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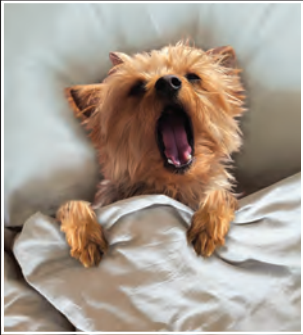
# The **Selkirk Record**

THURSDAY, OCTOBER 10, 2019

VOLUME 10 EDITION 41

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RECORD PHOTO BY KATELYN BOULANGER  
Selkirk Mayor Larry Johannson shows the City of Selkirk new merchandising being sold at their recently launched online store.

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**PRICES IN EFFECT: THURSDAY, OCTOBER 10 - WEDNESDAY, OCTOBER 16, 2019**

# City of Selkirk launches merchandising, online store

By Katelyn Boulanger

Chuck and Get Outside gear are now available with the click of a mouse.

The City of Selkirk recently launched its new online store, giving access to the merch to people outside of the community.

"I'm glad to see we're online and we've come into the 21st century with all of this. It's really, really important to all of us and I'm hoping that citizens will take advantage of this and wear Chuck and our Get Outside gear and be proud of their community and show it off with pride," said Mayor Larry Johannson.

The online store's official launch date was October 2 but the city's selection of promotional clothing and items has been available to the

public for almost two years.

"A lot of places have promotional wear. They have t-shirts and clothing and promo items with a logo and a community name for giveaways within the municipality. If you go to Winnipeg and into the tourist areas down by the forks you find merchandise that is quite specific for promoting that place and location. So communities have a lot of that and Selkirk didn't," said CAO Duane Nicol.

The release of merchandise to promote the city was part of the city's strategic plan to capitalize on Selkirk's tourism potential.

"I love the hoodie. I love the [chuck] emblem. I have the t-shirt and I wear it constantly. It fits nice. It's so modern. It's just the right amount of

brightness, the logo and the way it is designed," said Johannson.

The Chuck wear line consists of unisex shirts, hats, onesies, and a fishing lure with Selkirk's famous Catfish as the centrepiece of the logo. The Get Outside line features t-shirts, a koozie, a travel mug, and a plastic travel cup with a straw.

Along with making the products available for purchase at the civic centre the city wanted to include local vendors in this venture. To achieve this goal, the city has been working with local businesses to sell Selkirk gear with items from both lines available at Community Threads, Big Dollar, World of Water Selkirk, Home Hardware Selkirk, Three 6 Tea, and the Mighty Kiwi Juice Bar & Eatery.

"We're looking forward to some new designs in 2020. So the idea being that it will be a sustainable program," said Nicols.

The proceeds from the program are also used sustainably with 30 per cent of the proceeds being shared between the city's Selkirk Parks Endowment Fund and Selkirk's Heritage Endowment Fund and the other 70 per cent going towards the creation of new designs and restocking of merchandise.

To pick up your chuck or get outdoor gear visit the Selkirk Civic Centre, a local vendor or check out the new online store at [shop.myselkirk.ca/](http://shop.myselkirk.ca/)



RECORD PHOTO BY KATELYN BOULANGER

Mayor Larry Johannson wears Chuck and Get Outside gear, which is being sold at the City's online store.

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# Troyanda Ukrainian Dance Ensemble Celebrates 40 Years

By Katelyn Boulanger

This year marked the 40th year of the Troyanda Ukrainian Dance Ensemble in Selkirk.

To celebrate 40 years of elegant and powerful leaps and spins, the group will be having a performance at the Seven Oaks Performing Arts Center, in Winnipeg, on Oct. 26.

"It's going to be a performance that features our current membership, alumni members, and dancers from the Selkirk and District School of Dance," said Carina Romagnoli, Troyanda's vice-chairperson.

The Troyanda Ukrainian Dance Ensemble is a semi-professional ensemble that calls Selkirk home. This performance will be unique in that it will have dancers as young as two years old and others in their fifties and sixties.

"I would describe [Ukrainian dance] as very entertaining and very lively. It's very diverse depending on the region of Ukraine represented in each dance. Typically speaking the boys are known for their leaps and jumps and acrobatic solos, whereas the women are known for being very elegant and powerful in all of their movement, and there is a lot of spinning and just beauty that permeates from the women dancers," said Romagnoli.

The group originated from the se-



RECORD PHOTOS SUBMITTED

The Troyanda Ukrainian Dance Ensemble is celebrating their 40th anniversary with a special performance on Oct. 26.

nior group at the Selkirk and District Ukrainian School of Dance. In 1979 a group of dancers decided to band together and created a performing ensemble.

"[Since then], we've evolved in terms of who we are as a group generationally and keeping up with the way that Ukrainian Dance is going in terms with it being more stage based as opposed to the village dances that we began with. We've really been looking for opportunities to perform within our community, throughout Manitoba, and throughout Canada, as well as abroad," said Romagnoli.

This event will feature both new costumes and dances never previously debuted which the group learned on a trip to Ukraine in 2017.

"We're going to be celebrating who we are. Celebrating who we are in our past and embracing who we are in our present and working to inspire the future of Troyanda as well," Romagnoli



said.

The 40th anniversary performance will start at 7:30 p.m on Oct. 26 at the Seven Oaks Performing Arts Center (711 Jefferson Ave., Winnipeg) with tickets costing \$35 for general admission, \$20 for students 17 and under and children under 3 are free.

"It's a perfect opportunity to see

the culture and the diverse things that Ukraine has to offer and [it's a change to] understand how rich the culture is and how passionate our dancers are for what we do... It's a really unique opportunity to see what has kept Ukrainian dancers so strong in Manitoba for all these years," said Romagnoli.

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# Drumming group leads gathering for MMIP

By Katelyn Boulanger

Selkirk residents, members of the Selkirk Bear Clan and the FireHeart Women's Drumming Group gathered at Queen's Park in remembrance of murdered and missing Indigenous women, men, and two-spirited people, on Oct. 2.

"We feel it's important to have this meeting with the drumming and the singing and the prayers for our murdered and missing women, men, and two-spirited people just to bring awareness. There's a lot of people here who had loved ones who are missing or murdered and it brings us comfort when we all gather together, especially with the heartbeat of the drum and to sing the songs and give remembrance and send up that peace and love. They are not forgotten," said Tara Campbell one of the founders of FireHeart Women's Drumming Group and member of the Selkirk Bear Clan.

The gathering is an annual event in Selkirk which recognizes those lost members of the Indigenous community who have been murdered or are missing and allows their family and friends to come together.

"There are a lot of families that

showed up. A lot more people are coming out as the years go by. There are a lot of families that are affected and are hurting. Once they learn that it's comforting to come out and sing these traditional songs, to share and to talk, and the kids even coming together and playing with each other and blessing this night. It was really, really good," said Campbell.

The FireHeart Women's Drumming Group led the crowd in traditional songs and Campbell's daughter, Sky, took up the role of dancer.

"[I had] a vision this year through prayer. I saw a dancer in a red shawl. I wasn't sure who it was and I kind of left it to the last minute because I knew it would come together. I didn't know who the dancer was but it turned out that [Sky] was willing to dance and she felt it in her heart. She wasn't sure a couple of days ago, but she felt it in her heart to dance because she knows that [the murdered and missing Indigenous people] are watching from above and that it would give them some comfort," said Campbell.

Sky, who has been dancing since she was very young, enjoys dancing to brighten people's moods and wore a red shawl consistent with the tradi-



RECORD PHOTO BY KATELYN BOULANGER

FireHeart Women's Drum Group invited community members to gather in a circle to remember all missing and murdered Indigenous peoples on Oct. 2 at Queen's Park.

tional Anishinaabe colour.

"We use the red ribbons tied to the bridge, red dresses and there are different ceremonies of remembrance where we use the colour red," said Tara.

The some members of FireHeart Women's Drumming Group also wore red for the occasion.

"I think you can't really tell how much it would mean to someone unless you see it yourself. You can't really read about it. You have to get out

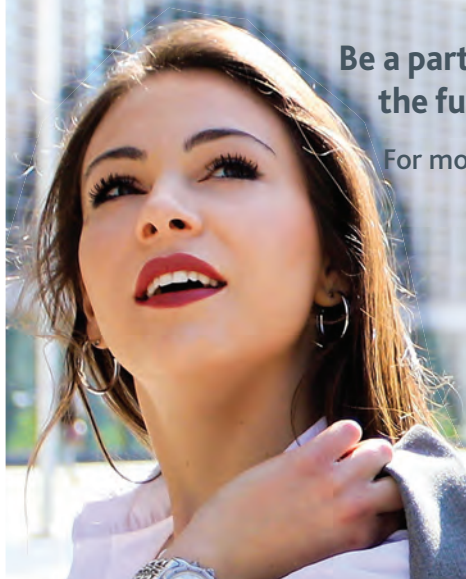
and watch," Sky said encouraging all members of the public to come out to next year's event.

The FireHeart Women's Drumming Group is a local Selkirk drumming group open to both Anishinaabe and non-Anishinaabe members of the community and does not require members to own their own drums. For more information about the group can be found on their Facebook page, facebook.com/FireHeartWomen-DrumGroup



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## The practiced ritual of fishing sturgeon

Welcome friends. Its' been a while since I was over at Norris Lake to visit with anglers. A few weeks ago I finally made it and as I drove slowly along the main camping lane, RV's were parked side by side with folks sitting beside them chatting and barbecuing while children played, chasing each other about. I pulled up to the dock where a tall chap was in the process of taking a jackfish off his hook. I got out of my car and called out, "How about holding that fish up so I can take a picture and put you in the newspaper?"

"Sure," our new friend agreed. After I took the picture we struck up a conversation just as a lady angler walked up holding a fishing rod, its end high in the air. The line had two perch dangling from the double hooks of her pickerel rig. "This is Tracy Noga and I'm Mark Heber," our tall friend offered. "We've moved into the Interlake and wanted to try fishing Norris Lake. "Well you guys seem to have caught enough for a meal," I observed. "This is nothing," Mark said, "off to the north of us we watched in envy as a group of fishers hit a school of perch. As soon as their hooks hit the water, they had another one on!" I laughed as I shook their hands upon leaving, saying, "Yea, Norris is a great little lake for jack and big perch."

