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TRIBUNE PHOTO BY JO-ANNE PROCTER

Hundreds of families took in the Town of Stonewall's excellent display of fireworks on New Year's Eve. As the temperature hovered around -12 degrees C with the windchill, Jimm's Hill was busy with tobogganers as fireworks lit up the sky. Pictured left to right: Jennifer Sonnenberg, Lexi Murphy, Sloan Murphy and Tom Frost.

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# The long road to recovery

By Jennifer McFee

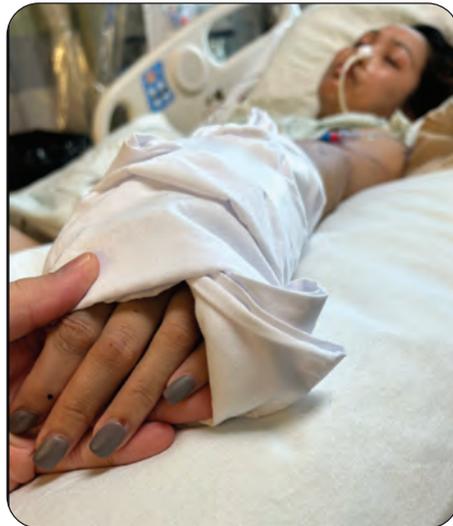
It's a long road to recovery for a health-care worker who was involved in a serious collision, but she's taking the journey one step at a time.

On Oct. 1 at 10 p.m., Jenny Belmes was driving north along Highway 7 on her way from Winnipeg to the Arborg personal care home, where she was working as a travelling health-care aide through an agency. Her dream was to study to become a registered nurse.

Near Komarno, she was involved in a two-vehicle collision, and Stonewall RCMP and Teulon-Rockwood fire department responded. The driver of a southbound SUV drifted across the centre line and collided with her vehicle head-on. The man driving the southbound SUV was pronounced dead at the scene.

The RCMP completed their investigation and determined the southbound SUV driver, who was from St. Laurent, was at fault. The collision analyst determined that high speed was the main factor and that the southbound SUV had been travelling at about 160 kilometres per hour when the collision occurred.

STARS air ambulance airlifted Belmes to Health Sciences Centre, where she underwent emergency



Jenny Belmes was seriously injured in a head-on collision near Komarno.

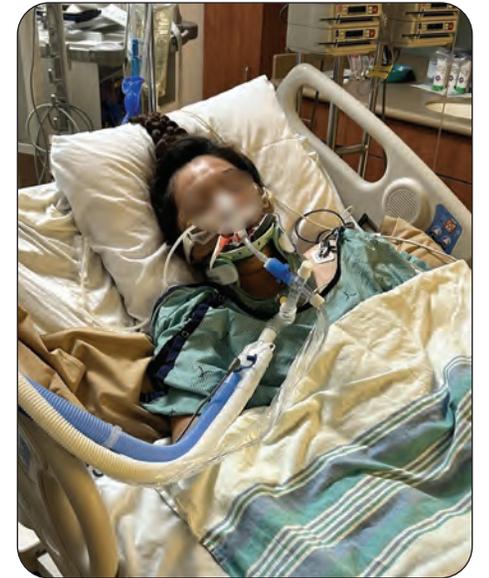
surgery to her brain, abdominals and bowels. She also had a fractured arm, ribs and pelvis, plus damage to her eyes, legs and chest.

Originally from the Philippines, 40-year-old Belmes has no family in Canada except her common-law partner Steven Duong. They've lived together for 11 years in Winnipeg, and he has stood by her day after day to show his support.

Initially, it took several days for Jen-



Steven Duong has been by her side since the Oct. 1 collision.



PHOTOS SUBMITTED  
STARS airlifted Belmes to HSC.



Tofu the cat is serving as a therapeutic pet for Jenny Belmes at Riverview.

Continued on page 4

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> **RECOVERY, FROM PG. 3**

ny to regain consciousness, and then she spent the next month and a half undergoing treatment and therapy at HSC. She remained under close watch

by teams of experts who specialize in traumatic brain injury, occupational therapy, ophthalmology, and speech and language pathology.

On Nov. 16, Jenny moved to River-

view Health Centre where she was accepted in a rehabilitation program that focuses on three main areas: physiotherapy, occupational therapy, and speech and language pathology.

Little by little, Belmes is working to regain her memory and her physical abilities.

"At this very moment, she is learning how to walk again without assistance," Duong said, "and they take her for short walks over the floor at the rehab centre."

Rehabilitation efforts also focus on her right hand and arm. She's not able

to make a fist, straighten her right arm or raise her hand past her shoulder.

"Watching her have to move her right arm with her left to do simple tasks is quite heartbreaking," Duong said.

Due to injury, Belmes is also unable to open her right eyelid or control the eye's movement; however, she can see clearly through the eye itself.

At the same time, Belmes is working hard to recover her memories. She generally recognizes Duong, ex-

Continued on page 7

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# Adult Education Open House coming to Gaynor Family Regional Library

By Katelyn Boulanger

From personal to professional learning, almost everything you could want to know about is covered at the Adult Education Open House, which will take place at Gaynor Family Regional Library on Jan. 24.

The Adult Education Open House is an annual event in Selkirk where many local organizations that provide learning opportunities for people over 18 get together to help people find the right fit for them.

Deanna Henderson, director of the Adult Learning Program at the Lord Selkirk Education Centre, says that this is about creating awareness in our community about the available opportunities.

"[It's] an opportunity for community members to have a one-stop shop kind of experience. I know there are lots of adult services in Selkirk. The issue sometimes is people aren't aware of what's available in Selkirk; sometimes they just assume they need to go to Winnipeg for those things," she said.

Henderson says this event is for any adult in our community who wants to continue their educational journey.

"Whether that's finishing high

school, working on their literacy skills, they're looking to get a job or they're looking to go into post-secondary, there's a variety of services there. Each of [the organizations] that's going to be there at the fair is unique in their services, but there are a lot of overlapping services, so sometimes it's difficult to know for community members which one is appropriate. If we're all in one place, then we can talk to the adults and then quickly refer them to the group that is probably the ideal one for them to chat with," said Henderson.

There will be six groups that cover a vast array of educational opportunities.

The Lord Selkirk Education Centre offers learners 19 years of age or older the opportunity to complete their Grade 12 mature student diploma, improve their employability skills or upgrade credits for entrance into post-secondary educational institutions.

The Selkirk Adult Learning Program provides tailored learning support for people who wish to engage in further study or training, who need support

Continued on page 9



PHOTO BY BRETT MITCHELL

An Adult Education Open House event will be held in Selkirk on Jan. 24 and is open to all Interlake residents.

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# Strangers become travel companions for Christmas

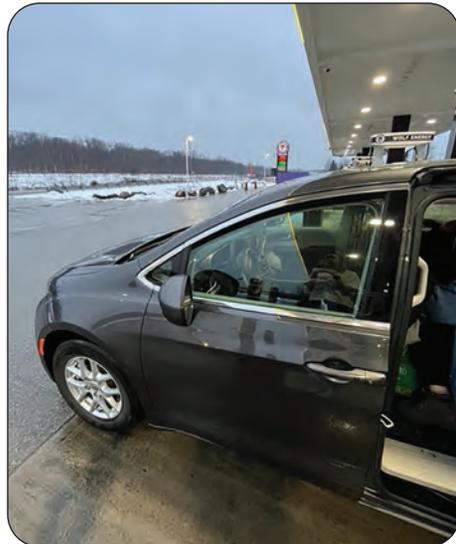
By Raegan Hedley

Ruby Ferguson was coming home to Stonewall for Christmas and flying alone for the first time. Unfortunately, the weather had other plans for her flight.

"It was pretty scary. Nobody knew what was happening," says Ferguson.

Kiandra Doerksen was on the same flight as Ferguson from Vancouver to Winnipeg on Dec. 22. Doerksen moved away two and a half years ago and was flying back to Winnipeg for the holidays. She says she likes to open the maps app on her phone while the plane is still on the ground so she can track her location because many of the budget airlines don't have a way to track how far into the flight you are.

"Right before we were going to hit the ground, the plane shot straight back up into the air. I thought it was weird," says Doerksen.



The seven strangers pooled their resources and rented a van to make it home for Christmas.

Doerksen says she watched the plane circle around to Oak Bluff and then try to descend again, but the



PHOTOS SUBMITTED

Seven strangers, including Ruby Ferguson (third from left) and Kiandra Doerksen (second from right), arrived at Deacon's Corner on Dec. 24 after driving all the way from Toronto.

same thing happened. Eventually, the map revealed that they were flying over Kenora.

The flight crew finally came on the loudspeaker, explaining that the flight was rerouting to Toronto due to the fog in Winnipeg. They said there would be gate agents waiting, but no one was there when they deplaned.

"Other airlines were going to Winnipeg, but Lynx wasn't going that day so people were getting really mad about that," says Ferguson.

After waiting at the airport for a few hours, Lynx rebooked them on a flight from Toronto to Winnipeg the follow-

Continued on page 9

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**> RECOVERY, FROM PG. 4**

cept for one day about two weeks ago when she was sure his name was Henry rather than Steven.

"In general, after a traumatic brain injury, the brain returns back to its most early childlike state. That's why when she first spoke on Day 13, she exclusively spoke in Tagalog, the Philippines' dialect," Duong said.

"Three weeks ago, she didn't know she was in Winnipeg and thought she was still in Taiwan (she was there in 2010 working)."

Some days are better than others for both Belmes and Duong, who sometimes struggles with exhaustion, frustration and despair at the situation.

"There are still times she can't even remember yesterday. You stretch yourself so thin for your loved one

and you try to do everything you can for them and the next day they don't remember it. It really tests the strength of your own character — do you really love someone so much that you will sacrifice your body, mind, spirit for them, even if they don't even know it?" he said.

"It seems like a movie sometimes, but it's reality. I sit beside her in the evening until she falls asleep. I listen to her cry. I try to advocate for her with the nurses. And she doesn't remember. That's really hard and it was a snowball effect of me burning out."

To help him deal with the overwhelming situation, Duong has been blogging about the entire experience through a GoFundMe page entitled "Help Jenny Belmes Recovery From Tragic Accident," which also aims to

raise funds to help with any expenses that aren't covered.

"Every single dollar raised goes 100 per cent to Jenny and Jenny alone. We do not know if she is able to live a normal life again or if she is able to continue pursuing her dream of becoming a registered nurse," said Duong, who is currently on a leave from work and is receiving family caregiving benefits.

"It is unknown what future or permanent complications she will have as of now. All funds raised will greatly help her in all unforeseen circumstances."

On the upside, they recently received permission for their tabby cat Tofu to visit Belmes in Riverview as a therapeutic pet.

"Tofu the cat has been with us since he was a kitten and is now seven years old. The relationship between human and pets is something that can transcend a lot of variables, so him being granted permission is monumental. According to Riverview staff, there are lots of dogs that come in but very few cats," Duong said.

"In terms of visiting, he can only be there under my supervision. He definitely is an extremely valuable source for her happiness, along with helping her memory — especially in the evening when she's done her activities. She is in a lot of indescribable pain every evening as her body tries to repair itself, so having him there likely provides some distraction from it too."

Looking ahead, they don't know yet when Belmes will be able to return

home, although Duong estimates it could possibly be at the end of January — and he expects she'll likely require long-term help and care.

"All her friends in the health-care industry probably have a better understanding of what I'm about to go through as they've all likely seen it in their work, and some have mentioned that to me," Duong said. "The hardest parts of this are still ahead."

For those interested in following the recovery journey of Jenny Belmes and learning of the support from local and global communities, they can check out Duong's website called Jenny's Journal at [www.jennysrecovery.ca](http://www.jennysrecovery.ca). The reach has been worldwide, with more than 10,000 people reading Duong's heartfelt words and reflections.

"I started the website as a way to cope with it and keep my sanity. I'm learning my own strength of character. It's been tough," he said.

"I've definitely cried more this month than I have in my entire life. It's been brutal, but once we're able to overcome it, Jenny and I will become much stronger people."

# GIFF donates to EBN



PHOTO SUBMITTED

On Dec. 21, Gimli International Film Festival board member Syndi Prokopich and operations manager Gary Thompson presented a cheque for \$545 to Evergreen Basic Needs volunteer Karen Bowman, on the left, for the EBN Christmas hampers.

**THANK YOU**

The Stonewall & District Christmas Cheer Board would like to thank all those who contributed in any way to the 2023 Christmas season.  
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# MP Bezan anticipates a busy year ahead in 2024

By Jennifer McFee

It's been an eventful year for Selkirk-Interlake-Eastman MP James Bezan, and he anticipates that 2024 will be another busy year ahead.

He's been working hard in Ottawa while keeping the needs of his local constituents in mind.

"We're dealing with the issues that Canadians care about, such as the cost of living. We're trying to get costs down, interest rates down and get inflation under control, and we're making positive suggestions to the government," Bezan said.

"Everything from inflation to carbon taxes to higher mortgage rates impacts everyone in our riding. I think

those are the biggest factors facing our riding. I hear it all the time when I'm at events and when I'm meeting with constituents."

Another key focus is the state of the local lakes.

"We continue to have challenges on the quality of Lake Winnipeg in particular and Lake Manitoba as well. There were issues this summer again with massive algae blooms and not seeing the right measures being taken by all levels of government to get on top of it," Bezan said.

"I think that continues to be one of the greatest challenges that I face and that all levels of government are needing to seriously address."

Bezan also reflected on the state of agriculture in the region in 2023.

"In the agriculture sector this year, the weather was spotty, but overall it was a better-than-expected year knowing that we had less rainfall than we would've liked," he said.

"We didn't have a lot of regions in our riding complaining about drought or overland flooding or lack

of feed for livestock — and commodity prices are decent."

From a national and international standpoint, Bezan faces many top-of-mind issues through his national portfolio on defence.

"The war in Israel and Gaza and the war in Ukraine continue to occupy a lot of my time, as well as addressing the challenges that we have in our own national security and defence of our country and continent," he said.

"It's been frustrating in making sure that we have the military equipment as well as the defence production apparatuses to procure and produce things like artillery shells, more am-

munition, more weapons that can be used both by the Canadian Armed Forces and our allies in Ukraine."

At the same time, Bezan will be keeping close watch on the next U.S. presidential election.

"We are America watchers as a nation. It is something that will keep many of us up at night because of the state of foreign relations in the world. The Canada-U.S. relation is paramount to our own well-being," he said.

"So we will be interested in that outcome and how Canada fits in from a trade perspective, from a national security perspective, from having a reliable ally in the president and congress. They're all up for grabs again this year, and I will be spending time in Washington to maintain strong relations with my counterparts in the senate and in the house of representatives."

Although his federal national defence portfolio occupies much of Bezan's time, he stresses that his first priority is always to represent the people of Selkirk-Interlake-Eastman.



Selkirk-Interlake-Eastman MP  
James Bezan

"I want to move our issues forward and to provide service for our constituents, particularly for those that are dealing with issues with the federal government," he said.

"We're always there to provide that support — and it's the most tangible work that we do because we can actually see the result of it, while policy development and debate on bills often take years to come to fruition. It is very rewarding to provide that grassroots support in the riding."

Looking ahead in 2024, Bezan plans to bring attention to local issues at a national level. At the same time, he's preparing for the possibility of a federal election in 2024, although the next fixed election date is not until 2025.

"I'll continue to advocate for more infrastructure dollars to keep our communities growing and to support a healthy population. We'll also be proving our competitiveness and productivity as a nation so that we are able to sell our goods and our services around the world," he said.

"As well, I'm also going to continue to ask for everyone's support as their representative in Ottawa."

