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The Selkirk Record

THURSDAY, SEPTEMBER 2, 2021

VOLUME 12 EDITION 35

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Never walking alone

RECORD PHOTO BY KATELYN BOULANGER

Titan plans to support the Never Alone Foundation's efforts to make the lives of cancer patients better by walking for Paws for a Cause which will start Sept. 12 at 10 a.m. at Easton Place. Learn more on page 4.

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Community can still participate in Terry Fox Run

By Ligia Braidotti

Last year was a shock to everybody to have their events cancelled and abruptly modified, and it was no different with the annual Terry Fox Run across the country. The Selkirk committee, however, was creative and was still able to hold a modified version of their fundraiser.

While restrictions are easing, the scenario is still uncertain and the Selkirk Terry Fox Run committee decided to do a similar fundraiser to last year's event.

"We wanted to make sure that there was still something available for people to participate in and feel that they are still doing their part to keep Terry's dream alive," Jana Pringle, the Selkirk Terry Fox Run committee chair, said.

After brainstorming several ideas, the committee decided to host a scavenger hunt throughout the community. The City of Selkirk and the Selkirk Record published the hints to help people find their starting point.

"We encouraged people to do this on their own or with their family so [they could still participate while observing] social distancing," Pringle explained.

"It was very well received. There were tons of people who actually contacted myself personally and other committee members saying that it was a fantastic thing to do, that it was a great way to still participate when we weren't able to do our regular community run."

In fact, the Terry Fox Foundation recognized the Selkirk committee for their creativity and excellent job. Although COVID-19 hindered much of their efforts, the final tally was still impressive.

"The community did a fantastic job helping to engage our community and get them back on the horse and still support Terry's dream and keep it alive," Pringle added.

She explained that the Terry Fox Foundation has made it clear to the committee and volunteers that they are holding off putting large groups together again because there are still a lot of survivors and people fighting cancer right now who are involved with the Terry Fox Run. To keep everyone safe, they have decided to do a socially distanced event again this year.

This year, participants can buy a t-shirt and pledge sheets the morning of the event. The Selkirk Terry Fox Run committee will have a location set up to sell and distribute the items.

The committee has worked tirelessly to host a successful event despite the challenges that the pandemic imposed. They are hoping the community is as supportive as they were last year.

"We all need some normalcy in our world. To us, having the regular date to celebrate and be part of the Terry Fox Run is part of our normalcy for this time of the year. I think too, doing something that we all feel is supporting the next person is important for us, even if this is something as simple as going for a walk and finding different places within our city and collecting some donations," Pringle said.

The Terry Fox Foundation is committed to Terry Fox's dream to find a cure for cancer. He was diagnosed with osteogenic sarcoma and had his left leg amputated six inches above the knee. In 1980, he went on a Marathon of Hope across Canada to raise awareness about the importance of finding a cure. He raised $24.17 million towards the cause before he died in June 1981.

Today, the foundation holds runs nationwide and funds innovative research for all types of cancer. Pringle feels that most people don't realize that the Terry Fox Foundation is run

FILE PHOTO BY BILL NEWZMAN SMYTH

The Terry Fox Run in Selkirk will be held on Sept. 19 and it will be similar to last year's scavenger hunt.

100 per cent by volunteers, with no corporate sponsors.

"Really, every penny goes into the research and the supports systems that they have," she continued. "They have really pushed and gone very far with their research and their support for all (types of cancer) in Canada."

The Terry Fox Run is taking place on Sept. 19 and the committee will share more information as the date approaches.

To register for this year's run, go to https://terryfox.org/terry-fox-run/.

Paws for a Cause walk for the Never Alone Foundation returns

Lace-up your shoes and grab the leash in support of cancer patients

By Katelyn Boulanger

After many dogs and their human companions made their way to Easton Place in support of the Never Alone Foundation last year, Paws for a Cause organizer Nancy Rowsell knew she had started something special. This year she hopes to make it an even bigger event in our community.

"We start here at the Easton Place Clinic, and everybody's going to show up. We're going to have vendors here. We're gonna have live music then we're going leave here, and cross the street. We'll have RCMP who are going to be controlling traffic for us. [We'll] walk down Easton Drive, to the lights, and we'll just turn around and come back and then there'll be some options and some fun events after," said Rowsell who is a certified lymphatic therapist and owner of Interlake Lymph Clinic, who regularly helps patients who have developed lymphedema after cancer treatments.

She found out that the Never Alone Foundation was a resource in our community after a patient of hers told her about it. From there she contacted the Never Alone Foundations Executive Director Michael Scheifer who let her know how they help.

"The Never Alone Foundation tries to improve the lives of people affected by cancer. We do that through informational support, financial support, and what we call kind of social supports," said Scheifer.

Unlike many other cancer foundations that are focused more on research, this foundation tries to help people with cancer with their immediate needs.

"I think what everybody forgets is that not everybody's in the same kind of economic or life situation. There are so many people that simply can't afford [things like] the gas to get to treatments. We had somebody from Brandon the other day, they have to spend two months in Winnipeg. So how do you afford hotel accommodation for two months, when you've already been off work for a year and your spouse is looking after you. It's a lot of added stress. So when they phone us, we'll try to find them reasonable accommodation, and then also contribute financially towards that and then, of course, the side benefit of speaking to us is we find out all the little things that they're missing," said Scheifer.

He says that sometimes people's problems can be solved with just a small amount of money, or time and that's what the Never Alone Foundation provides.

RECORD PHOTOS BY KATELYN BOULANGER

Cheryl Disbrowe, Nancy Rowsell with Titan and Michael Scheifer with Interlake Lymph Clinic staff and their dogs are ready for the Paws for a Cause Walk.

Cheryle Disbrowe's father passed away from cancer and though they didn't need financial support she says that the emotional support that the foundation provided was very helpful.

"My dad passed last September from lung cancer and he was coming to see Nancy for lymphatic massages and she put us in touch with the foundation and I mean, it was a blessing to have their help. It's just nice to know that you have somebody in your back pocket there when you need it because it gets so overwhelming. On our hardest days they showed up with a basket and just that basket and that meal and knowing that they were there to help meant the world," she said.

And, what makes those little things happen is support from those in our communities which is why having community walks like this one is so important to organizations like the Never Alone Foundation.

"Any funds raised really goes to helping people, so, it's not about research. This is not like the long term. This is what we do we need to get this person from where they are now to a healthier life to participate in again or to have more comfortable final months," said Scheifer.

Rowsell wants to encourage any resident who wants to come out to the walk.

"Our community has been pretty locked up, so this would be a great way to see people outside of your home again. It's all for a great cause. Everybody knows at least one person, maybe not personally, but knows of somebody else that has cancer or has passed away from cancer. It touches almost everybody on some level so why not come out and support it because the money goes right back into our community," said Rowsell.

She also asks that even though this is an outdoor event that people who come wear masks as many cancer patients can be immunocompromised and it is a great way to respect others and keep everyone safe.

The Paws for a Cause walk will take place on Sept 12 and anyone that wants to be involved should show up a little before 10 a.m. which is the time that everyone will leave the Easton Place parking lot.

Find more information at https://www.interlakelymphclinic.ca/.

BILL 64

FACT:

Bill 64 attacks local democracy through a public appointment structure that can be subject to politically partisan influence and loyalty without ensuring diverse community representation.

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The senior's program at the library is back

Due to the pandemic, the Gaynor Family Regional Library wasn't able to host the program last year

By Ligia Braidotti

The senior's program at the Gaynor Family Regional Library is coming back this month.

After a year of not hosting any events, senior's program coordinator Susan Berry said she is happy to see familiar faces at the library. The meetings are starting again on Fri., Sept. 17 from 1 to 3 p.m. and all seniors are welcome to attend.

Every week there will be a different theme. The first Friday of every month will be dedicated to music; the second Friday will be an interactive discussion with an artist — it can be a performer, an author, a painter, etc.; the third Friday is focused on health-related topics and the fourth Friday of the month will be hosted by elder Ruth Christie who will be sharing her Indigenous history knowledge with guests.

Berry commented that what the senior's missed the most was the social aspect that the weekly meetings offered.

"It's a social outing and we try to have topics that tie in with the group. We've given people the opportunity to express what they would like to see," she explained. "I chose (speakers) that I know they really enjoyed the last time. People participate, some come to help, and I think it's important to maintaining our cognitive skills."

"I know people miss it because several of them were phoning me this fall saying 'Are we getting our program again? When are we going to be back?' I think that some people miss it because of the social aspect."

Although the program is focused on seniors' interests, Berry commented that they have an open door policy where everyone is welcome.

This year, however, the library is requesting attendees hold a valid membership. The senior's program has been offered for free for the past 20 years, and membership will help ease the taxpayers' share.

"We would also like them to use the facility more than just Friday afternoon," she said, adding that the membership might encourage people to try other programs offered at the library. "I think some people have attended just this program and haven't been aware of the other things happening in the library."

To make the environment safe for everyone, attendees are required to wear a mask, hand sanitize, and the library will provide enough space for social distancing.

"We want everyone to feel safe," Berry added.

More information about the senior's program will be available at the library's website (https://gfrl.org/).

FILE PHOTO BY LIGIA BRAIDOTTI

Seniors speak with Elder Ruth Christie at a 2019 Friday meeting at the library.

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- The Foundation's granting program supports local needs and interests, which include, but not limited to, the arts, cultural activities, heritage programs, health, education, senior services, social programs and youth activities, along with the priority community sectors as outlined in the Foundation's Vital Signs Report.
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New Online Grant Application Procedure

- The online grant application is found at www.sdcf.ca

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For more information contact the Foundation Office: 204-785-9755 Or email: selkirkfoundation@shaw.ca

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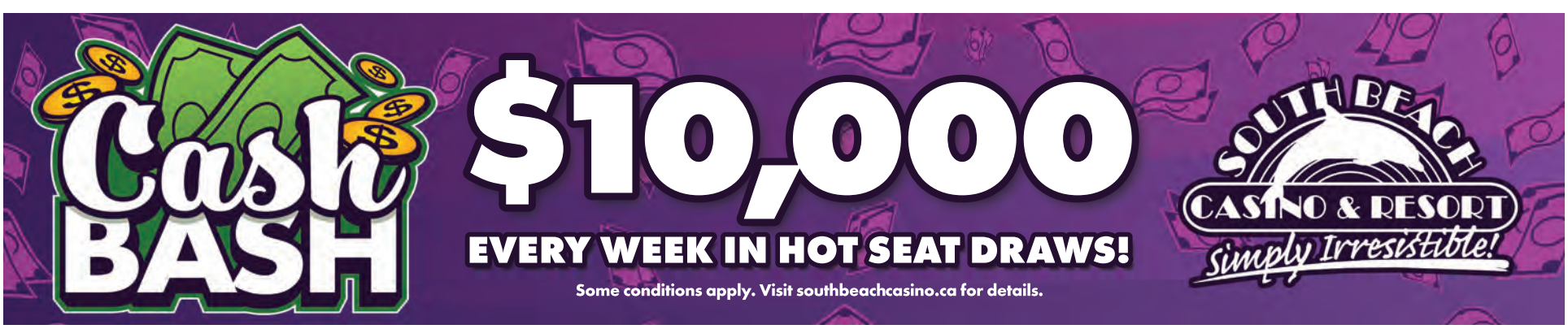

Project Linus providing blankets for children in need

Local chapter is seeking donations so that they can help out more kids

By Katelyn Boulanger

There's not much that's more comforting than wrapping up in a cozy warm blanket at the end of a particularly difficult day and the kids that receive blankets through Project Linus are kids that have been having more than just one difficult day.

Project Linus's mission is to bring a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need of a hug through the gift of a handmade blanket. Volunteers from our area come together to make quilted, knitted and crocheted blankets for these kids.

The first Project Linus chapter in Manitoba was started in Stonewall in 2006 by Gayleen Nixon.

This year those volunteers from Project Linus's Selkirk chapter are hoping that residents will help them to replenish their fabric stock this weekend when they set up a booth at the Art Crawl.

"We make blankets for kids who are in crisis, like if they're ill, have parents that have passed away, have had a very traumatic situation, if they've been abused, or just in general not having a very happy time. We give them blankets. We reach them through partnerships with people who work with kids, such as we do the Children's Burn Fund, or burn unit in the city. We do the child abuse program, it used to be called the Snowflake Program. We do Fishing for Cure. Family First—that's a public health initiative that helps parents learn to parent—Growing Years Family Resource Center and just [connecting with] a lot of people who work where kids are involved, school counsellors, amazingly enough, the high schools use a fair amount of blankets as well. We try to keep everything in the community as much as we can," said Sharon Sutton, Selkirk Regional Coordinator for Project Linus.

The Selkirk group was founded in 2011 and since then has given out thousands of blankets to kids.

As COVID has made collecting fabric a bit more difficult, their once healthy fabric stash has lessened and now they are hoping that residents with extra fabric or yarn that they want to donate will pass that material along to them.

RECORD PHOTO BY KATELYN BOULANGER

Some members of Project Linus' Selkirk branch with one of their fabulous quilts that will go to a child in need.

