO BY BRETT MITCHELL

St. Andrews Drummer Roger Sing and classic rock cover band Hat Trick shook the Petersfield Motor Hotel Saturday night. Sing was joined by Teulon Bass Player Doug Decarle and Guitar/Singer Dustin Kubi for three energetic sets.



IT'S TAX TIME!

Beat the clock

Filing taxes last minute: common mistakes to watch out for



Filing taxes last minute can be a stressful task, and the rush to meet the deadline often leads to common mistakes that can cost you time, money and peace of mind. Be aware of these common errors to ensure a smooth last-minute tax filing process:

- **Incomplete information.** Rushing through tax preparation can result in missing crucial information, such as forgotten deductions or credits.
- **Forgetting to sign.** Failing to sign your tax return can result in it being rejected. Ensure you've signed and dated all necessary documents.
- **Filing under the wrong status.** Choosing the wrong filing status can affect your tax liability. Make sure you select the correct one,

such as single or married, based on your situation.

- **Ignoring e-file options.** Electronic filing is fast and secure and reduces the risk of errors compared to paper filing. Opt for e-filing to save time and ensure your return reaches the CRA on time.
- **Missing the deadline.** Filing late can result in penalties and interest. If you can't meet the deadline, file for an extension.
- **Neglecting documentation.** Keep records of all tax-related documents and receipts for deductions. This ensures accuracy and helps in case of an audit.
- **Not seeking professional help.** If your tax situation is complex or you're unsure

about deductions, credits or changes in the tax code, consider seeking assistance from a tax professional.

The deadline to file your taxes is April 30. Avoid the stress of filing taxes at the last minute and contact a local professional tax services company to ensure a smooth and accurate process.

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The psychology of bullying: CAUSES AND CONSEQUENCES

Bullying is a harmful behaviour that can have profound psychological effects on both the perpetrator and the victim. Understanding the underlying psychology of bullying is crucial in effectively addressing its harmful effects.

CAUSE

Bullying can have multiple and complicated causes. In many cases, bullying stems from feelings of insecurity, a desire for social dominance or a need for attention and popularity. In some cases, bullies themselves may have been victims of bullying, thus perpetuating a cycle of abuse. Other factors, such as a lack of parental supervision and tolerance for aggression, can lead to bullying tendencies.

CONSEQUENCES

Victims of bullying experience negative psychological effects such as anxiety, depression, loss of hopelessness resulting from the bullying. These effects can persist into adulthood.

Furthermore, bystanders can experience feelings of guilt for not intervening, which can perpetuate the cycle.

This Pink Shirt Day is a day of awareness against bullying. Look for signs and get involved with the community to make an impact and end this harmful behavior.

CULTURAL DIFFERENCES and bullying

Bullying is a problem that happens all over the world and isn't limited to one culture. Because different cultures communicate differently, culture can affect how bullying is expressed. Here's an overview of some ways bullying may differ according to culture.

Tolerance for aggression. Different cultures have different attitudes toward aggression and ways of resolving conflicts. This can impact the frequency and normalization of bullying in a community.

Communication styles. Some cultures might be more direct, with loud speech and expressive emotions. However, others might use more subtle forms of aggression.



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Wednesday, February 28



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MLA for Selkirk
 rich.perchotte@gmail.com
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MLA for Red River North
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Living: CONSEQUENCES

CONSEQUENCES
 of bullying often experience a range of neuropsychological consequences, including anxiety, depression, low self-esteem and a sense of helplessness resulting from the relentless nature of bullying. These effects can extend well into adulthood.

Moreover, bystanders who witness bullying may experience feelings of guilt, fear or powerlessness and may be reluctant to intervene, contributing to a culture of silence that perpetuates the problem.

On Pink Shirt Day, February 28, 2024, stand up against bullying. Look for initiatives and events you can get involved with in your area to make a lasting impact and end this harmful cycle for good.



CULTURAL DIFFERENCES in bullying

over culture. sion, like gossip or social exclusion.

Power distance. In cultures where there's a big difference in power between people, bullying might be more hierarchical. For example, a boss might use their position to bully a staff member.

Collectivism vs. individualism. In cultures where it's more important to think about the group, bullying might be more group-oriented. In cultures where individuality is valued, bullying might be more one-on-one.

Responses to bullying. How individuals respond to bullying can vary. Some cultures might encourage people to handle bullying on their own, and others might encourage people to seek help from other members of the community.

Understanding these cultural differences is essential to creating anti-bullying initiatives that work for everyone, no matter their cultural background.

Dealing with the aftermath of bullying can be challenging. However, with persistence and support, it's possible to move forward. Here are some essential steps.

- 1. Acknowledge the trauma.** Recognizing how bullying has affected your life is essential to moving forward. By accepting this reality, you can begin the healing process.
- 2. Build a support system.** Connect with empathetic friends, family members or support groups who can offer validation, comfort and encouragement. Sharing your bullying experience with others who have faced similar challenges can help reduce feelings of isolation.



How to overcome THE TRAUMA OF PAST BULLYING

- 3. Develop self-compassion.** Be kind and forgiving to yourself to overcome any shame or guilt. Take time for self-care and prioritize your personal growth to foster resilience and strength.
- 4. Celebrate progress.** Recognize and celebrate each milestone achieved in the healing journey. Acknowledging your progress can help motivate you to continue moving forward. Every step forward is a victory to be proud of.
- 5. Seek professional help.** A therapist or counsellor who specializes in bullying trauma can provide a safe space for you to process emotions and develop coping strategies. Professional guidance can be crucial in helping you find peace.