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

**TROUBLE WITH PAPER DELIVERY?**

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

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## > STRANGERS, FROM PG. 6

ing morning and provided hotel and food vouchers. When Ferguson and Doerksen returned the following morning on Dec. 23, the flight got delayed by two hours. Shortly after, it was cancelled.

Lynx offered them a flight on Dec. 25 that would arrive in Winnipeg around 8 p.m. The other option was to get a flight voucher or refund, but that meant everyone had to get back to their destinations themselves.

According to Ferguson and Doerksen, angry passengers surrounded the Lynx counter.

"I've seen videos on Instagram or Facebook of situations like this, but I've never seen it in person. Eventually, some managers and people in uniform showed up. But it's kind of hard because it's all weather-related," says Doerksen.

"I was crying because I was really overwhelmed after the last few days of travel," says Ferguson.

Doerksen approached Ferguson, told her she wasn't alone in how she felt, and invited her to join in on the plan she had started to put together with a few other people of getting a rental car and driving back to Winnipeg.

Once a few other passengers realized how much it would cost to fly with another airline back to Winnipeg (around \$1,000), they also joined. The group steadily grew until seven people were committed to doing the 21-hour drive.

The group pooled their food vouchers to stock up on food and drinks for the drive and went to rent a van that would seat seven. Once they arrived at Hertz, they found out there was nothing available. As they were trying to fig-

ure out what to do, the person at the desk double-checked, and someone had returned a van.

"It wasn't even clean, but we said we'd take it. It was super lucky," says Doerksen.

"It's funny being in a tight vehicle with a bunch of people you don't know because what do you even talk about? But there's also so much to talk about."

Ferguson said most of them moved from Manitoba to Vancouver and were all bonding over things like how you can't get honey dill anywhere other than Manitoba and talking about socials. She said they were also playing travel games together. They only stopped a few times for gas because they only had the rental car for 24 hours.

"We were all on a mission to get home for Christmas," says Ferguson. "My mom was calling Lynx, trying to help me get home. ... She was crying when I finally saw her. It was a really sweet moment."

They arrived in Winnipeg on Dec. 24 ahead of schedule. Doerksen says she checked the Dec. 25 flight they would've been rebooked on and it never took off, so they would've been stuck even longer if it hadn't been for driving. In the end, the total cost for the gas and van rental was \$120 per person.

Situations like this aren't uncommon. In 2022, heavy snowfall led to unprecedented flight cancellations across Canada, stranding passengers from coast to coast.

After everything Doerksen and Ferguson have gone through, they added each other on Instagram as a way to stay in touch.

## > OPEN HOUSE, FROM PG. 5

with literacy, numeracy, computer basics and newcomers learning English as a second language.

Workplace Education Manitoba aims to help employers and employees upgrade to create an efficient, effective and adaptable skilled workforce. They do this by providing essential skills education in reading, writing, numeracy, digital skills, problem-solving, communication, creativity and innovation, collaboration and adaptability.

Selkirk Employment Services offers individualized and group-based employment assistance to unemployed or underemployed individuals. Their services provide clients the necessary support to enter or re-enter the labour market into sustainable employment.

LSSD Continuing Education provides a variety of personal interest, safety, health and wellness, arts and crafts, fitness and computer literacy programs. With a tremendous number of learning opportunities in various topics, just about anyone can find something they are interested in.

Aim for Work offers a full range of vocational rehabilitation services for persons with physical disabilities or chronic illnesses.

One of the big advantages of these organizations is that they provide services locally, meaning they are available to people who may have to work around busy schedules.

"A lot of our learners and most adults need to be working at some point. So, if they can access these services locally, they're not having to take time off work to go into Winnipeg or [dealing with] the costs of transportation increasing," said Henderson.

She says the groups keep coming together every year to provide this opportunity because many people in our community still don't know about the great opportunities that we have in adult education.

"For my situation, for example, we've been in this building for almost 10 years plus and Adult Ed. has been running for 20 additional years in other locations in Selkirk. But there are still people out there and new people to the community who aren't aware that we're even here. So just getting

the word out, even if it's not to [the community member direct], maybe they know someone that could use their services," said Henderson.

This opportunity is unique because it creates a one-stop-shop type environment for people. Henderson says people don't need to know exactly what they are looking for, just that they want to do something different, and the organizations there can help them figure out the rest.

"It's a good place to come and just talk and see what's available in Selkirk. It could be people just seeing what's out there and then other people specifically know they need a course or they know what program they want to get into but they just want to talk to someone about it before they actually apply," she said.

She encourages residents to stop by on Jan. 24 from 12:30 until 2 p.m.

"Just stop by, and even if they have no idea what they're looking for, it's a welcoming, safe place. We have snacks, and there'll be a door prize," said Henderson.

# worship

with us > FAITH

## Arise and Shine

*Arise, shine; for your light has come, and the glory of the Lord has risen upon you. (Isaiah 60:1)*

January 6th is Epiphany, a day that celebrates the revelation of Jesus to those who might not have been expected to meet him or receive him. The Magi from afar, present their gifts of gold, frankincense and myrrh and then return home by another road. They had followed a star all the way to the manger in Bethlehem. It's a season of the church year when we celebrate the light that came in the infant Jesus.

Just in time for this season to begin, the days in our part of the world are getting longer. On the prairies we are stargazers. In winter, our big night sky affords us wonders like the northern lights, meteor showers and recently, the cold moon. We are not strangers to watching for the light.

Only a few days ago, we made new year's resolutions. Some might have been frivolous and wishful thinking, but for people of faith each new year brings a new beginning to our discipleship. Our empty calendars leave room for the ministries of caring for the earth, seeking justice, loving our neighbours, and praying and working for peace.

This is the perfect week for us to recommit to the calling to be lights who reflect the miracle of God's presence on earth through the way we choose to live and spend our days.

Though the world around us is experiencing war, famine, earthquakes and economic uncertainty, the unlikely revelation of God through a baby in a manger, reminds us to be open to the wisdom this season brings. Isaiah's words echo in our ears as we are invited to arise and shine in the world.

Each one of us has gifts of light to offer which together will become a light too bright to ignore. *(We) cannot do all the good that the world needs, but the world needs all the good that (we) can do. (Jana Stanfield)*

Rev. Mona Denton  
Stony Mountain & Lilyfield  
United Churches  
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 **ROYAL CANADIAN LEGION**  
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Pot is over \$8,000  
Thursday 4-10 Crib 7pm start  
Friday 4-close Meat Draw at 6:30  
Saturday 2-close Darts 7:00  
General meeting January 9 8pm all are welcome to attend  
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# ESMS assembly culmination of school-wide ReconciliACTION project

## School comes together to achieve huge learning goals

By Katelyn Boulanger

In the final week of December, the students at East Selkirk Middle School (ESMS) took action towards reconciliation. The school put the finishing touches on their ReconciliACTION project, a school-wide endeavour that fostered learning and reflection.

Teacher Rita Procyshyn, who teaches art and social studies at ESMS, welcomed students, staff and visitors to the event. She was followed by human ecology teacher Sheila Stark, who explained how the project got started.

“Project ReconciliACTION 2023 began in September of this year in preparation for Orange Shirt Week. Our Mamàhtawisiwin Committee want-

ed to create a project that would be meaningful to our staff and students about why we wear orange shirts,” said Stark.

She continued, “We chose to celebrate our project on the winter solstice as this is an important day for Indigenous people across Turtle Island. On this day, the sun is at its lowest point in the sky, travelling across the skyworld above us in the shortest time, resulting in the shortest day and the longest night of the year. Some nations hold special ceremonies at this time, while others have simpler ways of observing these moments. We are here to celebrate our growth, resilience and strength that have come from creating this project.”

The project was titled “16 Questions for ReconciliACTION” and, as the name suggests, the various home-room classes in the school answered their findings at an assembly on Dec. 21.

Each class also created a unique puzzle piece that reflected on what they learned, and the whole puzzle was assembled in recognition of the event.

The questions and tasks that the students reflected on varied in difficulty depending on their grade, and all deepened their cultural understanding of Indigenous culture and history.

They were:

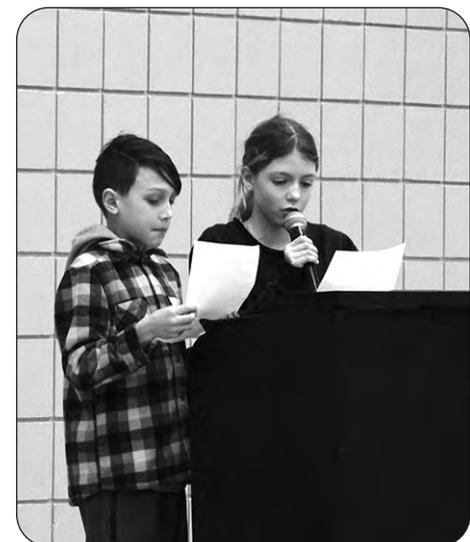
- Share how to count to 10 in Cree.
- What are the Seven Grandfather Teachings?
- What does Mamàhtawisiwin mean?
- What is the Truth and Reconciliation Commission (TRC)?
- What is the significance of Orange Shirt Day?
- What is the Circle of Courage?
- What are some traditional Indigenous medicines that can be found in Manitoba?
- What was the Sixties Scoop?
- What were the living conditions like in a typical residential school?
- Show on a map of Canada where all the residential schools were located.
- How many Indigenous languages were lost since residential schools began?
- Interpret and share your under-

Continued on page 23



PHOTOS BY KATELYN BOULANGER

Students made presentations about reconciliation as well as the history and culture of the Indigenous people of Canada at an assembly at ESMS.



**Community Support Service**

**AA Meetings in Ashern**  
Open Meeting  
Time: 6-7pm Fridays  
Starting Friday March 3rd.  
Location: #11 2nd Ave North  
-Pioneer Manor  
(beside the main door entrance of Pioneer Manor)  
Contact AAMBCO@mts.net

---

**AA Eriksdale**  
Eriksdale United Church building  
#7 Main Street, Eriksdale (side door)  
Meetings are Mondays  
at 6:30 p.m.

---

**AA Winnipeg Beach**  
Lady of the Lake RC Church  
Corner of Hwy. 9 and Lake Ave.,  
Winnipeg Beach  
Meetings are Saturdays  
between 7 and 8 p.m.  
Contact Ann J 204-389-3417

---

**Gimli Group AA**  
Bldg 18 Municipal Rd  
Industrial Park  
Fri & Sun Mtgs at 7:30 pm

---

**Al-Anon  
Gimli and Winnipeg Beach**  
Join us at 17B Loni Beach Road, next to New Horizon building... Gimli at 7:00 pm Wednesday evenings for an hour of support, strength, guidance and Hope. Contact 204-389-4777.  
All ages welcome.

---

**AA Riverton Group**  
12 Main St. at the Riverton Senior Centre  
Mondays 7:30 p.m.

# IERHA moving the dial forward: year-end review shows health-care improvements

By Patricia Barrett

Over the course of 2023, the Interlake-Eastern Regional Health Authority saw a number of improvements in many areas of health care, including reduced waiting times for some procedures.

IERHA chief executive officer Marion Ellis provided some of the highlights from 2023, including the establishment of a pain clinic with anesthesiologists at the Selkirk Regional Health Centre, an increase in surgical capacity and diagnostic services to help reduce wait times, the expansion of licensed practical nurses and the training and recruitment of health-care aides.

"We have increased our urology surgery at Selkirk Regional Health Centre and we're on track to do 600 surgeries a year. That's where we're focusing right now to reduce the waiting list," said Ellis. "We've also had some success in expanding our endoscopy services at Beausejour and also at Selkirk. We're running those five days a week in Selkirk. It's a way to explore, take some samples and detect some possible cancers or other issues early. That's important for patients."

The health authority brought in new doctors in 2023 to serve in centres across the region, but the reality is there isn't a "glut of doctors" out there, she said.

"It has been challenging and people are saying they would love more doctors. However, we've brought in 12 doctors in the last year to different areas," said Ellis. "And we're anticipating a number of new doctors in the new year."

Those areas include Ashern, Selkirk (a surgeon, a family medicine doctor and a hospitalist), Pine Falls (two doctors for ER service), Beausejour and Stonewall. Although there are three doctors in Arborg, the region would need to have six — the model used for ER staffing — in order to keep the Arborg & District Health Centre's ER functioning. Not having enough doctors to take shifts in an ER would result in physicians experiencing burnout, said Ellis. The IERHA is working with Arborg's mayor and Bifrost-Riverton's reeve to address physician challenges in that area.

"Doctors are doing primary care and if we ask them to do emerge as well, that means they could be up all night then have to work in primary care again the next day," said Ellis. "We want to make sure we're looking after our physicians' health and wellness so that they don't get burned out and they're anxious to leave us. We have had physicians get burnt out because they're conscientious human beings."

The role of rural ERs has changed too, she added, with treatment of emergencies such as heart attacks and strokes carried out in centres of excellence (e.g., St. Boniface Hospital and Health Sciences Centre) in Winnipeg.

In primary care, Ellis said the IERHA has expanded the availability of nurse practitioners, who can provide vaccinations, perform diagnostic services such as screening for diabetes and kidney disease and refer patients to services such as endoscopies and cancer screening. Some nurse practitioners will also be working with personal care homes.

Winnipeg Beach's nurse practitioner is now available five days a week, up from three days a week. And there are or will be nurse practitioners practising in Eriksdale, Fisher Branch, Lundar and Selkirk.

Another area of success within the region has

been local initiatives to train health-care aides. Communities such as Selkirk, Fisher Branch, Lake Manitoba First Nation, Seymourville, Hollow Water, Manigotagan have offered training, with practicum completed in local personal care homes.

"We really appreciate the efforts made by our human resources team," said Ellis. "We've hauled up equipment to these areas so that the people can become familiar with it and don't injure themselves with lifting. The training was so positive. We want to keep doing that. Every one of the people who've taken the course are gracious."

On the personal care home front, proposals for new facilities in Arborg, Lac du Bonnet, Stonewall and Oak Bank are currently under review by the new NDP government.

"This government has come into power at a time of inflation and with interest rates going up. We respect when governments take fiscal discipline seriously. We're very much understanding that they're wanting to review spending and the budget," said Ellis. "The PCH review is just a pause on those projects, a shoulder check as it were, and the government has communicated that. It's a very prudent approach when you come in as a new government."

To address substance use and addictions, the IERHA was granted funding for medical withdrawal management services. Working with Indigenous partners, the health authority set up services in Ashern.

"When you're withdrawing from substances, it can be very hard on your body and you need that to be managed in a way that lets people come down easy so it isn't a shock to their body. And we can also connect patients with resources and supports for further treatment," said Ellis.

The IERHA also increased the hours of operation for the Rapid Access to Addictions Medicine Clinic (RAAM). The clinic provides help to people struggling with substance use and addictions, as well as substance-related health issues. The clinic is located in the Selkirk Community Health Office.

With a significant Indigenous population at 27 per cent and with 17 First Nations in the region, the health authority has made strides to further truth and reconciliation efforts.

"We acknowledge the people who've looked after the waterways, the land and other natural resources, and all of leadership team — our managers, housekeeping staff, clinical staff — have taken Indigenous cultural awareness training in the last year," said Ellis.

The IERHA also invited youth aged 12 to 18 to design a pin for Canada's National Day for Truth and Reconciliation on Sept. 30. RHA staff and community partners reviewed over 40 designs from across the region and chose four designs: Bruno from Grosse Isle, Alivia from Gunton, Christina from Elma (in the eastern half of the IERHA) and Emily from Oak Point.

Manitoba, like other provinces, is grappling with an increase in the circulation of respiratory viruses, and the Interlake-Eastern RHA has seen an increase in people coming in with respiratory illnesses.

