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RECORD PHOTO BY BRETT MITCHELL

Holiday Alley has come and gone, lighting up Selkirk for a weekend of holiday cheer. Santa made several appearances, and residents enjoyed the activities and togetherness that signal the start of the holiday season in the region despite the notable lack of snow. See more photos inside.

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## Selkirk's CAO recognized by the Lieutenant Governor of Manitoba for contributions

Duane Nicol was the first to be presented with the Lieutenant Governor's Award for Leadership in Municipal Administration

By Katelyn Boulanger

Last Thursday evening, Selkirk Chief Administrative Officer Duane Nicol received the Lieutenant Governor's Award for Leadership in Municipal Administration. This presentation was very special as it was the first time this award has ever been presented.

This award acknowledges Nicol's leadership and the lasting impact he's made not just on Selkirk but on the lives of Manitobans.

Some of his notable accomplishments in Selkirk have been Selkirk's reduction of greenhouse emissions, increasing active transportation routes, transit services, downtown revitalization, and improving the city through its Capital Asset Management Program.

The night began with Lead Aide Supt. George Labossiere welcoming everyone to the presentation and introducing the Honourable Anita R. Neville, Lieutenant Governor of Manitoba.

After everyone was seated, Elder Katie Whitford came to the stage to give a blessing.

Following Whitford's words, Neville herself came to the podium to bring greetings and discuss the importance of the work that our municipal administrators do.

"Good governance is essential for a healthy and prosperous society, and is part of the bedrock on which all of the institutions we depend on are built. And the governance that is closest to the lives of people is local government. Manitoba's cities, and towns, and municipalities, have responsibility for a wide range of essen-

tial services; services that are necessary for health, safety, transportation, economic activity, and so much more. They are closest to the people they serve," Neville said.

She explained that in order to do the job well, you need people in roles who embody skills such as good judgment, problem solving skills, listening skills, strong values, and integrity.

"I was pleased to join the Manitoba Municipal Administrators Association in launching this award. It's a pleasure to recognize the excellence in local leadership that makes communities across our province a great place to live, and by recognizing these outstanding local leaders, we all hope to inspire others to serve their communities. Congratulations to today's award recipient, Duane Nicol, and to all who find fulfillment in enhancing life in Manitoba. Your efforts are so needed by all of us," said Neville.

Neville was followed by Adrienne Bestland, Executive Director of the Manitoba Municipal Administrators Association (MMA), who spoke about Nicol's contributions to both Selkirk as CAO and Manitoba through his work with the MMA.

"Duane's time as vice president and president (of the MMA) came during years of important change for the Association. He helped guide us through transitions that shaped who we are today, strengthening our governance, supporting new initiatives, driving transformation and pushing us to think bigger and lead braver and now, as past president, he con-

Continued on page 4

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> **DUANE NICOL, FROM PG. 3**

tinues to offer thoughtful leadership and unwavering support. Those of us who have seen the heart he brings to his work know that it goes far beyond titles and committees. It lives in the moments he has offered guidance, supported the work when it was needed, and been a voice when it mattered most. His belief in the work and the people doing it has left an enduring impact,” said Bestland.

Nicole Chychota, President of the MMA, then came up to share her thoughts, noting Nicol’s mentorship and leadership, which have helped many.

“For as long as I’ve known him, Duane has been a relentless champion for strong municipal administration in Manitoba. His dedication to our field isn’t something he turns on at work and off at home. He lives and breathes this stuff. He’s the kind of person who never stops thinking about how he can make things better, who’s passion shows up in every

conversation, and who also regularly sends those late night messages with just one more thought on a very important topic. What makes Duane exceptional is not just his skills, but his generosity. He is always willing to lend a hand, offer advice, and share his perspective with anyone who asks,” said Chychota.

Chychota, Bestland and Neville then presented the Lieutenant Governor’s Award for Leadership in Municipal Administration to Nicol.

After the presentation, Nicol, with some humour, spoke about the gratitude that he felt to receive this acknowledgement and thanked the hard working teams of people who helped him make it all happen.

“I want to thank my council for nominating me and for being the best Council a CAO could hope for. I just cannot begin to tell you

how touched I am for the nomination, for the thoughtful gesture. And, I also have to say that, as a CAO, I’m slightly unnerved by your ability to covertly work together and act successfully without my knowledge. But I’m mostly just touched,” he said.

Continuing on, Nicol thanked those he works with at the MMA, those at the University of Manitoba who gave him the chance to work with the next generation of municipal leaders through his work as an instructor, and his family.

He then discussed how his passion for municipal government grew from watching it in action and participating as a councillor before he took the leap into the CAO role.

“I believe municipal administrators are called to help build a healthier and more thriving society through

economic, social, environmental and cultural development of their places. It’s fulfilling and consequential work. I’ve had the opportunity to dedicate myself to this work for almost 12 years now, for a council that inspires me and with people, both co-workers and my peers, many here today, who make me grow each and every day. I’m grateful for the opportunity to be the CAO of the City of Selkirk, and I’m humbled by the idea that my work matters and is valued, and this is what this award means to me. So, thank you very much,” said Nicol in conclusion.

The evening ended with photos and socializing as Nicol had quite a lineup of people waiting to congratulate him on this momentous accomplishment.



RECORD PHOTO BY KATELYN BOULANGER

Selkirk CAO Duane Nicol received the inaugural Lieutenant Governor’s Award for Leadership in Manitoba Municipal Administration. Pictured: Selkirk Councillor Doug Poirier Selkirk Mayor Larry Johannson, the Honourable Anita R. Neville, Lieutenant Governor of Manitoba, Selkirk CAO Duane Nicol, Selkirk Councillor John Buffie and Selkirk Councillor Darlene Swiderski.



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# Choirs team up for Christmas Fundraiser Concert

Join the Back Pew Boys and Octavia Choir in raising their voices and raising some funds

By Katelyn Boulanger

This year, to make the holiday season a little more jolly, the men's choir, the Back Pew Boys, and the women's choir, Octavia Choir, are teaming up for a good cause. On Dec. 14, the groups will host a joint holiday performance where proceeds will go to Our Daily Bread Soup Kitchen.

"We're each going to be doing indi-

vidual songs, then Christmas songs, and then we're going to do some together, and we're going to do some sing-alongs with the audience," said Sheila Kaltenberger, co-chair of Octavia Choir.

The plan is to do a fairly traditional Christmas concert, but residents will get a two-for-one, being able to see both choirs in one place.

The concert itself will take place on Sunday, Dec. 14, at Good Sheppard Lutheran Church in Selkirk. Though the event is taking place at the church, you don't have to be a member to attend. This event is open to everyone in the community.

"There will be something for everybody. We also made it in the afternoon so that people didn't have to worry about driving at night," said Sheila.

This is the first time that the groups

have teamed up for a public concert, but not the first time that the groups have sung together. In past years, they have gone to places like Woodland Courts to sing together for our local seniors.

The idea is a newer one, but the music will combine new and old, from traditional to ones neither group has performed before.

"Ishbel (Moore, the Back Pew Boy's

Continued on page 7



RECORD FILE PHOTO BY KATELYN BOULANGER

The Back Pew Boys at a previous performance.

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# Sculpture burning sparks smiles at waterfront



RECORD PHOTOS BY BRETT MITCHELL

One of the most momentous parts of Holiday Alley is the straw sculpture creation and burning extravaganza that is Fire on the Red. This year, it was double the fun with two structures created for the occasion. This is the third year that this event has taken place, and while Fire on the Red has always been ephemeral art, this year, there was a bit of showmanship on display, as one of the pieces opened up when set ablaze, blooming like a flower as it burned. This was a truly creative addition to the show and an innovative way to build on the art that came before.





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## > CHRISTMAS FUNDRAISER CONCERT, FROM PG. 5



RECORD FILE PHOTO BY KATELYN BOULANGER

Octavia Choir performing at one of their previous Jukebox Musicals.

director) has picked quite a few songs for us to do that are not normal Christmas songs that you necessarily would hear. It's different music than people normally do. We've been practicing three or four different songs," said Sheila's husband and President of the Back Pew Boys, Brian Kaltenberger.

"We wanted to do (a concert) closer to Christmas with our Christmas music, and we also wanted to do some good in the community. Both groups had chosen the soup kitchen. It is a charity of choice for Brian and I. We both like to support them, and just to be able to do some good at Christmas time," said Sheila.

She explained that the Soup Kitchen is not just a place where people in our community can grab a hot meal. It also serves as a venue where people who may not have community connections elsewhere can come together and socialize with volunteers and others using the soup kitchen. This is an often overlooked but very important part of endeavours like Our Daily Bread Soup Kitchen.

Sheila said that with her previous volunteer experience, she knows how important these financial donations are and how much hard work the soup kitchen volunteers put into what they do.

Tickets to this concert will be \$15, and this is a great time of year to make a financial donation to local Christmas Hampers, the Soup Kitchen or the Food Bank, as many people enjoy giving at this time of year, and these

organizations can keep the financial donations in reserve for the months of the year when they get fewer non-perishable food donations. Every little bit helps to bridge the gaps.

"We expect it to be a sellout. We hope to raise over \$3,000 and be able to sing our songs and have people enjoy," said Sheila.

And for those in the know, yes, the Back Pew Boys will be performing Are You My Sunshine. Even at this performance with Octavia, the tradition will continue.

If you can, it's suggested that you grab your ticket early. Tickets for this concert will be available at the door or from choir members. If you have any questions about the concert, you can email octavialadieschoir@gmail.com.

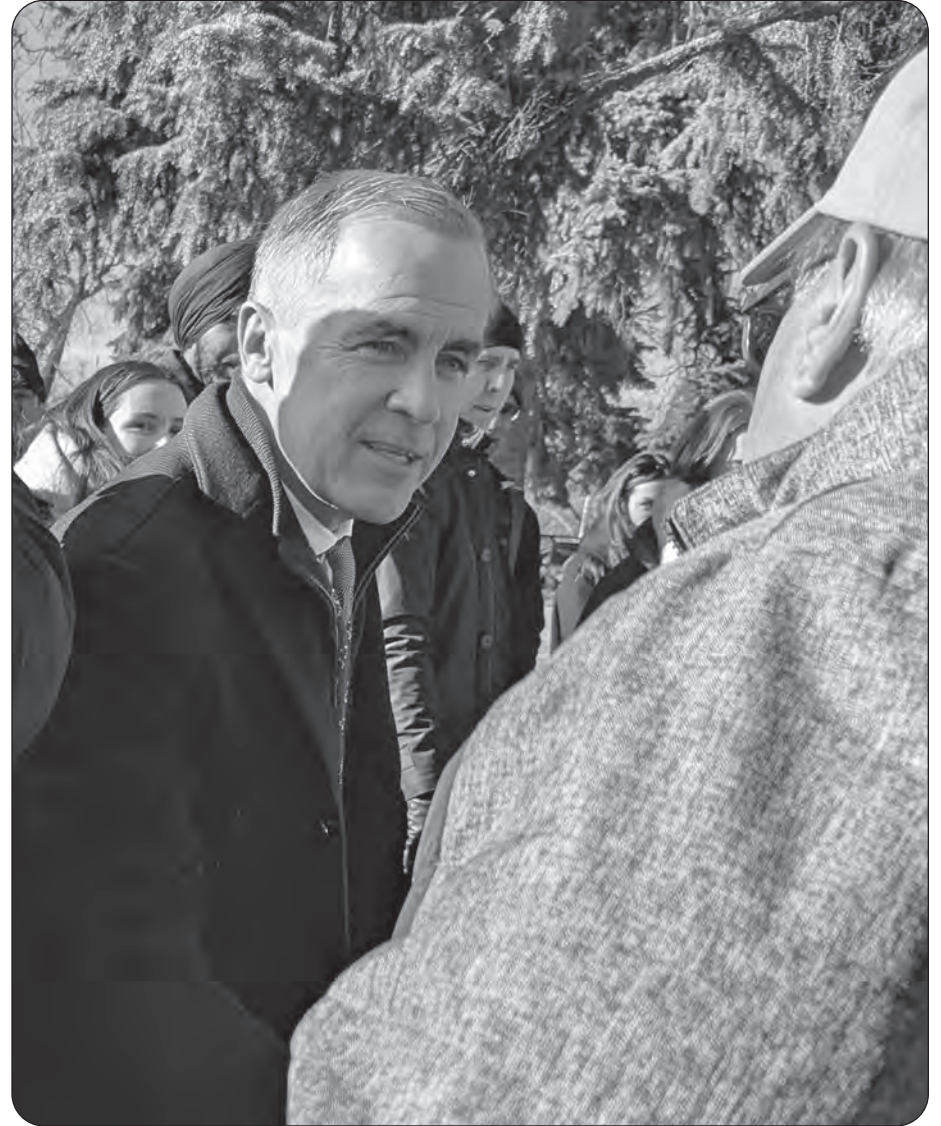
Brian encouraged residents to grab a ticket and enjoy the show.

