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The Selkirk Record

THURSDAY, OCTOBER 8, 2020

VOLUME 11 EDITION 40

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Literacy in motion

Skylar Finnigan, Jaycee Gagnon and Orion Finnigan participating in the first StoryWalk at the Petersfield Farmers Market. For more photos see page 5.

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PRICES IN EFFECT: THURSDAY, OCTOBER 8 - WEDNESDAY, OCTOBER 14, 2020

Living in a world of masks

Mask mandate easy for some, adjustment for others

By Nicole Buffie

As the first week of a mandatory mask policy in the Winnipeg Metropolitan Region has come and gone, residents of Selkirk and surrounding communities seem to be adjusting to the face coverings with ease.

No Frill's, though having a mask policy in place since Aug. 29, has faced little backlash for the store's rule.

"Generally, it was a bit of a learning curve but not a huge pushback," said Terry Gall, associate manager of the grocery store. "The odd customer didn't like it or walked away but it was mostly accepted."

After an influx of positive COVID-19 cases in Winnipeg, the province moved to establish the area as level orange, or 'restricted' on the provincial pandemic response system. With the announcement came smaller gathering sizes both indoors and outdoors, and the mandatory use of masks in all public places.

Gall said since his store implemented the policy for all employees and shoppers, he's had few customers refusing to don a face covering while shopping.

"It's almost total compliance," he said. Gall noted there was only one customer during the first week of the new public health orders that refused to wear a mask.

As the public health regulation states, a face covering must be worn while inside any public-facing business including grocery stores, malls and anything accessible to the general population.

Mayor Larry Johannson said while he agrees with the mandates and will ensure everyone follows the rules set out by public health officials in order to slow the spread of the virus, he isn't convinced the city should be lumped

in with the rest of the bedroom communities surrounding Winnipeg.

"Our team has done tremendous work on having Selkirk prepared for the pandemic," Johannson said. "We believe in the recommendations, we believe in the science, I just don't agree with being a part of this group," Johannson said.

The mayor said despite his wish to be seen as a separate entity from Winnipeg and surrounding communities, Selkirk has obliged to following necessary health protocols put in place by the city and individual businesses.

"90% of the businesses already had implemented mandatory masks in their in their buildings," he said. "We have gone above and beyond protecting our community and I think it shows in the numbers."

While most businesses asked customers to wear masks while shopping and it came with no fuss, not everyone was compliant of the request.

An incident came out of Selkirk's Walmart on Sept. 23 when RCMP reported arresting a man for assault and uttering threats.

Mounties say a 52-year-old man entered the store not wearing a mask. After another customer repeatedly asked the man to don a face covering, the individual allegedly pushed him and threatened him. An employee nearby saw the commotion and called RCMP to the scene. The male was arrested and detained in custody and is facing charges of assault and uttering threats. He is scheduled to appear in Selkirk court on Dec. 11.

Walmart stores across the country implemented a mandatory mask policy in their retail stores in August. A statement by the company read that face-coverings must be worn by customers while shopping in one of their



RECORD PHOTOS BY NICOLE BUFFIE

No Frills in Selkirk has had a mandatory mask policy in place since Aug. 29 with little push back from shoppers.



A man was charged with assault and uttering threats after refusing to wear a mask in the Selkirk Walmart in September, one week before public health orders mandated the use of masks in all public indoor spaces.

over 400 locations beginning Aug. 12, mandate in place or not, regardless if there was a public health

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BIG DOLLAR

Making organ transplants available to more people

By Katelyn Boulanger

Kyle Schmidt, an East St. Paul firefighter who recently was told that he needed a kidney transplant, is advocating for a change in the way transplants are managed in the Province of Manitoba.

Currently, people who would like to be organ donors need to opt-in by submitting their information to the province but Schmidt would like to see that changed so that instead of opting-in residents would opt-out if they didn't want their organs donated after they have passed away.

"I'm 37 years old. I'm a new parent with a 9-month old baby. I was diagnosed with end-stage renal disease in August of this year. We always assumed that a transplant was coming but it kind of came faster than we anticipated. At that time we were looking for a list of potential donors," said Schmidt.

Upon creating a group called Kidney on Fire on Facebook, which let people know about his own need, Schmidt had an outpouring of support and potential donors who called to be tested to see if they were a match.

His journey, however, caused Schmidt to realize how many people



need organ transplants who haven't had the same experience finding an organ donor as he has.

Schmidt and his list of potential do-

RECORD PHOTO SUBMITTED

Kyle Schmidt and his Kidney on Fire team recently raised almost \$2000 at a fundraiser for the Kidney Foundation Of Canada on Sept. 27 in Birds Hill Park.

nors are currently being tested and he is hoping to make it to transplant without having to go on dialysis.

"Manitoba has the longest transplant wait times in Canada, partly because we have a lot of people on dialysis per capita, Manitoba has over 1800 people on dialysis only about 400 people are eligible for transplant," said Schmidt.

On behalf of those 400 people in need of kidney transplants and many more in need of other organs that would benefit from an improved transplant system, Schmidt wrote to MLAs to advocate for a system in which more people could be considered as donors.

He sat down with the Minister of Infrastructure Ron Schuler and Minister of Health Cameron Friesen and the feedback that he got from them was that to enact a change like that they would need more people to sign up to be organ donors in the current system to show that there is interest in changing the way organ donations are done in this province.

Recently, the province of Nova Scotia became the first area in North American to vote in a similar change having residents request to not be organ donors instead of having to ask to donate. This change will be enacted in January of 2021.

The Manitoba system used to allow people to sign up alongside obtain-

ing their driver's license but has since changed to an online signup.

Selkirk resident Cathy Krawchuk recently gave her kidney to Judy Scott the two having met through speed skating as both have daughters who participate in the sport. She also believes that an opt-out system is the way to go in Manitoba.

"That one person who's waiting for a liver transplant, a kidney transplant, whatever it may be, they have family. It's not just them who are waiting for it, it's also their family that are waiting for it children, grandchildren, cousins, husbands, wives, friends, coworkers, whatever it may be all of these people are waiting with them for these transplants and why wouldn't you want to help them if you pass away. Why wouldn't you want to pay it forward," said Krawchuk.

As it's been 10 months since her donation, Krawchuk has had time to recover and still feels that it was the right decision to donate her kidney. She also says that she would do it again if someone needed a piece of her liver.

"Sometimes the organs aren't usable but sometimes we can affect a life," said Schmidt.

To sign up for organ donation in Manitoba visit signupforlife.ca and register.



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The StoryWalk will move from the farmers market to Petersfield Park next weekend. The walk which is designed as a physically distant reading adventure has participants walk from page to page of a story until they reach the end. The next StoryWalk will feature the book 'Mickey's Thanksgiving' and will remain up for a week before being replaced by 'Haunted Howl-oween'. Pictured: (left) Skylar & Orion Finnigan and Jaycee Gagnon participating in the first StoryWalk. Pictured: (right) Jackson and his mother Robin pick out a book at the Frontier College's Book Fair. Every child who participated in the StoryWalk® was able to take home a free book compliments of Frontier College, a non-profit literacy organization.

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Manitoba calls on Feds to remove block on rapid COVID-19 test

Submitted by Manitoba government

The Manitoba government is calling on the Government of Canada to reverse its ban on the direct sale to provinces of a new rapid test for COVID-19, Central Services Minister Reg Helwer announced Monday.

“Our government is committed to increasing access to COVID-19 testing for Manitobans,” said Helwer. “We were pleased to learn that Health Canada had approved the Abbott ID NOW rapid test for use. Access to testing is top of mind for Manitobans, which is why our government attempted to place an order for these new tests within 24 hours of Health Canada’s announcement.”

When Manitoba officials contacted Abbott to place an order for the new ID NOW rapid test, they were informed the Government of Canada is blocking the sale of this test directly to provincial governments.

“This is a completely unacceptable action by the federal government,”

added Helwer. “Although the federal government has secured its own supply, it has indicated that it will decide how that supply will be allocated. Provincial governments are the front-line providers of health care in this country and are best able to determine their own needs.”

The federal government’s actions are the latest in a series of clear examples where provincial needs are being disregarded, the minister said.

Earlier this year, an order of two million N95 masks placed by the Government of Manitoba was blocked by the U.S. government and redirected to Ottawa. Because of these federal seizures, Manitoba has only received a fraction of the quantities to which we were entitled, Helwer noted.

“The federal government has also cancelled funding for a program to help improve fibre-optic access in northern Manitoba,” said Helwer. “The cancellation of this \$55-million federal commitment reinforces the

importance of our government’s work to engage the thousands of kilometres of fibre-optic cable owned by Manitoba Hydro. This pandemic has reinforced the need for access to reliable internet, which is why the province of Manitoba is stepping up to connect rural and northern communities using a publicly owned asset that has sat idle for far too long.”

Premier Brian Pallister has written to Prime Minister Justin Trudeau to express Manitoba’s disappointment in the federal government blocking Manitoba’s access to an important tool to increase COVID-19 testing capacity. The premier is asking the prime minister to relieve immediately Abbott of any prohibitions on the sale of the ID NOW rapid test to Manitoba, which will enable the provincial government to make immediate arrangements for the purchase of sufficient testing machines and kits to meet the needs of Manitobans.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

My wife and I had our COVID-19 testing done at the Selkirk centre set up for that purpose. That day there were about thirty vehicles ahead of us all lined up on the roadside. The process took just over half an hour. When we came out of the test centre, the line had doubled.

The healthcare workers were very efficient, very kind, and we passed the test. Thank you for your skill and dedication.

Two weeks later I was on Manitoba Avenue and pulled up at the light across from the COVID test centre. I was shocked to see the vehicles went as far as the eye could see. They went all the way around the corner to the old hospital or a little further. Obviously, now more people are con-

cerned and want to be tested.

To help with the volume, the healthcare workers were going along the road to the vehicles one at a time, I imagine with a worksheet to get the people prepared so the Manitoba Health paperwork is done before they enter the centre.

This is very risky as the traffic passes behind them at 70 km/h. Most slow down but some do not. Has no one given thought to this?

The issue facing us is very simple. No authority has paid attention to the safety of these workers as they talk to people in the endless line. This 70 km/h speed limit is still in place on that road.

What I think would be a reasonable solution, would be to install a

large sign on the road heading in which says ‘COVID TEST CENTRE. 30 km/h maximum speed. \$200 fines in place. Hours of operation 7 a.m. to 5 p.m.

As school is now started it makes one think of the same system of warning should be in place for the COVID testing centre. This oversight on behalf of not the government of health but of highways is shocking in its negligence. Soon this will be done in the dark and snow. What then? Widen the road? Change the traffic pattern? Enter from the opposite end of the building?