"This is the time of year where we typically have influenza and other viruses spreading," said Ellis. "We've had [health] minister Uzoma Asagwara and Dr. Roussin, who is the chief medical officer of health, really encouraging people to secure vaccines. And that's a wise thing to do. Down through

 Interlake-Eastern  
Regional Health Authority

## National Day for Truth and Reconciliation

We're acknowledging this day by wearing buttons designed by youth from the region.

		<i>My design was created because the dreamcatcher gets rid of the bad dreams and lets in good dreams. The feathers are for strength as we remember all the children.</i> —Artist Alivia, Gunton
		<i>The yellow is like the sun of a new day, and the heart shows love. Orange is to remember every child matters. The words mean I'm here to learn and be there for my family and friends.</i> —Artist Bruno, Grosse Isle
		<i>My submission represents the bond between a mother, the one who nurtures and cultivates life and the pure soul in her arms, representing the grief that comes with the loss of our children that never returned home. The sweet grass represents the strength and the connection to the creator and all our relations; every child matters.</i> —Artist Christina, Elma
		<i>I was attempting to draw an eye-catching design that would make the general public think of the Indigenous peoples — a dreamcatcher. It also represents their spirituality and how the Indigenous traditions and culture still thrive today, despite residential schools, in most families' homes.</i> —Artist Emily, Oak Point

[Learn more about Truth and Reconciliation:](#) 

ILLUSTRATION COURTESY OF IERHA

To further truth and reconciliation efforts, the IERHA sponsored a contest where students from across the region designed an image for pins that IERHA staff wore on Sept. 30, Canada's National Day for Truth and Reconciliation.

the decades, we've seen that influenza can be very hard on some people. We're also promoting those vaccines in our personal care homes."

Ellis said the IERHA is monitored by its board and its leadership evaluated. It reports monthly to the board, updating it on how it's "moving the dial forward" with regard to the board's six overarching goals, which centre on Indigenous health and aging populations, community and primary care, recruitment and retention of health-care staff, integration and co-ordination of health care, innovation and technology and mental health and addictions.

The IERHA was the first health region to be audited by the Manitoba Association for Safety in Healthcare (MASH) and that earned the RHA a SAFE Work certificate in June. Ellis said the well-being of health-care staff is important.

"As a system, our true resource is our staff. We have to make they get the training to not injure themselves, manage and de-escalate unsafe situations and take of care of maintenance issues. All of this comes under the umbrella of SAFE Work certification, which includes all of our protocols and how we support people when they're ill and have had an injury," she said. "We were really glad to go down that road and get certification."

The Interlake-Eastern Health Foundation, which enhances patient care across the region, has a new executive director (Averill Stephenson), and anyone interested in donating to the foundation to help improve health-care services is encouraged to contact the IEHF at 204-485-5139.

# RCMP encourages residents to keep safe in new year

By Jennifer McFee

Teamwork is key when it comes to keeping the community safe.

For Cpl. Mike Garton with the Stonewall RCMP, one of the highlights 2023 was being able to work with other police officers who have the same goals in mind.

"Several calls for service that I attended were successful due to the teamwork amongst the RCMP members," he said.

"I am proud to work alongside these members that are out day and night to keep Stonewall and surrounding communities safe."

At the same time, the RCMP members face many challenges, such as dealing with property crime.

"The Stonewall area has been hit hard by property crime over the last several months. Detachment members have been able to arrest and charge numerous individuals respon-

sible for these crimes and are continuing to find ways to curb this type of crime in our area," he said.

"I want to continue to make stopping the property crime a priority. Also, I would like to increase patrols in the other communities in the Stonewall RCMP service area."

Coming up in 2024, Garton is looking forward to another fun-filled Quarry Days weekend.

"Quarry Days is always the main event in the summer in Stonewall," he said. "We will have extra resources in the area during this time to help make the event fun and safe for everyone."

At the same time, Garton offers a few more tips for keeping safe and well in the new year ahead.

"Unfortunately, in my career I have seen a lot of tragedy in a variety of circumstances such as motor vehicle accidents, drug overdoses, suicides and mental health crisis," he said.



PHOTO BY JENNIFER MCFEE

RCMP Cpl. Mike Garton shares reflections for the new year.

"I have learned to always wear my seatbelt, look both ways when approaching an intersection or a green light, reach out to a friend or family member when you are experiencing a mental health crisis and always end your interactions with people on a

positive note. These are some of the main lessons I have learned during my career."

Community members are reminded to call RCMP dispatch 24/7 at 204-467-5591 if they need to report an emergency.

# MPI's Winter Tire Program offers low-cost options and increased safety

By Lana Meier

Beware! Winter conditions are now present throughout the province, and Manitoba Public Insurance (MPI) is offering its Winter Tire Program to ensure your vehicle is prepared for navigating icy and slick roads.

MPI's well-established program offers eligible individuals a chance to receive low-interest financing on winter tires and related products and services, up to \$2,000 per vehicle at prime plus two per cent.

Since its launch in 2014, the program has provided over 230,000 loans to customers throughout the province.

"MPI is proud to continue to offer this popular program, which aims to reduce overall claims and keep Manitobans

as safe as possible in the months when road conditions are often the most treacherous," said Satvir Jatana, MPI's chief customer officer.

To take part in the Winter Tire Program, Manitobans can visit any participating winter tire retailer across the province to confirm eligibility and begin the loan authorization process. This program provides a range of financing options, from one to four years, and allows customers to select their preferred monthly payment withdrawal date. For more information about the program, visit [mpi.mb.ca/wintertires](http://mpi.mb.ca/wintertires).

Winter tires increase traction and reduce stopping distance. Winter tires are specifically engineered with a cold weather rubber compound and tread patterns to effectively navigate wet, snow-covered and icy surfaces. Studies have demonstrated that utilizing winter tires significantly improves traction, facilitating easier escape from snowdrifts, while also reducing stopping distance by over 25 per cent.

## WINTER DRIVING TIPS

In addition to preparing your vehicle for winter conditions, drivers should also adjust their behaviours behind the wheel this season, including:

- Planning ahead. Before you head out on the highway, check for road and weather conditions by calling 511. Don't rush and give yourself extra time to get to your destination safely.
- Slowing down and using caution. Slowing down will

help maintain traction and decrease your total stopping distance. This is especially important when travelling on overpasses and bridges as surfaces on these structures can freeze quickly.

• During this time of year, it is crucial to have clear windshields. Be sure to top up windshield washer fluid and remove any snow or ice from the windows. Additionally, remember to clear any snow and ice that may have accumulated on the hood, trunk or roof of your vehicle.

• Ensure ample space between vehicles. Avoid tailgating and keep in mind that distance between cars should be extended when driving at faster speeds or in adverse weather conditions. Be aware that slippery roads can decrease traction, resulting in a longer stopping distance.

• Navigating cautiously. Take your time around snowbanks, advancing cautiously and leaning forward to improve your view. Be sure to keep watch for pedestrians, snow clearing equipment and other vehicles.

MPI's community relations team provides complimentary 45-minute winter driving presentations. These sessions are designed for licensed drivers who want to enhance their skills or for those who may be encountering Manitoba's winter roads for the first time. Interested organizations or groups with 10 or more participants can request an in-person or virtual presentation this season by visiting [mpi.mb.ca/communityrelations](http://mpi.mb.ca/communityrelations).

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The R.M. of Woodlands has opened up their annual grant application program. Please see our website at [rmwoodlands.ca](http://rmwoodlands.ca) for more information.

Completed applications must be submitted to the Municipal Office at P.O. Box 10, 57 Railway Avenue, Woodlands, R0C 3H0, or by fax to 204-383-5169, or by email to [admin@rmwoodlands.ca](mailto:admin@rmwoodlands.ca).

The deadline for submissions is January 15, 2024.

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# Principal gives back upon retirement after over 30 years as an educator

By Katelyn Boulanger

Clandeboye's W. S. Patterson principal Darcelle Saunders said goodbye to her many students at the end of last month as she is retiring after 33 years in education. She leaves some very large shoes to fill, but that's not all. Saunders presented her school with a hand drum, which will be able to continue to be used by the school to further Indigenous education.

To officially welcome this new drum into the school, an assembly was called. Saunders' second last day, and a feasting of the drum ceremony took place.

"On my second last day, what I wanted to do was I wanted to give a very special gift to a very special school," said Saunders at the assembly. "[William S. Patterson] is a special school. I decided that I was going to gift an Indigenous hand drum to the school."

The drum is beautifully adorned with the image of a dragonfly. Saunders also donated a drum bag that the drum will be kept in. It includes elements of Indigenous culture that reflect the school community, as well as a small ladybug, an animal that Saunders loves.

Jacqueline Bercier, the cultural proficiency lead teacher for Lord Selkirk School Division, led the drum ceremony's feasting, giving the drum its voice.

"When we feast a drum, it's usually for a brand new drum that has been made. When we feast the drum, we give thanks to the voice that it will have and for the stories it will tell and



the songs it will tell us," said Bercier at the assembly.

The ceremony involves placing berries and tobacco on the drum. The drum eats through the face of the drum, which is where these items are placed.

Students also received a snack at this time. Afterwards, Bercier sang a welcome song for the first time with the drum.

"We welcome in all of our ancestors and welcome all the people in here



PHOTOS BY KATELYN BOULANGER AND BRETT MITCHELL

William S. Patterson School hosted a feasting of the drum ceremony at the end of last month. This ceremony welcomed a new Indigenous hand drum to the school, donated by retiring principal Darcelle Saunders. They also have a new Indigenous teachings art installation, which is visible on the school's fence.

listening today to witness this voice that we're going to be giving to this brand new drum," she said.

In addition to the feeding of the drum ceremony, a new art installation is going up at the school. On the fence outside, passersby will see the Seven Grandfather Teachings represented by their corresponding seven animal representations. The students worked together to create the vision for this project and each class's voice was represented.

The concept for this project came together last spring with the school's Indigenous Knowledge Keepers Committee, and the idea to make it visible to the community followed.

"Each one of your ideas are on these paintings, and we'll put them up on the fence today. As your fami-

lies drive by for months and years to come, you'll be able to say that you had a part in making this happen," said Saunders.

Saunders wanted to take some time to thank everyone involved with the school.

"I have been absolutely blessed to be the principal here at William S. Patterson School. The community, the staff, the students are absolutely amazing. Six and a half years at William S., we've done a lot of great, great things. I'm so proud to be part of this community. We lead with passion and I say 'we' because it is definitely a team effort. I've been surrounded by amazing colleagues, and it's made the biggest difference. It's been a tremendous ride and I couldn't have asked for more."

# Generous financial support for Community Living Interlake



PHOTOS SUBMITTED

The Collège Stonewall Collegiate Leadership group presented members of Community Living Interlake with a cheque for \$1,000 from funds they raised at their annual Passing on the Cheer volleyball tournament held before Christmas. Pictured left to right: Jimm Simon, Cory, Gary, Kyle, Stephanie, Brandon, Darrell, Lexi and Brett.



Community Living Interlake received a very generous donation of \$30,000 last week from Juliette and Merle Balsillie with Standard Limestone Quarries. With this donation, more than \$75,000 has been donated over the holiday season. Pictured left to right: Juliette Balsillie, Jimm Simon and Merle Balsillie.

# Captain Long, local pilot earns aviation award

By Jennifer McFee

A local pilot has soared sky-high in her career while also serving as a role model for other women in the aviation industry.

Capt. Kristin Long of Stonewall recently received the Northern Lights Aero Foundation's Elsie MacGill Flight Operations Award. Named after Elsie MacGill, a Canadian woman who was the first female aircraft designer in the world, these awards honour outstanding women in aviation and aerospace in Canada.

Four pairs of women nominated Long, who serves as a captain and standards pilot on a B737 for WestJet. One pair of nominators has connections to the Northern Spirit Chapter of Women in Aviation International, which Long founded in 2002. Another pair works with Long on a committee for the annual Girls in Aviation Day. Two female WestJet pilots also nominated Long. Another two nominators — Shirley Render and Rosella Bjornson — were trailblazers in aviation themselves.

"I was really flattered by all the support and the nominations that came in," said Long, who received her award at a gala event in Toronto in October. "Great supporters can inspire people and make a difference."

Even when she was an elementary school student, Long had set her sights on the skies. Both her parents worked for Air Canada, so aviation was part of her world from a young age.

"Initially, I wanted to be a flight attendant when I grew up. By Grade 7, I was doing well in school and strong in math. The idea started to form in my mind that maybe I could be a pilot — and, honestly, nobody ever said I couldn't," she said.

"That just became my goal and that's what I aspired to."

She continued to study and obtained a bachelor of science degree from the University of British Columbia and an aviation diploma from the University of the Fraser Valley and Coastal Pacific Aviation.

She began to work for Perimeter Airlines and eventually took a position with WestJet.

"I've always loved travel and the adventure of experiencing different places and cultures and meeting new people. I never saw myself in an office cubicle doing a 9-to-5 job, so I like the variety of work and the flexibility with the scheduling. No two days are alike — it's different destinations and different people we work with all the time," she said.

"It keeps it exciting and interest-



The annual Girls in Aviation Day encourages girls to consider a career in aviation.

ing, even this many years into my career. In January, I will have been on the same plane for 20 years. Even within the same plane, there's new technology and new programs as the airline network changes and there's new destinations to fly to. It's always changing and it's really dynamic."

In addition to her long-standing career as a pilot, Long contributes her time and expertise to multiple boards and organizations, including Women of Winnipeg. She was also a member of the inaugural board of the RCAF Foundation and is the founding president of the Northern Spirit Chapter of Women in Aviation.

As well, she's a committee chair for the annual Girls in Aviation Day, an honorary colonel with the Royal Canadian Armed Forces and a volunteer with the Royal Aviation Museum of Western Canada. She's proud that the aviation museum incorporates the accomplishments of women in aviation throughout its displays.

"As a committee, we wanted to see women throughout the museum so that we normalize women in aviation rather than having a little exhibit. So when young kids come in to explore the museum, it's normalized that men and women are in aviation and they're part of the history of aviation," she said.

"Quite often, female airline pilots feel like we're the goldfish in a fishbowl, so that was something we didn't want for the museum. The way that it turned out is really wonderful."

Locally, Long previously served as



PHOTOS SUBMITTED Heather McGonigal and Kristin Long.

the vice-chair of the Ecole RW Bobby Bend School parent advisory council and as a volunteer while her two sons attended the school. Now her son Jamison is a student at Ecole Stonewall Centennial School and her son Bryden is a student at Collège Stonewall Collegiate.

Looking ahead, Long plans to con-

tinue mentoring other women who are interested in pursuing an aviation career.

"If I could offer any advice, it would be to have confidence in your abilities and embrace your true self," she said.

"Follow your passion and you will find happiness and fulfillment in your chosen path."

## Gas tax holiday



PHOTO BY JO-ANNE PROCTER

Manitoba gas prices are at their lowest point in nearly two years. As of Jan. 1, the province's 14-cent-per-litre tax on gasoline and diesel for motor vehicles was paused for six months as part of the NDP government's promised gas tax holiday.

The Manitoba government introduced amendments to Bill 3, the fuel tax amendment act, which will temporarily pause the collection of the provincial tax on gasoline, natural gas, marked fuel and diesel fuels for at least six months starting Jan. 1, 2024. The average Manitoba family with two cars is expected to save approximately \$250 during the six-month fuel tax holiday.



# English-Ukrainian bilingual program students shine



PHOTOS BY KATELYN BOULANGER

Students from East Selkirk Middle School and Happy Thought School showed off their knowledge of culture, the Ukrainian language and how Ukrainian traditions are being kept strong in our community at their Ukrainian Christmas Concert and Tea. The students performed a variety of songs, recitations and plays that had the packed gymnasium wanting more.



