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THURSDAY, DECEMBER 8, 2022

VOLUME 13 EDITION 49

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RECORD PHOTO BY KATELYN BOULANGER

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# The Bloodshots win big at Native American Music Awards

## 'No Way Out' takes home Best Rock Video Award at NAMA

By Katelyn Boulanger

Local Selkirk band *The Bloodshots* have done it again. Their single 'No Way Out' took home the Best Rock Video Award at the Native American Music Awards.

"It sounds cliché, but [winning was] surreal," said CJ Loane, member of *The Bloodshots*.

The band got together in 2013 when the previous band Loane was in disbanded. He had many ideas for new songs and wanted to get a new group together that would take making music as seriously as he took it. He found that group with Keith Skazyk and Andy Dreibach who form the core band though they have had other members come and go over the years.

"We slowly started to gain success and build momentum. We won a 92 City FM fan-voted contest to open for *Finger 11* and that opened all the doors for us," said Loane.

The band creates music that was once described by *Moist's* David Usher as grunge punk and roll.

As far as their music, like they originally intended, the group has taken it seriously with their debut album coming out in 2015 and a few singles after that. They then got picked up by their current record label and concentrated on singles throughout the COVID-19 pandemic.

'No Way Out' in its current form came out in November of 2020.

"It was on that EP that we put out in 2015. And, our label liked it but they [asked if we could do] some tweaking. So we rewrote it, and rearranged it and filled out some spots and it became what was what's known as 'No Way Out'," said Loane.

The song came at a really resonant time for the band during the pandemic as it's about getting stuck.

"You get that feeling where you're just kind of running in this one spot, whether it be in a relationship or like a town that you feel like you can't get out of. And I think being stuck in the pandemic at the time of the song really worked," he said.

From there they decided to put out a music video around it but since in November of 2020 provincial restrictions were quite high they had to be creative in order to get the feel that they wanted.

"The idea originally was to have a full crowd of people, we had a list. It was a free show and everybody



RECORD PHOTO SUBMITTED

Keith Skazyk and CJ Loane at the Native American Music Awards.

Continued on page 4

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# Soup kitchen donation



RECORD PHOTO BY BRETT MITCHELL

Our Daily Bread Soup Kitchen has received a generous donation from The Horticultural Society which included food, gifts, clothing and \$800 to the soup kitchen. Pictured: Marion Magnuson and Beverly Terhorst, from the Soup Kitchen receiving the donation from Lesley Truss and Elly Garrett from The Selkirk & District Horticultural Society.

## > THE BLOODSHOTS, FROM PG. 3

that came was going to be in a video. I made a list of everybody so that those people got first dibs. It was like 200 people long and then all the restrictions came in. So, we can't have people anymore. So, we just made do with what we could," said Loane.

And with a little bit of movie magic and some extra cuts, the music video and the live energy that they wanted to make sure was captured by the music video happened despite the setback.

This isn't the first time that the band has been recognized for 'No Way Out' as late last year the song netted The Bloodshots a nomination, then an eventual win, of an Indigenous Super Stars Music Award but it was definitely a surprise for the bandmates.

"We went just for the experience, right? We wanted to have our faces somewhere. Keith and I flew down for the awards and when they were announcing our category, they were naming some of the other artists that were nominated and there were some pretty big names like, *Eagle & Hawk* was in there, *Portugal. The Man* was in there, then they played us and we kind of laughed at each other. Keith looked over at me, 'You see that we don't have a chance.' and I was like, 'Oh, whatever.' But then he called our name and our song started playing over the system. And we're like, geez, we didn't even like prepare anything walking down there for a speech or anything. So we winged it and it was surreal," said Loane.

Next for *The Bloodshots* are a few shows over the winter and they are spending time in the studio working on their latest single. They will also have a new single launching in February.

Semi-locally their next performance is in Winnipeg at the Pyramid for a Christmas Cheer Board fundraiser on Dec. 23.

If you would like to keep up with *The Bloodshots* online, your best bet is their Instagram page at <https://www.instagram.com/thebloodshots204>.

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# Harm Reduction information session at Friendship Centre Dec. 20

## Harm Reduction for the Holidays aims to arm residents with important information

By Katelyn Boulanger

The holidays can be a time of joy and togetherness, with parties and gatherings taking place throughout December and the New Year. However, it can also be a difficult time for some people who have to navigate tough situations or memories that come along with this season. Because of this, the Selkirk Friendship Centre, the Manitoba Harm Reduction Network, and Huddle Selkirk are teaming up to host a Harm Reduction for the Holidays information session to ensure residents have the most up-to-date information and resources to keep themselves safe this year.

"The holidays can be triggering for people who are experiencing substance abuse or might have been sober for the last little bit and find themselves in those social situations, whether it be drugs, alcohol or anything else. There is also such seclusion [at this time of year] with a lot of the service providers closing for that week or those specific days," said Carly Chartier, administration at the Selkirk Friendship Centre.

She also said that more people might be using substances with the holidays being a social time. But with the number of toxins in drugs right now, there may be an increase in poisonings due to people not being sure of the contents of the substances they are using. Chartier hopes that by getting this information out there and sharing resources, residents will have the support they need and that friends and family members can assess situations and be ready for those in their lives that might need the help.

The Harm Reduction for the Holidays event, which will take place at the Friendship Centre on Dec. 20 at 6:30 p.m. is open to everyone.

Harm reduction isn't just for people with substance abuse. It's for people who are currently sober and need support. It's for meeting like-minded people around them or families that are experiencing harm reduction or

have experienced harm reduction and overdoses in previous years. Most of the time, families and friend groups will have people in their homes and areas that they're kind of responsible for.

"So, this information session is just about preparing people for whatever happens," said Chartier.

She says the event won't be very long and aims to be a welcoming space for people to stop in. There will be snacks provided and the Manitoba Harm Reduction Network will provide naloxone kits. There will also be some counsellors from the Selkirk Friendship Centre and Huddle Selkirk staff available to help provide information and connect with people and members of the Manitoba Public Health Team.

Over the last couple of years, people haven't had one-on-one interaction. So Chartier hopes to revitalize some of the relationships and let people know that these are your options if they need help. There will be an ornament station where people can make an ornament for their tree, a gift or a memorial item, which will tie into the



RECORD PHOTO BY KATELYN BOULANGER

The Selkirk Friendship Centre, Manitoba Harm Reduction Network, and Huddle Selkirk will be hosting a Harm Reduction for the Holidays session on Dec. 20.

holiday aspect. Having events like this in our community helps to reduce the

Continued on page 7

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# Blast-Off Fireworks receives recognition for giving back in Manitoba

## Local company takes home Impact Award

By Katelyn Boulanger

Local fireworks company Blast-Off Fireworks is ringing in the new year with a little extra to celebrate with their win of an Impact Award. They were recognized by Convenience Store News Canada in the community service/local impact/giving back category for their work with the Manitoba Agricultural Museum to preserve Western Canada's last flat grain warehouse.

"[The win] was unexpected. We were actually pushed to submit information on our project in the industry. The convenience store industry is massive. There are very big play-

ers like the tobacco companies or the soft drink companies and to win the award, when you're up against the big players with seemingly endless pockets or endless dollars to spend was quite a surprise. We didn't see it coming," said Matt Bialek, president of Blast-Off Fireworks.

Blast-Off became involved in this project because of Bialek's background. His father and grandfather were in the agriculture business and he fully intended to follow in their footsteps but his father asked him to pursue an education first and make an informed decision afterwards. By the time he would have gotten into



RECORD PHOTO SUBMITTED

Blast-Off Fireworks celebrating their work with the Manitoba Agricultural Museum to preserve Western Canada's last flat grain warehouse.

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<p><b>Jan 1st</b> Roxi's CLOSED On The Rocks CLOSED Red Barn 12pm-9pm</p>		<p><b>Jan 2nd</b> Roxi's CLOSED On The Rocks CLOSED</p>

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agriculture himself, Bialek had started his fireworks business.

"I have a few close ties with some members of the museum and agriculture is in my background and my blood. We were presented the opportunity to partner with the museum in moving the Brookdale flat grain warehouse, from Brookdale, MB to the Agricultural Museum in Austin. The thing that's really special about the Brookdale flat grain warehouse is it's believed to be one of the very last flat grain warehouses in Western Canada. So a really neat project, and given my family's roots in agriculture fit in well with what our vision was in wanting to preserve that agricultural heritage. And we were very fortunate that the museum allowed us to partner with them," said Bialek.

He believes it's important to preserve our local history.

"The big thing in terms of history for me is that if we don't acknowledge or learn from our history, [we are] doomed to make the mistakes that we previously might have made in our history. So, it's very important to know where we came from, how we got here and what worked in getting us from point A to point B. Without that knowledge, again, we could be repeating mistakes that we just don't want to see repeated. So, history for me, and heritage preservation is a very big part of my desire and my want to pass things on to the new generation," said Bialek.

Just because this one project is over doesn't mean that Blast-Off has gotten out of the game. They are still involved with the Tyndall elevator project which though it didn't go as originally intended still has some preservation that is underway.

They are also working with a local

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Continued on page 7



## > BLAST-OFF AWARD, FROM PG. 6

art group on a possible upcoming project in the next year but don't yet want to spill the beans as it's still in the beginning stages though he says that they have a great team of volunteers.

Bialek feels that all businesses re-

gardless of size can make an impact.

"The most important message to anyone in business, big or small is basically that we have a responsibility to put our money where our mouths are. If we don't step up to the plate, the public purse is strained. There are a

lot of commitments that public governments now have to accommodate and some of the projects that are very important like heritage preservation might not be top of mind in this next cycle of the economy. It's up to businesses like us to possibly come forward and assist in preserving that heritage with the projects that might

otherwise be forgotten about," he said. He also encourages anyone who hasn't been out to see it yet to visit the Manitoba Agricultural Museum saying it's definitely a museum that's worth checking out.



RECORD PHOTO SUBMITTED

The last flat grain warehouse at its final resting place at the museum.



RECORD PHOTO SUBMITTED

The moving of the flat grain warehouse.

## > HARM REDUCTION, FROM PG. 5

stigma associated with the use of substances and harm reduction services for people who use them but also for friends and family. Because of this stigma, residents in our community may not realize there are ways that they can help their loved ones. In addition, there are organizations they can connect with in our community and resources for those who use substances.

"I've had friends and family that have experience with it, and it's kind of a whole new world for some of the substances that are out there. It's completely new all the time, and people aren't aware of what the terms are, or how drugs are being used and how people are accessing them," said Chartier.

Harm reduction resources also explain why people are turning to substances [and it] has a different approach.

"There's been a lot of people in this community who have passed, and

it's kind of had a ripple effect on other groups. I think by having more of these public events, and having the opportunity for it to be open for people, it kind of takes away that stigma," said Chartier.

Residents are invited to drop into the event. There is no need to sign up; however, because of the recent spike in COVID-19 cases in the province, this is a mandatory mask event. Therefore, masks will be provided for those who attend without one.

Chartier encourages anyone who wants to learn more about Harm Reduction resources to attend the event.

"If there are [any resources] that you're looking for— what you need to know, what you can look out for, how you can support people, people that you can reach out to— [come by]," said Chartier.



### R.M. of St. Andrews Recycling Depots and Information

The R.M. of St. Andrews would like to thank their residents for their continued cooperation with recycling. Recycling numbers continue to rise in our municipality showing that residents do care about the environment, and we truly appreciate these efforts.

However, residents can harm the program when they deposit items in the bins that are not recyclable. This results in extra costs to our residents in transporting garbage rather than recyclable material. Non-recyclable material may also contaminate what is recyclable making it non-usable material that ends up in a landfill.

A great resource of information on recycling can be found at [simplyrecycle.ca](http://simplyrecycle.ca). If you are unsure of what items you can recycle, go to [simplyrecycle.ca/recyclepedia/](http://simplyrecycle.ca/recyclepedia/). If you bring your recycling in a plastic bag, please empty the items from the bag and continue re-using your bags or take them home to be discarded.

Please collapse all cardboard boxes and containers before depositing these into the blue bins to minimize the air space so that more recyclable material can be deposited in the bins rather than them being filled with empty space.

#### RECYCLING DEPOTS

The R.M. of St. Andrews has recycling depots at the following locations:

- Earl Grey Waste Disposal Ground (WDG) - Earl Grey Road
- Clandeboye Waste Disposal Ground (WDG) - Bell Road
- South St. Andrews Fire Hall - 5610 Highway No. #9
- St. Andrews Airport - Airport Drive

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# Manitobans continue to die from COVID

By Patricia Barrett

Sixteen more Manitobans died from COVID, according to the provincial government's weekly respiratory surveillance report for the period Nov. 20-26 (reporting Week 47). There were 16 deaths reported the previous week.

There were 82 new hospital admissions for COVID in Week 47, including 19 people needing intervention in the intensive care unit.

There were 281 new COVID infections diagnosed by PCR lab testing. Provincial data is an undercount of the true number of infections as the government restricts PCR tests and rapid antigen tests aren't tracked.

The provincial government changed the way it reports cumulative deaths and hospitalizations. The government started presenting data from Week 27 (July 3-9) of this year, showing 191 cumulative deaths. Manitoba's death toll – from the start of reporting in 2020 to Week 44 (Oct. 30 to Nov. 5, 2022) was 2,256.

The change in the way the province now presents COVID data makes it difficult to assess the death toll from the virus. The federal government's COVID website shows Manitoba's death toll having reached 2,277 as of Nov. 19.

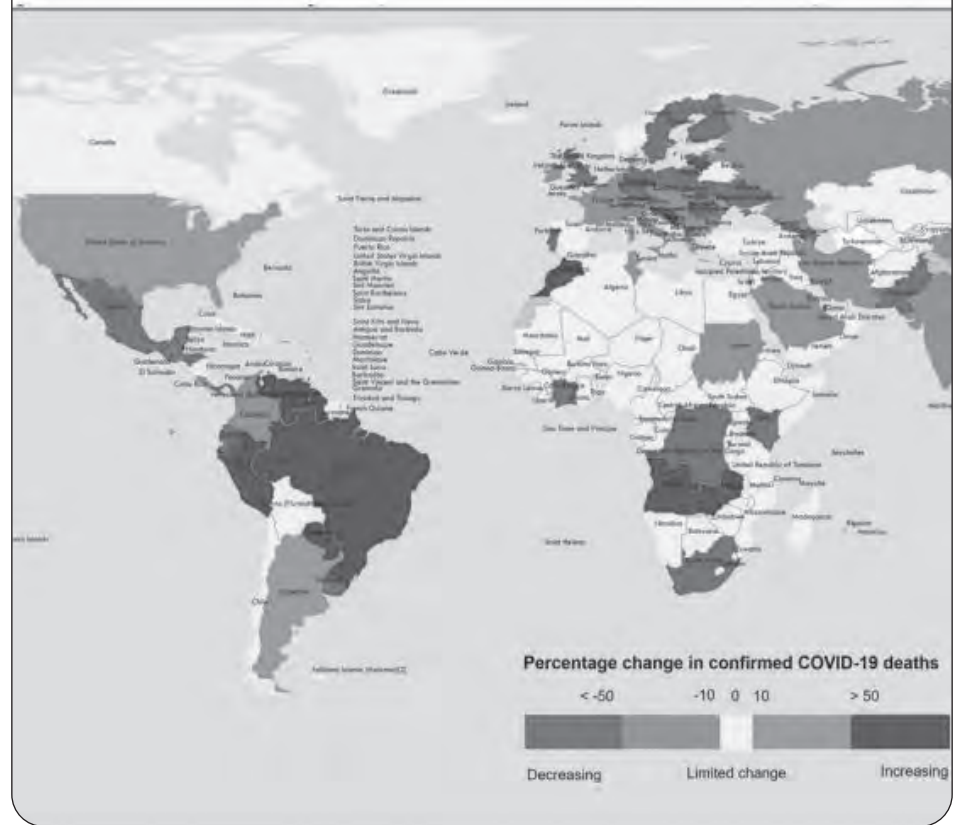
The provincial government stopped providing in its surveillance reports the names of personal care homes and hospitals experiencing COVID outbreaks.