- Submitted by Doug Broadhurst, Resident of Petersfield



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View the Selkirk Record online at
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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

TROUBLE WITH PAPER DELIVERY?

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

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COVID alert app launched in Manitoba

Available for all Apple and Android devices at the iTunes and Google Play stores.

By the Government of Manitoba

The Health Canada COVID Alert app is now available to Manitoba residents and will provide digital COVID-19 exposure alerts once the app is downloaded to a smartphone, Health, Seniors and Active Living Minister Cameron Friesen announced Oct. 1.

"With case numbers currently on the rise, the COVID Alert app is one more tool that people can use to be aware of a possible exposure to COVID-19," said Friesen. "The introduction of the app builds on our public health contact tracing efforts to inform people of possible exposures and ensure they are given the advice they need to reduce the spread of the virus."

The national COVID Alert app uses Bluetooth technology to detect when users are near each other. If a user tests positive for COVID-19, they can choose to let other users know about

potential exposure risk without sharing any personal information.

Someone who tests positive for COVID-19 will be provided a one-time key from public health when they call to provide test results. By entering the key into the app, it will notify other app users who have been within two metres of a person who has tested positive for COVID-19 for at least 15 minutes over a 24-hour period within the last 14 days. Subscribers who receive this exposure alert can then assess their risk and seek testing, if needed.

The COVID Alert app does not collect personal information or health data, and does not know or track the location, name, address or contacts of any user. All aspects of the app are completely voluntary.

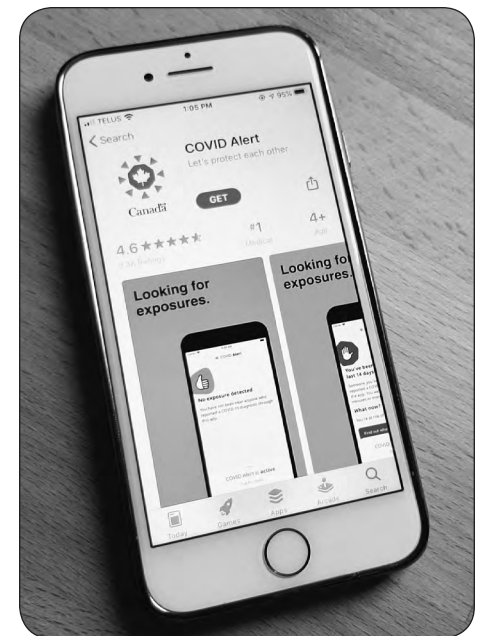
The minister noted the COVID Alert app does not replace contact investi-

gations. People who do not have a smartphone or device that will support the app will still receive notification from public health officials if they have positive test results or are determined to be a close contact of a confirmed case.

"It's important for people to remember that we all need to continue to focus on the fundamentals to reduce the risk of spreading COVID-19 to others," said Friesen. "Stay home if you are sick, reduce your number of contacts, wash or sanitize your hands often, physically distance from others and wear a mask if you cannot, or as required in your community."

The Health Canada COVID Alert app is available at no cost in the Apple App Store and Google Play. For more information, visit www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html.

Visit www.manitoba.ca/COVID19 for information about the #RestartMB Pandemic Response system, testing, public safety alerts and the latest Manitoba case surveillance information.



RECORD PHOTO BY KATELYN BOULANGER

The national COVID alert app launched in Manitoba Oct. 1 and all residents are invited to join. The app does not collect personal data and allows residents to be notified if you've come into contact with someone with a positive COVID-19 test.

WE WISH 2020 WAS FAKE NEWS, TOO.

Happy National Newspaper Week to the readers who need it most.

OCTOBER 4-10TH, 2020



Police pups more than just a pretty face

Imprinting is the first step of RCMP K9 training

By Nicole Buffie

Training a puppy isn't always easy; teaching their clumsy bodies to climb stairs, directing them outside when they 'gotta-go' and regulating their feeding schedule are all parts of puppy parenting.

But what if it involved letting your new furry friend climb on tables, explore every nook of any available space and receive head scratches from anyone they came across?

These are a just few things RCMP dog imprinters introduce their trainees to in the 20 months they spend with them.

Cst. Dan Rouleau, a veteran dog imprinter for the Mounties, and his latest K9 recruit Nyack have been spending the last few weeks together becoming familiar with each other and their surroundings.

"I spend more time with the dog than I do with my family," Rouleau said.

As an imprinter, Rouleau's job is to allow his puppies to become comfortable in all environments and with any individual they may come across in their careers as police dogs. After that, the dogs move to the next stages of tactical training.

"When it becomes a police dog, you're going to want it to be able to jump on counters and couches because that's where they may need to search," Rouleau said. "They don't want to associate that with a negative experience."

The potential police pups start their journeys at the Alberta Police Dog

Service Training Centre as newborn purebred German Shepherds. After arriving in the city they're assigned to, the imprinting process begins.

The imprinters expose their trainees to as many terrains and individuals as they can in order to become confident and useful in any situation they're put in.

"We want them to be dominant and comfortable," Rouleau said.

After becoming familiar with various people, places and things over many months and imprinters have a sense of whether they have the temperament to become a police dog, they are sent off for their next round of training involving narcotics and explosives detection.

However, not all dogs make it through the first round.

"Sometimes you can just tell the dogs won't be good police dogs," Rouleau said. "They're not aggressive or confident enough, or they're not great at tracking."

The dogs that flunk out are then sold to hopeful owners through the RCMP.

The ones that go on to complete their training serve as long as they can before retiring, averaging eight to 10 years. While the canine cops do not receive paycheques, they are compensated with plenty of treats.

Police dogs assist in executing search warrants, locate missing people and even help nab fleeing suspects.

In 2017, a male and a female attempted to evade police in a stolen vehicle after refusing to stop when pulled over. After failing to get the stolen



RECORD PHOTO BY BRETT MITCHELL

RCMP Cst. and K9 imprinter Dan Rouleau with his nine-week-old trainee Nyack showing him the ropes at Selkirk Plaza before he goes off to his next round of police dog training.

SUV through a farmyard in East Selkirk and fleeing on foot, police dog Eddie was dispatched and quickly located the suspects using his tracking skills and helped police bring them into custody.

As for nine-week-old Nyack, there's no suspect tracking on the horizon quite yet. He and Rouleau have been

spending a lot of time exploring the Winnipeg James Armstrong Richardson International Airport, Rouleau's home base for the RCMP, as well as exploring wooded areas.

"Right now it's just about having a good time, letting him explore and be a puppy for a little bit."

Physical distancing doesn't mean being alone

Donations ensure personal care home and supportive housing residents keep in touch with loved ones

By Interlake Regional Health Authority

Seeing a grandchild for the first time. A son playing you a song on the guitar. A daughter showing you around her new house. These are just a few of the moments that residents living in personal care homes and supportive housing throughout Interlake-Eastern RHA can experience, even during recent times when they have been un-

able to visit with loved ones in person.

In the early days of the coronavirus pandemic, the Long Term & Continuing Care Association of Manitoba (LTCAM) realized an urgent need and took action. COVID-19 has disrupted all of our lives in many ways, and in challenging times, we seek connections with the people we care about. The alternative – social isolation – can

be detrimental to the mental health and wellbeing of people both old and young, and particularly for those with dementia.

"When people with dementia are not in contact with the people closest to them, they lose their cognition and orientation to time, place and person. It's absolutely critical that they stay in touch," said Jan Legeros, executive director of LTCAM.

An appeal was launched with the goal of getting as many devices as possible that would make face-to-face contact a reality for every socially isolated Manitoba senior in care. Telus, United Way, Powerland Computers,

and Blue Cross answered the call, with more than 200 iPads and smartphones donated.

"We touched base with all personal care homes and all supportive housing in the province, and every single home that needed a device received one," said Legeros. "And they are really being used. In one home, a resident who is more than 100 years old is even teaching other residents how to use one of the iPads. You can see how meaningful this is for everyone, and it truly shows how we're really all in this together."

No sale or service of liquor in licensed premises after 10 p.m.

Staff

Public health officials advise the current five-day COVID-19 test positivity rate is 2.4 per cent and 51 new cases of the virus have been identified as of 9:30 a.m. Monday, bringing the total number of cases in Manitoba to 2,191.

As of today, Interlake-Eastern has a total of 44 active cases: Fisher/Peguis district with 16, Winnipeg Beach/St. Andrews 6, Springfield 4, Arborg/Riverton 3, Beasejour 3, Eriksdale/Ashern 1, Gimli 1, Northern Remote 3, Pinawa/LacduBonnet 2, Powerview/Pine Falls 2, Stonewall/Teulon 2 and the unknown district 1.

Today's data also shows:

- one case in the Northern health region;
- three cases in the Southern Health-Santé Sud health region; and
- 35 cases in the Winnipeg health region.

The data also shows:

- 739 active cases and 1,429 individuals have recovered from COVID-19;
- there are 23 people in hospital and six people in intensive care; and
- the number of deaths due to COVID-19 is 23.

Laboratory testing numbers show 2,313 tests were completed Friday, 2,070 tests were completed Saturday and 1,235 tests were completed Sunday, bringing the total number of lab tests completed since early February to 194,698. Solutions to specimen collection site wait times continues to be

examined.

Case investigations continue and if a public health risk is identified, the public will be notified.

Public health officials are advised about additional possible exposures at the following schools:

- IQRA School at 404 Web Pl. in Winnipeg on Sept. 22, 23, 25 and 28. Based on the public health investigation, there is no evidence of in-school transmission or that a case was acquired in school. Public health is reaching out to close contacts to advise self-isolation, and one cohort has been moved to remote learning.

- Stonewall Collegiate at 297 Fifth St. W. in Stonewall on Sept. 28 and 29. Based on the public health investigation, there is no evidence that a case was acquired in school. Public health is reaching out to close contacts to advise self-isolation.

- College Louis-Riel at 585 St Jean Baptiste St. in Winnipeg on Sept. 28. Based on the public health investigation, this exposure was assessed to be low. The infection was not believed to be acquired at school.

The public is also being advised of possible exposures at these sites:

- Chaise Corydon at 691 Corydon Ave. in Winnipeg at a private gathering on Sept. 26 from 11:30 p.m. to 1 a.m. in the second level lounge area with bar and side patio.

People who attended any of the above locations on the dates/times

listed should self-monitor for symptoms and immediately isolate if they develop and seek testing.

After consultation with the restaurant and food industry, public health is implementing the following orders on Wednesday, Oct. 7 for licensed premises:

- No sale or service of liquor may take place in licensed premises between 10 p.m. and 9 a.m.