# Rob's Ride spreads holiday cheer in Stony Mountain



Rob Broadfoot passed away in 2021. He was a volunteer firefighter with the Stony Mountain Fire Department.

By Jennifer McFee

Rob's Ride spread holiday cheer throughout the Stony Mountain community last month.

On Dec. 15, Stony Mountain Fire Department hosted the event in honour of Rob Broadfoot, a volunteer firefighter who lost his battle with cancer in 2021.

They extended the ride through the Pebblestone area and finished off on Richard Street down to Walker Street.



PHOTOS SUBMITTED

Rob's Ride spread holiday cheer through Stony Mountain on Dec. 15. Rob Broadfoot's widow Shelley wore his turnout jacket during Rob's Ride.

Rob's family, including Shelley and Jessica Broadfoot, attended the event. His son Nick lives in Alberta, so he wasn't able to attend.

"This year Shelley, with much emotion, wore Rob's turn-

Continued on page 27



Thanks for all of the good times in 2023, and for your unwavering support!

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# Stonewall Art Group brings new life into palliative care

## Artist's personal experience leads to project co-ordination

By Autumn Fehr

Art can brighten up anyone's day, especially a hard one.

For those experiencing end-of-life palliative care at the Stonewall Hospital, a piece of art to admire can bring hope and offer moments of distraction and peace for patients, their families and the medical staff caring for them.

Last month, in partnership with the Stonewall Hospital, the Stonewall Art Group (SAG) started installing art in the palliative care room to bring light and hope to the important space.

"For patients nearing the end of life, these suites provide a serene, compassionate space, ensuring dignity and comfort during a difficult journey. The donated art brings a touch of beauty and hope, lifting spirits and offering moments of peace to patients, their families and the hardworking hospital staff. This collective effort showcases the power of community and



how this support can so positively affect patients and families," said Kim Minnis, manager of health services with the Interlake-Eastern Regional Health Authority.

The group started installing the pieces during its regular meeting time on Nov. 27 and finished installation on Dec. 4. They will remain in the space for one year.

The artwork is displayed in three separate spaces in the room — the patient area, the kitchenette and the washroom — almost all works are paired with other pieces by different artists.

The art pieces in the patient area include works by Gail Spencer Lamm ("The Three Graces," a painting of three owls in watercolour), Cindy



PHOTOS SUBMITTED

The Stonewall Art Group hopes a new assortment of local artwork on display in the palliative ward of the Stonewall Hospital will help lift the spirits of patients and families.

Trchsel ("Northern Owl and Spotted Leopard," done in coloured pencil), Dawn Mitchel ("Park Scene" in acrylic) and Tania Laurie ("We Won," a northern scene in acrylic).

In the kitchenette, there are works by Sharon Neely ("Morning Stroll" in acrylic) and Audrey Miller Cheyne ("After the Harvest" in watercolour).

Hermina Hildebrand, the project co-ordinator, has a solo piece titled "After the Shower" in pastel in the bathroom.

Hildebrand's involvement in the new installation started after the project had already been determined, but without her co-ordinating skills, the magic of the project wouldn't be possible.

She put a call out within SAG, and the response was overwhelmingly positive. Many artists appreciated the cause, especially Hildebrand herself, as it resonated with her on a personal level, she said.

"Art is important in everybody's life, and wherever I go, a hospital or an institution, I tend to look for art because art is food for the soul," Hildebrand said.

In the last year, Hildebrand had two family members in palliative care. When she went through these experiences, she noticed the amenities in the room were thoughtfully put together, and she said it's something she appreciated during the challenging time.

When someone you love is going through palliative care, the process is a terrible time for everyone involved. It disrupts your regular routine, as you can spend whole days and nights there within the palliative space, she said.

"During this time, everything matters — the surroundings, the atmosphere, the staff. It's just a time when everything is important, and you re-

Continued on page 19

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# Library initiatives benefit Stonewall's Cheer Board

By Jennifer McFee

Holiday initiatives at the Stonewall library were a resounding success thanks to the creativity and generosity of community members.

The 14th Festival of Wreaths was a record-breaking year with 39 creative entries on display. Community members had the chance to vote for their favourites at a cost of \$1 per ballot, with the proceeds going to the Stonewall and District Christmas Cheer Board.

"We thank the community for the support and interest in the festival and were so glad to have so many wreaths on display," said branch librarian Joan Ransom.

"When we began the festival in 2008, we had 17 wreaths on display and we raised \$279 through votes for the Stonewall and District Christmas Cheer Board. This year, we had 39 wreaths on display and we collected \$1,114 through votes."

Based on the number of votes, the library acknowledged the three top wreaths.

The Kinette Club took first place for their entry, represented by Eadie McIntyre at the library's open house event on Dec. 22.

Second place went to the Stonewall and District Lions Club, represented by Len Kolenich at the open house.

Third place went to Oddfellows Lodge 49, represented by Ross and Lynne Thompson at the event.

In addition, the library collected plenty of warm winter items for the Cheer Board through its Mitten Tree and Sock Stocking.

"Our Mitten Tree and Sock Stocking



Festival of Wreaths Cheer Board presentation 2023.



PHOTOS SUBMITTED

Festival of Wreaths first place went to Kinette Club, represented by Eadie McIntyre.



Festival of Wreaths second placement to Stonewall and District Lions Club, represented by Len Kolenich.



Festival of Wreaths third place went to Oddfellows Lodge 49, represented by Ross and Lynn Thompson.

drive was successful this year, and we are happy to pass on 571 items including mitts, hats, scarves, socks and slippers. We thank everyone for their

generous donations," Ransom said. "Jacquie Derewianchuk represented the Cheer Board at our open house on Dec. 22 and accepted the money and

items from our library director Clint Curle with gratitude."

## > NEW LIFE, FROM PG. 18

member things," she said.

This includes what's put on the wall.

"Art in that environment can be important on a few levels — subconscious and conscious. It can play a minor role or an important role. When you are in a situation like that, you are sometimes looking for diversion; sometimes you are looking for a topic of conversation," said Hildebrand.

Although she said she was late to the party, Hildebrand is now very involved in the art community within Stonewall, where she has lived for 23 years after relocating from Winnipeg.

It wasn't until after retiring from 28 years in a financial institution that she started to practise drawing because that was what she wanted to learn at the time.

Even though it took her until later in life to begin the hobby, Hildebrand

said she had always been interested in art, ever since she got married, envisioning her walls filled with artwork.

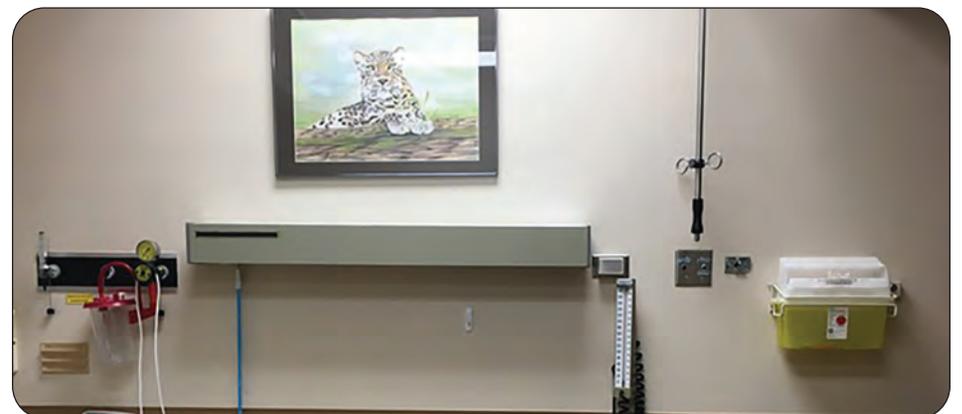
It wasn't long until she took lessons with a local teacher in Teulon, Graham Clarke, who teaches the Teulon Art Group today.

Over the years, she has experimented with many mediums, including pencil, paint, acrylics, pastels and charcoals. Today, she uses mainly acrylic.

What inspires Hildebrand are her vacation destinations. When she's away, she always has her camera in hand, on the hunt to snap a photo of something she can replicate on canvas when she returns home to Stonewall.

Her most recent paintings include a street scene from Spain and a café scene painting from France.

She said she typically likes to have a person in the painting, too, as it provides her perspective and reference to the times.



Hildebrand has been a member of the SAG since about 2010. Her art is currently on display at the Heritage Arts Centre, where the group has their regular installations. She is also a part of the Teulon Art Group.

"Seeing art inspires me to do it. Seeing other people's art inspires me to do it," said Hildebrand.

Hildebrand is also a part of the Cre8ery Gallery and Studio on Adelaide Street in Winnipeg, where she has

previously participated in a show with other artists. She hopes to work more at the location within the coming year, she said.

The SAG meets on Monday afternoons from 1 to 4 p.m. at the Heritage Arts Centre. They always welcome new members of any skill level. For more information, please get in touch with them at stonewallartgroup@gmail.com.



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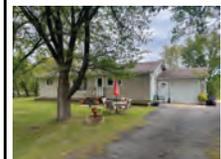
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> PROJECT, FROM PG. 10

standing of Call to Action 63 of the TRC.

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- What historical events led to the establishment of the residential school system?
- What is cultural appropriation?
- How many children attended residential schools?

The students did a marvellous job presenting, coming up in twos and threes to share what they learned

with the school.

In addition to learning more about the culture and heritage of this region's First Peoples, students were treated to a drum song performed by local singer Marlena Muir.

The event was concluded with closing remarks from ESMS vice-principal Kristin Fillion.

"I'd like to thank our students and a very special thank you to those of you who showed leadership today by representing your classes and speaking about your puzzle piece," said

Fillion.

She explained that, though each class was familiar with their individual topic, this bringing together of these building blocks in a shared workspace environment shows the

amount of work that has taken place in the last few months.

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# Christ was born! Glory to Him!



PHOTOS BY BRETT MITCHELL

Actors included Melissa McIntosh, Josh Hay, Tula Hay, Gord Bracken, Owen Wilkinson, Wendy and Garry Church, Jennifer Holmes Bracken, Gord Church and Jenna Church.

By Lana Meier

On the Saturday night before Christmas Eve, the church family and their friends from Clandeboye orchestrated a truly magical event — a live nativity scene held within the cozy walls of Garwen Farm’s barn. The idea had been brewing in Wendy Church’s mind for years, waiting for the perfect moment to come to life. And this year, with an assortment of animals residing on their farm and their grandchildren reaching an age where they could comprehend and participate, it was clear that the stars had aligned.

Seventy-five guests lined up outside the barn and received instructions to ensure everyone respected and didn’t startle the gentle creatures dwelling within these rustic confines. With a lighthearted warning about potential encounters with scented remnants from our furry friends’ abodes, all were primed for an unforgettable experience.

Escorted into the barn by friendly guides, each guest found themselves comfortably seated on rows of square hay bales. The atmosphere buzzed with anticipation as voices hushed and eyes eagerly scanned their surroundings.

At 5 p.m., without uttering a single word (except for the feathery clucking companions or woolly bleating co-stars), the performers brought forth unparalleled storytelling through their silent motions. The spotlight fell solely upon a captivating narrator who skillfully guided everyone through this timeless tale — one filled with wonderment and profound meaning.

For 20 minutes that seemed suspended in eternity itself, guests witnessed Christ’s miraculous birth amid humble straw-covered floors echoing soft hoofsteps and fluttering wings above us all.

When curtains eventually closed on this extraordinary spectacle beneath twinkling starlit skies overhead, there was no immediate rush towards exits or farewells exchanged. Instead, refreshments beckoned alongside warm fellowship; an invitation to prolong the enchantment experienced and savour the lingering magic that transcended.



# Gimli tires of waiting for Old Man Winter: Rink, huts and lights ready for action

By Patricia Barrett

Gimli is once again in the process of transforming itself into a winter wonderland with under-the-stars skating on Lake Winnipeg and some light-tunnel therapy to banish the blues.

The municipality's snow-clearing and ice-making specialist, Adam Stringer of Stringer Rentals and Gimli Home Hardware, got to work last week flooding a wide swathe of Gimli Harbour, which is safe to skate and walk on despite warmer-than-normal temperatures.

Using about 5,000 litres of water, Stringer fired up his mini-Zamboni to make a large rink and temporary skating trails. Although there's no snow to create the banks for a permanent winding skating trail, people are free to lace up now and get gliding.

"We've already brought in a warming hut and flooded some temporary paths so that people can skate out to the rink or around the harbour. I also put pylons around the rink," said Stringer. "We haven't had a chance yet to put the skating trail in. Until we get snow, we can't put the trail in; we need to make snow banks so that we know where to flood the ice."

One of the new features this year

Continued on page 27



Gimli Chamber of Commerce Destination Brand Committee chair Cheryl Buhler and Adam Stringer from Stringer Rentals & Power Products and Home Hardware are taking care of business on the ice.



PHOTOS BY PATRICIA BARRETT AND CHERYL BUHLER

Rudy (left) and Hazel glided across Gimli Harbour last Friday shortly after the ice was flooded by Adam Stringer, who has been hired by the municipality to maintain the harbour rink and skating trail, as well as roads for the ice fishing village.



The Wright family from the RM of Gimli enjoyed a Friday afternoon stroll along Gimli Beach. Ice fishing shacks are starting to pop up on Lake Winnipeg despite Old Man Winter taking his time.



Woodworking students at Gimli High School made benches for the skating trail and rink on the harbour.



Take a walk through the light tunnel near the Gimli Art Club and find yourself transported to an otherworldly plane.

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# get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

## BLT Wraps with Avocado Spread

In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.

In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.

Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.

Serve with Spanish rice and banana peppers, if desired.

Servings: 4

- 8 slices bacon
- 1 avocado, peeled and pitted
- 1/4 cup sour cream
- 1 lime, juice only
- 1/2 teaspoon hot sauce
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon salt
- 4 flour tortillas
- 4 large red leaf lettuce leaves
- 2 large tomatoes, cut into 1/4-inch slices

Spanish rice (optional)  
banana peppers (optional)

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SUNDAY NIGHT BINGO  
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## Strawberry Oatmeal Smoothie

- 1/2 cup rolled oats
- 1 banana
- 14 frozen strawberries
- 1 cup soy milk
- 1 1/2 teaspoons sugar

1/2 t e a - spoon vanilla extract

In blender, grind oats. Add banana, strawberries, soy milk, sugar and vanilla extract then blend until smooth. Pour into glass or to-go container and serve.

## Canada's Food Guide cheat sheet

By Julie Germaine Coram

Happy New Year! It's January, the most popular month of the entire year for gyms... and fad diets. I'm here to help you avoid falling victim to the latest nutrition trends by highlighting top tips from Canada's official food guide, which provides dietary recommendations for healthy individuals over the age of two.

Visit my blog (link below) to read the entire guide, but here are the most important elements to factor into your daily diet:

1. Fill half your plate with fruits and vegetables.

A healthy eating pattern must include a variety of nutrient-rich fruits and vegetables. This is an excellent way to obtain fibre, vitamins, and minerals, and there is no excuse when it comes to choosing one – after all, there are so many options with different flavours, textures and colours! A few of my favourites are raspberries, avocado, and cauliflower. Dark green vegetables are also important because they contain calcium and folate. I love to make kale chips (see my website for the recipe – yummy!), and broccoli in a vegetable medley.

When it comes to fruit, you can eat fresh, frozen, canned or dried, but avoid those with too much added sugar or sodium. You can refer to the food labels to help you with this, remember that 15 per cent or more is considered to be a lot.