Above all, remember that you aren't alone. With determination and support, you can overcome past bullying. Keep pushing forward and never give up on yourself.



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Selkirk Badminton Club welcomes new players

Over 80-year-old club is inviting residents to come out and have fun

By Katelyn Boulanger

Selkirk is known for many things but did you know that we have the oldest running rural badminton club in Manitoba? At 83 years old, the Selkirk Badminton Club has been around for generations and wants to welcome residents to join them.

"We started off at the ice hut on the Red River right on the old government wharf. We've played through various different places. Memorial Hall, we set up the court there. We set up the court at the Selkirk mental grounds. We've set up court, obviously, at the high school and even at Daerwood School at one point," said Terry Porayko, president of the Selkirk Badminton Club.

Residents can join them from 7 to 10

p.m. on Wednesdays at East Selkirk Middle School or on Sundays from 2:45 to 5:30 p.m. at the Lord Selkirk Regional Comprehensive Secondary School.

The club sports a mix of residents including strong competitive players in various age groups as well as players who prefer a more casual style.

The Club has even hosted a national event in the 2003 Western Canada Games at the high school.

"That had everybody from right across Western Canada into the high school gym. And it was a very, very noisy affair. It was a pretty well-received event. We did, I think, a decent job of that," said Porayko.

Up next, they will be hosting the Eastman Open from May 10-12 which



is a very competitive tournament for our province's players. They expect they will be hosting contingents from Thompson, Gillam, Grand Rapids, Brandon, and even a few from Ontario.

"We're going to have it here at East Selkirk Middle School and at the high school. We need all 10 courts," he explained.

Porayko says that they don't just include competitive folks. They cater to to all age groups including youngsters, seniors and everyone in between and provide both coaching or just a chance to get on the court.

"Our players vary in age range from right now seven years old, all the way up to well, I'm 63, and we've got older. I see various different levels of competition, some beginners and school kids. I've also coached the school team and we do have school team players here. We also have a wide cross-section of other people who play and we're welcoming of anybody that wants to start playing or come to an advanced level of play," he said.

Residents should know that this is a pretty easy sport to get into. The cost of a Selkirk Badminton Club membership is reasonable at \$25 for the sea-

son and residents just need a clean pair of runners as well as a racket to get started.

"We provide the shuttles. We provide the gym space, we organize all that. Just bring your rackets and have a good time," said Porayko.

He says despite the fun of the sport his favourite part of our local Club is the people.

"We get along and have great comradery with each other. We all hit bonehead shots and we laugh and joke and tease each other. We might drive each other nuts at times but the comradery here is second to none," said Porayko.

He says that the club is welcoming to everybody. Potential new players can call him at 204-481-3411 or come out to the schools at the times when they are in and give it a go.

"Come check us out. We're the cheapest bit of fun you can have in the province right now. Twenty-five dollars for a season, and I think we're probably going to be \$15 for the rest of the year. Come on up. What have you got to lose? It's cheaper than a movie and you can have a lot more fun doing it," said Porayko.



RECORD PHOTOS BY KATELYN BOULANGER

Selkirk Badminton Club wants residents to know that they are a welcoming community that would be happy to include them as a new member.

Rockwood Festival of the Arts returns April 15-23

By Jennifer McFee

Local residents will have the chance to showcase their talents at Rockwood Festival of the Arts, which is back after a multi-year pandemic pause.

The 65th rendition of the Rockwood Festival of the Arts is slated for April 15 to 23 at New Life Church in Stonewall and Teulon Collegiate Institute.

The non-profit organization provides opportunities for kids and adults to share their talent in categories that include piano, vocal, choral, dance, speech arts and band/instrumental.

President Terry Zurylo outlined several changes this year.

"We are reviving the festival. Changing with the times of musical tastes and interests, all classes — whether it's voice, piano or guitar — now have opened up so you can play pop, rock, country, jazz, contemporary and music of all religious beliefs. It's not primarily classical anymore for piano or guitar," he said.

"It's for ages five to 80-plus. There are adult classes and university level classes for everything except the dance. There are also multigenerational classes in singing, piano and

instrumental, so you could have a grandparent and a parent and a kid doing a trio."

Participants must either be a resident within the boundaries of Interlake School Division (ISD), be attending an ISD school or be a former ISD student.

For Zurylo, it's clear to see the benefits of participating.

"Any time you perform out in public, it gives you the confidence and exposure. It helps you to get better," he said.

"This festival this year is competitive and non-competitive. Years ago, they would announce the marks, but they don't announce marks anymore. You still get that when you pick up your adjudicated paper and you get a certificate. There are also awards and scholarships that come from donations or funding from grants."

More volunteers are always in demand, particularly during the daytime. If you're interested in volunteering, email info@rfota.ca for more information.

Visit www.rfota.ca to learn more about the Rockwood Festival of the Arts.



RECORD FILE PHOTO

The Rockwood Festival of the Arts is returning for its 65th year April 15-23. This year's festival will take place in Stonewall and Teulon.

PC caucus announces new leadership structure

By Lana Meier

The Official Opposition of Manitoba announced its new leadership structure last week, following the appointment of Wayne Ewasko as its interim leader.