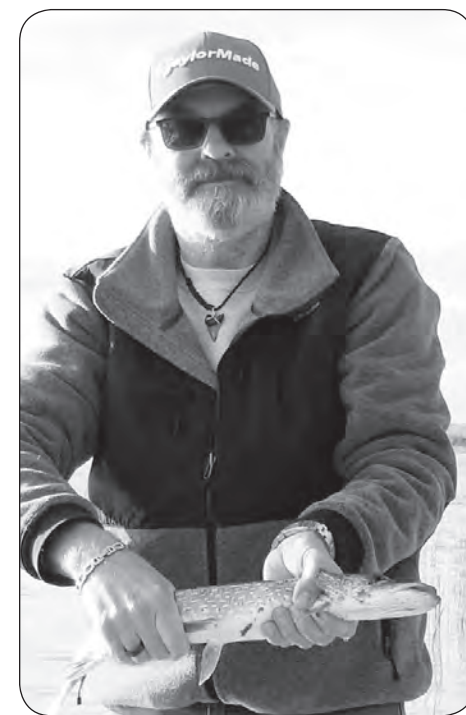
On a damp overcast day last week I met an upbeat, very enthusiastic fellow at the Breezy Point landing who totally dispelled the dulling mood of the afternoon. Ray Blackmore was his name and after a short talk, he gave us a vibrant description of his once in a lifetime fight with a seven and a half foot sturgeon on the Fraser River. Standing beside his boat, Ray, a man of average size, sporting thick, grey hair under a well used cap and an even thicker handle bar mustache, recalled hiring a guide with a boat who took him onto the river and handed him a very long, very thick fishing rod.

Once in the middle of the river the guide turned his boat into the current and tossed out an anchor. Ray cast off the end of the boat so that his baited hook would be presented face first to any sturgeon since they almost always swim against the current. It didn't take long before he felt the telltale soft tug of a sturgeon scooping up his hook with its sucker-like mouth. Ray hauled up hard setting the hook. Instantly he was pulled forward, his chest slamming against the top edge of the boats gunwale by a giant hooked sturgeon which rocketed skyward completely out of the water. The hundred and fifty pound test line ripped from the waves snapping straight and tight between Ray and the fish.

The guide sprang to Ray slinging and locking a tethered safety belt around his waist. Ray quickly widened his stance and flipped off his rods drag. The reel sang as the line spun from it. Ray could now see the fish's boney, pointy backbone as it arced just above the water then dove slapping its double delta shaped tail against the chalky grey water. So the ritual practiced by anglers began as Ray hauled up on the rod then lowered it as he reeled in. Again and again the fish would be pulled to the surface only to defiantly lash out and dive for the river rock bed. An hour and a half passed as fish and man battled each other. Rays' body burned with fatigue.

"I don't think I can go on any longer!" Ray cried out, his hands and wrists having lost their strength. Just then thankfully the fish rose to the surface, docile, played out. The guide maneuvered the boat and fish to the shore where Ray jumped out and turned the fish over knowing they become still when upside down. He measured it and took pictures of his catch before holding it by the tail directing its head into the current. Soon it revived and with a wave from Ray, swam away.

You may remember some time ago



**RECORD PHOTO SUBMITTED**  
Mark Heber with his catch from Norris Lake.

I shared a story of a brother angler slipping on the slimy rocks along the Winnipeg River by Pine Falls and falling into the water. Lately, I met a young, six foot plus tall Winnipegger shore fishing on the Red by Selkirk. His name is Devin Morissette and he had just come back from river bank fishing at Pine Falls where a scream began an event. He told how his eyes shot in the direction of the cry only to see two bare feet flying in the air and then a splashing sound. He along with others scrambled over the rocks to see a young, blond lady angler crawling soaking wet out of the cold water. When she regained firm ground Devin witnessed a very heartwarming angler's gesture. The women close by collected dry clothes from themselves or their vehicles and gave them to the girl. Now warm, she settled amongst them and kept right on fishing!

Till next time, bye for now.

View the Selkirk Record online at [selkirkrecord.ca](http://selkirkrecord.ca)



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TROUBLE WITH PAPER DELIVERY?

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

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# Pooches Parade for Holiday Alley in November

Art, Spark and Bark highlights Saturday night at Holiday Alley

**Submitted**

What do dogs and art have in common? Believe it or not Holiday Alley.

After a paws-itively successful 2018, the Canvasback Pooch Parade is back this year with new off-fur for canines and their owners – the “Art, Spark and Bark” comPETition.

“Last year the theme was light-up, this year we’re looking for the best dressed pups, mutts, canines and their families to “art it up”, said parade marshal Joy Balmana.

“We’re putting out the call now and asking “how can you and your best howliday hound become four-legged art”? Best prize goes to the pooch-owner pair that know how to celebrate art. Of course light would still be an important part since this is a night parade,” said Balmana who first invented the pooch parade last year.

“We were honestly surprised at the turn out last year and the creativity people brought to the street. We had 40 dogs who brought along their owners - many who dressed in matching costumes. A crowd favourite was the Riverside Grill staff who brought along a dash hound dressed as a wiener dog,” said Balmana.

The parade Saturday night November 23, is a highlight on Holiday Alley, with dogs staging in front of the Gary Theatre at 7 p.m. The pets and people take a parade route around downtown – which includes going past the judges for a final review.

This year Canvasback Pet Supplies of Lockport has not only offered prizes for the top three best “Art, Spark and Bark” dogs, but also \$10 gift card for the first 60 dogs so register on-line at [holidayalley.ca/get-involved](http://holidayalley.ca/get-involved).

“We had a blast last year and we’re already thinking about how to top last year’s costume,” said Shay Nordal, who by day is the director of the Selkirk Marine Museum and who’s fur babies Max, Sara, Sadie and Tommie walked away with first prize in 2018. They got extra points for owners who were dressed up, too.

Holiday Alley this year is Friday, Nov. 22 and Saturday, Nov. 23. The festival of art, sound, light and creativity is always looking for partners to bring the free event to families in the Red River North region. Support and ideas are welcome at [info@holidayalley.ca](mailto:info@holidayalley.ca). The Holiday Alley Pooch Parade is sponsored by Canvasback Pet Supplies.



RECORD PHOTO BY LIZ TRAN

The puparazzi caught this photo last year of one of the 40 dogs and their families looking quite fetching at the first Holiday Alley Pooch Parade last year, which is back for Saturday night November 23 at 7 p.m. in downtown Selkirk.

# Selkirk RCMP seizes crystal meth in West St. Paul



RECORD PHOTO SUBMITTED

Selkirk RCMP seized almost one kilogram of crystal meth in West St. Paul on Oct. 4.

**Staff**

On Oct. 4, just before 2:00 am, Selkirk RCMP initiated a traffic stop outside a residence in West St. Paul. Upon further investigation, officers searched the vehicle, and seized almost one kilogram of crystal methamphetamine.

A 38-year-old male and a 27 year-old-female, both from the RM of West St. Paul, were arrested and charges are pending.

Those who produce and traffic illicit drugs destroy lives, homes, and communities. The Manitoba RCMP remains committed to dismantling the drug networking and drug traffickers that bring drugs to our towns and cities.

RCMP continues to investigate.

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# Selkirk manages natural assets with tree inventory program

## SUBMITTED

The leaves may be showing their fall colours now, but before they turned, a steady flow of rainfall put an emphasis on all things green, effectively turning up the colour volume on the city's urban canopy.

It was a stunning visual reminder of their beauty and it came on the heels of the City of Selkirk's completion of Phase 1 of a three-year tree inventory project that aims to ensure citizens will always have trees to admire and their multitude of other benefits will be reaped for years to come as well.

"Our tree inventory flows out of our corporate Strategic Plan and award winning Climate Change Adaptation Strategy – that's why we've undertaken this project, and it's aligned to our asset management program because trees are natural assets that deliver services and as a city we need to protect," said Duane Nicol, Selkirk's Chief Administrative Officer.

"With climate change and the risk of invasive species and stress on trees, the city is already at risk of losing a lot of trees, so we know we need to look at conservation of the species at risk and we need to better manage our urban canopy. Our tree inventory program will help us do that."

The city began taking stock of everything it owns in 2015 under the Capital Asset Management Program and since then 6,600 assets – everything from pipes in the ground to trucks, streets and buildings – have been documented in an asset registry and mapped out.

The registry not only lists the city's assets, it gives their condition and a plan for when that asset will need maintenance and when it ultimately will need to be replaced, allowing the city to prepare for its maintenance, repair and replacement.

This summer, Justin Torcia, the city's certified arborist and tree inventory program leader, led a team of three

surveyors who documented all the trees on Selkirk's streets, back lanes and boulevards.

A new layer has been added to the asset management GIS map, with blue pin dots indicating each of the 4,700 trees the team collected data on.

"It's a little bit overwhelming when you look at the map because there's so many blue dots there," Torcia said.

"But there are coordinates for each tree, and when you click on one you easily find out where it's located, its age, what condition it's in, how big it is around, how tall it is, all the pertinent information for that one tree."

This year's work demonstrated something the city already knew – there's a definite lack of diversity in Selkirk's tree population. Two species of trees make up almost half of the city's street tree population – Manitoba Maple and Ash-Green, which account for just over 2,000 of the documented trees.

Diseases like Dutch Elm and Emerald Ash Borer are real threats. While the city has been proactive in managing its population to avoid devastation at the hands of these types of diseases, the detailed information provided by the inventory can enhance and strengthen those efforts.

"That's the basis of asset management, by doing this inventory we're understanding what we've got. Part of the process of asset management is not just having and buying new when they fail but improving operation and maintenance. It's about sustainability of our infrastructure. It's about maximizing life, minimizing costs and getting the best services we can from our assets," Nicol said.

"So for a tree, for a natural asset, operation and maintenance includes taking those preventative steps and making sure that we're managing it in a way that keeps the tree healthy and resilient. Trees that are healthy and resilient are much more likely to be able to survive some of the challenges that we know that climate change is going to bring to us and some of the other stressors that we're going to experience in our city."

Torcia said rather than just wait for



## RECORD PHOTOS SUBMITTED

City of Selkirk looks at conservation of trees with tree inventory program — a three-year project to ensure trees are healthy.

Dutch Elm to devastate a tree, the city can apply a basil spray at the base of the tree in early fall to kill the beetle that spreads the disease. If there's an infestation of aphids they can use another spray to eliminate most of the infestation and reduce stress on the tree.

"When a tree is stressed it's more susceptible to diseases and pests. The less stress on our trees the better the overall urban forest," Torcia said.