"Cotton's and flannels are the best for fabrics. 100% cotton, and acrylic [and cotton] yarns [especially in] number four," said Sutton.

She says these are the best kinds of fabrics because they are washable and they are also fabrics that kids are less likely to have allergies to.

So far this year even though the group hasn't been able to meet as regularly as before—members used to meet monthly at the Gordon Howard Centre—they have been able to count up 158 quilts.

The best way to donate fabric to this cause is to meet them at their booth outside of the Gordon Howard Centre this weekend as part of the Art Crawl. They will also have a 50/50 draw and will be selling bags and aprons. They are also willing to accept monetary donations and will issue receipts for donations over $25.

They also encourage quilters, knitters and crocheters to contact them if they want to become involved.

For more information, you can email Sutton at sesutton@shaw.ca or give her a call at 204-482-4348.

Overdose awareness encouraged by local pharmacist

Carolyn Capell wants residents to recognize the symptoms of an overdose

By Katelyn Boulanger

Aug 31 was Overdose Awareness Day and Carolyn Capell, owner and pharmacist at Shoppers Drug Mart in Selkirk, thinks it's important that more people in our community learn how to recognize and what they can do if someone around them overdoses.

"Overdose Awareness Day is really [a day] for everyone in Canada to understand the effects of opioids and what's an overdose of an opioid. [This] could include any narcotic like OxyContin, things like that and having too much in your system will cause an overdose," said Capell.

She says that some common symptoms of opioid overdose are a loss of consciousness or unresponsiveness which means that you won't be able to wake them up, slow or shallow breathing, sometimes the person will vomit or choke and sometimes the person's skin will turn a bluish colour.

"The best way to help someone in the community experience an overdose is to have the naloxone kits and we recommend kits to basically anybody who is taking an opioid prescription," said Capell.

Naloxone is a drug that very quickly reverses the effects of opioids, potentially saving the life of someone who is experiencing an overdose. Though this drug can alleviate the effects of opioids quickly, it can also wear off, so people who have experienced an overdose should still be taken to the hospital.

Even though naloxone kits can be associated with people using drugs recreationally, Capell recommends that even people who take prescription opioids have a naloxone kit on hand.

"Because anybody can accidentally overdose, not even intentional overdoses. If you are opioid naive—what that means is you are not used to having opioids in your system—you can overdose a lot quicker," she said.

She explained that having a naloxone kit when you are taking opioids is a lot like keeping an EpiPen on your person when you have an allergy.

"There are two different types of naloxone kits. There's the injectable naloxone, which is simply an injection, it's simple but not simple because you actually have to draw up the syringe. You have to break the ampule and then you have to draw the syringe and then you have to inject the syringe in an intramuscular area, usually the arm, or even the leg would do but you would need to do a little bit of work. They also have nasal sprays which are a little bit more expensive but that one is super simple. You just basically take it out of the package, insert it in their nose and spray it," said Capell.

Both the nasal spray and the injectable versions of naloxone are available at Selkirk's Shoppers Drug Mart and at times they have free naloxone as they are part of the province's take home naloxone program. Naloxone is also available for free through the Manitoba Harm Reduction Network's program at Selkirk's Shell.

One thing that Capell thinks more people in the public should also be aware of is that if you intervene to try to save the life of someone you think is experiencing an overdose that you won't be in trouble.

"There are legal protections in place to help encourage Canadians to save a life during an overdose situation, which includes the Good Samaritan Drug Overdose Act. If there was somebody seeking emergency support during an overdose, they would be protected [if they helped]. They wouldn't be penalized for that. The Act protects the person who seeks help," Capell said.

She thinks that it's important that people in our community learn the signs of overdoses, learn to use the kits and that more kits are out there so that they can be used faster to help save lives.

"The problem is not going away. There's so much research now that says that during this pandemic, the problem has actually gotten worse and that's why everyone should be educated and understand the risks so we can prevent overdose deaths," Capell said.

RECORD PHOTO SUBMITTED

Carolyn Capell pharmacist and owner of Selkirk's Shoppers Drug Mart wants more overdose awareness in our community.

Selkirk RCMP respond to two-vehicle fatal collision

By Manitoba RCMP

On Aug. 29 at approximately 12:50 a.m., Selkirk RCMP received a report of a two-vehicle head-on collision on Highway 59, near the intersection with Fey Road, located in the RM of Alexander.

The initial investigation has determined that a northbound vehicle, being driven by a 58-year-old female from the RM of Alexander, collided head-on with a southbound pickup truck, being driven by an 86-year-old male, from Grand Marais.

The 86-year-old male was pronounced deceased on scene. The 58-year-old female was arrested for Impaired Operation of a Conveyance Causing Death & afterwards transported to hospital, along with her 65-year-old male passenger, who both suffered non-life threatening injuries. She is scheduled to appear in Selkirk Provincial Court on Nov. 5.

Selkirk RCMP, along with a Forensic Collision Reconstructionist and our Criminal Collision Investigation Team, continue to investigate.

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Expanding vaccination card eligibility

By Ashleigh Viveiros

People living in Manitoba who do not have a provincial health card are now finally able to get an immunization card if they are fully vaccinated against COVID-19.

Dr. Joss Reimer, medical lead of the province's vaccine implementation task force, made the announcement Monday in a virtual press conference.

"We've been working on this process for quite some time," she said, noting the past few months have been challenging for people like international students or armed forces members to prove their vaccination status without an immunization card.

Cards can be requested as long as you've received two doses of Pfizer, Moderna, or AstraZeneca or a single dose of the Johnson & Johnson vaccine, with the final dose more than 14 days ago. If any of those shots were given outside of Manitoba, proof must be submitted to public health and the data must be recorded in the system.

Individuals can call 1-844-MAN-VACC (1-844-626-8222) to speak with an agent about getting digital or physical versions of the card.

Dr. Reimer was uncertain how many people this move will affect, but one for sure is Altona's Callum Morrison, an international student at the University of Manitoba.

The Scottish transplant has been asking the government to make this change ever since the vaccination cards first started being issued in June.

"I am grateful that the Manitoba government has made the necessary changes, however the vaccination card should have been offered to all Manitobans from the launch of the vaccine card system nearly three months ago," he said on Monday. "It has often been difficult for many who did not qualify for the card to prove their status without access to this well recognized and official proof of vaccination."

213 new cases over weekend

Also on Monday, public health officials announced 213 new cases of COVID-19 in Manitoba since the previous Thursday.

The daily case totals ranged from a low of 31 on the Friday to a high of 102 Saturday.

The five-day COVID-19 test positivity rate was at three per cent provincially and 1.6 per cent in Winnipeg.

Manitoba's active case count was at 503, with 65 people hospitalized due to COVID-19, including 18 in intensive care.

The province has seen 56,989 recoveries and 1,189 deaths from the virus.

In the health region, Southern Health-Santé Sud, there were nine new cases on Monday, eight in people not fully vaccinated.

The Interlake Eastern's cases continue to go down with one active case being recorded this past Monday. A number of districts still have active cases including five in Beausejour, four in Eriksdale/Ashern, 58 Fisher/Peguis, six Northern Remote, five Pinawa/LacduBonnet, 38 Powerview/Pine Falls, one Springfield, two St. Clements, three Stonewall/Teulon, four Unknown and one each in Whiteshell and Winnipeg Beach/St. Andrews.

Provincially, 82 per cent of Manitobans have received at least one dose of vaccine and nearly 77 per cent are fully vaccinated with two doses.

Pallister steps down from top spot on Wednesday

By Staff

Brian Pallister announced over the weekend that he would be stepping down as Manitoba's premier effective this Wednesday.

In a statement sent to media early Sunday morning, Pallister said he was resigning to "ensure the election of my successor can continue to take place free of any perception of any influence from the Office of the Premier."

Since he first announced his intention to leave his role as the leader of the Progressive Conservative Party of Manitoba, Tory MLAs Heather Stefanson and Shannon Martin and former member of parliament Shelly Glover have announced they will run.

"The greatest honour of my life has been serving as Manitoba's 22nd premier," Pallister said, noting he's proud of the direction his government took Manitoba in since coming into power.

"We introduced the first balanced budget in 11 years, while creating the largest ongoing per person investment in health care, education and family services of any province," he said. "We did this while lowering the tax burden on every working person and family, more than any other province, to keep making life affordable for Manitobans."

Pallister noted he feels the province is poised to recover well from the pandemic in the months ahead.

"I am incredibly optimistic about our future as a province and that is why I say to you: the only thing better than today in Manitoba, is tomorrow in Manitoba."

> Got something you want to get off your chest? How about an act of kindness to share?

Send your letters to the editor or acts of kindness to news@selkirkrecord.ca. Please include your name, address, and phone number for confirmation purposes.

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Christy Brown, Distribution Mgr.: 204-467-5836
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Province tightens restrictions on unvaccinated ahead of expected fourth wave

By Lorne Stelmach

Masks became mandatory in public spaces across the province again this past weekend as part of measures that also included COVID-19 immunization requirements for people to attend a wide range of business, facilities, and events.

Provincial officials announcing the changes last Friday defended the measures as being necessary now with the threat of a fourth wave of the virus and particularly the dangers posed by the virus variants.

"The emergence of the delta variant has changed things significantly. Now public health officials tell us the pandemic is one of the unimmunized," said Manitoba Health and Seniors Care Minister Audrey Gordon. "We are introducing these measures to help protect people across the province and to ensure the health care system is not overwhelmed by a fourth wave of COVID-19.

"Currently there are more than 406,000 Manitobans who are not yet vaccinated. Of these, nearly 230,000 are children under the age of 12, and they are not eligible to be immunized. We need to do everything we can to protect them from COVID-19 especially as they return to school," said Gordon.

The measures came as Manitoba released new COVID-19 case numbers that showed unvaccinated individuals are accounting for a significant proportion of all new cases.

Of the 31 new cases identified Friday, 26 were in individuals who were unvaccinated. In the Southern Health–Santé Sud health region, 13 of the 14 cases identified were in individuals who were unvaccinated.

"These orders are here to try to reduce the transmission of the virus as well as reduce the future need for further lockdowns," said Dr. Brent Roussin, chief provincial public health officer. "We want to do whatever we can to avoid further lockdowns and ensuring that only fully vaccinated people take part in some of these higher risk activities is one such method of doing that.

"We can see that the great majority of our new cases are unvaccinated. These numbers are even higher if we look at ICU admissions. We see very few people who are immunized requiring ICU admission," continued

"We have to protect others in the community and the health care system from delta. We can see in the jurisdictions around us the rapid climb in cases which is equating into increase in demands on the health care system."

The new public health order requiring mask use in all indoor public spaces across the province came into effect last Saturday, and the province also developed new requirements for people to be fully immunized to participate in certain events and activities.

Included on the list as of Sept. 3 are indoor and outdoor ticketed sporting events and concerts, indoor theatre, dance, symphony events, restaurants (both indoors and patio dining), nightclubs and other licensed premises, casinos, bingo halls and VLT lounges, movie theatres, fitness centres, gyms and indoor sporting and recreational facilities and organized indoor group recreational classes and activities, and indoor recreational businesses.

Children 11 and under who are not eligible to be immunized will be able to attend events and activities with a fully immunized adult.

These new public health orders complement the mandatory vaccination mandate requiring all designated provincial public service workers who have ongoing contact with vulnerable populations, especially children, to be fully immunized.

These individuals will need to receive their first dose by Sept. 7 and their second dose by Oct. 17 to be fully immunized by Oct. 31.

Designated employees who are not fully immunized or cannot provide proof of vaccination will need to undergo regular COVID-19 testing up to three times a week for full-time employees and provide proof of a negative test result before they can resume working.

The province is encouraging businesses to follow their lead when it comes to requiring vaccination of their staff.

"I encourage private businesses and organizations to consider mandating COVID-19 vaccine for their employees to protect their customers and staff and to reduce a chance of an outbreak at their workplace," said Roussin.

"I'm urging the more than 177,000 Manitobans who have not yet been immunized to make an appointment," he continued. "We need as many Manitobans vaccinated as soon as possible in order to reduce the impact of this coming fourth wave."

"The delta variant is changing the game"

By Ashleigh Viveiros

News of Manitoba's renewed COVID-19 restrictions came hours before the province finally released its fourth-wave modelling, which shows the potential for the more contagious delta variant of the virus to have a significant impact on Manitoba's health-care system.

"The delta variant is changing the game," said Dr. Jazz Atwal, deputy chief public health officer.

"In an extreme scenario, the model shows that COVID-19 can overwhelm the acute care system within two months after a fourth wave begins," he said. "Without higher levels of immunizations, and without stricter public health measures, significant levels of ICU occupancy could be expected this fall."

In the extreme scenario, projections are for 80 ICU beds to be filled with COVID-19 patients within a month of the fourth wave starting.

For comparison, during the week of Jan. 5, 2020 (before COVID-19), there were an average of 63 ICU beds occupied by patients for regular use, including flu, trauma and surgery. COVID-19 bed use will be on top of regular use.

"While additional beds can be added through cancelled surgeries and other service adjustments, this has negative effects on individuals seeking care," the report notes.

Of concern as well is how the increased needs of COVID-19 patients will overlap with the start of the influenza season, further straining the health-care system.