Kathleen Cook, who has a long history as a business and community advocate, will assume the role of Deputy Leader for Winnipeg and other urban areas. She was initially elected to the Manitoba Legislature in 2023.

Kelvin Goertzen, who was first elected in 2003, will continue to serve as Deputy Leader for rural Manitoba. Prior to this role, he held positions such as Premier, Attorney General, and various other cabinet positions within the former PC government.

Greg Nesbitt has been appointed as Caucus Chair, having previously held the position of Minister of Natural Resources and Northern Development. He has been an MLA since 2016.

Doyle Pivniuk, who was first elected in 2014, will now assume the role of Caucus Whip. He brings with him a wealth of experience, having previously served as both the Minister for Transportation and Infrastructure, as well as Deputy Speaker of the Legis-

lative Assembly.

Interlake-Gimli MLA Derek Johnson remains Opposition House Leader.

"The NDP are already showing their willingness to break their word, and cut things like schools and personal care homes to pay for their \$3 billion worth of election promises," said Ewasko. "This reinvigorated team will ensure that the NDP is held to account, and make sure that all Manitobans have their voices heard in the Legislature."



Derek Johnson
Interlake-Gimli MLA

Knot going anywhere



RECORD PHOTO SUBMITTED

On Feb. 10, the Royal Canadian Sea Cadet Corps #77 Daerwood had a Seaman-ship day of training at the Memorial hall in Selkirk. The cadets, aged 12 to 19, participated in classes in heaving a line, basic knots and so much more. The day culminated in the cadets being tested in their knowledge.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Female Thunder football team hits Brandon

By Brian Bowman

The Super Bowl on Sunday was really cool.

And the Interlake Thunder female football team had a really cool experience in Brandon recently.

Through talks, the Rural Manitoba Football League, chose to hold a one-day football camp in Brandon.

"Our girls know how to play football, they provide leadership for the new girls, so I reached out to our group and we had 16 girls in total," said Thunder head coach Joel McDonald. "A group of veterans from last year's team and graduating players and a couple of new girls. We decided to go out to the camp and there were about 30-40 girls in total - a blend of



Former Thunder quarterback Madison Siwicki assisted with coaching the offence.



RECORD PHOTOS BY JOEL MCDONALD

Livanna Daun from Stony Mountain between Annah and Miyah Trippier of Teulon travelled to Brandon to take in a one-day football camp earlier this year.

Correction

some girls with experience and some new girls."

The players had an in-class session and were put through some skills and drills and some control plays while elite coaches were on hand.

"It was a great opportunity to get some reps in with full equipment this early in the season," McDonald said. "The purpose was to expose girls to the sport...this was an opportunity for the girls to get equipment, a helmet on, and actually see what the game is about before they have to make any kind of commitment."



RECORD PHOTO BY MATT PEARSON

The Selkirk Royals' Fiona Bailey placed first at the No. 3 indoor high school meet in junior varsity girls' shot put earlier this month. An incorrect photo appeared in the Feb. 15 edition of the Selkirk Record.



Thunder coach Kris Johnston ran the on-field portion addressing the girls.

Gators swept by Huskies in HTJHL playoff series

By Brian Bowman

The St. Clements Gators were swept by the Steinbach Huskies in their HTJHL first-round playoff series.

Steinbach ended St. Clements' season with an 8-2 home win last Friday.

Caleb Hofer gave St. Clements a

1-0 first-period lead and then the Gators' Ryan Pellaers tallied in the third.

Huskies' goals were scored by Ethan Plett (two), Griffin Plett (two), Logan Funk, Keyan Grimard, Theo Koop, and Seth Bergman.

On Feb. 13, Steinbach took a 2-0 se-

ries lead with a 20-1 road win.

Luke Tyslau scored a first-period goal for St. Clements.

Huskies' goals came from Brandon Thiessen (four), Ian Friesen (four), Logan Funk (three), Cole Topham (three), Ethan Unger (two), Rylan Penner (two), and Ethan Plett (two).

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals ousted by Westwood Warriors in WHSHL playoffs

By Brian Bowman

The Selkirk Royals used overtime to their advantage in the first round of the WHSHL playoffs.

But extra time didn't work out so well for Selkirk in the second round of the postseason.

After taking a 1-0 lead in their best-of-three series with the Westwood Warriors, Selkirk was ousted after a 3-2 overtime loss at the Recreation Complex.

"It's tough to get knocked out and we started out really well with a 4-1 win and then the next two games we found ourselves down early and we had to battle our way back and in OT we weren't able to finish it off," said Royals' head coach Michael Buffie. "It was a good battle the whole time and both teams played really well but we just came up a little short."

Carter Kjartanson scored the game winner on the power play in overtime.

Shae Guarino gave Westwood a 1-0 first-period goal and then Selkirk's Nolan Dear and Will Brooks traded goals in the second.

The Royals' Nathan Ramos-Lam continued his strong play this season with a third-period goal.

In Game 2 last Wednesday, Selkirk was edged 3-2 in overtime by Westwood at the Keith Bodley Arena.

Gaven Berry and Drake Vermeulon scored third-period goals for Selkirk. Kjartanson, Ethan Saari, and Guarino (overtime winner) answered for the Warriors.