Influenza cases have increased over the past five weeks. Week 47 saw influenza A test positivity increase to 21.4 per cent and 207 new cases. There were zero cases of influenza B.

"Up to Week 47 this season, children below the age of five years are at the highest risk for influenza infection," states the report. "This age group accounted for 15% of all influenza cases and 25% of associated hospital admissions."

Other health news:  
-The COVID outbreak declared Nov.

Change in confirmed COVID-19 deaths over the last seven days relative to the previous seven days



## WORLD HEALTH ORGANIZATION COVID-19 WEEKLY EPIDEMIOLOGY UPDATE

There has been limited change in the number of new COVID infections in Canada while infections are on the upswing in the U.S. and parts of South America.

4 at the Selkirk Betel Personal Care Home continues, according to the Interlake-Eastern Regional Health Authority's website (viewed Dec. 3).

-Canada saw 15,085 new cases of COVID for the period Nov. 13-19, according to federal data.

-Globally, there were just under 2.7 million new COVID cases and over 8,400 deaths reported the week of Nov. 21-27, according to the World Health Organization.

WHO director general Tedros Adhanom Ghebreyesus said the number of deaths over the course of that week is "not acceptable."

The highest numbers of new weekly COVID deaths were reported from the United States (increase of 16 per

cent), Japan (increase of 42 per cent), Brazil (increase of 113 per cent), Italy (decrease of 22 per cent) and China (decrease of 17 per cent).

There have been over 637 million cases of COVID reported to date along with more than 6.6 million deaths.

-The Canadian Red Cross has stepped in to support a children's hospital in Ontario as a surge of respiratory viruses among children and youth overwhelm the system, and children's hospitals in Alberta are above or at capacity. Doctors are asking the public to wear masks.



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# St. Andrews Rectory and Heritage Centre has you covered this holiday season

By Katelyn Boulanger

The St. Andrews Rectory and Heritage Centre has events all year round that connect residents with aspects of our local history but for this holiday season they are really kicking it up with some fun local events.

"[For the holidays] we completely overhaul the inside. We really deck it out with Christmas decorations. Our Christmas decorations have been donated by the community. We put up so much stuff. It's lots of garlands and historical decorations, like vintage looking paper and Christmas decorations and lots of Christmas lights as well because we do a lighting up the rectory event in November," said Meredith Boerchers, curator of the St. Andrews Rectory and Heritage Centre.

The heritage centre serves all year as a place community museum located in a historic building in St. Andrews. They have exhibits about the early history of the area and also host the Red River Genealogical Centre. They also host community programs throughout the year.

This holiday season they will be hosting a North Pole Party on Dec. 10, an Indoor Yard Sale on Dec. 17 and for people looking to fill their time between Christmas and New Year's, they will be hosting a Twixmas Make and Take on Dec. 28, 29, and 30.

"In the past, we typically do kind of family-type events, at least once a month. So, every year we have a big Halloween party, some kind of Spring Festival type party, or for wintertime, we thought we would do a North Pole party. Kids sign up online for an hour time slot. We have Santa Claus here in the parlour, they can take some pictures with him and they can do some crafts upstairs," said Boerchers.

Something else that will be fun at the party will be the museum bingo where kids can search for different things throughout the museum and fill out a bingo card. There will also be hot chocolate and cookies. The cost to attend is \$5 per person and parents need to register their little ones by Dec. 8.

After the North Pole Party residents that are interested in the more historical aspect of the museum will enjoy the Indoor Yard Sale.

"In the summertime, we had a yard sale outside and it was really well attended. What we did then is we pulled out a bunch of the really cool stuff we have in storage for the gift shop and we just did a big old sale. Our gift shop space is kind of limited. So, we wanted to do that, again, where we're bringing out as much stuff as possible

in time for the Christmas season and just invite people to really go on a treasure hunt," she said.

The yard sale runs from 10 a.m. until 4 p.m. but if that time doesn't work for you the heritage Centre also has little pop-up giftshop tables throughout the museum at this time of year to make sure residents can find the perfect gift for the history lover on their list.

Their final event is the Twixmas Make and Take which is actually three activities over three days.

"We have three days in there, where, you know, through the afternoon, or inviting people to sign up and come and make a craft with us. And so we've got three crafts, and they're good for adults and older kids too," said Boerchers.

The first day will have yarn resist birch tree paintings, Dec. 29 will have mini wood slice paintings of the northern lights and on the final day, they will be making woven rag coasters. Participating costs \$10 per person and residents need to sign up for a time slot by 12 p.m. the day before the event.

They also are offering Christmas Photos in the Parlour which is the second year that this event will be running at the heritage centre.

"Last Christmas, we tried it out where we had a special discount just for taking photos in the parlour. It's a shorter amount of time, it's more focused on the parlour, we close it down so the public can access it while you're in there. It's also pretty cheap. 20 bucks for half an hour," said Boerchers.

The museum doesn't provide photography services for this event but a historic interpreter is on-site and can help with handling the artifacts safely making it so that families and friends can take some cool photos in a Victorian-style setting this holiday season.

Boerchers says that she is most looking forward to the North Pole Party as Santa was really great last year and he will be back again this year. She encourages anyone that is interested in coming out to these events to sign up and stop by.

"Whether you're a new resident of St. Andrews or an older resident of St. Andrews, the rectory has had an important part in the community. So come and check it out," said Boerchers.



RECORD PHOTO BY KATELYN BOULANGER

The St. Andrews Rectory and Heritage Centre will be hosting some fun holiday events.

## DID YOU KNOW?

Recycling brings money back to West St. Paul



- West St. Paul partners with the provincial Waste Reduction and Recycling Support (WRARS) program to divert waste from landfills.
- West St. Paul received \$44,174.92 in recycling rebates in 2021 – good news for the environment and residents!

### Recycling Tips:

- Save space in your recycling by flattening boxes. If your boxes are too large to fit inside your recycling bin, break them down into smaller pieces.
- Toss your recyclables into the bin loosely. Don't stuff containers together. This allows them to be sorted easily.
- Ensure your containers and bottles are clean and empty. A quick rinse is always appreciated to get rid of any lingering smells or food residue.
- Leave lids and labels on your food and beverage containers.

For more information about our recycling program visit [www.weststpaul.com](http://www.weststpaul.com)



"Space provided through a partnership between industry and Manitoba communities to support waste diversion programs"





# Smiles and cheer at Santa Parade of Lights



RECORD PHOTOS BY KATELYN BOULANGER

The Santa Parade of Lights is back this year. The parade had taken a pause since 2019 because of the COVID-19 pandemic but everyone got back to it last week. Many floats took the trip down Eveline St. and children waved and smiled making the holiday season.





# Town of Winnipeg Beach receives \$40,000 in federal funding for infrastructure plan

By Patricia Barrett

The federal Liberal government provided funding to the Town of Winnipeg Beach last week to help it develop an asset management plan for infrastructure.

The Town received \$40,000 under the Municipal Asset Management Program (MAMP) to develop a plan that will help it better understand the current state of its infrastructure, what needs improvement, associated costs, levels of service and risks.

Federal minister responsible for PrairiesCan [Prairies Economic Development Canada] Dan Vandal and Federation of Canadian Municipalities president Taneen Rudyk made the announcement.

“The Municipal Asset Management Program supports projects that help communities acquire funding, training, and resources needed to manage assets more efficiently,” said Vandal in a Nov. 30 news release. “Investments like the ones announced today for Manitoba are vital for growing local economies and strengthening communities big and small, ensuring their resiliency for years to come.”

MAMP assists Canadian municipalities in making infrastructure investment decisions based on reliable data and sound practices, states the release. MAMP provides asset management training, funding and information sharing to enable municipalities to access the data needed to plan effectively.

The Federation of Canadian Municipalities (FCM) is delivering the \$110-million program. So far, \$65 million representing 1,538 projects has been invested.

“From roads and bridges to buildings and wastewater systems – strong asset management is key to building stronger communities,” said Rudyk. “That’s why FCM’s Municipal Asset



RECORD FILE PHOTO BY PATRICIA BARRETT

After a winter and spring bringing excessive amounts of moisture, the bridge over Prospect Street at the Boundary Creek Marina had to be ripped out by the town in May to prevent water backflowing and flooding properties near Lake Winnipeg.

Management Program helps communities in Manitoba and across the country develop sound asset management practices and conduct data collection and analysis to make better investment decisions.”

The federal government invested a total of \$224,011 in five Manitoba

communities “to strengthen data-driven decision-making about key infrastructure and ensure long-term infrastructure performance,” states the release.

In addition to Winnipeg Beach, the Municipality of Roblin received \$40,000 to develop its first asset man-

agement strategy, and the Municipality of Cartwright-Roblin received \$50,000 to develop an asset management policy, strategy and plan.

The Town of Winnipeg Beach didn’t respond to a request for comment.

## Update on RCMP investigation of violent incident in East St. Paul

### RCMP looking for help identifying male

Submitted by the Manitoba RCMP

Thanks to the public and the media for their assistance in this matter, we have identified the female in the photo that we sent out last week, however we continue to look to identify and speak with the male.

Over the past week, RCMP have made four more arrests. Four youths – two females aged 15 and 16, from Winnipeg, a 16-year-old male from East St. Paul and a 17-year-old male from Winnipeg – are facing a charge

of Mischief. They were released from custody and are scheduled to appear in court on March 7, 2023.

Investigation is ongoing. Anyone with information is asked to contact Red River North RCMP Detachment at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at [www.manitobacrimestoppers.com](http://www.manitobacrimestoppers.com).



RECORD PHOTO SUBMITTED

Male who the RCMP are looking to speak with.



# Manitoba Métis Federation Gimli Local re-established in the community

By Autumn Fehr

After a few decades without a local chapter, Gimli welcomed a local Manitoba Métis Federation (MMF) representative for their community this year.

Gimli once had an active MMF chapter in the 1990s', but participation fizzled out.

On March 11, 2022, Gimli again had an MMF local back in their community to support and represent the Red River Métis people.

"It's going to bring different opportunities for the Métis citizens. They'll be able to start looking into their heritage. They'll be able to access the different programming that the MMF puts on," said Donna Austfjord, chairperson of the new MMF Gimli Local.

Austfjord has worked closely with the MMF as a construction safety officer for N4 construction on the Manitoba Hydro Bipole 3 Transmission Project.

When she moved to Camp Morton in 2021, community members discussed the need to bring back an MMF local to the community. Knowing her past with the MMF, they came to her as they knew she could do something.

After hearing the need to bring back a local MMF, Austfjord contacted the MMF to re-establish the MMF Gimli Local.

"In this area, we needed to be represented," said Austfjord.

On March 11, 2022, a meeting was held with approximately 35 Métis citizens in attendance, where an election was held for the executive board positions. Elected were: Austfjord as chairperson, Alison Lubinski as vice-chair, and Nicole Mackie as secretary/treasurer.

The local was formed to bring Métis citizens in the community together and to celebrate their rich Métis heritage. MMF Gimli will bring a new and exciting aspect to its rich cultural community.

The local will provide Métis citizens, within the community, with information regarding health, education, heritage, and youth programming.

Now that Gimli has its own local, it will make a difference in how Métis citizens can access the resources and

information they need, said Austfjord.

The main issues in the Gimli area that the new local wants to focus on are collaborating with Métis citizens and the community and forming a partnership to share culture and heritage.

"We want to focus on the Métis citizens to ensure they have what they need to build solid foundations for their families," said Austfjord.

On Nov. 23, a "meet and greet" was held at Minerva Hall. In attendance were approximately 50 Métis citizens, with guests from the MMF Interlake Regional Office: Minister Jack Park, Minister Alfred Anderson, and Minister Mona Bours.

MMF Health Department Local representatives were also present: Mayor Kevin Chudd, Councilor Kurt Reichert and Councilor Andy Damm.

The MMF Gimli Local citizens shared heartwarming stories of their rich culture as proud Red River Métis.

MMF Gimli Local will be hosting the annual Interlake Regional Meeting, which will include citizens and board members from the Interlake area. The meeting will take place in the fall of 2023, where approximately three hundred citizens can enjoy Gimli for the day.

"We don't want to be separate from the community. We want to join in with the community. We want to be a part of the community and help enhance the community with different things," said Austfjord.

Since the MMF Gimli Local is still relatively new and rapidly growing, the number of Métis citizens in the area are members.

There are many exciting opportunities for the membership to grow, partnering with community events and non-profit organizations within Gimli and the RM of Gimli.

To join the MMF Gimli Local, download a membership application on the MMF website - [www.mmf.mb.ca](http://www.mmf.mb.ca).

If there are any questions regarding membership, contact [mmfgimlilocal@gmail.com](mailto:mmfgimlilocal@gmail.com) or head over to the Facebook page at MMF Gimli Local.

The next meeting will be held on Jan. 11, 2023, at 7 p.m. at Minerva Hall.



RECORD PHOTO SUBMITTED

From left to right: Vice Chair Alison Lubinski, Minister Jack Park, Chair Donna Austfjord, Minister Alfred Anderson, secretary/treasurer Nicole Mackie at the "meet and greet" on Nov. 23 at Minerva Hall. Missing from the photo is Mona Bours.

## Local Irish dancer wins big



RECORD PHOTO SUBMITTED

Breanna Hurley, a St. Andrews resident and student at Lockport Junior High, was top five in U14 at the Western Canadian Irish Dance Oireachtas Championships in Victoria, B.C. She has qualified for the World Irish Dance Championship in Montreal this April and the North American Irish Dance Championship in Nashville in July.

# The Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

**Mondays at 4 p.m.**

Office Hours: **Monday-Friday 9:30-5:00**





# The Family Advocacy Network of Manitoba (FAN) hosts its first event in Gimli

By Autumn Fehr

The Family Advocacy Network of Manitoba (FAN) is coming to Gimli.

FAN is a grassroots organization that provides peer support for individuals caring for persons with disabilities.

Individuals with family members with either an intellectual or developmental disability entirely run the program.

On Dec. 10, from 1 to 3 p.m. at the Gimli Recreation Centre, FAN is hosting a Gimli and area event for parents of persons with disabilities.

"We would like to help people locally in different areas. We want to find people with a loved one with a disability and bring people together. We hope we can help support a local group in Gimli and the area," said Rachel Smith, family networking coordinator for FAN.

The event is for any non-paid caregivers who have a loved one with a disability.

It will be a space where caregivers can connect on what's going on in their lives – the good and the bad.

Refreshments and coffee will be available during the event.

FAN was formed almost five years ago out of the need for peer support for families needing to talk with other families going through the same struggles, dealing with the same issues, and advocating for the same things for their family members.

"We kind of formed around that

premise, and we wanted to offer peer support for each other, but we also really liked the idea of, let's figure out what are the things we want to make our loved one's lives better, and let's advocate for them together because our voices are stronger when we all advocate together rather than everybody fighting the fight alone," said Smith.

"It isn't always easy, even when you've got a big family around to support you; it's other people who know what you are going through that get it."

**"IT ISN'T ALWAYS EASY, EVEN WHEN YOU'VE GOT A BIG FAMILY AROUND TO SUPPORT YOU; IT'S OTHER PEOPLE WHO KNOW WHAT YOU ARE GOING THROUGH THAT GET IT."**

According to Statistics Canada, more than 1 in 10 youth have one or more disabilities.

With these numbers, groups like FAN are needed to make a difference in parents' lives who need support.

Smith said they have a closed Facebook group with

close to 700 members and a mailing list of about 370 people.

"There's such a need for peer support... We've got many families that have come together to help each other out," said Smith.

FAN's goal is to be a provincial organization, so they are travelling around the province to spread the word about what they are doing.

They have been to Stonewall, Selkirk, and Winkler in the last couple of months.

Smith said they plan to go every-



RECORD PHOTOS SUBMITTED

Photo from fanmb.ca. Members of our Core Committee are doing strategic planning for FAN. From left to right- Scott Smith (co-VP), Laura Schnellert (Core Committee Member), Sandra Goff (co-VP), Rachel Smith (Me, Core Committee, Family Networking Coordinator) and in front is Rachel's son Ryder Smith.

where in the province, such as up North, The Pas, Thompson, and across the region.

