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THURSDAY, SEPTEMBER 8, 2022
VOLUME 13 EDITION 36

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RECORD PHOTO BY KATELYN BOULANGER

The East Selkirk Recreation Association is having to do some major upgrades to its ice plant and is asking residents to support their increased fundraising efforts. Learn more inside.

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Overdose Awareness Day acknowledged in Selkirk

Messages of love and remembrance without stigma come to waterfront

By Katelyn Boulanger

The Manitoba Harm Reduction Network hosted an Overdose Awareness Day event at the waterfront on Aug. 31. Residents gathered to acknowledge those that have been lost to overdoses as well as to raise awareness for the need to make resources available to end the crisis of overdose deaths.

"I've had a team of very supportive people come around from community to help out [in putting together this event] from folks that we work with, to coworkers, to knowledge keepers, and allied folks in the community and it's very much appreciated. Overdose Awareness Day is a heavy one for us. I would like to acknowledge that we've had a lot of loss in the community of Selkirk and we continue to have a lot of loss. We're gathered today to connect to the memory of those folks that we hold close to us, to remember them, and to hope and work towards a better future," said Tristan Dreilich, Manitoba Harm Reduction Network, Network Coordinator for Selkirk.

After an introduction by Dreilich, Jeannie White Bird took the stage speaking as a knowledge keeper in our community. She led the group in a prayer that honoured the four directions. Residents were then able to participate in a smudge and accept a purple tobacco tie, representing overdose awareness, which was left either at the medicine garden on Manitoba Ave. or put into a sacred fire.

From there, two speakers took to the stage to share their personal stories of helping people who were experiencing addiction and how changes need to be made to stop the loss of life that is being experienced in our communities.

"When I got back to Selkirk because I had been away for a bit, I had a lot of friends that didn't have anywhere to go. And, I took them in, I took a lot of people in," said Chelsea Grove.

She explained that her deciding to put the needs of others first by giving them a place to stay created housing problems which ultimately led to her becoming homeless and living under the bridge in Selkirk for a time. Grove was in the difficult position of having people come to her looking for a place to stay, and with there being no local homeless shelters this was a difficult position to be put in, particularly in the wintertime.

Though she is now in a different situation in her life, Grove also discussed how when she was homeless there were very limited resources available for her and others in the same situation because of the stigma associated with people who use substances and people who are unsheltered.

"In order to make long-term change, three basic things need to be met—food, clothing and shelter—and I didn't have any of that," she said.

Dreilich also mentioned that homelessness is a large problem in our community which is why peers who work with the MHRN guided him to include a tent at the event.

"When we think of what we really need to do in the community to support those who are affected by oppression and by systems that marginalized people and are not getting their needs met just because they use substances. Housing is one of those key needs in Selkirk. In every conversation I have with folks, housing seems to come into the conversation. So today, we're shining the spotlight



RECORD PHOTO BY KATELYN BOULANGER

Tristan Dreilich, Manitoba Harm Reduction Network, Network Coordinator for Selkirk with a naloxone kit. This medication quickly and effectively reverses opioid poisoning.

on just how important housing is in Selkirk to support those that either use substances or need to use substances or are just affected by the lack of housing in Selkirk and there's a strong connection between those [groups]," said Dreilich.

Continued on page 4

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DOG DAYS

> OVERDOSE AWARENESS DAY, FROM PG. 3

The other speaker at the event was Nancy Mueller, a former nurse as well as a person who has lost a loved one to overdose poisoning, and who volunteers with the MHRN.

“In 2022, we have a scary and very preventable situation in Selkirk. Some Selkirk families have already or will soon lose loved ones to unintentional substance poisoning. We still call it overdose, but it’s now known to be an incorrect term. Unintentional drug poisoning is causing death in numbers much higher than ever before,” said Mueller.

She went on to share that she used to believe that it was the people who were taking the substances who were the problem, but after being educated learned that people have been using substances for centuries.

Mueller explained that our current crisis comes from people not knowing what they are taking and how much they are taking because the supply of drugs is far less safe.

“When buying drugs on the street, there’s really no way to avoid this danger. Life becomes more and more difficult. The substance user becomes more isolated, and their poor health and wellbeing further increase the risk,” she said.

Some suggestions for how to help people that she suggested were to approach their situation with kindness and no judgement as someone dealing with an addiction has a brain disorder that requires the drug unless they are in a safe place to detox and ready to do that. She also explained that drug testing kits are used so people know what they are taking, that safe places to use drugs help people avoid unintentional drug poisoning,

and that resources like connections to healthcare, housing, food, and social services will help vulnerable people.

She also pointed to the legalization of cannabis as a successful model for how legalization can create a safer supply of substances as well as a way to free up police resources.

“Addiction is already difficult and dangerous without these preventable risks. And, I can tell you that from my past experience in my home, winter’s coming, and Selkirk has very little to protect some of our most vulnerable. If we work together, we can add important services and truly improve Selkirk for some of its most vulnerable citizens,” said Mueller.

After Mueller’s speech attendees were given the chance to remember people who have passed away due to overdose poisoning by writing their names on balloons and writing messages of support on the sidewalk in chalk. There were also many signs made by MHRN peers at the event and a purple chair which represented the people who have been lost.

Dreilich also taught anyone who was interested how to use a naloxone kit which is a medicine used to reverse the effect of opioid poisoning. Naloxone kits are currently available at any time at the Shell gas station in Selkirk.

For anyone who would like to be trained on how to use a naloxone kit, Dreilich asks that you reach out to him at tristan@mhrn.ca. There are also additional resources to learn more about harm reduction at the MHRN’s website at <https://mhrn.ca/>.



RECORD PHOTOS BY KATELYN BOULANGER

A tent which was used as a talking point to discuss the need to shelter unsheltered substance users in our community. One presenter made the point that until people’s basic needs are met it is impossible to change anything else.



A purple chair represents the people who have been lost to overdose.



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Raising funds for MS research in Selkirk

Crowds 'shook up' at Burgers to Beat MS

By Katelyn Boulanger

Selkirk's A&W once again hosted its Burgers to Beat MS event and residents enjoyed their annual dose of Elvis who stopped on by to sing and sway for the crowd.

"It's about the community getting together having some fun, and trying to raise some money to go towards Multiple Sclerosis [research and] the MS Society," said Grahme MacFarlane, Owner of Selkirk's A&W.

This event is a crowd pleaser every year and this one was no exception with a large crowd gathering to check out not only the Elvis impersonator but to see the classic cars that local clubs brought to the event and of course to grab a burger. During the event, two dollars from every teen burger sold was donated to the MS Society.

MacFarlane says that he believes it's important to host events like this in the community again now that we are able to gather again.

"We hear it every time we turn on the TV or do something. We've had a crazy few years. Everybody has

been trying to stay safe and definitely I think we just need to get out and do stuff and be with the community again and help each other any way we can," he said.

In addition to the money raised through burger sales, there were also donation jars at the event and larger donations were accepted from some of the restaurant's regular customers.

"We raised just under \$2,000 at the store," said MacFarlane.

He says that compared to past years that that's a little lower. However, with some new staff members cutting their teeth on the event for the first time as well as rain threatening the event, it makes sense that their fundraising might be a little lower than before.

MacFarlane wants people who stopped by to grab a quick bite and people who attended the event to know that he appreciates their support.

"Thank you very much. It was great to see people out again. Great to see some people because some people we haven't seen in a while," he said.



RECORD PHOTOS BY KATELYN BOULANGER

Elvis pleased the crowds at the 2022 Burgers to Beat MS event at A&W Selkirk.

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East Selkirk Arena has a lot of fundraising to do

Ice plant upgrades mean that local arena will need support from community

By Katelyn Boulanger

Members of the East Selkirk Recreation Association are asking that residents keep up with and support their fundraising events this year as some pricy ice plant upgrades will need to be done in the future to keep the rink hockey ready.

Blake Burnett, the facilities manager of the East Selkirk Recreation Association, says that ice creation is currently on pause as they are waiting for a condenser which was ordered a few months ago to come in and be installed. The condenser, along with the rest of the ice plant, is well past its life expectancy and though the group has been repairing components over the years, the equipment is getting to the end of its usable life.

"I spend a lot of time up inside of it during the winter to keep it going. We've managed to nurse it along the last part of the season just so we could meet all of our commitments," said Burnett.

Unfortunately, at the end of last season, the group realized that continuing to use the condenser wasn't an option.

Pam Brechin, who is the ESRA's Hockey Director as well as a board member, said that she wasn't shocked by the need for the replacement as they knew the ice plant was getting old but she wasn't aware of the overall cost of the replacement of all the parts at that time.

The East Selkirk Recreation Asso-

ciation is a non-profit organization dedicated to bringing East Selkirk together through recreational activities overseeing several facilities including the East Selkirk Arena and Legacy Park.

"Our main income is ice rentals. So, it's a double-edged sword because if we don't spend the money to get the ice in, then that's kind of the end," said Brechin.

The group decided to order a new condenser last spring and because of the time it took to manufacture and ship, it should be installed shortly and ice is planned this year. However, because they know that more components of the ice plant will need to be upgraded in the future, they are reaching out to the community with their story and hoping that residents will support them as they increase their fundraising efforts in the coming months.

The group also plans to apply for grants but because they are aware that many grant opportunities require a matching financial commitment, they knew the first place they needed to start was by reaching out locally to residents.

The first fundraiser that they are planning is a Barn Burner Fundraiser Social. This event will take place on Sept. 17 and tickets must be purchased in advance. They are \$10 if purchased from a board member or \$10.50 online at the eastselkirkrec.com website because of a processing



RECORD PHOTO BY KATELYN BOULANGER

Kids at the East Selkirk Arena playing on a cement floor.

fee. Keystone Sports will also be selling tickets to the event and residents have the option to buy support tickets without needing to attend the event.

Burnett says that having this facility in the community is important because of the value that it adds to the region.

“I think that when new people are coming into a community, they look at schools if they have young kids. They look at the proximity to a hospital, depending on your age, and then [in third place they look for a] recreation facility. I think that’s a high priority for people looking into a community and also for the people that are inside the community,” he said.