On Feb. 12, the Royals defeated the Warriors 4-1 at the Recreation Complex.

Trailing 1-0 in the second period, Selkirk's Ryan Cromie tied the score at 1-1 and then Deacon Kemp, with a pair, and Riley Yourchenko tallied in the third.

Jack Sparham replied for Westwood. Jonny Enns-Demchuk earned the win in goal. He was fantastic in the Game 3 loss.

Meanwhile, the Selkirk Royals' girls' hockey team lost 3-2 to the Shaftesbury Titans on Feb. 13 at the Recreation Complex.

Serena Reeb scored twice for Selkirk while Cora Kelly had a pair of assists. Skyla Burns, Mikaela Nimetz, and Lola Parkinson replied for Shaftesbury.

The Royals will have a tough matchup with the St. Mary's Academy Flames in an upcoming best-of-three playoff series.

Game 1 is slated for next Monday (4 p.m.) at the Hockey For All Centre and Game 2 is set for the next day at 3:30 p.m. at the Selkirk Recreation Complex.



RECORD PHOTOS BY BRETT MITCHELL

Riley Yourchenko (6) scored a goal and added an assist in the Selkirk Royals' 4-1 win over the Westwood Warriors in Game 1 of their best-of-three playoff series on Feb. 12.



Deacon Kemp (21) potted a pair of goals in Selkirk's Game 1 victory.

If necessary, a series-deciding third game will be played on March 1 (4:15 p.m.) at the Hockey For All Centre.



Jonny Enns-Demchuk was brilliant in the Selkirk Royals' heartbreaking 3-2 overtime loss to the Westwood Warriors last Thursday.

To see more photos of your favourite Interlake Athletes

GO TO [Stonewall Teulon Tribune | flickr](#)

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Posthumus signs with Sea Bears

By Basketball Manitoba

The Winnipeg Sea Bears of the Canadian Elite Basketball League (CEBL) announced last Thursday that they have signed East St. Paul's Chad Posthumus for the 2024 season.

Posthumus was the first-ever signing for the club after their inception in 2023 and served as the captain of the inaugural team.

He made history by sinking the Sea Bears' first-ever Target Score game-winning basket at Canada Life Centre on May 27, 2023. Posthumus led the CEBL in offensive rebounds last season with 70, while averaging 6.7 points per game.

A leader on and off the court, Posthumus helped the Sea Bears to a 12-8 regular season record last summer, tied for best in the Western Conference.

"I'm thrilled to be staying here at home in Winnipeg for a second season of Sea Bears basketball. Last year was just the beginning. We're building something special, and I cannot wait to get back to playing in front of the best fans in the CEBL," Posthumus said.

Posthumus is a veteran of the professional game, averaging more than 10 points per game over the last 10 years for teams in Canada, Japan, Argentina and Mexico. The big man brings with him a wealth of CEBL experience, having played for several organizations, including the championship-winning Saskatchewan Rattlers in the league's first season (2019). Also a member of Team Canada, Posthumus has donned the maple leaf in the World Cup and AmeriCup.

"Chad is a key figure for our Sea

Bears team on and off the floor. He has contributed so much to the start of our team on the court including his memorable game-winning put-back in our inaugural game. Chad has also helped our organization in countless ways off the floor in the city and region," said Sea Bears head coach and general manager, Mike Taylor.

Posthumus averaged 8.7 points for Morehead State in the NCAA Division I after a year each with the University of British Columbia and Howard College. Deemed one of the top high school players in the country, Posthumus averaged 39 points, 25 rebounds and seven blocks for the River East Collegiate Kodiaks in his senior year.

The Posthumus' family's ties to the game run deep. Chad's mother, Diana, was also a member of the Cana-

dian national team and she spent her university years suiting up for the Winnipeg Wesmen.

Posthumus is passionate about giving back to his community as a KidSport Ambassador, community speaker, and advocate for those living with type one diabetes.

"In my opinion, Chad perfectly embodies what we would like the Sea Bears to be about: good people representing Winnipeg's own professional basketball," Taylor said.

The Sea Bears open the 2024 campaign on the road in Saskatoon on May 22. They return to Winnipeg for their home opener on May 24 against the defending CEBL champions, Scarborough Shooting Stars.

Raiders lose to Charleswood Hawks in OT

By Brian Bowman

The Raiders Jr. Hockey Club lost 3-2 in overtime to the Charleswood Hawks on Sunday afternoon.

Nicholas Guberman scored the winner in OT. Logan Clarke and Brandon Huminuk scored for the Raiders while Darlen Schaan and Matt Carlson replied for the Hawks.

Last Thursday saw the Raiders earn a great 4-3 overtime win over the St. Vital Jr. Victorias.

Samuel Senchuk popped the game winner in overtime.

Jack Oleksiuk, Senchuk, and Brennan Feschuk scored first-period goals for the Raiders.

Vics' goals came from Seth Hlady, Carter Lee, and Jack Kaiser.

Owen Savoie made 28 saves for the win.

On Valentine's Day, the Raiders were downed 3-1 by the Pembina Valley Twisters.

Ethan Geard scored for the Raiders while Kyle Van Deynze, Cohen Thomas, and Max Collet tallied for the Twisters.

The Raiders will visit the Ft. Garry/Ft. Rouge Twins Friday (7:30 p.m.) and then host the River

East Royal Knights Sunday (2:30 p.m.).

