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RECORD PHOTO BY PAUL MUNROE

Jordan Hooper was beyond excited to reel in his 23 lb catfish with the assistance of Paul Munroe, owner of CatDaddy Fishing Guide Services on the Red River last Wednesday. See story inside.

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## Local boy receives prestigious volunteer award

### Parker Pelletier recognized by Premier Stefanson

### By Katelyn Boulanger

Parker Pelletier is a grade four student who lives in Selkirk. He enjoys afterschool activities and attends school like any other kid but he also makes sure to give back to his community averaging about 50 to 70 hours of volunteering a year. Because of his dedication and volunteerism, Parker was awarded the Premier's Volunteer Service Award

"It was awesome," said Parker about receiving the award at the 39th Annual Volunteer Awards hosted by Volunteer Manitoba.

Parker went with his dad, Jim Pelletier who residents will recognize from his previous tenure as president of the Selkirk Biz, to the Legislative building to be recognized.

The pair found out about the win via an email with an official letter to follow. Pelletier however couldn't wait until the official letter arrived before sharing the good news with Parker, who was happy to receive the news.

"[I've been volunteering] since I was three," said Parker.

"I help raise money for the Terry Fox Foundation," he said.

Though the Terry Fox Foundation isn't the only place Parker volunteers, it's one that's close to his heart. Parker has made an effort to raise funds every year since he learned about Terry Fox in kindergarten.

Some other places that Parker has volunteered are the Selkirk Biz where he helped to create a series of videos promoting Biz Bucks and shopping locally. He also recently volunteered with the 2022 Fair Parade as well as Tim Horton's Camp Day.

Parker said that his favourite part of

volunteering is that it makes him feel good and that he's gotten to meet a bunch of interesting people, our region's local mayors for instance, that other kids his age might not have had the chance to meet.

In order for someone like Parker to volunteer as much as he has in the community, he, of course, has a supportive family who also take volunteerism seriously themselves. Parker's dad volunteers in many different ways in the community.

Pelletier encourages other people who want to get out into the community and volunteer to give it a shot.

"Just imagine how amazing Manitoba would be if everybody put one hour a month to volunteering," he said.

Pelletier admits that COVID-19 did slow Parker down some with fewer volunteer opportunities taking place in our community in the past couple of years but that they are planning to get back to it now that restrictions have



RECORD PHOTO BY KATELYN BOULANGER

Parker Pelletier with his volunteer award.



been lifted.

"[I've told Parker many times] even the most simple thing, like saying please and thank you, could make such a huge deal on somebody's life because you don't know what that person's going through. Just do something, any act of kindness," said Pelletier.

He also likes that volunteering teaches his son social skills, values like discipline, and that it doesn't matter what life throws at you, you can always be a good person.

Parker and his dad encourage everyone to try to find some time to visit a nursing home, pick up garbage in public places, or find a volunteer organization that fits their interests.



PHOTO SUBMITTED

Parker with Premier Heather Stefanson and his mom Jennifer Pelletier.





## Celtic tradition carried on with free bagpipe lessons

By Autumn Fehr

Have you got an itch to get into a new hobby or learn a new musical instrument?

This fall, at the Clandeboye Community Hall, Dennis Schindler's pipe band welcomes new students of all ages, and any skill level, whether beginner, intermediate or advanced, to join the team.

Schindler has been playing for over 50 years and wanted to bring the Celtic tradition to the community.

"The Clandeboye area has a rich tradition of bagpipe players and drummers. I just thought that the instruments needed exposure locally to keep the music alive," said Schindler.

Schindler started teaching lessons in late 2018, and early 2019, and continued to run the lessons during CO-VID-19 whenever they were able to. Otherwise the group took their music home and worked on it independently.

As time went on, they also did some

individual stuff, but with a wind instrument, it was a little difficult, said Schindler.

During the pandemic, they didn't run very strongly, and only really started getting back together regularly in March of 2022.

There are three different lesson groups, learners, beginners and advanced.

Beginners start on an instrument called the practice chanter to learn the scale, the fingering, and the basics.

In total, there are around 20 players between all three groups, anticipating four new students starting in Sept., said Schindler.

The free lessons are focused on beginners.

In the end, all three of the groups in the program end up playing together as a band.

"We have been very active this summer. There is a lot of pent-up desire to perform in public by the group," said



**RECORD PHOTO SUBMITTED** 

Dennis Schindler's pipe band performed at the Lower Fort Garry Harvest Festival.

Schindler.

He said a lot of the players who come to the group have never played in public, so they wanted to put them in a position this summer where they could experience doing public performances, playing one of the most difficult instruments there is to play.

Their most recent performance was at the Harvest Festival at Lower Fort Garry a few weeks ago.

Their first-ever performance was at the Selkirk Legion during the fair weekend.

They also performed at the Pavilion of Scotland in Folklorama this year.

"At one of the most high-profile public events in Manitoba, we decided that it would be a good experience for the group to jump in and get over that hurdle of playing in front of a lot of people," said Schindler.

All of these events are preparing the band for a major event in Selkirk this fall, said Schindler.

In the fall, the band will play for the Selkirk Dufferin Gang plaque commemoration at the Selkirk Legion.

Next spring, the pipe band has decided to perform in Regina at the Saskatchewan Pipeband Championships.

"As the group develops and grows in confidence and size, we just keep moving forward and giving everybody more and more experience, and

Continued on page 6





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## Change 2 Change: 10 years of creating change with youth in Uganda

Coming together as a community is the best way to inflict change.

Add good food to the mix, and it's a done deal.

On Sept. 14, Change 2 Change will host a Bud, Spud and Steak fundraiser at the Selkirk Legion, starting at 6

"The Bud, Spud and Steak will be a refreshing event to get people back together and support a good cause," said Kurt Petersen, founder, and director of Change 2 Change.

Every year, Change 2 Change tries to host a fundraising event to help balance the books, but in the last few years, they haven't had any in-person events due to the pandemic.

Petersen founded Change 2 Change in Canada in 2010, after visiting Uganda as a volunteer in 2009.

"When I had returned to Canada, I decided something else had to be done and this was so heavy on my heart to do something," said Petersen.

At that time, he was collectting pennies to buy mosquito nets and shoes for children.

In 2011, he started a youth project.

Since then, they have aimed to be a catalyst for positive change around the world, driven by its founding ideas and principles: educating, equipping, empowering, and supporting youth and children from any background through the Word of God.

Although, it wasn't until 2012 when Petersen moved to Uganda that things took flight there with community initiatives.

One thing has stuck with the organization, though, and that's its continued focus on youth.

Education is not free in Uganda like it is in Canada, and the government doesn't help in providing the funds

Change 2 Change has prioritized this when choosing where their funds

Currently, the organization supports nine kids full-time, funding school fees, accommodations, school supplies, and all other necessities they need.

Change 2 Change houses the chil-

dren in a home they call 'Home of Champions.'

In the end, it costs just over 5,000 Canadian dollars to support all nine students, so they can receive an edu-

Although this may not seem a lot to Canadians, when we think about the mounting costs of post-secondary education, these are substantial costs for the communities in Uganda, said Petersen.

This sum accounts for a third of the organization's income that they receive in a year, he said.

All the funds raised at the Bud, Spud and Steak event will provide an education for the youth in Uganda and community initiatives in the area.

In addition to providing funds for education, the organization offers free programs to students and other children who cannot go to school, such as tailoring and craft classes offered to young people to gain skills.

Some workshops teach them entre-

preneurship or businesses that they can start.

2 Change Change also has different reaches that go out into the communities in great need and share with them and encourage them.

"We try our best to provide sometangible, thing whether it's food or clothing or mosquito nets or shoes," said Petersen.

Tickets for the Bud, Spud and Steak will be \$25, which includes a drink and dinner.

The organization pays the Selkirk Legion to do all the meal preparation for the food; \$10 will go to-



Family photo of most of the Home of Champions children (some students missina).

wards the cause.

"It's important for people to get involved. I think it's so easy these days to get in your bubble... Having this

Continued on page 6





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### > BAGPIPE LESSONS, FROM PG. 4

more and more enjoyment not only in the playing of the instruments but in the pipe band world too," said Schindler.

The intermediate group practices every Monday evening, and all three groups practice on Saturday from 10 a.m. to 1 p.m. at Clandeboye Community Hall.

On Sept. 12, Schindler will be hosting an information night starting at 7 p.m. for anyone who has expressed an interest in becoming a beginner this fall. Individuals can drop by and find out what they do and more information on what's needed for the lessons.

Music is so important, but it's not always as accessible as it should be. There has been a resurgence across the

world with Celtic music and learning to play the bagpipes is an excellent introduction to Celtic music, said Schindler.

The new beginner program starts on Sat. mornings on Sept. 24, for anyone who wants to try out bagpipes for the first time.

The lessons are free but do not include the instruments, although they will help prospective players find drums and bagpipes for the lessons.

Currently, they are not providing lessons for beginner drummers, but Schindler hopes to have that in place within the following year.

For more information or if you are interested in joining the pipe band, contact Schindler at 204-481-7756.

### > CHANGE 2 CHANGE, FROM PG. 5

event not only updates people and gives people a better understanding of what's happening here in Uganda but also an understanding of what we are trying to do about it," said Petersen.

We may not be a big organization where you can see the fruit of our efforts right away, but he said we are making a positive difference here.

There will be a variety of door prizes, a silent auction, and a 50/50 draw.

In the future, Change 2 Change wants to continue to provide outreach programs in the villages in Uganda and take the kids out with them, so they learn what it means to give back rather than constantly receiving sup-

They also want to provide more kids

with an education, as they often have to turn away families because they don't have enough funding.

"These kids have been showing their commitment and their interest and desire to be in school. We want to be able to support that," said Petersen.

Those who cannot attend the evening but would still like to contribute to the cause can buy a donation ticket for \$20 and will still be entered into the prize draw.

Alternatively, donations can be made on the organization's website at change2change.ca.

For more information on the event, email contact@change2change.ca or text or call 204-481-2660 or 204-485-



## Fishing excursion on Red goes swimmingly

### By Jennifer McFee

A large tour group was reeling with excitement after an adventure on the water with a local fishing company.

On Wednesday, Aug. 24, Community Living Interlake put together a group of 20 people to enjoy guided fishing tours led by Paul Munroe, owner of CatDaddy Fishing Guide Services.

Janice Kowerko is the team leader of the day program based in Stonewall for Community Living Interlake, which supports individuals who live with intellectual disabilities.

She fondly recalls a similar fishing tour three years. The participants enjoyed it so much that they decided to return for another day trip.

The SAMS vans from Stonewall and the handivan from Teulon transported the group to Selkirk Park for their adventure. În a total of five boats led by five guides, the fishers enjoyed two-hour fishing tours on the water. After that, they headed back to shore while the next group headed out on the water. For those on shore, they enjoyed games and activities under the

"It was amazing. We were getting smiles and thumbs-up and waves from people on other boats," Kowerko

"All five boats caught and released fish this year. The boat I was in caught the most with 21. The boat that caught the least amount of fish had eight. One of our female fishers caught the biggest fish that was 38.25 inches long. It was so much fun. I'm still smiling.'

The participants also expressed great enthusiasm for their adventure.

"We had one guy that was even kissing his fish. I had one another one tell me that it was the best day of his life. Another one came and thanked me for organizing it and gave me a big hug," Kowerko said.