Brechin agrees saying, "I'm from a small community in southwestern Manitoba and the rink was always kind of a place that you knew your friends were going to. When I take my kids there, I know that they're going to run into a friend or somebody that they know," she said.

Another important reason that the group is passionate about keeping this ice surface available in the community is because of the lack of ice surfaces in the region. There is a large demand for ice time and their facilities and the others in the region are often booked well in advance with demand coming from teams as far as Winnipeg.

The next upgrade that is planned for the plant is to replace their aging chiller and though there is not a date set for it yet the group plans to host a fish fry as their next fundraising event.

Keep up with the ESRA at <https://www.eastselkirkrec.com/> or on their Facebook at <https://www.facebook.com/eastselkirkrec1/>. tickets to the Barn Burner can be purchased at <https://www.eastselkirkrec.com/post/esra-barn-burner-fundraiser-social>.

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East Selkirk's Water Plant receives royal treatment

By Tammy Karatchuk

Residents of the Rural Municipality of St. Clements will soon be able to stop cleaning their coffeemakers and teapots with vinegar. The East Selkirk's water treatment plant is receiving another upgrade with all the bells, whistles, and softeners.

"We need to continue our vision of making St. Clements 'The place to be' by attracting those young families that are looking for a place to call home," said Debbie Fiebelkorn, Mayor of St. Clements, "as well retaining new families that move to the area and making sure the needs of our long-time residents are met."

East Selkirk's population is just under 700 people – including schools and some commercial businesses. The upgraded water treatment plant can provide water for 1,350 residents – with long-term plans to expand to 2,760. St. Clements saw a population boom of 6.5 per cent in 2021, and the area shows no signs of slowing down.

"The upgrade will include a truck

fill station in order to provide quality potable water to all residents," said Fiebelkorn, also saying, "The water quality meets all standards stated in the 'Canadian Drinking Water Quality Guidelines.'"

There were concerns in the past about drinking water contamination, septic field failure and boil-water advisories which prompted the RM of St. Clements' council to find a solution.

"The RM of St. Clements began the engineering design and development of a water and sewer system in 2007," said Fiebelkorn. "The water treatment facility was to address drinking water quality and to address future drinking water regulations to improve residents' quality of life. The construction of the East Selkirk water treatment plant was completed in 2013."

Fast-forward to 2022, and the plant requires updates to improve water security and nix the need for at-home water softeners.

While home softeners 'reduce the



RECORD PHOTO BY TAMMY KARATCHUK

A ribbon cutting ceremony was held to commemorate upgrades made to East Selkirk's water treatment plant, including the addition of a membrane water softener system and truck fill station.

hardness in the water,' over time some salts can harm sewage systems, the environment, and the water table. East Selkirk's plant will have a membrane softening system, which eliminates calcium and magnesium, softening the water at the source. This will decrease the amount of salts entering the East Selkirk lagoon wastewater system.

"The new design will also incorporate capacity for expansion of potable water from the East Selkirk water treatment plant for residential, industrial and further commercial development to the south, including the Lockport area," said Fiebelkorn. "The upgrade will also provide for fire protection in the future in those areas."

The project is estimated to cost approximately \$5 million. The province of Manitoba has pledged half of the

price tag. The Manitoba Water Services Board is also funding the water treatment plant.

Medical Transportation grand opening



RECORD PHOTO BY KATELYN BOULANGER

Peguis Chief Glenn Hudson joined Selkirk mayor Larry Johansson and Peguis Community Support Services staff at the grand opening of their new medical transportation van. Though many health services are offered in Selkirk, this van will make it easier for people needing to be transported out of the area to get the care they need.



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NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

Tennis Manitoba Hub @ West St. Paul breaks ground

By Donna Maxwell

Mayor Cheryl Christian and council members welcomed guests and held court today at the Sunova Centre to ground-break the brand new Tennis Manitoba Hub @ West St. Paul.

"I am so grateful that everyone has joined us today for this ceremony where we bring out the big scissors and the red ribbon and the golden shovels. It's important to have days like this because we're celebrating six years of hard work, and it's our chance to thank everybody involved who made these tennis courts, this new community asset a reality," Christian said.

"I'm proud of the administration and staff who do the behind the scenes work to get this done and I'd like to acknowledge two members of council that are here today, Deputy Mayor Stan Parag and Coun. Giorgio Busceti. It takes council support to recognize the importance of recreation in our community, to listen to our residents and the strategic plan that told us they want more recreation and they want more trails."

Kevin Lamoureux, MP for Winnipeg North and Parliamentary Secretary thanked the crowd of approximately 50 people who attended and congratulated Mayor Christian on her vision for a better community.

"This is a unique, high-class, wonderful tennis court program and an investment of about \$750,000 through Prairies Economic Development Canada. The purpose is to invest in our communities. Coming out of the pandemic we understand and appreciate the importance of building back better wherever we can," Lamoureux said.

"One of the ways we do that is investing in our communities. What that really means is taking a look at our communities, and asking how we improve the quality of life for today. One of the ways we can do that is investing in sports activities."

Tennis Manitoba President David



RECORD PHOTO BY DONNA MAXWELL

Mayor Cheryl Christian, centre, MP Kevin Lamoureux, right, and Tennis Manitoba's David Scrapneck, get a little help from potential future tennis stars cutting the ribbon on the new facility.

Scrapneck said he was thrilled to be at the ground-breaking of the new facility that will bring world-class tennis to West St. Paul.

"We host the National Bank tennis tournament in Winnipeg and we've outgrown the facility and this will be a fantastic new place where we can host international tennis," Scrapneck said.

"I want to congratulate everyone who brought this all together. I want to thank all the public for their input, the Federal Government for the funding, and from West St. Paul, Mayor Cheryl Christian, without their support, this wouldn't have happened."



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

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Provincial grants available in Selkirk

Arts, Sports and Culture Community Fund grants for non-profits

Submitted by Dr. Alan Lagimodiere
Member of the Legislative Assembly for Selkirk

As the MLA for Selkirk and long-time resident of the Tri-S Area, I am continually thankful for the positive impacts to community from various non-profit sport, culture, and arts groups. These groups support our youth, enrich our culture, and enhance diversity.

Our PC Government is supporting what matters to you, your family and your community. That's why we created the new Arts, Culture and Sport in Community Fund (ACSC). The \$100 million over three years will enhance Manitobans access to arts, sports, and culture through non-profit organizations programming and facilities.

This year, \$34 million will be awarded to projects in Manitoba; followed by an additional \$33 million per year in the following two years.

The ACSC fund is split into three streams: large capital projects between \$300,000 and \$5 million; small capital projects and special initiatives for requests up to \$300,000; and community celebrations for requests up to \$5,000. Projects can range from the construction of a new community space to the modernization of HVAC systems, and everything in-between.

Eligible non-profits may be amateur sports organizations, or ethno-cultural organizations, community festival organizations and more. To find more information on eligibility, please visit manitoba.ca/acsc.

If you have any questions or need



RECORD FILE PHOTO

Dr. Alan Lagimodiere, Member of the Legislative Assembly for Selkirk.

help filling out your application, please don't hesitate to contact me by phone at 204-482-4955 or by email at alanlagselkirkmla@mymts.net.

Selkirk Junior Rifle Club in search of new coach

Club's future hangs in balance

By Katelyn Boulanger

Selkirk's Junior Rifle Club has a rich history in the community going all the way back to 1955 but in the past few years, it's lost two coaches which has put it in need of volunteers to step up in order to keep kids in the game.

Liz Flett, the Selkirk Junior Rifle Club chair said that they do have one coach but need a second person who is willing to take on the reigns, but that that person has been a bit difficult to find because in order to coach the SJRC there are educational requirements in order to make sure that everyone is safe.

"Hopefully, there's somebody out there. [They don't] necessarily have had to work with Selkirk's club as there were at one time 26 clubs in Manitoba," said Flett.

The club has had to pivot over the years having once ran the program out of the LSRCSS and before that out of a building on Jemima close to where the water tower is now. In the very beginning, they shot out at an old gravel pit west of Selkirk but now hope to return to a shooting club in Winnipeg where they ran the program before the pandemic.

Flett says it would be very nice to have someone step forward to help out because she already has 30 people

on the list who would like to participate and continues to receive calls asking if they are operating.

"I tell them the whole story and technically right now, no, we're not because it's a shortage of qualified coaches," said Flett.

She says that other than someone who has been previously qualified through a club outside of Selkirk. The most likely person who could meet the qualifications would be someone who previously participated as a member or a parent of a member.

If they manage to get a coach in place, Flett says that the club would run weekly, as it did previously, and that everything is provided by the club for the youth who want to participate.

"We supply everything. We supply the firearms, the only thing that's required is for them to come with hearing aids and shooting glasses and the other requirement is that they have the hunter safety under their belts," she said.

The reason that they stopped providing hunter safety training was because it's now easily obtained online, however, Flett says that even with all of their members being trained beforehand, the group still continues to

emphasize safety.

"We cover all the rules and regulations and safety issues. Our biggest thing is the three Ss—

safety, sportsmanship and shooting. Safety being a primary concern," she said.

One thing she also explained was that the club is focused on sport shooting. They don't teach hunting.

"We offer them all the tools they need. So, if their dad wants to take them hunting, fine and dandy, they've got the hunter safety, they've got the knowledge, they've got the understanding of what's all involved but basically, our kids are target shooters," said Flett.

She believes that it's important that parents have the option to enrol their kids in programs like theirs so that they can learn to take proper safety precautions from a young age.

Since Selkirk is a city surrounded by rural municipalities there is a possibility that people might engage in activities like hunting more often and teaching best practices and respect for firearms is important.

"They know that

you do not touch, you don't take a firearm without being under the supervision of an adult. They learn all the legalities of firearm ownership," she said.

Flett actually coached the team herself at one point until she physically couldn't continue.

Her favourite part of coaching was actually engaging with the younger students who absorbed the information like sponges.

She encourages anyone who's interested in coaching to give her a call and chat about qualifications.

"I will give them the nitty gritty after exactly what all they need to do and find out if they're prepared to jump through the hoops," she said.