Playoffs begin in March.
Check league website
for dates.
www.crjhl.com
Come cheer us on!




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Forward

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Steelers split pair of shootout games

By Brian Bowman

The Selkirk Steelers lost 3-2 to the OCN Blizzard in a shootout on Saturday evening in MJHL action at the Recreation Complex.

Sebastian Hamming and Quincy Supprien scored for OCN in the shootout while Rocco La Cara replied for Selkirk.

In regulation time, Riley See and Adam Belzil tallied for the Blizzard. Mathieu Catellier and Edward Knittig answered for the Steelers. It was Knittig's first MJHL goal.

Last Friday, Selkirk was on the winning end of a shootout as the Steelers came out on top 5-4 against the Winnipeg Blues at home.

Joel Purdom was the lone player to score in the shootout.

La Cara led Selkirk with two goals and an assist while Catellier added a pair of markers.

Blues' goals came from Brycen Gair, Evan Gradt, Lucas Desousa, and Brody Green.

Jack Hodgins posted the win in goal.

On Feb. 13, the Steelers lost 3-2 to the Virden Oil Capitals in overtime at the Recreation Complex.

Trevor Hunt scored the game winner in OT, taking a stretch feed and beating Steelers' netminder Noel Olsonawski. Olsonawski made 45 saves in the losing cause.



RECORD PHOTO SELKIRK STEELERS
The Selkirk Steelers' Edward Knittig scored his first MJHL goal last Saturday.



RECORD PHOTO BY JOHN PODWORNIUK
Selkirk Steelers' forward Rocco La Cara scored for his club in a shootout but the home side lost 3-2 to the OCN Blizzard last Saturday.

Virden's Josh Lehto tied the score at 2-2 with a power-play goal at 2:28 of the third period.

La Cara gave the Steelers a 1-0 first-period lead and then he put the home side up two goals midway in the second with a power-play marker.

But Virden's power-play started to

click as Josh Lehto tallied late in the second and then early in the third with the man advantage.

Selkirk, now 20-23-3-3 and in fifth place in the MGEU East Division with 46 points, played the Blues this past Monday but no score was available.

Heading into that game, Selkirk was

just four points back of the Niverville Nighthawks for the final playoff spot in the division.

The Steelers will host the Neepawa Titans on Friday (7:30 p.m.) and then visit the Winkler Flyers Sunday (3 p.m.).

Thrashers split with Southwest Cougars

By Brian Bowman

The U18 AAA Winnipeg Thrashers were doubled 6-3 by the Southwest Cougars on Sunday afternoon.

Thrashers' goals were scored by Ben Brambilla (two) and Carter Cabral while Tyson Draper (two), Jackson Kohut, Nate Robson, Lynden Gould, and Jack Clark answered for the Cougars.

Last Saturday, Winnipeg edged Southwest 4-3 as Gueverra Rohan scored twice and had an assist while Brandon Corda and Mason Mykichuk chipped in with a goal and two helpers.

Drew Shiels, Nate Robson, and Clark replied for Southwest.

Taye Timmerman made 38 saves for the win.

On Valentine's Day, the Thrashers were doubled 4-2 by the Interlake Lightning in Winnipeg.

James Franklin and Ian Buors scored to give the Lightning a 2-0 first-period lead. After a scoreless second, Lucas Spencer and Cole Swanson made it 4-0 in the third.

Brambilla notched a pair of goals in the game's final minute.

Lightning goaltender Alex Myers played a strong game - making 38 saves - for the win.

Winnipeg will visit Interlake Wednesday (7:30 p.m.) in Teulon before hosting the Wild Saturday (3:30 p.m.) and the Chiefs on Sunday (1:30 p.m.).

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- VS Waywayseecappo Wolverines, Sat, Mar 2nd 7:30 pm

NEXT AWAY GAMES

- VS Winkler Flyers Feb 24 7:30pm
- VS Winnipeg Freeze Feb 28 7:30pm



www.selkirksteelers.com

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Small square bales of horse hay for sale. Call 204-482-9291.

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Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

HELP WANTED

Galay Landscaping is currently conducting interviews for the position of landscape technician, foreman and labourer for the upcoming 2024 season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. The ability to help our crew with our snow clearing operation for duration of winter in Selkirk would be an asset. Class 5 license and own reliable transportation is required. Please send resume by email to: info@galaylandscaping.com No phone calls.

Property management company is currently hiring an administrative assistant. This is a Part-Time Position (M - F, 15 - 20 hours per week). Job includes rent collections, tenant correspondence, leasing units, and related paperwork. Computer experience is required. Wages are dependent upon relevant experience and skills. Please send your resume by email to: greenwood.dena@gmail.com

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APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

FLIGHT ACADEMY

Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

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Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

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Professional one on one pet dog grooming for small and medium size dogs. Located in my West St. Paul home grooming shop. Nail trims also available. 204-293-6234.

**News Tips?
Story Ideas?
call the Record
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HEALTH

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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

SEASONAL CRAFT SHOW? REGISTERING spring programs? Having an AGM? Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Now booking winter and spring advertising for 2024. Please Call 204-467-5836 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF WILLIAM CLARK LINCLATER, late of the City of Selkirk, in the Province of Manitoba, deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main St., Selkirk, MB, R1A 1R5, on or before the 16th day of March 2024.