Currently, about a third of Manitobans are not vaccinated against COVID-19, either by choice or because they are not eligible (there has not yet been a vaccine approved for children under 12).

While vaccination doesn't provide 100 per cent protection against catching COVID-19, health officials stress that it does significantly lower the risk of severe outcomes, including hospitalization.

Of the 27 new COVID-19 cases announced last week Monday, Atwal noted 21 were unvaccinated.

"We aren't seeing people who are doubly vaxxed in hospital or in an ICU bed," he said. "What we're seeing is unvaccinated individuals coming into hospital. The best bet to prevent … overwhelming our acute-care system is to get vaccinated and to practise the fundamentals."

Moderna's COVID vaccine approved for adolescents

By Patricia Barrett

Health Canada announced last week it approved Moderna's COVID-19 vaccine for use in youth aged 12 to 17.

"Until now, this vaccine was only authorized for use in people 18 years of age or older," states a notice posted Aug. 27 on the Twitter account of Health Canada and PHAC (Public Health Agency of Canada). "After a thorough and independent scientific review of the evidence, Health Canada has determined that the vaccine is safe and effective at preventing [COVID] in youth aged 12 to 17."

Moderna's mRNA vaccine works similarly to Pfizer-BioNTech's mRNA vaccine but both vaccines have different non-medical ingredients. In scientific studies, both vaccines have been found to be highly effective at inducing strong antibody responses and preventing people from falling seriously ill.

Health Canada approved Pfizer-BioNTech's vaccine for youth in this age group earlier this year.

The health agency will continue to closely monitor the safety of Moderna's vaccine and "take action if any safety concerns are identified," states the notice.

Hearthstone Community Group

Hearthstone is excited to announce that we have achieved Accreditation from Imagine Canada.
We thank everyone who helped us meet these high standards for Charities in Canada.
Please join us for a Come and Go Celebration with food, tours and displays at 209 Superior Avenue from 11AM to 1:30PM on September 14, 2021.
Some familiar faces will be joining us to offer their congratulations with speeches beginning at 11:30AM.
We hope to see you there!
Inquiries call Lori at 204-461-1816
Public Health Orders are in effect and the event will be compliant.
www.imaginecanada.ca

Celebrating palliative care in our community

By Katelyn Boulanger

Bob Turner describes his wife Cynthia as a generous and kind woman. She was the kind of person that always looked out for others and didn't judge people regardless of their circumstances. Unfortunately, Turner and his family lost Cynthia to pancreatic cancer.

"She was a person, one of the rare people I don't know about the only person I've ever met that that actually lived by the golden rule. She was always a person who worried about others before herself and you know, even to the extent that quite often I used to tease her about 'You're always going to be stuck at the back of a line in the back of the bus, or whatever,' and she always used to say that doesn't matter," said Turner.

After 50 years of marriage, he wanted to commemorate Cynthia's life and chose to make a generous donation of $15,000 to establish a permanent fund as a legacy to his wife.

"Cynthia wanted to die at home, surrounded by family and loved ones and COVID created all sorts of unfortunate situations for people in hospitals where family couldn't visit and so on. She wanted to be at home [and] palliative care made it possible for her to have family here," said Turner.

He was amazed that this program allowed a doctor to come and make weekly visits to his and his wife's home, had nurses coming in often, and saw homecare professionals coming in many times a day to allow Cynthia to stay at home.

"I'd get a phone call [asking do] you need anything. 'Well, we're starting to run low on such and such,' Two hours later, they showed up at the door with it. I don't think most people in the area realize just how good the palliative care unit is here," said Turner.

He felt that this donation to palliative care was something that she would have wanted to be done in her memory as it will make a measurable difference for future palliative care patients in our community.

"The more I thought about it, and then I talked with the family about it [and we decided that it would] certainly be doing something useful for the people who had been so good [to us]," said Turner.

In a release issued by the IERHA, they explained that grants from this fund will support the Palliative Care Program for the purpose of assisting with the purchase of any required resource including; equipment, programming, training, and education. Education is a top priority for all disciplines in health care, particularly when providing a supportive type of care throughout a person's disease trajectory and through their death. Being equipped with up to date knowledge in best practices and therapeutic conversations is essential in supporting the client and their caregivers.

Turner wants everyone in the palliative care unit to know that they make a hugely valuable contribution to the lives of their patients, their patients' families and our community.

"I'm sure they realize how important a job they're doing but I don't think they can even begin to imagine the wonderfully positive impact they make, not just on the people they care for, but those of us who are left behind. I saw homecare people leave here the last day, they knew it would be the last day with her, leave here in tears. And, I said, 'How can you keep doing this, if it upsets you that much?' And she said, 'That's why I do it, because I realized that I've done something worthwhile,' I think the people in the palliative care unit have to know they are very special people because it takes a very special kind of person to work in palliative care," said Turner.

RECORD PHOTO SUBMITTED

Bob and Cynthia Turner. Bob wants to thank Selkirk's palliative care team.

If you would like to give to support palliative care or other healthcare-related programs in our region visit www.iehf.ca or contact Pamela McCallum, executive director of the Interlake Eastern Health Foundation at (204) 785-7044.

Recycling of contact lenses available in Selkirk

By Ligia Braidotti

Selkirk eye doctors are helping the environment through a partnership with TerraCycle to recycle contact lenses.

TerraCycle, an international waste management company that operates in 21 countries, has recently joined Bausch Health Companies Inc. in their Every Contact Counts Recycling Program which collects and recycles Bausch + Lomb and other brand contact lenses and blister packs. TerraCycle scientists will analyze the materials to determine which process is best for repurposing them.

Contact lenses have a huge negative impact on the environment since they're a frequently used item. Depending on the type of contact lenses prescribed, they need to be disposed of daily, biweekly, or monthly. According to TerraCycle, more than 290 million contact lenses end up in landfills and waterways yearly in Canada.

"Contact lenses are not a traditionally recycled waste stream and for that reason, this partnership that TerraCycle has with Bausch + Lomb is really important because it's one of the only options for consumers to recycle this product specifically," Mary Ellen Dowd, publicist for TerraCycle, explained.

TerraCycle's recycling process depends on each individual waste stream. They hope to recycle the unrecyclable, Dowd added, and the contact lenses recycling process includes cleaning and sorting the material to turn it into raw material that can be sold to manufacturing companies, which will, in turn, make new products. TerraCycle produces products such as outdoor furniture and decking.

"Our goal in having all of these different drop off locations is to get individuals from small communities involved because it's really true that each person can make an impact with taking small actions like dropping off this waste stream at a local optometrist office," Dowd said.

Clarity Vision in Selkirk is one of the drop off locations for this program. They are located at 415-B Main St. Contact lenses should not include their cardboard box, as they are recyclable through the regular municipal service. TerraCycle suggests people make sure all liquids are removed and the contacts are dried.

"Contact lenses are one of the forgotten waste streams that are often overlooked due to their size and how commonplace they are in today's society," said Tom Szaky, founder and CEO of TerraCycle."Programs like the Bausch + Lomb Every Contact Counts Recycling Program allows eye doctors to work within their community and take an active role in preserving the environment, beyond what their local municipal recycling programs are able to provide. By creating this recycling initiative, our aim was to provide an opportunity where whole communities are able to collect waste alongside a national network of public drop-off locations all with the unified goal to increase the number of recycled contact lenses and their associated packaging, thereby reducing their impact on landfills."

To learn more about TerraCycle's recycling programs and process, go to https://www.terracycle.ca/brigades/bausch-and-lomb

Royal Canadian Legion Branch 42

403 Eveline Street, Selkirk

Office: 482-4319 Bar: 482-6015 www.selkirklegion.org

Upcoming Events

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Sept 17 - Rock the House, 8pm
Sept 24 - Jeff Erikson & The Rockets, 8pm
Sept 19-25 Legion Week, check sign for details
Sept 19 - Member Memorial Ceremony
Sept 26 - Fall Supper 4:30 & 6pm
Sept 29 - General Meeting

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All members show returns to Gwen Fox Gallery

46 gallery members displaying their work this month

By Katelyn Boulanger

After having to cancel a few all members shows at the Gwen Fox Gallery because of the COVID-19 pandemic, residents can finally get a taste of the variety of amazing art that is being made in our region this month.

"What is so special [about the all member's show] is the people and all the beautiful art they come up with. Just you have such a variety of all these different kinds of art," said Gwen Fox Gallery's volunteer coordinator Brenda Hedberg.

This latest exhibit runs from Aug. 24 to Sept. 25 and has art from 46 different artists which is one of the largest all members shows that the gallery has had.

Hedberg attributes this increase in the amount of art to more people joining the gallery in the past few months and also more members taking time when they've been at home to get creative.

Gina Farina

Farina is one of the new artists who have joined the gallery and will be exhibiting two pieces in this year's all members show.

"I decided that I wanted to be in a gallery as something more local and to help out to is important, and to kind of get out there and meet new artists and see different styles and get inspired. I think that's really why I chose to kind of be a part of it," said Farina.

Farina isn't just a new gallery member but is a very young artist being a recent graduate of Stonewall Collegiate. The pieces that she will be exhibiting this month are both realistic graphite drawings that have taken her hundreds of hours to create.

Even though she is a young artist you can't tell by the pieces she's exhibiting one being a photorealistic Beatles portrait and the other being a very grumpy looking buffalo.

Her advice to new artists that want to pursue a similar style to hers is to have compassion for themselves and practice.

"I find when you try too hard sometimes that's when your creative juices don't flow as well. I think we're just being kind to yourself and to practice and just be able to improve as long as you keep practicing," said Farina.

Wioletta Los

Los is an oil painter who though she is new to the gallery is not new to art having been educated in art in Poland before coming to Canada to share her talents.

She was inspired to join after hearing about Gwen Fox from a fellow artist who had only good things to say.

"She's told me to try this because it's a beautiful place with lots of different people and a nice environment, and is very friendly. It's something that you belong to," said Los.

The two art pieces that she's exhibiting this month are both pallet knife paintings of girls that are very emotional and impressionist.

She draws her inspiration for art from the world around her but also is influenced by works of other artists which fuel her creative flow.

"I look for art everywhere like, wherever I turn, I want something beautiful to appears to my eyes and then I think about it and I'm like, 'Oh, wow,

Continued on page 12

RECORD PHOTOS BY KATELYN BOULANGER

Gina Farina is a new artist exhibiting at the Gwen Fox Gallery this month.

Barb Hoffmann's acrylic paintings give a pop of colour to this month's Gwen Fox Gallery exhibit.

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> ALL MEMBERS SHOW, FROM PG. 11

that would be nice to put something like that on canvas,'. [I am inspired by] other artists too. When I see [their work] in the gallery, lots of different art inspires me [into thinking], 'Oh, maybe I can try this. I can try that and maybe this technique,'" she said.

As an art teacher, she also has some solid advice for new artists. She says to start by learning the basics and then building, try a bunch of different mediums until you find the one that is the right fit for you, don't be afraid of colour, and to keep on trying.

Barb Hoffmann

Hoffmann is another artist whose art will be new for gallery visitors. She is a new member but only because she's recently moved back to Selkirk and rejoined after 25 years.

The work that she's exhibiting this month are acrylic paintings which is also a new venture for her as she mostly worked in graphite before now.

"I actually was commissioned to do a painting of a commemorative piece for my friend's mom's horse. It passed away, and she wanted a painting so I did that and it turned out really well. I was really excited about it, so I went out and I bought some more canvas," Hoffmann said.

> "THERE ARE SOME ABSOLUTELY BEAUTIFUL WORKS IN HERE. I'VE ONLY HAD A CHANCE TO GLANCE AROUND A LITTLE BIT BUT IT'S WELL WORTH IT,"
> - HOFFMANN

Her art is inspired by realism and she loves animals, which can both be seen in the pieces that she's exhibiting this month. One is of a chameleon that she saw at the Calgary Zoo and the other is a swimming sea turtle.

Her advice for new artists is to find what they enjoy.

"Have fun with it and just practice. Find something that you love, like for me it's animals and family, and just keep going at it," said Hoffmann.

She also encourages any resident to stop off at the gallery this month to take a peek at this varied and inspirational exhibit.

"There are some absolutely beautiful works in here. I've only had a chance to glance around a little bit but it's well worth it," she said.

Gallery Update

Beyond the all member's show, the gallery is taking the opportunity now that COVID restrictions have somewhat lifted to bring back some of its workshops. In the next few weeks both felting and watercolour workshops will be offered at the gallery and residents are welcome to stop by or give them a call to find out more.

The art gallery's parking lot will also be one of the many Art Crawl locations on Manitoba Ave and the gallery will open its doors for additional hours this weekend so that residents can check out the gallery and the art gallery at the same time.

The Gwen Fox Gallery's regular business hours are Tuesday to Saturday from 11 a.m. to 4 p.m. and their number is 204-482-4359. Visiting the gallery is always free.

RECORD PHOTO BY KATELYN BOULANGER

Wioletta Los is new the the gallery but not to art with her beautiful oil paintings being part of this month's exhibit.