Flett can be reached at 204-482-8945 or lizflett@mymts.net.

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Selkirk Rotary annual book sale returns after COVID-19 hiatus

Book sale Sept. 22-24, and Sept. 29-Oct. 1

By Autumn Fehr

Bookworms, grab your book bags and mark your calendars for the most anticipated book sale of the year.

As fall weather approaches, so does fall fashion, fall beverages, and curling up with a good book on cold nights.

The Selkirk Rotarians can finally take books out of storage and bring back their book sale for the first time since 2019.

"Over the years, we've discovered it's become very much a community event. There are a lot of readers in this community. A lot of avid book fans and we've been asked since 2019, when is the next one?" said Ruth Konzelman, co-chair of the Selkirk Rotary Club.

The Selkirk Rotary's 12th annual book sale will take place in Selkirk Park in the Agricultural Society Building for two weekends: Sept. 22-24 and Sept. 29-Oct. 1.

"An interesting thing about this event since we've been running it for so long, is that we really get to know the people who come every year – it becomes quite personal," said Sharon Moolchan, co-chair of the Selkirk Rotary Club.

The book sale is a fundraising event for Rotary International, a humanitarian service organization, but over the years, it has become an event for the community.

The sale has something for all reading interests, from children's books to fantasy, historical books and cookbooks.

Books will be separated according to genre to make things easier for shoppers.

Throughout the year, the books for sale are donated by the community, dropped off at Red Bomb Fireworks, and put into storage until the next book sale.

"We've been incredibly lucky to have the people from Red Bomb Fireworks, Matt and Brandi Bialek as partners in this. We probably could not operate without Red Bomb as a storage facility," said Konzelman.

Several weeks ago, I checked with

Matt, and there were 15 pallets of books so far, said Konzelman.

The books are set at affordable prices so more people can come out and enjoy them.

Prices range from \$2 for a hardcover book or three hardcovers for \$5, children's hardcover books for 25 cents or three paperback children's books for a quarter, or cookbooks and craft books for 50 cents.

The Selkirk Rotary is continually trying to support things in the community, and the book sale is a way that they continue to provide services for Selkirk.

"It's very much a community event, so it keeps us forefront in the community's mind," said Konzelman.

After the sale, Rotarians go through the books and get rid of books that may have been in the previous sale that are marked, and they donate those books back to the community.

After their last book sale in 2019, they donated a truck and a trailer load of books. It was estimated that over 1,000 books ended up being donated to Sergeant Tommy Prince School in Brokenhead for the community, said Konzelman.

"One of the things that Rotary worldwide is interested in is literacy, and this event helps our Rotary club support literacy in the community," said Konzelman.

The money raised from the book sale goes back into the community to support literacy through scholarships, awards, and leadership camps.

"All the money that we raise goes back into the community," said Konzelman.

Rotary has many volunteers that help ensure the book sale runs smoothly. Steve Grahame and his off-campus high school students from the Selkirk Education Centre help the Rotarians unload the pallets of books and the Lord Selkirk School Division supplies the tables for the sale.

"It's a very hands-on way of the community coming together," said Moolchan.

There is still time to bring in your donations for this year's book sale.

Selkirk Rotary will collect books at Red Bomb Fireworks until Sept. 15, 2022.



RECORD PHOTO BY GAIL BODMAN

Volunteer Pam Grahame was helping with the setup of a previous book sale.

Happy Retirement Ken!



RECORD PHOTO BY KATELYN BOULANGER

Safeway Selkirk celebrated the retirement of Ken Cembrowski last week. The Safeway staple is retiring from his post after 52 years of service. Pictured: Safeway manager Harry Oppeneer with Cembrowski on his last day.

Correction

In last week's edition of the *Selkirk Record* Bernice Phillips was incorrectly identified as Beatrice Phillips. We regret this error.

It's time! Time to nominate the 37th Citizen of the Year

Submitted by the SDCF

It's that time of year again – when the Selkirk & District Community Foundation asks you to think about the people you know and which among them is community minded and works hard to make the lives of those around them better.

We all know someone who fits that bill, and now is the time to nominate them for the 37th Citizen of the Year.

"Our three communities of Selkirk, St. Andrews and St. Clements are full of wonderful people who volunteer their time and go above and beyond to make our communities the best they can be," said Shauna Curtin, Chair of the Selkirk & District Community Foundation.

"It's nice to recognize these people and the Citizen of the Year selection committee always struggles to narrow it down to just one deserving person. But it's a good struggle, and it fills your heart to read about these everyday superheroes. I know the nominations this year, as in past years, will be fantastic."

Last year's Citizen of the Year was Brett Mitchell, the hat-wearing owner of the *Selkirk Record* and all-around good guy.

He was nominated by Jim Pelletier, who said Mitchell's energizer-bunny-like persona made him a natural choice.

"I couldn't think of a more deserving, hardworking and community minded individual than Brett Mitchell," Pelletier wrote in his nominating letter.

"Under his iconic hats, there are so many more different hats that Brett wears: father, spouse, son, entrepreneur and philanthropist. At times it's hard to differentiate between Brett Mitchell the person and Brett Mitchell of the *Selkirk Record* as they are hand in hand and both entities do so much for the communities and the people that live in them."

For Mitchell, the nomination and subsequent selection was a surprise.

And when the SDCF crew showed up with champagne and balloons to break the news to him, he was humbled.

"I'm shocked right now. I don't know all the names on the list of previous winners, but the ones that I can recall...they've done amazing things for our community. I can't believe that I'm on that list," Mitchell said.

"One of the things that I believe is that we were lucky as a family to move to this community that's full of these people whose main focus is to make this place better for all of us."

The list Mitchell referenced is full



RECORD PHOTO BY KATELYN BOULANGER

Citizens of the Year from 2019-2021 hitch a ride in the back of a classic at the Selkirk Fair Parade. Who are you going to nominate this year?

of good folks who do all they can for the region and do it all with smiles on their faces.

It includes recent winners Michele Polinuk, a retired educator and a former superintendent of the Lord Selkirk School Division; Blake Burnett, a Canada Post employee who also works at the East Selkirk Rec Centre and is a long-time St. Clements volunteer firefighter; and Bob Hebert, who lives with an intellectual disability, works part-time and volunteers more than full-time.

If you scroll further down the list, you'll find names like Jean Oliver, Rene Gauthier, Shirley Muir, Eva Hawryshko and the very first Citizen of the Year, Eileen Cyr.

They come from every walk of life and have the desire to improve their

community in common.

Deadline for nominations for the 37th annual Citizen of the year is Sept. 30.

Like last year, this year's Citizen of the Year will be celebrated through a series of videos highlighting their commitment to community. An awards banquet will not take place.

The Citizen of the Year Award recognizes an individual, who through their own initiative, ability and effort has made an exemplary achievement in the area of the RM of St. Andrews, RM of St. Clements and/or the City of Selkirk.

Nominators should explain how the individual you are nominating has made the community a better place to live and work; provide a detailed account of the individual's volunteer

contributions and/or professional accomplishments, as they relate to the community; and describe how the individual's actions have impacted and helped the community.

Written nominations are welcome from any individual, organization, business, association or institution and can be dropped off at the Selkirk & District Community Foundation office at 200 Eaton Ave., to the attention of the Citizen of the Year Selection Committee, or e-mailed to exdirector@sdcf.ca

For more information, contact 204-785-9755 or email exdirector@sdcf.ca

Selkirk resident pushes for better evening security

Lending library gets demolished by vandals causing concerns about security

By Autumn Fehr

After being told of multiple acts of vandalism in the community, a Selkirk resident is unsure if they want to continue with the build of their lending library (a free library where people can take a book and leave a book).

The most recent incident that occurred, just west of Highway 44, happened early morning on Aug. 13.

During the same weekend, a man's garage, also on Highway 44, across from the gas station, was vandalized.

Both incidents are believed to have happened the same night.

A resident of Selkirk, who wishes not to be named, said vandalism in the area isn't a new thing.

The cost of the garage break-in was substantial, including the cost of replacing a broken garage window, and a fire that was lit up underneath the man's vehicle.

All of this was caught on the man's security cameras at 1 a.m., he said.

A male was caught on camera in the yard, wearing a white t-shirt, riding a bicycle, going towards the garage door that wouldn't open, and then he decided to smash the glass. After the male-headed towards the car in the driveway that was to be picked up the next day, and lit a fire underneath it.

As for the lending library, it was never formally reported to the police, as these free libraries are scattered throughout the town built by members of the community – sometimes people will write their names on them, but often not.

The lending library was burnt and then demolished, and the remaining debris was found scattered at the former Ashfield school site by highway 44.

Since hearing about the most recent destruction of the lending library, the resident is reluctant to continue to build his own for his spouse, because of the fear of it being destroyed.

"What bothered me about this, is here I am building one and this is what I was concerned about. And then I got upset about it thinking how dare someone do this and thinks it's no big deal," said the Selkirk resident.

The only reason why they are continuing the project, the resident said is because their spouse is a big reader and wants to bring that love of reading to the community through a lending library.

The resident said the other residents

who witnessed the aftermath of the vandalism said they believe the same person is responsible for both incidents.

The garage incident was reported to the Selkirk RCMP.

Two years ago, there was a stolen vehicle down the street, and somebody ditched the SUV on the floodway and lit it up. The resident went for an early bike ride and the car was blazing. It ended up being a stolen car from Winnipeg, he said.

With the persistent vandalism in the community, they see only one way that will help eliminate it – increasing security in the neighbourhood during the evening.

"I would like to see more security at night... I think it would be nice to have a guy that's driving around catching this stuff," he said.

The resident said he used to see citizens on patrol during the day in the community, but he hadn't seen anyone in a few years.

"You wish you had more police presence at night driving around. I know it's probably out of their budget, but that's the big thing. If stuff is going to get damaged, it's going to get damaged at night," he said.

He suggests that having the group take night shifts and patrolling the neighbourhood could also be a solution to their problem.

"Others have probably seen it too and don't know what can be done. I think others are experiencing stuff that we don't even hear about," he said.

In June 2022, the Manitoba North District reported an increase in Crimes against Property, with an overall increase of 37 per cent, going from 997 to 1367.