2. Eat protein foods with every meal, aiming for about a quarter of your plate.

Recommended 'protein foods' now encompasses lean meat products, like beef and chicken, as well as seafoods, lower fat dairy products, eggs, nuts and seeds, beans/peas/lentils, and even fortified soy beverages. This illustrates that even vegetarians can follow these guidelines and easily consume the required protein for optimal health.

3. Choose whole grain foods,



Fitness and Nutrition expert and Pro Trainer Julie Germaine Coram with daughter Amelia.

rather than refined carbohydrates, to make up the remaining 1/4 of each meal.

When a food is processed, some parts of the grain are taken out, reducing its overall nutritional content. Whole grain pasta, quinoa, oatmeal, and wild rice are excellent for you, and (no surprise here) it is best to limit your intake of baked goods, sugary cereals, and frozen dishes as much as possible.

4. Reach for water first, every day, all throughout the day.

Remember that healthy eating doesn't just refer to the foods you chose to eat regularly. Being mindful of your habits when it comes to food, preparing your own meals, enjoying your food with others, and taking time to savour each meal can lead you and your family to create good relationships with food and live well.

Do you have questions for me related to your 2024 health goals? Please reach out, I love to support my readers and am here to help.

Julie Germaine Coram; Certified Nutrition Coach, Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped thousands of men and women improve their health since 2005. Visit [juliegermaine.com](http://juliegermaine.com) or [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

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# January is National Alzheimer's Awareness Month

By Ty Dilello

This January, during National Alzheimer's Awareness Month, the Alzheimer Society of Manitoba hopes to help Manitobans understand dementia and the resources available to those navigating the disease by sharing stories from individuals who experience dementia daily.

After Ken Krulicki's wife, Brenda, was diagnosed with young-onset dementia, he felt lost and alone. He turned to the Alzheimer Society for guidance and information. The First Link® Client Support staff connected him with resources, including a care partner support group where he met and received support from others going through similar situations.

"I had so many mixed emotions after I learned about my wife's diagnosis. I simply didn't want to face it," said Krulicki. "The Society helped me move forward and encouraged me to join a support group. It was a game changer."

Krulicki's story can be viewed on YouTube at <https://www.youtube.com/watch?v=2V1v0rBhce0>.

Since 1983, the Alzheimer Society of Manitoba has dedicated itself to being a reliable source of information, education and resources for people living with all types of dementia, as well as their care partners and families. The Alzheimer Society has made significant strides in our community; however, dementia remains an incredibly challenging diagnosis.

"Here we are 40 years later, and there is still more work to do to break the stigma surrounding this disease so that families feel more comfortable reaching out to us for support," said Erin Crawford, CEO



Brenda and Ken Krulicki's wedding photo.

of the Alzheimer Society of Manitoba. "This campaign gives us an opportunity to talk about dementia so that families realize that they don't have to go through this alone."

**"HERE WE ARE  
40 YEARS LATER,  
AND THERE IS  
STILL MORE WORK  
TO DO TO BREAK  
THE STIGMA  
SURROUNDING  
THIS DISEASE SO  
THAT FAMILIES  
FEEL MORE  
COMFORTABLE  
REACHING OUT TO  
US FOR SUPPORT."**

More than 19,600 Manitobans live with dementia today — a number expected to reach 39,100 by 2050. The Alzheimer Society is a place for families to turn at any point while navigating cognitive changes or dementia — and the Society's First Link® Client Support program offers a community of support, including one-to-one counselling, support groups, education sessions and dementia-friendly programs.

Read more stories from Manitobans living with dementia at [alzheimer.mb.ca/awareness2024](http://alzheimer.mb.ca/awareness2024). Contact your local Alzheimer Society to learn more or get connected to support at 204-943-6622 (Winnipeg), 1-800-378-6699 (provincial) or [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca).



PHOTOS SUBMITTED

Ken Krulicki was struggling and is grateful for the support he has received through the National Alzheimer's Society.

## > ROB'S RIDE, FROM PG. 17

out jacket during the ride," said Fire Chief Marcel McIvor.

McIvor expressed gratitude to the community for helping to make the event a great success.

"We all had a great time spreading holiday cheer throughout our community. To our community, from the bottom of our hearts, we thank you all for coming out and celebrating the festive season and making Rob's

Christmas Ride a huge success," he said.

"The turnout down every street was great — from bonfires in the driveways to the light-up signs, we saw you all. Special thanks to Steve and his family from Rockwood Township for joining us this year. Sparky fought the elements and, naturally, Mr. and Mrs. Santa Claus spread holiday wishes to everyone."

## > GIMLI LAKE TRAILS, FROM PG. 25

will be a walking trail that Stringer said he'll be building beside the skating trail so that non-skaters can enjoy a stroll around the harbour.

When the snow arrives, Stringer said he'll be building an ice road on Lake Winnipeg for the fishing village. A number of anglers have already put their shacks on the ice outside the harbour, but there's nowhere near the number there'd normally be at this time of year.

Stringer will be picking up benches — branded with the Gimli logo — that woodworking students at Gimli High School made and placing them around the skating trail.

And next year, he said they're looking at bringing in saunas, which will really get people steamed.

The Gimli Chamber of Commerce's Destination Brand Committee received funding from the Westshore Community Foundation (for benches,

warming hut and solar lights) and partnered with the RM of Gimli and Gimli High School to get the ice fishing village and skating trail and rinks in the harbour up and running.

Committee chair Cheryl Buhler said they'll be enhancing the rink and trail so that people can get on the ice at night for a bit of romance under the stars — something that proved very popular last year.

"Now that the skating rink has been built, the committee is in the process of putting up posts for lighting the

rink and the trail. We're also bringing in another warming hut that the high school woodworking class made, and we're doing another light tunnel. We have funding for another extension of the tunnel to double it in size."

The lack of snow last week didn't stop families from getting out on the ice and strolling along the frozen sand on Gimli Beach to enjoy the remainder of the Christmas break, but they're hoping that the town will see some of the white stuff soon.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Raiders, Jets MMJHL teams graciously gave back to the community in December

By Brian Bowman

The Raiders Junior Hockey Club was one of several Manitoba Junior Hockey League teams that gave back to their respective communities in December.

The Raiders, whose roster includes several local players, supported the Children's Hospital Toy Drive when they hosted the River East Royal Knights last month.

This organization has done a tremendous job giving back to the community in various projects over the years. A lot of people are involved to make these fantastic volunteer efforts succeed.

"It's awesome and our players embrace it. We've always had a strong leadership group," said the Raiders' president/general manager Ned Sanders. "It's part of the culture and we represent north Winnipeg. There's a need and we have pretty traditional (things) that we do and it's pretty awesome."

The Stonewall Jets held a teddy bear toss at a home game on Dec. 8.

"It (was) a big night for us and we had a lot of people coming to the event, a lot of kids," said Stonewall general manager Liam Wheddon.

The Jets try to get out into the community as much as they can and do their best to represent Stonewall.

"If I'm not mistaken, it's the most teddy bears in Stonewall history so that was nice to see the fans come out and really support that and anytime you can give back to the community (it's great). You can't do this without community support," said Jets' head coach Patrick Powers, adding he thought the team donated approximately 150-plus teddy bears. "When you have the community come out and support this — it's awesome and really happy to see."

The Jets — among several squads in the 10-team league — have really stepped up to give back to their com-

munities.

They should be really proud of themselves.

To see what the MMJHL teams did for their communities last month, please visit MMJHL.ca.

### ON THE ICE: RAIDERS LOSE TO RAILERS EXPRESS

The Raiders Jr. Hockey Club was defeated 5-2 by the Transcona Railers Express in MMJHL action on Dec. 22.

The Raiders' Nate Goodbrandson scored a pair of first-period goals to give his squad a 2-0 lead. The St. Andrews' product leads the Raiders with 20 goals and 33 points.

But Transcona came back with a pair of second-period goals from Evan Chudley and another by Jeremy Chateauf. Easton Gaffrey and Nolan Van De Bussche scored for the Railer Express in the third.

On Dec. 19, the Raiders were stopped 5-2 by the first-place St. James Jr. Canucks.

Raiders' goals were scored by Goodbrandson and Ashton Henry in the second period.

Canucks' goals came from Ashton Romaniuk, Cole Younger, Griffin Haight, Tyrone Willan and Matthew Mason-Vandel.

The Raiders, now 13-12-1 and in sixth place in the 10-team league, will host the St. Boniface Riels on Friday (7:30 p.m.) and then visit the St. Boniface Riels Sunday (8 p.m.).

### JETS' GAME AGAINST FT. GARRY/ FT. ROUGE TWINS POSTPONED

By Brian Bowman

The Stonewall Jets' game against the Ft. Garry/Ft. Rouge Twins on Dec. 22 was postponed due to weather conditions.

Stonewall finished the first half of the MMJHL season with an 8-12-3-1



PHOTO SUBMITTED

The MMJHL's Raiders Junior Hockey Club, whose roster includes several local players, has done a tremendous job giving back to the community.

record and 20 points.

That record puts the Jets in ninth place in the 10-team league. But Stonewall is just seven points out of landing among the upper half of teams in the standings.

The Jets have posted a 5-5 record in their last 10 games but are on a three-game losing streak.

"Overall, it's not going too bad. We started the season off slow, starting 0-5 didn't help us," said Jets' head coach Patrick Powers. "In the last six weeks our guys have taken a turn for the better, playing more consistent hockey, and competing night in and night out. We're 5-5 (in the last 10 games) and (went) into Christmas in a little bit of a slump but we were off four wins in a row."

This is a young Jets' squad that is going in the right direction.

Goal scoring, though, has been a problem for the team so far this season as they have scored just 80 goals through 24 games. That's just 3.33 tallies per contest — and not good enough to win on a consistent basis.

"We seem to score in a bunch. We'll

score five or six goals and then the next night it's one or two," Powers said. "We're going to stress in the second half (of the season) that we need to see consistency and we need to be consistent night in and night out and that includes putting the puck in the net. You have to score goals to win ... and we need that secondary scoring to pick up in the second half."

The power play has also been a problem, clicking at just 13.1 per cent. That has to improve, big time.

On Dec. 19, Stonewall was defeated 6-1 by the Charleswood Hawks in Winnipeg.

Lazarus Constant scored his first goal for the Jets while Matt Carlson (two), Ryland Hueging (two), Nathan Morrison and Jason Ruff replied for the Hawks.

Charleswood scored two power-play goals and a shorthanded one in the game.

Stonewall will host the River East Royal Knights on Friday and the Raiders Jr. Hockey Club Sunday. Puck drop for both games is 8 p.m.



### Stonewall Jets Player Profile

**#27 Kaden Stewart**  
Forward

*Come out to support the Jets*



### UPCOMING GAMES

Friday, January 5  
River East Royal Knights at Stonewall Jets  
8:00 p.m. at Stonewall VMSC

Sunday, January 7  
Raiders Jr. Hockey Club at Stonewall Jets  
8:00 p.m. at Stonewall VMSC

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Gators dumped by Macdonald Swarm

By Brian Bowman

The St. Clements Gators were doubled 6-3 by the Macdonald Swarm in HTJHL action on Dec. 30 in East Selkirk.

Macdonald jumped out to a 3-0 first-period lead on goals by Liam Cloutier, Carson Park and Kayden Robertson.

After a scoreless second period, the

third got really exciting.

After the Swarm's Adam Bossuyt made it 4-0, the Gators roared back to make it a one-goal game as Daemon Macdonald, Caleb Hofer and Luke Tyslau tallied.

Park ruined the comeback party, though, with a pair of late goals.

On Dec. 23, St. Clements was knocked off 9-3 by the Niverville Clippers.

Gators' goals were scored by Brock Heapy, Dillon Tower and Max Van Heyst.

St. Clements' Antwain McKay had two assists in the game.

Dylan Peters (five), Erik Anderson, Aiden Bloomfield, Derek Plett and Brent Masse scored for Niverville.

The Gators (0-14) hosted the Landmark Blues this past Tuesday and then will play at the Red River Mudbugs on Friday (8 p.m.) and the Lorette Comets Sunday (2:30 p.m.).

## Rams, Wildcats close out 2023 in hockey

By Brian Bowman

The College Stonewall Collegiate Rams were doubled 6-3 by the Garden City Gophers in WHSHL Platinum Promotions Division play on Dec. 19.

Stonewall goals were scored by Gavin Holod, Evan Deprez, and Justin Braid while Nicholas Lepki (two),

Jacob Chaytor (two), Nathan Horbas and Teagan Heuchert replied for Garden City.

Stonewall, now 7-11 in league play, will host the St. Paul's Crusaders on Jan. 10 at 4 p.m.

The Warren Collegiate Wildcats, meanwhile, beat the Edward Schreyer

Barons 4-1 on Dec. 21.

Wildcats' goals were scored by Owen Shymko (two), Carter Olson and Ethan Shymko.

Ethan Corbett, Dylan Riddell and Landon Tully each had two assists for the Wildcats.

Miles Armit had the Barons' lone

goal, putting the puck past Warren goaltender Dallas Shaver.

Warren (6-10) will play Murdoch MacKay Collegiate on Jan. 10 at the Ed Golding Memorial Arena. Game time is 4:30 p.m.

## Ice Dawgs split games with Beausejour Comets

By Brian Bowman

The Arborg Ice Dawgs split a pair of games with the Beausejour Comets to end 2023.

Arborg was beaten 5-3 by Beausejour on Dec. 22.

Brayden Broome, Dainen Jacobson and Tyson Barylski scored for the Ice Dawgs. Barylski leads the CRJHL in points with 21 (nine goals, 12 assists) in 15 games heading into this week's action.

Beausejour goals were tallied by

Tanner Amos (two), Aidan Avontay, Carter Reid and Clint Thomas.

The Comets were 3-for-5 on the power play while the Ice Dawgs finished 1-for-3.

Arborg outshot Beausejour 42-34.

On Dec. 20, the Ice Dawgs downed the Comets 6-5.

Arborg goals were scored by Jake Plett, Cadrick Dueck, Ben Danielson, Austin Adair, Austin Loewen and Brody Maxwell.

Evan Leeson (two), Avontay Reid

and Nikolas Bear replied for Beausejour.

Logan Moskal stopped 34 Comets' shots for the win.

Arborg, now 6-9-1 and in fifth place in the six-team league, played North Winnipeg this past Tuesday and then will host the Lundar Falcons Friday (8 p.m.) before visiting the Selkirk Fishermen on Sunday (3 p.m.).

Lundar, meanwhile, was edged 2-1 by North Winnipeg on Dec. 22 in Warren.

Easton Thomas scored for the Satellites in the first period and then Bryce Raven tallied in the middle frame. Both goals came on the power play.

The Falcons' Troy Johannesson made the game interesting with a third-period goal.

With the loss, Lundar is now 6-8 and in third place.

On Saturday the Falcons will host the Ice Dawgs. Puck drop is 7 p.m.

**HTJHL • St. Clements Gators**

**NEXT HOME GAMES**



**TUESDAY, JANUARY 9<sup>TH</sup>**  
vs Macdonald Swarm  
8:15 pm

**SATURDAY, JANUARY 13<sup>TH</sup>**  
vs Steinbach Huskies  
7:30 pm

**EAST SELKIRK ARENA**  
(the Gator Pond)

Come cheer us on!