"It was a very big group effort to be able to make this event happen, and it was a great day."

Munroe agreed that it was an enjoyable experience for all involved.

"The guides enjoyed it," he said. "Everyone had a great time."





RECORD PHOTOS BY PAUL MUNROE

Cary Stutsky had a whale of a time holding onto the catfish he caught.









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- Sep 9 Dark Horse Band 8pm
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  Sep 16 Ravin Band 8pm
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  Sep 18 Dufferin Gang Memorial Dedication 1pm
  Sep 22 Over 60 Club lunch
  Sep 23 Veteran & Spouse Dinner 6pm
  Sep 23 Geoff E & The Rockets 8pm
  Sep 25 Fall Supper 4:30 & 6pm
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# NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

### **COVID** infections up, Interlake PCH outbreaks; out-of-province surgery offered

By Patricia Barrett

COVID infections in Manitoba are on the upswing, with the latest data showing another increase and longterm care homes in Stonewall, Selkirk and Gimli experiencing outbreaks.

The provincial government's weekly COVID surveillance report for the period Aug. 14-20 shows 473 new laboratory-confirmed infections, an increase of 18 from the 455 cases reported the previous week. The week before that saw 347 cases.

The data are an undercount because the government restricts access to PCR testing. Rapid antigen test results aren't tracked.

There were also 60 new hospital admissions reported for the above period, including eight people needing treatment in the intensive care unit. The previous week saw 72 hospital admissions which included 19 ICU

Twelve more people died since the last report, bringing Manitoba's death count to 2,105. The previous week's death count was 2,093 people.

The government reported six new COVID outbreaks in Manitoba hospitals and personal care homes for the above period, including at the Extendicare Red River Place in Selkirk. The other outbreak locations are in the Winnipeg and the Southern health regions.

The list does not include an outbreak at the Betel PCH in Gimli but a spokesperson for the Interlake-Eastern Regional Health Authority confirmed on Friday that its medical officer of health had declared an outbreak there on Aug. 23.

The Betel outbreak isn't noted under the news and updates page of the IERHA's website (last viewed Aug. 27). The page does show, however, a COVID outbreak declared Aug. 26 at Stonewall's Rosewood Lodge, an outbreak declared Aug. 19 at Pinawa Hospital and an outbreak declared Aug. 6 at the Arborg hospital.

PCHs in the region continue to practise infection prevention and control measures, said the spokesperson. Visitors are "screened and required to wear a mask" while in the facility even when there are no COVID infections. Health-care staff are also required to wear masks.

'Initiatives designed to mitigate the risk of COVID-19 spread amongst our patient population and staff continue to remain in effect, including screening visitors for symptoms upon arrival to these sites and the use of personal protective equipment. These initiatives reflect the advice of infection prevention and control experts," said the spokesperson. "Having said that, there is community spread of COVID-19 in our province and, indeed, throughout much of the world. Personal care homes are part of the community, so outbreaks at these homes will regrettably occur from time to time."

Vaccination is important for PCH residents in order to reduce their risk of severe illness or death from COV-ID. A vaccination campaign has been in place since 2021 in Manitoba PCHs, said the spokesperson. The government's Shared Health organization provides guidance on infection prevention and control and visitation in PCHs on its website.

Last week the province announced that children aged five to 11 are now eligible for a COVID booster (or third

The province is also planning to launch a fall COVID immunization campaign and will re-open a regional vaccine clinic at 1680 Notre Dame Ave. in Winnipeg. Appointments will be available in mid-September. It's closing the vaccine clinic at the Winnipeg RBC Convention Centre in mid-September, according to an Aug. 24 COVID-19 Bulletin (#582).

The COVID pandemic is far from over despite many governments around the world using language such as "post-pandemic" and "transitioning from COVID" in a context that suggests it has ended, and ditching measures that help prevent the

virus's spread. The pandemic catchphrase "learning to live with the virus" has failed to become a fillip for widespread preventative action and has instead become a game of chance we appear to be losing.

The World Health Organization's infectious disease epidemiologist and COVID-19 technical lead Maria Van Kerkhove said in a June 19 tweet that "We are not living with COVID-19 responsibly. Not even close. People are dying unnecessarily. Millions infected each week. Billions not fully vaccinated. Lives & livelihoods suffering. Dismantling systems needed to end the global emergency & fight the next

Almost 6.5 million people worldwide have died from COVID as of Aug. 24, according to the WHO.

Moderna said in a recent news release it will be supplying 12 million doses of its bivalent COVID booster vaccine to the Canadian government. Canada is scheduled to receive 1.5 million doses and has ordered an additional 4.5 million doses. Moderna and the federal government have also agreed to "convert" six million doses of the Spikevax mRNA vaccine to an omicron-containing bivalent vaccine.

Other health news:

The Monkeypox virus continues to spread, with nine of Canada's 13 provincial/territorial jurisdictions now having reported cases. Ontario leads with 582 cases, followed by Quebec with 478, British Columbia with 129, Alberta with 31, Saskatchewan with three, Yukon with two, and Manitoba, Nova Scotia and New Brunswick with one case each as of Aug. 24. Total cases stand at 1,228.

As of Aug. 16, there have been 32 people hospitalized.

Last week the Manitoba government expanded monkeypox vaccine eligibility to cisgender, transgender and two-spirit people who self-identify as belonging to the gay, bisexual and men who have sex with men commu-

Continued on page 10

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**EDITORIAL** 

### Katelyn Boulanger 204-485-3337 news@selkirkrecord.ca

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## Celebrating a decade of the Manitoba Fibre Festival

### Festival returns in person on Sept. 9 and 10

By Autumn Fehr

With the effects of climate change becoming more apparent in our day to day, it's important that people start to make significant changes in how they go about living their lives.

This includes being conscious of where our fibre comes from, whether it's the clothes we wear or the furniture in our homes.

This, year, the Manitoba Fibre Festival returns in person to celebrate its tenth year on Sept. 9 from 5 to 9 p.m. and Sept. 10 from 10 a.m. to 4 p.m. at Red River Exhibition Place, Winnipeg connecting local fibre farmers with the crafting community, and educating the public on local fibres.

"We want to bring the community together. To learn more about different fibre arts, to share in our love of the fibre arts, to introduce new people to the fibre arts...To promote our local businesses, so the folks who make stuff here in Manitoba especially, and the locally raised wool and fibres that are often overlooked," said Mandy Furney, volunteer coordinator for the Manitoba Fibre Festival.

The festival deals with all things related to the fibre and wool industry, discovering alpaca and sheep fleece, hand-spun and hand-dyed yarns, and pieces made by local artisans.

The Fibre Festival is a family-friendly event where you can find demonstrations of fibre arts, workshops such as ancient lace-making techniques, machine knitting, sheep shearing that people can sign up to take, and things to buy to invest in small businesses, most of them from Manitoba.

The artisan market will feature raw fleece, wool, and alpaca fibres for spinning and felting, hand-spun yarn, hand-dyed yarn (so much yarn!), knitted socks, scarves, shawls, and hats; goat's milk soap, rugs and mats, pillows and project bags, baskets, handmade clothing, leathers and furs, wall hangings, spindles, knitting needles,

tools, kits, wool bedding, patterns, fabrics, buttons, and yarn bowls.

The festival will have an art show as well, curated by the Textile and Fibre Artists of Manitoba (TFAM).

There will be people there who raise sheep and alpaca, mohair goats and angora rabbits for fibre, as well as people there that harvest qiviut from the northern muskox, harvested by Inuit peoples, which is a premium fi-

There will also be a variety of different breeds of live sheep and alpaca there for people to interact with in the Hall of Breeds display.

"Folks love coming together, seeing what diversity there is offered in the fibre arts," said Furney.

Fibre is so important.

So, buying local fibres is even more important.

Natural fibres are bio-degradable, which means it is good for the planet and promoting these fibres cuts down on the carbon footprint.

The festival also likes to highlight supporting local farmers, and the shepherds that raise these animals as their business and means of living, said Furney.

Before the pandemic, the festival was growing significantly, and expanding in what they offered in demonstrations at the festival.

Since COVID-19 hit, this year the festival has been pulling recovery.

In the future, the festival hopes to continue its regular festival activities, such as bringing in live animals, but they also hope to build on workshop offerings.

"We do see that the festival doesn't have to be a one-time a year event. It's an ongoing community that we seek to support where we can with our knowledge of the field. With our experience now of 10 years, wanting to make sure that there is this offering everywhere that different people can access at different times of the year,'



PHOTO BY CHRISTEL LANTHIER





**RECORD PHOTO SUBMITTED** 

Spinning guild members demonstrating their craft at the Manitoba Fibre Festival in 2017.

said Furney.

Admission to the festival is \$5, and parking is free.

For a list of vendors and details regarding the educational workshops visit www.manitobafibrefestival.com.

## Art slows Selkirk to a crawl



**PHOTO SUBMITTED** 

Selkirk's second annual Art Crawl was a great success bringing the community and artists together. Volunteers made the whole event possible.

## Interlake artists open studios for WAVE Art Tour

By Ty Dilello

Twenty-two local Interlake artists are opening their studios for the annual WAVE Art Tour, which will take place Sept. 3-4 from 10 a.m. to 6 p.m. daily.

The WAVE Interlake Artists' Studio Tour is Manitoba's longest-running Art Road trip. This immersive self-directed opportunity allows visitors to experience working creative spaces and meet the makers.

The artwork is available for purchase, but there is no cost to attend the two-day event.

Some of the participating studios this year, include a papermaker (Milli Flaig-Hooper), woodcarver (Gary Foidart), textile artist (Amanda Onchulenko), cartoonist (Jerry Maryniuk), and a blacksmith (Matt Jenkins). You can also find other art forms such as photography, ceramics, jewelry, glass art and paintings.

Not a single artist is alike, yet all 22 on this year's tour share a connection to Manitoba's creative Interlake community and a passion for creativity. No tour is alike.

New artists on the 2022 Tour are Joy Burik and Gary Foidart, while some returning artists include Angel Calnek, Matt Jenkins of Cloverdale Forge and Cheryl Tordon, formerly of Fish Fly and Blue Dog Gallery.

There are three choices for readers to open the invitation to roll with the WAVE in 2022. Go to the WAVE website www.watchthewave.ca, download the new WAVE app that is available on Apple and Android devices, or pick up a printed brochure at any artist studio.

Determine the stops you want to make with your family and friends, arrange a carpool, and watch for the distinctive Blue and White arrowed signs along Highway 8 and 9 as you drive north of Winnipeg.

The southern studios begin with internationally recognized ceramic artist Alan Lacovetsky in St. Andrews and blacksmith Matt Jenkins at Cloverdale Forge just outside of Selkirk.

You also won't want to miss Northern characters Jerry Maryniuk in the Arborg area or anyone in between and along the shores of Lake Winnipeg.

Winnipeg Beach's Gary Foidart is a self-taught Métis Artisan. He has been active with the Prairie Canada Carving Championship for 25 years and sits as a judge for the competition. His early work consisted of furniture and knife making and has since evolved to focus on the artistic aspects of

carving. Over the past three years, chainsaw carving has become another of Foidart's areas of interest

Carving wood burls, antler, and other unusual specimens are Foidart's passion. He uses his imagination to find the sculptures hidden within each unique piece.