"I think it's going to be a great experience for anybody who wants to come out. And even if you just have a little bit of interest, I think you will have a great time. And in the meantime, you're also going to make a lot of other people happy in the community through your giving," he said.

Sheila agreed.

"I'd like to think that the people who come to the concert will go away with some Christmas spirit and Christmas music, and hopefully spread some good cheer," she said.

# Advocating for Selkirk



RECORD PHOTO SUBMITTED

Selkirk Mayor Larry Johannson recently joined Prime Minister Mark Carney, MMF President David Chartrand, Manitoba Premier Wab Kinew and others at the memorial for the 145th anniversary of the passing of Louis Riel. Johannson used his time with Carney to advocate for Selkirk and its residents. He let him know that Selkirk's steel industry employs 550 workers and that any Canadian projects coming up would benefit from the inclusion of Selkirk steel. Johannson said, "The Prime Minister shook my hand and wholeheartedly agreed. Now we have to hold them to it." Pictured: Carney shaking Johannson's hand(right in grey jacket).



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# get informed

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## Manitobans urged to stay vigilant as online shopping scams surge

### Be careful when shopping online this holiday season

By Lana Meier

With holiday shopping in full swing, Manitoba RCMP are warning residents to be cautious online as fraudsters ramp up their attempts to steal money and personal information.

"Most Manitobans look forward to the holiday season, with many shopping online to find the perfect gift for loved ones," said Staff Sgt. Kevin Cavanagh of the RCMP's Cyber and Financial Crime Unit. "Unfortunately, there are criminals lurking online who are using increasingly sophisticated methods to take advantage of that goodwill and steal people's money and personal information. We strongly encourage Manitobans to be educated about the dangers lurking online, so they can be vigilant in protecting themselves."

Police say scams can range from simple phishing texts claiming a package is delayed to convincing ads on social media that lead shoppers to fake websites impersonating real retailers and travel companies. Fraudsters have also been known to create sham charities to exploit holiday generosity.

The Canadian Anti-Fraud Centre urges shoppers to watch for spelling mistakes in messages and on websites, vague references to "the item," overseas buyers wanting to purchase sight-unseen, and sellers using brand-new social media accounts. Manitobans should also be wary of "blow-out" deals or drastically low prices — the product may be counterfeit, or never arrive at all.

RCMP recommend several steps to reduce the risk of being scammed:



RECORD PHOTO SUBMITTED

**Beware of scams this holiday season.**

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# Gwen Fox Gallery finishes up yearly exhibits with an all-members show and holiday market

If you want to buy local art this holiday season, stop by the Gallery

By Katelyn Boulanger

The Gwen Fox Gallery always ends the year with an incredible show. This season, they have 36 artists participating in their December All Members Show, showcasing a variety of art mediums and styles. This show is on now until Dec. 20, and in addition to the main gallery offerings, they've set up their holiday market with cards and smaller holiday-inspired art pieces, which would make a great addition to a stocking or wrapped under a tree.

After the Gallery closes on Dec. 20, the hard working volunteers will get a bit of a break from their posts as the gallery takes the month of January to reset after the busy season. They will be back in a big way in February, however, as the Large Format Show will open at the beginning of the month.

Some of the artists participating in the December show are:

## Dilpreet Kaur

Kaur is primarily a photographer, but this month she has some nature inspired collage work that she's showing in the gallery.

"I mostly like capturing nature. It's very visual. It's something you can feel. It's something you can connect (with). And I like to capture colours, so it has to be really bright and eye catching. And mostly I do scenery and landscapes," she said.

The artwork that she created for this show is a bit out of Kaur's ordinary wheelhouse, but it keeps to the same

subjects that inspire her other art. She went outside and collected leaves as they changed colour this fall, pressed them, and then held them in place using a picture frame. Because the frames are the only things keeping the art together, they are now permanently part of the art.

"It was not something I mainly do. It was just something that came along the way, and I was like, Well, I'm going to put it in a show, because they just look so pretty," she said.

Her inspiration for her work comes quite clearly from an appreciation of the world we live in.

"I see so many beautiful views and such beautiful things that I noticed when I'm walking. These have to be captured because you never know if you're going to see the same thing again or not. I probably look like a crazy lady walking down the street and picking up leaves here and there. But it's just fun. It makes my heart happy," said Kaur.

Kaur started her art journey, which she calls a passion, when she was in school.

"We had an option to do a photography course, and it was just something I signed up to do with my friends. It was just an I'm just going to go there, see how it goes (kind of thing)," she explained.

She is a recent addition to the Gwen Fox Gallery, having been part of the community for about a year at this point and starting as a volunteer.

"The first time I came to Selkirk, on my first day, I walked into this gallery,



RECORD PHOTO BY KATELYN BOULANGER

Dilpreet Kaur.

and I'm like, I'm going to sign up for a membership, because this is one of the wonderful things that I want to do in town," said Kaur.

From a position as a volunteer, she was inspired not only by the art but also by the other members to showcase her work.

"I was inspired by everybody who works here, and they were saying even if you're not a professional, even if it's just the beginning, you've got to put your art out there. You've just got to start doing it, and then you'll get criticism. You'll know what's good and you'll know what's bad, and then you get more inspired," she said.

Kaur's love of the community that the Gwen Fox Gallery has created around it is also quite clear.

"They're very helpful, and they're like, 'You've got to try everything and find out what you like.' (I enjoy) basically, just being part of the family here, and connecting with people and learning from them," she said.

As a beginner artist, she knows what it's like to be

at the beginning of her journey, and her advice to others is to follow their heart and create.

"Even if you don't want to do it professionally, that's no big deal, because you're going to do what makes your heart happy. If you're doing a little bit of this and a little bit of that, it's all right," said Kaur.

She hopes that residents find their way into the gallery this month.

"Come here, look around. Even

Continued on page 10



RECORD PHOTO BY KATELYN BOULANGER

Holiday Market at the Gwen Fox Gallery.

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## > GWEN FOX GALLERY, FROM PG. 9

if you don't want to buy anything. You'll be inspired," said Kaur.

### Melanie Shumilak

Shumilak is a talented artist who is passionate about our local art scene in every form. This month, she is sharing her paintings at the All Members Show, but she's previously had pottery at the gallery.

"My art is eclectic. I like it to be a little bit whimsical and abstract. I'm still very much learning and developing a style. I have different styles that I like, and I'm in love with watercolour," she said.

In addition to using her time to create art, she contributes to our local art and culture by being the visual arts coordinator for the Selkirk and District Arts Festival and was an actor in the recent production of *On the Air* put on at Selkirk United Church. She's also previously directed local stage productions.

At the gallery this month, she's got two of her watercolour pieces on display.

Her inspiration for creating visual art comes from a place of needing to let her creativity free.

"It was a lifetime of denying myself the joy of it, and not believing in myself and not thinking I was good enough. So as I was approaching retirement, I picked up a paintbrush and went out on a limb. And now I just say, everything is practice," explained Shumilak.

Her art journey started in 2017 on vacation.

"I brought some very cheap acrylic paints and found some paper, and went on YouTube and painted an oak tree. That oak tree is still up in my studio. And I went, 'Wow, I can do that.' And so, then it was just practice and experimenting from there and trying all different kinds of styles," she said.

Shumilak got into watercolour on a different trip that she took to

Mexico a little bit later.

"I stayed in a campground in Mexico. There was a free watercolour class. I was always scared of watercolour, because I know it's a little more complicated. A fellow by the name of Scott Wilson taught a bunch of us how to do some watercolours. And I went, 'Wow, I can do this too,'" she said.

It was about 18 months ago that she ended up joining the gallery and has enjoyed being part of our local art community.

"It's a wonderful forum for people to play with art and show off their art. The Gift Shop is, it's so local, and you can buy a card cheaper here than at Safeway. I think people need to know that," said Shumilak.

Her advice for artists just starting on their journey is to grab some cheap paint and give it a try, as you might be surprised at what you can do, especially with online resources that are available for free. Then she says, once you've moved past that, you can take some local lessons as well.

Shumilak encourages residents to take advantage of the gallery this season to check out some great local art.

"The Gift Shop is very reasonable, and they expand it for Christmas. (Gifts are) always a little more meaningful when it's a local artist," she said.

### Kristina Zabawa Ryan

Zabawa Ryan is an artist who, in addition to bringing a painting to the Gwen Fox Gallery, for the first time has brought caribou tufting to be viewed.

"Caribou tuftings are very unique. It's a Northern Canadian craft that I learned from a friend who lived in Churchill, Man. for many, many years. She learned it from a lady by the name of Myrtle deMeulles, who is a fantastic artist," said Zabawa Ryan.

She explained that her work is inspired by her love of the way light and dark contrast, and nature.

"I love shadows and the outdoors. Although I have a lot of allergies, I don't spend a lot of time outdoors, but I love trees and valleys and flowers and things that appeal to people," said Zabawa Ryan.

Her journey as an artist started when she was a child.

"I've been drawing since I could hold a pencil. I always took a lot of classes. My parents were very good at allowing me to attend all the classes I wanted in the galleries and privately. I never did go to university for it, but I probably did as many hours in classes as a university degree would take. I like to try different things. I do fractal wood burning, I do stained glass and furniture refinishing, home renova-



RECORD PHOTO BY KATELYN BOULANGER

Melanie Shumilak.



RECORD PHOTO BY KATELYN BOULANGER

Kristina Zabawa Ryan.

tions, I take on anything," she said.

Zabawa Ryan is from Winnipeg and is a recent addition to the Gwen Fox Gallery.

"I wanted to expand my horizons and meet new people and try new venues for my art, see if it would be popular here too, with the caribou tuftings, especially," she said.

Her best advice for new artists is if you're inspired, give it a try.

"Don't be afraid to make a mistake, because sometimes those mistakes turn into beautiful pictures. You can start a painting or a drawing and leave it because you're not happy with it, and look at it again in six

months and say, 'Oh, all it needs is a couple of brush strokes,' and it's perfect," she said.

Zabawa Ryan hopes that residents visit the gallery this month.

If you'd like to catch up with her on social media, she's at <https://www.instagram.com/kristina1133/?hl=en> on Instagram.

If you'd like to take in some inspiration or take advantage of the gallery's Gift Shop. The Gwen Fox Gallery is open this month until Dec. 20. Their hours are Tuesday to Saturday from 11 a.m. until 4 p.m., and they are open late on Thursdays until 8 p.m.

**Selkirk Pentecostal Church**  
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# Christ Church rings in the season with annual Christmas Tea and Bake Sale



Members of the Christ Church baked and prepared all of the treats and sandwiches for the Tea on Saturday. Pictures are: Jo-Ann Moffatt, Maureen DeBoer, Yvonne Oxer, Laurie Macintosh and Adrian DeBoer

By E. Antonio

The Christ Church was filled with Christmas cheer at their annual Christmas Tea and Bake Sale on Nov. 29.

Featuring a variety of home baked goods, trays of sandwiches and other yummy eats prepared by Selkirk's Christ Church members, Jo-Ann Moffatt, Christ Church People's Warden said this is a yearly tradition both she and the community look forward to.

"We receive compliments from people saying this is how they start off their Christmas season," she explained. "Our tea has grown not only to be just a fundraiser for the church's ministries, but also a community-wide celebration. Just seeing people come out and be with other really just gets you into the mood for the Christmas season— it's about being there

for the community."

A silver collection bowl was placed at the entry, with all proceeds supporting the church's projects and outreach initiatives.

The tea is held close to the first Sunday of Advent, and members of the congregation work for weeks beforehand gathering silent auction prizes, preparing baked goods, and organizing the space to make sure the day runs smoothly.

"There's a lot of work involved, but we have such a good, well-rounded group of people who step up and help out with everything," Moffatt added.

She wants the community to know that Christ Church is a welcoming place— either for their events or for worship. "It's important for us to be there for others as we want to remain visible and active for those who need



RECORD PHOTOS BY E. ANTONIO

Brittany, Austin and Abby Moffatt enjoy the Christmas atmosphere at Christ Church's annual Christmas Tea and Bake Sale on Nov. 29. Below, Guests enjoyed lunch; Winston McLeod and Gary Elbers greet community members as they entered the church; Bill Shead with some of the treats available at the bake sale.



it."