**NEXT HOME GAMES**

at the Selkirk Rec Centre

**SUNDAY, JANUARY 7<sup>th</sup>**  
VS Arborg 3:00 pm *in Sagkeeng*

**SUNDAY, JANUARY 14<sup>th</sup>**  
VS North Winnipeg 3:00 pm

**HAPPY NEW YEAR FROM THE SELKIRK FISHERMEN!**  
Come and Cheer us on in 2024!

**NEXT AWAY GAME** Fri, Jan 12 - vs St. Malo - 8:00pm




**Meet the Fishermen**

**#11 Raymond Hefferman**  
Defence

# Royals' varsity girls' basketball team has strong start to season

By Brian Bowman

The Selkirk Royals' varsity girls' basketball team has had a very good start to their KPAC Tier 2 season.

The girls are working hard, said Royals' head coach Amanda Hallson.

Selkirk improved to 2-0 in league play after a dominating 66-14 win over the Calvin Christian Eagles on Dec. 20.

"The girls played really well. We had a tough press to start and went up 25-3 at the end of the first quarter," said Hallson. "It was a great game for us to gain some experience for our bench players and practice that pressure defence against another opponent."

On Dec. 18, Selkirk pounded Murdoch MacKay 68-32.

"We played them earlier at a tournament so we adjusted our game," Hallson said.

Earlier last month, Selkirk won the consolation title at the Tec Voc tournament after a 64-52 win over Murdoch MacKay.

The Royals started the tourney with a 63-35 loss to the John Taylor Pipers before trouncing the Transcona Titans 74-29.

Playing against a top team like the Pipers and winning the consolation side of the tournament will help the Royals confidence-wise going forward.

On an individual note, Taylor Jayck (Grade 11 is averaging 27 points and eight steals per game while Lexi Everett (Grade 12) is scoring 16 points,

seven assists and five steals per game. Both players have been very good so far this season.

Selkirk's roster has just three Grade 12 players on the year's team but Hallson is confident that won't be a problem.

"We're young but we have a couple of really strong players that have joined us in Kelsey Erickson and Taylor Jayck," she said. "They have both been strong additions to last year's leading scorer, Lexi-Rae Everett, a Grade 12 player.

"Kelsey is a strong presence in the post. She's great on rebounds and on defence and makes heads-up decisions," Hallson said. "Taylor is a force on defence. She's a very quick ball defender and on the transition. ... She's

really added to our scoring."

The Royals will play Transcona at the Comp next Monday (6 p.m.) and then visit Springfield on Jan. 10 at 7:30 p.m.

The Royals will host their home tournament on Jan. 12-13.

The Royals varsity boys' basketball team, meanwhile, is now 1-1 in KPAC after a 87-43 loss to the Calvin Christian Eagles on Dec. 20.

Selkirk started its league play with an exciting 90-89 win over Murdoch MacKay.

The Royals will host Miles Macdonell on Monday (7:30 p.m.) and then hit the road Jan. 10 to battle River East in Winnipeg. Tip-off is 6:30 p.m.

# Royals defeat Raiders in boys' hockey

By Brian Bowman

The Selkirk Royals defeated the Oak Park Raiders 4-1 in WHSHL Platinum Promotions Division action on Dec. 21.

It was a big win for Selkirk.

Sam Khodayary and Nathan Ramos-Lam (shorthanded) scored to give Selkirk a 2-0 first-period lead.

Ryan Cromie made it 3-0 with a

power-play goal in the second before Oak Park's Zach Einarson responded with a goal later in the period.

Cromie added his second tally of the game on the power play in the third.

Selkirk Parker Carels had two assists in the game while Royals' goaltender Jonny Enns-Demchuk earned the win.

On Dec. 18, Selkirk was stopped 5-1

by the St. Paul's Crusaders.

Selkirk's goal was scored by Nolan Dear with the man advantage while Sam Monnin, Davis Krut, Connor Allison, James Christie-Stewart and Payne Wood answered for St. Paul's.

The Crusaders scored two power-play goals and added a shorthanded marker.

Selkirk, now 12-6 in the WHSHL, won't play another league game until Jan. 17 when it visits the College Stonewall Collegiate Rams. Puck drop is 4 p.m.

The Royals' girls' hockey team had a nice break to close out last year and will host the CJS Olympiens on Jan. 9 (3:30 p.m.) at the Recreation Complex.

# Steelers top Terriers to end 2023

By Brian Bowman

The Selkirk Steelers had a great December, wrapping up 2023 with a huge 5-4 overtime win over the Portage Terriers at the Recreation Complex.

Rocco La Cara scored the game winner in OT, taking a long pass for a breakaway and firing the puck past

Portage netminder Gavin Renwick.

After a scoreless opening period, the Terriers stormed out to take a 3-0 lead by the 8:02 mark of the second on goals from Grant Dardis, Daniel Siso and Parker Korman.

But cue the Steelers' comeback.

Selkirk's Matthieu Catellier and Ethan Brown, on the power play, an-

swered with second period-goals before Joel Purdom and Dawson Dear tallied in the third to give Selkirk a 4-3 lead.

Portage's Nolan Nenow, though, forced the overtime when he scored with just one second remaining in regulation time.

Steelers' goalie Noel Olsonawski

made 32 saves for the win.

Selkirk, now 13-15-1-1, will resume play on Friday at the Neepawa Titans (7:30 p.m.). Sunday will see the Steelers visit the Dauphin Kings. Game time is 4 p.m.

Selkirk's next home game is Jan. 9 at 7:30 p.m. against the Winkler Flyers.



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- VS Virden Oil Capitals, Sat, Jan 13<sup>th</sup> 7:30 pm

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**www.selkirksteelers.com**

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# U18 AAA male Lightning double Selects

By Brian Bowman

The Interlake Lightning doubled the Eastman Selects 4-2 in Manitoba U18 AAA Hockey League action on Dec. 20.

"That was our final one against them for the year and we swept them there," said Lightning head coach Aaron Kaatz. "The players went 4-0 against them this year. It was a good win and back and forth. We got an early lead and Eastman woke up after that but our guys weathered the storm and came out with the win."

Blake Farthing scored a pair of first-period goals to give Interlake a 2-0 lead and then Tytan Johnson made it 3-0 just 35 seconds into the second.

The Selects' Cameron Sylvester scored midway in the second before the Lightning's James Franklin made it 4-1 in the third.

Eastman's Steele Jowett closed out the scoring at 8:55 of the final frame.

Dylan McFadyen made 23 saves for the win. He has been very good this season, posting a 7-3 record with a 2.87 goals-against average and a .919 save percentage.

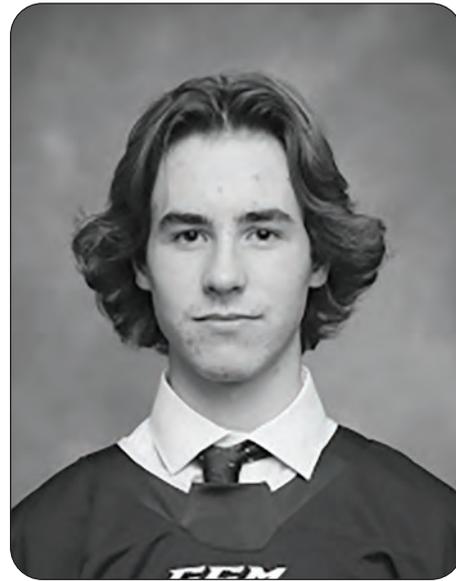
He's a great, young goalie.

"He's a big goalie at just 15 years old. He's been a great pickup for us. When we picked him he was just 14 at the time," Kaatz said. "He's a young guy but a very good goalie."

The Lightning have had a solid first half of the season, posting an impressive 16-7-2 record at the holiday break to sit in third place in the 12-team league. Interlake, 8-1-1 in its past 10 games heading into 2024, is just two points behind the Southwest Cougars.

The Lightning have been playing phenomenal hockey.

"They have been absolutely rockin' it," Kaatz said. "We only had seven guys returning from last year's squad so we had 13 guys that were brand new to this team and this league so we had expectations to be in the middle of the pack and hopefully a playoff spot. They have been playing some great hockey and we have a lot of depth in our lineup and it's showing and we've been winning games and rolling this first half. We're excited to see what we can do because it's



Blake Farthing

a sprint now to the finish line."

Interlake will host the Winnipeg Wild on Wednesday in Teulon. Game time is 7:30 p.m.

In Manitoba U18 Female Hockey League play, Interlake lost 3-1 to the Central Plains Capitals on Dec. 23.

Central Plains snapped a 1-1 third-period tie with a pair of goals.



PHOTO BY TANYA SWANSON

The Lightning's Morgan Waddell leads Interlake with 13 goals and 26 points this season.

Claire Hudson scored for Interlake in the first period, assisted by Brooke Barylski and Chloe Minkus.

Jordan Bell, with a pair, and Taylor Terin replied for the Capitals.

## Stick Curling tour stops in Stonewall

By Jo-Anne Procter

The Wellington-Altus Manitoba Stick Curling Tour is in full swing, and the upcoming event Jan. 5 to 7 in Stonewall marks its eighth stop on the 12-bonspiel tour. The bonspiel is going to bring together some of the top stick curlers in the province.

Teams/individuals accumulate points from scheduled Manitoba Stick Curling Tour (MSCT) events that throughout the province that are used to identify the MSCT Champions in the Open and Women's divisions. The Open and Women's Champions will be based on the team/individual's

five best MSCT events and receive one team entry to the MSCA Provincial Championships.

Jaymie and Chad Deprez with IG Wealth Management - Deprez & Associates are the title sponsor for this year's Stonewall two-person stick bonspiel.

There are 32 teams participating, 24 teams in the Open Division and eight teams in the Women's Division. Teams that will take part in the Open bonspiel include former Canadian champions Jim Rouse, Ross MacMillan, Resby Coutts and Norm Magnuson, along with the current provincial

champions Dan McDonald and Warren Johnson of the St. Vital CC. In the Women's Division, there are eight teams with the top three teams on the tour curling. The Marquette team of Bev Schick and Judy Kachkowski should be one of the favourites.

In stick curling, there are two-player teams that play six end games, throwing six rocks per end. Each player stays at one end for the entire game and each player skips half the game.

The first games of the bonspiel start at 9 a.m. on Jan. 5, with draws happening throughout the weekend and the finals slated for 6 p.m. on Jan. 7.

## Cassils commits to Bisons



PHOTO SUBMITTED

Warren Collegiate's Rianna Cassils has committed to attend school at the University of Manitoba and be a member of the Bisons' track and field team.

## Nielsen, U of W win Wesmen Classic

By Brian Bowman

The University of Winnipeg men's volleyball team cruised to a 3-0 (25-17, 25-23, 27-25) sweep over the Dalhousie Tigers in the championship game of the 56th-annual Wesmen Classic at

the Duckworth Centre.

Former Selkirk Royals' star Nigel Nielsen had six kills for the Wesmen, who finished the tourney with a perfect 4-0 record.

The University of Manitoba Bisons,

meanwhile, took down Laval Rouge et Or 3-0 (25-22, 25-16, 25-20) to finish the tournament with a 3-1 record.

The Bisons' roster includes former Royals Josh Jehle and Spencer Gra-hame.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Brown, Plowman named MJHL Ambassador

By the Manitoba Junior Hockey League

The Manitoba Junior Hockey League announced the 2023-24 RBC – MJHL Community Ambassador Team, comprised of one player from each MJHL team, on Dec. 19.

Ethan Brown will represent the Selkirk Steelers while Cole Plowman, a St. Clements' product, gets the nod for the Steinbach Pistons.

Each player has displayed outstanding citizenship and sportsmanship both on and off the ice and a commitment to volunteerism. RBC Community Ambassadors are recognized for making a difference and giving back to their communities where they play.

Each Ambassador is recognized at an RBC Game Night and will be honoured by a donation from RBC to a school in their local community.

"We are thrilled to announce this year's RBC Community Ambassador Team and celebrate our players who dedicate themselves to the local communities where they play,"

shared Erik Swar MJHL director of marketing & partnerships. "The commitment RBC has shown to the MJHL over the last two decades is truly incredible, while the Community Ambassador Program has become one of the biggest highlights of our season."

"RBC's decades-long partnership with MJHL reflects our shared enthusiasm for amateur hockey and giving back to communities, both of which are part of the connective fibre here on the prairies," added Tracey Schofield, regional vice-president, Manitoba South.

"The RBC Community Ambassador program is just one way to recognize and reward the care and leadership of the recipients in a pay-it-forward fashion. Thank you and congratulations to all the players celebrated by their teams with this special acknowledgment."

At the conclusion of the regular season, one RBC – MJHL Community Ambassador will be named as



Cole Plowman



Ethan Brown

the recipient of the RBC Community Award, which comes with a further

donation from RBC in the player's name to a school in their local community.

## Excelling on the ice



PHOTO SUBMITTED

Interlake Lightning U18 AAA players have advanced to the Top 40 NAHC camp. Pictured, left to right: Kait Yanchishyn, Ireland Cooke Tymchak, Bre-Ann Windross and Rachel Halldorson.

## Thrashers beat Winnipeg Bruins

By Brian Bowman

The Winnipeg Thrashers defeated the Winnipeg Bruins 7-5 in Manitoba U18 AAA Hockey League play on Dec. 20.

The Bruins took a 2-0 first-period lead before the Thrashers stormed back with six second-period goals.

Thrashers' goals were scored by Maddox Malmquist (three), Mason Mykichuk (two), Brandon Corda and Kaiden Dela Cruz.

Maxx Hamelin (three), Shea Rollason and Dylan Jaquet tallied for the Bruins.

Taye Timmerman made 21 saves for the win.

The Thrashers will play at the Keno Thistles on Wednesday (7:30 p.m.) and then visit the Yellowhead Chiefs Friday (7:30 p.m.) and Saturday (1:30 p.m.).

## U17 AAA Lightning shut out by Thrashers

By Brian Bowman

The U17 AAA Interlake Lightning were shut out 6-0 by the Winnipeg Thrashers on Dec. 20.

The Thrashers, which grabbed 1-0 and 4-0 period leads, received goals from Ed Saly (two), Liam Flett (two), Ezra Linklater and Nolan Edmonds.

Interlake (7-16) played the Winnipeg Wild this past Tuesday and then

will visit the Brandon Wheat Kings Saturday (5:30 p.m.) before hosting the Westman Ice Bandits Sunday (2 p.m.) in Warren.

The U15 AAA Lightning have not played since Dec. 17 when they lost 5-1 to the Winnipeg Bruins Brown.

Interlake, now 5-15 and with a pair of overtime losses, will take on the Eastman Selects on Saturday at 4:30 p.m. in Arborg.

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**Classified booking deadline is Monday at NOON prior to Thursday's publication Please Call 204-467-5836**

### NOTICE TO CREDITORS

In the matter of the Estate of Donald D. Iwanoczko, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amy Iwanoczko, 54 Seine River Crossing, Ste Anne MB R5H 0A7 on or before the 20th day of February, 2024. Dated at Winnipeg, Manitoba, this 2nd day of January, 2024. Amy Iwanoczko 54 Seine River Crossing, Ste Anne MB R5H 0A7 Administrator

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

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

Sudoku Answer

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

Crossword Answer

## X CROSSWORD

**CLUES ACROSS**

- Bleated
- Snakelike fish
- Database management system
- Russian-American violinist
- Wendy's founder Thomas
- Ancient Italian-Greek colony
- Negatives
- Rescued
- Self-immolation by fire ritual
- Assigns tasks to
- Island nation native
- Trade
- Detergent brand
- Famed NY Giant
- Before
- Split pulses
- Extremely angry; highly incensed
- Body part
- American state
- David \_\_, US playwright
- Move one's head slightly
- Secret rendezvous
- Improved
- A place to exercise
- 18-year astronomical period
- Automobile
- You can take it
- A radio band
- Jaws of an animal
- Short-billed rails
- Chinese province
- Shameless and undisguised
- Horizontal passage into a mine
- Adult males
- Fail to entertain
- Dried-up
- City in north-central Utah
- Southern U.S.
- German river
- Oxygen
- Make law

**CLUES DOWN**

- Curved segment
- Wings
- From pentane (Chemistry)
- Gradually gets into
- Commercial document (abbr.)