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Bloodshots making music at the Merch

RECORD PHOTOS BY BRETT MITCHELL

The Merch was back in action last week with local favourites The Bloodshots bringing back the beat to the business that used to regularly have music before COVID-19 restrictions made that unable to happen. Pictured: Residents came together for a night of fun, dancing and singing.

Get on the road to art with the Interlake WAVE Artists' Studio Tour

By Patricia Barrett

Artists who are part of the Interlake WAVE Artists' Studio Tour will be hosting the public at their studios over the long weekend.

Visitors can tour studios throughout the eastern half of the Interlake at their leisure and learn how art is made.

This year 27 artists are taking part in the free event. They'll be dazzling visitors with a variety of artwork that includes ceramics, handmade jewellery, paintings, sketches, art made from fused glass, driftwood and gourds, and photographic art.

Artist studios are located in a number of communities, including Arborg, Ponemah, Matlock, Winnipeg Beach, Sandy Hook and Gimli.

"The [studio tour] is Manitoba's longest running art road trip," said Ponemah-based painter and textile artist Amanda Onchulenko in a news release. "This is an immersive opportunity where visitors get to experience working creative spaces, ask questions, see the tools used for specific purposes in action, and witness how a passion for process translates into beautiful creations."

The studio tour will be held Saturday and Sunday, Sept. 4 and 5 from 10-6. Facemasks will be required at selected studios. Directions to artists' studios are posted on the Interlake Wave website.

Before heading out, please visit www.watchthewave.ca to check for public health updates or check the Manitoba government's COVID-19 webpage.

Housing market still a good investment

Despite pandemic, realtors saw high demand for new homes

By Ligia Braidotti

The housing market has seen a spike in prices from coast to coast in Canada, despite the COVID-19 pandemic.

A Century 21 report released in August shows that real estate is still a good investment option for Canadians. The fifth annual Price per Square Foot survey compared the price per square foot of nationwide properties sold between January 1 to June 30 this year and compared it to the same period last year.

Real estate professionals expected the market would struggle when the pandemic hit, but instead, it is steadily thriving. Due to low inventories and high demand for new homes, buyers have faced bidding wars and higher prices than in the past five years.

According to the study, Prairie house prices have seen some growth, although they are the slowest-growing areas of the country. Kasey Hacking, a Century 21 realtor with The Hacking Team in Selkirk, said Manitoba has always been considered a more affordable place in Canada, especially compared to British Columbia and Ontario.

"We have had many families move back to Manitoba from other provinces this year as it is where they are originally from, and being able to work from home has been a game-changer," she said.

Hacking added other trends her team identified are parents paying for their kids' homes down payments to help them move out "as the lockdown put a lot of stress on families and personal space." In addition, cottage country has been impacted by remote work environments and travel restrictions.

With the Winnipeg housing market being so competitive, people started looking at surrounding areas that are usually more affordable.

"For a lot of people, a commute is not the end of the world… However, even in the Selkirk and Interlake area, there has been a massive lack of inventory. Before the pandemic, we were able to take buyers out to see multiple homes in (the Selkirk-Interlake area) in the same price range, and they could essentially have their pick, typically even negotiating the price down. Now, there have been more than one buyer for the one house that is on the market... so it creates a bidding war where in most cases, the highest price offered will get the house."

Hacking stated that prices went up 12 to 15 per cent from August 2019-2020 to August 2020-2021, and they have surged 70 per cent over the past decade. Over the last few years, Manitoba has seen housing prices steadily increase, but especially in 2020/2021.

There were 258 units sold in August 2020-August 2021, a 41 per cent increase over 182 units in August 2019-August 2020. The average number of days a house stays on the market decreased from 34 to 12 days.

"This puts pressure on inventory as homes are selling faster than in previous years. The number of units sold per year has gone up close to 200 per cent over 10 years, indicating our area is in a strong and stable growth mode," Hacking added.

The growth in housing prices affects both buyers and sellers. Hacking explained that buyers need to be financially prepared, pre-approved, and clear on their homeownership objectives. They help clients to determine their needs, budget and finding what's essential.

"We also try to prepare buyers for disappointment as it may take a few offers before one will get accepted. We provide guidance and help with setting expectations for what the house will most likely sell for, and whether or not it is worth that much now or in the future," she continued.

On the other hand, as prices increase, homeowners will have more equity in their homes, so each can decide if it's a good time to sell based on their own needs.

"You are generally buying and selling in the same market, so increased prices have a lower effect if you are staying in the same area. Also, condos and rural properties have gone up less than urban homes in general, so there may be savings if selling urban and buying rural or condos," Hacking said.

For more information, contact The Hacking Team at www.hackingteam.ca/contact. To see the full PPSF study results, go to https://www.c21.ca/2021/08/11/price-per-square-foot-2021

RECORD PHOTO SUBMITTED

Kasey Hacking from The Hacking Team with Century 21 in Selkirk.

West St. Paul requesting proposals for mural, naming rights

Mural will be completed at the North Perimeter Bridge trail, contract with Sunova coming to an end

By Ligia Braidotti

The RM of West St. Paul is planning a few changes in the community's looks.

In August, the municipal office released two requests for proposals that are essential to instill pride in West St. Paul's identity — one for a community mural and another for the municipal recreation complex naming rights.

The community mural will be the first one for the RM, and Mayor Cheryl Christian said she is excited to see what the artists will submit and share West St. Paul's history with the new residents that are moving into the area.

"Our strategic plan has helped us as a stepping stone to this with ideas about what our history is, what's our connection to the river and the ferry boat, our Indigenous partners, and the history that we have here. We're excited about this. For the existing residents, it is really a source of pride, and they will understand all of the historical references, and for new residents to understand the community they are moving into," she said.

West St. Paul CAO Brent Olynyk explained that the new mural ties into the RM's strategic plan beautification. He commented that the RM is interested in linear parks and trails. The latest developments have helped build the new trail that residents use to bike and walk. In addition, the council hopes the mural will depict West St. Paul's history, especially its connection with the river and the Indigenous communities.

"We want people to think about the value of the river and when you are walking down that trail, over a hundred years ago there were trails that connected here from Lower Fort Garry to Upper Fort Garry, so people have been going on this river and using it as a route a long time, and we want people to think about that," he continued.

The mural will be approximately 25 feet high and 50 feet wide and is located on the trail that connects West St. Paul to the City of Winnipeg on the North Perimeter Bridge.

"That area there underneath the perimeter bridge has previously been a dark area, un-accessed and now we've got a trail going through there that connects us with the City of Winnipeg and there's such an opportunity to beautify that area and for residents to see this wall with references to historic milestones in our history in West St. Paul, a connection to the river...it's an important piece to celebrate what it is to be a part of West St. Paul," she said.

The deadline for submission was Sept. 2 at noon.

The RM has also released an RFP for the municipal recreation complex naming rights. Currently, the rec complex is under the Sunova Credit Union name, and since the contract is approaching its end, the RM decided to open the opportunity to other organizations.

Olynyk said the rec complex has been a meeting place for the community since it was built. Damara Geddes, their rec director, won the President's Award for Outstanding Achievement from Recreation Connections Manitoba in 2020. According to Olynyk, her efforts have been successful in running and keeping programs available to the community.

"(The rec complex) is also very busy in the Capital region. You have people that have wedding socials or fundraising socials, come from all over the Capital region, and the Sunova Centre has been the pick for where they want to go. It's the right size, the staff is experienced, and they have a good experience when they come there, so we've gone from, pre-COVID, 20 socials a year up to 60 socials a year now," he commented.

In the future, Tennis Manitoba will be putting several tennis courts at the centre, and the goal is also to have indoor tennis courts. Tennis Canada is sponsoring the project. The RM also has plans to ramp up its soccer program at the centre.

"We take a lot of pride with the Sunova Centre. Our partnership with Sunova has been fabulous. But we tender, and everybody has a chance to access whether it is selling us a greater providing of goods. In this case, the feature is being able to use their name to promote themselves, as the perimeter highway is busy," Olynyk continued.

The tender is open for a private company from Manitoba or anywhere else in Canada to put their name in the centre. The company will help the community, like Sunova has, with funds to improve the centre, and in turn, they get the promotion of their name. A triple P partnership (private-public partnership) is beneficial in cases where a private company helps a government body pay for recreation.

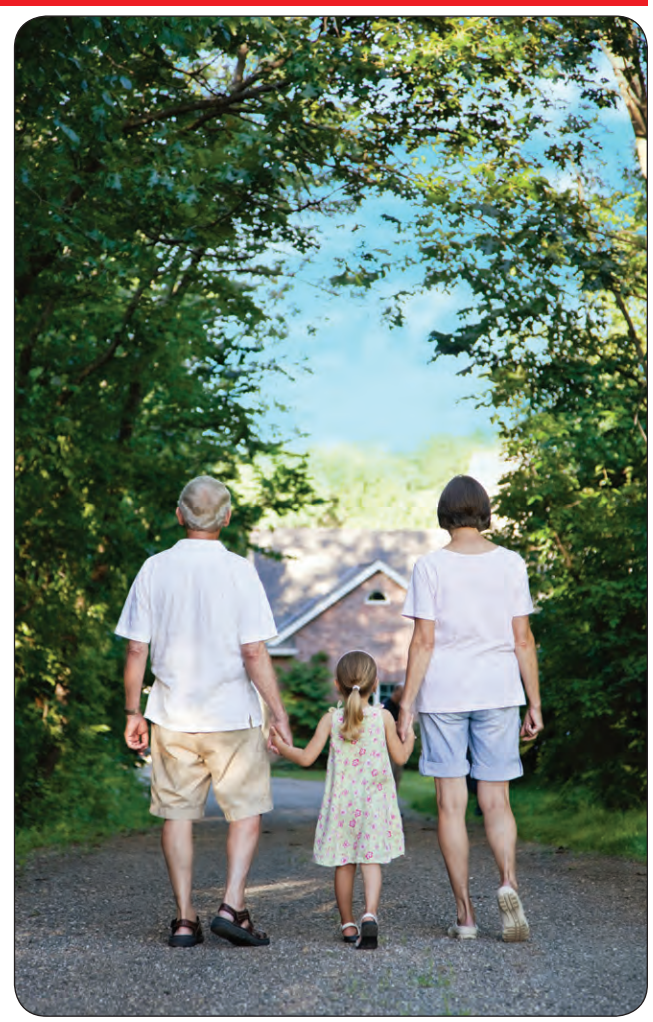
"Recreation is not a business where you make money — you make money, but not enough to cover the costs," Olynyk explained. "If we were to cover the actual cost of Sunova, the cost for soccer, for baseball, for pickleball, for sports and activities that we use, need to be subsidized, or people won't pay $30 a night to play pickleball. Nobody's kids will have that experience of playing with other children and under leadership like the summer camps that we have. Recreation never makes money. That business is to bring people together and make it a meeting place."

The RM is accepting sealed submissions until Sept. 9 at noon. Request for Proposal packages are available at weststpaul.com

For more information, contact municipal legislative officer Lainie Shaw at admin@weststpaul.com

FALL & WINTER ACTIVITIES & registration section 2021-2022

3 fun ways families can get fit together



The buddy system is widely used to help men and women get in shape. Friends can encourage their workout partners to get off the couch on days when their motivation might be waning, and partners can return that favor when the roles are reversed. And the benefits of the buddy system are not exclusive to adults, as families can rely on it to make sure moms, dads and kids each get the exercise they need.

According to the Centers for Disease Control and Prevention, ongoing exercise can help people of all ages control their weight, improve their mental health and mood and reduce their risk for various diseases, including heart disease and type 2 diabetes. And the benefits may go beyond those normally associated with exercise, particularly for young people

Getting fit as a family can be easy. The following are just a few ways parents and their children can get in shape together.

1. Start dancing.

Dancing isn't just a fun activity, it's also a very healthy one. While dancing might often be categorized as a recreational activity, such a categorization overlooks the many health benefits of cutting a rug. Dancing is a great cardiovascular exercise that works multiple parts of the body. Routine cardiovascular exercise has been linked to reduced risk for heart disease and other ailments. In addition, a 2009 study from researchers in South Korea found that hip hop dancing can boost mood and lower stress.

2. Schedule daily exercise time.

Parents and their children are as busy as ever, so it makes sense to schedule family exercise time just like you schedule family meals or outings to the museum. Kids who compete in sports may already get enough physical activity each day. The CDC recommends children participate in at least 60 minutes of physical activity each day, so kids who aren't playing sports can spend an hour each day sweating alongside mom and dad.

3. Walk after dinner.

Families who routinely dine together can delay doing the dishes to walk off their meals. A walk around the neighborhood after dinner provides solid family time, but it's also a great way to stay healthy. A 2017 study from researchers at the University of Warwick that was published in the International Journal of Obesity found that people who took 15,000 or more steps each day tended to have healthy body mass indexes, or BMIs. That's an important benefit, as an unhealthy BMI is often a characteristic of obesity.

Getting fit as a family can be fun and pay long-term dividends for parents and children alike.

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NORTHEAST EAGLES

Strategies parents can use to motivate students

Students may need some time to adjust at the beginning of a new school year. Summer vacations typically lack the structure of the school year, and it might be unfair to expect kids to seamlessly slip back into their more regimented lives as students.