Christ Church holds services every Sunday at 9:30 a.m., and all are welcome. The church also invites the community to its Christmas Eve candle-lighting

service on Dec. 24 at 4 p.m.

"We are always looking for ways to connect with the community," Moffatt said, adding that the church hopes to continue offering events that bring people together during the holiday season and throughout the year.



## THANK YOU!

To the City of Selkirk for helping promote another very successful *Selkirk Biz* Black Friday weekend!

The *Selkirk Record*

*SELKIRK Biz*

# Youth makers take centre stage at Bud and Bloom market Dec. 13

By E. Antonio

Young entrepreneurs will have their chance to shine at Bud and Bloom's Youth Christmas Maker's Market on Saturday, Dec. 13, at the Gaynor Family Regional Library.

From 1 to 4 p.m., youth vendors will fill the theatre at the library, selling a variety of handmade goods just in time for the gifting season.

Market founders Christina Barr and Tennille Frost are excited to offer this event to the community after hosting previous youth markets in the spring.

"We both noticed a lot of young makers in the community and we want to be able to showcase their work," Barr said. "We think it is a great opportunity to get their foot in the door of the small business world and help them start out."

So far, 13 vendors ranging in age from 8 to 15 will be selling their products — all 100 per cent made by them. From baking to crochet to jewelry and 3D printing, the young artisans have been diligently working to make their items market-ready, including 11-year-old Nalia Wowchuk, who owns Prairie Princess Originals. Nalia sells jewelry, keychains and other fun accessories, which she makes in her Selkirk home with help from her mom, Lindsay.

"One day, my mom was making these earrings and I thought I wanted to start a business," Nalia said of her inspiration. She began selling at markets in 2020 and has enjoyed it ever since. This will be her first holiday market, after taking part in several farmers' markets over the years.

She makes all her products by hand using a variety of parts and tools. Her items come in every size and colour,



A selection of earrings will be among the many handmade items.

catching the interest of a wide range of shoppers. Nalia recommends buying all of her products, but her bracelets remain her top pick.

"Bracelets are my favourite because I like working with the different types of beads," she added.

Her mom said it's hard to choose a favourite because all of Nalia's creations are unique and one-of-a-kind, but something that truly sets her apart is her generosity.

"Nalia donates half of her profits to the Daily Bread Soup Kitchen," Lindsay said. "This is important to both of us because it makes her feel good when she is able to give back to the community." Over



RECORD PHOTO SUBMITTED

Nalia Wowchuk, 11, of Selkirk, owns Prairie Princess Originals and creates handmade jewelry and accessories. She will be among the vendors at Bud and Bloom's Youth Maker's Market on Dec. 13 at the Gaynor Family Regional Library.

the past five years, Nalia has donated upwards of \$4,000 to the soup kitchen and said she looks forward to making

future contributions.

Seeing local youth succeed at mar-

Continued on page 13

## Donation for local Breast Cancer Support



RECORD PHOTO SUBMITTED

The Selkirk and District Breast Cancer Support Group(SDBCSG) were very happy to receive a recent donation from the House of Economy Community Group. This \$1000 doantion will be used to enhance their monthly meetings as well as the community outreach projects they are involved with as they support breast cancer survivors and patients in our region. The Selkirk & District Breast Cancer Support Group would like to extend a huge thank you for this generous act of kindness and acknowledge the valuable work the House of Economy volunteers provide to the community. If there is anyone in our community who feels they would benefit from joining the SDBCSG, please reach out to McLeary at 204-785-2456. Pictured: Colleen Girling, Terry Shumka, and Wendy McLeary.

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# Health Canada issues recalls for Ibuprofen, hair dye

By Patricia Barrett

Health Canada issued recalls last week for an ibuprofen pain reliever and hair dye, among a number of product recalls.

The federal health agency issued a recall on Nov. 24 for Apotex brand Extra Strength Ibuprofen Liquid Gel Capsules 400 mg in affected lots 1570619, 1570621, and 1570623 with a drug identification number (DIN) of 02376601.

Health Canada issued the recall because of the “presence of cloudy capsules in affected lots due to crystallization of ibuprofen into the gelatin shell.”

Crystallization can render a medication unstable as the active ingredient may no longer be evenly distributed. Medication compromised by crystallization can either be ineffective or potentially unsafe.

On Nov. 26, Health Canada recalled

various Everpro Gray Away root cover-up products in aerosol containers because of a missing mandatory hazard labelling.

Consumers should immediately stop using the recalled products and return them to the place of purchase for a refund, states the agency.

“These products do not meet the Cosmetic Regulations in Canada. Specifically, the products are missing bilingual English/French labelling, as well as the required hazard symbols, signal words, and safety information, which could result in misuse and potential harm to consumers,” said Health Canada.

The following products affected are: Everpro Gray Away Root Cover Up Spray - Black, Everpro Gray Away Root Cover Up Spray - Dark Brown, Everpro Gray Away Root Cover Up Spray - Dark Brown, Everpro Gray Away Root Cover Up Spray - Medium

## Affected products

Filter items  Showing 1 to 1 of 1 entries | Show 10 entries

Brand	Product Name	Market Authorization	Dosage Form	Strength	Lot
Apotex Inc.	Extra Strength Ibuprofen Liquid Gel Capsules	DIN 02376601	Capsules	Ibuprofen 400mg	1570619, 1570621, 1570623

## Issue

Presence of cloudy capsules in affected lots due to crystallization of ibuprofen into the gelatin shell.

HEALTH CANADA

Health Canada issued a recall of Apotex brand Extra Strength Ibuprofen Liquid Gel Capsules with specific lot numbers shown here.

Brown, and Everpro Gray Away Root Cover Up Spray - Medium Brown.

The manufacturer of the product is Inspired Beauty Brands Inc. from New York.

The company reported that 4,572 units of the affected products were sold in Canada from June 2025 to November 2025. As of Nov. 18, the company had received no reports of incidents in Canada, and no reports

of injury.

The hair-dye recall is also posted on the OECD Global Portal on Product Recalls website.

Consumers are encouraged to report to Health Canada any health or safety issue by filling out its Consumer Product Incident Report Form on the Health Canada advisories-warnings-recalls webpage.

## > YOUTH MAKERS MARKET, FROM PG. 12

kets is one of the reasons both Barr and Frost say this event is so important to the community.

“It inspires youth to carry out their entrepreneurship goals,” Frost said.

“Give the youth the same successful atmosphere and that boost of self-esteem found at our regular markets,” Barr added.

During the market, live music will be performed by local youth pianists, and the Gaynor Family Library will have a table collecting donations for its children’s wing expansion.

Beth Emmers with Music for Young Children Selkirk said her students are very excited to play at the market this year, noting it’s an excellent opportunity to gain experience in this type of performance setting. “Learning to play background music for this type of event will be so beneficial to their music education as live music is often requested for many different events. The kids have been practicing their repertoire since September in preparation for this event and have a lot to add to the market,” she explained.

The performers also will have a tip jar available for anyone to show a little extra appreciation for the live entertainment. “We really hope that you will enjoy the addition of live music at the market this year,” Emmers added.

A few vendor tables remain; young vendors looking to participate can

apply by emailing budandbloomcollective@gmail.com. Otherwise, Barr and Frost look forward to welcoming everyone on Dec. 13.

“Even if you can’t afford to shop, still come out and enjoy the Christmas atmosphere,” Barr said. “Come and chat with the vendors and learn a bit about what they have to say — your positive comments can go a long way.”



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# Bilynsky retires from IERHA after 62 years of service

## Congratulations!

By Lana Meier, with files from IERHA

When Lillian Bilynsky started working in local health care in 1963, The Beatles were just breaking into North America, Martin Luther King Jr. delivered his “I Have a Dream” speech, and President John F. Kennedy was assassinated. She was only 20 years old—but she was already beginning what would become one of the longest careers in the history of the Interlake-Eastern Regional Health Authority.

Bilynsky has now retired after an extraordinary 62 years of helping patients, supporting families and serving her community, most recently at the Whitemouth District Health Centre. Her work was deeply intertwined with rural life: she was married to the local doctor, and together they navigated the complexities of rural health care in an era when staff simply stepped up to do whatever was needed. Bilynsky drove patients to the hospital, assisted in her husband’s practice, and regularly appeared at the door whenever help was required.

Her retirement was celebrated in November at the Whitemouth personal care home, where she still volunteers during her off-hours. Residents, co-workers, community members, family and friends gathered to honour a woman many describe as a steady,

caring presence for generations.

The event was organized by her supervisor—and self-described “adopted daughter”—Kelly Broek, along with staff, family and friends. Broek reflected on the “glory days” the two shared, praising Bilynsky’s ability to adapt through decades of change, her unwavering dedication, and the warmth she shows to everyone who walks through the door. The room filled with songs, balloons, cake and plenty of tears.

Bilynsky was grateful for the celebration and shared heartfelt remarks with attendees.

“It was an honour to give 62 years to the best place ever to work,” she said. “If in need of a personal care home bed, I wouldn’t want to be anywhere else but here.”

Even in retirement, she has no plans to slow down. Bilynsky intends to volunteer even more hours at the personal care home, spend time with her family, and keep cheering on the Jets, the Bombers and the Goldeyes.

Colleagues say her legacy is immense. For more than six decades, Bilynsky has been an anchor—an outstanding team member, a generous mentor and a model of dedication and reliability. She leaves behind a community deeply grateful for her service, and she will be profoundly missed by all who had the fortune to work alongside her.



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**RECORD PHOTO SUBMITTED**  
Lillian Bilynsky, sitting, celebrates her retirement with long-time colleague and “adopted daughter” Kelly Broek at the Whitemouth personal care home in November. Bilynsky, who began her career in 1963, retires after an extraordinary 62 years in local health care.

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# Coca-Cola Holiday Caravan returning to Manitoba, spotlighting kindness in rural communities

By Lana Meier

The Coca-Cola Holiday Caravan has rolled back into Manitoba this season, bringing its illuminated red truck, Santa meet-and-greets and a renewed focus on celebrating acts of kindness across the province. Winnipeg and rural Manitoba are again part of the cross-country tour, which launched Nov. 13 on World Kindness Day and encourages Canadians to share stories of generosity through Canada's Kindest Community — an initiative that could award \$100,000 to a Manitoba charity.

Teresa Woyna, General Manager of the Winnipeg Distribution Centre for Coke Canada Bottling, said rural Manitoba remains central to the tour's purpose.

"We're an independent, family-owned business... Our purpose is intrinsically linked to making a positive difference in the communities where we operate — and we know how much community means to this province," she said.

Woyna said the Caravan was created to "spread optimism and share moments of joy nationwide," and Manitobans have consistently submitted standout kindness stories. Last year's examples included neighbours installing park benches for seniors, community gardens offering free produce and volunteers delivering weekly groceries.

"No act of kindness is too small," she said. "We're hopeful kindness will be even more contagious this year."

Caravan stops are planned to keep the tour coast-to-coast while honouring long-standing local ties.

"We are Winnipeg's Local Bottler and we've operated locally for over 55 years," Woyna said. "Our local teams service thousands of customers from Winnipeg to Gypsumville to the north and to the Canadian-American border to the south."

The Manitoba portion of the tour is staffed entirely by Coca-Cola employees, many volunteering their time. If a Manitoba community is named Canada's Kindest Community, Community Foundations of Canada will administer the \$100,000 award to a local charity.

Woyna said the heart of the initiative is recognizing simple generosity. "By participating, Manitobans have the chance to bring meaningful support to their community... This program is proof that even the smallest actions can make a big impact."

## HOW TO ENTER

Manitobans can submit 100- to 500-word stories about acts of kindness —

their own or those they've witnessed — and nominate their community before Jan. 1, 2026. Entries can be submitted online at <https://www.coca-cola.com/ca/en/offerings/holiday/kindest-community>, at Manitoba Caravan stops or by scanning QR codes at select retailers.

In early January, Coca-Cola will highlight the top 10 communities per capita. A judging panel will then select finalists and choose Canada's Kindest Community, which will receive a \$100,000 donation.

"Kindness is contagious — and now, more than ever, the world needs more of it," Woyna said.



TRIBUNE PHOTOS SUBMITTED

Canadians can enter Canada's Kindest Community by submitting a 100- to 500-word kindness story at [coke.ca/holiday](https://coke.ca/holiday) for a chance to win a \$100,000 donation for their hometown.