A wood burn is an abnormal, unappealing wart-like growth on a tree, caused by fire, insects, injury, etc. They are extremely difficult to work with and are rarely chosen as a carving medium. Carving a burl is an intuitive process that requires great patience and skill due to the unpredictable nature of the wood. Foidart is gifted in his ability to transform these unsightly growths into beautiful and unique pieces of art.

"I am very excited to show people the art that I produce," said Foidart. "The wood that I use is beautiful as is – I just try to enhance it. My favourite piece is of a frog carving out of a maple burl."

Another new artist from Winnipeg Beach is Joy Burik, whose work is titled "Dancing with a Paintbrush." Burik's influences include sites visited, wildlife and people. Burik's works involve a lot of thought and planning. The images are first developed and completed in her mind well before the paint touches the canvas.

Burik is happy to have the opportunity to participate and share her work with others during the WAVE Art Tour.

"While pleased to share my work, there is also a certain amount of trepidation," said Burik. "In a sense, sharing my work with others is akin to baring my soul, and this can be somewhat unnerving. My art is a very personal and intimate visual story of my life's journey, of whom I am, and my love for life spoken without words. In reality, it can be rather intimidating to expose one's very personal thoughts and emotions so publicly."

Like most artists, Burik's favourite piece is always the last one.

"Each work to be completed grants me a new challenge, something new to learn and an opportunity to grow as an artist. My latest piece has been especially emotionally challenging as it is related to the travesty going on in Ukraine."

All of the WAVE artists hope that readers are excited to pack their curiosity for a day or two of discovery in the Interlake. It is sure to be a smashing hit this fall.



PHOTOS SUBMITTED
Joy Burik is also from Winnipeg Beach and her work is titled "Dancing with a Paintbrush."



Winnipeg Beach's Gary Foidart is a self-taught Métis Artisan.

### > COVID UPDATE, FROM PG. 8

nity. Manitoba has administered 436 doses of the vaccine as of Aug. 21.

-The provincial government announced on Aug. 24 that it will be offering to ship up to 750 Manitoba patients out-of-province to Ontario, North Dakota and Ohio to receive knee and hip replacement surgeries.

"These three new agreements are an important interim measure to help people who have been waiting for care for too long, as we work to build long-term, sustainable improvements and increased capacity in our health-

care system here at home," said health minister Audrey Gordon in a news release.

Patients will be offered treatment at Big Thunder Orthopedic Associates based in Thunder Bay, Ont., Sanford Health in North Dakota, which has previously provided spinal surgeries to Manitobans, and at the Cleveland Clinic in Cleveland, Ohio.

According to Doctors Manitoba's surgical dashboard as of June 28, the wait time for hip and knee surgeries is

35 weeks (about 8 months).

-Moderna announced it is suing Pfizer and BioNTech for allegedly infringing patents it filed between 2010 and 2016 covering its ground-breaking mRNA technology.

The company says it believes Pfizer and BioNTech unlawfully copied its technology, without permission, to make [their own COVID vaccine]. Moderna expects compensation, the amount of which is not stated.

"We are filing these lawsuits to protect the innovative mRNA technology platform that we pioneered, invested

billions of dollars in creating, and patented during the decade preceding the COVID-19 pandemic," says Moderna chief executive officer Stephane Bancel in an Aug. 26 news release. "This foundational platform, which we began building in 2010, along with out patented work on coronaviruses in 2015 and 2016, enabled us to produce a safe and highly effective COV-ID-19 vaccine in record time after the pandemic struck."

## Art and nature at your doorstep on the Boreal Shores Art Tour

By Laura Tutlies

Who says fish can't survive in a garden without a pond? Not friends and fellow artisans Bernice Phillips and Barbara Batulla of Pine Falls/Powerview, who teamed up for a one-stop venue to showcase art during the Boreal Shores Art Tour {BSAT} on Aug. 20 and 21. Phillips nurtures amazing flowers and vegetables and makes beautiful paintings and unique décor items while Batulla creates, among other things, whimsical fish from lumps of clay. Her fish don't require a pond, while Phillips's garden is something extraordinary. The only water on the grounds is from the taps or in the bird bath.

The trail of thirty-eight talented artisans were scattered from the Pinawa area along the shores of the Winnipeg River to its mouth at Traverse Bay/Victoria Beach where the route changed direction and continued to the South ending near Beaconia. Phillips owns a lovely property in Pine Falls/Powerview.

Her home has a view of the water rushing over the Hydro dam that harnesses the liquid gold before it spills back into the river and continues to the South Basin of Lake Winnipeg. There is the house, a garage with an attached gazebo, plus a lovely workshop and gardens spilling over with useful and beautiful plants. She dreams of the day when she can garden year-round in her geodesic greenhouse.

The circular plot is ready, but like so many building projects affected by shortages during the pandemic, a single piece is on back-order and the greenhouse, which was due months ago, is on hold for now.

The water that does flow past Phillips's home yields a bounty of fish species native to the rivers and lakes in Manitoba's Boreal Forest - think pickerel, jackfish, perch, and even sturgeon. Contrary to nature's bounty, the fish on display for BSAT were all potted and fired by Batulla's oven in her studio not far from the Phillips property. The gazebo next to the garage became the showcase of her beautiful stoneware and porcelain pottery along with some of the beaded jewelry that comes from her workshop. Batulla's fish have names. Two that were introduced were "Fancy Ass Bass" and "Shorty" the arctic char. The latter is definitely from much farther North. They are her pride and joy and in her own words, "I love them all. They are whimsical, joyful, cartoon versions of the real thing". The large creations can be used as wall décor, the smaller ones as a spoon rest or maybe a bonbon dish.

They are not necessarily accurate versions of the kind that inspired them.

In the 80s, Batulla studied entomology and did an internship in Churchill where she not only enjoyed arctic char but also met her husband, a hydro engineer. After that, life took on a whole new context and the two adventurers travelled all over the world for work. Batulla practised her art and honed her skills until she and her husband finally landed and settled in eastern Manitoba. Her art is colourful and imaginative. If Shorty, the Char is not quite as large as the Char of the north it is due to the size of Batulla's pottery oven. That oven has fired many wonderful objects. Batulla's work is well known - mugs, bowls, vases, and other useful items. She has been a vendor at artisan markets all over Eastern Manitoba for at least the last ten years.

As for the venue host, you may already know of Phillip's art courtesy of the Gwen Fox Gallery in Selkirk. She has an eye for colour and a gift for painting the night skies and for creating pieces that you would want in your home. As an aside, Phillips shared her passion for being off the grid. Solar panels cover the roof of the garage and supplement the power they need for the comfortable life they enjoy. It is not surprising that she and her husband might visit Winnipeg maybe twice a year and only because they must. Otherwise, they have everything they want and need in the Pine Falls/Powerview area.

Phillip's husband is the resident massage therapist in the area. At the start of a sneak peek of the premises we learned that it is his workspace that was turned into an extraordinary gallery of Philllips's art pieces for the BSAT.

Paintings, greeting cards, plus glass, acrylic, and wood creations (mixed media) - each unique, each amazing - were displayed for the tour. This is just a small portion of Phillips's talent. She is an alternative-gardener whose true passion lives with nature and its bounty. Or as she puts it "playing in the dirt".

What you ask is an 'alternative-gardener'? It is best explained by Phillips who said minutes after the arrival of myself and a friend, that "There is no such thing as a weed. Only plants growing where you don't want them can be considered a weed.

Everything has a purpose; everything can be beautiful in the right environment." We literally could not stop oohing and awing over the magnificent plants that didn't look like anything we knew. Phillips plants have a Jack and the Beanstalk quality





PHOTOS SUBMITTED

Beatrice Phillips and Barbara Batulla share their wonderful art and garden on the **Boreal Shores Art Tour.** 



to them.

Phillips employs straw to make paths between her rows and rows of vegetables – onions, carrots, peas, beans, and tomatoes. Her potatoes aren't planted and then hilled in a traditional manner, rather they start their reproduction above ground with straw covering and diligent watering.

Likewise the onions with proven re-

The flowers in her beds, mostly perennials are large and healthy under her watch. Alternative gardening means not sticking to practices that were familiar when we were growing up. One can only imagine what wonders will come from the geodome greenhouse when it finds its footing at the property of this exceptional gardener and talented artist.

## Indulge your tastebuds in Le Burger Week

### Local restaurants are taking part Sept. 1-14

### By Autumn Fehr

Feast your eyes and prepare your tastebuds for a two-week Manitoba tradition

From Sept. 1 to 14, participants will be able to discover new restaurants while indulging in specialty burger creations never tasted before through Le Burger Week 2022.

Due to its popularity, over the last few years, Le Burger Week had ex-

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Trees and Shrubs now 30% off

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Garden Center

tended its festival to two weeks so burger lovers can have the opportunity to try even more mouth-watering creations.

This year, there are 190 burgers to try throughout Manitoba.

The festival began in Montreal 11 years ago but has now expanded across Canada, generating over 150,000 participants in cities across the country.

As a theme this year, restaurants were encouraged to create plantbased burgers - vegan burgers, creating a platform for chefs to get creative

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Monday - Saturday

10am-5pm

and have even more fun with creations, their and for everyone to have a burger they can indulge

There are four rural restaurants participating in this year's Le Week, Burger with their delicious entries.

From Kahleigh's Brew Barn in Riverton, there is the Feisty Pickerel Burger, made



The Feisty Pickerel Burger, Kahleigh's Brew Barn's in Riverton.

with pickerel from Lake Winnipeg tossed in panko breading and fried, served on a sesame seed bun with mango salsa, chipotle, mayo, and mixed greens.

In Sandy Hook, Carlo's Cucina will be serving their Rock'n Rootbeer Burger made with Angus beef, apricot jalapeño jam, topped with braised AAA ribeye steak, drizzled in Root Beer reduction, Bothwell jalapeño Monterey jack cheese, and a fresh spring mix with rock'n cucumber mint aioli.

Something Beautiful Café in Stonewall will be serving their Bacon & Blue Quarry Burger, a beef burger topped



Bacon & Blue Quarry Burger, Something Beautiful Café's in Stonewall.



Rootbeer Rock'n Burger. Carlo's Cucina's in Sandy Hook.

with crumbled blue cheese, candy bacon, caramelized onions, and a housemade honey Dijon spread, served on a brioche bun with mixed greens and tomato.

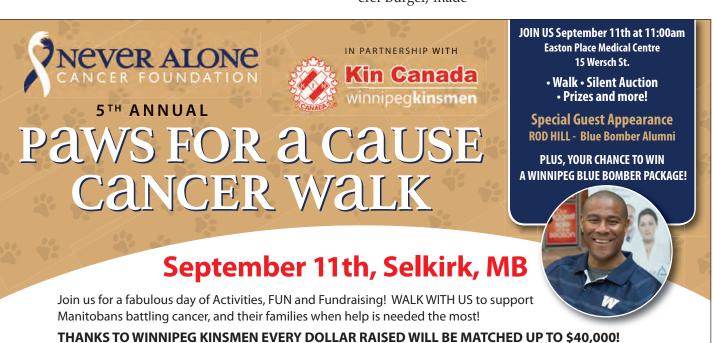
At the Altona Hotel, they will be serving The Mac, made with a breaded deep-fried beef patty, cheese sauce, topped with bacon, lettuce, tomato, onion and drizzled with Chipotle aioli, on a grilled brioche bun.

With restaurants across Manitoba putting forth their best burger creations, festival participants have the chance to vote for their favourite burger via LeBurgerWeek.com.