"We wanted to get to places outside Winnipeg and find the families that live in those places and help them connect. We want to be a big provincial group so that when we need to

advocate and come together on bigger issues, we can do that," said Smith.

The provincial government funds FAN through the department of families through a pilot project, which helps them get out around the province to reach families and help form networks of support for them.



Deb Roach (president) and Laura Schnellert (Core Committee) at a Beyond Limits Conference.

**Selkirk Biz, The Selkirk Record and Grand Prize Winner Wendy Eade would like to thank all of our participating merchants in the Back To Black passport contest held Nov 18-20, 2022.**

Wendy Eade from Petersfield took home a prize package worth over \$3000! Wendy has participated in the contest since it began 10 years ago. This year, Wendy and her friend visited over 20 participating retailers. Upon hearing the news of her win and taking home her massive prize package, Wendy expressed, "I am overwhelmed and grateful. Thank you to all the businesses for the prizes."

**THANK YOU TO EVERYONE WHO PARTICIPATED!**

4L Communications/Telus	Gaffer's Restaurant & Lounge	Pizza Hut
A&W Selkirk	Harry's Fine Foods	Red Bomb Fireworks
Addie's World of Color	Hi Tone Records	Roxi's On the Red
Bell MTS Selkirk	Home Hardware	Uptown Café
Big Dollar	Keystone Sporting Goods	Shoppers Drug Mart
Canadian Tire	McDonalds	Shops of St. Andrews
Copper Penny Beauty Boutique	Napa Auto Parts	Staples
Dairy Queen	N-Joy Café	The Foot Shop
Domino's Pizza	NO FRILLS	True North Motors
Dufresne	Packers Women's Fashion	Two Zero Four Skate Shop
		Westside Powersports



# Regenerative ag methods take root at St. Laurent farm

By Jennifer McFee

Changes are cropping up at a St. Laurent farm that's in the early stages of implementing environmentally sustainable farming strategies.

Jonique Farms, located on Provincial Road 415, is embarking on the regenerative farming method and is in the process of becoming organic-certified with Ecocert Canada. In partnership with West Interlake Watershed Conservation District, Jonique Farms Ltd. is involved in a soil health project with cover crops on the farm's 200 acres.

"Regenerative farming is the method of no tillage, no use of chemicals, no synthetic fertilizer use," said Joel Combot, who runs the farm with his wife Monique.

"A blend of cover crops and cash crops is seeded in the terminated crop."

These regenerative practices blanket the ground with the terminated cover crop, which creates a type of armour to protect the soil from hot, dry temperatures.

At the same time, this method helps to suppress weeds, retain moisture and host beneficial insects.

"The different plant species sown feed the soil biology and exchange nutrients, nourishing each other in the soil — and this is the natural fertilizer. When the blended crop is ripe, it is harvested with combines," he said.

"There may be two, three, four or more species harvested for seed and grain all in a mix. Then the blended seeds and grains are segregated and cleaned at the farmyard with seed cleaners. There could be legume, grass forage seeds, cereal and oil seed that could be harvested at once and all marketable in different ways."

On Nov. 1, the 200-acre farm welcomed people for a field tour to learn about regenerative farming. Michael Thiele and Blain Hjertaas of UnderstandingAG were the guest speakers at the event, which included attendance from the new St. Laurent council.

"The concern is that Lake Manitoba is only three miles from our farm. With Lake Winnipeg, they're always



This ring is used to measure water infiltration.

talking about phosphates and nitrogen in the lake, which is a problem," Combot said.

"We used to farm in the conventional way doing heavy tillage and using synthetic fertilizers and herbicides. After so many years of trying to produce grain, it's very harsh on our land. It's not sustainable for our land to take that kind of punishment."

During the tour, Combot explained that when bush is cleared to make space for fields, the soil is not compacted so it's more like peat moss.

"Our soils here are kind of sand-based and not very deep. Eventually, after so many years, that nice, beautiful organic soil loses carbon and turns more sandy. After each heavy rain, we can see the black dirt has eroded and then beach sand was basically left over."

In the west Interlake, erosion is a problem due to low-lying areas and high ridges, he added.

"When the land is under cultivation openly, water erosion and wind erosion is a problem because the soil is very light," he said. "It's not like what I call the Red River gumbo, where it's heavy clay and they've got about three feet of topsoil."

Last year, Jonique Farms also faced difficulties due to an influx of grasshoppers and crickets.

"They basically ate all of the nice soil cover that we had. The grasshoppers did so much damage that the soil was exposed. In the high temperatures and drought, the soil life will cook out," he said. "Also, where the ground is bare, Mother Nature will take care of that by seeding something of her own, which is weeds. That's what happened here."

Nonetheless, Combot persevered with his plan to implement regenerative agriculture



PHOTOS SUBMITTED

Joel Combot of Jonique Farms explains the equipment to the group gathered for a Nov. 1 field tour.



The attendees watched over a soil water filtration test. The rate for an average Manitoba crop land is one inch per hour, but the filtration was much quicker at Jonique Farms Ltd., where the water soaked in at a rate of one inch in 2 1/2 minutes. This means the soil water erosion is much better controlled by doing regenerative farming.

methods.

"It was quite wet in spring and a big part of summer, so I had no choice but to wait to seed fall rye, hairy vetch and tillage radishes at the end of August because that was the only time that we could get in the field because it was still wet," he said.

"Then we got caught with frost not too long after. Tillage radishes don't like frost so they petered out, but at least we've got two species that want to grow, along with sweet clover that I seeded last year."


With regenerative farming, multiple crops are all harvested at the same

time.


"It's all a blend. The reason we use different plant species is because the plants will seed and fertilize themselves naturally in the soil. If you blend in forage legumes such as sweet clover and alfalfa with grass crops like wheat, oats or barley, those legumes will feed those grass crops in the soil," he said.

"Soil is all such a complex thing that the microbes will do the work by carrying the natural plant nutrients to each plant. They're basically feeding each other. Regenerative ag is all very interesting."

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# Local flower farm loses all its birds to avian flu

By Jennifer McFee

Avian flu has devastated a local family that lost 32 birds to the disease.

Jodi Friesen runs Miss Millie's Flower Farm, located 10 minutes north of Elie on Highway 26, along with her son oldest Kirby and daughter-in-law Victoria. The local company offers you-pick flower experiences and florist wholesaling, while also serving as a picturesque event venue.

They also enjoyed sharing their space with 30 chickens and two ducks until the avian flu struck.

"They were a hobby that we started only two years ago. They all had names and were a big hit with our flower-picking customers," said Kirby, who serves as operations manager for the family business.

"Little Zippy was especially a favourite. We lost them all. Zippy went last."

They were taken aback when they figured out their birds had the avian flu, a contagious viral infection that can affect many species of food-producing birds.

"There were no early symptoms at all," Kirby said. "As soon as the weather went below zero, they started dropping dead over a week."

Around Nov. 8, they started losing chickens. They sent a sample for testing on Nov. 13 and received positive

confirmation of avian flu on Nov. 17. By the next day, they lost the last of their birds.

"We won't replace them right away, maybe before we open to the public in July," Kirby said.

"Apparently avian flu can survive the winter, so we want to make sure the coop is completely safe before we get more chickens."

Based on their experience, Kirby also offers a few words of advice other bird owners.

"I'd encourage people to report it," he said. "It is extra work you have to do for the government and they don't fully compensate your time. But they are helping with most of the cleanup cost and the people I dealt with have been helpful and nice."

At the same time, he shares gratitude with others who appreciated meeting their birds while wandering through the flower farm.

"Thank you to all our customers from last season," he said. "You guys enjoying and caring about the chickens makes it worth having them."

More information about the avian flu is available on the Province of Manitoba website at [www.gov.mb.ca/health/publichealth/environmentalhealth/avian.html](http://www.gov.mb.ca/health/publichealth/environmentalhealth/avian.html).



Chickens having a drink.

RECORD PHOTO SUBMITTED

## Charleen discovered dental implants are not scary after all

BY ELISHA VANDOR

Are you someone who finds that your full lower denture tends to move more freely than the top. I have heard over the years that the lower denture feels like it is floating, and actually, there is truth to that, so let me explain...

A loose lower denture can be such a pain, both figuratively and literally, but there is always something we can do to help! So why is it so loose? Brock the Denturist says "The upper denture has suction and often people can go for years and years with no issues, but that full lower denture is a different story. We really have to stay on top of keeping it fitting well. You would think gravity would hold it in, but not so; the tongue is always moving and pushing it around, plus the jaw is going up and down and when we combine that with more sensitive gums than the upper, we can get looseness, sore spots and a very frustrating time."

Charleen can attest to the frustration after experiencing it first-hand when she had her remaining 6 lower teeth pulled and a full lower denture

put in about 5 years ago, which she exclaims was 'terrible'. Charleen says, "my bottom denture has always been a problem because of my uneven gumline, but when the place I went last to get my dentures talked about dental implants, I said no. Truth be known, I wasn't ready to reconsider the decision until I saw a picture of Brock on Facebook. The Vandor name rang a bell because I had been to the clinic many years ago when his dad George was a practicing Denturist. I was very impressed with the partial dentures that were made for me back then, so I was confident in seeing Brock after reading about him on Facebook. The honest truth is that I am impressed now with Brock and the staff too, that are all so caring, kind and considerate."

Now that Charleen has had the dental implant procedure I asked if she was concerned at first about it and she said, "I was petrified going to get that done. I have a very strong aversion to needles; however I was put at ease by the dental office Brock referred me

to who offered me a local anesthetic, which worked great! I have had absolutely no issues whatsoever after the procedure. I was impressed that they phoned later to check-up on me. I had no pain afterwards either. I never took the pain medication that was prescribed after because I didn't need it. I wasn't having any pain, discomfort or sore spots. It's been 100% worth it. I was very skeptical even having refused the procedure once before, but I have great confidence in Brock with his knowledge and everyone who works at Vandor Denture Centre. I will finally be able to eat without having to use product to keep the lower denture in place."

Thank-you to Charleen for sharing her dental implant story! We are confident that like Charleen, and the many others who have decided on a dental implant solution that we can help you too. Consultations to discuss your options and pricing are always free. Looking forward to talking to and seeing you soon!



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- supplied photo -

Charleen shares how she was petrified about the dental implant procedure but shouldn't have been.

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# Winner filmed in Stonewall, Selkirk

By Jennifer McFee

Lights! Camera! Action!

Film work recently wrapped in Stonewall, Gunton and Selkirk for a true-story coming-of-age flick called Winner. This movie tells the story of Reality Winner, a young woman from Texas who worked for the U.S. Air Force and as an NSA contractor.

After exposing Russia's interference in the 2016 American presidential election, Winner received the longest sentence ever given to someone charged under the Espionage Act for leaking a government document.

Susanna Fogel directs this dark-

comedy biopic, with Steve Yedlin as director of photography. The film stars Emilia Jones of Coda as Reality Winner with Zach Galifianakis and Connie Britton as her parents.

Glenn Carter, a freelance location manager from Toronto, was hired to manage locations for the movie.

"It is my first time in Manitoba and I found everyone very friendly and a delight to work with," he said. "Great locations. The film office in Winnipeg was very helpful."

Those with a keen eye might be able to spot Stonewall sites such as Flicks Cinema, Red Star Chinese Cuisine

restaurant and the Quarry Winds Plaza parking lot. In Gunton, film work was underway at a local farmhouse.

In Selkirk, filming took place at Selkirk Mental Health Centre and Selkirk Legacy Hospital, Iron Image Barbell Club, Water Tower Park and Lord Selkirk High School.

In addition, Winnipeg-based film locations included the Manitoba Law Courts, the Winnipeg Free Press building, Kings Head Pub, Manitoba Hydro, RRC Polytech and Portage Place.

Local filming wrapped up on Nov. 20.



PHOTO SUBMITTED

Glenn Carter, freelance location manager was on site for the filming of for the true-story coming-of-age flick called Winner.

## Amendments to liquor licensing expansions introduced by government

Submitted by Manitoba government

The Manitoba government has introduced amendments to the Liquor, Gaming and Cannabis Control Act and the Manitoba Liquor and Lotteries Corporation Act, which would allow liquor stores, wine stores and beer vendors to sell all types of liquor, Sport, Culture and Heritage Minister Andrew Smith, minister responsible for the Manitoba Liquor and Lotteries Corporation, announced Monday.

"These changes allow for all liquor licence holders to sell various types of alcohol at their establishments, modernizing liquor sales in Manitoba and giving customers more choices," said Smith. "This is an important step forward to modernize the liquor retailing system. Private retailers already sell almost half of all liquor sold in the

province. These changes would enable more innovation in the industry, helping businesses to grow with the ability to offer new products."

There are currently three types of liquor retail licences in Manitoba:

- liquor store licences, which include Manitoba Liquor Marts, duty free shops and rural liquor vendors;
- hotel beer vendors
- specialty wine stores.

The proposed amendments would require existing retailers to apply for a new agreement with Manitoba Liquor and Lotteries to allow for expanded sales.

Additionally, craft liquor manufacturers with retail endorsements on manufacturing licences would now be able to expand the liquor products permitted for retail sale at manufac-

turing locations. For example, a craft brewery that sells its products at its brewery location would now be able to sell other types of alcohol as well.

There are approximately 500 licensed liquor retailers in the province, the minister noted, adding that Manitoba has one of the most diverse liquor retailing systems in Canada including: hotel beer vendors; rural liquor vendors; specialty wine stores; retail manufacturer licence holders; and temporary retail locations like farmers markets.

"Liquor Marts have done an exceptional job at providing selection and service for Manitobans over the years," said Manny Atwal, president and CEO, Manitoba Liquor and Lotteries. "As consumer tastes and demands change, it is important for our retail network to adapt. With an

increase in interest for more new and innovative products and customers wanting to purchase products closer to home, these amendments would allow our Manitoba marketplace to evolve and better serve Manitobans."

The proposed changes would particularly affect rural Manitobans by improving access to different types of alcohol, the minister noted. Under the proposed amendments, liquor and wine would be available rurally at up to 173 more locations and cold beer at up to 176 more locations, nearly doubling the number of rural locations where these products are available. There would also be up to 82 new locations selling all types of liquor in Winnipeg and up to 10 new locations selling all types of liquor in Brandon.

MAKE YOUR NEW YEAR'S POP

SHOP MANITOBA'S LARGEST SELECTION OF BUY 1 GET 1 FREE FIREWORKS

ROADTRIP RIOT

\$129.99

BUY 1 GET 1 FREE

WEEKEND WARRIOR

\$199.99

BUY 1 GET 1 FREE

PRO PYRO BOX

\$364.99

BUY 1 GET 1 FREE

BABY IT'S COLD OUTSIDE... DON'T FREEZE YOUR FINGERS! TRY A COUPLE FINALE CAKES!

FLICKER

\$19.99

BUY 1 GET 1 FREE

HAPPY

\$29.99

BUY 1 GET 1 FREE

DIABOLICAL

\$49.99

BUY 1 GET 1 FREE

THE OMEN

\$69.99

BUY 1 GET 2 FREE

FIGHTING FISH

\$89.99

BUY 1 GET 1 FREE

DROP THE BOMB THIS NEW YEAR'S EVE! SHOP EARLY AND BEAT THE RUSH!

1838 PORTAGE AVE, WINNIPEG • 609 GREENWOOD AVE, SELKIRK

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## Flight Training

START YOUR CAREER AS A PILOT!

Becoming a pilot can be a rewarding career

LAKESIDE FLIGHT SCHOOL IS THE MOST AFFORDABLE IN CANADA. RECREATIONAL, PRIVATE AND COMMERCIAL LICENSE. AUTHORIZED TRAINING FOR COMMERCIAL PILOT LICENCE, FLIGHT INSTRUCTOR RATING, NIGHT RATING, PRIVATE PILOT LICENCE, RECREATIONAL PILOT PERMIT AND VFR OVER-THE-TOP RATING

Want to learn to fly?

RECREATIONAL PILOT PROGRAM is the best way to get started. Must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger. Can easily add float rating to permit.