In the North District in June 2022, compared to June 2021, there was a 7 per cent decrease in occurrence counts going from 7,159 to 6,634.

"YOU WISH YOU HAD MORE POLICE PRESENCE AT NIGHT DRIVING AROUND. I KNOW IT'S PROBABLY OUT OF THEIR BUDGET, BUT THAT'S THE BIG THING."



SUBMITTED PHOTO

The lending library pre-vandalism.



SUBMITTED PHOTO

The lending library after it was demolished.

COVID infections jump again; bivalent vaccine targeting BA.1 (omicron) approved

By Patricia Barrett

COVID-19 infections have been on a steady upwards trajectory over the past month or so, and a dozen outbreaks were declared in long-term care facilities and hospitals near the end of August.

The provincial government's COVID surveillance report for the period Aug. 21-27 (reporting Week 34) shows 622 new laboratory-confirmed infections, up by 149 infections over the previous week's infection count of 473. The last two reporting periods showed 455 and 347 new infections respectively.

The true extent of COVID circulating in communities is unknown because the government's data are an undercount; only some Manitobans are granted access to PCR tests. Rapid antigen test results aren't tracked.

New hospital admissions also jumped to 67 during the above period, up seven from the previous week, and nine of those people required treatment in the intensive care unit.

Manitoba's death toll now stands at 2,115, up an additional 10 deaths over the previous report's tally of 2,105.

There were 12 new COVID outbreaks in long-term care facilities and hospital across the province, according to the list for Week 34.

Other health news:

-The Interlake-Eastern Regional Health Authority's medical officer of health declared on Sept. 1 a COVID outbreak on Medicine Unit 2 at the Selkirk Regional Health Centre.

Visits to the ward are restricted, but the emergency room, other medical services and day programs haven't been affected.

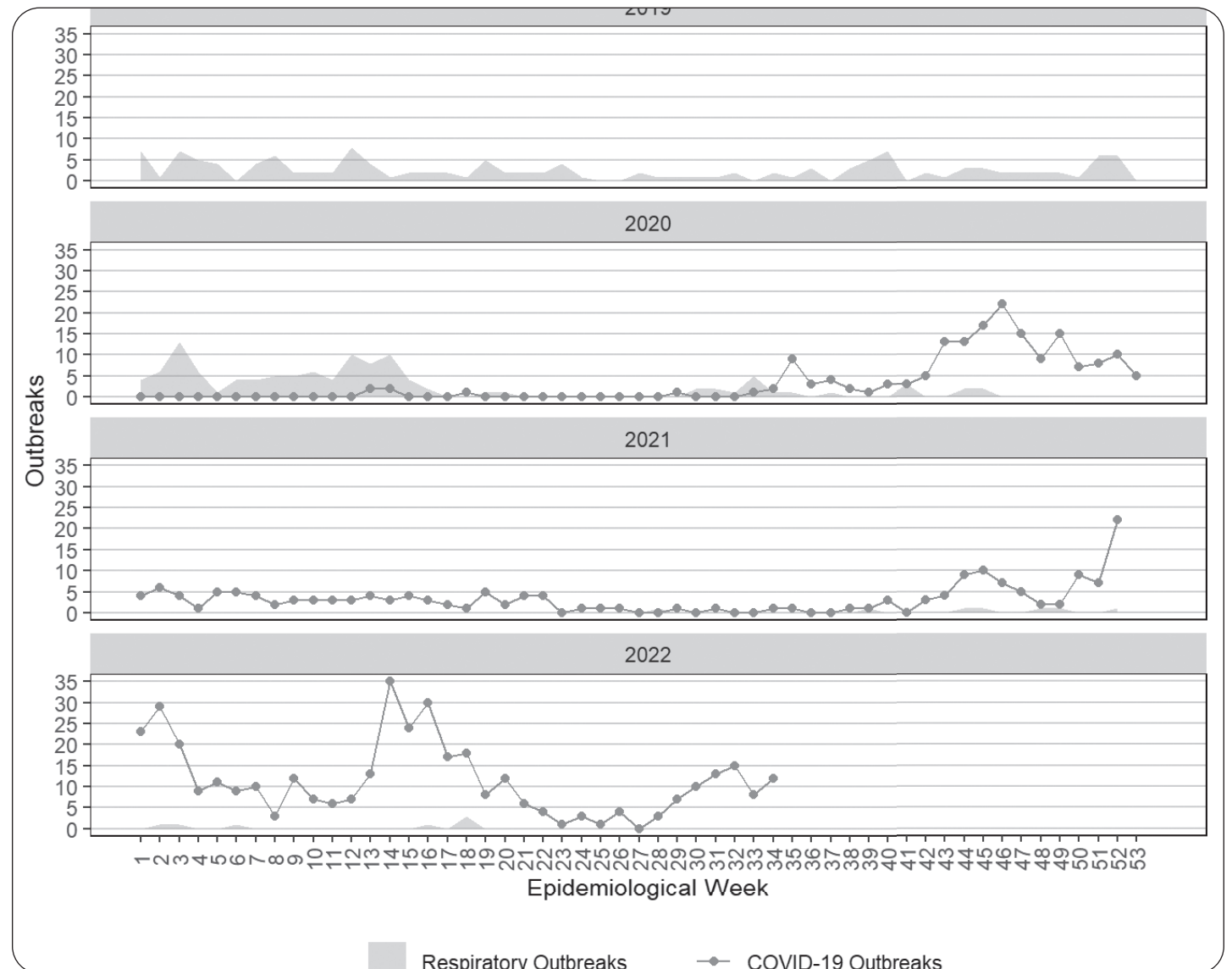
"Appointments for surgeries and hospital programs such as day surgery, dialysis, diagnostic imaging, lab and the community cancer program are proceeding as usual with no disruption to service delivery as a result of the outbreak," states the IERHA in a notice.

-Diagnostic services at Eriksdale's E.M. Crowe Memorial Hospital have been temporarily interrupted, according to a notice from Manitoba's Shared Health organization posted on the IERHA's Twitter site.

Lab, X-ray and ECG services will not be available on Sept. 1, 6, 8, 9, 12, 14, 19, 23, 28 and 29. And on Sept. 16 and 26, diagnostic services will have reduced hours of availability, from 8:30 a.m. to 4 p.m. only.

Shared Health doesn't say what's causing the service disruptions.

-For the second time this year, Pine Falls Hospital's emergency room has closed. The IERHA said ER services



have been "temporarily suspended" and that it is addressing staffing shortages.

The IERHA's ER schedule, which is posted in advance on its website, shows Pine Falls' ER temporarily suspended for the period Sept. 1-15.

The IERHA gives no indication of when that ER could re-open.

-Health Canada announced Sept. 1 that it approved a bivalent COVID vaccine made by Moderna. The Spikevax Bivalent vaccine targets the original strain of COVID that emerged in late 2019 and the mutated omicron variant, which is also called BA.1.

The BA.1-targeting vaccine, which is labelled mRNA-1273.214, has been approved as booster dose for people aged 18 and older.

"It's safety and effectiveness in younger people has not yet been established," states Health Canada's website.

The federal department says clinical trials show mRNA-1273.214 increasing the immune response against the omicron BA.1 variant, and that it is "expected" to offer protection against this variant.

No clinical trial data, etc., about the vaccine's effectiveness against infection, hospitalization and death are provided.

MANITOBA GOVERNMENT

Government data on COVID outbreaks show their rise and fall over the course of each week of the year, including the most recent reporting period of Aug. 21-27 (Week 34). The graph also shows generally elevated numbers of outbreaks this year compared to 2021 and 2020, possibly because of a low third-dose uptake of a COVID vaccine, new variants able to evade frontline immune responses and a general lack of public health measures to prevent infection spread.

Moderna said in a June 8 news release that preliminary data on mRNA-1273.214 showed it had a "superior neutralizing antibody response ... against the omicron variant one month after administration when compared to the original mRNA-1273 vaccine."

BA.4 and BA.5 have been classed as subvariants of omicron and are even more contagious than omicron because of mutations that are better at evading the body's defences. BA.5 was responsible for fuelling COVID waves this summer in Canada.

The provincial government's weekly COVID surveillance report provides no information about what COVID strains are circulating in the province. But Dr. Brent Roussin, the province's chief public health officer, told media in July that BA.5 accounted for half of Manitoba's COVID cases and was expected to grow.

It's unclear what level of protection Moderna's BA.1-targeting vaccine

will provide against BA.5.

The vaccine can be given at least four months after completion of the primary series or after a booster dose.

The Manitoba government is initially restricting access to booster doses of the bivalent vaccine. Those currently eligible are people aged 65 years and older, Indigenous people 18 years and older, health-care workers, people with "higher-risk" medical conditions, the immunocompromised and people living in long-term care facilities and other group settings, according to the government's Protect MB webpage.

-Health Canada reported an increase of 61 new cases of monkeypox between Aug. 24 and Sept. 2. There has now been a total of 1,289 cases of the virus reported across nine provinces/territories, as well as 35 hospitalizations. Manitoba has reported one case.

Interlake-Eastern RHA supports World's Alzheimer's Month

By Ty Dilello

September marks World Alzheimer's Month, and the Alzheimer's Society of Manitoba wants to remind everyone that community changes everything for those living with dementia and their families.

"World Alzheimer's Month is a time to talk about dementia!" said Samantha Holland, Interlake/Eastern Regional Coordinator for the Alzheimer's Society of Manitoba. "Of course, this is nothing new for us at the Alzheimer Society, but it is a global effort to bring the conversation to your homes. Not only conversation about dementia and how it impacts people, but what impact our Society in Manitoba can have on these individuals and families."

This month, the Alzheimer's Society is highlighting its programs and services, new and returning, as they head back into a busy fall season. The Society has a calendar full of on-line and in-person family education sessions, community programs like Minds in Motion, and a research forum which focuses on dispelling the myths in today's dementia headlines.

Programs in the Interlake-Eastern region are going to be in full swing this September, with monthly support groups for care partners in both Selkirk and Gimli and registration open for an early Minds in Motion start date of Sept. 28. Minds in Motion is a fun-filled 8-week program, which provides stimulating activities and social time to individuals with early-moderate signs of dementia and a partner.