At the end of the two-week festival, winners in each participating city will be announced for the different catego-

The five categories are the most popular burger, voted by participants at www.LeBurgerWeek.com, the judge's choice, determined by an expert panel of burger aficionado judges in the city, the Sysco choice, given to the most outlandish burger in the city, Kim's choice, determined by Kim Lallouz, and the best plant-based burger, voted by participants on the website.

Don't miss out on this two-week festival and a chance to support local restaurants in your area through delicious never-before-seen burger creations.



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## Friends of OSJ host annual historical event

Keeping Manitoba's history alive for future generations

### By Laura Tutlies

What do Popcorn and Pizza have to do with the oldest log church in western Canada? They help keep it safe and relevant on its 126th anniversary.

That is totally thanks to volunteers like Shay Thomas and Brayden Fitkowski who helped promote the event and then sold pizza donated by Lola's and Lanky's of Grand Marais and popcorn from the Sugar Shak complements of Daneal Gard and Shanna Richelle of Ateah Realty. The building would have been demolished years ago but for the dedication of members who support the Friends of Old St. Jude's, the group responsible for the preservation of the vintage

Every nickel, dime, and dollar donated goes toward the maintenance and restoration of the black poplar log building built by volunteers in 1896 within the cemetery that rests in the village of Grand Marais.

Every August the Friends of Old St. Jude's gather for a historical journey to honour the friends and relatives buried in the ancient graveyard. Many gather to remember the people and the events that shaped their past while others recognize the rich history that is pictured in this quaint sanctuary. This year market tables, silent auction items and a food table were set up on the boulevard.

Nearby was a membership table where Directors of the organization were happy to talk about donations and how the money is allocated. In the background, Métis music lured folks to the site just as in the olden days when fiddlers outside the Hudson Bay forts enticed guests to come and enjoy what was offered.

It is hoped that someday soon, this unique vintage village icon – Old St. Jude's - will become an interpretive site. The goal is to make it safe and sound so that it might be opened on a regular basis to academics, historians, community members and the public who have a genuine interest in the culture and the stamina that built Manitoba and Canada two centuries

Friends of Old St. Jude's envision it as a place to spark the imaginations Arbora

Home

of future generations. This year the historical journey was once again well attended and well managed - thanks



**RECORD PHOTO BY LAURA TUTLIES** 

Volunteers keep Friends of Old St. Jude's strong, relevant, and healthy - Shay Thomas and Brayden Fitkowski are two great helpers.

CHUDDS POWERSPORTS

Deckcetera



# Selkirk RCMP respond to firearm complaint

### **Submitted by Manitoba RCMP**

On Aug. 26, at approximately 12:10 p.m., Selkirk RCMP received a report of a male having brandished a firearm at an employee at the Provincial Building located on Main Street in Selkirk. The male then made a threat and left the building. No injuries were reported.

Police were then advised that the suspect had returned to his apartment and made additional threats that officers would be harmed if they attempted to arrest him.

Officers from Selkirk, including our Emergency Response Team (ERT), attended to the apartment building in the 1000 block of Manitoba Ave. and setup a safety perimeter. ERT officers secured the floor where the suspect's

residence was located.

RCMP negotiators made contact with the suspect and after a several hours of dialogue, convinced him to turn himself in.

At approximately 3:00 p.m., the suspect surrendered to ERT officers and was taken to the Selkirk Detachment. Officers seized a BB handgun from the location.

Michael Edward Nash, 41, was remanded into custody for a court appearance scheduled Aug. 29, in Winnipeg for Uttering Threats, Causing a Disturbance and several firearmrelated charges.

Selkirk RCMP continue to investigate.



## letter to the editor

## Flower power dilemma

It was August the 19th when we watched a van stop on River Road, one woman got out of the van and checked whether someone was watching from the house then proceeded to take out a pail and shovel and dug up a beautiful Lily by the side of the gate.

I phoned my neighbor to let her know what was happening and ran outside towards the van. The neighbors also came out and started to talk with the 2 women in the van. (Plus a child in the back seat).

Their response was that they did not know that this was a private property. Really, who do they think planted those flowers?

The unfortunate thing was, we left our phone at home, so could not take instant photos, next time we will have our phones ready.

Now, what to do? I have the van's

licence plate number. Do we phone the police? Would they even pursue it. After all it's only flowers, but the thing is it has happened before, at the same property.

If they really want the flower that bad, why not knock and ask, that might just get a bouquet, just by asking.

What is happening to society? Why do some think that they can do whatever they want?

Well, we hope the 2 women, I won't call them Ladies, are happy with the flowers. But I also hope they had a sleepless night. They know we have the licence plate number.

-Irene Kreutzer





## Local artist inspired by colours in creation

**Exhibition at Golden** Prairie Arts Council (GPAC) Aug. 2-Sept. 1

### By Autumn Fehr

Once Elaine Clerc picked up the paintbrush for a second time, it was like she had never left.

After taking a break from her passion for several years while building her family, Clerc has entered the art scene with a bang.

This month, Clerc will showcase 31 of her paintings in the solo exhibit, such as landscapes, cityscapes, and a few florals, from Aug. 2 to Sept. 1 at the Golden Prairie Arts Council (GPAC) Art Gallery.

Clerc said she started drawing when she was very young.

When she was in grade 8, she was chosen out of her class to take art lessons at the library, which she thought was very neat.

She didn't do much art until her early 20s when she started to take her artwork more seriously.

"I enjoyed doing artwork, and I en-

joyed being with other like-minded people," said Clerc.

About 10 years later, in her early 30s, Clerc had an experience that kickstarted everything and pushed her into diving further into her artwork.

Clerc, along with a close friend and their families, went to a camp togeth-



**RECORD PHOTO BY ELAINE CLERC** Artist Elaine Clerc will have a number of her paintings on display at Carman's Golden Prairie Arts Council from Aug. 2-Sept. 1.

er where they signed up to take art

"When I got back from our trip, I knew I wanted to keep going," said

Clerc and her friend found a teacher and took art lessons for the next four

Continued on page 19



## WHAT SHOULD WE DO NEXT?



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## **OPEN HOUSE DATES**

- July 25th, 6:30 PM Red Barn South of Stonewall 6018 E 75N Road, Stonewall, Manitoba
- August 15th, 6:30 PM Aki Centre 1985 Grassmere Blvd in West St. Paul, Manitoba
- August 27th, 10 AM Matlock Recreation Centre 77 Matlock Road
- August 29th, 6:30 PM Farmers Hall Gimli 1611 MB-231
- September 12th, 6:30 PM Gaynor Family Library Selkirk

# FALL & WINTER ACTIVITIES & COESTION SECTION SECTION

# How to help kids overcome sports performance anxiety

There are numerous benefits to playing team sports growing up. However, as your child advances to more competitive levels or strives to be as good as a friend, they may begin to experience anxiety and fears about their performance. This can affect their self-esteem and even cause your child to abandon the sport they love. As a parent, here's how you can ease some of the pressure and help your kid have fun.

### Win as a team, lose as a team

Let your child know they're not the only player on their team, and the outcome of a game depends on a lot more than just one individual's performance. Teamwork, practice and the skill level of opponents are all

contributing factors when it comes to the result of a particular game. Remind your kid that losing doesn't mean they didn't play well or have fun.

### Be respectful on the sidelines

Never boo or get angry in front of your child, even if you're upset about the conduct of another player or disagree with a call made by the referee. If you want to express your concerns about a decision, wait until after the game to speak with the coach. This will help you avoid embarrassing your child and give you time to calm down.

Most importantly, remember to offer your child plenty of encouragement both on and off the field.



# Getting kids to be active is a sport in itself!

It's never too late to start exercising. However, people are less likely to give up habits that were learned early in life. That is why it's important to teach children the importance of sports as soon as possible. Do your children spend too much time watching TV? Do you have trouble getting them to play outside when they get

home from school? Here are some tips to help you encourage them to be physically active.

Limiting the time spent in front of the TV or computer is a great start, but it isn't enough. The best way to get your kids moving is to set an ex-

Continued on page 17







PHOTO: POLKA DOT IMAGES / THINKSTOCK

Children will be more motivated to be active if their parents have an active lifestyle.

### > BE ACTIVE, FROM PG. 16

ample, such as getting around by foot or bike whenever possible, and by being active yourself. You might also think about participating in some of their activities. For example, instead of telling them to go outside and do some biking, suggest a family expedition; a group activity is much more appealing.

To truly motivate children, help them find a sport they like. If they express a desire to try a new sport next year, don't insist that they continue in the same sport they've been playing for the last two years. Let them make their own choices, but make it clear that they are to commit for the dura-

Keep in mind the importance of keeping a healthy balance between

tion of the activity.



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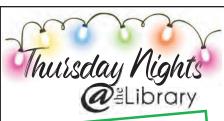


Weekly, 7 PM September 07, 2022 SUC - 202 McLean Ave. Selkirk, MB

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planned activities and free time. Children will start to see sports as an extra chore in their schedule if homework, extracurricular activities, and family plans don't leave them some time alone or with friends. Sports should be all about fun!





Thursday Evenings, Theatre, at 7:00pm

Join us and visit with some really interesting people.

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Wayne Wazny, Musician

September 8<sup>th</sup>

Armin Wiebe, Author

September 15<sup>th</sup>

Dr. Chris Rutkowski, **Expert on UFO Sightings** 

September 22<sup>nd</sup>

Janice Jackson, Spiritualist/Psychic

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## **SELKIRK CURLING CLUB** ınualıGeneralıMeetingi

THURSDAY, SEPT. 15th, 2022 7:00 p.m. 🧼 🧼

### **SELKIRK CURLING CLUB LOUNGE** 2022-2023 Curling Season

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For more information, please visit out website www.selkirkcurlingclub.com

## Children thrive when they play the right sport

Whether it's to unwind, socialize, or keep fit, remaining physically active during the school year is vital to the health and well-being of children and adolescents. Yet for sports to be truly beneficial, they have to provide a pleasant experience. The challenge? To find an activity that suits the child.

### **FOR SHY KIDS**

Soccer, hockey, handball, volleyball, basketball, and rowing are team sports that can help young people make new friends and overcome shyness. Best of all, they ensure that a child is never really alone in the spotlight.

Some sports are more artistic and combine creativity, beauty, and physical effort — dance, synchronized swimming, figure skating, circus arts, gymnastics, cheerleading, etc.

### FOR INDEPENDENT SPIRITS

Those who prefer solitude or to compete against themselves will enjoy individual sports such as track and field, horseback riding, biking, skiing, golf, or swimming.





### **FOR ENERGETIC TYPES**

Need to expend lots of energy? Martial arts, team sports, boxing, and track and field all help to channel energy and to learn to surpass yourself.

### FOR THOSE PRONE TO STRESS

Sports that include reassuring routines or calming exercises are ideal for nervous types or young people who feel stressed. They should try fencing, yoga, Pilates, tai chi, dance, or trampoline.

Although personality can play an important role in choosing a sport, no sport is out of bounds. For example, an independent child can use sports to learn how to work as part of a team, and an energetic type can learn yoga to help focus his or her energy. What matters most is to find an activity that you like and can enjoy doing on a reg-



## Have active children without breaking the bank

Between school and homework, children should be physically active for at least one hour per day. Your budget doesn't have much room for sports equipment? No problem. Encouraging your kids to be physically active doesn't necessarily mean forking over a ton of money.