Trees are nice to look at, but they have value far beyond the visual – they clean the air by sequestering carbon, they give off fresh oxygen, they reduce storm water run off and provide shade that's important to the lifespan of city streets.

"This is a very strategic effort, by planting trees today, in 15 or 20 years

when these trees are actually providing the shade that we need them to provide they're extending the life of the road and reducing the heat island effect within the city," Nicol said.

"Managing and growing our urban forest is a vital part of our climate change adaptation efforts."

The city is working on new policies that will govern the way trees are dealt with in the future, including a strategic plan for what type of trees the city will plant and where, as well as a policy to deal with damage done to trees during street construction, a fact that was noted during surveying.

Besides learning critical information about the city's trees, Torcia said they also learned a lot about Selkirk residents.

"People were really supportive, they really appreciated the program once we explained how the information was going to be utilized," he said.

"A lot of people out there really like their trees. When you have to go and cut down a tree in front of their home they get really upset, so they're appreciative of the program and that the city is putting money and effort and resources into maintaining the urban forest."

Next year, the tree inventory team will move into Selkirk's parks.

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## The Selkirk Record

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





# Support available for dementia caregivers

By Jennifer McFee

Dementia can be a difficult topic to broach, but resources and support are available for caregivers close to home.

On the fourth Tuesday of every month at 10 a.m., community members gather at the Stonewall Hospital for the Care Partner Support Group.

"It's basically for anybody who's caring for a person with dementia. It gives them an informal support network made up of people who are going through very similar things. We know that dementia really looks different for everybody," said Samantha Holland, the Interlake/Eastern regional co-ordinator for the Alzheimer Society of Manitoba.

"It gives them a chance to share and get things off their chest and really have that emotional support. That's so important, especially in caring for someone with dementia because it can be very stressful. Every day can look different, so it's really good for them to have that outlet and have a connection with someone from the Alzheimer Society."

In addition to hosting the monthly caregiver gatherings, Holland also said that she is available for verbal support, to answer questions or to provide people with additional resources.

On Nov. 9, a workshop called Living with Dementia: First Steps will take

place at the Gordon Howard Centre (384 Eveline St.) in Selkirk from 9 a.m. to 3:30 p.m. Topics of discussion include an overview of dementia, financial and legal matters, community resources and home care.

The cost is \$15 per person, which includes lunch, refreshments and resources. Anyone who is interested should register as soon as possible by emailing Holland at [alzne@alzheimer.mb.ca](mailto:alzne@alzheimer.mb.ca) or calling 204-268-4752 or 1-800-378-6699.

Also in Selkirk, the Minds in Motion program is geared for people with early to moderate symptoms of dementia to can attend with a family member or friend.

Participants can engage in physical activity, socialization and cognitive stimulation alongside others who are living similar experiences. This two-hour weekly program runs for eight weeks from Wednesday, Oct. 16 to Wednesday, Dec. 4 from 1 to 3 p.m. at the Gordon Howard Centre. The cost to register is \$65 per pair.

For more information about Minds in Motion, contact program manager Kathy Diehl Cyr at [mindsinmotion@alzheimer.mb.ca](mailto:mindsinmotion@alzheimer.mb.ca) or 204-943-6622 or visit [www.alzheimer.mb.ca/mindsinmotion](http://www.alzheimer.mb.ca/mindsinmotion). To register, contact the Gordon Howard Centre at 204-785-2092.

Stonewall resident Yvonne Jansen runs another support group for adult

children of people with dementia or any other chronic illness. Her group meets every third Thursday at the Stonewall Hospital's multipurpose room from 6:30 to 8:30 p.m.

"No one's going to get turned away. It's just to talk and network. It's about sharing and realizing that you're not alone in your struggles. It's a place to vent and know that it's OK to be frustrated and angry," she said.

"It's a nasty disease and it's only going to get worse because we're living longer and there are no places to go. The days are gone when people stayed home and took care of their elder people. We really need to make some changes and it has to be as a community."

The monthly meetings are informal and all are welcome to attend.

"They can come and listen. They can come and partake. People can come and talk about what their day, week or month has been like, their week has been like," she said.

"Not everybody is there because their mom or dad has dementia. It could be Parkinson's or something else. As long as you're a caregiver and needing support, you are welcome."

She notes that the Alzheimer Society puts together Telehealth sessions, which Jansen will offer using a new machine with improved sound and picture clarity.

The first session, which focuses on the progression of dementia, will take place on Tuesday, Oct. 15 from 6:30 to 8 p.m. in the Stonewall Hospital's multipurpose room.

Then on Nov. 5 from 6:30 to 8 p.m., the session will focus on understanding changing behaviours in people with dementia.

"The sessions are open to anybody, so you can bring your wife, your husband, your sister, your brother, anyone," Jansen said.

"This town is only going to have more and more dementia, and unfortunately we're seeing it younger and younger. It's not just an elderly disease anymore.

"You're starting to see a lot of early onset. We really do need to take the stigma off of folks with dementia. It's a tough disease and there's a lot of support and understanding and education that needs to be given."

According to the Alzheimer Society of Manitoba ([www.alzheimer.mb.ca](http://www.alzheimer.mb.ca)), more than 23,000 Manitobans are currently living with Alzheimer's disease or another dementia. By 2038, this number is expected to reach more than 40,700. In addition, 56 per cent of Manitobans are impacted by dementia because they have a family member or close friend with the disease.

# Tickets for Homes for the Holidays on sale

Staff

Tickets for the 5th annual Homes for the Holidays House and Heritage Tour are now on sale and you can now buy them online.

Tours will take place on Thurs., Nov. 21, Fri., Nov. 22, and Sat., Nov. 23. Tickets can be purchased online at <https://www.eventbrite.ca/e/homes-for-the-holidays-2019-tickets-72714965419?af=f=ebdssbdestsearch> or at Packers Women's Fashion (409 Main St.) and Gaynor Family Regional Library (806 Manitoba Ave.).

The event not only brings beauty to the holiday season, it has already profiled 50 unique sites in Red River North and created economic opportunities.

Prices vary from \$40 for a two-day tour (Friday and Saturday) and \$50 for a three day tour (Thursday, Friday, and Saturday) and includes a wine and cheese reception on Friday night.

For group purchases, organizers ask that people send in the names and addresses of each ticket holder when

one group member picks up their tour guides. That way they can authorize charitable receipts at the point of purchase.

This year, all nine sites have never been seen before and include the Blessed Virgin Mary the Protectress Ukrainian Catholic Church and the Holy Eucharist Ukrainian Catholic Church. The other seven are homes of residents who love the Christmas season and are passionate about decorating their homes.

All locations are available at [http://homesfortheholidaysredrivernorth.ca/tours\\_extra\\_fun.php?ID=Homes\\_Heritage\\_Sites](http://homesfortheholidaysredrivernorth.ca/tours_extra_fun.php?ID=Homes_Heritage_Sites)

Homes for the Holidays House and Heritage Tour offers park and ride services from Selkirk to all sites.

And for those travelling a long distance to indulge in the beautiful decorations, Canalta Hotel is offering a reduced rate of \$119 per night (plus taxes) for Homes for the Holidays guests. Call them to book your room at 204-482-7474.



RECORD PHOTO SUBMITTED

Homes for the Holidays House and Heritage Tour tickets are on sale online or at Packers Women's Fashion and at the Gaynor Family Regional Library.

# Minds in Motion Program returns this fall

By Katelyn Boulanger

Minds in Motion is a two-hour weekly program which provides support to people with dementia and their care partners.

This fall's eight week session will begin on Oct. 16 at the Gordon Howard Centre.

"It combines cognitive social and physical activity for people with mild to moderate signs of dementia to come with their care-partner. This [care partner] could be their spouse, a family member or a friend and it doesn't have to be the same person week to week which is nice so if there is a scheduling issue someone else can come," said Interlake Eastern Regional Coordinator, Samantha Holland.

The program is a combination of physical exercise, social time, and mental activities tailored to those living with dementia.

"There are a lot of chair based exercises but we do get [participants] up and moving to work on balance. Things like mobility really changes with the progression of dementia so anything that we can do to strengthen the abilities that they have left keeps their bodies moving and keeps them

flexible. We do a lot of chair based exercises. We have a lot of tools that we use, exercise balls, bands, things like that," said Holland.

After the certified fitness instructor finishes with exercises, the group breaks for coffee and socialization time followed by two or three group activities. These activities can include indoor bocci ball, giant Jenga, word games, crossword puzzles, spot the difference games, and I spy among others.

"The improved mental functioning can last anywhere from two to three days after Minds in Motion. [The participant's] mind may be a little bit more clear. Their minds have been working and forming new connections and really strengthening the ones that are already there," said Holland.

Glenda Oldham, a care partner who has participate in the Minds in Motion program in various communities for the past four years with her husband, feels that it also gives him something to anticipate before the session and to talk about afterwards.

"By the time someone is diagnosed they've already lost a lot of their regular skills and so the things that they



RECORD PHOTOS SUBMITTED

Minds in Motion is back at the Gordon Howard Centre in Selkirk.

normally have done they can't do anymore or it's really awkward and uncomfortable. It's a struggle to find activities that are going to be useful to them and meaningful that are going to give their days purpose," said Oldham.

Oldham appreciates that the program provides an opportunity for new friendships and new connections and says she and her husband will continue to participate in the program.

"You become very protective over your loved one [when they have dementia]. By the end of the first session we were both very impressed with the activities and what it did for both of us," she said.

The program not only provides support for people with dementia but is inclusive of care partners needs.

"[The care partners] are getting the chance to come together out in the community. It is reducing that social isolation for them as well. It's keeping them active and engaged in a safe and supportive setting. They are able to interact with other caregivers and form those friendships and those bonds. It's a giant support network really for them. It's also kind of a time away to come and have fun and not to worry about what they have to do next," said Holland.

Oldham agrees saying, "In terms of that social well-being, it's being with people who have a similar focus and similar challenges and it's upbeat and



positive."

Residents can try the first session at no cost with the rest of the session being \$65 for the eight weeks of meetings.

"Everybody leaves with a smile on their face. You come in and you immediately start getting involved, becoming active and start having fun. Really we don't focus on the dementia side of things. We don't focus on the problems and the negatives but we really are all just coming together to have a good time and the physical and the mental benefits are just a good bonus," said Holland.

Registering for the program can be done by calling the Gordon Howard Centre at 204-785-2092.