LS Airways Flight Academy | 311 Anson St, Gimli, MB | 204-642-4799



# Heritage breeds are thriving at a historic Riverton farm

By Catherine Strong

Following a year of drought and one of flooding, Nelson Gerrard's farm is starting to struggle for survival. Gerrard has poured his time and labour into the project, but animals need to eat, and his hay crop has been poor for the last two years.

The farm, Vidivellir, is an historic site, having been the home of Icelandic poet Guttormor Guttormson. Gerrard purchased the property in 2010, knowing only that he wanted to preserve it, to keep it from being lost to development. Two years later, with his plan formed, and after a period of construction to contain and house animals, he began purchasing heritage breeds of cattle, sheep, goats, and chickens and set about the task of building a farm literally from the ground up.

His first animals were Rideau Arcott sheep, a Canadian breed developed at the Agricultural Research Centre of Ottawa. That facility developed three breeds of sheep, which were dispersed to Canadian shepherds once the project concluded.

The farm's second infusion of ovine genetics was a purchase of Icelandic sheep, one of the oldest breeds in the world, belonging to the Northern European Short-Tailed family of sheep. In their native Iceland, these sheep are allowed to wander in the rocky

central part of the country, which abounds in short grasses, weedy vegetation, and in hot springs. Many of them are double coated, with a dense, short, downy undercoat that is exceptionally soft and is traditionally used for baby clothing and undergarments (in the days when undergarments had to be hand-knitted). In addition, the long, strong, coarser guard hairs, which protect the animal from the wind, rain, and cold, are used for tough, hardwearing, very insulating, but lightweight outerwear such as sweaters, mitts, hats, and jackets.

Gerrard also raises Dexter cattle, an Irish breed believed to have developed from the earliest species of wild cattle discovered in central Ireland. They are small, sturdy, compact cattle that are very calm and good-natured, easy to handle, and have excellent mothering instincts.

Other residents of modern-day Vidivellir include: an assortment of goats, including the bloodlines of Kiko and South African Boer Goats; Icelandic Chickens, another heritage breed; and an alpaca named Al.

In 2015 disaster struck when a winter shelter caught fire and was completely destroyed.

Continued on page 18



RECORD PHOTOS SUBMITTED

The mugs and calendars have been selling briskly.

**FREE DELIVERY**  
on all lift chairs and scooters until 2023

**RELIABLE MOBILITY**

Savaria K2 Stairlift installed starting at **\$2900**

**1046 Portage Ave., Wpg., MB R3G 0S2**  
[info@reliablemobility.com](mailto:info@reliablemobility.com)

## IT'S TIME TO TOYOTA

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**2023 Toyota RAV4 LE AWD**

Payment: **\$223.39** b/w + taxes  
Cash Price: \$35,520.49 + taxes  
Term: 60 month lease  
Interest Rate: 7.69%

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**2023 Toyota Corolla L CVT**

Payment: **\$167.14** b/w + taxes  
Cash Price: \$25,671.99 + taxes  
Term: 60 month lease  
Interest Rate: 6.99%

**Sell us your vehicle or trade it for something new and receive \$1,000 bonus on your trade value!**

**Used Vehicle Line Up:**

- 2013 Toyota Camry XLE - \$19,699
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- 2015 Toyota Tundra 1794 Edition - \$42,699
- 2016 Jeep Cherokee Trailhawk - \$27,699
- 2016 Subaru Crosstrek - \$24,699
- 2016 Honda Civic Touring - \$20,699
- 2017 Toyota Camry XSE V6 - \$31,699
- 2017 Buick Envision Essence - \$27,699
- 2019 Toyota Tacoma - \$49,699
- 2021 Toyota Prius Prime - \$46,699

*All prices are not including taxes.*

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**Winnipeg, MB**  
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Disclaimer: Cannot be combined with any other McPhillips Toyota offers or discounts. Trade values are determined by dealer subject to change. Dealer Permit #0805. Financing and Leasing O.A.C. Some exclusions may apply. Offer available December 1st – 31st, 2022 by appointment only, give me a call (cell) 204-481-1915 or (office) 204-338-7985 today.



> SHEEP, FROM PG. 17

Several of the animals perished, including the entire flock of chickens. Fortunately, Gerrard had kept some of the fertilized eggs from his flock and was thus able to build it up again. Icelandic chickens are very handsome birds, particularly the roosters, which are exotically colourful and somewhat aggressive.

A Go Fund Me appeal launched by Gerrard's nieces was much more suc-

cessful than anticipated, enabling the construction of a beautiful barn and several outbuildings. As the proud owner says, "that barn has saved a lot of lives". His comment refers to the fact that lambs are often born in mid to late winter, when the weather is still very cold and unwelcoming, and that lambs born in a shelter are much more likely to survive the critical first few days.

Some of the livestock born at Vidivellir occasionally come up for sale. Some of the sheep are destined for a new home shortly, and a couple of the young Dexters are for sale. As well, the sheep grow an assortment of fleece types that are of interest to hand spinners. Rideau Arcott fleece is variable, but a good fleece from an Arcott is a perfect spinning fleece: medium length and with medium crimp – great for making socks and mittens.

Currently the farm is home to around 60 goats, 75 sheep, 18 Dexter

cattle, and 16 chickens. Feeding them is costly, although the farm produces its own hay in good-weather years. However, two successive years of adverse growing conditions have left the hay shed somewhat empty, and what is there is not top-notch.

With typical creativity, Gerrard planned a project to raise money for The Hay Fund. He already has a presence on social media, posting frequent photographs of adorable animals being cute. Lambs and kids are possibly the most adorable young animals. Since people were saying this on Facebook, emphatically and often, the thought occurred to the owner of all this ovine and caprine beauty that he should sell the images on calendars and coffee mugs. People do it all the time with cats and dogs, so why not?

The first calendar, printed last year at this time for 2022, was very successful, so he repeated the project for 2023. Calendars and mugs sell for \$20



**RECORD PHOTOS SUBMITTED**  
Icelandic sheep clearly showing long outer coat typical of the breed

each and are still available for purchase. Contact Nelson Gerrard at 204-494-0022.

Gerrard also has a very handsome two-year-old black Dexter bull with almost perfect conformation for sale. If interested contact 204-494-0022.

**CHRISTMAS CRAFT & VENDOR SALE**  
**& \$1 Gift Store for Kids**  
*under the age of 12*

Little Britain United Church  
 5879 Hwy #9 Lockport  
**Saturday, Dec 10 10am-3pm**  
 Canteen • Hot Food • Snacks & Beverages

**GREEN ACRES ART CENTRE**  
 IMAGINE INSPIRE CREATE

**WHERE ART MEETS PLAY**

*Paint Night!*  
 Create a winter scene on canvas with acrylic paint!

Friday, December 9th  
 6:30-8:30pm  
 at From Farmhouse to Yours Cafe & Bakery

\$30.00 Member fee / \$35.00 Non-member fee  
 All supplies included

Email [gaac@mymts.ca](mailto:gaac@mymts.ca) (Subject: Adult Art) by December 7th to register

Generously funded by: **CONSEIL DES ARTS DU MANITOBA ARTS COUNCIL**

**UPCOMING EVENTS**

With generous support from  
**CONSEIL DES ARTS DU MANITOBA ARTS COUNCIL**

**Pysanky Classes**  
 CHRISTMAS KEEPSAKE TREE ORNAMENT  
 WITH JANET PALIN

Learn how to make a beautiful Christmas Ornament  
**\$30.00 Per Person** Minimum 10 people per class. Maximum 15 people per class.

Green Acres Art Centre - 1 Green Acres Park Road - Teulon, MB

Children under 12 will require parental supervision due to working with a candle flame. Take-home kits available for purchase for students.

Available Classes  
 Saturday December 17th 1:00 pm - 4:00 pm and 6:30 pm - 9:30 pm  
 Monday December 19th 1:00 pm - 4:00 pm and 6:30 pm - 9:30 pm

To register for classes email - [gaac@mymts.net](mailto:gaac@mymts.net)

\$35 Take-home Kit Available Includes: 2 kistkas (1 med, 1 heavy), Beeswax & 8 Dyes

*Let's Go Caroling*

**Community Christmas Caroling**  
 Come Join Us  
 Spread Some Seasonal Cheer  
**Wednesday December 14**  
 Everyone Welcome!

Anglican Church  
**Meet 6:15 \* Start 6:20**

Planned Visits to Local Senior Homes  
 Hot chocolate will be served along route

**Little Stars Dance** Ages 3 & 4  
 Save \$50.00 if register by December 15

**Musical Theatre** Ages 5 - 17  
 Free Registration

**Aspiring Youth** Ages 10 - 15  
 8 different workshops

**Aspiring Adult** Ages 16+  
 8 different workshops

**Aspiring Families Parent & Child**  
 4 different workshops

**Community Choirs**  
 Junior, Intermediate & Senior Choirs

Programs & Workshops Email Stacey at [gaac@mymts.net](mailto:gaac@mymts.net) to receive information on programs & workshops

**Gift Certificates Available**

**Children & Youth Activities**

**Fun Art** - Ages 5 - 17  
 12 weeks - creating a variety of art genres

**Drop In** - hang with friends - listen to music, Xbox games, card & board games, drawing & much more

**Events** - Movie Nights, Lego Challenges & much more

**Adult & Senior Activities**  
 Pickleball  
 Floor Shuffleboard  
 Floor Curling  
 Cards & Board Games

Activities Email Amanda at [gaacevents@mymts.net](mailto:gaacevents@mymts.net) to receive information on activities

**Sponsor a child for Christmas**

**Annual General Meeting**  
 rescheduled for  
**Monday December 12**  
 6:30pm at the  
**Green Acres Art Centre**

Want to be instrumental in making a difference?  
 New board members (all ages) welcome to join our amazing team.  
 Email [gaac@mymts.net](mailto:gaac@mymts.net)  
 Meetings are once a month



# Winter 2023 PROGRAM



LSSD

CONTINUING  
EDUCATION

*The Flame of knowledge lights  
the path to your future*



## JOIN US AND HAVE SOME FUN!

- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms may be subject to change.

### REFUND POLICY

- Refunds must be requested **one week prior to course start date less \$15 admin fee.**
- For courses cancelled due to insufficient enrollment you will be notified by email and money will be refunded in full.
- Please note start date, time and location of course. You will be contacted by email **only** if the course is cancelled due to insufficient registration.

## CONTINUING EDUCATION PROGRAMS REGISTER ONLINE TODAY!

### Swim Registration Opens December 13th

Lord Selkirk School Division  
Continuing Education Classes

221 Mercy St., Selkirk, Mb. R1A 2C8

Melissa Nietrzeba ~ Program Director

Phone 204-904-7163

<https://coned.lssd.ca/>



## PERSONAL INTEREST

### CONVERSATIONAL SPANISH \$130

Thursdays, Jan. 12 – Mar. 16

6:00 – 8:30 pm

(10 sessions)

Start speaking Spanish as quickly as possible. Learn important phrases for travel, how to express yourself in a variety of practical situations such as how to greet someone, introduce yourself and others, order food, learn numbers, time, days of the week, etc. Each class will have a listening component where students will have the opportunity to practice listening and speaking in Spanish.

Room 149

### FILIPINO CUISINE

with *Kathy Torrejos* \$110

Wednesdays, Feb. 1 – 22

6:00 – 9:00 pm

(4 sessions)

All Ingredients Included!

Famous Filipino Eggrolls anyone? Yes, Lumpia, as well as Pancit, Filipino style Congee perfect for the cold winter weather and banana fritters for dessert. In Filipino cuisine, pancit are noodles. Noodles were introduced into the Philippines early on by Chinese settlers in the archipelago and are now found in numerous variants and types. The term pancit literally means “convenient food”. Philippine Congee style is made from sweet rice, ginger, onion, chicken and boiled eggs. Last, but not least, the famous banana fritters dessert, easy to make. Learn these recipes along with some Filipino culture. Bring a container in case of left-overs.

Room 172



### OWL PRESENTATION \$18

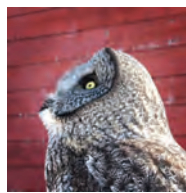
Tuesday, Mar. 7

7:00 – 9:00 pm

(1 session)

Come out and get up close and personal with a live owl! Learn about Manitoba owls with biologist and world owl expert Jim Duncan. Jim will introduce you to the mysterious lives of these nocturnal creatures using a variety of media, personal owl impressions, owl parts, owl “puke” (aka pellets), and Oska (a female Great Gray Owl). Since 2005 Jim has given over 450 owl presentations to over 20,000 people, from pre-school kids to retirees. If you have not seen this presentation, come out and see why it continues to be a much sought after experience.

Room 142



### SMALL ENGINE REPAIR

\$150

Tuesdays, Jan. 17 – Feb. 21

6:00 – 9:00 pm

(6 sessions)

Get your snow blower, ice auger, chainsaw, log splitter, etc. working this winter. Hands on maintenance for beginners. Learn in a few easy lessons how you can save on repair and maintenance. Covers basic operating principles and trouble shooting in a relaxed environment. Must be a take home project each week.

Please bring hearing protection, a ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.

Room 199 Power Mech. Lab



## YOUTH CLASSES

**\*BONUS - Save \$20 and Register for Back-to-Back Dance and Acting on Mondays - \$140 for Both!**

Mondays, Jan. 9 – Mar. 13

NO CLASS: Feb. 20

(9 sessions each)

### DANCE (Ages 6 - 12) \$80

5:00 – 6:00 pm

Come move to the groove with Emma! Introduction to Jazz, Ballet and Hip-hop dancing. Performance for parents on the final evening!

Cafeteria

### ACTING & THEATRE (Ages 7 – 12) \$80

6:00 – 7:00 pm

“Have you ever wondered how to play a specific character for a play? Or how to improvise a scene? Or are you simply wanting to just gain confidence? Come join Kimmy on Monday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!”

Theatre

### BABYSITTING SAFETY \$60

Saturday, Jan. 28 9:00 am – 5:00 pm

Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter. Class includes textbook and wallet certificate. Please bring a doll and a bagged lunch.

Library

### HOME ALONE \$45

Thursday, Jan. 19

6:00 – 8:30 pm

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Topics covered include, establishing a routine, house key is your responsibility, strangers, telephone, emergencies, basic first aid and internet safety. Kids 8 and up can attend however, the Canadian Gov't recommends kids under the age of 10 should not be left home alone. **Ages 8 & up**

Room 142



### DOG OBEDIENCE

Tuesdays, Jan. 10 – Feb. 14

(6 sessions each)

Please see website or call the office for full course info.

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed. Please park and enter through back of school.

Lower Multi-Purpose Room



### PUPPY CLASSES \$90

For Puppies up to 1 year old

6:00 – 7:00 pm

### BASIC MANNERS \$90

7:15 – 8:15 pm

All ages are accepted. But recommend very young dogs do a puppy class first.

## CREATIVE SIDE

### PAINTING

Bob Ross style painting.

Beginners always welcome,

no experience required. All

supplies included.

**BONUS\* - Register for Both**

**Same Day Classes and Save \$5!**

Room 162

### BLUE WINTER

\$80

Oil Painting on a

16" x 20" Canvas.

Saturday, Jan. 14

9:00 am – 12:00

pm



### NIGHT TIDE

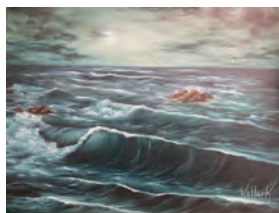
\$80

Oil Painting on a

10" x 20" Canvas.

Saturday, Jan. 14

1:00 – 4:00 pm



### DAWN'S LIGHT

\$80

Oil Painting on a 16"

x 20" Canvas.

Saturday, Feb. 4

9:00 am – 12:00 pm



### SWEETHEART

FLOWER \$80

Oil Painting on a 11"

x 14" Canvas.

Saturday, Feb. 4

1:00 – 4:00 pm



### EVERGREENS AT

SUNSET \$80

Oil Painting on a 16"

x 20" Canvas.

Saturday, Mar. 4

9:00 am – 12:00 pm



### MOONLITE FALLS

\$80

Oil Painting on a 10"

x 20" Black Canvas.

Saturday, Mar. 4

1:00 – 4:00 pm



### LEATHER WORKS with Amber Cook

All Premium Supplies and Equipment included! Many different material choices!