Sure, some sports are expensive. But you don't need to play costly organized sports to be active. Walking or biking to school, for example, allows children to spend some energy every day. Yard work and a few housecleaning chores are also great ways to be active. As for sports, there are many affordable ones to choose from. Most water sports, such as swimming or diving, require no equipment other than a swimsuit. And team sports such as soccer or volleyball don't require sophisticated equipment either.

Parks also allow sports to be played at little or no cost; walking, running, rollerblading, and cycling don't involve expenses other than an initial investment in the basic equipment. It's also possible to play hockey in the driveway, do yoga in the rec room, and keep weights for weight training in the basement. And if you can't sign up your teen at the gym this year, you can pick up a few workout CDs to help her plan her yoga, aerobics, or Pilates routines.

Sometimes school sports programs are subsidized and are therefore able to help certain families purchase equipment. And some extracurricular activities, such as dance, are available at a lower cost than at a private dancing school. Similarly, a municipal soccer program is often more affordable than lessons at a tennis club!

Now all you have to do is to find the right combination of all these ideas to get your children exercising every day.





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### > EXHIBITION AT GOLDEN PRAIRIE, FROM PG. 15





RECORD PHOTO BY ELAINE CLERC Clerc's paintings are inspired by the beauty of nature including her flower garden, the winter shadows on a mound of snow, a walk near Pineridge Hollow and the deer in Bird's Hill Park.

Marielle Wharton wants a jeep

Since then, she has come a long way in creating her pieces.

Clerc used oil paints in the early days, but now she prefers acrylic as it dries fast and lets her go over certain parts if she wants to improve them.

Clerc mainly paints landscapes based on local places that she encounters in her everyday life, including parks and fields while driving out to the country.

She also paints some floral, cityscapes, and birds.

Like many artists, Clerc has her process when creating her pieces.

She starts by taking many different photos to later use for reference when painting.

Clerc said that sometimes she

moulds multiple photos together, as there are pieces from both that turned out well, and she creates her painting with them both as reference.

As an artist, her inspiration has a lot to do with colour, she said.

"Colours in creation are so beautiful; why would I not want to paint them? I think that spurs me on to keep paint-

Encouragement also inspires her to keep on going and creating and doing what she loves.

Clerc paints within a few clubs: the Local Colour Art Group and the Winnipeg Sketch Club and is a member of other galleries in Winnipeg.

Clerc can connect with likeminded individuals and be lifted in encouragement, she said.

"My family has been very good in encouraging me. I have also found a lot of encouragement in other artists that I've gotten to know."

In the future, Clerc wants to continue participating in member shows in the city on the weekends.

She also hopes to explore different kinds of acrylic, such as fluid acrylic and acrylic ink, that will respond differently than the heavy-body acrylic she does now.

In September, she will be featured in Selkirk's Gwen Fox Gallery, a part of their all-members show.



Safeway Selkirk Team pose at the Golf Tournament





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# get inspired > MEAL IDEAS RED (CO:OR) FOOD



Recipe courtesy of Emily Weeks, MS, RD, on behalf of the Mushroom Council Prep time: 20 minutes

Cook time: 50 minutes

Servings: 4 Chicken:

8 boneless, skinless chicken thighs salt, to taste

pepper, to taste

6 tablespoons unsalted butter

16 ounces mushrooms, such as white button, crimini or portabella, quartered

3 zucchinis, sliced in half moons

3 large carrots, thinly sliced

4 sprigs fresh rosemary, leaves removed and roughly chopped

4 cloves garlic, minced

Orzo:

4 cups chicken or vegetable broth

1 tablespoon unsalted butter

1 tablespoon extra-virgin olive oil

1 small yellow onion, diced

2 garlic cloves, minced

16 ounces mushrooms, such as white button, crimini or portabella, finely chopped

1 cup uncooked orzo pasta

1/8 teaspoon black pepper

1/3 cup white wine

1/3 cup shredded Parmesan cheese

# Garlic-Rosemary Butter Roasted Chicken Thighs and Veggies with Mushroom Orzo Risotto

To make chicken: Preheat oven to 450 F. Pat chicken dry. Season with salt and pepper, to taste. In large skillet over medium-high heat, melt butter. Sear chicken until brown on both sides, 4-5 minutes on each side.

In large bowl, toss mushrooms, zucchinis and carrots with rosemary and garlic.

On large baking sheet, spread vegetables. Nestle chicken into vegetables. Drizzle with butter and juices from pan.

Bake 20 minutes until chicken is cooked through and vegetables are tender.

To make orzo: In small pot over medium-low heat, warm broth.

Using skillet from chicken over medium heat, add butter and olive oil. Add onion, garlic and mushrooms. Cook, stirring occasionally, until onions soften, 3-4 minutes.

Add orzo and black pepper. Stir and cook orzo 2 minutes. Add white wine and cook until evaporated, about 1 minute.

Add broth to orzo, 2/3 cup at a time, stirring until liquid is absorbed. Repeat with remaining broth, waiting until last batch is absorbed before adding next. Remove from heat and stir in Parmesan.

Serve in individual bowls with chicken and roasted vegetables atop mushroom orzo risotto.

### The six best vitamins for improving your fitness level



Health and Wellness Fitness expert
Julie Germaine Coram

By Fitness Expert Julie Germaine Coram

Every vitamin that your body uses to complete important functions is important, however there are a few that are particularly crucial when you are focused on improving your muscular strength or physical endurance.

Did you know that there are many vitamins and nutrients that assist the body's process of converting food into energy? If your goal is be able to lift heavier objects, have more stamina to keep up with your grandkids, or simply to have more strength for everyday tasks, then assuring you top up on these six vitamins will help.

- 1. Calcium The ideal consumption of calcium is 1000 milligrams per day, to ensure strong bones and teeth, and regulate muscle contractions. Pills are available, as well as powders that can be easily mixed into water or juice.
- 2. Iron A lack of iron can lead to anemia, which presents as fatigue and weakness. Include red meat, fish, poultry, beans, and lentils to maintain a healthy intake.
- 3. Zinc This mineral has a hand in numerous processed in the

body, including cell regeneration, injury recovery, and enzyme production. Zinc is also a supporter of the immune system, aiding the body in fighting off illness. If you are a vegetarian, have recently had surgery, or those with certain medical conditions may be at risk for zinc deficiency.

4. Magnesium – This abundant mineral helps regulate blood sugar levels, promotes healthy blood pressure, helps the body maintain normal muscle and nerve function, and is involved with immune system and bone strength. It is often added to breakfast cereals and can be found in leafy veggies, legumes, nuts, and whole grains.

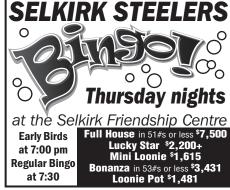
5. B12 – This water-soluble vitamin has been proven to provide higher mental clarity and soaring energy levels. You can find B12 naturally in animal products, and supplements are available.

6. Vitamin D – The sunshine vitamin is important to help the body absorb calcium, which promotes bone health, heart and muscle function, and prevention of diabetes. As the winter nears, you may want to consider supplementing vitamin D, particularly if you are at risk for developing osteoporosis.

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Coach Julie Germaine Coram is a Manitoban fit mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition Coach & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.







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# SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

## East St. Paul's Kreuger wins silver at Canada Summer Games

East St. Paul's Anja Kreuger recently won a silver medal in the women's triathlon sprint event at the 2022 Canada Games in Niagara, Ontario. It marked the first medal Manitoba won at this year's Games.

Kreuger grew up in East St. Paul and attended the local elementary schools. She attended River East Collegiate for two years and then transferred to the University of Winnipeg Collegiate for her final two years of high school.

The 19-year-old Kreuger has been swimming competitively for ten years but has also enjoyed running and cycling. She did triathlons on and off when she was quite young, but swimming soon developed into her main passion, and she chose to pursue that over triathlon until the pandemic happened.

"It was very tough not being able to get in a pool for so many months, so I was invited by Gary Pallet, who is the head coach of the Manitoba Triathlon Club, to come and train with them since most of the training was taking place outdoors," said Kreuger. "I attended a few practices in 2021 and then left for UBC in the fall and focused on swimming. I found I really needed a bit of a mental break from the sport of swimming, which is very intense, so I was super excited to be pursuing triathlon this summer as something new and enjoyable."

Since Kreuger comes from a swimming background, that was her biggest strength in triathlon. But in addition, her running has appeared to be a very valuable asset as she clocked very high in that part of the event.

"The games were simply amazing for me. I couldn't have asked for any better results given my limited experience and training in the sport.

I definitely came away with a lot of confidence and excitement for what's to come."

On the last day of the individual sprint event, Kreuger took a tumble and had a decent-sized blood gash on her leg during the cycling part. However, it didn't deter her as she went on to win the silver medal.

"It was not very good conditions, as it was raining and very windy. In addition, the course included some 180-degree turns, which was where my wheel slid out on the third lap of the bike course. I was pretty full of adrenaline, so I wouldn't say it really impacted my race that much, and I like to think I didn't lose too much time getting up and going again."

Krueger felt it was extraordinary to be a part of such a talented group of hardworking athletes, as she loved representing Manitoba at the Canada Games.

"In a niche sport like triathlon, I think these types of games are really important for inspiring other young athletes to try the sport. So I hope that by winning some medals for Manitoba, I have also contributed to growing the sport."

Going forward, Kreuger is currently making some important decisions about her future in the sport of triathlon but is trying to take things slowly and explore all of her options before moving forward. She is currently attending the University of British Columbia (UBC), where she is solely pursuing swimming for the time be-

"A goal right now would definitely be to return to triathlon as it is a late development sport meaning female athletes are performing at their peak in around their 30s, so I have some time to think about this."







**RECORD PHOTOS SUBMITTED** 

East St. Paul's Anja Kreuger won the silver medal in women's triathlon at the 2022 Canada Games in Niagara, Ontario.





news@selkirkrecord.ca Phone 204-485-3337



## Waller heading to nationals to represent Manitoba

**Bv Tv Dilello** 

Fourteen-year-old Logan Waller is a provincial soccer champion from St. Andrews and will be heading to the 2022 Toyota National Championships U-15 Cup Nationals with her team in Charlottetown, Prince Edward Island, from Oct. 5-10.

Waller is age advanced and plays for the U15 Girls squad for 1v1 Futbol Academy. The 2022 season for Waller and her teammates has been exceptional as they have not lost a single game throughout the season or at the provincial championships.

"I really like playing and practicing with my friends, and we were all super excited to win provincials and to go to PEI. We also did really well playing some friendlies in Calgary this summer," said Waller.

The 5'11" Waller plays fullback and attacking midfielder and has been identified by her club as a "Player With Projection," which is a group of select players considered to be 'elite' within the club.

Playing as an underage player would be a daunting task for most people, but not for Waller, as she's fit in like a glove this season with the U15 Girls 1v1 Futbol Academy team.

"I really like playing with the older



girls, as they're really nice, and they make it super easy to play with them since they're all really great players. I feel like when I get the ball, they're always in the right place for me to pass it to them, so it's really easy to play with them. I've learned a lot so far.

"I think we're all super excited to go to PEI because it sounds like a super



**RECORD PHOTO SUBMITTED** 

Logan Waller, 14, recently won gold at the provincial soccer championships. She will represent Manitoba at the nationals with her U15 girls 1v1 Futbol Academy squad this October.

cool place to visit, and I think it will be awesome to play against teams from other provinces. We have great coaches in 1v1, and they will make sure we're ready to compete."