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# Local group offers support to breast cancer patients



RECORD PHOTO SUBMITTED

Members of the Selkirk and District Breast Cancer Support Group.

By Katelyn Boulanger

The Selkirk Breast Cancer support group is celebrating 20 years of supporting each other and giving back to their community.

"[We] provide peer support for other women living with breast cancer, whether you're newly diagnosed or have been cancer free for several years. We accept any woman at any stage of their life and we also will bring in guest speakers and do activities," said Wendy McLeary, the co-chair and co-founder of the group.

Lisa Ervick appreciates the camaraderie that the group provides.

"I feel like the group has given me a community of people that understands what I'm going through or what I was going through at the time. People that can relate and give great

advice from their own experiences and it's full of really friendly wonderful people," she commented.

They meet the fourth Thursday of every month at 7 p.m. to have discussions, make crafts and learn about subjects like hair products when undergoing chemotherapy, advanced care planning, and meditation.

"We try to balance out our meeting throughout the year so that some have activities and some don't, so that if we have a newer member they have an opportunity to speak and ask questions," McLeary said.

The group came about in Oct. 21, 1999, after McLeary and Tanis Barker were paired up by the Selkirk Hospital to provide support for each other through their cancer diagnoses. The two women spoke on the phone for

some time and had the idea to try to find others to form a group.

"We had seven women come out and show interest saying that they wanted to start a group," said McLeary. "At the start we were strictly there for peer support because in the beginning we didn't know what way we wanted our group to go. It continued to blossom."

The group has evolved over the past 20 years, having received local sponsorships from the Selkirk Fire Department and Packers Women's Fashions which has allowed them to give back to the community.

"Once you get away from your cancer diagnoses for a while your outlook is different. You're not focused on treatment. You have to decide what your normal life is going to look like, and so I think the longevity of it is

that we've been able to provide a variety of activities and been able to do outreach projects in the community," McLeary said.

The group has donated books to the Lord Selkirk School Division, set up a table at Nova House Wellness Day, and donated items to Selkirk Cancer-Care.

This ability to give back is what makes Ervick want to continue with the group.

"I feel like for me personally, the journey will never be over. It's filled with so many ups and downs and I feel like the support is really great and if I could help anyone else who is new to the group, I would be so excited for that," said Ervick.

To join the group, those interested can call Wendy McLeary at 204-785-2456 or email at [mcleary@mymts.net](mailto:mcleary@mymts.net).

For those interested in supporting the group, they can head over to Packers Women's Fashion which during October, breast cancer awareness month, is running a promotion that if you go in and try on a pair of french dressing jeans they will donate a dollar to the Selkirk Breast Cancer Support Group.

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# City of Selkirk is a walking delight year-round

**SUBMITTED**

Len Bacon regularly partakes in the City of Selkirk's Walk and Jog program at the Rec Complex, and though the 78-year-old is hesitant to say he goes everyday, when the snow flies and the wind picks up, it often blows Len inside to get his heart pumping.

"It's good exercise and you're not going to go walking in a snow bank when it's 30 below," Len says.

"I don't go everyday, but sometimes I have gone twice a day in the winter. It's wonderful...I think it's an excellent place, it's a great building."

Selkirk is a walker's delight during the summer months, with active transportation pathways on Manitoba Avenue and in several city parks as

well as plenty of sidewalks that are suitable for a stroll. In the winter, most would agree it's best, and safer, to move inside.

The Walk and Jog program runs Monday to Friday at the Rec Complex, from 8:30 a.m. to 4 p.m. from September to April, except on holidays or during special events.

Shelly Leonard, program coordinator, says Walk and Jog aligns with the city's Strategic Plan that calls for the city to provide the best possible recreation opportunities for Selkirk residents, create a vibrant, safe and healthy community and serve as a hub for culture and recreation.

"It's a great regional program that is open to residents and non-residents who want to remain physically active in a safe environment during the cold winter months," Leonard says.

"There's plenty of space, you can walk alone or with a group and it's very affordable. It's always nice to see people being active and taking advantage of the Rec Complex."

The city has two part-time employees who are on-site during the Walk and Jog program.

Last year, 188 participants attended the program a total of 10,936 times. Just over half of the participants hail from Selkirk, 56 per cent, with 20 per cent coming from St. Andrews, 13 per cent from St. Clements and 11 per cent from various communities including, Stonewall, Riverton and the City of Winnipeg.

Selkirk residents pay \$40 for the entire program year, or a drop-in rate of \$2. Non-residents pay \$60 for the program year or a \$3 drop-in rate.



**RECORD PHOTO SUBMITTED**

Selkirk's Walk and Jog program brings many benefits to citizens.

Selkirk's program is subsidized by the city, which covers 60 per cent of the cost.

For Len, Selkirk's price can't be beat. "If you use it 20 times a month, that's about 30 cents a day, or a couple trips to Tim Hortons," he says.

"It also physically benefits you."

Walking is a great activity that most can do. According to Health Canada, walking is a simple exercise that will benefit people of all ages and it recommends people go for a walk every day and seek out places with walking paths.

The city has made \$60,000 in improvements to the Rec Complex over the summer, including a switch to LED lighting, which makes it brighter inside.

The bridge over the entrance for the Zamboni has been widened. Previ-

ously, it was quite narrow and could accommodate just one walker at a time. Now two can cross together.

Seats were also removed on the east side of the arena at both ends to make the walking area wider.

The improvements were done as part of the city's Capital Asset Management program and will help extend the life of the building and reduce energy costs.

Len says the walking surface is very even and always clean. And there's a railing for those who need it. There are also plenty of places to sit and rest if you need to take a break during your walk.

You can get your Walk & Jog pass at Selkirk's Culture, Recreation and Green Transportation offices at 630 Sophia Street, or you can pay at the Rec Complex during program hours.

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# Hebert drops the puck



RECORD PHOTO BY BILL NEWZMAN SMYTH

Selkirk and District Community Foundation Citizen of the Year Bob Hebert Drops the puck on the 2019/20 Selkirk Fishermen Season Opener. The Fishermen also raised the 2018/19 league championship banner at the game Friday night.

# West St. Paul leaf depot now open



RECORD PHOTO SUBMITTED

West St. Paul residents are encouraged to bring leaves and grass clippings to the leaf depot at the RM's municipal office.

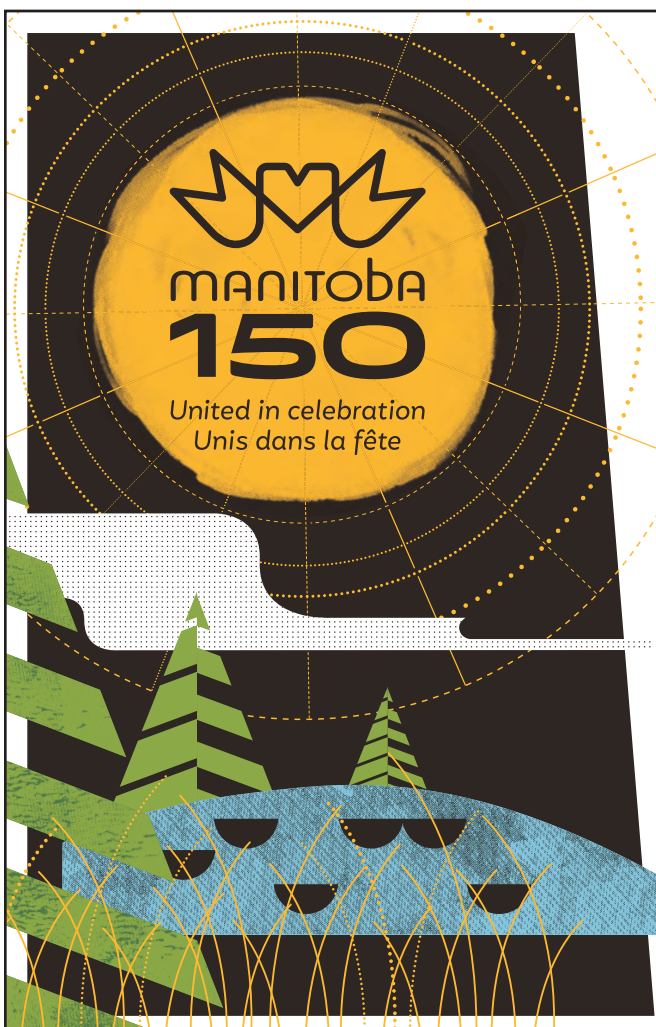
### Staff

The RM of West St. Paul leaf depot in the Municipal Office parking lot is open.

Residents are encouraged to put their leaves and grass clippings into paper bags and bring them to the leaf depot – an area cordoned off in the parking lot – for pick up and removal

by Emterra every Wednesday.

Leaves at the leaf depot are taken to the landfill and put in a separate yard waste area where they are turned into compost, thus avoiding the RM being charged per tonnage for leaves picked up at curb side that go into the garbage stream.



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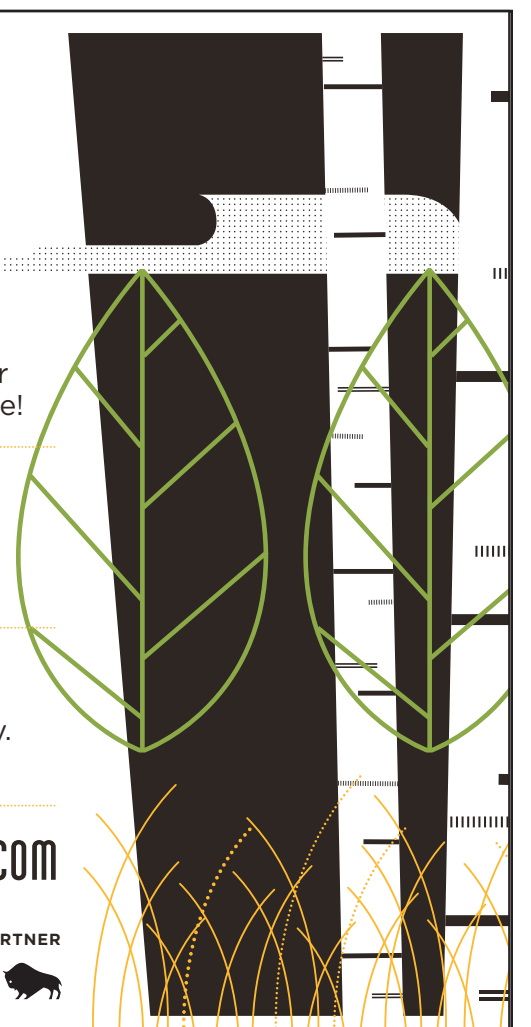
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# Award winner shares story at Gwen Fox Gallery

By Katelyn Boulanger

When Governor General's Medalion Award winner Kathy Knowles moved to Ghana, she didn't realize it would change the lives of many.