Group Instruction, Please Be on Time

### MAKE CUSTOM MOCCASINS \$175

Create your one of kind Moccasins, learn how to size, design, bead and hand sew your project.

Wednesdays, Feb. 8 – Mar. 1

6:30 – 9:00 pm

(4 sessions)

Room 141



### MAKE CUSTOM MUKLUKS \$350

Create your one of kind Mukluks, learn how to size, design, bead and hand sew your project.

Tuesdays, Jan. 10– Feb. 14

6:30 – 9:00 pm

(6 sessions)

Room 141



### DESIGN & MAKE YOUR OWN MITTS \$175

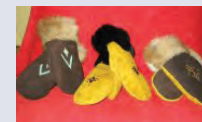
These are wonderful easy mitts you can learn to create in just 4 weeks. Learn to bead, and hand sew with your choice of hides, fur, beads etc. are all included in this project.

Tuesdays, Feb. 21 – Mar. 14

6:30 – 9:00 pm

(4 sessions)

Room 141





## LET'S GET MOVING!

### ZUMBA

\$85 (9 classes each day)

**\*BONUS** - \$140 for Twice Per Week - Save \$30 (18 classes)

**Mondays, Jan. 9 – Mar. 13**

**NO CLASS: Feb. 20**

**7:00 – 8:00 pm**

**AND/OR**

**Thursdays, Jan. 12 – Mar. 9**

**6:00 – 7:00 pm**

**Ditch the workout, Join the party!** Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system in a party like atmosphere. No dance experience necessary.

**\$10 Drop ins Welcome!**

**Cafeteria**



### STRENGTH AND CARDIO TRAINING \$100

**Wednesdays, Jan. 11 – Mar. 15**

**5:00 – 6:00 pm**

**(10 sessions)**

Fun, high-energy workout combining cardiovascular and strength training exercises in an interval style workout that will increase muscular endurance and aerobic capacity. A challenging workout to train your heart, lungs and muscles for a stronger and fitter YOU!

**Lower Multi-Purpose Room**

### PILATES \$85

**Wednesdays, Jan. 11 – Mar. 1**

**7:00 – 8:00 pm**

**(8 sessions)**

A floor-based program to improve strength and flexibility for the whole body. Emphasis on abdominal strength and spinal mobility. Please bring a mat and water.

**Library**



## HEALTH & WELLNESS

### HATHA YOGA \$100

**Mondays, Jan. 9 – Mar. 13**

**NO CLASS: Feb. 20**

**6:00 – 7:00 pm**

**(9 Sessions)**

For all levels and every body. With modifications and variations. Hatha Yoga is the yoga of Asana (poses). Along with Asana we will explore Pranayama (breath work) and Dhyana (meditation). Please bring a mat and small blanket/or towel and any props you may have.

**Library**

### TAI CHI \$100

**Tuesdays, Jan. 10 – Mar. 14**

**6:00 – 7:00 pm**

**(10 sessions)**

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Tai Chi arts are truly a moving meditation. Beginner level class, working through the first seventeen movements of Tai Chi.

**Library**



### BLOCK THERAPY \$120

**Wednesdays, Jan. 11 – Mar. 1**

**5:30 – 6:45 pm**

**(8 sessions)**

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Poor posture or repetitive movement patterns can lead to ingrained patterns in the fascia. Block Therapy is a method of Myofascial Release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on block, on the floor. Please bring a yoga mat, any yoga blocks you may have, and water.

**Library**

### CALM AND CLEAR - MEDITATION \$100

**Thursdays, Jan. 12 – Mar. 16**

**6:00 – 7:15 pm**

**(10 sessions)**

Meditation has been practiced by diverse cultures for thousands of years. It is categorized under alternative therapies as "mind-body medicine" and leads to a way of being which lessens stress and brings a more peaceful calm and good humor into life. We will explore the categories of meditation and its many different forms. Working with your questions and experiences for a beginning practice base, this program serves to help bring calm and clear insight into life and living.

**Library**

### MANDALAS & MEDITATION \$60

**Saturday, Mar. 18**

**1:00 – 4:00 pm**

This unique workshop invites you to explore your soul through Mandala painting. The practice of painting is meditative, healing and joyful. Through guided meditation, we contact our inner artist. This workshop will give you the tools to use Mandala as a way of de-stressing your body, mind and spirit. At the end of the workshop, you will complete a colourful Mandala. No previous experience is necessary.

**Room 162**



## COMPUTERS & TECHNOLOGY

### OFFICE SKILLS \$140

**Thursdays, Jan. 12, 19, 26**

**& Wednesdays, Feb. 1 & 8**

**6:00 – 9:00 pm**

**(5 sessions)**

Starting a new job? Want a brush up on the newest programs and skills? This 5 night class will run you through the common office skills that you would require in a modern office job. Basic word processing, spreadsheet, email, data management, and presentation skills. We will take a look at a series of common programs from MS Office to Google Suite software, and others. Learn about file formats and how to properly attach files to emails, sharing documents, and files as well as backing up to removable storage and the cloud.

**Room 277**



### MS EXCEL BASICS \$140

**Thursdays, Feb. 16 & 23, Mar. 2, 9 &**

**Wednesday, Mar. 15**

**6:00 – 9:00 pm**

**(5 sessions)**

Come out for 5 weeks of Microsoft Excel Basics. We will start with basic spreadsheet knowledge and page setup before moving to fundamental math skills (adding, subtracting, multiplying and dividing), and common functions such as If statements, Vlookup, and PMT. Time will also be given each class to practice and hands on activities that you can take home with you at the end of the night. (bring a flash drive!)

**Room 277**

### QuickBooks TRAINING \$85

**Tuesdays, Feb. 28 – Mar. 21**

**6:30 – 9:00 pm**

**(4 sessions)**

Whether you're a small business owner, self-employed or wanting to upgrade your bookkeeping skills, QuickBooks Online may be exactly what you are looking for. QuickBooks makes it easy to keep your financials organized from anywhere. Join us for an informative introduction to QuickBooks Online. Registration includes a free one year subscription to QuickBooks Online Plus. Basic computer skills essential. Last half hour of each class is designated for question and answer.

**Room 284**

## SAFETY FIRST

### FOOD HANDLERS \$120

**Includes Workbook**

**Saturday, Mar. 11**

**9:30 am – 4:00 pm**

**(1 session)**

Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). There is a short lunch break (30 minutes).

**Room 141**

### RE-CERT \$70

**Exam only**

**3:00 - 4:00 pm**

**Room 141**

### STANDARD FIRST AID \$135

**Saturday & Sunday, Jan. 14 & 15**

**9:00 am – 5:00 pm Saturday**

**AND 10:00 am – 4:00 pm Sunday**

**(2 sessions)**

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.

**Library**

### HUNTER EDUCATION \$75

**Saturday, Mar. 18**

**9:00 am – 5:00 pm**

**(1 session)**

**Minimum Age 10**

In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behavior of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

**Room 142**



For full class descriptions please visit <https://coned.lssd.ca/>



# SELKIRK Community Pool 2023

SCHOOL • COMMUNITY • POSSIBILITIES  
The Comp 221 Mercy Street  
Selkirk Mb | 204 785 7310



**Registration On Line**  
**December 13 6:00am**  
[selkirkcommunitypool.weebly.com](http://selkirkcommunitypool.weebly.com)

**Pool Closed**  
**February 18, 19 & 20**  
**Questions or concerns contact**  
**pool manager mstamm@lssd.ca**

**Lap Swim passes purchase online or at the pool.**

- 10 visits - \$40.00
- 20 visits - \$75.00
- 30 visits - \$90.00

Lifeguard must punch your pass for entry to the pool.  
Drop in \$10.00 Aquafit  
Drop in \$6.00 Lap swim.

**Aquafit pass purchase online or at the pool.**  
no need to commit to one class use your pass for any class.

- 8 visits - \$60.00
- 10 visits - \$75.00

**Open Swim (Debit machine available)**

Adult or Student	\$ 5.00	18+
Preschool child	Free	0 - 4yr
Child	\$ 2.00	5 - 12yr
Teen	\$ 3.00	13 - 17yr
Family	\$15.00	

(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

**Public admission entry requirements:**

Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. Please review policy on Cancellation and refunds on Continuing Education website.

**Swim Admission Standards For S.C.P.**

<p>Children 5 &amp; under</p> <p>Guardian must remain within arms reach at all times.</p>	<p>Children 6 to 9 years unable to pass swim test</p> <p>Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.</p>	<p>Children 6 &amp; 7 years who pass swim test</p> <p>Guardian must remain in the pool. Child must complete the swim test each time. <b>wrist band</b> is received. Child can use the deep end.</p>
<p>Children 8 &amp; older who pass swim test</p> <p>Child can swim alone and use the deep end and the diving boards <b>wrist band</b> is received</p>	<p>Children 10 &amp; older may swim alone</p> <p>Must pass the swim test in order to use the deep end and use the diving board.</p>	<p><b>Guardians must be: 14+</b></p> <ul style="list-style-type: none"> <li>• 14 years and older</li> <li>• Within arms reach at all times</li> <li>• Responsible for direct supervision in and out of the water</li> <li>• In appropriate bathing attire</li> </ul> <p><b>Facility Swim Test</b></p> <ul style="list-style-type: none"> <li>• Successfully swim continuously on front, four widths of the pool in a comfortable manner</li> <li>• Face and head must submerge</li> <li>• Body must stay near horizontal</li> </ul>

**MONDAY SWIM CLASSES**

Jan 8 - Mar 13 Closed Feb 20

- Preschool 1 5:00-5:30
- Swimmer 2 5:00-5:45 p
- Swimmer 4 5:00-5:40 p
- Swimmer 1 5:50-6:35 p
- Baby Bubblers 5:40-6:10 p
- Swimmer 5 5:45-6:30 p
- Swimmer 3 6:20-7:05 p
- Preschool 2 6:40-7:10 p
- Preschool 3 6:35-7:05p
- Swimmer 2 7:15 - 8:00 p
- Swimmer 1 7:10 - 7:55 p
- Aquafit 7:30-8:30 p

**TUESDAY SWIM CLASSES**

Jan 10 -Mar 21

- Lap Swim 4:00 - 5:30 pm
- Swimmingly 5:30 - 7:00 pm
- Special Olympics 7:00-8:30 pm
- Dolphins 7:00-8:30 pm

**WEDNESDAY SWIM CLASSES**

Jan 11 - Mar 8

- Aquafit 4:00-5:00
- Preschool 2 5:00-5:30
- Baby Bubblers 5:15-5:45
- Swimmer 1 5:15-6:00
- Adult 1 5:15 - 6:00
- Preschool 3 6:05 - 6:35
- Swimmer 3 5:50- 6:35
- Swimmer 4 5:35 - 6:20
- Swimmer 2 6:40 -7:25
- Preschool 2 6:40 - 7:10
- Swimmer 5 6:25-7:10
- Preschool 1 7:15 -7:45
- Swimmer 3 7:15 - 8:00
- Swim Kids 4 7:30-8:15
- Swimmer 6 7:50 - 8:25

**MORNING ADULT FITNESS PROGRAMS**

- Jan 5 - Mar 24
- Lap Swim Mon - Fri 7:00-8:30 am
- Jan 10 - Mar 24
- Aquafit Tues/ Thur 9:15-10:15 am

**SWIM FOR LIFE AQUATIC  
REGISTRATION GUIDELINES**

- 3 - 5 yr olds
- Preschool 1 - Red Cross Sea Otter
- Preschool 2 - Red Cross Salamander
- 5 + yr olds
- Swimmer 1 - Swim Kids 1
- Swimmer 2 - Swim Kids 2
- Swimmer 3 - Swim Kids 3
- Swimmer 4 - Swim Kids 4 + 5
- Swimmer 5 - Swim Kids 6
- Swimmer 6 - Swim Kids 7
- Rookie, Ranger, Star - Swim Kids 8 - 10

**LEADERSHIP COURSES**

Please check the website for Leadership courses.

**THURSDAY SWIM CLASSES**

Jan 12 - Mar 9

- Lap Swim 4:00-5:30
- Preschool 2 5:00-5:30
- Baby Bubblers 5:15-5:45
- Swimmer 3 5:00-5:45
- Preschool 1 5:50 - 6:20
- Swimmer 1 5:50- 6:35
- Swimmer 4 5:35 - 6:20
- Preschool 2 6:25 - 6:55
- Swimmer 5 6:40-7:25
- Preschool 1 7:00 - 7:30
- Swimmer 6 7:30 - 8:15
- Swimmer 4 7:15-8:00

**FRIDAY SWIM CLASSES**

Jan 13 - Mar 10

- Swimmer 5 5:00-5:45
- Rookie Ranger 5:00-6:00
- Preschool 1 5:00-5:30
- Preschool 2 5:35 - 6:05
- Swimmer 1 5:50 - 6:35
- Swimmer 3 5:50 - 6:35
- Bronze Star 6:00-7:00
- Swimmer 4 6:10 - 6:55
- Swimmer 2 6:40- 7:25
- Preschool 1 6:40 - 7:10
- Open Swim 7:00-9:00pm

**SATURDAY SWIM CLASSES**

Jan 14 - Mar 11 Pool closed Feb 18

- Aqua 9:00-10:00
- Baby Bubbler 10:00-10:30am
- Bronze Med/Cross 10:00-2:00
- Lap Swim 10:30-12:00
- Open swim Noon - 2:00pm
- Pool bookings 2:00-3:00 pm
- 3:00-4:00 pm

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## 3 reasons to buy an intergenerational home

Intergenerational homes can take many forms, from a building where each person has their own unit to a large residence with shared common spaces. The idea is to bring together more than one generation under the same roof.



Here are three reasons why this concept has been gaining in popularity.

1. Care for elderly parents  
Many people are increasingly questioning the standard model within western society in which seniors live apart from their families. Stories of loneliness, neglect and even abuse have prompted more people to take their elderly parents or grandparents under their wings.

2. Assist with everyday life  
Living with your parents or grandparents comes with responsibilities. However, it also offers significant benefits. Young families can benefit from the experience of their elders, both in terms of practical knowledge and life lessons. Grandparents can also participate in the family dynamic by babysitting and helping with daily chores.

3. Ease family finances  
As real estate prices continue to rise, intergenerational homes are an appealing option for young families who want to own their own place. In fact, cohabitation can be financially beneficial for both parties. For example, the mortgage payments and other expenses like groceries and transportation can be shared.

Of course, opting for this type of shared living arrangement can also lead to conflict. It's therefore essential to think it through and establish rules to govern daily life.

Are you interested in buying an intergenerational home? Contact a real estate broker to discuss the possibilities.

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**160 Lockport Road, Lockport - \$569,900**  
**BEAUTIFUL BACKYARD OASIS!** Situated on a treed 5 acre lot in Lockport is this 1,396 SF, 3 bed, 2 bath bungalow featuring an above ground pool! Double attached garage, 50ft workshop, and a NEW 10x20ft Old Hickory multi purpose building for all of your tools & toys! Under 10 minutes to Selkirk for all amenities!

**SOLD**

**480 McPhillips Road, St Andrews - \$799,900**  
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**31 Harbourview Bay, Lac Du Bonnet - \$399,900**  
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**18 Arthur Street, Rockwood - \$259,900**  
**GREAT FAMILY HOME!** Located in Stony Mountain is this 1,000 SF, 2 bed, 1 bath bungalow featuring neutral tones and wooden details throughout. Enjoy the large covered front porch and spacious backyard! 27x23 insulated double detached garage for your tools & toys. Close to all town amenities and under 10 minutes to the Perimeter Highway!

**7 Craig Avenue, St Andrews - \$649,900**  
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May your home be filled with joy and love,  
and wishing you all a wonderful year ahead!

Merry Christmas & Happy New Year!

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## 3 golden rules for painting your house before selling it

Repainting your home can increase its selling price. However, before you get out the rollers and brushes, here are three rules to keep in mind to optimize your investment.

**1. Consider the entire property.** Don't forget to redo the outside of your home if the paint is peeling or faded. After all, this is what potential buyers will see first. You may

also want to touch up the paint on your patio, fence and shed.