Waller started playing soccer at the Timbits level when she was three years old and has continually been climbing the ranks from there.

"I really started to get into it more when it got more competitive, and we started doing tournaments and real games that counted," said Waller. "I was lucky to have some great coaches that helped my game and find the right position for me."

Waller hopes the team does well and they have fun in PEI at Nationals.

Aside from soccer, Waller also likes to do school sports like track and field and basketball. She is starting high school next week and is curious about getting into rugby.

## Fetterly, Shortridge to compete in ringette at Canada Winter Games

By Brian Bowman

Manitoba will be sending a talented ringette team to the Canada Winter Games in Prince Edward Island next February.

Two of those athletes include Lockport's Shereise Fetterly and Narol's Hannah Shortridge.

Both are excited to have made Team Manitoba.

"It's definitely a big accomplishment," said Fetterly last week. "It's the highlight of my career so far. Going out there and watching the other sports that aren't quite as popular, I think that will be cool as well."

"It's super awesome and such a surreal experience seeing I worked super hard over the past few years," added Shortridge. "Going through the yearlong tryouts and then finally being part of the top 18 is really insane. It's super fun training with all of the girls and learning so many new things with the new coaches and experiencing the intensity is so surreal."

Team Manitoba head coach Lynn Girardin had high praise for the local two players.

"Shereise is a definite playmaker and very sly. She can get herself in the middle of the triangle and she has a sneaky little shot that I would like to see her use more often in the triangle," Girardin said. "Hannah definitely (plays with) an edge. She is aggressive which, as a coach, I love. Being aggressive and going for the ring, you can't teach that. She definitely plays with an edge but when she plays

in that line and stays within her abilities she is a solid 'D'."

Manitoba played well in tournaments in New Brunswick and Kelowna and definitely made some other provinces take notice. They hope to continue that success at the Canada Winter Games.

"We have super strong defence, super strong goal-tending, and super good scoring," Shortridge, 19, said. "We work really well together. We haven't been together as a team very long but we have gelled together very nicely over the past month or so and it really showed off in Kelowna."

Ringette has given both players a chance to see different parts of Canada.

"Travelling with ringette and making friends from other teams (has been great)," said Fetterly.

Shortridge agreed.

"Travelling is so fun, especially with a team of top-level ringette players that I have played against and with over the past few years," said Shortridge. "Finally being on a team with them is just so fun and so awesome to see the country with them."

The experience at the Winter Games will also be awesome

"I'm super excited to see players from all over Manitoba play sports that I haven't had the chance to see and meet some really cool athletes from across the country and get to witness some really awesome sports being played," Shortridge said.



RECORD PHOTO SUBMITTED

Lockport's Shereise Fetterly, left, and Narol's Hannah Shortridge will be representing Manitoba in ringette at the Canada Winter Games.

## Aime having a ball this summer representing Manitoba

**By Brian Bowman** 

Liberty Aime has played a lot of baseball this summer.

Besides playing for the North Winnipeg Pirates' U15 AAA team, Aime represented Manitoba three times at national tournaments.

Last weekend, the talented catcher from Clandeboye led Manitoba to a 5-1 record at the U16 nationals in Summerside, Prince Edward Island.

Team Manitoba wrapped up play Sunday morning with an 8-3 win over Nova Scotia in the seventh/eighthplace game.

Manitoba had a 4-1 record in its pool to finish in a three-way tie for first place. But because of a runs against tie-breaker, Manitoba ended up third in its pool which eliminated them from a medal game.

Aime had a blast representing Manitoba on a national level.

"It's an incredible experience and I wouldn't trade anything to represent my province," said the 15 year old after Manitoba's fourth game of the tournament. "I love the game. It's been great to represent Team Manitoba on three different levels on three different teams."

Manitoba started play last Thursday morning with a 14-4 loss to Newfoundland.

Team Manitoba led 3-1 in the bottom of the fourth before Newfoundland exploded for eight runs. The winners then added five more runs in the fifth.

Aime was 1-for-1 with a double, a walk, and a run scored.

That evening, Manitoba pounded Prince Edward Island 14-4. Their big

inning came in the second when they scored 10 runs.

Aime drew a pair of walks and had

On Friday morning, Manitoba edged Quebec 16-15.

After Quebec took a 15-12 lead in the top of the eighth, Manitoba roared back to score four for the walk-off

"We're really getting along as a team and we're really playing some team baseball," Aime said. "We're hitting when it's crucial and just backing each other up. Late in the game when we're down, we just rally from the bench and none of us give up. I think that's something really special about our team."

Aime had a great game with three hits and three runs scored.

"I'm feeling confident at the plate and confident with my baserunning,' Aime said. "I'm hitting the ball where it's placed."

Manitoba then outslugged New Brunswick 15-12 later that day, scoring four runs in the top of the seventh evening.

Aime finished the game with a hit, walk, two runs scored, and an RBI.

On Saturday, Manitoba jumped out to an early 9-0 lead and hung on for a 10-7 victory over Saskatchewan.

Aime was 2-for-4 with two runs

Manitoba then trounced Nova Scotia 8-3 in a seventh/eighth-place game on Sunday morning.

Aime belted a double and scored a Staff run to finish the nationals with a .471 batting average.

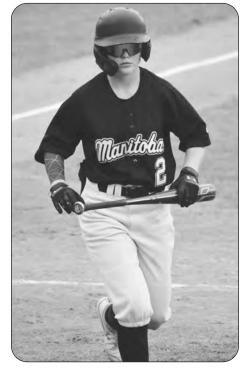
Team Manitoba's head coach was Lundar's Blaine Fortin while Garson's Roger Langlais served as an assistant coach.

Aime really enjoys her coaches and meeting players from other teams.

"Our coaching staff is incredible," she said. "We have four coaches here with us...and they're incredible. They all see the game in different ways and they really help us grow as baseball players. They never give up on us and that really helps us out."

Aime feels she has improved tremendously this summer while playing for the Pirates and Team Manitoba.

"It's been incredible. I've developed tons of arm strength and I have a different mindset with hitting that has really helped me put the bat on the ball," she said. "I wouldn't be where I am now if it weren't for (the Pirates). I'll never forget that. They made going to every practice and game something that you looked forward to. We had a lot of fun there, too. It's a game and it's supposed to be fun. I've been blessed with amazing coaches over the years."



RECORD PHOTO SUBMITTED

Clandeboye's Liberty Aime was a member of Team Manitoba that competed at the U16 women's baseball

## Manitoba posts 4-3 record at U15 baseball nationals

Manitoba finished with a 4-3 record at the U15 baseball nationals last weekend in Saskatoon.

Team Manitoba wrapped up play Sunday with a 7-2 loss to Saskatchewan in the bronze-medal game.

Lockport's Ethan Debiuk was hitless in one at bat.

Earlier in the day, Manitoba suffered a 6-1 semifinal loss to British Colum-

B.C. won the gold after defeating Quebec 4-2.

Manitoba started the nationals with a 3-2 loss to Alberta in an extra inning last Thursday morning.

Debiuk was 0-for-3 in the game.

Later that day, Manitoba pounded Prince Edward Island 11-5.

Team Manitoba then posted an 8-7 extra inning walk-off win over New Brunswick on Friday.

Debiuk scored a run in the game.

Team Manitoba then defeated Newfoundland and Labrador 13-4. Debiuk was 1-for-2 with a run scored and an RBI. He also pitched two scoreless innings with a strikeout.

On Saturday, Manitoba shut out Nova Scotia 4-0.



**RECORD PHOTO SUBMITTED** 

Lockport's Ethan Debiuk was a member of Team Manitoba which competed in the U15 baseball nationals in Saskatoon last weekend.

## Central senior golf league wraps up

The Carman Golf and Curling Club was victorious in the Central Senior Golf League for the 2022 sea-

The Central Senior Golf League is to provide friendly competition for golfers 55 years of age and older and is run by a volunteer board. The league started in 1995 with six clubs: Kingswood, Transcona, Larters, Assiniboine, Selkirk, and Blumberg. Over the years it has grown to 12-14

The league resumed play this season after a two-year COVID break. The following courses competed in the league: Assiniboine 48.5, Bridges 56, Carman 66, Elm Creek 21, Larters 39.5, Morden 46.5, Oakwood 57.5, Portage 62.5, Quarry Oaks 63, Selkirk 62, Transcona 59, Warren 65 and Wildewood 49.

Teams play a twelve-game schedule, with each game consisting of three, two-person better ball matches. The host club provides either breakfast or lunch to the competi-

A windup with a scramble is organized for the year end tournament. This year, Scotswood Links Elm Creek was the location for the scramble.

"Selkirk has traditionally been one of the stronger teams in the league, while Carman has been dominant in recent years," said Bill Cushnie, Selkirk's convenor in the Central Senior Golf League. "This season Selkirk, who handed Carman one of their rare defeats, battled for second place most of the season, but a loss in the final game dropped the team to fifth."

## Manitoba Hockey Hall of Fame welcomes 2022 Induction Class

By Ty Dilello

After a two-year pause due to the COVID-19 pandemic, the Manitoba Hockey Hall of Fame will be holding its 2022 Induction Dinner on the evening of Oct. 8 at the Canad Inns Polo Park in Winnipeg.

Induction ceremonies this year will include six players - Mark Mackay, David Hrechkosy, Jason Botterill, Sami Jo Small, Barry Legge, and Brad Chartrand, one builder - Mark Chipman, one official - Ron Ottawa, one member of the media - Randy Turner, two teams - Thompson Hawks (1974-75) and Pierson Bruins (1953-1961) and one veteran - Bernie Morris.

There are a couple of Interlake connections with this year's inductees. Dave "Wrecker" Hrechkosy grew up in the North End of the city and spent some years during his youth in Lockport. Hrechkosy went on to play in the NHL with the California Golden Seals and St. Louis Blues in the 1970s.

Veteran Bernie Morris was a star player in the 1910s and 1920s who was born in Brandon and raised in Selkirk. Orphaned at the age of 8, along with two brothers, he dropped out of school after the eighth grade to work on his uncle's farm.

Morris played for several senior teams in Manitoba and Saskatchewan before joining the Pacific Coast League Victoria Aristocrats in 1914. He moved over to the Seattle Metropolitans the following season, played eight seasons for Seattle, and was a member of the Stanley Cup champion 1917 team. He had an outstanding 1917 Stanley Cup series, scoring 14 goals in four games.

Media member Randy Turner was born in Boissevain and started his journalism career at the *Selkirk Journal* before joining the *Winnipeg Free Press* staff.

A single gala ticket is \$160 or \$1,550 for a table of 10 and are available at: http://www.mbhockeyhalloffame.

Manitoba has produced National, Olympic, World and Stanley Cup championship teams and some of the







**PHOTO SUBMITTED** 

Three people with ties to the Interlake will be inducted into the Manitoba Hockey Hall of Fame at its 2022 Induction Dinner on the evening of Oct. 8. Left to right, Dave Hrechkosy, Bernie Morris and Randy Turner.

greatest players in the game's history. Our Builders have played a key role since 1890 in organizing and growing the sport of hockey, while out of the limelight, the officials and volunteers

This year's induction ceremony rec-

have kept the game running.

ognizes the dedication and contribution that all inductees have given to the game of hockey. The Manitoba Hockey Hall of Fame and Museum look forward to all who will attend and to applaud each individual and team's accomplishments.