"We are also receiving presentation requests from various community groups, so please don't hesitate to reach out if this is something your



Community Changes Everything

World Alzheimer's Month 2022

AlzheimerSociety
MANITOBA
Dementia Care & Brain Health

#WAM2022

Twitter Instagram Facebook YouTube

PHOTO SUBMITTED

The Alzheimer's Society of Manitoba has a lot on the agenda this month in the Interlake for World Alzheimer's Month.

group would benefit from. Though we don't have one big event for World Alzheimer's Month in the region, we are a part of a globally coordinated effort to raise awareness at all levels and connect people to the services they need."

Support group details are as follows:
Selkirk – first Wednesday evening of every month at 7 p.m. (Gordon Howard Centre). Call Samantha Holland to register at 204-268-4752 or email alzne@alzheimer.mb.ca.

Gimli – third Monday of every month at 1 p.m. (New Horizons). Call Samantha Holland to register (same as above).

Minds in Motion – 8 weeks beginning Wednesday, Sept. 28, from 1-3 p.m. (Gordon Howard Centre). \$65

per pair, spaces are limited. Call Gordon Howard Centre directly to register at 204-785-2092.

The Society encourages people who want to learn more about dementia and Alzheimer's disease to visit alzheimer.mb.ca. Another great place to find information is the national resource library through the Alzheimer Society of Canada (<https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library>).

"Whether you are looking for general information, a presentation for a group you are a part of, or have concerns about yourself or someone close to you, we are here to help," said Holland.

Often the first thing that comes to mind when people think of dementia is memory loss, but the warning signs can be so much more than that. For some, it could mean changes to judge-

ment and reasoning skills, changes in mood and behaviour, or difficulty performing familiar tasks. Others may misplace things, experience problems with language and abstract thinking, or exhibit a loss of initiative.

"If you are noticing changes in yourself, a family member or friend, please don't hesitate to give us a call. We can walk you through the ten common warning signs and discuss potential next steps, such as a trip to the doctors, or community assessment through Mental Health. We hope to be the first link for people as they navigate their dementia journeys, from the first signs of change and as needed throughout."



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selkirkfire.org

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- Fire Safety Demos
- Fundraising BBQ
- Tours
- and more!

Red River North Tourism Summer Fun photo contest closes Sept. 21

By Autumn Fehr

Summer is short, so what better way of remembering and celebrating it than documenting it with photos?

For the first time this summer, Red River North Tourism launched a Summer Fun Photo Contest the first week of August, to make the most out of the summer.

Until Sept. 21, residents from the municipalities of St. Andrews, St. Clements, and the City of Selkirk, can submit photos to one of three categories: "Out and About," "Natural Beauty," and "Caught in Action."

"We want to see what people are up to in the region and be able to share that with each other," said Meredith Boerchers, Tourism Coordinator for Red River North Tourism.

Each category represents a different area of activity where people go and what they do during the summer months.

Whether it's experiencing summer festivals or markets, the great outdoors, the beach or by the fire, there is a category for everyone to submit

their photos for a chance to win.

Red River North Tourism wanted to continue running social media contests throughout the summer, so they decided to do a photo contest.

"Summer is short, so it's nice to make the most of it and see what people are up to, and this is a good way of doing it... It's good for raising awareness for different events and sites in the area and how to make the most of the summer," said Boerchers.

To come up with the three different photo submission categories, the committee looked at their photo bank and determined what they wanted to see more pictures of and what people do in the area.

The contest rules are simple: submit an original normal-high resolution photo with permission if people will appear in the photo. Red River North Tourism is authorized to use the photo for promotional purposes.

Following the submission deadline, representatives from Red River North Tourism partner organizations will choose a winner from each category.



Dan Noordman's "Natural Beauty" entry taken at Patricia Beach.



Melissa Dunn's "Caught in Action" entry taken in Selkirk.



Rachel Ostrop's "Out and About" entry taken at the Triple S Fair and Rodeo in Selkirk.

Winners will be notified and will have to pick up their prize in person. The prize is a gift card to a local business. Businesses to be determined.

At the end of the contest, Red River North Tourism will decide whether to run the contest again based on the community response to this year's pilot event.

"If people like it, they should send in their entries and let me know," said Boerchers.

Boerchers said so far, the turnout for the contest has been okay.

So far, she has received 23 entries but says typically social media contests pick up as the deadline gets closer.


She says she is expecting another 15 submissions or so before the deadline of Sept. 21.

Red River North Tourism will also feature most of the images on their social media.


To enter the Red River North Tourism Summer Fun Photo Contest, email your photos to coordinator@redrivenorthtourism.com.

With the submission, ensure your full name, phone number, photo category, and photo location are included.

For more details about the contest, visit redrivenorthtourism.com.



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Spark Joy Always: Organize your home the Marie Kondo way

By Autumn Fehr

A local home organizing business is committed to sparking joy through the KonMari Method.

Spark Joy Always, located in Libau, offers in person and virtual organizing sessions from Manitoba's first and only certified KonMari Consultant, Heather Bélanger.

At a young age, Bélanger wanted to be an interior designer, but dropped that dream and started working for the federal public service before starting her professional organizing business in Sept. 2020.

"I love seeing how it can change people's lives. It's so rewarding because it's the kind of thing where I can work with someone and I can show them how to do it and then they are empowered to do it themselves," said Bélanger, owner of Spark Joy Always.

If you wonder what sets the KonMari way apart from a minimalist way of organization, Bélanger offers some insight.

"There is a focus on identifying what it is that makes you happy and what it is that is making you feel less than happy. And sometimes that can be be-

cause there is so much clutter around us that we can't think straight or feel like we can relax," said Bélanger.

The KonMari Method of organization uses criterion that chooses what sparks joy in your life, ensuring one will not relapse to clutter afterwards. Following this method, you are choosing to keep items that spark joy (bring you joy and happiness) – that speak to your heart, rather than simply deciding what to get rid of.

Instead of resorting to a minimalist approach to home life, where one is encouraged to own less she focuses on decluttering more often.

This method follows a specific order by category, not by location. It begins with going through clothing, books, papers, komono (miscellaneous items), and sentimental items.

Bélanger got her start in professional organizing in 2020 by taking Marie Kondo's certification course from her company KonMari, after reading Kondo's books on decluttering and organizing back in 2015, while she was studying interior design.

"From there I kind of started to change gears from interior decorating to realizing that I wanted to help people the same way the books had helped me," said Bélanger.

The way that I work with people is based on addressing their belongings from a place of gratitude. It's about finding out what's really for you and what's something you can let go or give to somebody else so they can use it, she said.

The key difference between Bélanger's business and a typical organizer is that she works one-on-one with every client.

"It's really about coaching the person through the process of decluttering all their belongings and working with them to shift their mindset and get to the bottom of what got them to a point where they had too much clutter in the first place," said Bélanger.

"To find out what it is that's keeping them stuck in these patterns where they accumulate too many belongings versus just going in and fixing the problem and leaving again," she said.

To start working with Bélanger, there is a specific process she goes through.

First, Bélanger books a



RECORD PHOTO SUBMITTED

Heather Bélanger quit her full time job to follow her passion and started her virtual and in person professional organizing business Spark Joy Always.

free 20-minute consultation with anyone considering working with her over the phone.

Afterwards, if they've determined it's a good fit, the client would fill out an ideal lifestyle worksheet, identifying their goals and timeline.

Finally, to start the official process, Bélanger does a house greeting, a meditation practice, going to the centre of their home, or whatever feels like the centre of their home.

"The house greeting is a way to set an intention for what we are trying to accomplish in that session... It's really based in gratitude," said Bélanger.

When Bélanger started the business, she realized quickly that the demand for the tidying service in the area exceeded her initial expectations, so she quit her day job and dove into full-time, which she recently transitioned into.

Now, she helps people across Canada and the United States virtually, and in person within the Interlake.

Due to this growth, Bélanger plans on starting a YouTube channel this fall, every Tuesday, to give people the information and resources for free.

She also provides regular content with free tidying and organizing advice on her website and social media.

"Anybody can do this themselves," said Bélanger.

Those who are interested on venturing into the decluttering process on their own can also email Bélanger at heather@sparkjoyalways.com to join the email list and receive the monthly newsletter and tidying tips. Her social media also provides practical advice and tips to do it yourself.

Bélanger also does giveaways where people can win a free tidying consultation with her expertise.

Since Bélanger started her business, she has been committed to giving back to the community. At the end of each year, she plans to continue giving five per cent of her profits back to the community.

This fall, the profits will be going to Nova House in Selkirk.

To book a session or learn more about Spark Joy Always, visit www.sparkjoyalways.com.

"When you can tidy up all the clutter around you, it really helps you to gain clarity in many parts of your life," said Bélanger.



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in Selkirk

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Chicken Tender Poutine
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in Lockport

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WHAT'S NEXT for West St. Paul!

A sneak peek into future West St. Paul ventures **PLUS** a look back over four successful years

New Fire Engine drives safety in West St. Paul

Bringing a community together with new trail, playground

Plenty of private and public investment into West St. Paul schools

Tennis Manitoba Hub @ West St. Paul will serve up recreation for all

Next summer, local residents will have a front row seat to future stars of the tennis world when the National Bank Challenger competitors serve up their best at the Tennis Manitoba Hub @ West St. Paul.

On Aug. 24 West St. Paul Mayor Cheryl Christian, Couns. Giorgio Busceti and Stan Parag along with representatives from Tennis Manitoba and the Federal government broke ground on the new facility located on the Sunova Centre grounds.

"This is huge. West St. Paul will be the host of the National Bank Challenger tournament, an event that attracts up and coming elite players from Canada and around the world," Christian said.

"Literally the eyes of the world will be on our community, and it's a benefit for us, and for the surrounding communities because we're bringing dollars into local restaurants, hotels, gas stations. We're supporting the economy and making West St. Paul a destination."