Knowles visited the Gwen Fox Gallery on Oct. 3 to give a presentation on the work that she has been doing spreading literacy in Ghana by establishing libraries through the Osu Children's Library Fund.

"[Osu Children's Library Fund is] a library project that started as a grass-roots project and it still operates much in the same way," said Knowles.

Knowles travelled to Ghana in 1989 with three children and her fourth on the way when her husband took a job opportunity in the country.

"For me it was an adventure and I loved it," said Knowles about her moving to Ghana.

Knowles originally started the initiative for six neighbourhood children who were friends with her children when she realized that they had very little access to books not knowing how it would grow.

"The children in our neighbourhood that came for sleepovers with my children didn't have any opportunities to read. Back then, in Ghana, you had to pay to go to school. You had to pay to go to primary school and there were many children that just didn't go," she added.

She arranged for the children to come to her home weekly to read a book and borrow from her hamper of books.

"I had gathered some books. My church in Canada had given me a small amount of money and I bought a few books to help this very simple library. These children came week to week and asked if they could tell their friends," said Knowles.

Eventually, her small at-home library grew to welcoming 70 children every week.

"When I had too many children in

the garden, we created a little room and made it our library. It was our garage and we made it into a library. Instead of opening the library only once a week, we opened it twice a week," Knowles said.

But, it eventually became too large for even Kathy's garage and in 1993 she learned she was going to be moving back to Canada. She began making plans to continue the library without her. Those plans started with a \$1,200 dollar, 40-foot long shipping container that she asked permission to put on some land.

The library expanded to having shipping containers added to the original structure until it was big enough to accommodate the community's needs.

From there, Knowles set out to have new libraries built in the community and with support from Canadian donors, was able to increase the number of libraries to eight full-size libraries and 22 mobile libraries.

These libraries are much like Canadian libraries having puzzles, art classes, literacy classes, a library choir, fitness classes, and a reading for babies program.

"I think to be part of something very special takes a life of its own and I'm glad to be a part of that," said Knowles.

While she was focused on opening libraries, Knowles also noted the need for books that were more reflective of Ghanaian culture for Ghanaian children. Western books with things like big red barns as part of farms didn't reflect their experiences. She has since published around 50 books with help from Ghanaian people that allow these children to better see themselves and their culture in their reading materials.

To donate or volunteer your time to this cause, visit the Osu Children's Library Fund website at [osuchildrenslibraryfund.ca](http://osuchildrenslibraryfund.ca) and should you want

to know more about Kathy Knowles, a book *The Library Tree* by Deborah Cowley has been published about her life's journey.



RECORD PHOTOS BY KATELYN BOULANGER  
Kathy Knowles holds one of her children's books *Mimi's Place* at the Gwen Fox Gallery on Oct. 3.



Kathy Knowles' books *My Yellow Book*, *My White Book*, *My Orange Book*, *My Red Book*, *My Green Book*, *My Violet Book* and *My Pink Book*.

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# get inspired

> MEAL IDEAS



## Open-Faced BLT Sandwiches

ground pepper  
capers  
Heat oven to 375 F.  
Place bacon on baking sheet and bake 15-20 minutes depending on thickness of bacon. Remove bacon from oven and transfer to paper towels to drain.  
Using bread knife, slice bread 1/3-inch thick into single-serving slices; toast lightly.  
Add arugula leaves and cherry tomatoes to medium bowl. In separate bowl, whisk olive oil and balsamic vinegar; add to tomatoes and arugula, and gently toss to coat.  
To assemble, drizzle olive oil on one side of toasted bread. Arrange arugula, bacon and tomato mixture on top.  
Finish each sandwich with sprinkle of salt, ground pepper and a few capers.

Prepare an easy, seasonal appetizer with fresh produce from your local farmer's market. Take this summertime classic sandwich up a notch by topping it with capers and pairing it with a chilled Grillo or Frappato from Sicilia DOC.

Recipe courtesy of Wines of Sicily  
Servings: 4

- 6-8 strips bacon
- 1 loaf country bread
- 1 cup arugula leaves
- 1 cup cherry tomatoes, halved
- 1 tablespoon extra-virgin olive oil, plus additional to drizzle
- 1 tablespoon balsamic vinegar
- kosher salt



## Chicken Tender Smart Pocket

salt, to taste  
pepper, to taste  
Bake chicken tenders according to package instructions.  
Spread mayonnaise evenly on insides of pita bread pocket.  
Layer lettuce then tomatoes and place chicken tenders evenly across pita bread pocket. Season with salt and pepper, to taste.  
Serve immediately.

- Servings: 1
- 3 breaded chicken tenders
  - 2 tablespoons mayonnaise
  - 1 Toufayan Smart Pocket, any variety
  - 2 pieces curly lettuce, washed and dried
  - 2 thinly sliced tomatoes

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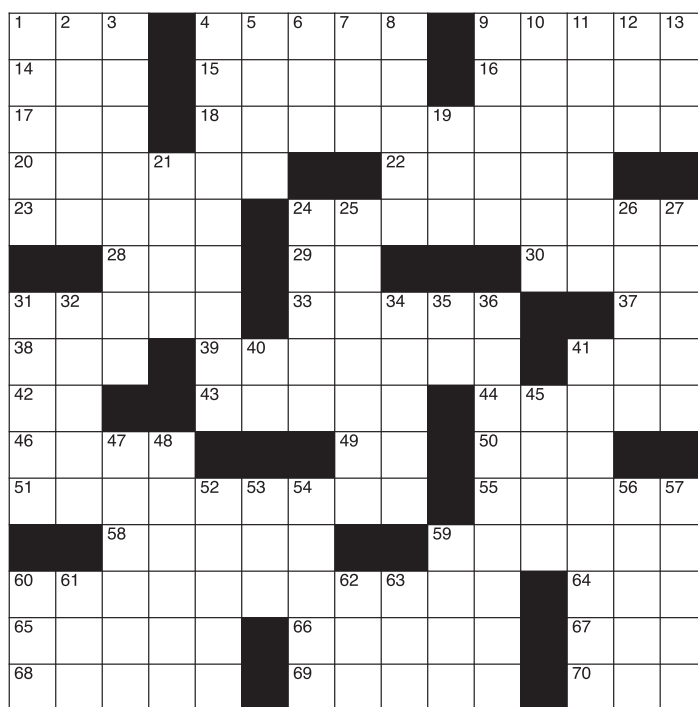
# X CROSSWORD

### CLUES ACROSS

1. Google certification
4. Cloths spread over coffins
9. Disorderly
14. "Star Wars" hero Solo
15. Toward the rear
16. The order of frogs
17. Alternative pain treatment (abbr.)
18. "Wolf of Wall Street" star
20. Evoke
22. Units of metrical time
23. Helps to predict eclipses
24. Some say they attract
28. Pitching statistic
29. Baseball box score (abbr.)
30. Force unit
31. Repaired shoe
33. English theologian
37. Commercial
38. Exchange money for goods or services
39. Give off
41. One from Utah
42. Computer department
43. Begets
44. English navigator
46. C C C
49. Of I
50. Pouch
51. Add notes to
55. A way to fall into ruin
58. Cunning intelligence
59. Blood disorder
60. Disgraced CBS newsman
64. Tax collector
65. Type of grass common to the Orient
66. Cosmic intelligence
67. No (Scottish)
68. People who rely on things
69. Stairs have them
70. Mathematical term (abbr.)

### CLUES DOWN

1. Clarified butters
2. Primitive Himalayan people
3. Completely



4. Steep cliffs along the Hudson River
5. Assist
6. Language spoken in Laos
7. Type of screen
8. An attempt to economize
9. Volcanic craters
10. Still outstanding
11. Takes responsibility for another
12. California think tank
13. Former Rocket Ming
19. A pigeon noise
21. Central part of
24. Academy Award statue
25. Distinct unit of sound
26. Relative on the female side of the family
27. Passover feast and ceremony
31. The brightest star in Virgo
32. Made with oats
34. Subjects to laser light
35. Beloved Hollywood alien
36. Neatly brief
40. The Great Lakes State (abbr.)
41. Soon to be released
45. Swiss river
47. Become involved in
48. More dour
52. They're on floors
53. Boxing's GOAT
54. Swarms with
56. Quantum mechanics pioneer
57. Facilitated
59. As fast as can be done (abbr.)
60. Regional French wine Grand
61. Owns
62. Tell on
63. Precedes two

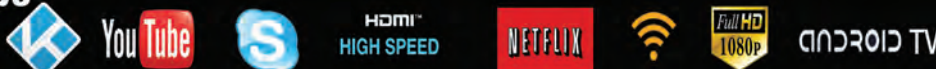
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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Bloom brilliant in winning another KPAC cross-country race

**Staff**

The Selkirk Royals' Sayda Bloom was brilliant once again in a KPAC cross-country race.

Bloom won the varsity girls' race at Kilcona Park last Thursday, crossing the finish line in a time of 17:17.3

That was a minute and one second faster than West Kildonan's Katie Feschuk.

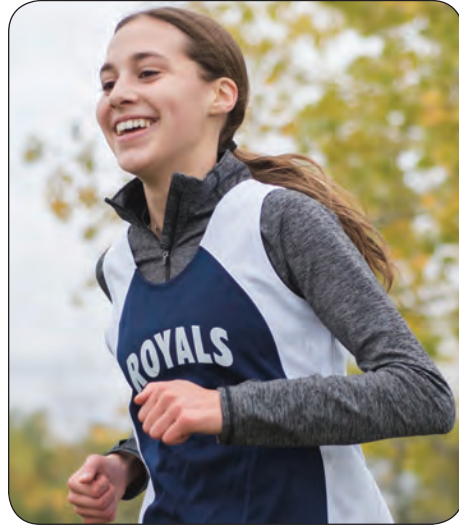
Selkirk's Anna Sternat placed sixth with a time of 18:41.9 while the Royals' Emi Hirata was 31st with a time of 24:06.