While some early school year sluggishness might be normal that should wear off pretty quickly. If not, and students appear to be struggling to get motivated for their schoolwork, parents can try various strategies that should help reignite youngsters' passions for learning.

· Make your home more school-friendly. Summer is a relaxing time of year when parents have a tendency to relax rules around the house. But come the school year, parents must make sure their homes are as conducive to studying as possible. Resist the urge to turn the television on each night so students are not distracted from their studies. Keep the home quiet so students are motivated to focus on their studies.

· Encourage participation in extracurricular activities. Various studies have examined the relationship between extracurricular activities and academic performance. A 2002 study published in the journal Sociology of Education found that participation in extracurricular activities is associated with improved grade point average, increased college attendance and reduced absenteeism. The link between participation in extracurricular activities and improved academic performance is still in need of study, but such participation may help children acclimate to the structure of the school year more quickly than they might if they do not participate in such activities.

· Encourage curious youngsters. Kids are curious, and fostering that curiosity can be a great way for parents to get their kids excited about learning. Whether it's during the school year and part of their curriculum or on summer break, encourage kids to engage in subjects that interest them. As kids learn more about the topics and subjects that interest them, they may develop a passion for learning that they can then take with them to the classroom.

· Express an interest in the subjects children are studying. Another way to motivate students at the dawn of a new school year is to express an interest in the subjects they're studying. Ask questions about their studies and encourage them to share their thoughts and opinions. Engaging students about the subjects they're studying can motivate them to explore those subjects more deeply than they otherwise might.

Motivating kids to be excited about their schoolwork at the dawn of a new school year can sometimes be difficult. But parents can employ various strategies that can help their children readjust to life in the classroom and motivate them to perform to the best of their abilities.

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FALL & WINTER ACTIVITIES & registration section 2021-2022

How to help kids find extracurricular activities

Sports may be the first thing that comes to mind when many parents think of extracurricular activities for their children, but not all kids are cut out for or interested in competitive athletics. But just because a youngster may not be the next star quarterback or captain of the soccer team does not mean he or she can't find an extracurricular activity to be passionate about.

Parents know that schoolwork comes first, but extracurricular activities can be important to a child's development, serving as an avenue to meet new people and an opportunity to learn the importance of teamwork. The following are a handful of things parents should consider when trying to help their children find the right extracurricular activities.

Interests

One of the easiest ways to help kids find an extracurricular activity they can be passionate about is to discuss their interests with them. Youngsters with a love of animals might enjoy volunteering at a local animal shelter or hospital, while those who love to write may find writing for the school newspaper is a great way to apply that passion in a practical setting. Even kids with a passion for video games might be interested in learning about computer graphics and what it takes to design games. When trying to find extracurricular activities for your children, resist the urge to write off any of their interests. Instead, use those interests as jumping off points to further engage their passions.

Availability

Parents know that school comes before extracurricular activities, but kids may not be so wise. Keep in mind kids' existing workloads when helping them find the right afterschool activities. Many organizations are especially flexible with teenage volunteers or employees, but parents still must keep a watchful eye to ensure kids do not overextend themselves. Kids who overcommit to extracurricular activities may end up feeling burnt out, which can have a negative impact on their schoolwork. Encourage kids to find activities they care about, but emphasize that these activities should not become bigger priorities than schoolwork. Let kids know that they can get more involved during summer vacation, but make sure kids don't devote too much of their time to afterschool activities during the school year. A couple of hours per week and even some additional time on the weekends should not distract kids from their responsibilities at school, and that's still ample time for kids to explore their interests.

Extracurricular activities can help youngsters develop into well-rounded adults.

Extracurricular activities can help youngsters develop into well-rounded adults. Parents can help kids find the right activities while still encouraging them to keep schoolwork atop their priority lists.

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West St. Paul council approved shared sewer line

Main Street Trunk Sewer will be shared between West St. Paul and St. Andrews

By Ligia Braidotti

The RM of West St. Paul and the RM of St. Andrews will be sharing a sewer line to get wastewater services from the City of Winnipeg.

On Aug. 26, West St. Paul council approved a resolution to share the sewer line with St. Andrews since, due to their geographic location, they will need to co-operate to convey wastewater services for each municipality to Winnipeg.

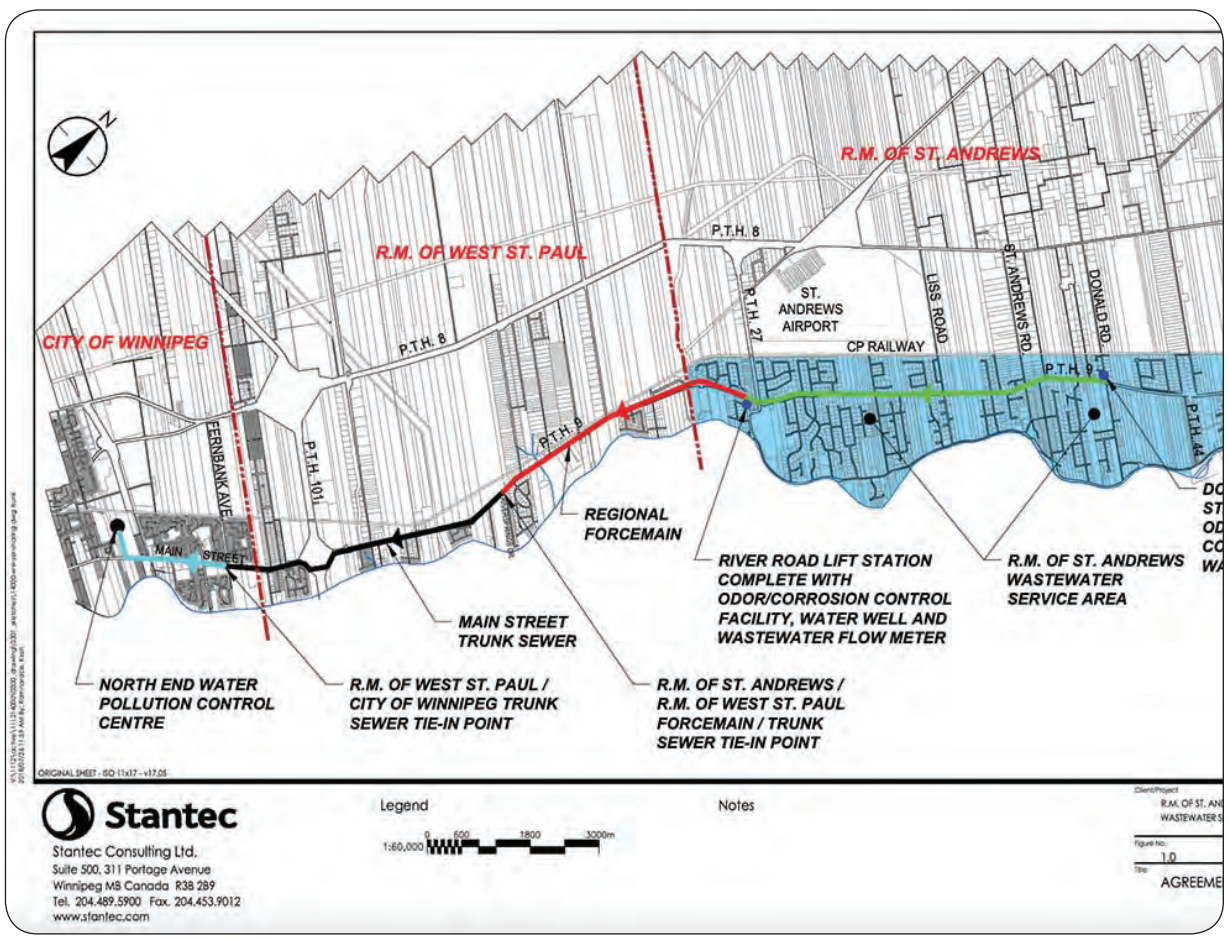
Both RMs now have a separate service-sharing agreement with the City of Winnipeg. St. Andrews signed a contract with the city on May 19 and now they need to sign another contract with West St. Paul.

"This has gone over several terms of council, both in St. Andrews and West St. Paul. This is monumental. It is now wastewater flowing from St. Andrews through West St. Paul to Winnipeg. It's taken multiple levels of government, many terms of council, lots of work from our administration, Winnipeg, and St. Andrews to get that done," West St. Paul Mayor Cheryl Christian said.

In February of 2013, the RM of West St. Paul signed an agreement with the City of Winnipeg and in April of the same year, there was a memorandum of understanding facilitated by the Manitoba Water Services for St. Andrews and West St. Paul to have a committee and work together on negotiating a shared sewer line service. A memorandum of understanding for sharing the capital cost was signed between the RMs in 2016, where there was a payment from St. Andrews to West St. Paul that totaled $2,391,413.

The shared sewer line is called the Main Street Trunk Sewer and proceeds from Winnipeg, to West St. Paul, to St. Andrews.

"This is important because there's funding from the federal and provincial government, but it's community crossing formal borders and wanting to work together. The City of Winnipeg and West St. Paul have to make sure that St. Andrews was included. We insisted that the pipe be sized to include St. Andrews. It's communities working together for the sake of everybody," West St. Paul CAO Brent Olynyk said.



RECORD PHOTO SUBMITTED

A Stantec map identifying the Main Street Trunk Sewer line that will be shared between West St. Paul and St. Andrews.

When the RMs finalize the contract, West St. Paul will pay $183,852 to St. Andrews for connecting 1,168 residences to the trunk line. This cost will be borne by the sewer levy reserve. Other obligations and costs of the shared sewer line will be carried by each of the RMs.

What's *Your* story?

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The Selkirk Record

get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE

Chopped Chicken Taco Salad

Recipe courtesy of Megan Gundy of "What Megan's Making" on behalf of Milk Means More

Prep time: 15 minutes
Cook time: 15 minutes
Servings: 4

Dressing:

1 cup plain Greek yogurt
1/3 cup buttermilk, plus additional (optional)
1 tablespoon fresh-squeezed lime juice, plus additional (optional)
3 tablespoons chopped cilantro
2 tablespoons taco seasoning

Salad:

2 pounds boneless, skinless chicken breasts
2 tablespoons taco seasoning
2 tablespoons olive oil
1 head leaf lettuce, chopped
1 avocado, chopped into bite-sized pieces
1 cup black beans, drained and rinsed
1 cup corn
1 pint grape or cherry tomatoes, chopped
1 cup shredded cheese (Monterey Jack or Mexican)
tortilla strips or crushed tortilla chips, for topping

To make dressing: In small bowl, stir yogurt, buttermilk, lime juice, cilantro and taco seasoning until combined. Taste and adjust lime juice and cilantro as needed. If dressing is too thick, add buttermilk 1 teaspoon at a time until desired consistency is reached. Refrigerate until ready to serve.

To make salad: Season chicken on both sides with taco seasoning. Heat large skillet over medium-high heat and add olive oil. Add chicken to pan and cook on both sides until outside is golden brown and chicken is cooked through. Remove to cutting board and slice into strips.

On large platter, heap chopped lettuce. Sprinkle chicken over top. Add avocado, beans, corn, tomatoes and shredded cheese. Drizzle dressing on top and sprinkle with tortilla strips or crushed tortilla chips.

Sustainable Frittata

Recipe courtesy of Jenn Fillenworth of "Jenny With the Good Eats" on behalf of Milk Means More

Prep time: 5 minutes
Cook time: 20 minutes
Servings: 8

12 eggs, beaten
1/4 cup whole milk, half and half or heavy cream
1/2 teaspoon salt
2 cups shredded cheese, any variety
3 cups assorted cooked vegetables and pre-cooked meats
fresh herbs, for garnish (optional)

Preheat oven to 450 F.

Preheat cast-iron pan or oven-safe skillet over medium heat.

In large bowl, mix eggs, milk and salt then add shredded cheese.

Add cooked vegetables and meats to pan to reheat. Once vegetables have softened, add egg mixture to pan and scramble. Let sit over medium heat 1 minute.

Carefully transfer to oven and bake 10-15 minutes. Frittata is done when eggs have set. Remove from oven and top with fresh herbs.

Fall Fitness Fun!

Submitted by Julie Germaine

Health and Wellness Fitness expert Julie Germaine

Hands up if fall is your favourite season too! Fall foliage is breath-taking, the weather is ideal, and typically so many fun activities to look forward to are kicking off.

It can take some adjusting to get yourself outside for exercise as the weather turns, but if you have the right attitude and wardrobe, you can stay warm and continue doing many of the summer activities you enjoyed, such as walking or bike riding.

Protecting your extremities is the first step in keeping warm and extending the outdoor season. If I go for a bike ride early in the morning in September, I wear gloves and throw on a specially made toque that fits thinly under my helmet to keep me comfortable. Dressing in layers also helps, so you can zip down or strip off as your core temperature rises from exercise. Aim to stay dry, not just warm, by opting for synthetic fibers instead of cotton, such as polyester, nylon, and polypropylene designed to dry quickly.

Now is the time to sign your kiddies up for classes – there is a chance the registration is more limited due to COVID-19 class size restrictions, but there are so many options to choose from (swimming, team sports, dance class). If your child's first choice is taken, see this as an opportunity to try something new and out of their comfort zone. After this odd year and a half, kids benefit from being pushed to socialize and connect with others in their community in as many ways as possible.