The Coca-Cola Holiday Caravan has two more stops in Manitoba and will be at Food Fare locations in Winnipeg on Nov. 26 and Dec. 3, inviting families to meet Santa and submit kindness stories.

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Viewing: Nov. 24 - 27 from 9AM to 5PM.

Bidding starts: Nov 27 2025 at 10:00AM

Lots start closing on Dec. 3, 2025 at 10:00AM.

Pick up days: Thurs., Dec. 3 & 4 from 9AM to 5PM

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Viewing: Dec. 1 - 5 from 9AM to 5PM.

Bidding starts: Dec. 4, 2025 at 9:00AM

Lots start closing on Dec. 10, 2025 at 10:00AM.

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# Holiday Alley hits a high note this holiday season



RECORD PHOTOS BY KATELYN BOULANGER AND BRETT MITCHELL

There were drummers, dancers, food and fun for all at this year's Holiday Alley. Friday night was a blast with the traditional Pooch Parade following fancy shawl dancers, jingle dress dancers and the Binesi Ikwéwag singers bringing out the big drum. There were also activities all up and down the downtown block of Manitoba Ave. The fun didn't stop all weekend with the soup cookoff, Easel Wars, Wishme Maker's Market and more events continuing the fun. The celebration of the season had a great send off when two straw sculptures were burned at the Selkirk Waterfront.



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## End impaired driving

Every year, the festive season is sadly overshadowed by car accidents that could have been avoided. A large percentage of collisions involve drivers who have been drinking over the legal limit or taking drugs. **BE PREPARED**

It's widely known that drugs and alcohol impair your judgment. Despite this reality, some individuals who've consumed these substances may believe they're fit to drive when actually they're not. In short, if you've had any amount of alcohol or smoked or ingested cannabis, it's not safe to rely on your own judgment.

Plan ahead! No one wants to be part of another statistic or have someone's death on their conscience for the rest of their life. In 2023, there are no excuses for driving under the influence. You have plenty of choices to avoid putting your own safety and that of others at risk.

Here are a few options to consider for a safe holiday season and new year:

- Use public transportation
- Arrange to sleep at the party venue or stay somewhere within walking distance
- Call a taxi
- Use a designated driver service
- Designate a non-drinking person to drive you home

*Have a happy and safe holiday season!*



# Celebrate re Arrive

## The holiday cheer will so

Planning for a safe ride home makes a party more merry

By Katelyn Boulanger

With gatherings and the celebration of the many holidays that take place in December and early January coming up, Local Community Policing Officer Cst. Paul Human hopes that residents will consider how they are going to get home safely before they head out to have fun this festive season.

"We don't want any impaired operation accidents or collisions this season. We don't want them at all, but because we're coming into the Christmas season, more and more people are going to events. We want to prevent those situations where people may think, 'You know what, I've just had a couple of drinks,'" said Human.

He explained that because people are getting out a little more this time of year, unfortunately, the RCMP does tend to see more instances of people being intoxicated and getting behind the wheel.

"There are a lot more people on the road and a lot more get-togethers and things like that. They're happening at all times of the week,

it's not only just happening this weekend, and depending on whether it's Christmas lands or New Year's lands, there are lots of events that are happening throughout the season. More vehicles are going to be on the road. I would say, yes, it increases. That I hope for, for Christmas, is I want zero impaired drivers," said Human.

Human's biggest tip this season is what he reminds people to do every year. Have a place for a ride home, and then have a backup plan if your first plan falls through.

"If you're going out to a party, body's place this year for something or something like that. plan for things like) 'Can you bring a car? Sure, you would plan for that. what are you planning to do to get home safely? And, something I've discussed with people about your plan B?" he explained.

Some options for plans to get home safely are having a friend or family member pick you up after the party, making sure that you have a taxi company already booked on your phone so that you can conveniently call for a ride.

If you are the host of a party, you can also make everyone's ride home a little bit easier by providing



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# responsibly. safely.

## When the snow is flowing, make sure you get home safely

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by having some people be designat-  
ed drivers who agree to take people  
home, making sure everyone has a  
safe plan to get home in advance,  
or having people spend the night.  
Having the stress of figuring out  
how to get home afterwards might  
even make the party a little more  
merry.

Something else that Human men-  
tioned is that we often think of al-  
cohol when we think of impaired  
driving, but that other substances,  
or even prescription medication,  
can affect people's ability to drive.  
If you are using anything that could  
potentially impair your ability to  
drive, it's best to find an alternative.

"If you're going to be consuming  
something different, say, canna-  
bis, now that it is legal. How does  
it affect you? If you have made the  
decision that you are going to be  
consuming this, how does it affect  
your ability to drive? And if you are  
consuming it, you shouldn't be op-  
erating a vehicle," he said.

As always, there will be check-  
stops set up by the RCMP this  
holiday season to hopefully stop  
impaired drivers before they hurt  
themselves or others.

To prepare for the checkpoints, it's  
best to have your driver's license  
and registration easily accessible.

Planning ahead doesn't just keep  
people safe. It is also a financially



RECORD FILE PHOTO

Let's all make getting home safely a priority this holiday season.

responsible choice.

"In the event that you are caught,  
say you do a breathalyzer or a hand-  
held unit, which is actually at those  
check stops, and you blow a warn-  
ing. You could lose your license for  
a day. You could lose it for three  
days. You may be too high, and you  
may have to come back and give  
another sample of your breath at  
the detachment. Your vehicle will  
be towed, which means you've got  
to pay for that tow. You've got to  
pay for the impoundment of that  
vehicle, and then you've got to wait  
for your court case, which means  
more money, because you're really  
likely going to have to get a lawyer  
to help represent yourself. So, look

at all these costs. You can prevent  
that. I've talked about check stops.  
I've talked about planning, but let's  
go with the worst-case scenario.  
What if you hit someone? What if  
you get into an accident or a colli-  
sion with somebody else? That cab  
ride home will be a lot cheaper than  
inflicting damage on another fami-  
ly," said Human.

He hopes that there will be no in-  
toxicated drivers on the road and  
that everyone enjoys their gather-  
ings. That comes down to just a few  
basic steps.

"Planning your event, enjoying  
the season and getting home safe,"  
he said.



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# Syron advocates for care standards

Laura Syron, president and CEO of Diabetes Canada is urging the creation of consistent diabetes care standards in schools.

“Even though children have been living with diabetes — and attending school — since the discovery of insulin more than a century ago, most Canadian provinces still do not have standardized policies in place to support students with diabetes,” she wrote in a news article published Nov. 14— World Diabetes Day.

Approximately one in 300 children in Canada has type 1 diabetes and it is probable that every Canadian school has one student with diabetes. According to Syron, most Canadian

provinces and territories have not developed a mandatory standard of care for managing diabetes in schools.

Locally, Debby Grant, Director of Student Services with the Lord Selkirk School Division said that every student in the division is supported based on their Individual Health Care Plan developed by a URIS (Unified Referral and Intake System) nurse, the student, and their parents/guardians.

"The URIS nurse the trains all staff on the student's individual plans, with emergency procedures built into each plan," she explained.

At this point, the division has not received any concerns from parents regarding the level of care and Grant noted she is comfortable with the level of standardized care each URIS plan provides.

“With diabetes falling under the

umbrella of URIS and the Interlake-Eastern Regional Health Authority, I feel we already have a process and guideline that we follow. To date, it has worked well and we have always had access to a nurse for building plans and training," she said. "This also includes an in-school plan to support the management of diabetes and an emergency response plan."

Syron said this level of care is not commonly found in other schools or divisions.

"It is well past time for provincial and territorial governments to mandate standards of care that align with Diabetes Canada guidelines to ensure that no child's safety or education is jeopardized because of where they attend school," she said. "All of them deserve consistent, safe and equitable care."

So far, only British Columbia, Nova

Scotia and Prince Edward Island have care standards that align with Diabetes Canada Guidelines, with most schools in other provinces and territories creating care plans based on divisional or school board discretion.

Syron noted that managing diabetes is a complex condition for adults to manage, let alone children.

“Well-managed diabetes is important for children’s health. Blood glucose levels that are too low can lead to life-threatening emergencies. Blood glucose levels that are left too high can overtime increase the risk of developing serious complications. Off-target levels can also lead students to feel unwell and unable to concentrate, negatively impacting their ability to participate and learn,” she added.

While some students are able to

Continued on page 27

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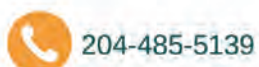
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# Tips for weathering respiratory virus season

By Jennifer McFee

Respiratory virus season has now arrived, and there are a few things you can do to help keep yourself and others healthy.

Prevention measures include:

- Practising good hand hygiene – wash your hands frequently with soap and water or hand sanitizer when washing isn't possible.
- Drinking plenty of fluids and ensuring you get enough rest.
- Covering your nose and mouth when you cough or sneeze by using a tissue or your elbow to prevent spreading germs.
- Keeping shared spaces clean by wiping down frequently touched surfaces such as door knobs, counters and phones.
- Staying home when you're sick.

It's also recommended to get the most updated flu and COVID vaccine. Book an appointment by calling 1-844-626-8222 between 9 a.m. and 5 p.m. Monday to Friday or by using the online booking system at [manitoba.ca/protectmb](http://manitoba.ca/protectmb).

When to stay home

If you become sick and are otherwise healthy, it is best to stay home when experiencing common symptoms, which can typically be addressed at home. These include:

- Sore throat.
- Blocked or runny nose.
- Cough.
- Nausea.
- Vomiting (but you're not dehydrated).
- Diarrhea (but you're not dehydrated).
- Fever that responds well to medication.

When to seek non-emergency care

If you're not seeing any improvement or if your symptoms continue longer than five to seven days, different options are available depending on your situation. You can:

- Book an appointment with your primary care provider, who can provide care for non-urgent cold and flu symptoms and administer vaccinations for flu and COVID. If you are currently looking for a regular primary care provider, contact Family Doctor Finder at 1-866-690-8260 or visit [gov.mb.ca/health/familydoctor-finder/](http://gov.mb.ca/health/familydoctor-finder/).
- Visit a clinic in your community. Interlake-Eastern Regional Health Authority has a list of clinics at [ierha.ca/find-us/](http://ierha.ca/find-us/).
- Visit a pharmacist for flu and COVID vaccinations, prescription refills and care for certain medical con-

ditions.

- Seek 24/7 virtual care through QDoc, which provides health-care services remotely. Patients can consult with health-care providers via video calls, phone calls or online messaging in their home. Services that can be provided remotely include requests for prescription refills and requests for medical advice. Call 1-833-736-2362 or book online at [qdoc.ca/](http://qdoc.ca/).
- Book a same-day appointment at the QuickCare Clinic in Selkirk by visiting [medinav.ca](http://medinav.ca) or calling 204-482-4399.
- Visit Easton Place Medical Centre (15 Wersch St.), which accepts walk-ins. To minimize your wait time, call ahead to make a booking at 204-482-4044.
- If you have a sick kid or teen, learn about caring for them and where to go through KidCare. Visit [ierha.ca/patient-information/where-to-go/kid-care/](http://ierha.ca/patient-information/where-to-go/kid-care/) to learn more.

When to visit an emergency department

Anyone who has a medical emergency that can't wait should call 911 or visit their closest emergency room. Examples of situations that require a visit to the emergency department include sudden or new chest pain, difficulty breathing, numbness, loss of vision, slurring of speech or an object in the eye or ear. Other emergency situations include loss of consciousness, severe injury, severe back pain, pregnancy complications or suicidal thoughts.

"As we move through respiratory virus season, our priority is ensuring that every resident has clear, practical guidance to stay healthy and to know where to seek care when they need it," said Dr. Scott Gregoire, vice-president of medical services and chief medical officer for Interlake-Eastern Regional Health Authority.

"By taking simple preventive steps, staying home when ill and choosing the



PHOTO SUBMITTED

Nurse Karen Bernauer administered a flu shot to Rene Fontaine.

right care option for your situation, you help protect yourself, your family and our health-care teams. Thank you for working with us to keep our

communities safe and our emergency departments available for those who need them most."

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# RCMP reaches 98 per cent deployment of body-worn cameras across Manitoba

## Rollout of body-worn cameras nearly complete

By Lana Meier

The Manitoba RCMP says it has nearly completed its provincewide rollout of body-worn cameras, with 98 per cent of front-line officers now equipped with the technology as part of ongoing efforts to boost transparency and accountability.

The only remaining detachment still to receive cameras is Berens River, where a new building — complete

with the required technical infrastructure — is scheduled to open next week.