**2. Use neutral shades.** Although you may love your yellow kitchen because it gives your home a Tuscan feel, remember that everyone has different tastes. Play it safe and stick to neutral shades that appeal to most people.

**3. Be prepared.** Don't rush your paint job. Make sure you have enough time to complete the work before your house goes on the market. A sloppy paint job could deter potential buyers instead of drawing them in.

If you're considering hiring painting professionals, do some research to gauge the quality of their work and consider how the additional cost could affect the return on your investment.



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# get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

## Classic Beef Wellington

lot; cook 4-6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2-3 minutes until all liquid is evaporated. Stir in mustard, thyme and remaining pepper. Cook 2-3 minutes. Remove from skillet to medium bowl; cool.

Line rimmed baking sheet with aluminum foil and place in oven. On lightly floured cutting board, unfold pastry dough. Roll pastry out to 12-by-9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edges. Place roast in center of mushrooms. Fold pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges.

Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut four (2-inch) vents in top of pastry.

Bake 35-50 minutes, or until golden brown and instant-read thermometer inserted into center of roast registers 135 F for medium-rare or 150 F for medium. Transfer roast to carving board. Let stand 10 minutes. Temperature will rise about 10 F to reach 145 F for medium-rare or 160F for medium.

Carve into slices and serve.

Recipe courtesy of Beef Loving Texans  
Total time: 1 hour, 30 minutes  
Servings: 4

- 1 teaspoon olive oil, divided
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 1 chateaubriand tenderloin roast
- 8 ounces mushrooms
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon mustard
- 1/2 teaspoon dried thyme leaves flour
- 1 sheet puff pastry

In large nonstick skillet over medium-high heat, heat 1/2 teaspoon oil until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of roast. Place roast in skillet; brown evenly. Remove roast from skillet.

Heat oven to 425 F.

In food processor, pulse mushrooms and shallot about 10 times until finely chopped. Do not overprocess.

Place same skillet used for roast over medium-high heat and heat remaining oil until hot. Add mushrooms and shallot

# Five holiday diet busters

By Health Expert Julie Germaine Coram

Are you as excited for this wonderful season as I am? We've already been baking and gift wrapping up a storm, which has me thinking ahead to delicious traditional meals. Not to wreck it for you, but did you know that on average, people increase their meal sizes by up to 40% during special occasions? It's not uncommon to eat over 3,000 calories during an average holiday meal. (That's a lot!)

The solution certainly isn't to 'diet' from now until January. That would be sad and completely unrealistic. Instead, here are some tips to avoid looking like a cookie-eating Santa:

1. Do not create a list of 'naughty' foods. Restricting yourself from your favourites will lead to food cravings, and possibly bingeing. Instead, allow yourself to have a taste. Portion control is key. Rate foods from 1 to 10, only putting top choices into your mouth.

2. Steal one of the kiddie plates. You don't have to sit at the kids table, but opting to use a smaller dish will make it difficult to overload, and your Insta photo will still look indulgent, no one will be the wiser.

3. Eat the cake (and the chocolate)! If you know me, you know I eat the dessert. Or at least I always WANT to! Over the holidays, the odds are 100% that I enjoy a piece of my Mom's traditional English trifle. Pace yourself. A little something sweet that's only offered once a year won't ruin you.

4. Be social during dinner. Think ahead of some interesting stories you want to share with your family, and take advantage of everyone's chewing to gab! Slowing down how quickly you eat each meal by chatting and drinking water will give your stom-



Health and Wellness Fitness expert Julie Germaine Coram

ach a chance to catch up and realize you are full.

5. Keep the toasts to a minimum. A glass of wine is only about 125 calories, and it enables some to relax and better take in the holiday spirit, but too much alcohol leads to excessive food consumption and affects your body's ability to burn calories effectively.

Cheers to your having a healthier relationship with food this holiday season and ringing in the New Year with genuine enthusiasm that 2023 will be one for the books!

Coach Julie Germaine Coram is a Certified Nutrition Coach, Registered Personal Trainer, 2x International Pro Fitness Champion, Miss Fitness Manitoba, and just a regular fit Manitoban mom! She has helped tens of thousands of men and women improve their health since 2005. Check out her services at [www.juliegermaine.com](http://www.juliegermaine.com) or book a FREE diet and fitness consultation directly with her by visiting this link: [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

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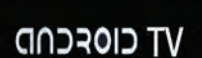
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# Adagio Acres adds buckwheat flour to their growing line-up

By Autumn Fehr

Adagio Acres is an organic farm in Clarkleigh where the Nikkel family grows and mills naked oats. The family farm has come a long way from growing oats in 2011, milling those oats a year later.

The decision to start growing and milling organic crops came naturally to the family at the time.

Donald Nikkel grew up on a horse ranch in the Interlake, and food was a passion for his wife Amy; growing up with a huge garden, she wanted a deeper understanding of where food came from.

It was the right fit for the couple when they were starting their own family and wanted to give their kids a taste of what they had growing up.

Adagio Acres is truly a family operation.

Their three kids, Alexis (13), Eli (11), and Mowat (5), are all involved in some capacity with helping out on the farm.

"There's always a little bit of a balancing act of having the kids involved, seeing what you are doing, and always trying to keep everyone safe because it can be dangerous work. But, as all farmers know, you want to have your kids involved, see what you're doing, and appreciate what a hard day's work might be," said Amy Nikkel.

Year-round, Adagio Acres grow organic, naked oats, a unique variety of oats as they naturally thresh free from the husk when combined.

The oats are milled into oatmeal, rolled oats or steel-cut oats that they sell in retail and restaurants in Winnipeg, primarily in Manitoba but also a bit in Western Canada.

However, mainly what they mill stays here in Manitoba.

Month after month, week after week, they are growing oats in the summer and milling them right through the year.

Every week they are sending off about a pallet of oats to Winnipeg, to different retailers and restaurants, said Nikkel.

A couple of years ago, the farm started something new, taking up all its time at this point in the year.

After harvest, in the fall and early winter, they reach out to organic farmers around the province and find out what products they've grown. They see those farmers have something they want to see in the market in Manitoba.

In this way, the farm can work with a much greater variety of products and use its equipment to mill



RECORD PHOTOS SUBMITTED

Don and Amy Nikkel with their children Alex, Eli and Mowat on their farm, Adagio Acres, taken in 2021.

other types of grain.

"When we talk to farmers, there's a dissatisfaction with growing crops and then seeing that crop sold as a global commodity. Many farmers want to see people connect with the food they've grown. They want to see their crop as food and see that being used and cooked by people in their home province," said Nikkel.

At Adagio, using their farm processing, they can process some of the other crops and keep them in Manitoba so that other farmers can see the fruit of their labour in the same province.

They sell the grains they process from other farms directly to individuals through their Winter Grain Community Supported Agriculture (CSA), where they take all the different crops they've milled and sell bundles of grains.

"Someone will come and pick up 90 or 100 pounds of grain, and it comes from 15 different farmers and all the different flours and seeds and pulses that they might need for their winter supply," said Nikkel.

Based on the concept of a vegetable CSA, Nikkel created a grain CSA, which is the first of its kind in Canada.

The program functions in a way that allows the food being grown to dictate what you will get.

For example, if one year there are a lot of great crops of beans, there may be more of those bundles rather than another grain that may not have had a good growing season.

At this time of year, in November, she sells bundles of grains on her website. When the bundles are ready in January, buyers will pick up 15 or 20 types of grain.

Everyone brings their containers, so the process is completely zero waste, said Nikkel.

When people pick up their grain bundles, they meet the farmers growing their crops.

"The organic farmers who grew all the different products there can talk to people and answer their questions about food and farming and life in general, and just being able to connect people who are eating with those who grew those crops," said Nikkel.

Through its brand, Manitoba Rotation, Adagio also sells its product to other retailers like Sobeys, Safeway, Red River Co-ops, and Family Fares.

Every season they bring two different products to that rotation.

Currently, individuals can purchase cornmeal and yellow peas through Manitoba Rotation, but later in the winter, they will sell the buckwheat they are milling now.

Buckwheat is a new seed Adagio Acres has introduced to their menu this year.

Organic farmer Andrew Bryce grew buckwheat this summer near Portage la Prairie.

The farm uses its oat mill to clean the buckwheat. In addition, they just purchased a new stone flour mill this summer to mill the buckwheat into gluten-free flour so more people can enjoy their product.

The buckwheat will be included in their Winter Grain CSA this January and, potentially, later in the winter.

Adagio Acres has been working on this new buckwheat flour for the past two weeks, but at the same time, they've also been milling flax, cornmeal, navy and pinto beans, french lentils, black lentils, and oats for their CSA program.

"What we want to be doing as a farm is thinking about how our whole food production system works. We want to be dabbling in everything we can to help people think about eating locally, reducing our environmental impact, and making sure we tread lightly on the earth. One of the best ways we can do that is with the food decisions we make every day," said Nikkel.

## Casera Credit Union members approve recommended merger with Access Credit Union

Submitted by Access Credit Union

Casera Credit Union is pleased to announce that its members approved a recommendation by the Board of Directors to merge with Access Credit Union. Voting took place between November 10 and 15, 2022, and the results were announced last night at a virtual special meeting of members.

The membership vote followed the completion of due diligence and a subsequent recommendation to merge from the Boards of both organizations. The favourable vote means that the two credit unions will unite under the Access Credit Union name and brand on July 1, 2023.

According to government regula-

tions, Casera required a majority of two-thirds of votes cast to allow the merger to go forward. Access members were not required to vote since Casera represents less than 10 percent of Access' total assets.

"We're pleased that our members accepted the Board's recommendation," said Robert Riddell, Casera's Board Chair. "Throughout the merger process, our goal was to deliver a proposal advantageous to our members, employees, and communities."

Becoming operationally larger will help secure a financially stronger future for the merged credit union. The new entity will also continue deliver-

ing local, personalized financial services to individuals and businesses.

"We are excited for our future with so much in common. Working together, we will be able to offer more than just products, services, locations, and continued great rates. It is confirmation of our commitment to continue serving our members and communities with excellence," said Access Credit Union Board Chair, Kevin Beresford.

Under the Access banner, the credit union will have more than \$10 billion in assets, over 168,000 members, more than 900 employees, and 56 branch locations. The organization is well-

positioned to operate effectively in today's competitive marketplace and offer a flexible patronage program to reward members for their loyalty.

**About Access Credit Union**

Access Credit Union was incorporated in 2009. In 2021, Access Credit Union merged with Crosstown Civic Credit Union and later in 2022, merged with Noventis and Sunova Credit Unions to become the largest credit union in Manitoba. Today, Access Credit Union remains a financial institution that puts its members first. For more information about Access Credit Union, visit [www.accesscu.ca](http://www.accesscu.ca).



# Camp Morning Star torched but mine opposition continues

By Patricia Barrett

A camp set up near a proposed silica sand mine on the east shore of Lake Winnipeg was sabotaged and set on fire a few weeks ago, but camp members and their supporters vow to continue their opposition to the mine.

Wendy Buelow, a friend of the camp, said one of the camp's members discovered the vandalism.

"The prospector's tent, in which a fellow had been living these past years to look after the sacred fire, was completely burned down," said Buelow. "The teepee was partially burned and damaged. Things were knocked down and they stole items. The RCMP was called but I don't know if they've examined the site yet."

Camp Morning Star was established in 2019 on Treaty 5 Territory to peacefully oppose Alberta-based Canadian Premium Sands' proposed silica sand mine and to educate local residents about the environmental and human health hazards of sand mining. When the mine begins operating, it will have the potential to create silica dust, which can cause lung cancer, and acid drainage, which can pollute ground and surface waters. Trucks going to and from the mine will also increase traffic congestion and danger along east side highways.

Reg Simard of Camp Morning Star said camp members and supporters were shocked at first by the vandalism, but they won't let it deter them from their mission. They had hosted 40 students from Winnipeg's School Division No. 1 in early November and had set up another visit on Nov. 29 with about 65 students from Winnipeg's Seven Oaks School Division.

"There were a couple of stages we went through when we discovered the damage. First, we were in disbelief. But then we thought, 'We're not going to let this stop us,'" said Simard, who lives near the mine site. "We've been discouraged many times, but a situation like this only makes us stronger. This pulls us together and gives us more reinforcement by getting more people on board. This is meant to try to discourage us, but we'll make ourselves stronger."

CPS' quarries are close to a number of communities including Hollow Water First Nation, Seymourville, Manigotagan and cottagers at Pelican Inlet. Simard said the science shows that silica sand mining generates dust that will travel with the wind and leaches heavy metals through acid mine drainage.

Silica sand contains pyrite. When pyrite is exposed to air and water, it oxidizes and creates acid. The runoff



Students from Winnipeg tied ribbons around trees which in Ojibwe practice, protects the trees.

will pollute ground and surface water and the environment. Simard said they'll be left with "a big red lake" from the acid runoff, the same environmental damage that was created at the site of an abandoned silica sand mine on Black Island.

Simard said that will affect the cottagers "big time" because they have wells. Seymourville gets its water from Lake Winnipeg. Manigotagan gets water from the Manigotagan River and Hollow Water gets water from the Wanipigow River.

"When CPS did the original proposal of how they're going to mine the sand, they didn't even mention there's a population of roughly 1,000 people at peak season. That struck a nerve with me, why they wouldn't they say there's a big population in this area? I guess that would've had a negative impact on their proposal," said Simard. "But there's a human health and environmental cost and that's why we're still there."

Simard said the camp's mandate is to show people the effects of silica sand mining and deconstruct the company's "sales job."

"We've tried to hold town hall meetings with some of communities in the area just so we could educate people and show them the effects of the sand mine, but we had some hall bookings cancelled," said Simard. "Everybody loves to hear a good story; CPS was acting like used car sales people. I was sitting there shaking my head when they said they're going to take the top crust off the sand and restore the mine to how it was. It's impossible to do that because they're extracting sand from about 30 or so feet below the surface."

Another reality check is the number of jobs CPS will create at the mine for people in the area, he said. CPS started out by promising 300 jobs then cut



RECORD PHOTOS COURTESY OF REG SIMARD

A teepee was set on fire and partially burnt.



A gathering around a drum.

it down to 170 jobs, then again to 17 jobs.

"This mine is going to change our home forever – for 17 jobs and royalties the band [Hollow Water First Nation] will get out of it," he said. "My son said it will ruin the land for him and his kids. We love this place. It's beautiful."

Part of the camp's mandate is to educate not only local residents, but also the general the public about the dangers to human health and the environment from sand mining. It hosts visits from school groups in which students get to learn about Indigenous views with regard to the land and their cultural practices.

Retired teacher MJ McCarron, who is part of Camp Morning Star, said they try to raise awareness of how vi-

tal the land is to human survival.

"The biggest issue for us in terms of resource extraction is the difference in the world views between Indigenous peoples and colonizers. The first explorer stepped on North American soil and said, 'Where's your gold?' That's what drives our economy today and that's what gets priority," she said. "But the value system around the land is much different for Indigenous people. If you look at names in Indigenous languages, it shows everything is connected to land, with humans at the bottom of the chain, dependent on land. That relationship with land is at the center of all Indigenous ceremonies, and it's at the center of Camp Morning Star."

Continued on page 29



## > CAMP MORNING STAR, FROM PG. 28

There is a movement in Manitoba and North America to get Indigenous kids back on the land, she said. But rather than teaching them survival skills as many initiatives do, Camp Morning Star focuses more on the “intellectual side of things” which includes understanding why the land needs protection.

“We do nature walks in the spring and the summer and medicine walks,” said McCarron. “We also get the kids to practice observational skills. For example, we’ll ask them to find three different species of trees and stands of forest. We’ll talk about natural forests versus a clearcut forest which has different species, and we’ll take them up to the clearing where CPS cleared 64 hectares prior to having a license.”

Spiritual leader Marcel Hardisty and Kelvin Ramsey, who has lived at the site for three and a half years, also speak with the students.

As part of the experience, students are be treated to a traditional Indigenous meal that could include partridge, fish, deer, moose and blueberries.

The visit includes discussions surrounding the political side of mining, especially the failure to honour Indigenous beliefs, treaty rights and the duty to consult under Section 35 of the Constitution Act, said McCarron.