In the varsity boys' event, Selkirk's Heath Kurys ran a great race, finishing second overall with a time of 18:06.7. That was behind only Garden City's Will Boyle (16:10.6).

The Royals' Victor Schjerning was sixth (19:16.8), followed by teammates Nathan Vaughan (14th, 20:03.0) and Terrance Tong (24th, 22:22.9).

Selkirk's Amanda Shupenia was third in the junior varsity girls' race, crossing the finish line in 12:55.0. MB-CI's Felicia Ross won the race with a time of 11:31.4.

Other Royals' runners were Emma



Sayda Bloom has been outstanding for the Selkirk Royals in cross country this season. She won KPAC races at Kilcona Park on Sept. 26 and then again last Thursday.

de la Cruz (sixth, 13:33.3), Agnes Seidle (13:41.8), Annessa Staciuk (13th, 14:29.1) and Katie Wallmuth (14th, 14:32.2)

The junior varsity boys' race saw



The Selkirk Royals' Heath Kurys was fantastic in the KPAC varsity boys' 5000-metre race, finishing second, last Thursday at Kilcona Park.

Selkirk's Keenan Allen finish fourth out of 21 runners with a solid time of 16:00.8.

Miles Macdonell's Daniel Zubricki placed first at 15:28.1.



RECORD PHOTOS BY MATT PEARSON  
The Royals' Amanda Shupenia was very good in the KPAC 3000-metre junior varsity girls' race last week. She placed third overall.

The final KPAC race is Wednesday (11:30 a.m.) at Birds Hill Park.

The MHSAA provincial championship is slated for Oct. 16 in Stony Mountain.

## Interlake improves to 5-0 with win over Neepawa

**By Brian Bowman**

The Interlake Thunder had a very balanced offensive attack against the Neepawa Tigers.

And it resulted in a lopsided victory.

Interlake seemingly ran and threw at will as the Thunder knocked off Neepawa 63-12 in Rural Manitoba Football League action last Friday.

"The offence moved the ball really well and just kept rolling all day," said Thunder head coach Mitch Obach. "It was one of those games where we definitely got a lot of guys involved and got some good production out of guys who we hadn't had as much out of so it was nice to see it spread around."

Thunder quarterback Josh Charison was efficient, once again, completing 17-of-31 passes for 253 yards and four touchdowns. He also ran in a pair of TDs.

Charison's favourite target was Karsen Karish, who hauled in five passes for 96 yards and a major.

Other touchdown passes were caught by Gabriel Perrie, Brady de LaRoque, and Jaxon Pilon.

Besides catching four passes for 77 yards, deLaroque was also very good

on the ground, rushing 13 times for 128 yards while Gabriel Perrie carried the ball five times for 20 yards and a pair of touchdowns.

Jacob Naherne scored Interlake's other touchdown on a two-yard run.

That's a lot of offensive production from a lot of different players.

"That's a real exciting thing to have because you never know with football, any play can be a real problem with injuries," Obach said. "When you have lots of guys with skills that can step up and do what's needed, it gives you a lot more confidence in any game."

On the defensive side of the ball, Tyson Wryha and James Crate led the Thunder with seven tackles apiece while Aiden McLean and Eric Zotter each had five tackles.

Wryha also had a sack while Chase Riddle hauled in an interception and Jonathan Pchajek had a fumble recovery.

The Thunder's defence pitched a shutout in the game as Neepawa's touchdowns came via a kickoff return and a turnover.

"Everyone was contributing so it was a real solid effort," Obach said of



RECORD PHOTO BY LANA MEIER

Lockport's Tyson Wryha (16) had seven tackles in the game against Neepawa last Friday. The Thunder beat Neepawa 63-12.

the Thunder's stifling defence.

Interlake (5-0) will host the Dauphin Clippers (2-3) on Friday at Stonewall Collegiate. Kickoff is at 4:30 p.m.

"We want to go 6-0 but Dauphin got a win last weekend against Virden, which we were a little surprised based on earlier scores," Obach noted. "In their last two games, they have played

really low scoring, tight games. I think they have self-declared themselves as rebuilding but I think things are going pretty quick and their defence seems to have come a long way real quick.

"I think they'll be a good test for us and it will be playoff weather here, which will be a good test as well."

# Selkirk Fishermen defeat Warriors in home opener

## Staff

The Selkirk Fishermen were able to celebrate the raising of their Capital Region Junior Hockey League championship banner before Friday's home opener against the St. Malo Warriors.

A couple of hours later, Selkirk was able to celebrate a victory.

The Fishermen defeated the Warriors 4-3 in the season-opening game for both teams.

Chad King scored the eventual game-winning goal on the power play midway in the third period to give Selkirk a 4-2 lead.

St. Malo's Maxime Collette made things interesting, though, when he tallied with just 1:33 remaining in the

third period. It was Collette's second goal of the game.

Jordan Donald, Kyle Melo, and Ben Kelly (on the power play) also scored for the Fishermen.

Tyler Cormier had St. Malo's other goal just 1:02 into the game while the Warriors had the man advantage.

Riley Bannerman made 21 saves for the victory.

Selkirk played at the North Winnipeg Satellites this past Tuesday but no score was available at press time.

The Fishermen will then host the Lundar Falcons on Sunday at the Selkirk Rec Complex. Puck drop is 3:30 p.m.



RECORD PHOTO BY BRETT MITCHELL

Selkirk Fishermen goaltender Riley Bannerman made 21 saves to lead his club to a 4-3 home win over the St. Malo Warriors in Capital Region Junior Hockey League action last Friday at the Rec Complex.

# Colter named MJHL Manitoba Pork Peak Performer of the Month for September



Thomas Colter

## Staff

Selkirk Steelers' defenceman Thomas Colter has been named the Manito-

ba Junior Hockey League's Manitoba Pork Peak Performer of the Month for September.

Colter was very active helping out in the community last month. He volunteered at the team's minor hockey camp helping kids on and off the ice. Colter assisted with Daerwood School's meet and greet where he helped kids find their way around their new school, find their classrooms and make them feel comfortable in the new environment.

He volunteered at local sponsor BBQ, making food deliveries and serving the community and also took part in the Terry Fox Run, where he supported and motivated the kids

participating in the run.

Meanwhile, the MJHL also announced its other major award winners for September.

Virten Oil Capitals' forward Tanner Andrew was selected as the RBC Player of the Month. He had four goals and eight points in six games.

Honourable mentions went to Winnipeg Blues' forward Mikol Sartor and Winkler Flyers' forward Justin Svenson.

The MGEU Goaltender of the Month was the Waywayseecappo Wolverines' Thomas Phinney. He was 4-0 with a 1.00 goals-against average and .955 save percentage. Phinney also posted a shutout. Honourable mentions went

to goalies Matt Lenz (Steinbach Pistons) and Dalton Dosch (Virten).

The TELUS Defenceman of the Month was the Portage Terriers' Caellen McPhee. He scored a goal and had six points in six games.

Honourable mentions went to Drake Burgin (Winkler) and Jayden Wojciechowski (Virten).

The IBAM Rookie of the Month was awarded to Winnipeg forward Braden Fischer. He tallied three goals and had seven points in six games.

Honourable mentions go out to Winkler defenceman Kyle Lamoureux and Steinbach forward Carter Loney.

# Royals red-hot in KPAC varsity volleyball

## By Brian Bowman

The Selkirk Royals varsity boys' volleyball team continues to be red-hot in KPAC Tier 1 play.

Selkirk won its fifth-straight league game after downing the Murdoch Mackay Clansmen 3-0 (25-13, 25-14, 25-18) on Monday.

The Royals earlier beat the Garden City Fighting Gophers 3-1 (25-21, 25-23, 22-25, 28-26) on Oct. 2.

"We played a good game," said Royals' interim head coach Kier Dear on Saturday. "It was a really

fun game to watch, that's for sure. There was lots of defence and lots of long rallies."

Selkirk is playing some real good volleyball right now. The Royals are finding ways to win those close, hard-fought sets.

"It means that they can come back and fight their way to the end and finish it off, which is what you always want," Dear said.

The Royals are currently seventh among "AAAA" schools in last week's MHSAA rankings. That's

pretty impressive considering Selkirk's roster features four Grade 12 players and seven in Grade 11. But those Grade 11 players are very talented, said Dear, and will be so much better in their senior year.

"They're starting to find their groove," she said. "We're a young team. We started off as a young team and made too many errors but they're starting to clean that up and are looking really good."

Selkirk will play at the Transcona Titans on Wednesday at 6 p.m.

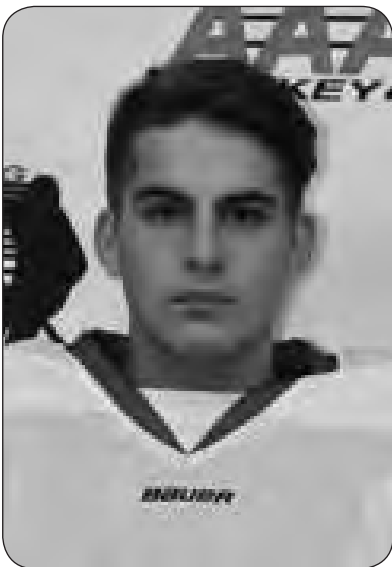
In varsity girls' action, Selkirk soundly defeated Garden City on Oct. 2 at the Comp.

The Royals won sets by scores of 25-10, 25-12, 25-22.

Selkirk leads the seven-team KPAC Tier 1 division with a perfect 5-0 record.

The Royals, currently fourth among "AAAA" schools in the MHSAA rankings, will play at the fifth-place Miles Macdonell Buckeyes on Wednesday at 6 p.m.

## Plowman recently named Manitoba U18 AAA Hockey League player of the week



Cole Plowman

### Staff

The Manitoba U18 AAA Hockey League announced recently that Cole Plowman of the Winnipeg Thrashers was the CCM Hockey Player of the Week.

In two games on Sept. 27-28, Plowman picked up two wins, including a shutout against the Parkland Rangers.

Plowman stopped all 26 shots he faced as the Thrashers beat the Rangers 4-0. The following day, the Selkirk native made 23 saves in guiding the Thrashers to a 4-2 victory over the Southwest Cougars.

The six-foot goaltender stopped 49 of 51 shots he faced for a 1.00 goals-against average and .961 save percentage.

Plowman, now in his second season with the Thrashers, had a 14-7 record a year ago with a .925 save percentage and a 2.38 GAA.