Kevin Lamoureux, MP for Winnipeg North and Parliamentary Secretary, called the facility "a unique, high class, wonderful tennis court program,"

and noted the federal government's investment of about \$750,000 through Prairies Economic Development Canada.

Tennis Manitoba President David Scrapneck said he was thrilled to be at the ground-breaking of the new facility that will bring world class tennis to West St. Paul.

"We host the National Bank Challenger tennis tournament in Winnipeg and we've outgrown the facility and this will be a fantastic new place where we can host international tennis," Scrapneck said.

The \$5 million two-phase project will cost the RM nothing and furthers West St. Paul's Strategic Plan goal of establishing a recreation campus.

For Christian, hosting international athletes is important, but so too is providing another option for outdoor activity for residents.

"This brings world class tennis to West St. Paul and I'm so excited about that, but this gives an opportunity for our community to use these courts, to use the trails that will be connecting to developments in the area," Christian said.

"Who knows? The next big tennis player might come out of West St. Paul. We've

broken ground now and will have outdoor and indoor courts and that's amazing. Tennis is a growing sport and West St. Paul will have the best facility in Manitoba."

Today's Canadian stars, including Bianca Andreescu, Leylah Anne Fernandez, Felix Auger-Aliassime (currently ranked 8th in the world), as well as Germany's Alexander Zverev (3rd in the world), and Cameron Norrie from Great Britain (9th in the world) all have played at the National Bank Challenger in Winnipeg. Mark Arndt, Executive Director of Tennis Manitoba, said the project will take place in two phases – outdoor courts in Phase 1 and an indoor facility in Phase 2.

The facility will not be built like most tennis courts, which are simply row after row of courts. Arndt said making it unique and appealing is part of the design.

"A huge important part of this project is integrating it with all that's going on at and around the Sunova



Mayor Cheryl Christian, centre, MP Kevin Lamoureux, right, and Tennis Manitoba's David Scrapneck, get a little help from potential future tennis stars cutting the ribbon on the new facility.



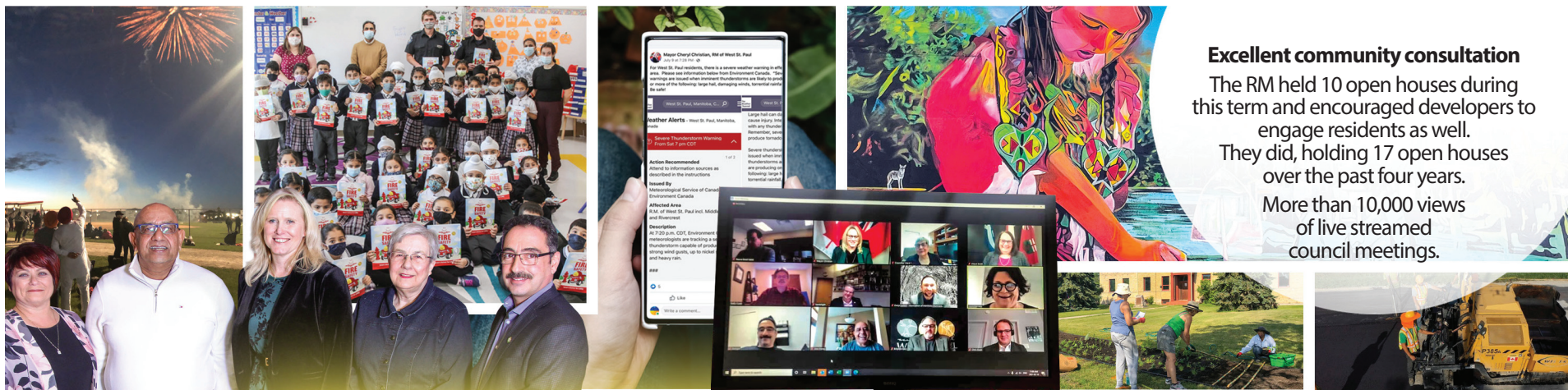
Centre, and complimenting the development" Arndt said.

"We want trees and trails that can tie in with the rest of West St. Paul."

According to Tennis Canada, Canadians want to play tennis and they want access to year-round facilities.

Tennis is played equally by both genders and is a sport for life. It's popular with new Canadians and it's affordable, with a racquet and some balls being all you need to play. Tennis Canada says 51% of Canadians say they would play more tennis if they had access to it year round. ●●●





Excellent community consultation

The RM held 10 open houses during this term and encouraged developers to engage residents as well. They did, holding 17 open houses over the past four years. More than 10,000 views of live streamed council meetings.

A FOUR YEAR SUMMARY



Excellent service

Staff at the RM are dedicated and committed to meeting the needs of all residents, present and future. Julia Brown, Executive Assistant, received the Grant Thorsteinson Award for Excellence in Professional Development 2021 from the Manitoba Municipal Administrators Association (MMAA) for earning the most professional development credits in all of Manitoba in that year. Ashly Reyes, Finance Clerk, and Rylee Innes, Utility Clerk, both graduated from the MMAA certificate program.

The West St. Paul Fire Department trains new members.

"We support education for our staff and it leads to excellent service and retention of staff" Brent Olynyk, CAO.

Getting safer without raising taxes

The RM bought two fire trucks in the last four years and didn't have to raise taxes or borrow money to do so. Why? Fees paid by developers go into the municipality's reserve funds and pay for the fire trucks. More than \$2 million was spent on training and fire equipment from 2020-2022, and it didn't cost residents anything.

WSP in the Top 10

West St. Paul is the 10th fastest growing municipality in Canada and the second fastest in Manitoba. Growth isn't just about welcoming new families and businesses, it's about what that growth affords all residents – including improved walkability, more trails and improved highway safety with additional traffic lights.

Who wouldn't want a 0% tax increase?

With inflation at a 30-year high, West St. Paul was able to achieve a 0% tax increase for residents in 2022. "We have a Strategic Plan that we follow and that plan allows our residents to keep more of their hard earned money while enhancing our municipal services. It's clear our community plan is working." – Mayor Cheryl Christian

A beautiful community

Under the RM's annual tree program, 150 trees will be planted this year alone. On top of that, developers have planted more than 500 trees. Residents and visitors can enjoy the beauty while walking on the 23 km of trails in West St. Paul, they can take a break on one of the benches placed along the trails and by the mural adorning the bridge at the Perimeter.



Retail development on the way

The new residents moving to West St. Paul are helping fuel retail development and shops and restaurants are coming to WSP. Residents who responded to the RM's Strategic Plan survey said they wanted local shopping.



New Fire Engine drives safety in West St. Paul

West St. Paul Mayor and Council have made safety in the municipality a top priority, and that continues with the purchase of a new fire engine for the Fire Department.

"Council approved the purchase of the new fire engine in June and it's important for our Fire Department that's so dedicated to keeping our residents safe," Mayor Cheryl Christian said.

"Our members are outstanding and it's crucial they have the equipment they need to do the job. This engine is custom built for their needs and considers residents of today and

will be able to do the job as the municipality grows into the future."

Fire Chief Ryan Yackel says the custom chassis design will have a look more like an urban fire engine and will have the ability to provide protection for the municipality's rural and urban areas.

The truck will be able to utilize fire hydrants more effectively and still be able to draft water in areas that don't have hydrant protection, Yackel said.

A mounted deluge gun, or monitor, atop the truck provides greater protection as well and a scene light on top will light up the entire area, much better than the

members were able to do in the past.

Yackel said the truck offers many benefits.

"A major factor in us going with this design is not only its maneuverability in tighter areas, but it's also the safety factors," he said.

"This truck comes with a complete set of front and side airbags for the entire passenger compartment. So not just the front two driver and passenger side, but also the four crew members in the back are protected with airbags. It was important to provide that safety and protection for our crew members."

West St. Paul is a growing community and Yackel said the new truck takes

that into consideration.

"It allows us to carry more self-contained breathing apparatus," he said.

"Which will help us as the department and community continue to grow, obviously. Its purpose is to serve where the community is today, but also in the next 10 to 15 years."

Pre-Covid, the West St. Paul Fire Department responded to about 240 to 260 calls per year, or about 22 a month. The number declined significantly during the pandemic, but Yackel said already in 2022 they're on track to attend more calls than in previous years.

"This year we have seen about a 20% increase in that number right now.

We're averaging about 26 calls a month, and as of today we're at 210 calls already this year!"

The new truck replaces one from 1989 that has surpassed its service life.

The truck, which was purchased with money from reserves, comes at no added cost to residents. CAO Brent Olynyk said development in the municipality allowed the RM to purchase the truck instead of having to borrow for it.

The RM has \$19 million in reserves.

It is being built by Acres Industries and will arrive next year. ●●●



West St. Paul's boot camp shows leadership

There's an excitement at the start of every new term on council. In West St. Paul that excitement is harnessed at the 'Boot Camp,' where newly elected officials from around the capital region come to learn – or get refreshed – on what their role on council is.

This fall will be no different. Once the election is over, West St. Paul's newly elected Mayor and Council will come together with more than 80 other newly elected politicians for a day-long session with municipal expert George Cuff.

For West St. Paul CAO Brent Olynyk, bringing Cuff in at the start of the new term is crucial.

"Cuff's the guy everyone turns to, every wants and he's known throughout North America for his knowledge of municipal politics and the role Mayors and Councillors play," Olynyk said.

"He puts it into plain language and he clearly defines many things for elected officials, including how they should behave, how to interact with residents and what the relationship is that councillors should have

with staff members. This stuff is important, and we're committed to bringing in the best to make sure that education starts from the very beginning of the elected officials' term."

Cuff says the RM is making all the right moves when it comes to education and leadership.

"I've said this to countless municipalities, without trying to sound self-serving, that it would be wise for them to ensure proper orientation for new council," Cuff, who's based out of Alberta, said in a phone interview.

"I think Brent and his group are bright and proactive, regardless of whether or not I'm the guest speaker, by hosting these events and encouraging people to be there to share in the learnings.

"I commend him and his management group for being forthright, for being proactive and for being organized. The material that they put together is very good, the venue has been very good. It's a first class, professional job all around."

He said Olynyk and his staff would be handcuffed if they didn't have a supportive

mayor who got behind the boot camp. And Cuff, who featured West St. Paul Mayor Cheryl Christian is his latest book called 'The Mayor', said she gets it.