In a statement, the RCMP said the cameras have already proven invaluable in day-to-day policing, evidence gathering and improving public trust.

“The body-worn camera has provided us with many useful tools that make everyday policing a lot easier,” said Cpl. Jenelle Hulan of the Manitoba RCMP Major Crime Unit. “Taking statements and obtaining photos of scenes, victims and suspects is extremely easy, and the apps are excellent in tracking our movement during an investigation.

“Overall, this is a tool we needed in front-line policing to increase transparency and trust for both police and the public. Having concrete evidence that is uploaded and stored in such an easy manner also makes life easier when completing court packs.”

The cameras are supported by a digital evidence management system that stores and organizes the growing volume of footage. With 638 cameras currently in use, the Manitoba RCMP has already collected 174,369 pieces of digital evidence, including videos, images, audio statements and documents. The service has also shared 1,510 digital case files with Manitoba

Prosecutions — figures the RCMP says are increasing daily.

Assistant Commissioner Scott McMurchy, commanding officer of the Manitoba RCMP, said the cameras have already strengthened investigations and helped modernize police work.

“Without a doubt, body-worn cameras have quickly become an incredibly beneficial and important tool for our officers,” he said. “The evidence collected through video footage has directly contributed to numerous investigations and has helped our organization become more transparent.”



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# get inspired

> MEAL IDEAS

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## Sweetpotato Blueberry Baked Oatmeal

1/3 cup maple syrup, plus more for drizzling

1 teaspoon vanilla extract

2/3 cup blueberries (fresh or frozen)

Preheat oven to 350 F.

Coat inside of 2-quart baking dish with butter, oil or nonstick cooking spray.

Mix oats, cinnamon, salt and baking powder.

Beat in milk, eggs, sweetpotato, butter, 1/3 cup maple syrup and vanilla extract.

Mix together, saving blueberries for last to prevent staining or crushing, and spread inside dish.

Bake 30-35 minutes until oats are tender and moisture has been absorbed.

Drizzle with maple syrup, to taste.

Recipe courtesy of Sarah Schlichter on behalf of the North Carolina Sweetpotato Commission

Prep time: 10 minutes

Cook time: 30 minutes

Servings: 6

Butter, oil or nonstick cooking spray  
2 cups uncooked rolled or old-fashioned oats

2 teaspoons cinnamon

1/4 teaspoon salt

1 1/2 teaspoons baking powder

1 1/2 cups 1% milk

2 large eggs

1 cup mashed sweetpotato

1 1/2 tablespoons butter, melted



## Simple Salami Sliders

8 slices ham or other deli meat

1 stick butter, melted

1 tablespoon Worcestershire sauce

2 tablespoons brown sugar

1 tablespoon grated Parmesan cheese

1 teaspoon onion powder

1 teaspoon garlic powder

everything bagel seasoning (optional)

Heat oven to 350 F.

Halve slider buns, creating top and bottom portions. Set top portion aside, leaving bottom portion in original container. Place bottom portion and container in baking dish to prevent sticking.

Layer Swiss cheese, salami and ham then cover with top buns.

Mix melted butter, Worcestershire sauce, brown sugar, Parmesan cheese, onion powder and garlic powder. Pour over sliders.

Cover with foil and bake 15 minutes then remove foil, sprinkle with everything bagel seasoning, if desired, and bake, uncovered, 10 minutes.

Recipe courtesy of "Cookin' Savvy"

Servings: 4-6

1 package slider buns

8 slices Swiss cheese

8 slices salami

# BINGO

SUNDAY NIGHT BINGO

Pots are as follows:

\$21,837+	POKER FLUSH	19/53
\$2,841+	BONANZA IN 52 NUMBERS	4
\$2,645+	MINI LOONIE	19/53
\$2,300+	JACKPOT IN 51 NUMBERS	4

# Expert patient here to help!



Susie Schwartz

## THOUGHTFUL GIFTS FOR WELLNESS

By Susie Schwartz

So, you've got a friend or family member who is acutely or chronically ill this season. I'm here to help you with your gift-shopping list, because there may be items you might not think of if you're healthy.

Assuming you aren't buying them diamonds or a puppy (boo), here are some more practical ideas.

Many people who are ill have extra time on their hands, and boredom becomes another symptom of their ailment. If they like to read, (covertly) find out their preferred genre and check out the current bestseller list. Even better, if there's a book you're confident will be up their street, get that. (Or re-gift it! Then you have the budget room to add to the gift!) If they suffer from headaches or eye strain, buy them an audiobook subscription. When I temporarily lost my sight years ago, I started "reading" books this way, and it opened up my world.

If they're the type who loves learning, get them a subscription to sites like MasterClass. Every topic under the sun can be learned about on MasterClass, and from people at the top of their field. (Think: comedy writing with Amy Poehler

or cooking with Gordon Ramsay.) Just because people are sick doesn't mean they want to stop living. On-line classes are a great way to feel empowered and productive... and to feel like life isn't over.

Here are some more tangible items that might be appreciated: a heated blanket (not ugly, please — simple is best); thick, fluffy socks (the softer the better); their favourite face cream (but only if you know what it is — don't guess, or it may go in the bin); woolly arm or hand warmers; an easy-to-care-for plant like a succulent (it feels nice to live around something full of life and growth); or a night eye mask with tiny speakers built in, so they can lie down and listen to music, podcasts or an audiobook without disturbing whoever is in bed with them. (I have one of these and use it every night!)

Another idea is a tea or coffee subscription. As a coffee addict, I'd love a subscription of my favourite coffee beans to arrive at my door every month!

Think about whatever their hobby is. Knitting? Get wool. Painting? Canvases. Music? Noise-cancelling earbuds or headphones. Shopping? Gift card. (Yes! As a shopping addict, I love a gift card to my favourite store! Apparently, I have a few addictions. Oops!)

Here's another idea: if they're really struggling, give them your time. Set up a weekly or monthly visit, coffee date or even phone call to catch up. Those with illnesses often feel alone and forgotten. Put your commitment in a card, and then stick to the plan the best you can.

Merry Christmas, everyone. I hope you feel well-loved and full of peace.

*Less health stress, yes?*

A published author and speaker, Susie currently lives in the UK. Find her on Instagram @authorsusieschwartz and at [www.lesshealthstress.com](http://www.lesshealthstress.com). (Email: [info@lesshealthstress.com](mailto:info@lesshealthstress.com).) The second edition of her book *Help the Doctor Help You!* is available now on Amazon.

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# Designer honours father's legacy through Indigenous patterns

By E. Antonio

Destiny Seymour is an Anishinaabe interior designer and founder of Indigo Arrows, a Winnipeg-based textile company. She recently co-authored the Manitoba-inspired book *Women Without Limits*, a moving collection that features the lived experiences and reflections of 15 women.

Seymour said that despite initially turning down the collaboration, she is glad she embraced the opportunity, noting that the writing process became therapeutic.

"After losing my father on Boxing Day, this whole year was spent figuring out how to move forward without him," Seymour explained. "He was a huge part of this business and it was such a huge loss in my life. But once I started writing, this whole experience helped me through it."

Seymour was inspired to become an interior designer after noticing a lack of Indigenous representation in the field. She pursued her studies and career to become Canada's first Indigenous interior designer. Becoming a mother also pushed her to achieve her goals.

"I wanted to make sure my daughters felt proud of who they were. We would look at products being featured in magazines, and I never saw Indigenous designers in the pictures. Now I can show my daughters my products and I can show them they can do anything they set their mind to. My daughters know they can create their own home décor and create patterns — it's the family and community that continuously push me to work hard every day."

Seymour is a Peguis First Nation band member and incorporates Anishinaabe inspirations into all of her designs, whether furniture or textiles. She recalls visiting the Manitoba Museum, where there are more than three million catalogued pottery pieces.

"I just remember these pieces having such interesting yet delicate patterns, and I couldn't stop visiting them. I wanted to find a way to put these patterns on fabric."

She enrolled in printmaking classes and began modernizing the designs, printing them on everyday objects at home. Friends encouraged her to sell her products at markets.

"Since then, I have continued to develop the brand and Indigo Arrows started to come together," she said.

Seymour said her favourite part of entrepreneurship is seeing the satisfaction on her customers' faces, especially after the nearly three-year process each project takes from start to finish.

"Walking through those built projects — that's what I love the most. Seeing the patterns, language, identity and story come to life in my designs is the best part of this job," she said. "As a designer, you are the voice of your client and you are fighting to make sure they get everything they need and require. My ideas just flow when I get a chance to listen to their stories."

Her goal is to bring Indigenous designs out of museum cases and into everyday homes. She explained this is vital because history doesn't need to remain in the past.

"We are evolving and I think being able to revive and celebrate these patterns in different ways is like a way of reclaiming it. This was the main idea behind the making of my textiles."

Among all her prints, her Element Collection wool blankets are her favourites because of the way they reflect the elements — water, earth and fire.

The collection also holds personal meaning because of the memories it carries.

"It was one of the last projects I worked on with my dad. He always had so much fun. He never lost his childlike curiosity. We always had lots of fun and he always laughed. With all of those patterns on there, I am very proud of that collection."

Her father is pictured wearing the water blanket on her website. Seymour spoke highly of him, noting how supportive he was throughout her life. He helped name several of



RECORD PHOTOS SUBMITTED

Wool blankets from Seymour's Element Collection. She is pictured with her dad, a major source of inspiration throughout her career.

her pieces in Anishinaabemowin, deepening both their cultural and family connection. Having Anishinaabemowin product names is what Seymour describes as a "teaching tool in disguise." When people ask for a certain product, they are speaking Anishinaabemowin — a moment that was always heartwarming for her and her dad.

"People would ask for the Bezhik design, and knowing people were speaking Anishinaabemowin would make him smile."

Her career hasn't always been filled with joy. She said the hardest challenge she faced — aside from losing her father — was completing her Master of Interior Design. At the time, she said, there was a lack of Indigenous influence in the curriculum, and she struggled to connect it to her worldview, particularly as the only Indigenous student in the program. Over time, however, Seymour became an inspiration and mentor to younger Indigenous interior designers, helping to carve out a path within the industry.

"I enjoy mentoring the young designers when they need help. My role is to be here for them and I hope my work inspires them to create their own unique products. I think in the coming years we will start seeing a lot of interesting new designs."

Looking ahead in her own career, she hopes to create a full fabric collection and continue expanding her current offerings. She also hopes to be a strong role model for her daughters and community.

"When I started out, I couldn't find Indigenous representation in prod-



Destiny Seymour, an Anishinaabe interior designer and founder of Indigo Arrows, is featured in the new book *Women Without Limits*.

ucts, so I started making my own. I think this helped my daughters see they can look for solutions. I hope they will be that kind of person — where you find a solution no matter what it takes."

Seymour provides a deeper look into her journey in *Women Without Limits*, Manitoba's first bilingual English-Spanish book celebrating a diverse group of women whose experiences span migration, leadership, culture, business and community advocacy. The book officially launched Nov. 18 with an interactive panel, book signing and reception.

Seymour said she hopes one message stands out in her chapter — success starts with you.

"Be authentic and find your own stories," she said. "Be true to who you are and speak from your heart because it will always turn out better."

*Women Without Limits* is available on Amazon, with broader distribution planned following the launch.



Co-authors of *Women Without Limits* gather for a photo at Nov. 19 book launch.

# Local teacher takes learning beyond the classroom

By E. Antonio

Caitlin Schick, a Human Ecology teacher at Lord Selkirk Regional Comprehensive Secondary School (LSRCSS), takes her lessons far beyond the classroom walls. As a certified Forest & Nature School Practitioner she believes there's always more to explore when it comes to learning in nature.

"The kids just love, love, love, getting to go outside, and I do too," Schick said. Her journey into outdoor education began by chance. While searching for professional development opportunities, she came across a forest school training session in Winnipeg and decided to sign up on a whim.

"I just figured, 'Guess I'm going to the forest for a week!'," and it was a really amazing experience. Just being able to be outside and learn outside with 30 other adults was such a phenomenal experience."

Since completing her training, she and her coworker, Elaine Dehn, the Nursery School Director, have brought those practices into their classrooms, offering both high school and preschool students opportunities to explore the natural world. Adapting forest school principles to older students was initially a challenge as most resources are designed for younger learners, but she quickly saw how meaningful it could be.

"The first time I brought them outside, they were running around and climbing on trees and I immediately knew it was going to be a good fit."

At LSRCSS, Schick teaches Family Studies and Textile Art and Design, subjects that she seamlessly integrates with nature-based learning. In Family Studies, her students work directly with preschoolers from the on-site Child Care Nursery School—a program where children thrive outdoors.