“We let the kids know what the political issues are. In a couple years they’ll be able to vote and perhaps change things,” she said. “We also teach them the science behind silica sand mining such as the acid drainage that will result.”

CPS’ building of a road chased the deer population out of the area and displaced moose breeding grounds

in an area that’s supposed to be protected habitat, she said.

“It’s quite disturbing to see that industry seems to lead,” she said. “There are 98 conditions [in its environmental license] the company has to meet, and we’re told by environmentalists that only 15 will be able to be enforced. So, what was the point of writing conditions?”

McCarron said the camp and its mandate has really sparked an interest in schools and more visits are planned.

“The schools are awfully excited because they’re sending us more kids. And the kids really relate to the whole idea of a reciprocal relationship,” said McCarron. “One of things we do at the end of the visit is put ties around trees. We talk about why we do that: it leaves behind something of themselves and their energy.”

With the north becoming a focus for minerals needed for industries such as electric vehicles and wind and solar power, McCarron said she worries for the future of Indigenous communities.

“What really worries me is the government saying we’re going to open up the north to mineral exploration as the result for the need for these rare minerals. And how many more communities are going to go through what we’re going through?” she said.



Reg Simard (left) helped prepare a meal for students visiting the camp.



Camp Morning Star.

RECORD PHOTOS COURTESY OF REG SIMARD

# Manitoba Conservation Officer service encourages safe snowmobiling

Submitted by Manitoba government

Manitoba Natural Resources and Northern Development is encouraging all snowmobilers to sled safely this season and advising that conservation officers will be conducting snowmobile patrols to help ensure public safety.

Recreational snowmobilers are reminded that a Snopass permit is required to ride on trails managed by Snoman. A Snopass costs \$150 for an annual permit or \$75 for a seven-day permit and can be purchased through Manitoba Public Insurance. More information is available at <https://snoman.mb.ca/snopass>.

Manitobans are reminded the following actions can result in provincial fines:

- operating a snowmobile without a Snoman permit (\$486 fine);
- operating an unregistered off-road vehicle (\$174 fine);
- failure to wear a helmet (\$174 fine); and
- public consumption of alcohol (\$672 fine).

Impaired operation of a snowmobile carries with it the same consequences as driving a vehicle while impaired. Penalties can include significant fines, impoundment of the snowmobile and a conviction resulting in a criminal record.

Conservation officers and the Royal Canadian Mounted Police play a critical role in monitoring trails for impaired driving offences.



SUBMITTED PHOTO BY NORTH MOUNTAIN RIDERS

Snowmobilers are reminded to purchase Snoman permits, register their snow machines and always wear a helmet when operating.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Hurray hard



RECORD PHOTOS BY BRETT MITCHELL

Selkirk hosted a Manitoba Junior Curling Tour event last weekend. Pictured above Carson Salmon, throwing Brady Szydluk, and Aidan Thomas (Selkirk) in action. Pictured top left, Luke Robins (West St Paul) made the boys' final. Lockport's Josh Evans on the right sweeps hard.

## Commemorating 100 years



RECORD PHOTO SUBMITTED

The first printing of *The Home of Champions* - a pictorial history of the Sandy Hook Golf Club and course, written and designed by local author Ken Porteous, sold out shortly after its launch on Canada Day. Ken has decided to do a second printing in time for Christmas. These too will go fast. If you're interested in purchasing a copy(s) email Ken at [kcporteous@me.com](mailto:kcporteous@me.com). This full-colour 8x11 hard cover book is 50 pages in length and includes over 100 photographs and 20,000-plus words.

## Royals suffer crushing defeat to the Crusaders

By Brian Bowman

The No. 5 Selkirk Royals gave the No. 1 St. Paul's Crusaders everything they could handle in last Thursday's MHSAA AAAA varsity boys' volleyball provincial semifinal.

Selkirk lost the hard-fought match 3-1 by scores of 22-25, 24-26, 25-18 and 21-25.

"We gave ourselves an opportunity," said Royals' head coach Jeff Scarcello. "That's a good team that we played against but, oh boy, we were right there and so close. We just didn't execute. It was a good effort on our side but it just came down to a few points here and there that we weren't able to make."

Selkirk led 22-19 in the second set but the Crusaders clawed their way back to go ahead 2-0 in sets.

"That one would have evened us out and then we won the third set and could have been up 2-1 in-

stead of being down 2-1," Scarcello said. "That's a huge change."

Despite the disappointing loss, the Royals have to be very proud of themselves for reaching the provincial semifinals.

Selkirk had another tremendous volleyball season with their two varsity teams reaching the semifinals and the junior varsity girls' advancing to the finals.

"We've been very spoiled to have high expectations and three of our four teams were in the Final Four this year and one made it to the finals," Scarcello noted. "You're disappointed that you lost in the Final Four but it's special nonetheless. It's a tremendous experience for these kids and it's a huge event and we're blessed to be part of it. In the big picture it was an amazing accomplishment and we had a great season. I'm so proud of this group."



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN



## Volleyball champions



RECORD PHOTOS SUBMITTED

This year's LSSD volleyball winners included Lockport (Tier 2 Girls), ESJH (Tier 1 Girls), Lockport (Tier 1 Boys), ESMS (Grade 9 Girls) and ESJH (Grade 9 Boys).



## Selkirk ousted by Vincent Massey

By Brian Bowman

The Selkirk Royals had no answers for the second-seeded Vincent Massey (Winnipeg) Trojans in the MHSAA AAAA varsity girls' provincial volleyball semifinal last Wednesday.

The talented Trojans swept the Royals 3-0 by scores of 25-16, 25-19, and 25-16 to advance to this past Monday's title game.

"We were well aware of Vincent Massey's strengths going in and we certainly knew it wasn't going to be an easy match," said Royals' head coach Chad Whiteside. "If you look at their team, they fielded three of the top 10 players in the province to go along with a pretty strong supporting cast. But my team prepared well for the challenge. I was happy with the way we persevered throughout the match."

The Royals did an outstanding job in reaching the provincial semifinal.

"It's always disappointing in losing the final match of the season but after those feelings subside, we'll definitely look back fondly on the season," Whiteside said.

Looking ahead to next season, Selkirk will have five players eligible to return to the varsity team. The experience of playing in the provincials this season will only help them next year.

"We're obviously very grateful for what our Grade 12 athletes brought to the table and obviously the end of the season is bittersweet for them but we are positioned well going into the 2023 school season," Whiteside. "We have a strong junior varsity team that made the provincial final this year and that's the beauty of coaching volleyball in Selkirk. Many of these athletes started their careers in elementary school and then honed their craft in junior high and the junior varsity programs."

To see more photos of your favourite Interlake Athletes

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# Steelers sweep the Blues

By Brian Bowman

The Selkirk Steelers swept the Winnipeg Blues in a pair of MJHL games last weekend.

On Saturday, Owen Weihs scored twice and had an assist to lead Selkirk to a 5-3 road victory.

Tyson Smith, Noan Van Den Bussche, and Ethan Brown also scored for the Steelers. Lucas Brennan chipped in with three assists.

Ty McNaughton, Dawson Zeller, and Luke Janus replied for the Blues.

Hunter Tarves stopped 30 Winnipeg shots for the win.

Last Friday, the Steelers beat the Blues 3-2 in overtime at the Recreation Complex.

Brown scored the game winner in OT. He had tied the score at 2-2 with a power-play goal at 6:20 of the third period.

Weihs and Winnipeg's Brandon Funk traded first-period goals and

then the Blues' Thomas Kaufield tallied a power-play goal early in the third.

Tarves made 25 saves for the victory.

Meanwhile, Brennan was named the MJHL's RBC Player of the Month for November.

He was red-hot, scoring 14 goals and collecting 19 points in just nine games.

His teammate, Carter Cormier, was selected as the league's Chevrolet Rookie of the Month. He had a goal and 12 assists in nine games.

On the trade front, the Steelers dealt the MJHL list rights to Donovan Bodnar (05) to the Portage Terriers for Jacob Ziegler (04). Steelers also trade

Selkirk also traded the MJHL list rights to Jason Ruff (04) to the Waywayseecappo Wolverines for the rights to Ian Buors (06).

The Steelers (8-14-3-1) hosted Steinbach this past Tuesday but no score



PHOTO SUBMITTED

Steelers' game sponsor Valley Fiber is excited to be expanding into the Selkirk region. On Nov. 26, Valley Fiber representatives John Neufeld, Conner Winter, and Janita Stuermer were on hand for the puck drop against Winkler.

was available. Selkirk will visit Waywayseecappo on Thursday and then host the Wolverines Saturday. Puck drop for both games is 7:30 p.m.

# Fishermen sink Comets

Staff

Jordan Donald continued his torrid scoring pace with two goals and an assist in the Selkirk Fishermen's 5-1 home win over the Beausejour Comets on Saturday evening.

He now has nine goals in his past three games and 15 on the season to lead the CRJHL.

Cale Jonski, Nolan Milgaard, and Raymond Hefferman also scored for Selkirk while Riley Tirschman replied for the Comets.

The Fishermen's Kyle Folhoffer had three assists.

Brendon Hocaluk made 21 saves for the win.

Selkirk is now 13-0-1 and in first place with 40 points

The Fishermen's next game is Sunday when they travel to Beausejour to battle the Comets. Puck drop is 4:45 p.m.



RECORD PHOTO BRETT MITCHELL

The Fishermen's Kyle Folhoffer had three assists in Selkirk's 5-1 win over Beausejour last Saturday.

**OUR OFFICE  
WILL BE CLOSED**  
December 22<sup>nd</sup>, 2022  
- January 1<sup>st</sup>, 2023  
Opening January 2<sup>nd</sup>, 2023

There will be NO newspaper printed December 29th, but we will continue to distribute our flyers, so please watch for them in your mail and distribution boxes.

*Merry Christmas &  
A Happy New Year*

**The Selkirk Record**

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**Next Home Games**  
SELKIRK REC CENTRE  
SUNDAY, DECEMBER 18<sup>th</sup>  
vs North Winnipeg 3pm  
SATURDAY, JANUARY 14<sup>th</sup>  
vs Arborg 7:30pm

**Next Away Games**  
Sunday, Dec 11 - vs Beausejour - 4:45pm  
Tuesday, Dec 13 - vs North Winnipeg - 8pm  
Friday, Dec 16 - vs Lundar - 7:30pm

**Meet the Fishermen**

#26 Jordan Donald  
Forward



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Selkirk loses to St. Paul's in boys' hockey

**Staff**

The Selkirk Royals were defeated 5-2 by the St. Paul's Crusaders in WSHL action on Friday at the hockey for all centre.

Andrew Hladun scored both Selkirk goals.

Jonah Crossland (two), Dario Macchio, Riley Patterson, and Porter Holland replied for the Crusaders.

On Nov. 28, the Royals defeated River East 8-5 in Selkirk.

Selkirk's Brennan Feschuk had a great game with two goals and three assists while Mikey Monchak added two goals and a pair of helpers.

Andrew Denoon (two) and Nathan Ramos-Lam (two) also scored for the

Royals.

River East goals were tallied by Cashden Cochrane (two), Matt Didyk, Erik Johnson, and Ashton Kollar.

Jonny Enns-Demchuk earned the win in goal.

Selkirk hosted College Beliveau this past Monday at the Recreation Complex but no score was available.

The Royals will battle Sturgeon Heights on Thursday (4:15 p.m.) at the Keith Bodley Arena.

The Selkirk Royals' women's hockey team played at Sanford this past Tuesday but no score was available. Selkirk's next game is Thursday (4 p.m.) when it hosts the SJR Eagles at the Rec Complex.



RECORD PHOTO BY BRETT MITCHELL

Selkirk Royals' forward Mikey Monchak has a good scoring opportunity against College Beliveau during WSHL action on Monday at the Recreation Complex.

## Fishermen golden in Niverville



RECORD PHOTO SUBMITTED

The Selkirk Fishermen U9A won gold at The Niverville Heritage Classic Tournament last weekend.



# Dunstone and Ackland rinks win DEKALB Superspiel

By Ty Dilello

The Matt Dunstone rink based out of Winnipeg and featuring Gimli's B.J. Neufeld and Colton Lott were the champions of the 2022 DEKALB Superspiel in Morris this past weekend.

Team Dunstone earned \$10,000 in prize money after dismantling Reid Carruthers of Morris 7-2 in five ends in Monday afternoon's championship final. To get to the final, Dunstone defeated Ryan Wiebe of Fort Rouge, while Carruthers knocked off USA's John Shuster.

Dunstone and Carruthers are now off to Oakville, Ontario, this week to take part in a Grand Slam of Curling event that will be broadcast on Sportsnet.

On the women's side, it was Abby Ackland and her Assiniboine Memorial rink of Meghan Walter, Mackenzie Elias and Sara Oliver (from Marquette) who were victorious at the Superspiel.

In the final, Ackland defeated Sas-

katchewan's Nancy Martin 7-3. To get to the final, Ackland knocked off Vancouver's Clancy Grandy, while Martin defeated Winnipeg's Jennifer Jones (featuring Altona's Emily and Mackenzie Zacharias).

There was also a Manitoba Junior Curling Tour event last weekend at the Selkirk Curling Club that featured many of the top junior curlers in the province.

On the girls' side, Winnipeg's Katy Lukowich defeated Manitou's Cheyenne Ehnes 11-1 in the championship final. Altona's Dayna Wahl went 2-1 in the round robin and qualified for the playoffs, where they fell to Ehnes in the quarterfinal.

In the boys' event, Virden's Jace Freeman took home the Selkirk MJCT after defeating Winnipeg's Luke Robins 8-2 in the final. Zach Norris of the Morris Curling Club went 3-0 in the round robin but fell to Robins in the semifinal.



PHOTOS SUBMITTED

The Matt Dunstone rink including Matt Dunstone, B.J. Neufeld, Colton Lott, Ryan Wiebe and Harnden was victorious at the 2022 DEKALB Superspiel in Morris, winning a cool \$10,000.



PHOTO BY BRETT MITCHELL

Selkirk hosted a Manitoba Junior Curling Tour event last weekend. Altona's Dayna Wahl went 2-1 in the round robin. Dayna Wahl releases a rock while Anna Ginters and Gillian Hildebrand take on sweeping duties.



The Abby Ackland rink of Meghan Walter, Abby Ackland, Sara Oliver and Mackenzie Elias won the women's side and \$10,000 of the Superspiel.

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A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday?

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# The Selkirk Record

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Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. Lakeside Flight Academy 204-642-4799.

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### HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

Wanted: part time, Class 3A driver for short hauls. Excellent remuneration. Must be experienced. Call 204-390-0940.

### HELP WANTED

The Window Factory located in Selkirk requires an installers assist. Must be able to work in heights, on ladders and work outdoors in all forms of weather. Please bring in resume into the office located at 605 Mercy St., Selkirk.

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

### HELP WANTED

Petro Canada Lockport is hiring full-time and p/t gas attendants. Ricky's All Day Grill in Lockport is also hiring part-time servers and kitchen helpers. Seniors are welcome to apply. Please apply within or call 780-919-7165 for all positions.

### MISCELLANEOUS

For sale - Queen double-high air bed, used only 3 nights, \$50 or offers; salon hair dryer with chair, \$50. Phone 204-785-9313.

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Golden Retrievers - puppies and young adults for sale. Call 204-481-1260.