"One of the reasons I reached out to Mayor Cheryl is because of the boot camp. You have to have a mayor that is in support and agreement of such a project in order to have it come off well and I was impressed with her leadership in that regard," Cuff said.

Cuff also gave West St. Paul credit for making the boot camp a regional event.

"When you host a regional event, it allows you as a host to look like a leader in the region, which is what I think every municipality should strive to be. And the messages that you're going to hear

are going to apply equally to everyone in attendance," he said.

"And, you get to share the costs."

George Cuff will be back in West St. Paul this November for Boot Camp 2022. ●●●



Bringing a community together with new trail, playground

When you think about what makes a community a home there are several things that come to mind, and one of the most important is having a place to get outside and get active.

The RM of West St. Paul invests in its community green spaces so that families and friends can meet and enjoy quality time together.

West St. Paul has 12 parks and with each new community more are being added.

In 2020 a trail was built in Legend Estates and this fall a park shelter and two inclusive play structures will be added to the new park space.

Funding so far for the park has come from the Province's Building Sustainable Communities Fund (\$37,350) and from Access Credit Union (\$9,500).



"When people decide where they want to live, they're not just buying a house, they're buying a lifestyle," Christian said.

"West St. Paul has always been a community with families who've lived here for generations and now, our

new residents are bringing their generations and making this their home. We have grandparents taking grandchildren to the park, we have parents and kids walking on trails and meeting up with other friends. Having spaces for them gather is important and we're thrilled to provide these great outdoor spaces."

The Legend Estates park is important because the area did not have its own park. People had to travel to other parts of the municipality to visit a play structure.

The trail will give residents a safer option to walk to the park. Running parallel to Oakley Street between Griffin Way and Paterson Street, the trail is a safety improvement in the area that has no sidewalks. ●●●



Legend Estates park

Plenty of private and public investment into West St. Paul schools

When you're checking the pulse of a community, there are several key factors that come into play, including access to education. In West St. Paul, the education heartbeat is strong, and getting even stronger.

A new Seven Oaks School Division school is coming to Meadowlands and two new private schools – one already open and the other opening shortly – are ensuring the municipality is indeed very healthy.

The new schools compliment West St. Paul School, which has undergone extensive improvements this summer, and the Aki Centre, where outdoor education is flourishing.

Mayor Cheryl Christian says education is alive and well in the RM.

"Schools are an important consideration for families. With the growth that we're experiencing, young families want to know that there are quality schools in the municipality," Christian said.

"We have West St. Paul School, which is highly regarded, and so is the Aki Centre. Two

private schools have

chosen to move into the municipality, which we're thrilled about, and the Province is investing in a new K-8 school. It's all good news."

David Ingram, Principal at West St. Paul School, says two new portable classrooms will help accommodate the student population, which has risen substantially in recent years.

"As we sit here today I think we're about 520 students," Ingram said, noting it's an increase of about 100 students over the course of four years.

"It's due to the building going on around Sunova and it would have been higher except they changed the catchment area."

The realigned boundaries mean that some folks who assumed their kids would be going to West St. Paul School are finding out that they'll be going into Winnipeg to Riverbend or Partridge schools.

And even if they put in a School of Choice request for West St. Paul, there's no space.

"They can put a School of Choice in but I won't be accepting anyone right now. It is a very desirable school and lots of people whose friends or families have gone here have had an excellent experience," Ingram said.

"We've had to say to a lot of people

"I'm sorry, we're full right now."

Besides the portable classrooms, renovations at West St. Paul School this summer include a new roof, new front windows, new façade on the front, improved drainage for the building and some new flooring.

Brian O'Leary, Superintendent of the Seven Oaks School Division, says the Meadowlands K-8 school has been approved by the Province and land has been acquired. First the Aurora at North Point French immersion school will be built with an anticipated opening in September 2024 or 2025. Some West St. Paul students will be able to attend.

"The Province has approved (the Meadowlands school) but we don't have the green light to begin design or construction on that one," O'Leary said.

"With the pace of development in West St. Paul we'll be watching enrolment this year and be in touch with the Province to going as soon as we can."

The private Kings School, pre-school to Grade 12, is under construction on Kapelus Drive. Dale Janisse, Project Manager, is eyeing a fall opening.

"Construction is behind schedule due to weather delays and

“Schools are an important consideration for families. With the growth that we’re experiencing, young families want to know that there are quality schools in the municipality,” Christian said.

also building during COVID presented some unforeseen challenges," Janisse said.

"We expect to be in the new building and operational by mid-November or sooner if everything goes as planned.

"The RM has been pretty good to work with. They have been very supportive of our school and church locating in West St. Paul. We are also excited to see all the development going on in West St. Paul and look forward to being able to serve this community."

Over on Holmes Road, Dasmesh School is about to begin its second school year and Manjinder Chahal, President, is excited.

"Dasmesh School is very proud to choose wonderful West St. Paul as its home. After opening its doors in September 2021, Dasmesh School got an overwhelming response from the community and its new building is at its full capacity," Chahal said.

"A daycare has been started in the summer 2022 to provide Nursery

classes and before and after school daycare to West St. Paul residents. We are very thankful to the hard working Municipal Council, its officers and residents for welcoming Dasmesh School in this vibrant community."

The Aki Centre, located on Grassmere Road, welcomes students to its outdoor classroom and offers a unique learning experience.

Alexis Nazeravich, Program Coordinator at the Aki Centre, said harvesting seeds and being out in nature can have a tremendous impact on students, who typically spend their days indoors behind a desk.

While harvesting, she's witnessed bonding and meaningful conversations.

"The students were sharing information, sharing how they feel and the experience clearly provoked some passion in the group because suddenly a group of students are talking quite passionately about what they need to do differently," Nazeravich said. ●●●



FALL & WINTER ACTIVITIES & registration section 2022-2023

Outdoor activities that are perfect for seniors

The great outdoors beckons people of all ages. Fresh air can be hard to resist and the benefits of spending time outdoors are so numerous that it behooves anyone, including seniors, to answer the call of nature.

Human beings benefit both physically and psychologically from spending time in nature. Such experiences can reduce stress and help lower heart rates, potentially decreasing individuals' risk for cardiovascular disease. In addition, the Forest Service notes that spending time outside in green spaces has been linked to a lower risk of depression.

Seniors who are retired or even aging empty-nesters who are still in the workforce can make great use of their free time by venturing into the great outdoors. The following are a handful of senior-friendly outdoor activities that provide a great reason to get off

the couch and take in all that Mother Nature has to offer.

- **Hiking:** Hiking provides a great workout and an ideal opportunity to spend time in an idyllic setting. The National Park Service notes that hiking helps individuals build stronger muscles and bones, improves their sense of balance, has a positive effect on heart health, and can decrease the risk of certain respiratory problems. Hiking is an especially attractive outdoor activity for seniors, as many parks feature trails with varying degrees of difficulty, ensuring there's a trail for seniors whether they're seasoned or novice hikers.

- **Water aerobics:** The Centers for Disease Control and Prevention notes that water-based exercises can be especially helpful individuals with chronic diseases, a category many seniors fall into. The CDC notes that one

study published in the journal *Arthritis & Rheumatology* found that improves the use of joints affected by arthritis without worsening symptoms. The U.S. Department of Health and Human Services also notes that swimming can lead to improved health for people with diabetes and heart disease. Seniors can reap these benefits by going for a dip in their own backyard pools or a local body of water, such as a lake or ocean. Many swim clubs also offer discounted memberships to seniors, making these another great and affordable way to reap the benefits of swimming.

- **Fishing:** Of course not all outdoor activities need to make seniors huff and puff. Fishing provides a great reason to get outdoors, and many individuals devoted to fishing report feeling less stressed after a day spent casting for their favorite fish. Individ-

uals who consume what they catch also can benefit by improving their diets, consider consuming certain types of fish has been linked to a lower risk for heart disease and obesity.

- **Volunteering:** Local environmental groups often sponsor cleanups at parks and waterfront attractions like beaches and lakes. Volunteering with such organizations is a great way to get outside and give back, and working with like-minded individuals can be a great way for seniors to meet new people. In addition, a national study found that 88 percent of senior volunteers who initially reported a lack of companionship reported a decrease in feelings of isolation after volunteering.

The opportunities for seniors to enjoy the great outdoors are endless. Taking advantage of such chances can benefit seniors in myriad ways.



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FALL & WINTER ACTIVITIES & registration section *2022-2023*

Sportsmanship principles all young athletes should know

Competitive sports have a lot to offer young people. In addition to exposing children to the thrill of competition, competitive sports can set a foundation for a lifetime of healthy living. One study published in the *Journal of Preventive Medicine* in 2014 found that afterschool physical activity programs were the most effective strategy to reduce childhood obesity among children between the ages of six and 12.

Competitive sports also teaches valuable lessons about humility and respect. Sportsmanship is a vital and valuable component of competitive sports, and that's a lesson no athlete is too young to learn. Coaches and parents can work together to emphasize these principles of sportsmanship to young athletes.

· Always respect officials. In the era of instant replay in professional sports, criticism of officials has be-

come more common. Such criticism can easily move from the professional to the amateur arena if players are not taught to always respect the officials. Unfortunately, many amateur sports officials continue to be the victims of overaggressive behavior on the parts of coaches, parents and athletes, and many have simply chosen to walk away rather than subject themselves to abuse. Estimates from the National Association of Sports Officials indicates that the group's membership has dropped by more than 20 per cent since March 2020. Coaches and parents can practice what they preach when teaching young athletes to respect officials at all times, regardless of how games unfold on the playing field.

· Respect the rules. Respect for officials should coexist with respect for

Continued on page 23



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FALL & WINTER ACTIVITIES & registration section 2022-2023

Young athletes' off-season training options

Summer vacation and holidays from school present opportunities for young athletes to take well-deserved breaks from their sports. However, staying in shape during the off-season can help athletes maintain their performance when a new season begins.