DATED at the City of Selkirk, in Manitoba, this 12th day of February 2024. PKF LAWYERS-Selkirk MB office Adam Kelso, solicitor for the Administrator

UPCOMING EVENTS

Sweet Dreams of Patsy Cline, March 9th, 2024 at Cooks Creek Community Centre. Tickets: www.cooks-creek.ca or call 204-391-4449.

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Employment Opportunity

FARM LABOUR

Jaytee Farms is seeking a youth 16-30 (at start of employment) for employment on a new fruit orchard. This is a funded position for applicants who are considered youth facing barriers such as Indigenous, visible minorities, recent immigrants, single parent, living in a low income household, being an early school leaver. Starting ASAP and ending Sept 30/22. 20-40 hours/week weather dependant with the occasional weekend required. Wage is \$15/hour

- Duties:**
- includes planting, raking, painting, weeding, hoeing, watering, fencing, mowing
 - able to lift 25 kg and other duties as assigned.
- Preferred skills:**
- capable of standing, kneeling, sitting, crouching for long periods of time.
 - capable of operating small engine equipment and tractors
 - own transportation to farm site in East Selkirk

To apply submit resume asap to jayteefarmsmb@gmail.com

PUBLIC NOTICE

2024 Spring Road Restrictions

The Public is hereby advised that the 2024 Spring Road Restrictions will commence no earlier than March 1, 2024 and remain in effect until May 29, 2024, unless otherwise notified.

The purpose of Spring Road Restrictions is to protect roadways from damage during spring thaw conditions. The Municipality requests the co-operation of its citizens and the commercial industry. For further information regarding Spring Road Restrictions on municipal roads, please visit our website at www.weststpaul.com or contact the municipal office at 204-338-0306.

Provincial trunk highways and roadways are subject to restrictions by Manitoba Infrastructure. Please contact them directly with any provincial road inquiries through the Road Information Line at 511 in Manitoba or at 1-877-627-6237 outside Manitoba. Provincial restrictions can also be obtained online at <https://www.manitoba.ca/mti/srr/index.html> under "Manitoba's Spring Road Restriction Program".

Dated this 22nd day of February, 2024

Dave Wardrop, CAO
RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3



Teulon Golf and Country Club is currently seeking a Golf Course Superintendent or Assistant for the 2024 season

The rural 18 hole course stretches over 160 acres of lush treed fairways and greens and is located 35 minutes from the north perimeter on PTH #7.

- The successful applicant must possess:
- A Valid Manitoba Pesticide Applicators licence
 - Mechanical knowledge of turf equipment
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 - Certificate or diploma of turf management program
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 - Strong leadership and organizational skills to organize and oversee operations and staff in the maintenance department

- Duties to include:
- Oversee any staff training and safety programs
 - Organize and maintain maintenance staff schedules and time sheets
 - Scheduling for applications of fertilizers, pesticides, herbicides etc.
 - Maintain and update all equipment and service records
 - Must be able to report and communicate with Owners/Management on a regular basis
 - Maintain a clean and organized work environment inside and outside of buildings
 - Oversee and assist with day to day routine golf course maintenance duties
 - Work in tandem with the pro shop to ensure that activities are well planned and performed with no disruption to golfers

Please submit your resume by February 29th, 2024 via email GM.Teulongc@gmail.com

The position will be kept open until a suitable applicant is hired.
94-089 PTH #7 Teulon, Manitoba

get inspired

> MEAL IDEAS




FamilyFoods
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Jesse's Spicy Guac

Servings: 8
 4 Avocados From Mexico, halved, pitted and peeled
 1 tablespoon lime juice
 1 tablespoon onion, minced
 2 tablespoons jalapenos with seeds, minced, plus additional for garnish
 1/4 teaspoon salt
 In large bowl, mash avocados until chunky-smooth.
 Fold in lime juice, onions, jalapenos with seeds and salt until well combined.
 Garnish with extra jalapenos for spicy touch.



Orange Juice Biscuits

Orange Butter Sauce:
 1 1/2 cups Florida Orange Juice
 2 1/2 tablespoons unsalted butter

Orange Biscuits:
 1 1/2 tablespoons granulated sugar
 2 teaspoons grated orange zest
 2 cups bleached all-purpose flour, plus additional for kneading
 1 2/3 tablespoons baking powder
 3/4 teaspoon salt
 1/2 cup shortening
 1/2 cup whole milk
 1/4 cup Florida Orange Juice

To make orange butter sauce: Boil orange juice 5 minutes, or until reduced by half. Add butter and stir until melt-

ed. Remove from heat.
 To make orange biscuits: Preheat oven to 425 F.
 Use fingers to rub sugar and zest together until sugar is moistened and looks like wet sand.
 In large bowl, whisk orange sugar, 2 cups flour, baking powder and salt. Using two forks or pastry blender, cut in shortening to size of small peas.
 Combine milk and orange juice then stir into flour mixture to make sticky dough.
 Turn out dough onto well-floured work surface. Sprinkle top with flour and knead about six times while folding dough over in half and using more flour as needed.
 Pat dough out to 3/4-inch thickness. Cut out biscuits with round cutter by dipping cutter in flour then pressing into dough. Do not turn cutter while pressing.
 Place biscuits close together but not touching on baking sheet.
 Gather dough scraps and fold 2-3 times, pat out again and cut biscuits. Repeat until dough is used.
 Brush tops with orange butter sauce. Bake 15-20 minutes, or until lightly browned.
 Serve warm or at room temperature with remaining sauce.