1	2	3	4	5	6	7	8	9	10	11	12	
13					14				15			
16				17					18			
19				20				21				
			22				23			24		
25	26	27		28			29			30		
31			32		33		34				35	
36				37		38			39		40	
	41				42			43		44		
		45					46		47		48	
49	50		51			52			53			
54		55			56					57	58	59
60					61				62			
63					64			65				
66					67			68				

- Overhang
- Christmas and New Year's have them
- Type of bulb
- Lacking a plan
- Tattle
- Rockers like it "heavy"
- One who's been canonized
- Indicate time and place
- Nobel Prize winner in physics
- The voice of Olaf
- Fragmented rock
- They \_\_
- Master of Philosophy
- Backside
- Landmark house in L.A.
- An act of undue intimacy
- From which a later word is derived
- Equal to 10 meters
- Neither
- Computer language
- Sacred book of Judaism
- A woolen cap of Scottish origin
- A way to dedicate
- Challenges
- British Air Aces
- Large, influential bank
- Portended
- Cavalry-sword
- Vaccine developer
- Napoleonic Wars general
- Italian Seaport
- Hip joint
- \_\_ Clapton, musician
- Insect repellent
- Decorative scarf
- Delaware

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## ANNIVERSARY



Happy 60th Anniversary  
January 4th  
Pat and Martin Pruden  
-From your family

## IN MEMORIAM



**Margaret Chaye**  
It's been 20 years since you left us, Mom. Time flies, but the ache of missing you remains. A lot has changed, and we wish you could be here to see it all. Dad has joined you in heaven, and we find comfort in the thought of you two together, smiling down on us. Family gatherings are filled with laughter and love, but your physical absence is felt.

Your grandkids have grown into amazing people, and now, the joyous news is that your first great-grandchild will be joining us soon. It's a bittersweet moment because we know you would be overjoyed. We see your kindness and strength reflected in each generation, and it's a testament to the lasting impact you had on all of us.

We hope we are making you proud with the choices we have made. Your teachings guide us, and your values shape our lives. In moments of happiness, we sense your presence, and in moments of challenge, your strength becomes our pillar of support.

Until we meet again, rest in peace, precious Mom.

We miss you dearly and love you always.  
-Lori, Randy and Sherri

## IN MEMORIAM

In Loving Memory of  
Rosie Cook (Bear)  
November 19, 1932 - January 5, 2023



It has been a year since you left us. Time can heal many things, but not the sadness that this day brings. Not a day goes by, that you are not in our thoughts. We are however, blessed with wonderful memories of the beautiful times that we shared.  
-Forever loved, and so deeply missed, by your loving family

## IN MEMORIAM

**Bill Johanson**  
Husband, Dad, Papa  
January 21, 1946 - January 3, 2015  
**Albert Eames**  
Dad, Papa  
July 20, 1922 - January 20, 1996  
**Kathleen Eames**  
Mom, Nana  
September 30, 1919 - January 26, 2013  
**Linda Johanson**  
Sister-in-law, Aunty  
March 10, 1950 - January 25, 2015

No matter how our lives change,  
No matter what we do;  
There's a special place in our hearts,  
We keep just for you.

-Missed and loved,  
Laverne and family

## OBITUARY



**Sharon Gayle Thorvaldson (Telenko)**  
September 12, 1949 - December 24, 2023

It is with heavy hearts that we announce the passing of our beloved mother, grandmother and great-grandmother on December 24th, 2023 at Selkirk Hospital after a courageous battle with cancer.

She is now reunited with her loving husband of 50 years, Lorne who she missed so very much. She is survived by her son, Kevin (Lori and her daughter, Alycia), daughter, Dayna, granddaughter, Taylor, great-grandchildren; Libby and Thor, and special grandchildren; Ronald, Neveah, Harley, Haven, and Elroy. She also leaves her brothers Jim (Linda), Glen (Edie), Gary, Alvin, David (Jodie), and sisters Coriene (Gary), Donna (Robert), brother-in-law Norman (Pat) and best friend Marilyn.

She was predeceased by her brother Randy.

Sharon married Lorne on February 28th, 1970 and raised their family in Selkirk. Sharon was deeply loved and cared for by her "Honey Do". Sharon and Lorne enjoyed their casino golf trips with Ron and Bea, and Buffalo Point trips with the Monkman gang. Her most loved place on earth was the beach in Mazatlán, Mexico with Lorne and the original six.

She worked at Elektroknit and at Selkirk Linen Services, retiring in April 2005. In her retirement years, Sharon dedicated her time volunteering at the Selkirk Soup Kitchen and The Thrift Store. Sharon had a love of flowers and was proud to share her beautiful flower gardens with family and friends. Sharon and Lorne enjoyed long car rides, listening to their favourite tunes, volunteering and socializing at the Legion. Sharon was a loving grandmother and great-grandmother and cherished spending time with her grandchildren and great-grandchildren.

The family would like to thank the staff at Selkirk Regional Health Centre who worked compassionately and patiently with Sharon.

A memorial service was held on Tuesday, January 2nd, 2024 at 11:00 a.m. at Gilbart Funeral Home in Selkirk, MB. The service was live streamed on Gilbart's website for those wishing to view.

In lieu of flowers, the family requests that donations be made to CancerCare Manitoba Foundation.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## IN MEMORIAM



**Joe King**  
In loving memory  
for my husband  
who passed away  
January 4th 2009

It's been 14 years  
Since you've been gone.  
They say time heals,  
I really don't know;  
The pain's still there,  
It just wont go.  
I know you're watching from heaven above,  
Sending me guidance, sending me love.  
Once day we'll meet again,  
To hold each other tight;  
Never to let go,  
Loving with all our might.  
Missing you "Joe"

-Forever loved and remembered  
by wife Elsie

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**OBITUARY**



**Barry C. Robson**  
February 14, 1934 - December 22, 2023

Barry, beloved husband, Dad and Papa, died peacefully at Middlechurch Home of Winnipeg.

He is survived by his wife Carol(ine); children, Dyane (Keith Mosley) and Sean (Cherie); grandchildren, Jesse Connor, Sarah (Barrett Enns), Evan Connor, Veronica Mosley, Winston Minge, Owen Robson, Jackie Arkinson and many foster children.

Barry was predeceased by his youngest son Kelly (2020), his father Walter Robson and mother Edith Robson, as well as several cousins.

Barry and Carol were married in 1968 and lived in Manitoba locations of Winnipeg, Oakville, East Selkirk and St. Andrew's. Barry was a quiet, unassuming man, who once retired, spent most of his time with family. His work mates continued to call monthly,

ever hopeful he would join them for coffee. Until his stroke, he had been very active caring for the Gusnowsky property. He loved to keep his grass...every blade in its proper place, and once he could no longer do this....I believe he kept his eyes closed when we brought him home for a visit.

Barry loved to eat out, to travel and rarely sat still unless to watch hockey or football. He found a sedentary life very difficult, but he never lost his dry wit and sarcastic humour. When he was confined to a wheelchair and moved into Middlechurch, he promptly ordered a TV (for sports) and a wheelchair van, so he could still go out...to Owen's hockey games and his favourite Pickeral in Gimli!

Barry's first career was as a CPR fireman, the CPR being a family career for his father, uncle, and grandparents. Once married with a daughter he gave up the railroad to be an airport firefighter. The railroad, however, was his first and greatest love.

In accordance with Barry's wishes, he has been cremated and a Celebration of Life will be held in the spring.

In lieu of flowers, if you wish, a donation in his name to his favourite charity, Siloam Mission.

Barry, you were a quiet presence, but earned respect wherever you went. You are sorely missed.

**Forever Alive in Your Heart**  
by Kelly Roper

I am not truly gone  
If you keep me in your heart.  
I'll forever be alive,  
And we'll never have to part.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Ted Andrew Wozny**

It is with great sadness that we say goodbye to Ted Andrew Wozny. Ted passed away peacefully on Saturday, December 23, 2023 at the age of 85.

Left to cherish his memory are his wife of 64 years Joan; sons Ward (Sandy), Brad (Angela) and his precious grandchildren, Blaine (Tiffany), Nicole, Alex (Graeme), Jillian (Anthony-Jacob), and his great-grandchildren Jaelyn and Hemingway. Ted was predeceased by his father Andrew in 1994, his mother Anne in 2010 as well as his brother Andrew (Andy), and sister Shirley. He is dearly remembered by his sister Sylvia and his nephews and nieces, Michele, Craig, Trevor, Andrea, and Lance.

Ted was born on July 2, 1938 in Selkirk to Anne and Andrew Wozny at the "old" hospital on Manchester Ave. He was the oldest of four children that included his brother Andy and his twin sisters

Sylvia and Shirley.

For the first five years of his life Ted lived in Garson, Manitoba where his parents owned a small grocery store. When he was four his dad bought a second store in Selkirk where the family eventually relocated. Ted attended the Central, Devonshire and Southward schools in Selkirk. He graduated high school and then went on to get his diploma in Fire Sciences from Oklahoma State University.

Ted and Joan were married in 1959. Mom was the love of his life and together they forged an amazing life for themselves and their family. Eventually buying their lifelong home on Eveline St. and having two sons (Ward and Brad) of whom he was very proud.

Following their honeymoon in Mexico, both Ted and Joan worked in the Garson store for a couple years and eventually moved back to Selkirk where Ted worked with his dad at the Wozny's Solo Store until 1975 when grandpa retired and sold the store. Ted had fond memories of working in the store. He became a familiar face and a friend to all who entered. His warmth and kindness turned it into a hub of camaraderie and connection. Dad very much enjoyed the company, conversations, and friendships he made with their many customers and friends over the years.

Ted's commitment to community was exemplified in his love for the town he grew up in and the many callings he chose to answer during his life. Ted was the proudest firefighter you could ever meet. He loved everything about his chosen profession and felt eternally grateful to be hired as a Provincial Fire Marshall with the Department of Health at the Selkirk Mental Health Centre following the selling of the store. Ted also became a volunteer Firefighter with the Selkirk Fire Department in 1960 where he eventually rose to the position of Fire Chief from 1978 to 1998 when he "retired."

During his time in fire services, Ted received numerous awards and recognition but a couple that he was particularly proud of were the Governor Generals Fire Services Exemplary Service Award and the Mary Beth Dolin Meritorious Fire Service Award for demonstrated excellence, leadership, and outstanding achievement in fire services. Ted also devoted time to various service clubs and organizations such as Kinsmen, the Knights of Columbus, Selkirk Minor Hockey, and the Selkirk Music Appreciation Club and he was also a school board member for 17 years.

Generosity was a thread that wove through every chapter of Ted's life. He was the embodiment of selflessness, always ready to lend a helping hand to those in need. Whether it was a neighbor or friend facing a challenge or a stranger who needed cheering up, he had a way of making everyone feel cared for.

Family was the cornerstone of his life. His eyes sparkled with pride and love when he spoke of his wife Joan. A love story that endured the test of time. Their journey was not just one of years but of shared laughter, mutual support, and unwavering love. His children, grandchildren and great-grandchildren were the jewels in the crown of his legacy. He could not stop speaking about how proud he was of every child in the family. Both Mom and Dad spent countless hours at various school and sporting events. They always took us out for breakfasts or celebratory dinners. And we would spend many holiday vacations with them and the grandchildren. He also bought a family spot out at Cherry Hill where the family would get together to swim, eat and just be together during the summer months.

The twinkle in his eye or his never-ending whistling wasn't just a product of his love for us but a reflection of the adventure he sought through travel and the joy he found in the company of friends. Ted and Joan loved taking friends out for day trips to the casino, or to Paradiso's in Grand Forks. They loved getting together with friends for wings on Thursday nights and would always end the evening with games of cards and some drinks. Dad and his friends had regular "birthday club" meetings as well as the infamous Selkirk Music Appreciation Club events and coffee at "Saint McDonalds." Upon retirement, several winters were spent in Arizona at Apache Junction. And memories of their trips to Hawaii, Portugal, Florida and Hong Kong was shared with many over the years. Hobbies such as woodworking, making birdhouses and gourds in the workshop and documenting family history brought Ted immeasurable happiness.

May his infectious happiness, humour and optimism be a reminder that joy can be found in the simplest of moments.

Funeral Mass will be celebrated on Friday, January 5, 2024 at 1:00 p.m. at the Notre Dame Roman Catholic Church, 269 Jemima Street, Selkirk, MB with Father Gerald Langevin officiating. All who knew and loved him are welcome to attend. The Mass will be livestreamed and a link will be available on his obituary at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

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

Gilbart Funeral Home, Selkirk in care of arrangements.



*Your memory will live forever Engraved within our hearts*

**OBITUARY**



**Thomas Hugh Morrison**

On Thursday, December 28th, 2023 Thomas Hugh Morrison, born October 3, 1940 in Selkirk, MB, peacefully passed away at the age of 83.

Hugh, as he was known to his friends and loved ones, will be dearly missed by his children Tom (Kelly), Chris (Renée) and Tracy (Christophe); grandchildren Scott (Kaisha), Saleah (Cody), Amanda (Wesley), Hailey and great-grandchild Max as well as by his brother-in-law Jim (widow of sister Cindy) and a host of beloved cousins, in-laws and friends.

He was predeceased by his wife of 60 years Judy, parents Thomas Hugh and Eleanor, and sisters Cindy and Paulette and her husband Joe.

Hugh grew up in Selkirk and had many friends. When asked what he wanted his obituary to read he responded "tell them I said

goodbye". Hugh was always a social person and in true form, he never left a party without saying Goodbye. We hope his parting farewell reaches everyone he knew and loved.

The family wishes to send a thank you to the compassionate staff at Selkirk Regional Health Centre, Selkirk Homecare and all the homecare aides who helped "Thomas" out during his final year. The kindness and professionalism shown was greatly appreciated.

As per Hugh's request, no service will be held.

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

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## OBITUARY



**Marven Edward Konzelman**  
October 7, 1940 - December 26, 2023

Peacefully on December 26, 2023, Marven Edward Konzelman went home to be with the Lord, with his daughter and one son at his side, and surrounded by the love and prayers of those of his family who were unable to be there.

He is survived by his wife of 61 years, Betty; his son Glen (Carrie); son Michael (Elisabeth); daughter Shelley (Ward) Cook; grandchildren Hannah, Josh (Nicole), Judah, Zachary, Emily and Amy Cook, Kristin (Ben) Padilla, Jesse (Emily), Jordan (Kassia), Karly (Roy) Thomson, Grace, Catherine (William) Browne; nine great-grandchildren, the last one born Christmas Day.

He was predeceased by his Mom and Dad and his sister Shirley Lockhart.

He is survived by his brothers Larry, Donnie, Alfred, Gordon and

sisters Debbie, Naomi and Lori.

The family would like to extend a special thank you to Dad's good friend and neighbor Ted Fuchs who had many good visits with Dad over a cup of coffee and was always there to lend a hand.

Marven was a wonderful husband, father and grandfather who loved the Lord, his family and his German Shepherds.

The family would like to thank all the health care workers and paramedics in Ashern and at the St. Boniface Hospital who were so helpful and made Dad's last days comfortable.

Cremation has taken place and a private family and close friend gathering will take place at a later date.

1 Thess. 4:16-18

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern - Lundar  
1-204-768-2072  
1-866-323.3593

## OBITUARY



**Joseph (Joe) Conrad Sarna**  
August 18, 1940 - December 22, 2023

Peacefully on December 22, 2023, Joe passed away at the Selkirk Regional Health Centre, at the age of 83.