For the past several years, Schick

and Dehn have guided groups in ongoing nature-based experiences, allowing children to build a connection with a consistent natural space and to witness its changes firsthand.

"As much as the high schoolers love being outdoors, the pre-schoolers like it even better," Schick noted. "It's about making those connections and having the high school students' model for the preschoolers which makes it fun. You get to see them grow and feel comfortable with being outside which is the main goal of this all. There's a lot of freedom and time to play together."

Outside of Nursery School hours, she brings her classes outdoors whenever possible. That might mean holding a sharing circle under the trees or collecting natural materials to use for fabric staining.

"Everyone just gets so inspired with nature, and I have been so surprised at how many connections I have made to nature within the curriculum of the classes I teach."

She believes there's an opportunity to connect every subject to outdoor learning.

"Social Studies, English, Phys. Ed., Health—it goes all across the board and when you think about it, the connections just make a lot of sense."

Her influence extends beyond her own classroom. Through the division's Nature Education Collective collaboration, Schick mentors other teachers interested in outdoor learning. Every Friday, she visits the Grade 1-2 class at Daerwood School to lead "Forest Friday," a weekly outdoor learning session on their playground.

"That's the thing with outdoor education—you can do it anywhere and it doesn't need to be in a forest. We are exploring the spaces we have and it's been great developing this consistent relationship between nature and the



RECORD PHOTOS SUBMITTED

Caitlin Schick, local Human Ecology teacher and certified Forest & Nature School Practitioner, understands the positive impacts of outdoor education.

students."

Her long-term goal is to help more educators feel confident leading their own outdoor lessons. She said the rewards far outweigh the challenges, recalling one powerful moment when a new student opened up during an

outdoor session.

"She said, 'This is like where I grew up—like the Rez. This is what I'm used to,'" Schick shared. "She started talking about her life because we

Continued on page 27

## New equipment for students



RECORD PHOTOS BY BRETT MITCHELL

Students at Robert Smith School celebrated with Steeltown Ford as a promotion which saw the donation of \$100 from each car sold, resulted in a \$10,000 doantion to the school for new equipment, including new soccer nets which will be used by them and École Bonaventure. Pictured: Back row, left to right: LSSD Superintendent Jerret Long, Don Walters, Kevin Mitchell and Kyla Labelle from Steeltown Ford, from Robert Smith School, Ashley Monkman, and Principal Kristin Fillion. Up front are lots of happy students.



## > LEARNING OUTSIDE, FROM PG. 26

went outside. It was such a magical moment that reminded me why I do this—you see a completely different side of your students.”

She says outdoor education also promotes healthy risk taking, decision making, and teaches youth how to deal with the consequences of their decision. She compared it to being in a car.

“Being in a car comes with risks, but we still have to get in the car. Being outdoors also has its risks, but if we handle things safely, we can reduce the risks of consequences.” Even simple things, like playing with sticks, can become valuable lessons.

“If you go outside, someone is bound to pick up a stick and we know that sticks need space because someone could get hurt,” she explained.

“But sticks are amazing. They can be brooms, wands, or they can even be horses. They are what a child wants them to be and it’s about letting them engage with these risks safely by explaining the rules and procedures that come with them just like a science experiment. There will always be hazards, but it’s making sure you have the safety measures in place.”

She said the response from parents has been overwhelmingly positive.

“It’s so rewarding hearing from parents who see the value in learning outdoors,” she said. “We can use what’s in our own backyard for nature education. You don’t need to be deep in the woods—you can do it right here in the city. It’s all about awareness of what’s around us and learning to make the most of it.”

## > DIABETES CARE IN SCHOOLS, FROM PG. 20

check their glucose levels or administer insulin independently, some students still need assistance from trained staff members and, “without a clear province/territory-wide standard of care outlining the roles and responsibilities of students, families and school staff, students are left vulnerable,” Pyron said.

She is requesting that provinces and territories should have a mandated standard of care based off the following criteria:

- Schools, parents and health-care professionals to work together to develop an individual care plan for the student with diabetes that addresses both daily management as well as emergency response.
- Education for staff and

school personnel on emergency prevention of low blood glucose events.

- Safe spaces to monitor blood glucose and for safe access to physical education, sports, field trips and other extracurricular activities

- Permission to students with diabetes to carry a cellphone or smartwatch if they receive diabetes-related data from their medical devices.

“It is time for provinces and territories to catch up and implement a mandatory standard of care aligned with Diabetes Canada guidelines to ensure that all students with diabetes receive the support they need,” she added. “Children and families in Canada have waited long enough.”

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Raiders offence runs cold in weekend pair

By Kieran Reimer

The Raiders Jr. Hockey Club offence has officially ran into a wall.

Last week the Raiders went scoreless over two Manitoba Major Junior Hockey League games against the Transcona Railer Express and St. Boniface Riels.

The scoring drought led to losses in both games as the Raiders record dropped to 7-9-2 which has them sitting seventh in the MMJHL.

On Friday it was an 8-0 loss on home ice to the second-ranked Railer Express where the offence initially went cold.

Transcona dominated the game with 35 shots to the Raiders’ nine which were all stopped by Transcona’s Sage Delaronde, while Owen Savoie and Braeden Martell split a busy night in the Raiders’ crease.

On Sunday the Raiders shot more often but still couldn’t find a goal

against the top-ranked Riels at Southdale Community Centre.

The Riels scored twice in the first period, once in the second, and once in the third in an eventual 4-0 victory despite 20 saves from Martell.

The Raiders had a 32-24 shots edge, yet got nothing past St. Boniface’s Alex Domenico who collected the win and a 32-save shutout.

Now following their second straight shutout loss the Raiders will turn

their attention to a December schedule with seven games, four of which on home ice at Seven Oaks Sportsplex.

### UPCOMING GAME:

Thursday, Dec. 4 at Stonewall Jets, 8 p.m. at Veterans Memorial Sports Complex

Sunday, Dec. 7 vs Pembina Valley Twisters, 2 p.m. at Seven Oaks Sportsplex

## Gators come up short in high-scoring battle with Huskies

By Lana Meier

The East St. Paul Gators came out firing but couldn’t keep pace in a back-and-forth offensive showdown, falling 11-8 to the Steinbach Huskies in Hanover-Tache Junior Hockey League action.

The Gators struck early, with captain Luke Tyslau opening the scoring just 1:32 into the game. After the Huskies replied twice—including a power-play marker—East St. Paul answered back on goals from Kaden Coughlin and another from Tyslau to carry a 3-2 lead midway through the first. Tyslau finished the night with a hat trick and two assists for a five-point effort.

Steinbach regained momentum ear-

ly in the second, scoring twice in 39 seconds to jump ahead 4-3. The teams then traded goals in rapid succession, with Chris Tataryn and alternate captain Carter Reid scoring for East St. Paul to briefly tie the game 5-5. The Huskies added two more before Reid struck again at 11:12 to pull the Gators within one. Reid recorded four points on the night.

The third period saw more firepower from both sides, but Steinbach pulled away with four goals in the frame, including a power-play marker at 15:03 that stood as the game-winner. Tyslau completed his hat trick at 5:39, while Cole Philion added a late goal for East St. Paul.

Gators goaltenders Zacharie Grenier

and Aiden Poseluzney split the game, combining for 30 saves. Steinbach’s Connor Stewart made 30 stops for the win.

The Huskies finished 2-for-3 on the power play, while East St. Paul went 0-for-1.

### UPCOMING GAME:

Saturday, Dec. 6 – Springfield at East St. Paul, 7:30 p.m., East St. Paul Community Centre.

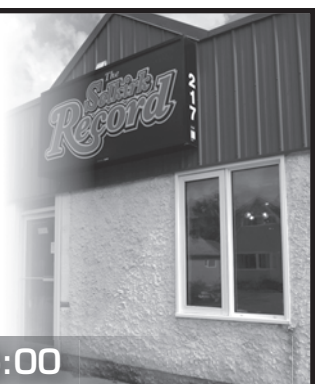
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Royals improve to .500 with recent heater

By Kieran Reimer

The Lord Selkirk Royals varsity boys' hockey team has shaken off its slow start, climbing back to the .500 mark with a three-game win streak in Winnipeg High School Hockey League action.

The Royals — who compete in the Platinum Promotions Division — collected back-to-back victories last week at Selkirk Recreation Complex, downing the Garden City Gophers on Monday before edging the St. Paul's Crusaders in a shootout on Thursday.

Selkirk opened the week with a 3-1 comeback over Garden City after trailing 1-0 through two periods. Kageon Carver sparked the rally, tying the game less than a minute into the third. Mateo Malbasa put the Royals ahead at 15:58, and Erik Evason sealed the win with an empty-net goal.

Owen Coe earned the victory in net with 22 saves as Selkirk outshot the Gophers 34-23.

Another comeback was required Thursday when the Royals erased a 3-1 deficit en route to a 4-3 shootout win. Matthew Michaleski opened the scoring for Selkirk before St. Paul's responded with three straight goals. The Royals clawed back late in the second on markers from Chase Brydges and Nolan Hartwich.

After a scoreless third period and overtime, Brydges buried the shootout winner while goaltender Rylen Giroux shut the door. Giroux finished with 25 saves as Selkirk improved to 5-5, good for eighth place in the Platinum Promotions Division.



Selkirk defender Jaxon Beasley evades a Garden City fore checker on Nov. 24 at Selkirk Recreation Complex.

The Royals face a rematch with St. Paul's on Tuesday, Dec. 2 at 3:40 p.m. at Hockey For All Centre, and return home Thursday, Dec. 4 to host the Miles Macdonell Buckeyes at 4 p.m.

### Girls fall short in late push

The Royals' varsity girls, who skate in the Manitoba Women's High School Hockey League Division 1/2 East, also staged a third-period push last week but came up short in a 4-3 loss to the CSLR Renards.

Kennedy Simpson pulled Selkirk even early in the third before CSLR restored the lead on a power play. Emily Beattie tied it 2-2 midway through the frame, but the Renards replied with two quick goals — including another on the power play — to jump ahead 4-2.

Simpson cut the deficit to one with just over two minutes remaining, but Selkirk could not find the equalizer against Renards netminder Lucette Lafond.



Selkirk defenders attempt to clear out Garden City forwards in front of netminder Owen Coe. Coe made 22 saves in an eventual 3-1 Selkirk win.



Selkirk's Nolan Dear screens Garden City netminder Aaron Cormier. The Royals put 34 shots on Cormier in an eventual 3-1 win with Dear tallying two assists.

The loss dropped the Royals to 1-9-1-0, leaving them at the bottom of the Division 1/2 East standings.

Selkirk hosted the West Kildonan Wolverines on Monday, though the score was unavailable before press time. Their next game is Wednesday, Dec. 3 at 4 p.m. against Miles Macdonell at Gateway Recreation Centre.

Selkirk hosted the West Kildonan

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Goodbrandson heads to Tokyo, representing Canada at Deaflympics

By Annaliese Meier

Former Lord Selkirk Regional Comprehensive Secondary School and University of Winnipeg athlete Annika Goodbrandson has arrived in Japan, where she will represent Canada at the 2025 Deaflympics as a member of the national women's volleyball team.

The Comp graduate, who played basketball for the UWinnipeg Wesmen before entering the University of Manitoba's Faculty of Education, is the only Manitoban on the Canadian women's roster. For Goodbrandson, who is profoundly Deaf, the opportunity marks both a personal milestone and an important moment for visibility within the Deaf and Hard of Hearing athletic community.

"I am honoured to represent not only Canada, but also Manitoba — and more importantly, young girls like myself from Selkirk and surrounding communities," she said. "I'm proud that I can set an example for young female athletes, whether they're in volleyball or in multisport like I was."

Goodbrandson learned of her selection shortly after graduating from the U of W, when she decided to step away from her basketball career to pursue international competition in volleyball. The transition reunited her with teammates who, she said, quickly welcomed her back.

"I immediately felt part of the team again," she said. "Multiple teammates reached out expressing their excitement to play together."

Her father, Dean Goodbrandson, said Annika's drive was evident from childhood.

"As a young athlete, Annika was very active and motivated," he said. "She was a very visual learner and had to overemphasize paying attention to coaches' instructions, which made her an even better athlete. She never let her hearing deficit slow her down one bit."

Growing up, Goodbrandson was often the only Deaf athlete on her teams. Teammates and coaches helped ensure she was included through gestures, visual cues and adapted communication. Support from the Central Speech and Hearing Clinic also helped her navigate hearing equipment throughout her athletic development.