Finally, remember Twister and Musical Chairs? Why not try to incorporate family-friendly activities into game night. You may also want to consider investing in video games that include movement like Wii Sports, to encourage your gang to enjoy motion-controlled virtual fun!

I am passionate about helping men and women achieve their fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one coaching! www.juliegermaine.com

Coach Julie Germaine is a fit mom, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Guru. She has helped thousands of men and women improve their health since 2005.

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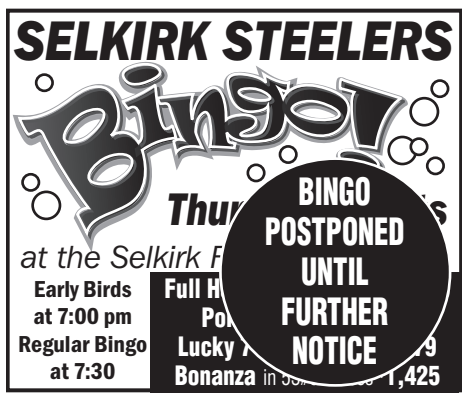


Campfires permitted in all provincial parks

By Staff

Recent rains have allowed the Manitoba Wildfire Service to remove the last of the fire and travel restrictions that had been in place in Area 4. This is the large area north of the Wanipigow River, east of Lake Winnipeg to the Ontario border, including Atikaki Provincial Park, and north to Poplar River. Manitobans are reminded there are still some areas where the risk of wildfire may still exist even after the rain, therefore caution is required. These restrictions will be lifted at 8 a.m. Wednesday, Aug. 25.

Outdoor Burning

Provincial burning permits will once again be available through the local or regional Manitoba Conservation and Climate offices. The issue of any burning permit remains at the discretion of the issuing officer and may require a site examination, further conditions or both, prior to issue. A reminder that campfires are permitted only in approved pits.

Restrictions in Provincial Parks

All provincial park trails are open and campfires permitted in approved pits only. Restriction information for provincial parks is available at www.manitobaparks.com.

Fireworks and Sky Lanterns

Fireworks and sky lanterns are prohibited in provincial parks at all times.

A Provincial Fireworks Authorization is required to use any fireworks or sky lanterns within Fire and Travel Restriction Areas.

The Province's Fire and Travel Restrictions map will be updated to reflect these updated restrictions. Confirm area restrictions before heading outdoors at www.gov.mb.ca/sd/fire/Restrictions/index.html.

PHOTO SUBMITTED

Provincial park campfires are now permitted in approved pits.

Many municipalities have implemented burning restrictions. Check with local municipal offices for more information or view the interactive Current Municipal Burning Restrictions at www.manitoba.ca/wildfire/burn_conditions.html. The province will not issue burning permits within or areas bordering any municipality where municipal burning restrictions are already in place.

For further information on Manitoba Wildfire Service, situation updates, restrictions and other important wildfire links go to www.gov.mb.ca/wildfire/ or follow the Twitter account at https://twitter.com/mbgovnews.

To report a wildfire, call 911 or the T.I.P. line (toll-free) at 1-800-782-0076.

Selkirk Regional Health Centre Surgical Unit update

What's going on at the hospital now that the outbreak is over

By Staff

As of midnight on Aug. 23, the regional medical officer of health is declaring the COVID-19 outbreak at Selkirk Regional Health Centre Surgical Ward over. There was no transmission of COVID-19 to any inpatients and no evidence of COVID-19 transmission among staff.

Current inpatients and families, and patients who were in the facility at the time the outbreak was declared were advised the outbreak is being declared over.

Patients and visitors of patients at the hospital should know that the hospital is following Shared Health guidelines for fully vaccinated people to visit fully vaccinated patients including visitation on the surgical ward. People planning to visit patients are encouraged to call ahead at 204-482-5800 and select 2.

Anyone that needs emergency help in the region is encouraged to come to the Selkirk Regional Health Centre emergency department as it continues to be open and ready for patients. The emergency room is fully staffed and has enhanced cleaning and other infection prevention and control protocols so visiting our emergency department is safe.

Dialysis services continue in at the hospital as usual and day surgery appointments have not been affected. The family birthing unit continues to provide services as does the cancer program. Surgeries are not affected though visitation to the surgical ward is restricted. Diagnostic services are still available and people are welcome to attend the health centre if they require diagnostics. All members of the community will be screened prior to entry and you will be expected to wear a non-medical mask.

For COVID-19 testing residents are encouraged to attend the testing site if they are experiencing symptoms and all residents are still encouraged to get tested even if their symptoms are mild. To make an appointment at a testing site if you have call 1-855-268-4318. Selkirk's COVID-19 Testing Site located at 100 Easton Drive in the former hospital is open Monday to Saturday 9:00 a.m. to 4:00 p.m.

If you have other inquiries or questions, please call Interlake-Eastern RHA's toll-free line 8:30 a.m. to 4:30 p.m., Monday to Friday at 1-855-347-8500.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Longtime Pirates' coaches step down

By Brian Bowman

The North Winnipeg Pirates' 18U "AAA" baseball team will lose five very good players from this year's team due to graduation.

They also lost two outstanding coaches.

Head coach Gary Dear and assistant Sam Nocita coached their final game when the Pirates lost 3-0 to Pembina Hills in a league semifinal contest on Aug 23.

"Well, I was hoping to go out with a win to tell you the truth," Dear said last week. "But it does feel good. It was time. Eighteen years, I've been coaching longer than some of these kids were born. The reality set in when I thought about it that way."

Dear knows the U18 Pirates' team already has a pair of quality coaches to replace him and Nocita.

"I feel good knowing that the team is in good hands right now," Dear said. "Donnie Smith will be there for at least two more years with his son Colson. Keith Carriere, who I didn't know prior to this year, but that guy knows his stuff extremely well."

Nocita, who coached alongside Dear for the past 11 years, is also going to be very missed.

"I have had great times having him along with me," Dear said. "His son (Adam) is about 25 now so it's been about five years now that there were two of us as non parents coaching. It was a lot of fun."

Nocita also had plenty of fun going to the ballpark and watching the players improve. "We both decided that the time was right," said Nocita. "It's been about (11) years that we have been coaching Midget together. I've always been involved with sports since I was a kid. I like being around the ball field. I like being around sports-minded people and helping out kids. I like being there and it's kind of like a break from real life. That's my place where I can just relax and just have fun."

Nocita is proud to be part of a quality Pirates' program that is surrounded by plenty of great people.

"It's been an honour for me to be part of the Pirates' organization for so many years," he said. "There are lots of very good people involved and they're moving in a positive direction so that's great for the kids and the community."

Smith said their program is really going to miss Dear and Nocita. The pair have helped many players get to the next level, whether it be junior or college baseball.

"For them to (coach) for such a long time, it's nice to see and obviously they love the game and love being around kids," he said. "They have been coaching at a very high level so they'll be missed, that's for sure. We can't thank them enough for all of the years that they put in."

RECORD PHOTOS BY LANA MEIER

Gary Dear, centre, spent 18 years coaching in the North Winnipeg Pirates' organization.

Pirates' coaches Gary Dear, left, and Sam Nocita discuss strategy.

Sam Nocita, left, has coached countless kids over the years with the Pirates.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

West St. Paul FC offence red hot

By Brian Bowman

West St. Paul FC has really been kicking the competition in recent weeks.

West St. Paul won its third straight game, blowing out the Rowdies 6-0 last Wednesday.

"It took us a little while to get on the board but once we did it picked up our confidence," said West St. Paul head coach Trevor Allerton. "We just kept going and scored three goals late in the game. We pretty much dominated the whole game. I was really happy with how we played. Despite some of (their scoring) chances our defence stepped up big and blocked a lot of their rushes."

Gareth Williams led the winners with three goals while Everett Fast added a pair and Andrew Loewen also tallied.

Williams has been a big part of West St. Paul's offence this season along with Jonathan Strempler and Tyler Dudeck.

"(Dudeck) doesn't score often but he's in on a majority of their goals," Allerton noted. "Our offence runs through those three guys. Without them, we wouldn't be where we are right now."

West St. Paul has now outscored its opponents by a whopping 19-0 margin in its past three games.

"They're playing great but, at the same time, those were the worst teams in the league," Allerton cautioned. "But we've taken advantage of that and scored when we can. To be honest, I have to give credit to our goalie (Riley Schmidtke). He didn't have to face a lot of shots in those games but the (saves) he has made have been absolutely unreal. He's definitely earned three shutouts in a row for us."

West St. Paul is currently in a three-way tie for third place in the 10-team league. But their schedule gets a whole lot tougher as they face the top teams in the league, including the first-place Eagles this Wednesday.

"We have three games left and two of them are against the first- and second-place teams so it's going to be a real test for us," Allerton admitted. "We face the first-place team (this) week and they have only allowed five goals. Even though we have been scoring a lot, that's going to be a real challenge. They've been like us, scoring a lot of goals, so our defence is going to have to stay strong and stop them from scoring goals."

West St. Paul FC's Owen Penner battles for the ball against a Rowdies FC player.

RECORD PHOTOS BY BRETT MITCHELL

West St. Paul FC's Alex Loewen kicks the ball against the Rowdies FC during Winnipeg Men's Soccer League action last Wednesday. West St. Paul won the game 6-0.

First-place Strike Force win again

Staff

The first-place Tri-S Strike Force struck again on Aug. 23.

Tri-S won its fourth game to start the season with a dominating 4-1 victory over SCM Academy in Manitoba Major Soccer League 5th Division action at Shaughnessy Park.

Yaya Ramadam Adam led Tri-S with two goals while Abdallah Abdallah and Stefan Koenig also tallied.

Martin Pilomeno replied for SCM Academy.

Tri-S has now scored a league-best 21 goals while allowing a league-low five tallies.

The Strike Force played the Purple Cobras this past Monday but no score was available. Tri-S will then battle Colo Colo at Buhler Recreation Park on Sept. 9. Game time is 6:15 p.m.

Brent Ingram loses in final of Manitoba Match Play Men's Championship

Staff

West St. Paul's Brent Ingram of the Elmhurst Golf & Country Club was edged by Niakwa's Lyle Mackenzie on the first playoff hole at the Manitoba Match Play Men's Championship at the Grand Pines Golf Course.

Ingram advanced to the final after a 3 & 2 semifinal victory over Noel Ngo.

The senior men's final featured Niakwa Country Club members Lorne Duncan and Ken Warwick. Duncan prevailed on the 19th hole for a 2 up win.

On the women's side, Addison Kartusch defeated Cala Korman 3 & 1. Both are members of the Golf Manitoba Junior Girls Development Program.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

13U Pirates' season ends with playoff loss

Staff

The North Winnipeg Pirates 13U "AAA" baseball team's season ended with a tough 5-3 loss to the St. James A's on Saturday.

Earlier that day, North Winnipeg defeated the Red River Valley Pioneers 14-6.

Last Thursday, the Pirates were doubled 4-2 by the Winnipeg South Wolves.

North Winnipeg started its playoffs the evening previous with a dominating 12-4 win over the Bonivital Black Sox.

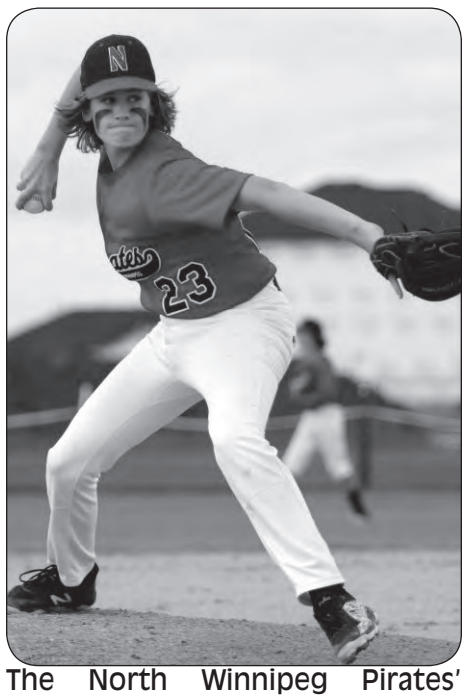
The 15U St. James A's, meanwhile, began its playoffs with an exciting 8-7 win over the Winnipeg South Wolves last Thursday.

On Saturday afternoon, the A's dropped a 16-6 decision to the Bonivital Black Sox.

Later that evening, St. James was defeated 10-8 by the Red River Valley Pioneers to end its season.

RECORD PHOTOS BY BRETT MITCHELL

The Pirates' Matthew Michaleski takes a good swing at the ball against Bonivital.



The North Winnipeg Pirates' Carson Krawchuk delivers a pitch against the Bonivital Black Sox during 13U 'AAA' playoff action last Wednesday in West St. Paul. North Winnipeg won the game 12-4.

Botterill beats Pirates in U18 semifinal

By Brian Bowman

In their biggest game of the season, the North Winnipeg Pirates ran into a pitcher that had a really big game.