Joe was predeceased by his parents, Michael and Anne Sarna; his sisters, Rose Watson, Mary Bruck, and Stella Pidek; and many other extended family members and friends.

Joe is lovingly remembered by his children Barbara Jo (Andy) and Michael (Kathy); grandchildren Jaelyn (Devin), Lauryn, McKenna, Karissa, and Lukas, as well as his partner of many years, Joan Palmer and her children, Dennis (Marilyn), Rhonda (Darcy), and Colleen (Mike) and grandchildren. He is survived by his brothers Ed Sarna, Albert Sarna, and Pat (Val) Sarna, and sisters Liz (Bernie) Dudeck and Louise (Bill) Pukalo, as well as many nieces and nephews.

For the past 51 years, the Petersfield Motor Hotel was an important part of Joe's life as one of the original owners. After he sold, he often went to the hotel to sit in his special chair and have his "daily bread" at his favourite table, with his friends at noon. His interest in the hotel business led him to also purchase the Fisher Branch Motor Hotel and Selkirk Motor Hotel.

Joe enjoyed travelling, especially getting in his bus and adventuring to Lake of the Prairies for his summer fishing trips. In his lifetime, Joe enjoyed hunting, curling, and watching the Winnipeg Jets and Winnipeg Blue Bombers games in his man cave.

Joe will always be remembered by his breathtaking blue eyes, enormous smile, and his witty humour.

We love you Dad, Papa, and Joe. We will miss you very much.

The family would like to thank Dr. Phoebe Thiessen and the wonderful staff on the Medicine 2 ward at the Selkirk Regional Health Centre for their excellent care.

A Celebration of Life will be held on Friday, January 5, 2024, at 1:00 p.m. at the Petersfield Community Club, 401 Main Street in Petersfield, Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Gilbert Ivor Geisler**  
March 17, 1945 - December 24, 2023

Suddenly, after a brief illness, we announce the passing of Gilbert Geisler on December 24, 2023 at the Lakeshore General Hospital in Ashern, MB with Pat and his girls at his side.

Dad was born in Winnipeg, MB and lived his entire life in Ashern. Gilbert and his dad Albert operated a trucking business. In 1965, Gilbert married Patricia Schwitek and together they raised three daughters Shauna, Kurby and A-Lynne. In his later working years, he was employed at Texaco, Northern Stores and Esso. Dad took pride in every aspect of his job and enjoyed working with his younger co-workers. Everywhere we went, someone knew Dad. Dad was a very kind and generous man.

Dad is survived by his wife Pat (just shy of 59 years of marriage); daughters Shauna (Ron), Kurby (Terry) and A-Lynne (Douglas); grandchildren Karly (Cole), Keaton (Kathleen), Taylor (Troy), Johnathon (Abby); and the apple of Papa's eye his great-grandson Wesley; nephew Graham Johnson and his great nieces and great nephew. Dad is also survived by Mom's family Marilyn and Terry, Kathy and Steven, Grant and Shelley and their families.

Dad was predeceased by his parents Helen and Albert Geisler, brother Lloyd, sisters Carol and Gail, nephew Jim and niece Cassandra.

We wish to thank the staff at the Lakeshore General Hospital along with doctors Gendi and Chumber for their excellent care of our dad and husband. A special thank you to Steven and Kathy Tindall for always being there for Mom and Dad, John and Karen Gray and Rev. David Fielder.

A Celebration of Dad's life was held at 2:00 p.m. on Saturday, December 30, 2023 in the Ashern Centennial Hall with Rev. David Fielder officiating.

Honorary pallbearers were Ron and Joan Geisler, Kathy and Steven Tindall, Buddy and Julie Bergner, Glen Arnason and Dennis Geisler.

Interment followed in the Ashern United Church Cemetery.

In lieu of flowers, donations may be made to the Lakeshore Hospital Guild, PO Box 1, Ashern, MB ROC 0E0.

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern - Lundar  
1.204.768.2072  
1.866.323.3593

## OBITUARY



**Phyllis Lemoine**

It is with great sadness and heavy hearts that we announce the passing of our mother, grandmother, great-grandmother, sister, aunt, and friend on December 20th, 2023 at Selkirk Hospital at the age of 88.

She was predeceased by her husband Leo Chorney and her second husband Glen Lemoine, parents Earl and Violet Anderson, sister Eileen, brother Leslie, and son Donald.

Left to mourn are her children Lorne, Ed, Garth, and Kathy; nine grandchildren and 16 great-grandchildren; brother Donald.

Phyllis was a woman of many talents from sewing, knitting, crocheting, cross stitch, pettipoint, crafting. She was an avid Blue Bomber and Winnipeg Jets fan. Loved her country music and was a square dancer for many years.

At her request there will be no formal service.

We would like to thank Dr. Paradoski for her kind and compassionate care over the last five years, especially in her last few weeks. Thanks to Dr. Cooke and team at CancerCare, Selkirk Hospital staff on the Medical/Surgical ward. Thanks to Tudor House for their care over the last five years. You all know who was special to her, her friendships with staff and other residents.

You worked so hard throughout your life, now it's time for you to rest in peace Mom. Loved always and forever.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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## BIRTHDAY



On January 5th, we wish  
Our Dad (Mike Penziwol) a  
Happy 95th Birthday!

-Love your family

## IN MEMORIAM



In loving memory of  
Robert Martin

December 22, 1934 – January 2, 2019

We'll always remember  
That special smile,  
That caring heart,  
That warm embrace,  
You always gave us.  
You being there for Mom and us,  
Through good and bad times,  
No matter what.  
We'll always remember  
You, Dad.  
There will never be another  
To replace you in our hearts.

-Love Ellen, Sharlene, Robert, Loretta,  
Owen, Laureen, Billy,  
Tracey, Jeff and families

**Classified booking deadline is  
Monday at NOON prior to Thursday's  
publication Please Call 204-467-5836**

## IN MEMORIAM



Joyce Byron and Stefan Byron  
December 30, 2022 January 29, 2018

Those we love don't go away,  
They walk beside us every day;  
Unseen, unheard but always near,  
Still loved, still missed and very dear.

-Love your family

## IN MEMORIAM



Edward John Kowalchuk  
August 13, 1945 - January 8, 2013

Ed, you left this earth, but didn't go away,  
Our thoughts keep you beside us every day.  
We miss your smile and treasure the past,  
Our love and memories of you will always last.  
Breathe Easy.

-With love from your whole family  
that misses you every day.  
Hug Dad and Tom for us

## IN MEMORIAM



Ronald Ewald Bittner (Ron)  
March 28, 1953 - December 28, 2022

There isn't a day that goes by.  
You are forever in our thoughts,  
And forever in our hearts.

-Love Jason, Jeff, Vicki and Sharon

## OBITUARY



Ernest Ross McLeod

It is with deep sadness that the family announces the passing of our husband, father, grandfather, great-grandfather, brother, uncle and friend on Wednesday, December 27, 2023 at the age of 91.

Ernie is predeceased by his wife Janet of 60 years, parents Alexander and Violet, siblings Freddie and Joyce.

He leaves to cherish his memory sons Tim (Terry), Dan, and David (Bonnie). Grandchildren Cory (Lisa), Trevor (Janelle), Rhianna (Chris), Chloe, and Tessa. Great-grandchildren Celina (Alex), Isabella, Brennen, Cullen, Wyatt, Christopher and Teresa. He will be fondly remembered by his sisters Jean and Gail, special cousin Ruth and many other extended family members and friends.

Ernie was born in Selkirk and spent parts of his early life living in Birch Point and later Winnipeg. In 1956 Ernie married the love of his life, Janet Pauline, and in addition to Winnipeg they spent time living in Brandon and then retired to an acreage in Meleb, Manitoba for over 20 years. Ernie worked for the CP Police for 33 years retiring in 1988.

Growing up Ernie was an avid baseball player. He was a pitcher for the West Kildonan Grey's and later for the CP team in Brandon. Ernie had an immense love for nature and animals. He was happiest when he was driving the countryside, bird watching, and feeding his "pet" fox and numerous deer. As a child Ernie spent many summers living with his grandmother and other relatives on Matheson Island and traveling up North with his dad for work. One-year Ernie brought home a young wolf that he wanted to raise as a pet. It spent some time in the family's West Kildonan backyard until it was taken to the Winnipeg Zoo to be cared for. In his later years, Ernie could often be found sharing and educating his children and grandchildren on his love of nature and animals.

Ernie was hard working by nature and always liked to be busy. He was always the first to lend a helping hand when needed willing to share his knowledge and skills sometimes helping and sometimes hindering. A few of the many things Dad will be remembered for are his impromptu visits, love of pie and instant coffee, and the impression he left on anyone he met. He truly had a way of making everyone he met feel special and cared for. He brought a smile and laugh to all.

Dad/Grandpa, thank you for your unwavering love and dedication to your family and friends. We will miss you every day and keep you tucked safely in our hearts forever.

In keeping with Dad's wishes, cremation has taken place and a private family service will be held at a later date.

The family would like to extend a huge thank you to the staff at Red River Place Personal Care Home in Selkirk for the care and compassion they showed Dad during his last few months.

In lieu of flowers, donations to a charity of one's choice are welcomed.

Friends and family are invited to visit Ernest's memorial page at: [www.interlakecremation.ca](http://www.interlakecremation.ca) where memories and condolences may be shared.

Arrangements entrusted to:

*Interlake Cremation  
& Memorial Services*  
204.482.1040

## OBITUARY



Jacob David Hartog  
April 18, 1936 - December 14, 2023

With his loving wife Jan at his side, Jake passed away peacefully on December 14, 2023 at the Selkirk Hospital.

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

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern - Lundar  
1-204-768-2072  
1-866-323-3593

## OBITUARY

Wernfried Roman Zotter  
March 10, 1937 – December 12, 2023

Peacefully on December 12, 2023, Wernfried Zotter aged 86 years of St. Laurent, MB passed away at the Stonewall Hospital, MB.

Cremation has taken place and graveside service for both our Mom and Dad will be planned at a later date.

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern - Lundar  
1.204.768.2072  
1.866.323.3593

## OBITUARY



Edward Bernier  
1954 - 2023

It is with heavy hearts that the family announces the sudden passing of Edward, beloved husband of Colleen, for 42 years, brother, brother-in-law, uncle, great uncle, respected father figure, and friend to many.

As per Edward's wishes, cremation has taken place and no formal service will be held.  
Lord, "A Cowboy Let Me Be".

Fisher Funeral Home  
in care of arrangements

# Announcements

Book Your Announcement or Classified Ad Today - Call 204-467-5836

## CARD OF THANKS

On behalf of the Hilstrom family, we would like to thank our friends for all of the food, visits, flowers, phone calls, cards and hugs received during the recent passing of our daughter, Heather Doerksen. Your support has meant so much to us in this difficult time.

## IN MEMORIAM



**Shannon Barnes-Figur**  
December 4, 1970 – December 31, 2016  
We miss you,  
Especially this time of year,  
And every day.

-Lovingly missed by  
Mom, Barbara Barnes;  
Husband, Spencer Figur;  
Brother, Sean Barnes and family;  
Step-children, Matt and Melanie Figur;  
Aunt Sharon and family;  
Uncle Ron and Aunt Joan Geisler and family

## IN MEMORIAM



**Kevin Mandzuik**  
January 7, 1969 - January 7, 2020  
In loving memory of  
our beloved son, brother, and uncle

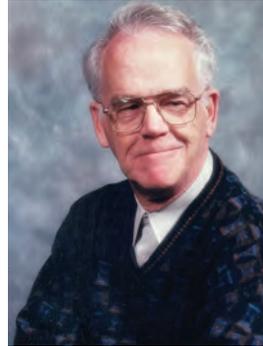
We thought of you today,  
But that is nothing new;  
We thought of you yesterday,  
And days before that too.  
We think of you in silence,  
We often speak your name;  
All we have are memories,  
And a picture in a frame.  
Your memory is a keepsake,  
From which we will never part;  
God has you in His arms,  
We have you in our heart.  
-Forever loved and deeply missed  
Dad, Mom, Terri and Devon

## IN MEMORIAM

**In Loving Memory of  
Our beloved wee Abby**  
Sadly missed along life's way,  
Quietly remembered every day.  
No longer in our lives to share,  
But in our hearts, she's always there.  
-Gramma and Poppa,  
Aunt Sandy,  
Uncle Derek and Auntie Jaime,  
cousins Kaycie and Maiti Margetts



## OBITUARY



**Lloyd Percy Sutherland**  
January 15, 1936 - December 27, 2023

Early Wednesday morning December 27, 2023, Percy Sutherland of Stony Mountain passed away peacefully in Stonewall, Manitoba. Percy was raised in Stony Mountain since he was a very young child with his parents Ebenezer and Mary Sutherland and his brothers and sister. Percy lived at the corner of Main and Memorial in Stony Mountain the majority of his life. He worked for many years at McConkey's Grocery Store (Pick and Pay). After his parents passed Percy lived with his sister Audrey and her husband Adolf. He was a life long member of Stony Mountain Curling Club and was a regular spectator! He was also an active member of the Stony Mountain United Church, putting up the hymn numbers on the hymn board every Sunday and collecting the offerings. He was a quiet man but was blessed with a great sense of humour!

He travelled with his sister and her husband to many places; California, Arizona, Florida, but probably enjoyed Hawaii the best! In 2012 Percy moved into Hilltop Manor, across from where he lived. He lived there until the summer of 2023 and then moved to Rosewood Lodge where he enjoyed the staff and residents. A Big Thank You to all staff at Rosewood and to all home care staff over the years for their excellent care!!

Percy had many friends and was loved by all who knew him!  
Percy was predeceased by his sister Audrey (spouse Adolf), three brothers, Howard (spouse Patricia), John (spouse Patricia), Ross (spouse Sheila); sister-in-law (Leona).  
He is survived by his brother Charles Gordon Sutherland of Prescott, Arizona.  
A memorial service will be held on Wednesday, January 10, 2023 at 11:00 a.m. at MacKenzie Funeral Chapel, 433 Main Street, Stonewall, Manitoba.  
In lieu of flowers, donations may be made to Stony Mountain United Church, Box 176 Stony Mountain, MB, ROC 3A0.

MACKENZIE FUNERAL HOME STONEWALL  
(204) 467-2525 • info@mackenziefh.com



## OBITUARY



**Gail Margaret Ross (nee Young)**  
1947 - 2023

It is with great sadness that we announce the passing of our mother and grandmother, Gail Ross, who left us on December 23, 2023.  
Gail was preceded by her loving husband, Ted (Edward).  
She is survived by her three daughters Tracey (Ray), Kerry (Jason), and Kelley (Kyle); as well as her six grandchildren Coral, Keegan, Danyon, Marshal, Kinzey, and Abigail.  
A private family interment will be held later in the spring.  
In lieu of flowers, donation may be made to Heart and Stroke Foundation of Manitoba.

MACKENZIE FUNERAL HOME STONEWALL  
(204) 467-2525 • info@mackenziefh.com



## OBITUARY



**Jacob David Hartog**  
April 18, 1936 - December 14, 2023

With his loving wife Jan at his side, Jake passed away peacefully on December 14, 2023 at the Selkirk Hospital.  
In keeping with his wishes, cremation has taken place and no service will be held.

Arrangements by:  
ARNASON FUNERAL HOME  
Ashern - Lundar  
1-204-768-2072  
1-866-323-3593

*Don't forget to send your special wishes to your friends and family.*

**Tribune**  
Stonewall Teulon  
Call  
204-467-5836

**“Respect others as you would like to be respected.”**

- Narrows Sunset Lodge