Her accomplishments reflect that determination. At the Selkirk Comp, she



Annika Goodbrandson

excelled in water polo, cross-country, track, volleyball and basketball, earning the Manitoba High School Athletic Association's Scholar-Athlete Award in Grade 12. She later became a U Sports Academic All-Canadian.

Leaving for Tokyo brought a mix of excitement and gratitude, she said.

"It was very exciting to meet up with teammates along the way. It reminded me how great our team support is," she said. "Despite our different communication styles — ASL, spoken language, or both — everyone is inclusive and helps one another."

Communication on the national team is almost entirely visual. Players rely on ASL, foot stomps to gain attention, gestures, and training sessions without hearing devices to simulate match conditions. The team also works with an interpreter, Vicki, who supports communication at practices and events.

Training as a national squad presents challenges, as players travel from across the country to gather every few months. To stay prepared, Goodbrandson maintains her own fitness schedule and trained at home through the summer.

Her support system, she said, has been essential. She credits her

Continued on  
page 30



RECORD PHOTOS SUBMITTED

Members of Canada's national women's Deaflympics volleyball team gather ahead of competition in Tokyo, where Selkirk's Annika Goodbrandson (back row, centre) joins the roster as the lone Manitoban. The 2025 Games mark Goodbrandson's first international appearance in volleyball and the 100th anniversary of the Deaflympics.



Goodbrandson delivers a serve for Canada during women's volleyball action at the 2025 Deaflympics in Tokyo

### NEXT HOME GAMES

at the Selkirk Rec Centre

**SUNDAY, DEC 7<sup>th</sup>**

VS Lundar Falcons 3:00 pm

**FRIDAY, DEC 19<sup>th</sup>**

VS La Broquerie Habs 7:30 pm

NEXT AWAY  
GAMES

Fri, Dec 12 - vs Beausejour - 8:00 pm

Tues, Dec 16 - vs North Wpg - 8:00 pm



Meet the  
**Fishermen**  
2025-2026



#13 Drake Vermeulen  
Forward

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fishermen sitting in new position after back-to-back one-goal losses

By Kieran Reimer

For the first time this season, the Selkirk Fishermen aren't the team topping the Capital Region Junior Hockey League standings.

The Beausejour Comets took over first place last week with the help of a 3-2 win over the Fishermen in Beausejour on Friday.

Selkirk then fell again the following night in La Broquerie, dropping its record to 10-4 and sliding into second place in the CRJHL.

Friday's loss to the Comets was a comeback that fell just short. Beause-

jour's Jaedys Dancyt, Easton Gaffray and Job Peters all scored in the second period to build a 3-0 lead through 40 minutes.

Selkirk's Ashton Schroeder got the Fishermen on the board in the third with a pair of power-play goals, but the rally ran out of time.

Beausejour finished with a 30-26 edge in shots. Selkirk's Johnny Enns-Demchuk made 27 saves, while Beausejour's Alex Cavanagh posted 24 saves for the win.

Saturday night's 4-3 loss to the La Broquerie Habs followed a similar

script, with Selkirk falling by a single goal as another comeback attempt came up short.

La Broquerie built a 3-0 cushion midway through the game on two goals by Mario Gagnon and another by Luka Tetreault.

Deacon Kemp put Selkirk on the board late in the second to make it 3-1 through two periods.

After Xavier Labossiere restored the Habs' three-goal lead early in the third, Schroeder again found late-game success, scoring once with five minutes left and again with just over

a minute remaining.

But La Broquerie's Jaxon Loewen shut the door from there as the Habs secured their sixth win of the season.

Selkirk finished with the shots edge, 30-28, with Marcus Sharpe stopping 24 and Loewen turning aside 27 for the win.

The Fishermen now shift their focus to a five-game December, with three of those contests at Selkirk Recreation Complex. They play just once this week, hosting the Lundar Falcons on Sunday afternoon. Puck drop is at 3 p.m.

## MJHL's East Division race heats up with Steelers recent slide

By Kieran Reimer

For the first time this season, the Selkirk Steelers are on the outside of the Manitoba Junior Hockey League playoff picture looking in.

The Steelers have occupied every spot in the top four of the MGEU East Division at times this season and now have a new spot, fifth.

Only four teams from the East qualify for the postseason following the 58-game regular season.

The Steelers are currently 26 games in with a 14-11-1-0 record which is good for 29 points.

Their division rivals ahead of them are the Niverville Nighthawks (42), Steinbach Pistons (39), Portage Terri-

ers (37), and Winkler Flyers (29) who have played one less game.

The Winnipeg Blues (18) and Winnipeg Monarchs (8) meanwhile sit sixth and seventh in the division.

Selkirk fell out of a playoff spot last week with a pair of losses.

On Tuesday they fell 4-3 on the road to the Waywayseecappo Wolverines where they were outshot 27-25.

The Steelers went down 1-0 through 20 minutes before Wyatt Witham tied things up early in the middle frame.

Owen Branson then handed Selkirk their first lead of the night which was dissolved just minutes later on a pair of Wolverines goals.

They led Selkirk 3-2 through two pe-

riods before going up 4-2 late in the third.

Branson gave the Steelers a chance by scoring at the 18:57 mark in the third. Wolverines netminder Mariko Bercier however held on from there to finish with 22 saves and the win.

Selkirk's Ethan Sawyer ended his evening with 23 saves in the loss.

The Steelers then fell 2-1 on Saturday to the Dauphin Kings in front of 912 at Credit Union Place.

Branson netted the lone Steelers tally in the second period which made it a 1-1 game at the time.

Dauphin's Havryil Simchuk then scored the game winner midway through the third to power them to

victory.

The Kings also won the shot battle 44-31, with Dauphin's Bryson Yachyshyn totalling 30 saves and Sawyer finishing with 42 for Selkirk.

Now on a four-game slide, the Steelers will look to bounce back with three games this week against Virden, Waywayseecappo, and Steinbach.

Upcoming Games:

Tuesday, Dec. 2 at Virden Oil Capitals, 7:30 p.m. at Tundra Oil & Gas Place

Friday, Dec. 5 vs Waywayseecappo Wolverines, 7:30 p.m. at Selkirk Recreation Complex

Sunday, Dec. 7 at Steinbach Pistons, 2:30 p.m. at Southeast Event Centre

### > ANNIKA GOODBRANDSON, FROM PG. 29

parents, brother, partner Spencer — a volleyball player himself — and both families for encouraging her through major decisions, including stepping away from basketball.

"My parents have been my biggest supporters since the day of my diagnosis," she said. "And Spencer

pushed me to pursue this opportunity when I wasn't fully sure. He was the extra encouragement I needed."

As the Deaflympics begin, Goodbrandson hopes her young team focuses on growth.

"With many of us competing for the first time, I really want us to learn to-

gether from the experience," she said. "We're playing against some former and current pro players, and we have a big age range on our team — from 16 to 44. As a young group, we have the potential to grow into a more competitive team by the next Deaflympics."

And while the competition is central, she's also embracing the experi-

ence.

"I'm most excited for the culture, the food, and bonding as a team," she said.

Her father, watching from home, said seeing her wear the maple leaf is "simply amazing."

"It makes us proud of her, her team, and the fact she's part of the 100th anniversary of the Deaf Games," he said.

**2025-2026**



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- VS Waywayseecappo Wolverines Fri, Dec 5<sup>th</sup> 7:30 pm
- VS Niverville Nighthawks Tues, Dec 9<sup>th</sup> 7:30 pm
- VS Portage Terriers Sat, Dec 13<sup>th</sup> 7:30 pm

**NEXT AWAY  
GAMES**

- VS Steinbach, Sunday, Dec 7 - 2:30 pm
- VS Waywayseecappo, Thurs, Dec 11 - 7:30 pm

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# Classifieds

The Selkirk Record

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## METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stone-wall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

## SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid. Phone Alf at 204-461-1649.

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## MACHINERY

Degelman, Bale King 3110 TR bale shredder w/40 bus. grain tank, reverse right hand discharge. Very lightly used. Top of the line, priced to sell. Call 204-918-0765, Teulon.

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Tollak 2 is a 55 plus bldg. with river view 2 bedroom apts. available. 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.

## APARTMENT FOR RENT

RULE APARTMENTS located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1300/month to \$1400/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more. No pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

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

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1 bedroom apartment at 325 McLean Ave. Close to all amenities. Quiet, mature, older person, no smoking, no pets. \$950/month, utilities included. Call 797-5971.

## UPCOMING EVENTS

St. Andrew's Church, 3 St. Andrew's Road, Christmas Craft/Bake sale, December 6, 1-4 p.m. Live entertainment, refreshments, and rainbow auction. Info 204-339-3090.

## MISCELLANEOUS

For sale - 10 yrd. Miskin Field Scraper, \$12,500; 2 pressure vessel semi trailer tanks, \$7500 each; 2 - 2500 new tanks, fibreglass, comes with mounts, \$25,000 ea.; 1 Berming hammer, 8000 lb., \$15,000; 1 tree shear, \$17,500, as new; 1 - 9000 lb. grapple, hyd., \$12,000; used culverts, 18" to 66"; 2 service decks, 1 ton - \$1700 & 5 ton - \$3500; Howard hover craft, 14" x 28", body only, \$4500. Wanted - groups of 16" x 245 or 265 tires; '94 Chev 4x4, ¾ ton pick up; Case 1845 skidsteer; musical - bagpipes, guitars, amps, bangos. Call 431-737-6441.

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## NOTICE TO CREDITORS

IN THE MATTER of the Estate of DR. JOSEPH SLOGAN, late of the City of Selkirk, in Manitoba, Deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at the 30th Floor - 360 Main Street, Winnipeg, Manitoba R3C 4G1, on or before the 14th day of January, 2026. DATED at Winnipeg, Manitoba, this 3rd day of December, 2025. MLT AIKINS LLP Per: Martin S. Minuk Solicitors for the Estate

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## PUBLIC NOTICE REMINDER SNOW REMOVAL

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

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

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

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

*Council of the Municipality of Alexander*



**RRC POLYTECH**

## EMPLOYMENT OPPORTUNITY

Health Care Aide Instructor

Location: Interlake and Peguis-Fisher River Campus  
Full-time Permanent

Requisition #: 00639 Closing Date: Dec 8, 2025  
To view this and other employment opportunities, visit [rrc.ca/employment](http://rrc.ca/employment).

We thank all applicants for their interest, but only those selected for an interview will be contacted.



**RRC POLYTECH**

## EMPLOYMENT OPPORTUNITY

Administrative Assistant

Location: Interlake and Peguis-Fisher River Campus  
Full-time Term

Requisition #: 00644 Closing Date: Dec 11, 2025  
To view this and other employment opportunities, visit [rrc.ca/employment](http://rrc.ca/employment).

We thank all applicants for their interest, but only those selected for an interview will be contacted.