He is listed with the Brandon Wheat Kings of the Western Hockey League and is protected by the Selkirk Steelers of the Manitoba Junior Hockey League.

Honourable mention for the award went to Justin Keck (Pembina Valley Hawks), Rory Neill (Winnipeg Wild), and Matthew Vandell (Interlake Lightning).

## Selkirk defeats Crusaders to begin WSHL regular season

### Staff

The Selkirk Royals boys' hockey team gave the St. Paul's Crusaders quite the shock on Monday.

St. Paul's, always one of the top teams in the Winnipeg High School Hockey League's Platinum Promotions Division, saw first-hand how good the Royals are this season after Selkirk skated to a solid 3-1 victory at the Rec Complex.

Royals' goals were scored by Austin Wasnie, Ashton Henry and Grafton Hopkins.

Selkirk will host Jeanne Sauve on Thursday at 4:30 p.m. at the Rec Complex.

The Royals will then play J.H. Bruns at Southdale Arena on Oct. 21. Game time is 4 p.m.

In preseason action on Oct. 2, the Royals lost 5-1 at home to the Steinbach Sabres.

Matt Donald scored Selkirk's lone goal.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Ashton Henry looks to get past a St. Paul's defender during Winnipeg High School Hockey League regular-season action on Monday. Selkirk had a great start to its season, beating St. Paul's 3-1.

## Selkirk dumps Dauphin, loses to Virden in MJHL action

### Staff

The Selkirk Steelers have not had much luck against the Virden Oil Capitals this season.

Selkirk lost its third game to Virden just a few weeks into the season as the Oil Capitals skated to a 6-4 win in Manitoba Junior Hockey League action on Friday evening.

Kolten Kanaski led Virden with a pair of goals while Nolan Dawson, Josh Belcher, Jacob Evans and Jayden Wojciechowski also tallied.

Jordan MacFarlane, Caiden Gault, Tanner Pochipinski and Brayden Clark replied for Selkirk.

Steelers' forward Carter Barley had two assists.

Steelers' goaltender Levi Mitchell stopped 25 of the 30 shots he faced.

On Oct. 1, the Steelers dumped the Dauphin Kings 5-0 as part of the MJHL's Player Showcase at the Seven Oaks Sportsplex.

Colby Jaquet and Barley scored 50 seconds apart midway in the first period and then Ryan Piwniuk and Pochipinski tallied early in the second.

Brett Namaka closed out the scoring with his fourth goal of the season in the third.

Jaquet and Clark each had two assists in the game.

Mitchell made 26 saves for the shutout victory.

The Olds, Alta. product, now in his second season with the Steelers, has really started to settle in as the club's



RECORD PHOTO BY LANA MEIER

Steelers' defenceman Colby Jaquet fends off a Dauphin Kings' defender during MJHL action last week.

No. 1 netminder.

Selkirk hosted Virden this past Tuesday but no score was available at press time.

The Steelers will host the Kings on Friday (7:30 p.m.) and the Swan Valley Stampeders Saturday (6:30 p.m.).

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Please send your submission to: [deb@rmofstandrews.com](mailto:deb@rmofstandrews.com) or by mail to: Box 130, 500 Railway Ave., Clandeboye, MB. ROC OPO Attention: Deb Murphy, Asst. Chief Administrative Officer  
**All submissions must be received by 12:00 Noon on October 21, 2019.**

### RURAL MUNICIPALITY OF ST. ANDREWS

### ST. ANDREWS FIRE DEPARTMENT VOLUNTEER FIRE FIGHTERS

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St. Andrews South Fire Hall  
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You are cordially invited to attend the **ANNUAL GENERAL MEETING** Of the Board of Directors  
**Red River North Trail Association Inc.**  
**3:00 p.m.**  
**Thursday, October 24, 2019**  
18 Main Street – 2nd Floor  
Selkirk, MB R1A 1P5

### RURAL MUNICIPALITY OF ST. ANDREWS

### TENDER NOTICE – Clandeboye Fire Hall Renovation

Separate sealed Tenders will be received by the undersigned at 500 Railway Avenue, up until **1:00 p.m.**, local Time on **Friday, October 18, 2019** for the supply of materials and labour necessary for renovations at the RM of St. Andrews Clandeboye Fire Hall (Central Hall) at 508 Railway Avenue, as designed by Bilsky Enterprises Ltd. and CGM Engineering Ltd.

Tender Forms and specifications may be obtained at the R.M. of St. Andrews Public Works Building, 500 Railway Avenue, Clandeboye MB, during normal business hours (8:30 to 4:00) or from the R.M. website at [www.rmofstandrews.com](http://www.rmofstandrews.com).

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R.M. of St. Andrews  
Box 130, 500 Railway Avenue  
Clandeboye, MB ROC OPO  
Phone: (204) 738-2264  
E-mail: [cao@rmofstandrews.com](mailto:cao@rmofstandrews.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 2020 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:

- 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  
(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 4th, 2019.**

**Board of Revision  
Rural Municipality of St. Andrews  
Box 130, Clandeboye, Manitoba ROC OPO**

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 20th, 2019 at 10:00 a.m.** in the Council Chambers of the R. M. of St. Andrews, 500 Railway Avenue, at Clandeboye, Manitoba to hear applications.

**Applications received after 4:30 p.m. November 4th, 2019 will not be considered.**

Dated this 4th day of October, 2019 A.D.  
Pamela Harding, CMMA  
Secretary, Board of Revision  
R. M. of St. Andrews  
500 Railway Ave.  
P.O. Box 130  
Clandeboye, Manitoba ROC OPO

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**NEW LISTING**



412 SUTHERLAND—\$259,000

**NEW LISTING**



867 FRANK ST—\$314,900

**705 EDITH AVE—OPEN HOUSE**  
SAT OCT 12TH 2-4 PM

429 VAUGHAN AVE—\$199,900  
271 SOPHIA ST—\$194,500  
601 STRATHNAVER—\$325,000  
1 LEASIDE BEACH RD—\$319,900  
2 LOUISE BAY—\$284,900  
412 SUTHERLAND—\$259,000 **NEW LISTING**

226 TOM PRINCE DR—\$469,900  
325 ROBINSON AVE—\$134,900  
85 PELTZ DR—\$325,000 **NEW LISTING**  
867 FRANK ST—\$314,900 **NEW LISTING**  
80017 33E RD—\$229,900 **NEW LISTING**  
1138 RIVER ROAD—\$575,000  
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613 MANITOBA AVENUE—\$1,100,000

**INDUSTRIAL PARK - FLOODWAY DRIVE SOUTH—\$550,000**  
**VACANT LAND**  
727, 731 EDITH AVE—\$54,900  
**LOTS #2,3,4 OLE JOE MONKMAN—\$139,900 EACH**  
504 CORRINE AVE—\$40,000  
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**#3301-6940 HENDERSON HWY. LOCKPORT \$249,900** lovely 2 bed 2 bath condo in great location. Move-in ready!  
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**335 CIL RD., ST. CLEMENTS \$649,900** Built in 2016, sprawling bung. w/bonus space above garage. 4 bed, 2.5 bath, 3 car AT. 4 acres in great loc.  
**42 MORRIS PL. PETERSFIELD \$309,900** Beautiful 3 acre waterfront property, 1200 SF of living space, build your dream home and live comfortably while doing so!

**SOLD 302-65 MAIN ST., SELKIRK \$130,000** Lovely 2 bedroom condo is 840 ft.<sup>2</sup> Large bathrm, elevator and balcony.  
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**ANNOUNCEMENT**

**CARD OF THANKS**

I would like to thank my incredible partner Don, for all of his support; as well my family at the Spin Shack especially Shannon. Also thanks to the residents of Selkirk for their support.

-Sincerely,  
Shirley Guilbeault

**ANNOUNCEMENT**

**CARD OF THANKS**

Bell, Norman – The family of Norman want to thank Selkirk Paramedics and RCMP for their kindness, concern and compassion in the passing of Norman. Also thank you to Interlake Cremation, for your help and guidance, Christ Church and the wonderful lunch committee for the reception. Also a thank you to all who made donations in Norman's memory, food and cards. Greatly appreciated.

-Bev, Bruce, Brian  
and Brad Bell

**ANNOUNCEMENT**

**CARD OF THANKS**

The family of Jon Bell would like to express our thanks to all family, friends and neighbours who attended Jon's Celebration of Life. Thanks for all the food, flowers, pictures and comfort you provided. We appreciate the condolences and offers of support from all. Thanks to all the doctors and nurses for their care provided to Jon at both Selkirk and Pine Falls Hospital.

-Bonnie, Damian, Jackie,  
Jeff and Angie Bell

**ANNOUNCEMENT**

**IN MEMORIAM**



**Les Clifford  
(Dryden)**

January 3, 1975 – October 8, 2014

We miss your smile, your joking ways,  
We miss the things, you used to say.  
And when old times we do recall,  
It's when we miss you most of all.

- Love Mom and Dad (Al);  
brothers Dean (Medea), Kevin (Lindsay),  
Jordan and families

**ANNOUNCEMENT**

**IN MEMORIAM**



**Helen Lorna Anne Calder**

May 30, 1924 – October 13, 2018

Your life was love and labour,  
Your love for your family true;  
You did your best for all of us,  
We will always remember you.

-With love, your son Mike,  
and daughter Pat.  
Until we meet again.

**ANNOUNCEMENT**

**IN MEMORIAM**



**Steve Lister**

December 11, 1919 – October 8, 2008

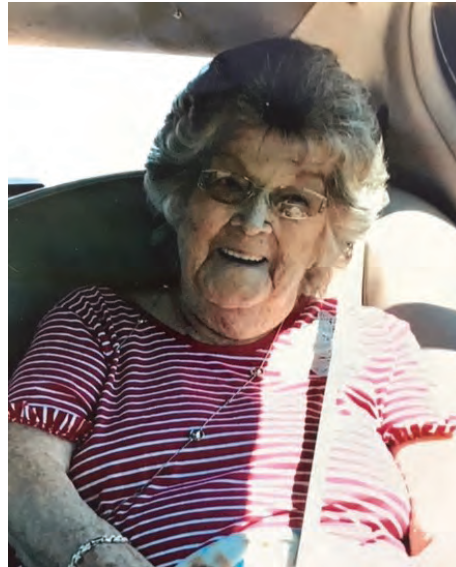
In loving memory of a wonderful  
husband, father, grandfather,  
and great-grandfather  
No longer in our lives to share,  
But in our hearts you are always there.  
Silent thoughts of times together,  
Memories that will last forever.