- The operator of the licensed premises must ensure that all members of the public vacate the licensed premises by 11 p.m.

- Licensed premises must be closed for dine-in services between 11 p.m. and 6 a.m.

- Staff must obtain contact information in writing from at least one person in each party attending the licensed premises and the licensee must retain this information for 21 days, after which it must be destroyed.

- The order does not prevent food from being sold from licensed premises after 11 p.m. for delivery or take-out.

- These orders impact the Winnipeg Metropolitan Region currently under orange and do not apply to liquor retail.

- Additional information can be found at www.manitoba.ca/covid19/restartmb/prs/winnipeg/index.html#licensedpremises.

The Health Canada COVID Alert app is now available to Manitoba resi-

dents and provides digital COVID-19 exposure alerts once the app is downloaded to a smartphone. It is available at no cost in the Apple and Google Play app stores. For more information, visit:

www.manitoba.ca/covid19/updates/covidalert.html.

The chief provincial public health officer strongly encourages Manitobans to reduce the number of close contacts outside their household, and avoid closed-in or crowded spaces. In addition, they should focus on these fundamentals to help stop the spread of COVID-19:

- Stay home if you are sick.
- Wash/sanitize your hands and cover your cough.
- Physically distance when you are with people outside your household.
- If you cannot physically distance, wear a mask to help reduce the risk to others or as required by public health orders.

Unless recommended by public health officials, only individuals experiencing COVID-19 symptoms should go for testing. Individuals with symptoms are asked to seek testing as soon as possible once symptoms are present. Employers are asked to only send employees for testing if they have symptoms or if testing has been recommended by public health officials.

Birds flock to Oak Hammock during peak migration weeks

Staff

While many snow birds can only dream of their usual warm-weather vacations this year, flocks of Canada geese are now ready to escape the inevitable cold temperatures.

Oak Hammock Marsh Interpretive Centre hosted Fall Family Fun Days last weekend with extended hours to allow for optimal viewing.

"Traditionally, the last week of September and the first week of October is peak migration time," said Jacques Bourgeois of Oak Hammock Marsh.

"That's when you have tens of thousands, if not hundreds of thousands, of waterfowl at the marsh."

Attendees also had the chance to participate in a guided walk on the trail and to see a bird banding demonstration.

"Of course, the highlight is the flying at night. All the birds come back to the marsh for the night to rest, so that is the most magical time," Bourgeois said.

"It's huge groups of geese. It's so loud too with the rustling of the feath-



RECORD PHOTO BY JACQUES BOURGEOIS

A flock of birds returning to Oak Hammock Marsh for the night to rest.

ers and the honking in the air all around you. It's pretty amazing."

Other upcoming events at Oak Hammock Marsh Interpretive Centre

include a Thanksgiving birdseed sale from Oct. 10 to 12, a migration astronomy night on Oct. 15, birding hour focused on cowbird parasitism on Oct.

18, Spooky Marsh Critters on Oct. 23, and a Halloween fun and pumpkin carving workshop on Oct. 25.

Grieving in a pandemic

By Nicole Buffie

As the Province of Manitoba adjusts to new public health orders in the Winnipeg Metropolitan Region amid a spike in COVID-19 cases, it leaves those planning funerals in a tough position of how to lay their loved ones to rest.

Interlake Cremation & Memorial Services has seen a surge in cremations and virtual services, according to owner Rick Kotaska.

Kotaska said while traditional burial services are still being held, the restrictions on group sizes since the beginning of the pandemic have forced families to be stingy with invitations to in-person viewings and ceremonies.

As of Sept. 28, all health districts in the Winnipeg Metro Region including Selkirk, Stonewall, Teulon, the RM of Stonewall, RM of St. Andrews, RM of St. Clements (including Birds Hill Provincial Park), RM of West St. Paul, RM of East St. Paul and the Village of Dunnottar implemented a mandatory mask policy for all public-facing businesses and a limit of 10 people for indoor and outdoor gatherings.

Kotaska said after his sister-in-law passed away in April when public health orders ramped up to slow the spread of COVID-19, it left his family unsure how to proceed.

"It's very difficult," he said. "How do you choose who can come and who can't?"

The family decided on cremation and held a gathering of 50 people in September. While Kotaska said he is thankful a celebration took place before allotted gathering sizes shrunk due to the second wave of positive cases, he empathizes with those planning services.

"It's extremely difficult because you have a limit on the amount of support that can come forward and be with you during a difficult time," he said.

While the limit on the number of people allotted at services is numbered, Kotaska said most families are making things work under the circumstances.

"I think people are starting to view funeral services a little bit differently now," he said. "People are looking at creative ways of celebrating one's life in a more intimate manner."

As gathering sizes ebb and flow, Kotaska said his clients are choosing to hold small ceremonies with the option for those not present



RECORD PHOTO BY NICOLE BUFFIE

Rick Kotaska of Interlake Cremation & Memorial Services said cremations have been on the rise due to funeral postponements amid the COVID-19 pandemic, mandating the restriction on in-person gatherings since March.

to tune in virtually. Cremations have also been a common route as it allows loved ones more time to plan celebrations of life.

However, traditional burial services are not a thing of the past quite yet according to Dave Gilbert, co-owner of Gilbert Funeral Home.

Gilbert said viewings are now making use of cohorts of 10 people and common touch surfaces are cleaned between each group.

However, while it allows a larger amount of people to pay their respects in-person the shuffling of groups in and out, makes funerals longer with some taking up to two days.

"It's tough for the families because

they can only come in with some of their family members when usually all of them would be able to be there together," Gilbert said.

These factors have influenced the rising popularity of virtual viewings, giving those who cannot attend a chance to be part of the ceremony in some way.

Gilbert said while the pandemic has paved the way for creativity in funeral services, he doesn't anticipate traditional funerals to be eradicated any time soon.

"People coming to funerals want to be there for the family and to see them," he said. "Watching it online is sort of a last resort."

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Local instructor writes her first book on mindful meditation

Selkirk's Irene Way feels that people need to take time for mindfulness

By Katelyn Boulanger

Former teacher, psychiatric nurse, and current Glow Fitness instructor Irene Way published the first book in a three-part series *Eight Lessons to Mindful Meditation: The Pathway to Mindful Living* on July 25.

"I wanted to use my experience over the past 30 years or so of teaching meditation and Tai Chi to pass on these benefits to people who might want to receive them," said Way.

"Here in Selkirk, Glow fitness wanted that program so I taught Tia Chi and meditation and then as COVID came and we were all shutting down students still wanted to go ahead, especially the practice of meditation. So, I wrote the lessons down and it felt like it should be passed on to more than just my students and so I made it

into a book and published it for anyone that was willing to try this."

The book focuses on mindful meditation with an emphasis on mindful living. It brings people through a journey starting with two-minute meditations and moves up to 20-minute meditations.

"The whole of the COVID slowed us down and stopped us in our tracks and brought us back to ourselves so it seemed to me that now was a perfect time [for people to learn about meditation] because people have more time and because of the stress that's all around us. It became bigger and harsher with what we were and what we aren't allowed to do so at this time. To spend some structured time learning a simple process of quieting the mind and letting go of thoughts,



RECORD PHOTO SUBMITTED

Irene Way with her book 'Eight Lessons to Mindful Meditation: The Pathway to Mindful Living'.

especially of fearful thoughts of anxiety and depression, and what is happening around us, to let go of this and make space in our mind allows you to see the bigger picture," said Way.

She learned about meditation in her late 20s when she was raising her family of eight children, which included a lot of stress. She decided to take a Tai Chi class and her instructor insisted that they meditate for 20 minutes before each class in order to be able to focus on learning.

"At first I really hated it because I was bored and because when you sit quietly a lot of crap comes up from your past and you have a lot to go through and all of that emotion but eventually I started to feel a huge ben-

efit and it started to feel very comfortable and like coming home to myself and sometimes I would get insight," said Way.

She continued to meditate at home and it got her through some very tough times in life and she's continued to teach it everywhere that she has moved since from British Columbia, to Nunavut, and now in Selkirk.

"This is a simple book that unravels meditation that anyone can read and has some wise and helpful all around hints along the way. It's not an expensive book. If you think it would help you pick up a copy," said Way.

The book is available online at amazon.ca and in Selkirk at the Gwen Fox Art Gallery and Glow Fitness.

Glow hikes for Terry Fox



RECORD PHOTO SUBMITTED

Glow Fitness instructors (left to right) Amanda Moorhouse, Andrea Gertner and Heather Mcknight completed the Virtual Terry Fox Run choosing to hike in the Whiteshell at Pine Point Trail. The group raised \$500.00 for the Terry Fox Foundation while safely taking part in this year's event.

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Orange Shirt Day



RECORD PHOTO BY BRETT MITCHELL

Pictured left to right: Leslie Anderson (a residential school survivor), Kelly Goodman, Melanie Kennedy, Grace Schedler, Joyce Noonan and Linda Anderson of Indigenous Languages of Manitoba wore orange in The People's Medicine Garden to participate in Orange Shirt Day this year. Orange Shirt Day takes place on Sept. 30 annually and commemorates the experiences of residential school survivors and their families, with a focus on healing and commitment to the ongoing process of reconciliation.

Heading to the Leg



RECORD PHOTO SUBMITTED

Selkirk's CAO Duane Nicol (left) and Mayor Larry Johannson met MLA Rochelle Squires to discuss Bill 48, a bill that she introduced this March. Bill 48 has to do with The Planning Amendment and City of Winnipeg Charter Amendment Act and the mayor and CAO expressed their concerns that this bill, as it was proposed, took control of development out of the hands of municipalities.

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Inwood gets archery lanes

COVID creates economic complexities

By Evan Matthews

A local club has hit the mark, as a new recreational activity exists in the RM of Armstrong.

Henry Hendrickson, president of the Inwood Sports Club, said the organization decided to convert the not-so-oft-used curling rink into two archery lanes.

"We gutted the viewing area as well, and put in some pool tables, shuffleboard, and a bar. Like the old Dukes of Hazard show, we're calling it The Boar's Nest," said Hendrickson, adding the décor will match, with deer heads and other game trophies on the wall.

The Boar's Nest has TVs and Wi-Fi for families and sports fans.

The pool and shuffleboard were donated to the sports club, according to Hendrickson.

The organization also runs the Inwood Arena, which offers public skating free of charge, just accepting donations to keep the doors open.

"Anyone can use the lanes. We have targets ranging from 15 to 65 yards, all indoor, even warm in the winter time. -30 degrees outside is about 8 degrees in the archery lane," he said.

Hendrickson added thanks to the Winnipeg-based business Heartland Archery, as they donated all the "high-grade" targets for the lanes.