# Announcements *The Selkirk Record*

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## ANNOUNCEMENT

### IN MEMORIAM



Andrew Allen  
February 2024



Dorothy Mae Allen  
December 2024

Lovingly Remembered  
-Stewart, Grahame and Allen families

## ANNOUNCEMENT

### IN MEMORIAM



Lorne Huculak  
In loving memory of  
my beloved husband, our dad and grandpa  
December 5, 2008  
Always in our thoughts.  
-Forever missed and loved  
by wife Shirley and  
children, Shirleen and Brett, JR  
and granddaughter Choyce

## ANNOUNCEMENT

### IN MEMORIAM



Kevin Andrew Mayo  
January 7, 1968 - December 5, 2022  
In loving memory of our dear son,  
brother, best friend and uncle

Memory is a lovely lane,  
Where hearts are ever true;  
A lane we often travel down,  
Because it leads to you.  
We hold you close within our hearts,  
And there you shall remain;  
To walk with us throughout our lives,  
Until we meet again.  
-Love you forever and always,  
Mom, Kyle, Doreen, Leanne, Caitlin, Paige  
and your loving family

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## SUDOKU

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

Level: Intermediate

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

Sudoku Answer

M	E	R	D	E	E	O	H	E	V
E	L	V	H	E	L	I	T	I	W
S	V	N	V	N	V	B	M	O	T
S	K	C	O	V	E	R	S	D	T

Crossword Answer



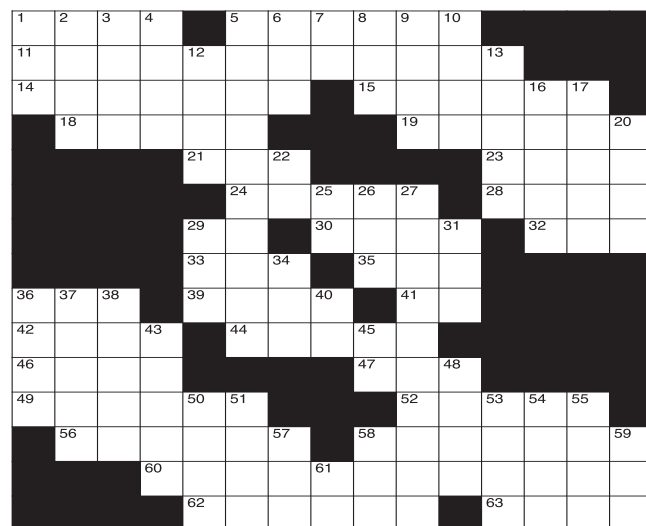
## CROSSWORD

### CLUES ACROSS

- Dough made from corn flour
- Rise
- Gratitude
- A low wall
- Kidnap
- A cup golfers want to win
- Outgoing
- "Partner" to flow
- Former Michigan coach Brady
- Proverb
- Gasteyer and de Armas are two
- Helps a body recover
- Baseball Cy Young winner
- Very fast airplane
- Offensive baseball stat
- Body of water
- Record of one's heartbeat
- Signs a contract
- Atomic #24
- Bind securely
- French Jesuit theologian
- Fragrant brown balsam
- Post office box
- Sells tickets at inflated prices
- Places to hang coats
- Jewish salutation
- Yellow fruits
- Poorly educated
- Microorganism
- Talk show host Barrymore

### CLUES DOWN

- A way to plan
- Three-banded armadillo
- Mobile
- Romanian city
- Making sour
- Take a seat



### 7. "The Golden State"

- When you hope to arrive
- Pointed ends of pens
- Extinct flightless bird
- Sharp-pointed dueling sword
- Nape of neck
- Problems (Spanish slang)
- Narrow carpet
- To avoid the risk of
- Spiritual academic degree (abbr.)
- Equally
- Traditional cars still need it
- Eligible voters
- Greek alphabet letter
- Body part
- Referee-declared outcome
- Means to moving money

### 37. Popular footwear brand

- Cockatoo
- NFL's big game
- Botswana currencies
- News-reporting organization
- Batman villain
- Urgent request
- Not all
- Hallmark's specialty
- Knot in a tree
- Satisfy
- Notable space station
- Baby's dining accessory
- Stitch clothing
- \_\_\_ and behold

The Selkirk Record Classified booking deadline is  
Monday at 4 p.m. prior to Thursday's publication  
Please Call 204-785-1618

# Announcements

The Selkirk Record

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## OBITUARY



### Gary Starodub

December 4, 1953 - November 11, 2025

It is with great sadness we announce the passing of our brother/uncle Gary.

He was predeceased by his parents Frank and Rose, brother Francis and sisters Janet and Elinor.

He is survived by his son Paul, sisters Karen (Harvey) and Jackie, brothers Paul (Sandy) and Allan, also nieces Karlene and Jacqueline and nephews Tyler, Keenan and Spencer.

Gary was an easy living guy - enjoying going for his boat rides or jumping on his motorcycle and go cruising.

A big thanks to Ron and Doreen for being such good friends to him.

Cremation has taken place and a private service to be held at a later date.

*R.I.P. Keep on riding Bro.*

## OBITUARY



### Mary-Anne Marie MacLean

Passed away with family by her side on November 14th, 2025 at the age of 67. Beloved Wife, Mother, and Grannie.

She was predeceased by her parents, Alfred and Delores (Uhlen) Park, sisters Laurie Park and Anita (Park) Hrab, brother Peter Warkentin and nephew Jamie Park.

She is survived by the love of her life John, brothers Alan (Theresa), Jack, Dennis (Melanie), Alan Isfeld (Nancy) and their families, children John Park, Wesley (Heather), Eric (Tiffany) and Kristine (Daniel), many friends and the lights of her life, her grandchildren.

Mom enjoyed everything from her beautiful flower garden, anything and everything Mickey Mouse to race days in Gimli. Above all, she enjoyed spending time with her friends and family. Her grandchildren truly were the light of her life, and nothing was

better than seeing Mom's face light up when she was with them.

Cremation has taken place and in keeping with Mom's wishes, a Come and Go Celebration of Life luncheon will be held on Saturday, December 6th, 11 a.m. - 2 p.m. at the Selkirk Friendship Centre. Come enjoy the company of family and friends, share stories, memories and laughs.

## OBITUARY



### Josh Gerry Orvis (Bangert)

Josh Gerry Orvis (Bangert), age 22, of Selkirk, Manitoba, passed away on November 22, 2025, surrounded by love.

He was born on August 8, 2003 in Selkirk, and from the beginning brought a bold spirit, quick wit, humour, and honesty into the world. Josh had a presence people remembered; real, straightforward, funny, and always unapologetically himself. Gaming was Josh's world and his way of connecting with others. He loved nu-metal music, especially Korn, Deftones, and Grandson. He cared deeply for the people closest to him and built genuine connections throughout his life that will be treasured forever.

Josh will be cherished forever by his loving, devoted mom Kylie, his loving, supportive dad Jeff, and his incredible siblings Kingston, Ariyah, and Tatum. He will be deeply missed by his nanny Debbie, his granny Anne (Tom), his grandma Diane, auntie

Jaymie (Joey), auntie Darcy (Joe), uncle Russ (Jen), and his cousins Avery, Brooklyn, Junior, and his fur cousin Hank. He will also be missed by his amazing caregiver and friend Jenna. Josh is also remembered with love by numerous other family members and friends who held a special place in his life.

He is now with his Pa Gerry Orvis, his grandfather Albert Bangert, and his best friend and cousin Korbin, who meant the world to him.

A Celebration of Josh's Life will be held on Thursday, December 4th at 1:00 p.m. at Gilbert Funeral Home in Selkirk, where family and friends are invited to honour the extraordinary person he was. His music, his humour, his gaming, and the things he loved will all be part of this day exactly as Josh would have wanted. The service will be livestreamed via a link in his obituary at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

The family extends heartfelt thanks to everyone who has supported them during this difficult time.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Ann Kathleen Clarke

On Wednesday, November 26, 2025 at the Selkirk Regional Health Centre, Ann Clarke, aged 78 years, beloved wife of Richard, passed away.

In keeping with her wishes, cremation has taken place and no formal service will be held.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Dewey Jesse Harrison

December 20, 1933 - November 26, 2025

Peacefully surrounded by his family, Dewey passed away at Selkirk Regional Health Centre at age 91.

He is survived by his wife Elizabeth; his children: Jeanette, Vernon (Tamara), Sammy, Teresa, Tricia (Adam); and numerous grandchildren, great-grandchildren and nieces and nephews.

He was a proud gardener and enjoyed time in the garden sharing his life experiences with his children, grandchildren, customers and friends from far and wide.

He was baptized as a Jehovah Witness and dedicated his life to serving Jehovah and attending many meetings and conventions.

Cremation has taken place, and a celebration of life will be held on Monday, December 8, 2025, 1:00 p.m. at Gilbert Funeral Home, Selkirk with Richard Downing Jr officiating.

In lieu of flowers, donations can be made to areas which impacted Dewey such as Fibromyalgia Association Canada, Anxiety Disorders Association of Manitoba or Chronic Fatigue Syndrome.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### William Earl Starr

It is with profound sadness that the family of William Earl Starr announces our awareness of his passing on November 26, 2025. Born on February 12, 1956, Earl graced our lives for 69 memorable years.

Earl will be lovingly remembered by his devoted mother, Alice Fidler, and his siblings Jo-Anne, Barry, Marilyn (Mel), Robert, Yvonne, Gerald, and Richard (Sue). He also leaves behind a host of cherished nieces, nephews, cousins, and dear friends. Earl was predeceased by his father, William, and his beloved sisters, Sharon and Christine.

After graduating high school, Earl embarked on a dedicated 33-year career at Manitoba Rolling Mills, where he worked with unwavering commitment until his retirement in 2009. In his younger years, Earl embraced life with enthusiasm, enjoying tennis and

engaging passionately in chess matches.

A familiar and friendly face in Selkirk, Earl could often be seen walking through town, running errands, shopping, or riding his bicycle. As his mobility changed in later years, he greatly appreciated the support of his friend, Dickie, who frequently drove him on outings.

An outdoorsman at heart, Earl treasured hunting and trapping alongside his father and brother, Barry—activities he relished until he was no longer able to participate. His appreciation for life's finer details was evident in his love for fine clothing, shoes, and accessories. Earl was also passionate about music, movies, and astronomy, often spending nights gazing at the stars through his cherished telescope.

Though he had no children of his own, Earl held a special fondness for his nieces and nephews, always ready with a treat or a few dollars to brighten their day. His quick wit and sense of humour will be deeply missed by all who knew him.

A funeral service to honour Earl's life will be held on December 5, 2025 at 1:00 p.m. at Gilbert Funeral Home, Selkirk, Manitoba.

The family extends heartfelt gratitude to the paramedics, the RCMP, and his building caretaker Brian for their invaluable support during this difficult time.

Forever in our hearts, Earl's memory will continue to shine as brightly as the stars he so loved to observe.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



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FEATURE OF THE WEEK! | 6 TROON BAY, TRAVERSE BAY | \$367,900



19th Hole Hideout | Welcome to this beautifully maintained 4 season, 2 bedrm, 2 bathrm bungalow nestled in Grand Pines Golf Course, minutes from Hillside Beach, Albert Beach & Rem's Beach in Traverse Bay. This home offers the perfect blend of comfort, recreation & relaxation. Step inside to an open concept living space featuring 14' cedar cathedral ceilings & a bright oak kitchen updated in 2024 with epoxy countertops & new sink. The sunroom provides a cozy space to unwind all year while skylights fill the home with natural light. In-floor heating, C-air, HRV, pellet stove & electric furnace ensure comfort in every season. Heated, insulated bunkhouse (reno in 2024) adds extra space for 2 more bedrms & 2pc bath, perfect for guests. Garage has new shingles in 2025. Set on a private, fully fenced (2024) back yard, featuring a screened gazebo with power, a fire pit, & large deck ideal for entertaining or relaxing while keeping pets or kids secure. Enjoy direct access to nearby ATV/Skidoo trails. Whether you're hitting the golf course, riding the trails, or spending a day at the beach, 6 Troon Bay offers everything you need for a true 4 season lifestyle!

<div>3 BEDRM, 1 BATH!</div> <div><div>939 Selkirk Avenue Winnipeg \$155,900</div></div>	<div>½ ACRE LOT!</div> <div><div>403 Dunara Ave Petersfield \$299,900</div></div>	<div>132' X 500' LOT!</div> <div><div>78012 St Peters Road East Selkirk \$249,900</div></div>	<div>37X108 BUILDING LOT</div> <div><div>1051 Vaughan Ave Selkirk \$139,900</div></div>	<div>5 ACRES, TREED!</div> <div><div>0 Hall Road Petersfield \$149,900</div></div>	<div>2.2 ACRES, TREED!</div> <div><div>9 Fuller Road East Selkirk \$109,900</div></div>	<div>RIVERFRONT LOT!</div> <div><div>4704 Henderson Hwy Narol \$99,900</div></div>	<div>GOLF COURSE!</div> <div><div>180 Cook Avenue Gimli \$299,900</div></div>
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<div>BUILD IN PETERSFIELD</div> <div><div>201 Dunara Ave Petersfield \$69,900</div></div>	<div>1406 SF + BUNKHOUSE!</div> <div><div>6 Troon Bay Traverse Bay \$367,900</div></div>	<div>LAKEFRONT!</div> <div><div>2 Keith Crescent Belair \$980,000</div></div>	<div>SOLD IN 9 DAYS!</div> <div><div>SOLD! 20 Harry Waytiuk Dr East Selkirk \$649,900</div></div>	<div>SOLD SOLD SOLD!</div> <div><div>SOLD! 8-14 Elbar Drive Anola \$399,900</div></div>	<div>WE GOT MORE!</div> <div><div>SOLD! 768 Matlock Road Matlock \$329,900</div></div>	<div>SOLD SOLD SOLD!</div> <div><div>SOLD! 3 Sunset Lane Netley Creek \$369,900</div></div>	<div>LOOKING TO SELL?</div> <div><div>SOLD! 510 Sutherland Ave Selkirk \$334,900</div></div>
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