## Interlake Thunder football teams kick off season

By Ty Dilello

The Interlake Thunder's minor football program based out of Stonewall has launched its 2022 season.

The Thunder will field two teams at the Cruncher age level (8-9 Years), one Atom age level (10-11 years), one Pee Wee age level (12-13 years), and one Varsity level (14-17 years). In all, they have over 110 athletes playing football this year within the club.

The 2022 season for the Thunder started this past Monday as its first team to play was the Atom team that travelled to Winnipeg and defeated the North Winning Nomads by a whopping 46-6 score.

"The season started exactly the way we had hoped," said Atom head coach Jared Boville. "Our defence really controlled the game, forcing eight turnovers and only allowing the Nomads one score and two first downs all game. The offence controlled the clock and moved the ball downfield, scoring on all but three of our possessions."

"If the boys continue to come and work hard in practice, I am excited to see how well they do and how much they can improve this year."

The Atom team's next game is Sept. 11 in Stonewall vs. the Charleswood Broncos.

All of the Thunder's teams will play six regular season games, with the season wrapping up at the end of October, concluding with a Championship game at the Atom and Pee Wee level. The Thunder will have three home weekends this year, with all of the teams playing in Stonewall on Sept. 14, Oct. 8 and Oct. 16.

The Thunder's Varsity team has three home games during the season on Sept. 23, Oct. 7 and Oc. 20.

Interlake Thunder club president and Varsity head coach Mitch Obach is super excited for the 2022 season. Obach notes that the Thunder had a great 2021 season both on and off the field and now have more players registered at all four age levels than they've had for many seasons.

"At the Varsity level, practices have been going well as we prepare for a very gruelling start to the season with our first three games on the road, beginning Sept. 2 in Souris versus a very tough Southwest Sabres squad," said Obach. "We have a great mix of players from grades 9-12 and will lean on a lot of returning players on offence to put up points for us. Defensively, we are a little less experienced this year, but we are all very athletic and believe we can build towards a well-rounded team with plenty of depth to carry us through the season. With such great work ethic at practice, enthusiasm is high for a great year on the gridiron."

## Strike Force defeated by SCM Academy

Staff

The Tri-S Strike Force were defeated 5-1 by Scrubs United in Manitoba Major Soccer League 5th Division action last Wednesday at the Ralph Cantafio Soccer Complex.

Tri-S' goal was scored by Djamal Ramadam Adam.

Gary Neary (two), Dustin Des-

marais, and Jason Pereira replied for Scrubs United. The Strike Force committed an own goal in the game.

With the loss, the Strike Force now has a 3-10-1 record and 10 points to occupy ninth place in the 10-team division.

Tri-S played Southside FC this past

Tuesday but no score was available.

The Strike Force will host Stonewall United on Sept. 11 at the Selkirk Recreation Complex. Game time is 5:30 p.m.

Meanwhile, the Tri-S Strikers lost 7-0 to Gateway Celtic in Winnipeg Women's Soccer League 3rd Division action last Thursday.

The Strikers (5-6-2) played South Side United this past Monday but no score was available.

Tri-S will take on the Stonewall Royals this Thursday (8 p.m.) at Shaughnessy Park.

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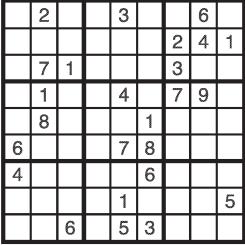
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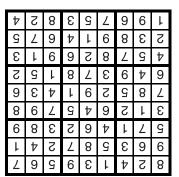
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Sudoku Answer



**Crossword Answer** 

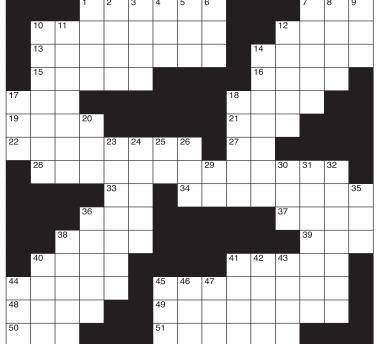
## CROSSWOR

### **CLUES ACROSS**

- 1. Grievous
- 7. Queens ballplayer
- 10. Honorable title
- 12. Created
- 13. Grillmasters do it
- 14. Wartime German cargo ship
- 15. Cocoplum
- 16. Hebrew calendar month
- 17. British thermal unit
- 18. Brews
- 19. One of Thor's names
- 21. Decorative scarf
- 22. Clothes
- 27. -\_\_: denotes past
- 28. A way to address a lover
- 33. Commercial
- 34. Utters repeatedly
- 36. Google certification (abbr.)
- 37. Taxis
- 38. Belgian village in Antwerp
- 39. Talk excessively
- 40. Broad volcanic crater
- 41. Surgical instrument
- 44. Listens to
- 45. Revelation of a fact
- 48. Paddles
- 49. Heard
- 50. Tooth caregiver
- 51. Metric capacity units

### **CLUES DOWN**

- 1. Protein-rich liquids
- 2. Musician Clapton
- 3. Wine
- 4. When you hope to arrive
- 5. Something one can get stuck in



- 6. Midway between east and southeast
- 7. Mothers
- 8. German river
- 9. Israeli city \_\_ Aviv
- 10. Discharged
- 11. Areas near the retina
- 12. Greek mythological sorceress
- 14. Very unpleasant smell
- 17. "\_\_ Humbug!"
- 18. White poplar
- 20. Journalist Tarbell
- 23. Teachers
- 24. One older than you
- 25. Long Russian river
- 26. Run batted in

- 29. Beloved Hollywood alien
- 30. Holiday (informal)
- 31. Furniture with open shelves
- 32. Argued
- 35. Sino-Soviet block (abbr.)
- 36. Cars have them
- 38. Volcanic craters
- 40. Made of fermented honey and water
- 41. Shelter for mammals or birds
- 42. One who utilizes
- 43. Moves swiftly on foot
- 44. Builder's trough
- 45. Architectural wing
- 46.12
- 47. Pacific Standard Time

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Don't miss the big annual JunkWagon Antiques & Collectables Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled & so much more. Saturday, Sept. 10th. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5 per person.

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

### HELP WANTED

Wanted - mature, reliable, motivated individual Must have valid driver's licence. Work to include: ground works, levelling, landscaping, yard and maintenance, shop placement of monuments, concrete cutting, grave interments (casket & ashes). Able to operate excavator, skid steer, crane truck & forklift. Experience an asset, willing to train. Please provide resumes to E.J. Smith Memorials, drop off or by mail to 49 Main Street, Selkirk, MB R1A 1P9 or email: info@smithmemorials.

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

### HELP WANTED

position Janitorial available in Selkirk. Successful candidate will have own license. transportation. clear criminal record check. be physically fit and be prepared to work twenty hours, Monday to Friday, evenings. For further information please call 204-785-3257 Contractors need not ap-

Roofer helpers and labourers required. No experience required, we will train. Paul 204-757-9092.

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### HELP WANTED

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Wage \$18-\$20/hr depending on experience. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews. 204-338-4292.

Full-time & part-time Class 1 drivers needed in Winnipeg (full time position is scheduled). Need 3 years experience and nonsmoker. Please call 204-782-8105.

Senior requires a handy person to do odd jobs in Selkirk. Please call 204-485-4548.

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## ACCOUNTS PAYABLE CLERK Full-Time R.M. of St. Andrews

### Description

Reporting to the Chief Financial Officer (CFO), and as a member of the Municipalities Office staff team, is responsible for performing clerical and administrative accounts payable functions for the R.M. of St. Andrews. As the R.M.'s Accounts Payable clerk you will work closely with the CFO on all accounts payable functions ensuring that invoices are verified, accurately coded, and entered into the system for payment. Maintains all vendor records and responds to inquiries. Provides clerical and administrative support on R.M. financials including monthly bank reconciliations, preparing reconciliation for clearing accounts, assisting with budget entry, matching Purchase order with invoicing, and processing of journal entries. Provides other clerical and administrative support including insurance, backup for Payroll, and supports the efficient and effective operation of the R.M. office, assisting other staff positions as required.

### Qualifications and Skills:

The successful candidate will possess:

- Post-secondary training in accounting/bookkeeping, or a suitable combination of education and experience;
- Completion of formal Accounts Payable training would be a definite asset;
- Broad bookkeeping experience
- Demonstrated relevant experience with computerized accounting and spreadsheets;
- Experience preparing a variety of documents utilizing Microsoft Office Suite computer programs is required, experience with Muniware would be a definite asset;
- Strong organizational and time management skills;
- Well-developed analytical, problem solving and decision making skills;
- Effective oral and written communication skills, and a demonstrated ability to work as a member of a team.

**Job Details:** Full-time (35 hours/week) bargaining unit position; salary range of \$23.42 - \$28.10 per hour based on qualifications and experience, with a municipal benefit package after a 6 month probation period. Job location is the RM of St. Andrews office in Clandeboye, MB.

Interested applicants must submit a resume and cover letter by **September 15, 2022** to Repski HR Consulting attention: <a href="mailto:repskihrc@gmail.com">repskihrc@gmail.com</a>

We thank all who apply and advise that only those selected for further consideration will be contacted.

## Poll Clerks Required for October 26, 2022 Municipal Election

The R.M. of St. Clements is seeking applications for poll clerks and other positions to work the Municipal elections.

Successful Applicants should possess the following qualifications:

- Canadian Citizenship
- Reside in Electoral District
- Be accurate in Recording and Processing Information
- Be available to set up and open the polling station
- Assist with counting the ballots on elections night
- Assist with counting the ballots of elections in
   Assist deputy returning officer with duties

### Please apply by 4:30 pm September 8, 2022

The Rural Municipality of St. Clements 1043 Kittson Road Box 2 Grp 35 RR 1 East Selkirk, Manitoba



Letter of interest summarizing your qualification may also be emailed to sue@rmofstclements.com or faxed to (204) 482-3098. We thank you in advance for submitting your letter, however, please be advised that only those selected will be contacted.

### EMPLOYMENT OPPORTUNITY



## ADMINISTRATIVE ASSISTANT

Full-time Position
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Please send resume to: jobs@northwayav.com To view this opportunity, go to: https://www.jobbank.gc.ca/ iobsearch/iobposting/36679716

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Galay Landscaping Meadows Way Garden Center is currently looking for a few good people to join our team. We are a design/build company with a primary focus on quality residential construction projects. Terrific earning and learning potential for a summer job, as well as opportunity for year round work and education for those interested in the exciting opportunities within this growing industry. No experience necessary as training will be provided for the right candidates. Positions include landscape labour, landscape foreman. We are also conducting interviews for landscape designer and estimator with experience and or education background in this field. We offer company group benefits and are a COR safety certified company. Wages and salaries dependent upon level of experience and desire to work and learn. Must have current class 5 license with your own reliable transportation to get to and from jobsites. Please send resume with cover letter Attention Gordon to: info@galaylandscaping.com or drop off

in person. No phone

**SHOP LOCAL** 

calls please.

### **HELP** WANTED

MOUNTAIN **ROCKY** EQUIPMENT is NOW HIRING: AG Equipment Techs, Heavy Equipment **Techs** Journeyman & Apprentices, Parts Techs. View Open Roles & Apply: www.rockymtn. com/careers. Relocation and signing bonus offered.