The goal of the Inwood Sports Club is not to make money, Hendrickson said, but rather to keep the doors open. For that reason, the club will charge \$5 for someone to shoot, but they may shoot as long as they'd like.

The real support comes in the form of purchasing burgers, hot dogs, drinks, chips, etc., from the canteen,

which Hendrickson emphasized as being the biggest generator for the club.

"If you come use the facility, it's pretty reasonable, so we ask people to buy a burger, or buy chips. You can only milk the cow for so long before she runs dry," said Hendrickson.

"But so far, the lanes have had phenomenal support from all over, right from Winnipeg, to Beausejour, to Gimli, to Arborg; people are coming from everywhere," he said.

COVID complexities

Despite the hard work and recreational restoration, Hendrickson said the Inwood Sports Club runs the risk of closing its doors if the COVID-19 situation does not improve over the next year, or if the government does not offer some form of aid to community groups.

The aforementioned canteen sales and \$5 archery lane charge doesn't cut it in terms of fundraising, according to Hendrickson. The sports club took a major blow after having to cancel the 2020 Inwood Goose Shoot, which was scheduled for Sept. 25 and 26.

"I'm working on a different fundraiser for this upcoming winter. But if things keep getting shut down, and people can't congregate, the arena and the archery lanes will close," said Hendrickson.

"If we get shut down at any point this fall, we won't be able to open for winter 2021," he said.

Despite the changes to the provincial COVID threat level this past Monday, the RM of Armstrong was omitted from the list of municipalities to adhere.



RECORD PHOTO BY HENRY HENDRICKSON

Heartland Archery, a Winnipeg-based company, donated all the high grade targets, ranging from 15 to 65 yards in distance.

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Fire Prevention Week

October 4-10, 2020




Serve up fire safety in the kitchen!

WSP Fire Dept. wants you to be fire safe

Students receive safety books

By Katelyn Boulanger

Even though firefighters will not be physically going to school in West St. Paul to give fire safety books to students this year, they have still paired up with businesses in the community to ensure that students receive their fire safety resources this fire prevention week.

Usually, the fire department will have a fire safety day with students where they bring their fire prevention trailer and safety books to West St. Paul School where each grade gets to participate in fun activities culminating with the grade 8 students who play volleyball with the fire department.

"This year, due to COVID, we, unfortunately, won't be going into the schools we'll just be handing the books to the principal and he'll be handing them out to the classes," said Ryan Yackel, the West St. Paul Fire Chief.

The school will receive copies of Fire Safety: Smart Choices for LIFE! and Junior Fire Safety for Kids: Smart Choices for LIFE!, which are meant for young-

er students in kindergarten and grade one. These books also come with CDs, which have interactive games and additional information.

"They're geared towards teaching kids, for the younger kids it's what's hot and what's not, what to do when they hear a smoke alarm go off or if they see or smell smoke. The older ones are geared more towards the older kids and gets more in-depth about what to do if you hear that smoke alarm at home, fire escape plans and fire safety plans to do with your parents and the importance of practising it once a month like they do at school," said West St. Paul Fire Department captain and fire prevention educator Kerry Eccles.

He believes that educating children on fire safety is important for keeping the entire family fire safe.

"As parents, we all understand that we're all busy and sometimes it takes educating the kids to give us a kick start at home. We're all very concerned and we say that we're fire safety conscious but most



RECORD PHOTO SUBMITTED

West St. Paul firefighters with their mascot Sparky and students in 2019 when they were able to visit schools to provide fire prevention education. This year will be different with fire prevention resources being distributed to teachers and students but no in school activities.

people aren't as much as we should be. We put it on the back burner and this gives the kids a little bit of excitement and gives them something to talk about when they're back at home with their parents and puts it back on the forefront," said Eccles.

This year's fire prevention week theme is serving up fire safety in the kitchen and both firefighters agree that not leaving cooking unattended, and little things like turning handles so that they aren't accessible to young children are important things to remember in the kitchen.

Unfortunately, COVID

isn't only affecting WSP firefighter's ability to go to schools but has also made it so that their open house will not be going forward this year and they don't have any events planned for the near future.

"We just want [kids] to know that even though we're not [in the school] it doesn't mean that we aren't there for them and looking out for them. We still want them to engage in fire safety and life safety at home. Talk to their parents. Plan for emergencies at home just like they do at school and that we're still going to be around for them," said Eccles.

Fire Prevention Week | October 4-10, 2020

Continuing Fire Education during COVID

By Katelyn Boulanger

The East Selkirk Fire Department jumped into action when they realized that COVID would affect their ability to visit schools this year and made a PowerPoint presentation that teachers are using to continue to promote fire safety.

"This happened last June when COVID first shut down the schools and the first heavy restrictions came upon us. A big part of our public education is going out to the elementary schools and teaching fire safety prevention, which is a big part of fire safety to the kids. We [visit] kindergarten to grade four and each grade has their own level of education," said Derrick Paul, East Selkirk Fire Department's Public Education Officer.

Because they knew that this school year would be different, the fire department put together a 12-page PowerPoint presentation focusing on home escape planning which teachers can incorporate in class or online.

"Unfortunately, a lot of home fires start with children playing with matches or lighters, things that they shouldn't be playing with, but they get to anyway just being normal kids and not knowing. Once the fire is started, then they become afraid and then they go and hide, which most kids do, and that makes our jobs as firefighters harder because now we have to go into the structure that's on fire and find these kids," said Paul.

Because of this, having education in schools so that children know the importance of following a home escape plan when there is a fire is a top priority of the fire department and why they chose the topic for the presentation.

Paul says that even though the presentation is targeted to children the information is valuable for the whole family.

"We are all busy with our lives but with COVID it's putting us in our homes a lot more so these are important activities for the whole family to do. Make a fire plan and practice it and know it and have two ways out so that we don't have to worry about rescuing people from a house on fire and concentrate on putting the fire out," said Paul.

The part of the education experience that they, unfortunately, won't be able to replicate online is having the children see the firefighters with their equipment.

"We'll be missing some of the traditions of having the firefighters in as well as the kids always look forward to seeing Sparky [the fire department's mascot] and the fire trucks but we're making the most of what we can do

whether it's through the PowerPoint or virtually," said Happy Thought School principal Trish Goosen.

Paul would like to tell students, if he could be in the school to see them this year, that though fire can be used as a tool to do good things like cooking, it is also dangerous and not something to play with.

The East Selkirk Fire Department would also like to inform residents that due to COVID-19 they have cancelled their open house and pancake breakfast this year. The activity packages that the fire department normally gives out at the open house, however, will be distributed to students at school this year.

The escape plan presentation is available for everyone to download at <https://rmofstclements.us3.list-manage.com/track/click?u=244694fff4e2038fafbbb4f85&id=b670a744d2&e=4d8ab020bb>.



RECORD PHOTO SUBMITTED

The East Selkirk Fire Department's most recent group photo taken in 2019 before the COVID-19 pandemic.

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Cheers to 50 years of business in Selkirk

Selkirk Auto Body celebrates half a century of repairing

By Nicole Buffie

At 401 Lake Ave. sits Selkirk Auto Body, a well-known shop in the community where the Pellaers family has been working on cars for the past 50 years.

Bought in 1970 by Hubert Pellaers after immigrating from Holland 10 years before, Hubert's son Joe quickly joined the family business as a painter. After Hubert passed away in 1990 Joe took over the business with his wife Pat.

"It's changed enormously," said Pat Pellaers.

After working for the government in Winnipeg during the day and working the books at Selkirk Auto Body at night, she eventually put all of her energy into helping run the business.

She said over the 30 years she's seen lots of faces come in and out of the



RECORD PHOTO BY NICOLE BUFFIE

(From left) Kris, Joe and Pat Pellaers are excited to celebrate 50 years in the family business and look forward to what the next 50 years brings at Selkirk Auto Body.

shop, with many returning customers.

"It's not just luck," she said. "People are happy with the work, and they come back and then they tell somebody else."

The shop prides themselves on being a direct repair facility through MPI, making it easier for those involved in an accident to receive an estimate and subsequent repairs. They are

also the only aluminum shop in the Interlake, having built a new wing for aluminum repairs in the last year.

She said they are always making sure their technicians are up-to-date with the latest certifications necessary to maintain a high operating standard, having been certified with the Canadian Certified Collision Care Program.

More recently, Joe and Pat have stepped back from day-to-day operations as their son slowly takes over the family business.

Kris Pellaers has been maintaining the place for the last two years, working on cars and filing paperwork simultaneously.

An autobody technician for nearly two decades, the move to take the

reins from his father was a natural one.

He said he's seen the shift in the way the shop has operated over the years, from procedural changes while working with MPI and ordering car parts to the paint used to touch up vehicles.

"Everything has just kind of been changing with the times and we gotta keep up with it," Kris Pellaers said.

Over these times, the shop has seen many repairs, including all of the fire-trucks run out of Fort Garry, boats and even fridges.

Currently, Kris Pellaers has taken on a personal project of restoring an old Rolls Royce to rent out for weddings.

"It's my mid-life crisis project," he joked.

While their son may be running operations, Pat and Joe can still be found around the shop chatting with employees and customers or even doing some work to help out.

"For us, it's wonderful because you're here all day and night," Pat Pellaers said. "It's not like a nine to five job."

As the shop nears 50 years in the Pellaers family spanning three generations, Kris looks forward to seeing how the industry evolves but would like to see things stay the same for at least a little bit.

"Hopefully things can stay as they are for a while," he said. "We just want to keep working."

Wishing you a Happy Thanksgiving



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The Selkirk Record

Alzheimer conference going virtual for 2020

Webinar focuses on caring for those with brain disease

By Nicole Buffie

The Alzheimer Society of Manitoba's annual Care4u conference on Oct. 24 is going digital for 2020, and while many events across the country have been cancelled due to the pandemic, the society says hosting a virtual seminar is a benefit.

"We'll be able to reach so many more people than we usually would be able to just having our regular conference," said Samantha Holland, the Interlake/Eastern Regional Coordinator for The Alzheimer Society.

The Care4u conference serves as a way to educate and support those caring for loved ones with Alzheimer's, a degenerative brain disease common in elderly people.

What would usually be a one-day event featuring keynote speakers and concurrent sessions covering different topics of interest for caretakers, the webinar will feature the same activities in a virtual session.

The topics covered include areas such as day-to-day care for loved ones and how to have tough conversations such as when to move to a long-term care home and when to stop driving.

Holland says due to the current pandemic, some of the material will be geared towards how caring for loved ones with Alzheimer's has changed.

"There's a lot more emotional needs that come with this pandemic," she said. "There's that social isolation, there's caregivers having to be more hands-on because homecare has stopped or slowed down, different activities have been cancelled, people are dealing with anxiety and stress and depression."