North Winnipeg could muster just a pair of hits off Ryan Botterill as Pembina Hills defeated the Pirates 3-0 in an 18U "AAA" baseball league semifinal on Aug. 23.

"The difference was their pitcher," said Pirates' head coach Gary Dear. "Botterill was basically untouchable. It was a good game and we had a missed opportunity (to score) in the first inning."

Offensively, Pembina Hills was led by Alex Van Deynze, who had two hits and two RBI.

Pembina Hills scored a run in the second inning and then added two more in the fourth. Brett Zeller pitched very well for North Winnipeg in the losing cause.

Before that, North Winnipeg was playing some outstanding baseball as they reeled off three-straight playoff wins.

"They were playing their best ball of the year, so far," Dear said. "We had guys putting the ball all over the place. We were hitting the ball like we're supposed to. Our pitchers were doing their job...everything was falling into place. If it wasn't for the fact that we ran into such a hot pitcher, we should have been there. But unfortunately, there was one guy we couldn't touch."

North Winnipeg finished the regular season with a 10-8 record and the future looks very bright for the Pirates next season.

"I think it was a very successful season," Dear said, noting five players from this year's team - all starters - will be lost due to graduation. "Like we've had in the past, North Winnipeg has a fair-play policy for the first two thirds of the year and that shows on your record at the end of the year. Then come playoff time, we basically go with our starting lineup and we beat the top two teams in our division. The program is going to go a long way with the kids that are left there from this year."

The Winnipeg South Wolves won the league championship with a 10-2 victory over Pembina Hills last Wednesday. Pembina Hills was aiming for its third-straight U18 title.

Bandura golfs well at Canadian Men's Mid-Amateur Championship

Staff

Charles Fitzsimmons of London, Ont. was the only competitor to finish under par, resulting in a four-stroke victory at the Canadian Men's Mid-Amateur Championshipin Fort McMurray, Alta.

Jack Werhun of the Elmhurst Golf & Country Club carded his second consecutive one-under par 71 and finished 11th on the leaderboard with a 298 total.

Ben Bandura, with a 74 in his final round and 301 total, finished second in the Mid Masters Division. Bandura earlier carded rounds of 78,74, and 75.

Other Manitobans who completed four rounds included: Jay Doyle (Niakwa Country Club) 305, Delwyn Doerksen (Golf Manitoba Public Players Club) 312, Jordy Lutz (Elmhurst Golf & Country Club) 315, Tyler Hall (Pine Ridge Golf Club) 316, Drew Jones (Shilo Country Club) 323, Jesse Skelton (Breezy Bend Country Club) 332, and Kenny Keeler (Portage Golf Club) 334.

sports&recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers excited for the 2021-22 season

By Brian Bowman

The Selkirk Steelers were getting ready for the 2021-22 season by hosting a Prospects Camp last Friday and Saturday and their main camp in the past few days.

Steelers' head coach Hudson Friesen liked a lot from what he saw out on the ice.

"We had a really good camp this year, probably one of the best camps we've ever had just in terms of the pace, competitiveness, and the physicality that was there," said Friesen on Monday evening. "Camp was great and we had a good look at some of our prospects and draft picks coming up. There is a lot to like there and moving on to main camp, it only continued to pick up from there. We had a really good pace, lots of physicality, and lots of passion and compete, which is what we're trying to push out there.

"We're very excited about our group this season. We feel we have a team built here to go a long way and do some damage this season.

Selkirk was in Steinbach this Tuesday for a rookie game. The Steelers will play four more exhibition games this season, beginning Sept. 7 when they host the Winkler Flyers at the Selkirk Recreation Complex. The next night, the two teams will play in Winkler.

On Sept. 10, Selkirk will host the Steinbach Pistons and then the two squads will battle in Steinbach the following evening.

All four preseason games will begin at 7:30 p.m.

The Steelers' season opener will be at home against Steinbach on Sept. 17 at 7:30 p.m.

Meanwhile, the Steelers recently announced the signing of goaltender Hunter Tarves (02).

Tarves spent last season with the Surrey Eagles in the BCHL, posting a 3-0 record with a 3.00 goals-against average and .901 save percentage.

"We're really excited about Hunter, he was in Surrey last year and he has family in Petersfield," Friesen said. "Between him and Cole Plowman coming back, we feel we have a very good tandem there."

In other news, Selkirk traded forward Ethan Williment (04) to the Dauphin Kings for future considerations.

Williment played four games for the Winnipeg Bruins in the Manitoba U18 "AAA" Hockey League last season, scoring a goal and adding three assists.

RECORD PHOTO FROM SURREY EAGLES

The Selkirk Steelers recently signed Hunter Tarves, who played last season for the Surrey Eagles in the BCHL.

Fishermen hosting tryouts next week

Staff

The Capital Region Junior Hockey League's Selkirk Fishermen will be hosting their tryouts next week.

All players must pre-register by emailing head coach Chris Poponick at chris.poponick@gmail.com or by text at 204-770-3540. The following information must be sent: name, birthdate, last team played for, position, and left or right handed.

Players must register prior to Sept. 9 to attend. The cost of the first three skates is $50. All skates are at the Selkirk Recreation Complex and masks are required inside the building.

Dates for the tryouts are Sept 9 (7:15 p.m. to 8:15 p.m.), Sept. 13 (8:30 p.m. to 9:30 p.m.), and Sept. 15 (8:30 p.m. to 9:30 p.m.).

The Selkirk Record

Got a Sports Tip?

Call 204-785-1618

North Division Champs

RECORD PHOTO BY LISA RIVARD

The St. Andrews/Selkirk Mariners are the North Winnipeg Minor Baseball Association 13U A Division champions after a dominating 15-5 victory over Red River on Sunday evening.

Pictured back row, left to right, Neelan Edbom (coach), Clint Curle (manager), Darryl Giesbrecht (head coach), and Pete Todosichuk (coach). Middle row, left to right, Nicholas Edbom, Stanley Hallock, Logan Rivard, and Chase Bishop. Front row, left to right, Gavin Todosichuk, Tim Curle, Reid Sardo-Yellowega, Kane Mowat, Leif Palson, Carter Anderson, and Vance Giesbrecht.

Classifieds

The Selkirk Record

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FARM LAND FOR SALE BY TENDER

Sealed bids for the purchase of the following parcels of land, located in the Rockwood, Manitoba and currently owned by Shirley Kletke, will be received up to 4:00 pm on October 15, 2021 at the offices of : **Grantham Law Offices, Box 1400, 1-278 Main Street, Stonewall MB., R0C 2Z0 Attn: Karen @ (204) 467-5527**

The NW ¼ of Section 1-16-2 EPM
Exc Plan 64996 WLTO
146.44 acres, all cultivated

The parcel will be sold free and clear of all liens and charges except Caveat No. 2417168/1 and Easement No. 5073643/1

The following will apply to all tenders:

The vendor reserves the right to reject any or all bids and the highest bid or tender may not necessarily be the successful bid. Vendor will be responsible for total of 2021 taxes.

All tenders are to be submitted in sealed envelopes accompanied by a certified cheque or bank draft payable to "Grantham Law Offices in Trust" for 10% of the tendered amount. Cheques will be returned in respect to tenders that are not accepted.

All bidders will be advised within two working days of October 15, 2021 if their bid was successful. Successful bidders will be asked to enter into a formal Purchase Agreement with a possession date of December 1, 2021, or sooner or later by mutual consent.

Tenders will be held in confidence and not be released to the public.

If any purchaser has any questions concerning the bidding process, please contact Grantham Law Offices.

Any questions regarding details or history of these parcels can be directed to Jerry Kletke at 204-797-2615.

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

SCRAP METAL

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELLAT 204-861-2031.

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

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CLASS 1 DRIVERS

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Ph: 204-781-2938 Fax: 204-268-9363

HOUSE FOR RENT

2 bedroom house for rent in Selkirk. $1000 per month, utilities included. No pets, no smoking. Three references required. Available October 1, 2021. Call 204-672-0058.

---

1 bdrm. house in south end of Selkirk. $950/mo. plus utilities. No text, call 204-738-2560.

Small 2 bedroom house for rent in Selkirk. Incl. washer, dryer. 2 sheds. $1000/mo. plus utilities. Email bigandcolourful@mts.net for more information.

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GARAGE SALES / ESTATE SALES

Estate Sale: Friday, September 3rd, noon – 7 p.m. & Saturday, September 4, 2021, 8 a.m. - 4 p.m. 785 Cloverdale Road in St. Andrews. Owner is downsizing after 50 years. Sale includes: furniture, housewares, lamps, collectibles and misc. COVID rules will apply.

Fri., Sept. 3 to Mon., Sept. 6, 9 a.m. – 5 p.m., 410 Lockport Rd. Downsizing. Couch, oak table w/6 chairs, Fisher Price toys, Xmas lawn deer/sled/ornaments. Plus much more! COVID rules apply.

Saturday, Sunday & Monday, Sept 4-6, 9-4 each day, 19 Baldock St., West St Paul. household, garage, vintage china set, weight set, inversion table, roll top desk, computer desk, antique vanity dresser, men's skates, some tools & toolboxes, etc - a little bit of everything. Covid rules apply.

Fri., Sept. 3, 5 – 9 p.m. & Sat., Sept. 4, 9 a.m. – 2 p.m. Huge Yard Sale, 78116 - Two Mile Rd., East Selkirk. Tools, sewing, craft, household, small appliances, yard & garden.

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www.mcsherryauction.com

take a break
> GAMES

SUDOKU

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

Level: Intermediate

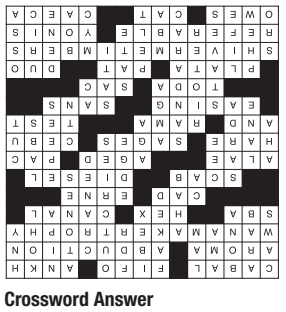
Fun By The Numbers

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

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

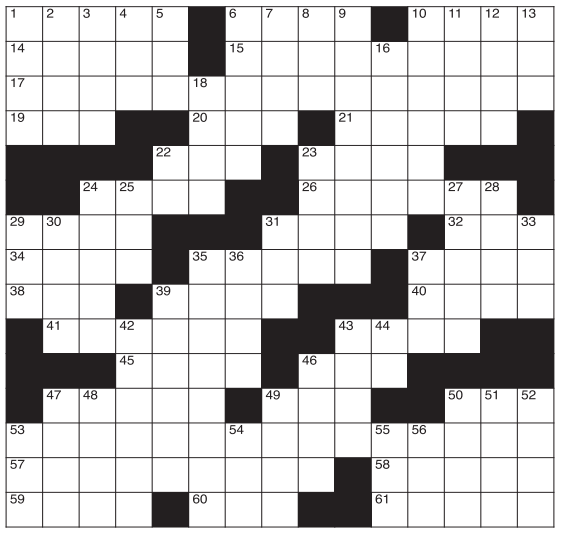
Sudoku Answer

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



Crossword Answer

CROSSWORD



CLUES ACROSS
1. Secret clique
6. Earliest in and out
10. Ancient Egyptian symbol of life
14. Olfactory property
15. Kidnapping
17. Golf prize
19. Helps little firms
20. Cast a spell on
21. Panama is one
22. Dishonorable man
23. Sea eagle
24. Part of the healing process
26. Vin's last name
29. Wings
31. Made older
32. Political device
34. Looks like a rabbit
35. Gurus
37. Philippine Island
38. Not or
39. Hindu model of ideal man
40. Exam
41. Making less difficult
43. Without
45. Dravidian ethnic group
46. A baglike structure
47. Buenos Aires capital La __
49. Dab
50. Singers who perform together
53. Pirates' saying
57. OK to allude to
58. Somaliland diplomat
59. Has to pay back
60. Felix is one
61. Intestinal pouches

CLUES DOWN
1. Harsh cries of a crow
2. Type of horse
3. __ fide: authentic
4. Doctors' group
5. Fugitives are on it
6. Forged
7. Wild goat
8. Influential American president
9. Calls for help
10. Repents
11. Palm tree with creeping roots
12. Black powder used in makeup
13. Happy New Year
16. Stretched out one's neck
18. Whale ship captain
22. Atomic #20
23. Border
24. River that borders India and Nepal
25. After B
27. Fencing swords
28. Where researchers work
29. Expression of satisfaction
30. Broadway actor Nathan
31. Heavy, heat-retaining stove
33. A way to eliminate
35. Type of tree resin
36. Russian river
37. Children's TV network
39. Troublemaker
42. Averts or delays
43. Self-immolation by fire ritual
44. It cools your home
46. Satisfy to the fullest
47. Stinks!
48. Popular board game
49. Attack by hurling
50. A vale
51. Type of acid
52. Tasmania's highest mountain
53. No seats available
54. Licensed for Wall Street
55. Family of genes
56. Constrictor snake

Classifieds

The Selkirk Record

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HELP WANTED

Lockport Taxi has a position open for a driver. Part time/full time, class 4 licence required. $13/hr. Ph. Glen at 204-757-7377.

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

Round-Tuit Cleaning Services is hiring to fill a part-time position for evenings, five days per week. Must have own transportation, Criminal Record Check and be physically fit. COVID Vaccination required. Call 204-785-3257 to apply.