 **BINGO**

SUNDAY NIGHT BINGO
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\$8,600 JACKPOT
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Orange Juice Spicy Margaritas



Ask the money lady

Dear Money Lady,
 I've owned a home throughout my whole adult life, and now that I'm in retirement I'm wondering if it's worth keeping it. I still have a mortgage and I have had to always refinance my mortgage to consolidate debt in order to keep my house. Now that the interest rates are so high, I don't think I can afford to do that anymore. Is it bad to consider renting in retirement? Nadine



Christine Ibbotson

Dear Nadine,
 You are right to wonder whether home ownership is necessary in retirement. As we age, we may not be able to keep our children's family home. It is more important to secure our futures and downsize our responsibilities, especially our debt burdens.

To answer your question, is renting a bad thing in retirement? The answer is maybe not. Many people now retiring may want to downsize or move to something more suitable with lower expenses and less chores. Some may even want to retire to a completely different place. Somewhere that will enrich their new retirement lifestyle.

We all know that it is great to own your home if you can afford it, but whether you stay in your family home or plan to downsize into something new, this must be done without any debt such as a mortgage or line of credit. And of course, owning a home comes with many other expenses such as property taxes, insurance, repairs, improvements and the continuous maintenance. If these expenses are ones that can fit into your new budget than I would encourage you to own a home in retirement. It will continuously go up in value and can be sold many years later if needed to fund any assisted living arrangement. It can be viewed as an investment asset, but also as your plan for long-term-care.

What if you can't afford to re-buy after selling your home and paying off all your debt? Perhaps you need the sale proceeds to supplement your retirement and even though you

would like to buy, you know it would be better to rent to keep your costs contained. Remember that shelter is a necessity of life; and yes, I know you are not building equity year over year when you rent; but you also do not have the associated homeowner costs, headaches and decisions to attend to with property ownership. You literally can be as free as a bird. You are only responsible for the rent every month and can now do or go anywhere you wish without the burden of looking after a property.

People say that you can only get an emotional connection to a home if you own it, and I would disagree. My grandmother lived in the same home for over 48 years and never owned it. She could never afford home ownership and always rented. I was very emotionally attached to her home – because she was in it. Remember that "home" is where you are, where your family is, and how you make every day special for you and the ones you love. Whether you rent or own, make sure you are debt free and have a long-lasting income to maintain your lifestyle.

Good Luck and Best Wishes,
 Money Lady
 Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

2 cups Florida Orange Juice
 ice
 2 cups simple syrup
 8 ounces silver tequila
 2 ounces triple sec or orange liqueur
 2 ounces lime juice
 4 ounces seltzer
 ghost pepper salt, to taste
 4 Florida Orange slices, 1/4-inch thick
 In saucepan over medium heat, reduce

orange juice to 1 cup and allow to cool.
 Fill cocktail shaker 3/4 full with ice. Add orange juice reduction, simple syrup, tequila, triple sec and lime juice.
 Shake and pour into four glasses. Top each glass with 1 ounce seltzer.
 Pour ghost pepper salt onto saucer and dip edges of orange slices in ghost pepper salt. Place orange slices on rim of each glass, if desired.

Announcements *The Selkirk Record*

Book Your Announcement or Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

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Cash paid for silver coins, gold coins, rare coins, old coins & paper \$, Olympic coins, Royal Canadian Mint Coins, Franklin Mint, US Mint etc, unwanted jewelry, old Rolex & Omega watches, nuggets, sterling silver, Bullion, all Gold & Silver!

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RECRUITING FOR
Full Time Permanent French Immersion Teachers

Resumes are being accepted for École St. Eustache and Institut Collégial St. Paul's Collegiate in anticipation for the 2024-2025 school year. All grade levels from K-12 are welcome.

Candidates interested in less than full time are also welcome to apply.

Currently posted: Grade 5/6 teacher at École St. Eustache (Comp: #004-24-25)

École St. Eustache and Institut Collégial St. Paul's Collegiate are both 20-30 minutes west of the Winnipeg perimeter on Hwy 1.

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For postings, please visit www.prsdmb.ca



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ANNOUNCEMENT

LOST



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February 14, 2024
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Please call with any information
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Or Winnipeg Humane Society 204-982-2021
Or PawBooster 204-479-7107

OBITUARY

Evelyn Murray Wesley (nee Koterla)

Surrounded by her two daughters, Shayne and Sherry, our mother Evelyn Murray Wesley, 90 years young of Selkirk, MB passed away peacefully on February 9th, 2024.

Left to cherish her beautiful memories are her children Randy Wesley (Wendy), Shayne Hamilton (Larry Hewlko), Sherry Anania (Gino) and Jody Wesley; grandchildren Chris Wesley (Jessica), Ashley Hamilton (John), Bryce Hamilton (Chantel), Jeff Hamilton, Wes Loewen (Cassandra), Jacquelyn Loewen (Christian), Christina Anania (Drew), Gino Anania Jr. (Kahli), Michelle Anania, Nico Anania (Acksanna), Jackie Anania, Dylan Fredborg (Tracy) and Shayne Fredborg (Bek) and 12 great-grandchildren. Evelyn is also survived by her sister-in-law Helen Koterla and many cousins, nieces and nephews, special friends Susan and Jennie.