Holland noted the conference comes at a good time as caregivers are expe-

riencing burnout from finding ways to look after loved ones from afar.

"They really just need some support," she said.

According to The Alzheimer Society, over 23,000 Manitobans currently live with the disease and the number is expected to grow to over 40,000 by 2038.

Since the onset of the pandemic and mandated public health orders cancelled many in-person events, Holland said there have been many virtual support groups popping up, including one in the Interlake region.

"These people have kind of become a small little family during all of this and they're getting to know each other," she said. "Despite living in different communities, the feelings and the emotions and what they're going through is quite the same."

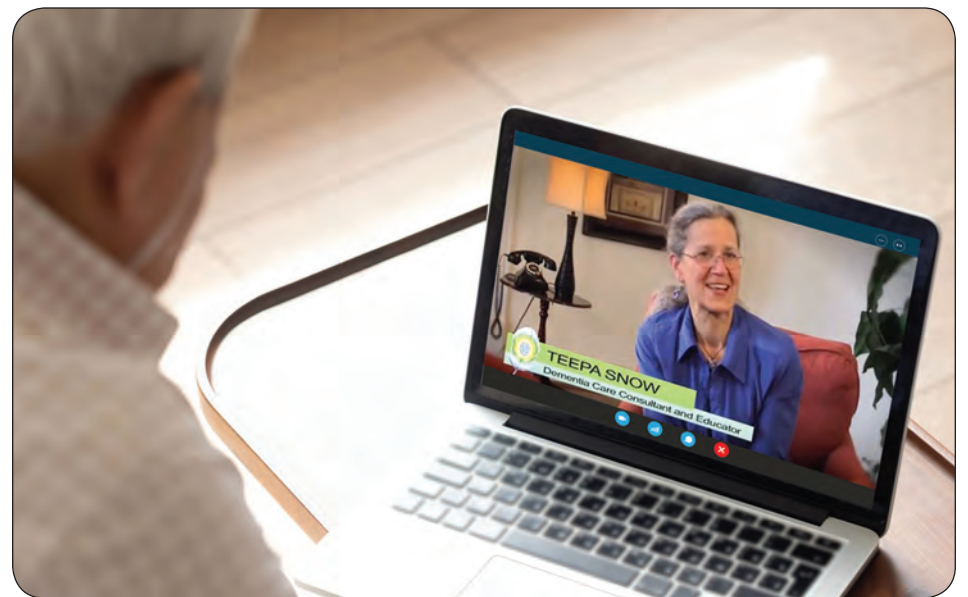
Holland hopes online support groups like these continue after restrictions on public gatherings have lifted as it's an accessible way for communities to come together.

"It's taken a global pandemic, to make us realize that we could be doing things a lot differently," she said.

As for the Care4u conference, featured speakers will include Teepa Snow, a world-renowned Dementia care expert and Dr. Barry Campbell, the medical director of geriatric psychiatry for St. Boniface Hospital. Attendees of the virtual sessions will have a chance to pose questions to the speakers.

For caregivers not able to make the conference but still wish to find resources on how to virtually care for loved ones, an online manual is available for download.

Together Apart: A Guide to Visiting at



RECORD PHOTO SUBMITTED

Teepa Snow, a world-renowned dementia care consultant, will be a keynote speaker at The Alzheimer Society of Manitoba's annual Care4U Conference on Oct. 24.

a Distance, a guide created by The Alzheimer Society of Ontario, aims to help caregivers navigate the digital world of assisting those living with Alzheimer's. It includes advice on having meaningful conversations using virtual platforms, communicating effectively over the phone or comput-

er and planning activities while visiting.

For more information on the Care4u conference and support groups available, visit The Alzheimer Society of Manitoba website www.alzheimer.mb.ca.

**Wishing you a
Happy Thanksgiving**

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Banman wins the annual great pumpkin weigh-off

Returning champ Cornie Banman's giant pumpkin weighs in at 1,373.5 pounds

By Ashleigh Viveiros

Winkler's Cornie Banman held on to the title of Manitoba's top giant pumpkin grower last weekend.

Banman's entry into the 30th annual Great Pumpkin Commonwealth Weigh-Off in Roland tipped the scales at 1,373.5 pounds to earn him his second first-place finish in a row.

This year's pumpkin fell far short of the monster that won Banman the grand prize last year. That one weighed in at 1,660.5 pounds and holds the record for the largest pumpkin ever grown in Manitoba.

Still, it was more than enough for the win this year, and Banman was glad to see his hard work pay off.

He said there's no big secret to growing award-winning pumpkins; it just takes a lot of care and a bit of luck.

"And lots and lots of water," Banman said.

This summer proved to be a challenging one for growers.

"We had a lot of wind, a lot of damage to the plants, but we did fairly well still," Banman said, noting he's become hooked on the challenge of coaxing the biggest pumpkin he can from the ground, despite what Mother Nature might throw at him. "I say every year I'm going to quit. Then in spring I'm antsy again and then I do it."

"It's a nice hobby," he added. "You can see in a day how much it grows, and that's what's exciting about it and what keeps me coming back."

Banman's winning pumpkin can now be seen outside at the Fruit 'N More store in Winkler.

The winner's circle at the weigh-off included Banman's wife, Helen, in second place (1,285 lbs) and his brother, Henry Banman, a five-time champion pumpkin grower, in third place (1,216.5 lbs.) Fourth place went to Roland's Art Cameron (1,167.5 lbs.) while Marge Banman came in fifth

(1,144 lbs). The prize for best-looking pumpkin went to first-time participant Brad Slepicka, from Benito, MB. His pumpkin came in 11th at 979.5 lbs.

Cornie Banman also won the watermelon and squash events with entries of 77 lbs. and 1,019 lbs., respectively.

Meanwhile, Carman's Jason Terwin had the day's largest tomato for the second year in a row. His entry was 3 lbs 7.45 oz.

The weigh-off had to be done a little differently this year thanks to COVID-19 forcing the cancellation of the Roland Pumpkin Fair. The scale was brought outside and the public at large were asked not to attend.

"We had a lot of committed growers that still wanted to come out and have their pumpkins weighed, even though it was a smaller crowd than normal," said organizer Derek Baschuk.

Scaling things down was far preferable to cancelling the event outright, he noted.

"There's been so many community events that have been canceled everywhere, so this was one thing that we felt we could still have," Baschuk said. "We are also part of the Great Pumpkin Commonwealth, and because of that we did have some responsibility to continue on if we could."



RECORD PHOTOS BY ASHLEIGH VIVEIROS

Winkler's Cornie Banman won the Great Pumpkin Commonwealth Weigh-Off in Roland for the second year in a row on Saturday.



The 30th annual Great Pumpkin Commonwealth Weigh-Off in Roland Saturday had 18 giant pumpkins entered, one squash, three massive tomatoes, and five watermelons. Each were carefully weighed and measured according to GPC guidelines.

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Steak Au Poivre

Press seasoning into meat to create even coating.

In large skillet over medium-high heat, heat vegetable oil and 1 tablespoon butter until just smoking. Add steak and sear 4 minutes on each side for medium-rare. Once cooked to desired doneness, transfer steak to cutting board and tent with foil to rest.

Reduce heat to medium and add brandy to skillet. Allow to cook down about 1 minute while stirring to scrape off any browned bits from bottom of pan. Once brandy reduces by half, add cream, Dijon mustard and remaining butter; continue cooking until mixture begins to reduce and thicken, 5-7 minutes.

Slice steaks against grain and top with sauce.

- Prep time: 5 minutes
Cook time: 20 minutes
Servings: 2
2 Omaha Steaks Butcher's Cut Filet Mignons (5-6 ounces each), thawed
2 teaspoons kosher salt
2 tablespoons coarsely ground black pepper
1 tablespoon vegetable oil
2 tablespoons butter, divided
1/3 cup brandy or cognac
1 cup cream
1 tablespoon Dijon mustard
Season steak with salt and pepper.



Simon Family Brisket

1 can (14 ounces) whole cranberries
1 cup chili sauce
1 cup ginger ale
Preheat oven to 250 F. Place brisket in large ovenproof baking dish.

In bowl, mix onion soup mix, cranberries and chili sauce. Spoon over top of brisket. Pour ginger ale around edges of brisket.

Cover with foil and bake 4 hours. Remove from oven and let rest 20 minutes. Remove brisket from baking dish and place on cutting board. Slice brisket against grain and place in serving dish. Top with sauce and serve.

- Prep time: 10 minutes
Cook time: 4 hours, plus 20 minutes resting time
Servings: 4
1 Omaha Steaks Beef Brisket Flat (2 pounds), thawed
1 package (1.1 ounces) dry onion soup mix



Cauliflower "Risotto" with Shrimp and Peas

1 1/2 cups fresh or frozen peas
2 tablespoons fresh basil leaves, cut into ribbons

In large, nonstick skillet over medium heat, heat oil. Add shallot and cook until softened, 2 minutes. Stir in cauliflower rice, 1/4 teaspoon salt and pepper; cook 2 minutes.

Sprinkle flour over cauliflower and stir to incorporate then add milk and cook, stirring occasionally, until it comes to gentle boil. Stir in 1/2 cup Parmesan cheese until incorporated then add shrimp and peas.

Return to simmer. Continue cooking, stirring occasionally, until shrimp are pink and no longer translucent, and sauce has thickened, about 5 minutes. Season with additional salt, to taste, then garnish with basil and remaining Parmesan cheese.

- Recipe courtesy of "Whole in One" by Ellie Krieger on behalf of Milk Means More
Servings: 4
2 tablespoons olive oil
1/2 cup chopped shallot
3 cups cauliflower rice
1/4 teaspoon salt, plus additional, to taste
1/4 teaspoon freshly ground black pepper
2 tablespoons, plus 1 teaspoon, all-purpose flour
1 3/4 cups 1% low-fat milk
3/4 cup freshly grated Parmesan cheese, divided
1 pound medium shrimp (26-30 count per pound), cleaned and tails removed



AsktheMoneyLady.ca

than you should. How do you feel about your net worth number?

Victoria, when you have determined your net worth, you can now decide how you want to change things. Good or bad, we all have to live with the outcome of our choices. Why not partner with a finance coach or financial planner to help you. Don't do it alone. Financial planning is designed to motivate clients to make changes, discuss trade-offs, and sometimes work through difficult decisions that may be necessary to ensure a comfortable future. Your finance coach should help you ascertain real risks and be flexible to your needs. Most of all they should partner with you to help balance your budget, spotting possible blow-ups and removing the risk to your family's finances. It's impossible for you to know everything, and believe me, the internet is not the fix you need to get your finances in order. Find a finance coach that will work with you, one that you feel you can partner with and one whose every intention is to help you get debt-free and wealthy!