Part time help required collating flyers into newspapers Tuesdays from 12:30 to 8:30 pm. And Wednesdays from 8:00 a.m. to noon. in Inkster Park, Winnipeg. Must be in good physical condition and able to stand for entire shift. If interested call 204-467-5836.

HELP WANTED

HEALTH CARE AIDES, must be licensed, all shifts available. Wages dependant on experience. Must be willing to relocate to the Selkirk area. To join our Bonded Mobility Team drop resume in person or email resume to ihebert@bondedhealth.ca

MISCELLANEOUS

Need staff??? Registering people for fall programs? Are your efforts to recruit staff on social media and the internet NOT creating the results that you need??? We can help! Trust the newspapers to get your message out! Advertise in the 37 Weekly Manitoba Community Newspapers! We could be helping your organization right now. Get noticed in over 352,000+ homes, for as little as $189 + GST! To learn more, Call us at 204-467-5836 or MCNA at 204-947-1691 for details. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Do you have News Tips? Interesting Story Ideas?
call the Record
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Let us be thankful for the institution of the Christian Sabbath. It is a thing wherein God has shown His mercy to us and His care for our souls. He shows that He, by His infinite wisdom, is contriving for our good as Christ teaches us that the Sabbath was made for man. It was made for the profit and comfort of our souls. Jonathan Edwards. Feel free to check out our website or contact us for further information. www.clda.ca

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WANTED: Buying estates, contents of homes, farms, barns, sheds, garages, etc. Buying most anything old & interesting! Contact twojunkies@outlook.com, text/phone: 204-918-1607. Junkies Estate, Salvage, Antiques & Oddities.

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1948 - 1952 Ford or Mercury truck box for 3/4 to 1 ton. Will consider complete truck. Call Larry at 204-793-6937.

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UPCOMING EVENTS

DUNREA FLEA MARKET – Rain or Shine! Antiques, collectibles and more! Over 75 vendors. Admission $4, 11 a.m. – 4 p.m., Sunday, September 5, 2021. Fairgrounds in Boissevain, MB

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NOTICE TO CREDITORS

In the matter of the Estate of **BODO GERHARDT HANS JOACHIM VORMENG**, late of Selkirk, Manitoba, Deceased.
All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Marlene Klimchuk, Estates Administration, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 5th day of October, 2021
Dated at Winnipeg, Manitoba, this 24th day of August, 2021
NICOLE HAMILTON
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Executive Mall
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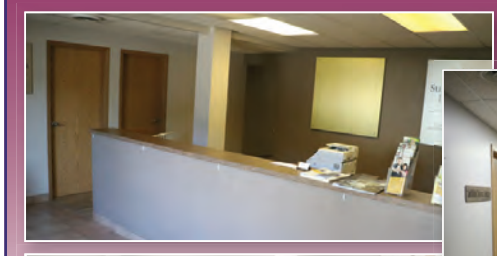
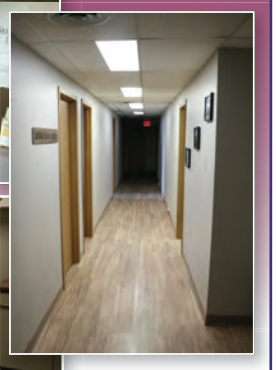
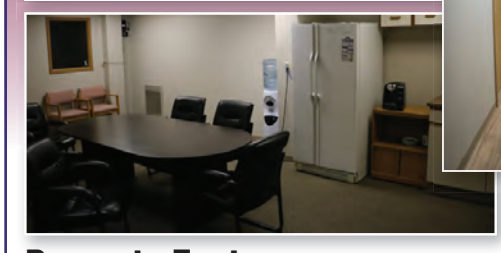
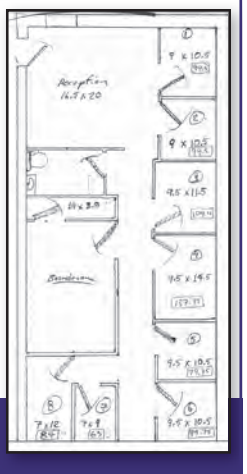




Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



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204-485-0010 **email bigandcolourful@mts.net**

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Call: 204-482-4469
email: parkers@superthrifty.com

FREE PUBLIC INFORMATION SESSION

CO-EXISTING WITH COYOTES

Free Virtual Presentation
September 16, 2021
6:00pm to 7:30pm
To register email info@weststpaul.com
or call 204-338-0306

- Would you like to learn more about coyotes living in West St. Paul?
- Attendees will hear from Manitoba Agriculture and Resource Development about coyote ecology, behaviour, and how to co-exist with coyotes in our community.
- The evening includes a presentation, an opportunity to ask questions, and links to information handouts.

wonderful WEST ST. PAUL

Announcements

The Selkirk Record

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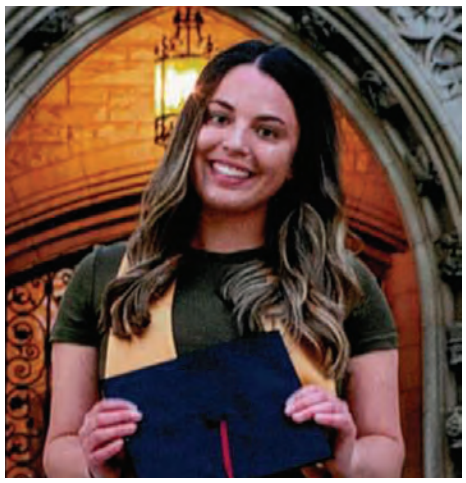

Renae Nicole Coverdale
B.A. Philosophy (Honours)
Congratulations on attaining your degree from McMaster University - Class of 2021.
Wishing you much love and success as you pursue your Graduate Studies at the U. of M.

-Love the whole family XO

ANNOUNCEMENT
GRADUATION

Logan Chantal Desorcy
Bachelor of Arts (Hons) Psychology
Congratulations on your achievement.
We wish you the best of luck as you pursue a career in Occupational Therapy

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Pelican Beach golf course $420's See the lake from this new 1378 sf bng. 10' clg, HWF, AT/2

Estate Home on 10 Acres with Shop!! 1748 sf 5 bedroom 3 bth home with 42x60 heated shop!!
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New Listing in Bifrost. Over 1800 sq. ft. bungalow on private acreage.

New Listing, Arborg. Move in ready 3 bdrm, bung, quiet street.

Arborg, must see. Picture perfect bungalow, private yard, garage.

KATHY MARKS
204-642-8501

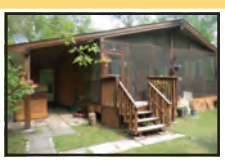
Newer 3 bed 2 bath home on 10 acres. 35 minutes from city. Horses allowed. $349,900
John Wishnowski
204-479-1208

Silver Harbor Gem. 3 bdrm, 2 bath, next to marina. Fireplace Screen deck, Garage. Boaters dream.
Chris Neufeld
204-641-1727

76 Loch Woods Drive Gorgeous home on a dbl. lotclose to the lake, minutes from Gimli! $429,000
Dave Humniski
204-642-8501

1150 sq ft 4 bdr updated cottage in Wpg Beach. $169,900
Ingrid Bennett
204-642-2089

Thinking of selling? For local information, call the Realtors® that live, work and play in the area!


58 Brewster Bay 3 season cabin on 2 lots, close to the lake, and min. from Gimli. $139,000
Laurence Humniski
204-642-8501

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3 bdrm/2.5 bath in Gimli's Loch Woods Estates. Built in 2017, insulated garage. $399,900

New Listing! Brand new 2 Bdrm condos in Sandy Hook. Close to Golf course. $289,900

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Stunning 4 BR Home. Walk. dist. to the beach & all amenities. LP $449k Call for info!

3BR LAKEVIEW cottage, treed lot, large deck, Balaton Beach. LP$184,900 Call for more info!

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204-232-6200
New Listing: over 1800 sq. ft. bungalow, overlooking Otter Lake.

WOW! Arborg. This one has it all, gorgeous family home, a must see.

Arborg, bungalow, perfect a large family, plenty of room to roam. Call.

JUSTIN ZINKOWSKI
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2 acre treed lots in East Selkirk new development. Buy now build later on lot 9

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ANNOUNCEMENT

BIRTHDAY

Happy 90th Birthday
Stephanie Youzwa
on August 31st
May you never lose your sense of adventure!
-Love always,
Doug, Cheryl, and family

ANNOUNCEMENT

ANNIVERSARY

Ed and Anne Hamelin
Happy 49th Anniversary
on September 2nd
We may be old and grey,
But we're still going strong!

ANNOUNCEMENT

CARD OF THANKS

We thank God for all your loving messages of peace, of affection and the help and support we received after the passing of our son, Wenzel.
-Sincerely, Wenzel and Marlen Preun
and all the family

ANNOUNCEMENT

IN MEMORIAM

Bill Stutsky
October 23, 1925 - September 2, 2020
It's been a year since you've been gone
Forever missing you.
-Love Al, Sue
and all your grandkids

ANNOUNCEMENT

IN MEMORIAM

Laurie W. Stafford
April 30, 1952 - September 6, 2020
The seasons don't change
The days have no names
Today is like yesterday
Our time stands still.
Till we meet again.
-With Love, Helen and family

ANNOUNCEMENT

IN MEMORIAM

With Fond Memories
Chuck (The Channel Cat) Norquay

Fish on Parch!!
A good Friend never does die.
-Loved by all your
friends and family

The Selkirk Record

Announcements

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GRAVESIDE SERVICE

Lorraine Marie Swain -

Graveside Service to be held for Lorraine at 2:30 p.m., September 14, 2021 at St. Andrews Church on the Red, St. Andrews, MB.

Lunch to follow at the Selkirk Legion basement, (Covid permitting!)

-Larry and family

OBITUARY

Norman Nelson

Peacefully on August 25, 2021, Norman Nelson, aged 101 years of Woodlands, MB passed away. He is survived by his daughter Nancy (Ivan) Hoosier also of Woodlands, MB.
In keeping with his wishes, cremation has taken place and no formal service will be held.
Condolences may be left on Norman's memorial page at www.interlakecremation.ca

Arrangements entrusted to
Interlake Cremation & Memorial Services
204.482.1040

OBITUARY

Dermot John Rooney
July 11, 1965 – August 19, 2021

In loving memory of Dermot John Rooney, age 56, who passed away tragically and unexpectedly on Thursday, August 19th, 2021. Dermot left this world doing what he loved the most, riding his motorcycle.

Dermot is survived by his two daughters Danielle and Deirdre (their mother Glenda), mother Clementine, sister Fiona (Gord), and nephew Colin. He was predeceased by his father Dermot in 2019, his beloved aunts and uncles, and numerous close friends.

Memorial service was held at 7:00 p.m. on Wednesday, August 25, 2021, at Glen Eden Funeral Home, 4477 Main Street, West St. Paul, MB.

Family and friends may sign a Book of Condolence at www.glenedenmemorial.ca

Glen Eden Funeral Home
204-338-7111

OBITUARY

Stella Chorney (nee Zaborniak)

It is with heavy hearts that we announce the passing of our mother, grandma and great-grandma, Stella Chorney in her 92nd year on August 28, 2021 at the Betel Personal Care Home.

Mom will be missed by her children Colleen (Terry), Murray (Patti) and Susan (Gary); her grandchildren Natalie (Gonzalo), Bradley (Jennifer), Cameron, Lana and her precious great-grandchildren Matias and Margo; many nieces, nephews and cousins. Mom was predeceased by her husband Joseph in 2007 and many siblings, sibling-in-laws, brother-and-sister in-laws. Mom was the last of the Zaborniaks and Chorneys in her generation. What a polka-party they will have up in heaven!

Mom was born on May 16, 1929 to Bill and Mary Zaborniak. She grew up in the Highland Glen area and when she married Joe in 1947 (together they celebrated 60 years of marriage) they settled in East Selkirk where they homesteaded their farm which is still operating today. Mom took a lot of pride in working alongside Dad and was very capable in operating all the farm equipment. She logged hundreds (if not thousands) of hours on combines and tractors that were a far cry from the comfort of todays machinery. If she was not in the fields, she was working hard in her kitchen pumping out amazing meals to feed the hungry workers. The multi course feasts that came from her little stove in her little kitchen, whether for workers or for family gatherings are still legendary. Mom also loved her gigantic garden which was the basis of her good cooking. What wasn't fed to us fresh from the soil went into hundreds of jars to keep us nourished throughout the winters.

Special thanks to Dr. Brown and the staff at Betel Personal Care Home for their compassion, care and attention (especially Lindsey) to Mom.

Due to covid restrictions a private family graveside service will take place. Pallbearers will be Mom's grandsons Bradley, and Cameron, nephews Doug Chorney, Brian Chorney, Brian Kazuk and Maurice Burbella.

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

Gilbart Funeral Home, Selkirk in care of arrangements. Gilbart

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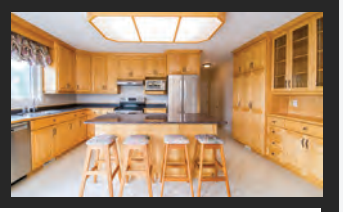

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