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

**ANNOUNCEMENT**

**IN MEMORIAM**



**Helen Lorna Anne Calder**

May 30, 1924 – October 13, 2018

Momma  
You left us beautiful memories,  
Your love is still our guide;  
Though we cannot see you,  
You're always by our side.

-Love you lots....  
Jackie and Jeff  
Jenna, Blake and Nicole

**ANNOUNCEMENT**

**IN MEMORIAM**

**Bernice Gooley (Besy)**

July 9, 1935 to October 10, 2011

Our days go on without you,  
In our lives you are no more;  
We miss our time together,  
You are no longer at your door.  
No one knows our heartaches,  
Only those who have lost can tell;  
Of the grief we bear in silence,  
For the Mom we loved so well.

-Sadly missed and forever in our hearts,  
daughters Charlene (Murray), Darlene  
and all your grandchildren and  
great-grandchildren

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<b>SOLD</b> Fou Rd	<b>SOLD</b> Beas Rd
<b>SOLD</b> Melb Ave	<b>SOLD</b> Ols Ave

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## OBITUARY



**Arthur (Art) Gooley**  
May 13, 1934 - October 6, 2019

It is with very sad hearts that we announce the passing of our beloved father, grandfather and great-grandfather, Arthur (Art), on October 6, 2019 at Red River Place in Selkirk, MB, with family by his side.

At the time of passing Art leaves to mourn his four children Charlene McRae (Murray), Darlene Swain, Tracy Dobrowolski (Kevin), Jason Gooley (Tracy); grandchildren Derek Samagalski (Selena), Tyler Samagalski (Janelle), Shawn Swain (Sheila), Bryce Dobrowolski; and great-grandchildren, Kallie and Baylee Samagalski, Dekkar Samagalski, and Dwight Swain. Also left to mourn his passing are his sisters Ruth Wityshyn (Stan), Pat Yablonski and numerous nieces and nephews, brothers-in-law, and sisters-in-law. Art was predeceased by his loving wife of 45

years, Joan (Besyk); his parents Edward and Helen Gooley; his in-laws Nicholas and Jennie Besyk; his sister Esther Kozyra; many nephews, sisters-in-law, and brothers-in-law.

Dad was born and raised on the family farm in Foley, MB, where he also attended school. After a not so successful first job of selling pots and pans door to door, he decided to go into flooring installation on his own and then hired and worked with a great crew of guys for many years. He later went to work at Bill Knight Flooring as a sub-contractor installer, and then was hired as the company's Flooring Estimator until he retired in 1999.

Dad had a great love and enjoyment for music and while at a young age learned to play the guitar and fiddle on his own and later went on to play as one of the band members of the famous "Polka Whippers". They played every weekend at weddings, anniversaries and events all over Manitoba for many years and were even asked back to play at some 25th Anniversaries for couples that they played at their weddings for.

Art and Joan were married in 1971 and after living in Winnipeg for a few years, moved out to St. Andrews where they raised their children. They later moved to Selkirk where he lived until his passing. Dad loved getting together with family and friends (especially his "Schwaggers") and was always there to pull out his guitar or fiddle to play a tune and sing, either by himself or whoever was there with instruments to join in, whether at a campsite, family event or just for fun. He enjoyed getting visits from all his grandkids and great-grandkids and he was one of his grandson Derek's biggest curling fan.

After his retirement, dad spent most of his time with and taking care of his wife, Joan until her passing. They were the "perfect couple" always laughing and telling jokes and playing tricks on each other, or making plans on their many trips to Grand Forks and Shooting Star Casino. He then suffered a few falls, breaking his hip twice and then his leg and slowly became more ill with his cancer until his passing.

We would like to thank all his doctors and nurses at Selkirk Regional Health Centre for taking such good care of our dad. He truly appreciated all of you. We would also like to thank his homecare ladies. You took such great care of dad and he looked forward to your visits, there are too many to name, you know who you are. Also special thanks to his homecare nurse Gail, you really brightened up his day. He was truly blessed to have all of you in his life during his illness.

Honorary pallbearers are Derek Samagalski, Tyler Samagalski, Shawn Swain, Bryce Dobrowolski, Kevin Dobrowolski and Murray McRae. Honoring dad's wishes cremation has taken place. A celebration of dad's life will be held at Gilbert Funeral Home, 309 Eveline St. in Selkirk, MB., on Tuesday, October 15, 2019 at 11:00 a.m. A private family interment will follow later that day at Glen Eden Memorial Gardens.

In lieu of flowers, donations can be made to CancerCare Manitoba in Dad's name. Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**ROWLEY, Bruce (Clayton)**

It is with great sadness that we, the Rowley family, announce the passing of Clayton Rowley, husband, father, brother, grand and great-grandfather, on September 14, 2019 at the Village by the Station in Penticton, British Columbia.

Clay was predeceased by his parents Duncan and Violet, grandson Jake, brother in-law Russell, sister in-law Darleen and nephew Wayne. He is survived by his loving wife Carol, son Dale (Nancy), daughter Heidi (Irina) and their mother Cathy; son David (Christine), grandchildren Andrea (Ian), Kimberley, Ethan and great-grandchildren Ryan and Alyssa. Brothers Barry (Fran), Calvin (Carole), and sister Shirley, and nephews and nieces.

Clay was born in Selkirk, Manitoba on October 24, 1936. As a youth, he played hockey with the Winnipeg Rangers and the Flin Flon Bombers, did surveying in the Northern Manitoba, worked at Logging in Terrace BC, served as boat crew on a freight boat on Lake Winnipeg, 16 years as a life guard at Pan Am pool, then onto 14 years with the City of Winnipeg. He retired in 1994, and in 1996 moved to Naramata and in 2012 moved to Penticton. Clay loved sailing, swimming, wildlife; especially birds, his beloved Schnauzer dogs, photography, driving on vacations, music and hiking the hills of Naramata. His family was very important, and he kept in close contact with them. He had a wonderful sense of humor and could quickly bring laughter to any conversation. He will be greatly missed by family and friends.

The family wish to thank Dr. Gans, and the wonderful staff at the Village by the Station for the kindness and care shown to Clay.

A celebration of life will be held on Tuesday, October 22, 2019 at 1:30 p.m. in the Church Hall at The Lutheran Church of the Good Shepard, 106 Sawchuck Drive, St. Andrews, Manitoba, Highway 9.

In lieu of flowers, the family suggest a donation to a charity of your choice in Clay's memory.



Providence

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## OBITUARY

**John Machowski Sr.**

Peacefully, on Friday, October 4, 2019 at the Tudor Personal Care Home in Selkirk, Manitoba, John Machowski, aged 90 years, formerly of East Selkirk, Manitoba, beloved husband of the late Mildred passed away.

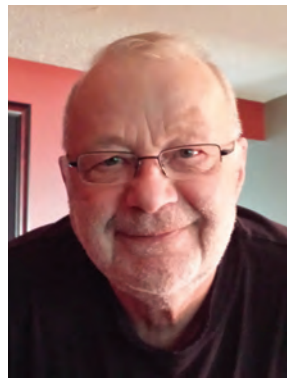
In keeping with his wishes, cremation has taken place a Celebration of his life will be held. Full obituary to follow in the next edition.

Gilbert Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**John Calverley**  
1943-2019



John Calverley passed peacefully on October 1, 2019 after his battle with cancer.

He leaves to mourn his wife, Dianne (nee: Mostowy); children: John (Katie), Laurie Ann, Matthew (Chelsea); grandchildren: Nathan, Andrew, and Olive; sisters: Janice Wood and Fern Crane; many nieces and nephews; In-laws: Edwin Mostowy, Linda Mostowy, Janis Hall, Donna Mostowy and Denice Williams.

He was predeceased by his parents Fernie and Ingibjorg Calverley.

John grew up in Bissett, Manitoba where he worked underground as well as prospected with his father for many years. He moved to Alberta where he worked for many years as a process operator with Syncrude. After retiring he was a self-employed contractor in the oilfield for many companies.

Cremation has taken place.

A Celebration of Life will be held at 2:00 p.m., on Thursday, October 10, 2019 at the Alliance Church, 10017-99 Street, Morinville, Alberta with Pastor Lewis Hauer officiating.

In lieu of flowers, Memorial Donations may be made to the Cross Cancer Institute, 11560 University Avenue NW, Edmonton, Alberta, T6G 9Z9.

To send condolences, please visit [www.connelly-mckinley.com](http://www.connelly-mckinley.com).

Connelly-McKinley Funeral Home  
St. Albert Chapel  
(780) 458-2222

## OBITUARY

**Michael Chanas**



After a short and intense battle with cancer, Mike peacefully passed away at Grace Hospital in the early morning hours of October 2, 2019 with his wife Sharon and those he loved by his side.

Mike worked for 30 plus years with Gerdau Ameristeel MB (formerly Manitoba Rolling Mills) and intermittently with Manitoba Hydro.

The greatest gift a man can give his children is to love their mother, and that he did for 57 years. Dad's first thought when anything was happening was about mom, always making sure she was well taken care of.

During their years together they enjoyed travelling the world and later shared that love of travel with their nephew Paul and niece Carolyn and then the twins.

Predeceased by his parents Dymetro and Caroline Chanas, sister Kathy Mundt, brother John and nephew Paul Chanas Jr.

Besides his loving wife Sharon, he leaves to treasure his memory and live life by his example are his children Van (Shannon), Tanya (Ken), grandson Bryce, pet Kipper, brother Paul, nephew Paul Mundt (Laurie), nieces Carolyn Cox, Shauna Chanas, Donna Chanas and Karen Walker.

Dad always took an interest in whatever his kids and his grandson were doing. Hours and hours spent in the car driving to lessons, games and performances. When his grandson Bryce played hockey, Pa was always there, driving him to practice, coming to games and out of town tournaments. One of his proudest moments was Bryce's first shut-out and also getting a matching Mustangs hockey jacket to match Bryce's.

The family is forever grateful to Dr. Sharma, nurse Lorie and the staff of 3North at Grace Hospital. The care and guidance they provided to Mike and his family was exceptional.

Please join us at a Celebration of Life service to be held at 1:00 p.m. on October 9, 2019 at Gilbert Funeral Home, 309 Eveline Street, Selkirk, MB.

In lieu of flowers, donations, if you so wish, can be made to your favourite charity.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



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