Dear Christine,
I'm in my 50's and was laid off work because of COVID. With all of this extra time, I've been trying to understand my finances a bit more. My ex-husband always dealt with our money, but now that we're not together anymore, I'm not sure where to begin.

Victoria
Dear Victoria
Let's face it, after the year we have all been through, there are a lot of people finding it tough. COVID has changed the life-landscape for all of us. You are making the right decision to consider planning for your future. One of the first steps in doing this would be to determine your net worth.

Your net worth is the total value of all your assets minus all your outstanding debt. Start with adding up the value of your assets, such as cars, homes, investments, life insurance, RRSPs, or even cash. Then subtract all your debts, which would include balances on credit cards, lines of credit, mortgages, loans, or upcoming unavoidable expenses. Do you have a good positive net worth number or is your number a negative? A negative number will mean a life change is imminent and perhaps you are carrying more debt

Good Luck and Best Wishes,
Money Lady
Written by Christine Ibbotson, Author of the best-selling book "How to Retire Debt Free & Wealthy" and a new book "Don't Panic - How to Manage your Finances and Financial Anxieties During and After the Coronavirus" available at all bookstores across Canada. If you have a money question, please email on website: www.askthemonneylady.ca



Sausage, Egg and Cheese Muffins

sage, baking mix and cheese. Stir in milk and eggs; blend well.

Pour 3/4 cup mixture into each muffin cup.

Bake 18-20 minutes. Serve warm with maple syrup, if desired. Refrigerate leftovers.

Substitution: In place of baking mix, substitute 2 cups all-purpose flour plus 1 tablespoon baking powder and 1 pinch of salt.

- Total time: 30 minutes
Servings: 16
1 bag Success Tri-Color Quinoa
nonstick cooking spray
1 package (9.6 ounces) cooked turkey sausage crumbles
2 cups prepared baking mix
1 cup cheddar cheese
1 cup milk
4 whole eggs, lightly beaten
maple syrup (optional)
Prepare quinoa according to package directions. Preheat oven to 400 F. Coat 16 muffin cups with nonstick cooking spray.
In large bowl, combine quinoa, sau-

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Steelers begin MJHL regular season this weekend

By Brian Bowman

The Selkirk Steelers will begin their 2020-21 Manitoba Junior Hockey League regular season with a pair of games this weekend against the Winnipeg Blues.

Selkirk will host Winnipeg on Friday and then the two teams will hook again the next evening at the RINK Training Centre.

"We're really excited," said Steelers' head coach Hudson Friesen last week. "Camp's been going really good so far. We're coming together as a group and we're getting better every day. I know the boys are raring to go and get things started."

The Blues are a younger team, much like the Steelers, with some veteran

players. Both teams will get to know each other very well right away as they play each other four straight times to begin the regular season.

"They play a similar style to last year where they are going to work really hard and play a fast-paced game," Friesen noted. "They're going to be fairly structured so they'll be a good test for us to open up the season."

Pumped by the Pistons

On Sept. 29, the Steelers wrapped up their preseason schedule with a disappointing 9-2 home loss to the Steinbach Pistons.

Leading 4-2 in the third period, Steinbach blew the game wide open with five unanswered goals.

"Overall, we really didn't play with the energy and passion that we had in the previous two games, especially in the third," Friesen said. "Being a younger group we're going to have our lumps but the main thing that we discussed with our team is the work ethic and compete can't waver. That has to be there every night."

Nio Kiemeney (two), Denton Matychuk, Rylan Bettens, Mathieu Harold, Dominic Murano, Owen Weihs, Quinton Pepper, and Caden Triggs scored for Steinbach.

Jordan Hughesman tallied twice for Selkirk while Adam Ingram had two assists.

The Pistons were 3-for-7 with the man advantage while the Steelers

were blanked in three opportunities.

William Desmarais and Austin DeBoer split the goaltending duties for Selkirk.

On the trade front, the Steelers have been busy the past few weeks.

Selkirk traded the MJHL rights to forward Nate Goodbrandson to the Winnipeg Freeze, who later dealt the St. Andrews' product to the Steinbach Pistons, for future considerations.

Goodbrandson had an assist in Steinbach's seven-goal rout of Selkirk.

Selkirk also recently traded veteran forward Blake Burr to Steinbach while acquiring forward Graeme Patrick from Neepawa.

Preparing for the season



RECORD PHOTO BY BRETT MITCHELL

Tyson Parker, left, and Travis Paradiski battled for the puck during the Selkirk Fishermen's training camp at the Recreation Complex. Selkirk begins its CRJHL regular season this Saturday at 7:30 p.m. against St. Malo.

WHSHL set to begin next month

Staff

It appears that the Selkirk Royals' boys' hockey team will have a season.

Winnipeg High School Hockey League commissioner Dana Gordon said the WHSHL, which had 37 teams in three divisions last year, will begin play in November with a drastically reduced number of teams.

"We're going to stitch it together, it's not going to be perfect and it's not going to be pretty but it's better than nothing," Gordon told the Winnipeg Free Press last Friday. "People are gonna have to get on board or I guess we'll have one final opportunity

to opt out."

A number of school divisions and schools from Winnipeg and across the province have elected to withdraw from the league this season due to the COVID-19 pandemic.

The other committed schools for this season include St. Paul's, Fort Richmond, St. John's-Ravenscourt, Garden City, West Kildonan, Westwood, Steinbach Regional, Lorette, College Louis Riel, Centre scolaire Léo-Rémillard and Linden Christian.

Gordon said more specifics will be determined at meetings this week.

Raiders top Twins in MMJHL action

Staff

The Raiders Junior Hockey Club started its preseason schedule Sunday with a victory.

The Raiders scored seven goals on just 26 shots in a wild 7-5 victory over the Ft. Garry/Ft. Rouge Twins in Manitoba Major Junior Hockey League action at the Seven Oaks Sportsplex.

Caelin Chinery led the Raiders with two goals and an assist while Adam Loschiavo also tallied twice. Jayce Kennedy, who also had a three-point game, James Barclay and Kyle Wiltshire also scored for the winners.

Riley Barraso chipped in with three assists while Daytona Moneas and Nick Sharpe also had two helpers apiece.

Josh Gardner (two), Evan Grierson (two), and Eric Lecuyer replied for the Twins.

Jeremy Pikel made 22 saves for the win.

The Raiders will visit the River East Royal Knights in another exhibition game this Friday at 8:15 p.m. at Terry Sawchuk Arena.

The Raiders' regular season opener is Oct. 16 when they play a road game against the Charleswood Hawks.

Next Home Games

Sat. Oct 10 vs St. Malo
7:30pm at the Selkirk Rec Centre

Fri. Oct 23 vs North Wpg
7:30pm at the Selkirk Rec Centre

Masks are Mandatory for all Spectators

Next Away Games

- Sat., Oct. 17 - vs Arborg - 7:30pm
- Tues., Nov. 3 - vs N. Wpg - 8:00pm



Meet the Fishermen



#29 Brendon Hocaluk
Goalie

Manitoba Curling Hall of Fame & Museum names most notable 150 teams

Invites public participation in ranking the top 25

Submitted by Manitoba Curling Hall of Fame & Museum

In recognition of Manitoba's 150th anniversary, the Manitoba Curling Hall of Fame & Museum (MCHoF&M) has named what it is calling the Most Notable 150 Teams in Manitoba's long and storied curling history.

The list has been published on the CurlManitoba website (curlmanitoba.org) and is attached herewith.

"People have been curling in Manitoba since before we were a province," said Peter Nicholls, the recently elected President of the MCHoF&M Board of Directors.

"Manitoba's curlers have built a remarkable reputation for the province as home to some of the best to ever play the game. We want to pay tribute to all of the curlers who have built and added to the Manitoba curling legend over the years."

MCHoF&M directors and volunteers deliberately steered the discussion away from 'the Greatest Teams' toward 'the Most Notable Teams' and their accomplishments. Teams such as those skipped by Jeff Stoughton, Jennifer Jones, Connie Laliberte, and Ken Watson no doubt fit in both categories. However, focusing on the most notable accomplishments of Manitoba curling teams allows the inclusion of Manitoba's World Junior Champions and teams such as the Manitoba Deaf teams which earned honours in recent years at the Deaflympics and World Deaf Championships.

There has been no attempt to rank all 150 teams. However, 25 of the most notable teams have been identified and the committee's ranking of these 25 will be publicized in mid-December.

In the meantime, Manitoba curling fans are invited to participate in a People's Choice ranking of the top 25 - with an opportunity to make 'wild-card' additions to the list if they don't happen to agree with the committee's choices.

Donations to support the efforts of the MCHoF&M to honour Manitoba's curling heritage are invited in the name of the team of your choice as No. 1 Most Notable Team in Manitoba curling history.

The People's Choice ranking will be determined by the total donations made in the name of each team. A minimum donation of \$10 is suggested and all donations are eligible for a Revenue Canada charitable donation receipt. Donations can be sent to Manitoba Curling Hall of Fame & Museum Inc. c/o CurlManitoba #309, 145 Pacific Avenue Winnipeg, Manitoba R3B 2Z6.

The Board of Directors has committed to using the net proceeds of the campaign for both current and future operations. Through the Manitoba Curling Hall of Fame and Museum Endowment Fund at the Winnipeg Foundation, MCHoF&M is eligible for a matching contribution which has been committed through the Manitoba Heritage Trust Program.

To 'cast your vote', go to canada-helps.org (<https://www.canadahelps.org/en/charities/manitobacurling-hall-of-fame-museum-inc/p2p/most-notable-teams>).

There you'll find an opportunity to select and vote for any one of the named 25 teams or your wild-card choice.