## take a break > GAMES

### SUDOKU

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

Level: Intermediate

### Fun By The Numbers

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

### Here's How It Works:

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

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

Sudoku Answer

S	S	V	S		D	O	E	E	T	V						
I	B	B	V	R		E	E	G	V	G	V	N				
D	E	T	I	V		N	W	V	S	V	B	V				
H	E	B	A	V	S		N	E	W	V	R	E	M	V	C	
N	V	I	N	R	O	F	I	L	V	C						
E	T	V	B	E	T		O	B	N							
S	U	D	S	K	U	D		V	T	T	E	D				
				O	V	D		O	E	T	V	T	B	V		
				T	N	E	B	R	V	P	S	N	V	A	V	T
S	E	H	S	I	T	O										
K	E	S	V		L	V		T	U	N	V	D				
T	I	N	V		N	M	V		O	N	G	E	S			
B	A	V	A		D	A	V		N	V	I	P	A	V		
D	A	B			C	T		F	T		R	D				

Crossword Answer



## CROSSWORD

### CLUES ACROSS

- A people of Eastern Afghanistan
- Supervises interstate commerce
- Touch lightly
- Relating to bees
- Mauna \_\_, Hawaiian volcano
- Mosuo culture religion
- Italian village
- Stiff bristle
- Wealthy enclave in Rio
- Cause to lose courage
- Examines animals
- Ethnic group of Laos and Thailand
- Gets rid of
- Having easily perceived thoughts
- Removed surgically
- Principle underlying the universe
- Popular airline
- Antelopes
- Peacock network
- Utter repeatedly
- One from the Golden State
- Photographers
- Father
- Popular BBQ dish
- Cavalry sword
- Ancient Greek sophist
- Atomic mass unit
- Afflicted in mind or body
- Indian mythological figure
- Mild expression of surprise
- Jewish spiritual leader
- Brew
- Doctor of Education
- Impudence

### CLUES DOWN

- State attorneys

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11				12		13			14				
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62					63						64		

- Imitated
- Latvian capital
- Irish goddess
- Taste
- Dried
- Spanish saloon
- Mother of Perseus
- Evergreen coniferous trees
- Refuse to comply
- Negative
- Hyphen
- A way to record
- Not good
- One who tends the furnace
- Small amount
- Relative biological effectiveness (abbr.)
- The whole quantity
- \_\_ King Cole, musician
- One's opinion
- Holds ashes
- Stablecoin cryptocurrency
- Side-blotched lizards genus
- Legislator (abbr.)
- Concentrated bombardment
- Took for oneself
- Nigerian City
- Thousands of pounds
- Inspired
- Secret clique
- Expression
- Dough made from corn flour
- Comedian Carvey
- Swiss river
- Prejudice
- Actor Idris
- Resistance fighters
- Criticize



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*Selkirk Record*

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



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Fax resume to **1-204-268-4605** or email to **pble@mts.net**



**VILLAGE OF DUNNOTTAR - Municipal Clerk Position**

The Village of Dunnottar invites written application for the position of Municipal Clerk. The municipal office is located in the southeast Interlake, on the shores of Lake Winnipeg. Under the direction of the CAO, the Municipal Clerk is responsible for secretarial support for the Municipal Office.

The successful candidate will possess the following:

- Computer experience with Microsoft Office, the Internet and website maintenance. Experience working with All Net Municipal Solutions considered an asset.
- General Accounting knowledge
- The ability to communicate effectively with the public, employees and external stakeholders.
- Graduate of or enrollment in the Manitoba Certificate program for Municipal Administration.
- Salary range is dependent upon qualifications and experience. An attractive benefit package is also provided.

Applications should be marked "Application for Municipal Clerk" on the outside and should contain a full resume with three references. Applications to be forwarded to the undersigned no later than 4:00 p.m. on December 9, 2022.

Sarah Palson - Administrator  
Village of Dunnottar  
P.O. Box 321  
Matlock, Manitoba  
R0C 2B0  
Phone: 389-4962 Fax: 389-4966 E-mail: [info@dunnottar.ca](mailto:info@dunnottar.ca)

*We thank all applicants in advance, however, only those considered for interviews will be contacted.*



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[www.mcna.com](http://www.mcna.com)

**UPCOMING EVENTS**

Old Fashioned Christmas at Old St. Andrews on the Red Anglican Church on December 10th from 1 to 4 p.m. Craft and Bake sale, musical entertainment, refreshments, rainbow auction, Father Christmas and Children's crafts. #3 St. Andrews Road. All welcome. Silver collection.

St. Clements Tea & Bake Sale. Saturday, Dec 10, 11:00 a.m. - 2:30 p.m. at St. Clements Anglican Church Hall, 1178 River Road, St. Andrews. Silent auction and 50/50.

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Please call 204 886-2760 or email [farview@mymts.net](mailto:farview@mymts.net) for more information.

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[info@eddiesgravel.com](mailto:info@eddiesgravel.com)  
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**ADVERTISE YOUR ITEMS FOR SALE IN THE RECORD**

**McSherry Auctions**

12 Patterson Dr., Stonewall, MB

**Online Timed Auctions @ iCollector.com**

**Estate & Moving**  
Closes Wed Dec 14 @ 7:00PM

**Last Sale for 2022!**

*Thank You for Your Patronage! We Wish You All The Happiest Winter Season & Festivities From The Merry McSherry Crew Smiling Your Way!*

**Estate & Moving**  
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102086 Hwy #9, Wpg Beach, MB



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**ANNOUNCEMENT**

**BIRTHDAY**



**Deanna Henderson**  
Happy Birthday to the best "Teacher Extraordinaire" and Director of the Adult Learning Program who turns 50 in 364-ish days!  
-Best wishes from all your students

**ANNOUNCEMENT**

**BIRTHDAY IN HEAVEN**



**Todd Dmyterko**  
December 8, 1968 - November 12, 2020  
Those we love don't go away, They walk beside us every day. Unseen, unheard, but always near, So loved, so missed, so very dear.  
-Lovingly remembered by Mom, Dad, Dwayne, Darrin, Alan and son Derek and families

**ANNOUNCEMENT**

**IN MEMORIAM**



**Alma Dalman (a/k Carter)**  
December 6, 1925 - September 6, 2021  
Remembering you fondly during the holidays and so #grateful that we had you with us as long as we did. Your #actsofkindness, and contagious smile and chuckles are etched forever in our hearts. Wishing you a #heavenlybirthday MOM, we miss you!  
-Love Bruce and Bonnie XOXO

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- NOTICES
- BIRTHS
- OBITUARIES
- IN MEMORIAM
- THANK YOUS
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Don't forget to send your special wishes to your friends and family.

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**Reporter/Photographer Wanted**

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

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

**Qualifications:**

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

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

Lana Meier  
Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)



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**ANNOUNCEMENT**

**IN MEMORIAM**

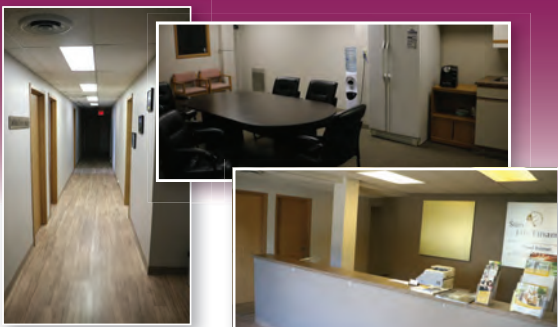


**Mike Chanas**  
November 13, 1939 - October 2, 2019  
**Sharon Chanas**  
April 17, 1943 - December 15, 2021  
They lived together in happiness. Now they rest together in peace.  
-Missed always and lovingly remembered by Van, Shannon, Tanya, Ken and Bryce

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Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.

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*The Selkirk Record*

# Announcements

## OBITUARY



**Christopher Stiling**  
April 17th, 1948- November 20th, 2022

It is with the heaviest hearts we announce the passing of Christopher John Stiling after a long and hard battle with cancer. He was 74 years young. A beloved son, brother, husband, father, grandfather, and friend. Christopher was born to Nancy and Harold Stiling in Ottery St. Mary's England on April 17th, 1948. He was the youngest of three boys.

He will be forever remembered by his beloved wife Sheila of 48 years; his children Sarah (Rob), Edward (Sarah), Robert (Lauren); his brothers Tim and Anthony and his six grandchildren: Emma, Chelsea, Harry, Jenna, Heidi, and Thatcher.

He was predeceased by his father Harold and his mother Nancy. Christopher lived his life filled with a sense of adventure. In 1977 his wife Sheila brought him over to Canada to visit family and he

fell in love with this country. So, in 1980 he and his family immigrated to Northern Manitoba in hopes of starting a new and better life. Before he immigrated to Canada, he was a heavy-duty mechanic in England, and he started his first business with his best friend Alan fixing trucks. He was very hardworking and dedicated to his work. Throughout the years he worked for River Rouge, servicing the buses and being a tour guide. For the Paddle Wheel and River Rouge, he was responsible for purchasing and bringing over double decker buses to Manitoba. He also worked for the government for Manitoba highways for 27 years in the marine division servicing the ferries. As working for the government was not enough, he started up the family business Stylings RVs rentals in 1986 with his wife Sheila. Once he retired from his government job, he decided to live out his lifelong dream of opening Stylings RV Rentals and Repairs in 2008 with his two sons Edward and Robert.

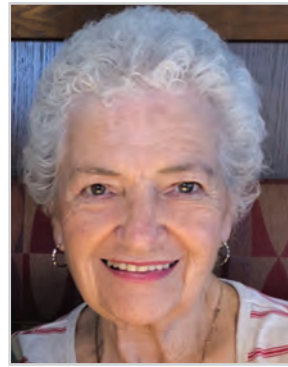
Christopher loved to travel. He and his wife Sheila travelled around the world. From places in Europe to South America to North America. They went on many cruises together throughout the years and the Alaska cruise was one of his favourites. In the summer months he enjoyed sailing on his boat, puttering around in the garden and cruising the streets in his beloved Jaguar with the top down. In the fall Christopher enjoyed going deer hunting each year with his friend Terry. In the winter months he enjoyed going down to Arizona in the RV living his best life and travelling down to Mexico to enjoy the sun, fishing, and golfing with his friends.

His family was his pride and joy. He opened his home to many international students throughout the years. Christopher loved spending time with his family and his grandchildren were the light of his life. He was the type of person everyone would turn to for help or advice. He always made sure that you knew you were loved, or he was proud of you whether that was a hug or being poked in the side. He always had many stories to share and life lessons to teach.

He will be forever missed and loved.

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

## OBITUARY



**Elizabeth Marion Nuttall**

It is with great sadness that the family of Elizabeth Marion Nuttall announces her passing on Friday, November 25th, 2022 at the Selkirk Regional Health Centre in Selkirk, MB.

Elizabeth was born on February 17th, 1937 in Fort Frances, Ontario to Leonard Francis and Sarah Eileen Williams. As a young woman, she moved to Minneapolis with her first spouse Gary, where she enjoyed working as an Executive Assistant with an architecture firm. Her next stop was Winnipeg, where she lovingly raised her four children, Greg, Mark, Dale and Laurie. She also obtained a Fine Arts Degree from the University of Manitoba and enjoyed painting and pottery, artistic skills she occasionally put to professional use doing freelance design. Discovering her entrepreneurial spirit, she moved to Winnipeg Beach, becoming the sole owner and proprietor of the Lone Oak Motel, which she successfully operated for many years, making lifelong friends in the process. After supposedly "retiring", Liz was not someone to sit still long, and continued to work into her 80s! She most recently enjoyed working as a personal support worker, providing special care to her clients, many of whom faced great challenges.

Elizabeth loved the water and swimming, as well as cross country skiing, playing the organ, baking, gardening, crossword puzzles, games, reading, poetry, and spending time with family. She was so proud of all her grandchildren. Her homemade cookies and jams were eagerly awaited. A lifelong learner, she remained open to new experiences, to trying a new activity or sport, and was keenly engaged with current events and political and financial news her whole life.

Elizabeth was united in marriage to her beloved spouse, and fellow entrepreneur, Brian Matthew Armstrong on February 11th, 2005. They enjoyed living in the country at the Sundown Ranch with their horses, going on trail rides, playing games with friends, sampling each other's delicious cooking, gathering with family, and dancing, including square dances and their favourite, the "Midnight Waltz". They liked to travel to Arizona in the winter, but mainly spent their time in the beautiful Interlake area. Most recently they had returned to Winnipeg Beach where they enjoyed relaxing in their cozy home together in front of the fire.

Elizabeth will be greatly missed by her beloved husband Brian; her children Greg (Heather), Mark, Laurie (Donald); her brother Richard Williams (Peggy); sisters-in-law Antonia Williams and Lenore Williams; daughter-in-law Sylvia; four stepdaughters, their spouses and family. Grandchildren Ace, Max, Blake, Jack, Aria and numerous step grandchildren, and great-grandchildren.

She was predeceased by her son Dale, her parents Leonard Francis and Sarah Eileen Williams, stepdaughter Jean Armstrong, and brothers Herbert and John Williams.

Interment will take place at a later date at Fort Frances Cemetery in Fort Frances, ON.

If friends so desire in memoriam donations may be made to the Cancer Society and MS Society or a charity of your choice.

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

Arrangements entrusted to

*Interlake Cremation & Memorial Services*  
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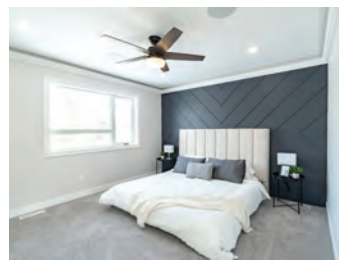


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### BRAND NEW SHOW HOME! 801 VAUGHAN AVE, SELKIRK \$499,900

SHOW HOME OPEN!  
**Saturday, Dec 10th & Sunday, Dec 11th from 1 - 4 pm.**  
Stunning brand new 2 story home located in new subdivision with Skylark Homes! Tons of lots & plans to choose from to build your dream home! Enter into the large, bright foyer with closet & space for the whole family to unload. Gorgeous open concept main floor layout. Beautiful kitchen w/quartz countertops, 2 toned kitchen cabinets & brand new appliances, dining space w/sliding glass doors leading to future deck/BBQ space, living room with accent wall, built-in shelving & electric fireplace. Large bedroom & 4pc bath complete the main floor, perfect for guests! Upstairs is a fantastic loft area for spending quality time as a family, laundry room, primary bedroom w/functional walk-in closet & 3pc ensuite featuring incredible glass tile shower. 2 more great sized bedrooms & 4pc bath. Full, unspoiled bsmt w/rough-in for bath & ready for your ideas. 2AT Grg, 9' ceilings thru-out main floor & bsmt, HRV, surround sound, bluetooth audio package, too many features to list!



#### How's the Market? Month of November

ST ANDREWS	SELKIRK	ST CLEMENTS
NEW: 12	NEW: 12	NEW: 11
SOLD: 7	SOLD: 8	SOLD: 9
AVG SALE: \$457,414	AVG SALE: \$326,438	AVG SALE: \$324,333
MAX SALE: \$775,000	MAX SALE: \$520,000	MAX SALE: \$785,000

HH TEAM **SHOW HOME!**  
NEW!  
\$499,900  
801 Vaughan Ave Selkirk

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

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

HH TEAM **5 BEDS 4 BATHS!**  
\$599,900  
2 Creekside Blvd Selkirk

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

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

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

HH TEAM **INVESTMENT OPPORTUNITY!**  
\$199,900  
1361 William Ave W Winnipeg, MB

HH TEAM **1,216 SQ FT!**  
\$239,000  
215 Donohoe Cres Petersfield

HH TEAM **2 BEDS 1 BATH!**  
\$150,000  
221 Britannia Ave Selkirk

HH TEAM **YEAR ROUND COTTAGE!**  
\$229,900  
28 Wright Street Gull Lake

HH TEAM **3 SEASON COTTAGE!**  
\$189,900  
26 Hideaway Cres Patricia Beach

HH TEAM **32.64 ACRES!**  
\$279,900  
26080 PTH 44 SSR HWY St Clements

HH TEAM **TREED LOT!**  
\$19,900  
0 Sandstone Cres Valhalla Beach



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ASHLEY **CREEK FRONT!**  
\$85,000  
Kimberly Rd East Selkirk

ASHLEY **REVENUE PROPERTY!**  
\$150,000  
331 Redwood Ave Winnipeg

ASHLEY **OVER 2600 SQ FT!**  
\$80,000  
Building to be moved, Lorette, MB

ASHLEY **4 ACRES VACANT LAND!**  
\$190,000  
338 Wesley Drive East Selkirk

ASHLEY **DUPLEX!**  
\$220,000  
132 Lorne Avenue Winnipeg

ASHLEY **REVENUE PROPERTY!**  
\$160,000  
667 Boyd Ave Winnipeg

ASHLEY **SOLD!**  
\$149,000  
31091 Rd 87N St. Clements