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes evenings and weekends. P/T office staff for sale days. Every Friday, 1st and Weds of each month and the odd Monday. Ph. Melissa 204-299-7509 msobev@hotmail.com

### **EMPLOYMENT** WANTED

Retired trucker willing to work year round for grain farmer. Contact Paul at: 204-757-4468 or cell: 306-620-9338.

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Estate & Moving Auction Closes Wed Sep 7 @ 7:00PM

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

**Estate & Moving Auction** 

Closes Wed Sep 21 @ 7:00PM Consignments Welcome!

(204) 467-1858 or ww.mcsherryauction.com

### MISCELLANEOUS

Side by side buriplots for sale. Glen Eden Cemetery. \$7000, transfer fees are included Call 204-390-3127.

For sale, Battle Creek Health Walker Treadmill, excellent condition, \$300; Jimmy Crane golf clubs, 12 pce and Cooper golf cart, VGC \$300. Please call 204-757-2576.

### **UPCOMING EVENTS**

Wildlife Eastlands Association-Gun. Collectible & Hobby Show. Saturday, September 10, 2022 from 9 a.m. - 4 p.m. at Anola Community Centre. Admission \$5, under 12 free. Call Wayne 204-853-2006 or Boris 204-866-2967.

**ADVERTISE YOUR UPCOMING EVENTS** IN THE RECORD

### Weekly Manitoba **Newspaper For Sale** Owners Retiring

Profitable subscriptionbased Community Newspaper / printing business in South Central Manitoba for sale. Very reasonably priced.

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> or email: thewesterncanadian @gmail.com for more info.

### **UPCOMING EVENTS**

Cluck & Quack Poultry Club Annual Sale -Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, I0 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: bhartmann@xplornet. com

BALSAM BAY CEM-ETERY PUBLIC MEET-ING, STONY POINT COMMUNITY CEN-TRE ON SEPTEMBER 11, 2022 AT 1:00 P.M. VOTING FOR 5 NEW MEMBERS - 3 TRUST-FES 1 SECRETARY & 1 TREASURER.

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THE RECORD

**Online Patient Support Group** September 17 2022

10:30 a.m. CDT

Facing Fear -Coping with a chronic disease

To register:

204 510-2855

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Private collector looking to buy firearms. Complete collections. ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both nonrestricted and restrict-Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

### **NOTICES**

URGENT PRESS RE-LEASES - Have a newsworthy item to announce? Having a Fall Supper or Event? An exciting change in operations? 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. See www. mcna.com under the "Types of Advertising" tab for more details.

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### **ACCOUNTANT FULL TIME POSITION** FOR LOCAL RETAIL COMPANY

We require an energetic and experienced accountant to be responsible for all aspects of accounting, up to and including financial statement preparation.

### Reauirements:

5 years experience, knowledgeable in MS excel, Simply Accounting, Minimum completion level 2 CGA or CMA. program, Business administration or business accounting program equivalent. Retail experience would be an asset.

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### Live auction at the acreage of Cornell Martens

1.5 mile west of Plum Coulee, MB, yard # 15097B on Hwy 14. Saturday. Sept 17. 2022 at 10 am. lunch available on site.



Large Dewalt roll away tool chest, 40 ft sea can container with side door and room partition. 250 AMP Miller Bobcat Mig welder powered by Kubota diesel engine, 60 gal up-right air compressor, good trailer axles with tires. Milwaukee compound miter saw on quick stand & much more.

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2 - Laufenn 235/60 R18 103V (June 2022) Only driven on for 6 weeks.

Currently stored in shed.

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Pickup 2 miles south of Warren, MB. Delivery arrangement could be made for an additional fee.

Call/Text Nicole 204-771-1859

### **McSherry Auction Service Ltd**

**McSherry Auction Online Auction** The Estate of Wallace Klos Thursday September 8th at 6:30 PM Anola, MB

North 5 Miles on HWY 12 East 200 Yards on Hazelridge Road # 36011 Contact Mike # 204-479-0236

Featured Items: Int 4366 4WD, NH 855 Round Baler, '68 Ford 700 16' B+H, Rockomatic 546 Stone Picker, JD 2010 3PH, JD Side Del Rake, Bushel Master 540 Grain Vac, '01 Macdon 4000 9' Haybine, JD 450 9' Sickle, 9'Tandem Disc, 300-350 Grain Cart, (5) MF 360 15' Discer/Seeders, Int 70 Plow, Farm King Auger, (3) Friesen 40 Ton Hopper Bins, (18) Grainery Bin 1300 -3500 Bushel. 1978 Honda XLT 250cc Dirt bike, Eezon 15' Tandem Disc, JD 360 30' Tandem Disc, Int 7200 Hoe Drill, Co-op 550 - Along with more Equipment, Vehicles, Farm Misc., & Tools -

www.McSherryauction.com for bidding, viewing & detailed listings 204-467-1858

### **MOTORCYCLE SHOP & TOOL AUCTION** Timed on-line for the late Wayne Boonstra of Brunkild, MB



See the bidding line up and photos at billklassen.com
- More details on our website.





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Due to the September 5th holiday Monday, The Selkirk Record Classified booking deadline for the September 8th edition is Friday, September 2nd at 4 p.m. Please Call 204-785-1618





www.interlake.mb.ca

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New listing East Selkirk, 16.8 acres, 2 br character hm w many upgrades, outbldgs \$329,900

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MIKE JUBA 204-588-7967



1200 sf bng on treed 4.6-acre lot! 3 brs, 4-pce bth, DR, LR, kit w/5 appls, dt/2, shed \$249K

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Arborg: Great curb appeal, park like private lot,1300 sq. ft. bungalow, full basement, det. garage.

New Price, absolutely gorgeous year round lake front in Beaver Creek. A must see

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204-641-1727

97 Mercury Drive Gimli A dream home w/ absolutely fabulous finishings! A must see \$899,000 Dave Humniski

204-642-8501



Totally updated 3 bedrm condo at Aspen Park. Large deck facing green space \$215,300. 204-642-2089





77 6th Ave. Town of Gimli 3 bdrm, home close to al the amenities of town! \$249.000

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JASMIN THEOBALD 204-642-8501

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# Selkink Regard Announcements

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### ANNIVERSARY



Richard & Christine Zurawski 50th Wedding Anniversary You've traveled through life together Enjoying years of wedded bliss We congratulate you on reaching the Golden And we toast your happiness.

**ANNOUNCEMENT** 

IN MEMORIAM

In Memory of My Dad

September 3, 2001

"Bud" Hardwick

Their strength gives us a sense of protection.

I will always love and miss you until we meet

-Ingrid

"I MISS MY DAD"

Love you always.

again.

He loved me for who I was

And accepted me for who

I was striving to become.

Thanks for being MY Dad.

Dads are strong for a reason.

Now that you are in heaven Dad,

I know you will continue to protect me.

-Love. The Duncan's & Mialkowski's

### **BIRTHDAY IN HEAVEN**



Juliette Hope Wilkinson We all love and miss you so much, And wish you could be here to hug and kiss and love!

We will hold you in our hearts forever!

### ANNOUNCEMENT

### IN MEMORIAM



Marie Therese Françoise Belanger When we lose someone we love We must learn, not to live without them But to live with the LOVE they left behind. "Love One Another

-Forever loved, your family

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

### **ANNOUNCEMENT**



September 3, 2012 - December 16, 2013 Happy birthday to our sweet little Angel. The time with you was far too short.

-Loving you always, Daddy, Nannie and Papa, Auntie Rachel, Uncle Steve and Auntie Carrie. Kyra and Hunter.



### **CELEBRATION OF LIFE**

### **Pauline Starodub**

A Memorial Service will be held at Notre Dame Church in Selkirk on Saturday, September 10th, at 10:30 a.m. Lunch will be served downstairs immediately following the service.

### Marian Muriel Crofford (nee Mycroft) April 8, 1925 – August 22, 2022 Marian passed away at home early Monday morning. She was

born to Charles and Kitty Mycroft on the farm near Elstow, SK.

Predeceased by her parents, only sister Barbara, only brother Arthur, son Rodney, granddaughter Sunny, grandson Michael, nieces, nephews and many in-laws.

Mom taught school in Regina, Winnipeg, Selkirk, Nigeria (w/ CUSO), Canoe Lake SK, Pierceland SK, Macau and China, finally returning to Selkirk permanently. She was a true world citizen.

She became a member of the Baha'i Faith in the early 50s, dedicating herself to the Cause, teaching, pioneering and serving on various committees and assemblies.

She is survived by daughters Marguerite and Tahirih, son Richard, granddaughter Alyssa, grandsons Justin and Sam, three

great-grandchildren, four great-great-grandchildren, nieces, nephews and sister-in law Kay. She had a wonderful sense of humour and was loved by so many across the globe.

A graveside service was held on Friday, August 26 at the St. Clements Cemetery in Selkirk, MB. There will be a memorial service, zoom power point, held at a later date.

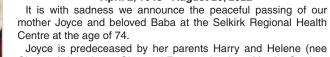
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home. Selkirk in care of arrangements.



### **OBITUARY**

### Joyce Murray (nee Monych) April 2, 1948 - August 26, 2022



Chorney), her sisters Olga and Frances, brothers Martin, Gordon, Walter and Rov.

She is survived by her brother Nick and sister Elsie, sister-inlaw Ruth, children Rhonda Murray (Dave), Ryan Murray (Kailee) and Deanna Tittlemier (Tom), her grandchildren who she loved the most: Nolan, Canyon, Kaitlin, Anthony and Rory, many nieces and nephews, and her life-long friend Mary.

Born and raised on the family farm in Berryland mom lived most of her adult life in Selkirk. While mom worked many jobs in her life

she worked the longest (over 35 years) at Fresh Water Fisheries. Somehow she managed to never come home smelling like fish herself (thanks mom). Mom loved being a Baba and tending to her garden and flowers. She was strong, independent and determined. In recent years as moms health declined she needed some assistance.

Our sincerest thanks go out to Tori and the team at the Selkirk Dialysis Unit, the team at Selkirk Mobility, and the Home Care angels who work at the Knights Centre. Dr. Badenhorst, Dr. Demsas and staff at the Selkirk Regional Health Centre.

Funeral service will be held on Thursday, September 1, 2022 in the Gilbart Funeral Chapel in Selkirk, MB, with public viewing at 1:30 p.m., services begin at 2:00 p.m. Cremation will take place following with a private interment at a later date.

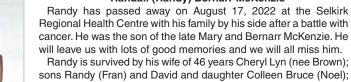
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



### **OBITUARY**

### Randall (Randy) Bernarr McKenzie



sons Randy (Fran) and David and daughter Colleen Bruce (Noel); grandchildren Victoria and Spencer; granddogs Fefe, Louis and his little dog that he loved so much Sophie. He also leaves behind his sisters Mary Lou, Merle; brothers Dick, Peter, Greg (Linda); brothers-in-law Barry, George (Hazel); sister; sister-in-law Darlene (Larry), and many nieces and nephews.

Randy worked as a Forest Ranger in his younger years at Bird Lake which he loved nature. He also worked in Wellroy Mines in Manitouwadge, Ontario from 1969 to 1971. Then he went into the

welding field. He was employed at the Manitoba Rolling Mill for 35 years before he retired. He loved working in his garden and riding his bike to work every day.

Special thanks for the care to Dr. Premilake, Dr. Puff, Dr. Demsas, nurse Melaine and CancerCare. Cremation has taken place and no formal service will be held. In keeping with his wishes a private family get together will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.





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