The Notable 25 teams in Manitoba Curling History which are included in the voting are:

- Howard Woods 1925-1929 Granite Team: First Manitoba Champion
- Gordon Hudson's 1928-29 Strathcona Team: First Back-to-Back Brier Champion
- Ab Gowanlock's 1934-38 Glenboro Team: First Rural Manitoba Manitoba & Brier Champion
- Ken Watson's 1942-49 Strathcona Teams: Six Consecutive MCA Bonspiel Grand Aggregates
- Billy Walsh's 1952 & 1956 Deer Lodge Team: Manitoba and Brier

Championships Four Years Apart

- Lily Clark's 1953-57 Portage Team: First Back-to-Back Manitoba Women's Champion
- Terry Braunstein's 1958 Granite Team: High School Team Wins Manitoba, Loses Brier Final
- Ernie Boushy's 1964-67 Heather Team: Four Consecutive Manitoba Mixed Titles & two Canadians
- Joan Ingram's 1967-73 Fort Garry Team: Three Manitoba Championships with Three Different Skips
- Don Duguid's 1970 & 1971 Granite Team: Back-to-Back World Titles Undeclared
- Orest Meleschuk's 1972 Fort Rouge Team: World Title Makes Three in a Row for Manitoba
- Chris Pidzarko's 1972-74 Team: Two Canadian Championships in There Years
- Lloyd Gunnlaugson's 1982-84 Valour Road Team: Three Consecutive Canadian Senior Titles
- Bob Ursel's 1983-84 Granite Team: First Manitoba Team to Win a World Junior Championship
- Connie Laliberte's 1984 Fort Rouge Team: First Manitoba Team to Win a World Women's Championship

- Vic Peters 1992-97 Granite Team: Back-to-Back Manitoba Titles and a Brier Championship
- Connie Laliberte's 1992-95 Fort Rouge Team: Team Canada at Scotties and Worlds in Brandon
- Kelly MacKenzie's 1995 Deer Lodge Team: First Manitoba Team to Win a World Junior Women's Championship
- Kerry Burtnyk's 1995-2001 Team: Only Manitoba Team to Win a World Championship at Home in Manitoba
- Jeff Stoughton's 1999-2006 Charleswood Team: Trials Finalist, Three Manitoba Titles and Brier Champion
- Jeff Stoughton's 2011-14 Charleswood Team: World Gold and Three Time Manitoba Champion
- Mike McEwen's 2008-18 Fort Rouge Team: A Decade of Excellence
- Braden Calvert's 2014-15 Team: Back-to-Back Canadian Juniors and a World Championship
- Jennifer Jones' 2005-20 Team: Olympic Gold Medal and So Much More
- Kerri Einarson's 2020 Gimli Team: Built a Winning Team but Pandemic Shortened Season

Walter wins in curling



RECORD PHOTO SUBMITTED

East St. Paul's Meghan Walter captured the Don Baldwin Memorial MJCT at the Elmwood Curling Club in Winnipeg. Walter capped off a perfect 6-0 weekend by dispatching Cassandra Stobbe by an 8-3 scoreline in the final. On the boys' side, St. Vital's Ryan Wiebe defeated Christopher Peters 7-2 in the finals. Petersfield's Tanner Graham missed the playoffs with a 1-2 record, while Winnipeg Beach's Josh Maisey lost out in the quarter-finals to Wiebe and finished with a 2-2 record. The next MJCT event will be held at the Stonewall Curling Club from Oct 15-18.

Royals tie for third in KPAC golf

Staff

The Selkirk Royals finished in a tie for third place with the West Kildonan Wolverines at the KPAC Golf Championship on Sept. 28 at the Bel Acres Golf Course.

MBCI won the boys' event, finishing ahead of Garden City.

Garden City's Brett Gascoigne

had the tournament's low score with an 84.

On the girls' side, West Kildonan finished ahead of MBCI. Garden City's Sarah Farmer had the lowest girls' score with a 99.

There will be no MHSAA provincial championship for golf this season.

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House for rent, story and a half, St. Andrews area. No smoking or pets. References required. Call 204-770-0040.

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

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3 ac. (ideal hunting area) for \$30,000. Comes with 29 ft. 5th wheel camper, well and some trees on site. Road 129 North and 33 West (near Eriksdale). Phone 204-739-3031.

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HELP WANTED
Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday (8 a.m. to 1 p.m.) in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

HELP WANTED
Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Mike's Property Services is currently looking for experienced skidsteer operators and skidsteer owner operators for the Selkirk area for the 2020/2021 winter season. Those interested must have minimum 3 years experience operating skidsteers on commercial or retail properties, must be reliable, must be safety minded, must be able to pass a "Personal Risk Assessment" and be available to work on short notice. Operators must have a valid class 5 license (class 3 would be an asset), reliable transportation, provide proof of experience and provide expected salary. Owner/Operators must provide proof of experience, have reliable equipment, provide hourly rate and have minimum 5 million in liability insurance. Please send resumes and or sub-contractor information to: mikespropertygroup@gmail.com Only those meeting these requirements will be contacted.

HELP WANTED
Help Wanted East Selkirk, MB, Apiary Supervisor - 1 position (NOC 8252). Minimum 3 years beekeeping experience preferred. Wage range \$14-\$17/hour. Employment from November 2, 2020 to November 30, 2022.

Apiary Technician/Worker - 3 positions (NOC 8431). \$12.09-\$13.50/hour. Employment from March 1, 2021 to October 31, 2021. Minimum 1 year experience required. Seasonal full time, days, evenings and Saturdays. Language is English. Duties would be to handle, feed and care for bees, help in replacement of hives and production of nucs, move hives, collect honey, maintain and drive vehicles, maintain bee yard; manufacture, assemble and maintain beehive equipment, maintain and operate other apiary related equipment. Must be able to handle heavy loads and work is physically demanding. Must work well with others, as well as the ability to maintain basic production records. Report to Supervisor. Would require steel toed safety boots. Send resume by email to: philip@waldbee.com By mail to: Waldbee Honey Farms Inc. Box 9 Grp 19 RR1, East Selkirk, MB ROE 0M0

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Classified listing booking deadline is this Friday 4 p.m. prior to Oct. 15th publication. Call 204-785-1618

R.M. of St. Clements Public Notice – Board of Revision

Notice is hereby given that the Real Property Assessment Roll of the Rural Municipality of St. Clements for the year 2021 has been deposited in the office of the Rural Municipality of St. Clements and will remain open for public inspection during regular office hours (8:30 a.m. to 4:30 p.m., Monday to Friday). The 2020 Supplemental Bills for added and reduced taxes have also been mailed out. Applications for revisions may be made in accordance with Section 42 and 43 of the Assessment Act.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property; or
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) state the grounds on which the application is based; and
- (d) be filed by delivering it or causing it to be delivered to:

Board of Revision
Rural Municipality of St. Clements
1043 Kittson Road
Box 2 Grp. 35 RR 1
East Selkirk, Manitoba ROE 0M0

The Board of Revision will sit on **Thursday, November 12, 2020 at 1:30 PM** in the Council Chambers of the Rural Municipality of St. Clements to hear applications for revision.

The final date on which applications may be received by the Secretary of the Board is **Tuesday, October 27, 2020 at 4:30 p.m.**

Dated at East Selkirk, Manitoba this 1st day of October, 2020

Deepak Joshi
Chief Administrative Officer

1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba ROE 0M0
Telephone: Selkirk 204-482-3300
Winnipeg: 204- 474-2642
Toll Free: 1-888-797-8425
Fax: 1-204-482-3098
Email: info@rmofstclements.com
www.rmofstclements.com



R.M. OF ST. ANDREWS PUBLIC NOTICE BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN that the Assessment Roll of the R.M. of St. Andrews for the year 2021 has been delivered to the Municipal Office at 500 Railway Ave, in Clandeboye, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Section 42 and 43 of the Assessment Act.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under Section 114(1) of The Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor, may make application for the revision of an assessment roll with respect to:

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property; or
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- (d) be filed by delivering it or causing it to be delivered to the office indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board by November 2nd, 2020.

Board of Revision
Rural Municipality of St. Andrews
Box 130, Clandeboye, Manitoba, R0C 0P0

The Board shall not consider an application that is not in compliance with Section 43(1).

The Board of Revision will sit on **Wednesday, November 18th, 2020 at 10:00 a.m.** in the Council Chambers of the R. M. of St. Andrews, 500 Railway Ave, at Clandeboye, Manitoba to hear applications.

Applications received after 4:30 p.m. November 2nd, 2020 will not be considered.

Dated this 4th day of October, 2020 A.D.

Secretary, Board of Revision
R. M. of St. Andrews
500 Railway Ave, P.O. Box 130, Clandeboye, Manitoba, R0C 0P0

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

TOWN OF WINNIPEG BEACH



SURPLUS EQUIPMENT FOR SALE

The Council of the Town of Winnipeg Beach will receive sealed offers for the purchase of 1 only 1995 GMC T8500 truck with approximately 10,000-gallon water tank. Truck being sold "as is" with no current safety.

Offers will be received until October 27, 2020. Truck may be viewed by appointment with the Public Works Manager. For additional information, please call 204-641-1614.

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Red Bomb Fireworks is seeking a full-time Receptionist/Retail Associate to join our team. We're looking somebody who enjoys going above-and-beyond with customers through in-person, telephone, and online interactions. Self-starting individuals with retail sales experience, drive, focus, and ambition will receive preference. An ability to multi-task is essential, along with an ability to work well with others on our team. Personal presentation is key. Duties include: Greeting customers; processing in-person, telephone, and online orders; directing callers to appropriate extensions and parties; welcoming contractors and third-party vendors to our facilities; ensuring retail cleanliness standards are met; restocking retail inventory; and other duties as assigned. Bonus points if: you have a basic knowledge of graphics design (Adobe suite), you are comfortable assisting with outbound sales calls, and / or you are familiar with corporate social media. How we're awesome: Selkirk-based company, rapid growth, competitive wage, and benefits. Show us why you're our #1 candidate by applying at sales@redbomb.com or by visiting us at 609 Greenwood Avenue, Selkirk!

HELP WANTED

Looking for roofers, levellers, siding, carpenters, plumbers and electricians for the Grand Marais area. Call Chris between 9 a.m. - noon, 204-390-2580.

MISCELLANEOUS

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FOR THE SALE OF MUNICIPAL PROPERTY

For complete advertisement please visit
www.rmalexander.com
Tender submissions will be accepted up to
12:00 p.m. (local time)
Thursday, October 22nd, 2020

MISCELLANEOUS

Trailers, truckbeds & tires. Full repair and safeties. Vehicle parts, tires & wheels. Vehicle & trailer parts & batteries. Sales, financing & leasing. Kaldeck Truck & Trailer Inc. Hwy #1, MacGregor, MB. 1-888-685-3127. www.kaldecktrailers.com

Book your classified advertising and be seen in over 340,000 homes! For as little as \$189 + GST, get your important messaging out! Call us at 1-204-467-5836 or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com



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Urgent press release &/media advisories. Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email classified@mcna.com for details. www.mcna.com.

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CITY OF Selkirk
Where it all comes together

PUBLIC NOTICE

BOARD OF REVISION

Public notice is hereby given that the year 2021 assessment roll for the City of Selkirk will be open for public inspection during regular business hours from October 5, 2020 at the Municipal Office located at 200 Eaton Avenue, Selkirk, Manitoba. Applications for revision may be made in accordance with Section 42 and 43 of *The Municipal Assessment Act*:

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- be made in writing;
 - set out the roll number and legal description of the assessable property for which a revision is sought;
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by
 - delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - serving it upon the secretary,
 at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board shall not consider an application that is not in compliance with Section 43(1). The Board of Revision will sit on **Thursday, November 5, 2020** at 7:00 p.m. at the Selkirk Memorial Hall located at 376 Jemima Street, Selkirk, Manitoba to hear applications for revisions to the 2021 assessments and 2020 supplementary tax assessments.