Mom was predeceased by her husband Frank Wesley (Wozlowski) in 1972, her parents George and Mary Koterla, sisters Noreen (Bill) Nerbus and Irene (Gordy) Saltner and brother Ernie Koterla and Henry who died in childhood, her daughter-in-law Yvette Wesley and nieces Rhonda Saltner and Kelly Golembiski.

Evelyn was born on April 18, 1933 in Selkirk, MB. She grew up in Honor, MB where she completed her Grade XI. In her teens, she worked at her dad's "George's Chip Shop" in Grand Marais. After high school she went on to work at Great West Life as a clerical worker and following her marriage she worked for Blue Cross and Manitoba Medical Services. During the first year she lived in East Selkirk, she taught sewing with the 4H Club. Mom attended Red River College to obtain her certificate in Geriatric Studies followed by a Business Computer certificate. Mom was also a supervisor with the Manitoba Home for Girls for many years, then onto Livingston Distribution Centers as a Data Clerk. She also worked on-call as matron with the Selkirk Detachment of the RCMP.

Evelyn will be remembered for her love, kindness and lasting mark she left on the hearts of her family. In January 1952, she married the love of her life, Frank Wesley. They went on to have four children who she was so proud of. Family togetherness was important to Mom and every time we got together as a family, she would quietly sit back and watch everyone with a huge and happy smile. Mom resided in the family residence on Heap Avenue for 63 years and relocated to Woodland Courts for the past 2 1/2 years. She enjoyed her new friendships, bingo, entertainment, and really enjoyed the "Fireside" Chat Ladies group.

Mom's true passion was volunteering and her charity work. She volunteered at The Betel Nursing Home helping with activities, taking photos and creating a "photo wall". She volunteered at The Selkirk General Hospital gift shop for over 20 years, where she was the President of both Selkirk & District General Hospital Ladies' Auxiliary and of the Gift Shop. She raised funds by creating floral arrangements, crocheting articles and kept the gift shop in full operation. She received an outstanding award for "Volunteer of the Year" from the Interlake Regional Health Authority in 2010 for raising funds at the gift shop large enough to provide TVs, defibrillators and other medical supplies in the ER, digital muscle stimulators and a rehab treadmill, plus many other much needed equipment. She was elected to the committee to oversee the Palliative Care outdoor garden and pavilion.

Mom loved to crochet items like afghans, scarves, slippers, ponchos, neck warmers and baby outfits. She participated in numerous craft sales around the Interlake and every year people looked forward to purchasing her crocheted items. She enjoyed doing crossword puzzles, sewing, reading, and most of all having her family around her.

We would like to thank the staff at The Selkirk Regional Health Center for their tender and compassionate care, to Woodland Courts staff and residents for their friendship and support and to Gilbert Funeral Home, Selkirk, MB for taking care of all the arrangements.

A special thank you to granddaughter Ashley Hamilton, who spent countless hours at the hospital helping our family and her Grannie move through to her transition.

In keeping with her wishes, there will be a private graveside service.

"May she rest in peace surrounded by the love she so generously gave throughout her life"
Tributes: www.gilbartfuneralhome.com

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OBITUARY



Patricia Ann Helms

Pat passed on to the other world on January 31, 2024 at the age of 81. She leaves behind her husband, Lane; her two sons and six grandchildren and many happy memories.

Pat was born in Inglewood, California. After completion of business training, she began working at Security Pacific Bank in Inglewood, California.

Pat married Lane in 1961 and they moved to Santa Susanna, California. In 1972, Pat and Lane decided to move with their two sons to Gimli, Manitoba. While in Gimli, Pat joined the Gimli Hospital Auxiliary. Eventually, she became the President of that organization, then the President of the Manitoba Hospital Auxiliaries. That position required her to travel throughout Manitoba coordinating all the activities in Manitoba. Eventually, Pat became the Secretary for the National Hospital Association

of Hospital Auxiliaries. She gave up her charity work to help her husband start and develop an aeronautical design and manufacturing company where Pat served as Vice President of Finance.

Pat enjoyed many hobbies, raising flowers, quilting, cooking, and she especially enjoyed collecting classic cars. She retired in 2008 and enjoyed travelling in her classic 1935 Ford Sedan.

Pat developed Alzheimer's disease and after several years of private home care she was admitted to Red River Place in December 2020. Her husband, Lane would like to thank the wonderful, caring staff at Red River Place for the care they provided to Pat while she was in their care.

In accordance with her wishes, a small private memorial service was held at Gilbert Funeral Home in Selkirk. Cremation has been completed and in accordance with her wishes, her ashes will be scattered in a memorial garden in Selkirk.

Pat's wishes were "Please don't cry because I am gone, please smile because I was here."

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Steven Leslie Chyborak

Suddenly on February 8, 2024, Steven passed away at St. Boniface Hospital.

Cremation has taken place. A private service will be held at a later date.

Friends and family are invited to visit Steven's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

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OBITUARY

Orville Marshall

Peacefully, on Wednesday, February 14, 2024 at the Tudor House in Selkirk, MB, Orville Marshall, aged 102 years, beloved husband of the late Edith, passed away.

In keeping with his wishes, cremation has taken place and a celebration of his life will be held at a later date.

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