As a result of COVID-19, access may be limited at the time of the Board of Revision hearing. The City adheres to all regulations set forth in the most current Public Health Orders including but not limited to proper physical distancing procedures and limits on gathering sizes. Masks are required upon entry into the building. We encourage those attending to bring their own, however the City will provide a mask should you not have one available. Accommodations will be made to ensure all can participate.

Applications must be received by the City of Selkirk Accounting Clerk, serving as Secretary of the Board, before 4:30 p.m. on Tuesday, October 20, 2020 at 200 Eaton Avenue Selkirk, MB R1A 0W6.

Dated this 1st day of October 2020.

Kevin Richter, CPA, CMA
Director of Finance, City of Selkirk
200 Eaton Avenue, Selkirk, Manitoba, R1A 0W6

R.M. OF ST. ANDREWS PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of The Municipal Councils and School Boards Election Act (MCSBEA), the R.M. of St. Andrews Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of St. Andrews can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Margaret Davidson, S.E.O.
R.M. of St. Andrews
Box 130, 500 Railway Avenue
Clandeboye, MB ROC OPO
Phone: 204-738-2264
Fax: 204-738-2500
E-mail: office@rmofstandrews.com

The next general election takes place in October, 2022. Questions? Call 204-738-2264

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Big and Colourful Printing & Publishing is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

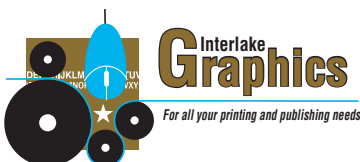
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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UPCOMING EVENTS

Linda & Shirley, formally of Interlake Crafts, will be hosting a Halloween & Christmas Craft Sale on their own acreage. Thurs, Oct 15, 11-7; Fri, Oct 16, 11-7; Sat, Oct 17, 11-5, at 6728 Hwy 8, SS1, St. Andrews.

HAY / STRAW

Hay and straw bales for sale. 5'x6' net wrap. Timothy and Orchard Mix hay; wheat and oat straw. Contact Justin 204-392-7451.

Smiley's Flax Straw - \$3/bale. Road #77, East Selkirk. Phone 204-492-0602.

Flax straw bales for sale. \$3 per bale, pick up in yard. Phone or text 204-785-0492.

Flax straw - \$3/bale. Also wheat straw & hay. Monday - Saturday. Call Nick at 204-461-0706 or Bill Matheson at 204-461-1906, Stonewall.

Large round hay bales for sale. Alfalfa & brome. Call 204-461-0722.

Small square wheat straw & flax straw bales for sale. Call 204-482-5101.

FARM EQUIPMENT

For sale 20 bale hay wagon, duals all around. Please call 204-482-5183.

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Edna Kathleen Watts, late of the City of Selkirk, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 11th day of November, 2020. DATED at Stonewall, Manitoba this 24th day of September, 2020. **GRANTHAM LAW OFFICES** Solicitor for the Executor

Please support Local Farmers

ANNOUNCEMENT

ANNIVERSARY



Sandy and Paul Starodub
Happy 25th Anniversary
on October 7th
-Love family and friends

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Announcements

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ANNOUNCEMENT

BIRTHDAY IN MEMORIAM



Happy Heavenly Birthday
William "Bill" O'Neill

October 11th, 1932 - May 13th, 2020
Birthday wishes sent to Heaven, From our family here below; We miss and love you dearly, And we wanted you to know. Your birthday is not forgotten, And your memory lives on; We celebrate the life you had, Even though you've gone. If we were given just one wish, One wish that would come true; We'd wish you back beside us, To spend this day with you. We will always love and miss you, And will often shed some tears; Especially on your special day, Year after year.

-Loved and remembered by Clara and her family

ANNOUNCEMENT

IN MEMORIAM



Lena Meger
1933 - 2013

Those we love don't walk away, They walk beside us every day; Unseen, unheard, but always near, Still loved, deeply missed and very dear.
-Lovingly remembered,
Doug, Tanis, Roger, Kim, Michele and families

ANNOUNCEMENT

IN MEMORIAM



Les Clifford
(Dryden)

January 3, 1975 - October 8, 2014
Loved with a love beyond all telling, Missed with a grief beyond all tears.
-Love Mom and Dad (Al);
brothers Dean (Medea), Kevin (Lindsay), Jordan and families

ANNOUNCEMENT

IN MEMORIAM

Bernice Gooley
July 9, 1935 to October 10, 2011
The world changes from year to year, Our lives from day to day; But the love and memory of you, Mom, Shall never fade away.
-Sadly missed by your daughters Charlene, Darlene, and their families

ANNOUNCEMENT

IN MEMORIAM

Arthur Gooley
May 13, 1934 to October 6, 2019
Dad, you held our hands when we were small, You caught us when we fell; You're the hero of our childhood, And our later years as well. And every time we think of you, Our hearts still fill with pride; Though we'll always miss you Dad, We know you're by our side.
-Deeply missed by Charlene, Darlene, Tracy, Jason and their families

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ANNOUNCEMENT

IN MEMORIAM



Steve Lister
December 11, 1919 - October 8, 2008
In loving memory of a wonderful husband, father, grandfather, and great-grandfather

No longer in our lives to share, But in our hearts you are always there. Silent thoughts of times together, Memories that will last forever. Each of us have our own special way, Of remembering you with love today. We miss you lots!

-Love from your wife Elsie, children and families

Your memory will live forever
Engraved within our hearts

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Announcements *The Selkirk Record*

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OBITUARY



Bella Athena Sage Keating
April 2, 2020 - September 26, 2020

Peacefully, on September 26, after a strong battle with severe epilepsy our little angel Bella has left us and is now with our loved ones watching and guiding from above.

She was born in Medicine Hat, AB.

Bella was predeceased by her grandmother Lorna Fleming; great-grandpa John Fleming; uncle Trevor Stevenson and kookum (great-grandmother) Thelma Pruden.

Bella leaves to celebrate her life mommy Madisson Keating and daddy James Fleming; grandma Corry Stevenson; grandpa Rick Keating; great-grandpa Brian (Glenda) Stevenson; aunties Lorlei, Kim, Nicki, Ellie, Tracy, Brittany, Lisa; uncle Ryan, Jay, Damon and numerous cousins and relatives.

Bella, my sweet baby girl, my love, my light. No words can express the pain we feel. You are now above guiding us through our journey here on this earth. We will do our best to share the love and joy you have brought to our lives. We will smile as the sun rises and laugh as the sun goes down, just as you did, my sweet Bella. We will whisper through the night ever so gently, just as you liked. We will hug softly, just as we held you in our arms. We will play, sing, and dance, just as we know you would, my sweet Bella.

Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Irene Rose Margaruite Byle (nee Vandal)

Irene Rose Margaruite Byle (nee Vandal), born September 20, 1924 in Middlechurch, MB, passed away peacefully one hour and fifty minutes before her 96th birthday on September 19th with her family at her side at the Concordia Hospital.

The last surviving matriarch of the Vandal family, Irene, the wife of a veteran and farmer Fred who predeceased her in 2006, enjoyed working in her garden and flower beds, canning and baking and sharing with family and friends. She also had a love for their many pets over the years. Mum enjoyed sewing and her knitting, making baby outfits for every grandchild and fisherman knit sweaters for all of us. You always knew where you stood with her "tell it like it is attitude." Mum always promised us that she would be "sweet" in her old age but remained a feisty opinionated lady making her own decisions until her passing. Mum's passion in her later years was her casino bus trips (she won her share) with her last trip being in January of 2020. She enjoyed her many trips to Calgary and Toronto to visit her daughters. Mum was recently honored at the West St. Paul Seniors Luncheon as the oldest living born and raised West St. Paul resident.

After raising her five children, Robert (Linda), Judy (Michael), David (Emmy), Brad (Kelly), Leslie (Teri), Mum enjoyed being a gramma most of all to Leanne (Andre), Kenton (Erin), April (Todd), Amanda (Kevin), Joel (Roslynn), Mitchell (Tiffany) and Mark. Known as "Sugarplum Gramma" to her great-grandchildren Sydney, Aurelia, Reid, Summer, Wade, Tatyana, Ben, Nick, Dominik, Scarlett, Ryder, Henry, Hannah, Michael and River, she was the happiest with a baby in her arms.

Our family would like to thank a very special woman who has become a part of our family forever, Merle, who was a very special friend to Mum (and her cats). Thanks to the wonderful staff on N1 at the Concordia Hospital for their compassionate care to Mum and her family. And to Kenny from Ken Loehmer Funeral Services once again for his care and compassion.

Due to COVID, Mum's final wish will be granted when it is safe for all of her family and friends to be together again for her final party.

If desired, donations in her memory can be made to the Winnipeg Humane Society or a charity of your choice.



*There is a link death cannot sever,
Love and remembrance last forever.*

OBITUARY



Sonia Kaschyshyn

With much sorrow and heavy hearts on Friday, October 2, 2020 we lost our Mother, Baba and Great Baba after a long fight to Diabetes and Cancer.

She leaves behind son and daughter-in-law Danny and Teresa; grandchildren, Melissa, Andrew, David, Marc, Stacey, Jamie and her great-grandbabies, Aubrey and Sloan; sister Rose and Niece Sharron as well as many, many dear friends.

A private family service will take place.

A heart felt thank you to Dr. K. Graham and Stonewall Hospital Staff for their wonderful care of Sonia in her final days.

The Lord saw I was getting tired, so He took my hand and said come with Me.

I will end your pain and suffering and set your spirit free. So here I am now in a garden and my leg well I now have two But when I got to heaven, I couldn't find my other shoe, But that's ok I just laughed it off then looked down from above I will miss each and everyone of you and send you all my love.

MACKENZIE FUNERAL HOME TEULON
(204) 467-2525 • mackenziefh.com



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The Selkirk Record Call 204-785-1618

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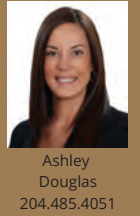
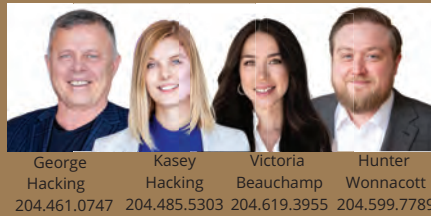
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