Many sports have clearly defined off-seasons, while others are a bit more vague. Complicating the issue even further is that some athletes play in multiple leagues. That means they be committed to play for school teams, all-star teams or even travel teams. This can shorten, if not eliminate, traditional off-seasons.

According to the fitness experts at the International Youth Conditioning Association, all young athletes should have some form of an off-season. Time away from competition can be used to focus on improving movement patterns, building general strength and conditioning and recovery. Time off also gives the body and mind a break from the stress of competition.

But athletes need not spend an entire off-season resting on their laurels. Here are some off-season training tips that can ensure athletes recover without compromising their ability to perform once a new season begins.

- Emphasize new activities to avoid overuse injuries. Josh Adams, a certified strength and conditioning specialist with Children's Health Andrews Institute Sports Performance, says focusing on one sport all year can lead to overuse injuries. Opt for a new workout that's different from your in-season workout routine. Doing so can strengthen other areas of the body and reduce risk for overuse injuries.

- Focus on new interests to avoid mental burnout. Young athletes can get stuck in a competitive groove, feeling that they have to win to be successful. The off-season can be used to provide a mental rest during which athletes can focus on interests other than sports.

- Emphasize aerobic training. The IYCA reports that most young athletes do not realize the vital role aerobics play in building the stamina that powers high-intensity work intervals sports play often requires. Taxing the cardiovascular system helps deliver oxygen to working muscles and boosts performance. Athletes can



spend the off-season cycling, running and swimming to benefit their bodies and give some muscles a break.

When it is time to return to competitive play, athletes won't need as much time to return to in-season status if they continue training during the off-season. According to Sports Fitness Advisor, when a training stimulus is removed, physiological adaptations begin to revert to pre-training levels. By maintaining a fitness level training

schedule that's between 50 and 60 per cent of their in-season regimen, athletes can return to their sports with much less effort than if they were to start from scratch.

The off-season gives athletes a chance to back off of intense competition and training, but continue a fitness regimen that helps them get back into game shape more quickly when play resumes.

> SPORTSMANSHIP, FROM PG. 22

the game itself. Every game has rules, and knowing and adhering to those rules is a vital component of good sportsmanship. Coaches and parents can set the tone for this by encouraging kids to play by the rules during the games, but also by adhering to rules governing practice times and off-season workouts when no one is watching too closely.

- Respect opponents. Showing respect for opponents is another principle of good sportsmanship. Social media provides a readily available

platform for athletes to disparage their opponents before and after games. Such platforms have even proven too tempting to resist for some professional athletes. But showing respect for opponents, even in defeat, illustrates to parents and coaches that young athletes are mature and cognizant of the fact that participation in sports requires good sportsmanship.

- Respect coaches. Good sportsmanship also involves respecting coaches, even when they make decisions players and their parents do not necessarily agree with. That respect has been dwindling in recent years, and it's contributing to a coaching shortage

in youth sports. One survey of more than 200 coaches found that nearly 60 per cent of coaches had considered quitting over conflicts with parents. Many coaches volunteer their time to teach young people the game, and players should be taught to respect coaches at all times. That includes those times when players feel like they aren't getting enough playing time or when they disagree with coaches' in-game decisions.

Sportsmanship is a vital component of sports participation. Teaching young athletes the principles of sportsmanship adds one more unique benefit to sports participation.

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> MEAL IDEAS



Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Cook time: 10 hours, 30 minutes

Servings: 8

1 slab beef chuck short ribs (about 4 pounds)

2 tablespoons kosher salt

2 tablespoons coarse black pepper

1/4 cup cider vinegar

1 cup water

Preheat smoker or pellet grill to 275 F.



Smoked Chuck Beef Ribs

Pat ribs dry with paper towel; remove moisture on surface.

Combine salt and pepper. Rub beef ribs well on all sides and ends with seasoning, coating generously.

Place ribs in smoker and close lid. Cook 5-6 hours.

In spray bottle, combine cider vinegar and water. Lightly spritz ribs every 30 minutes for first 4 hours of cooking.

Ribs are ready when completely probe tender. If parts still feel tough, continue cooking.

Once completely tender, remove ribs from smoker then wrap tightly in butcher's paper and place in small cooler to rest 30 minutes.

To serve, slice ribs between bones.



Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Cook time: 1 hour, 15 minutes

Servings: 15

1/2 cup tortilla chips, crushed

3/4 cup milk

2 pounds ground beef

3 fresh jalapeños, seeded and finely diced

1 block (8 ounces) cheddar cheese, finely diced

1 tablespoon paprika

2 teaspoons garlic powder

Grilled Jalapeno Cheddar Meatballs

2 teaspoons kosher salt

Place crushed tortilla chips in large bowl. Add milk and allow chips to soften about 10 minutes.

After milk is absorbed, add beef, jalapeños, cheese, paprika, garlic and salt. Mix well to combine then scoop approximately 1/3-1/2 cup of mixture to form meatball; repeat with remaining mixture.

Place meatballs on plate or tray and refrigerate 30 minutes to firm.

Heat grill to medium for two zone cooking.

Place meatballs on indirect heat side of grill away from coals or lit burner; close lid. Grill 25-35 minutes, or until meatballs reach 165 F internal temperature on meat thermometer.

Remove meatballs from grill and cool slightly before serving.



Szechuan Skirt Steak with Crispy Rice

Recipe courtesy of Jess Pryles on behalf of Beef Loving Texans

Total time: 35 minutes

Servings: 2

2 teaspoons Szechuan peppercorns

1 teaspoon five spice powder

1 teaspoon kosher salt

1 skirt steak or bavette steak (about 1 pound)

1/4 cup vegetable oil, divided

2 teaspoons milk or cream

2 cups cooked white rice

sesame seeds (optional)

scallions, thinly sliced (optional)

cucumber, sliced (optional)

cilantro leaves (optional)

In skillet over low heat, toast peppercorns until fragrant, swirling in pan to keep from burning, about 2 minutes. Allow peppercorns to cool slightly then add to spice grinder or mortar and pestle with five spice and salt. Crush until fine powder forms.

Pat skirt steak with paper towel to remove moisture then season well with Szechuan salt on both sides.

Place skillet over high heat then add 1 tablespoon oil. When skillet is hot, add skirt steak and cook 5 minutes per side for medium-rare or medium doneness (135-150 F), turning occasionally. Remove steak from skillet then tent with foil to rest 3 minutes. Temperature will rise about 10-15 F to reach 145 F for medium-rare; 160 F for medium.

Lower heat to medium-high then add remaining oil and milk or cream. Add rice, pressing down gently with large

spoon to form large, flat disc covering entire base of pan. Season with Szechuan salt, if desired, then lower heat to medium and cook 10 minutes until grains begin to turn brown and become crisp on bottom. Break up rice in pan to mix soft and crispy grains.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

"Always pack snacks."

That was the best advice I've ever been given. I mean, my friend Beth should have known me better. I don't even go out to my back garden without snacks. Anyway, headed to Sweden, food prices were high. I appreciated the packing tip. And when travelling with health issues, tips can be helpful.

Pack smart.

I can't even imagine, but I've heard of people with diabetes putting insulin in their checked luggage. Can we say 'separation anxiety?' I did make a rookie mistake myself, though. In a rough patch with deadly low blood sugars, especially dangerous because my Gastroparesis was playing up and my stomach wouldn't do its job of digestion and getting sugar into my system, I hadn't brought my emergency injection kit in case I went unconscious onto a flight. As I sat and shook from both fear and hypoglycemia, all I could do was keep scanning my CGM and watch the straight down arrow take me into

the depths of the red zone. Unless someone had syrup or honey to put under my tongue, or my liver kicked in and kicked out sugar, if I went unconscious, it could mean death. Great. So I would be one of those dead people duct-taped to a seat and traumatized all the children until the plane landed? Oops. Anyway, I'd say, 'Clearly, I didn't die because I'm writing this,' but my editor wouldn't appreciate using extra words.

My carry-on always has my insulin, insulin pump supplies, glucose tabs, medication, batteries and food, leaving room only for a scarf and a pair of pants. (The British kind. That's underwear. Short for 'panties.' Okay, you get it.) So for all of you who say, "All you need is a couple of bikinis and a pair of flip-flops," when I am headed to Greece, you can flip-flop yourself out of my face.

The point is this: always stockpile food (Ooo...and toilet paper! You never know) and don't let those meds out of your grip, er, sight. Keep the essentials with you when you fly. Do you know how they announce over the intercom at the airport never to leave your bags unattended? That has nothing to do with drug trafficking or bombs. It's, so their on-site paramedics don't have their coffee go cold in case of a kneecap rash emergency. So always keep that medicated cream safe and accessible, people.

And snacks. Always pack snacks.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmissstress, Instagram @susie.suschwa, and lesshealthstress.com

SELKIRK STEELERS

Bingo!

Thursday nights

at the Selkirk Friendship Centre

Early Birds at 7:00 pm

Regular Bingo at 7:30

Full House in 51#s or less \$7,600

Lucky Star \$2,297+

Mini Loonie \$1,684

Bonanza in 53#s or less \$3,536

Loonie Pot \$1,591

BINGO

SUNDAY NIGHT BINGO

Pots are as follows:

4 \$1,137+ **MINI LOONIE**

\$56,963+ **POKER FLUSH**

4 \$17,826+ **BONANZA** In 52 Numbers

\$981+ **LUCKY 7** In 25 Numbers

Boreal Art Tour a stop at Audrey Batchelor's

By Laura Tutlies

There were twenty-three stops featuring thirty-eight artisans on the 4th annual Boreal Shores Art Tour (BSAT) held on the second last weekend of August. Divided into three sections from Hadashville through Seven Sisters Falls, Pine Falls/Powerview to Victoria Beach and along the east shore of Lake Winnipeg to Beconia.

Audrey Batchelor's stop was a wonder.

There are few art mediums where she does not excel. This includes the grounds around the Batchelor home and the studio where her creations are conceived. Batchelor was listed with fourteen other incredibly talented artisans who share the eastern shores of the South Basin and the surrounding Boreal Forest to be part of the tour.

Just as Batchelor sat for a moment to tell her story, a visitor among the steady stream of guests to the Batchelor studio and gardens, exclaimed to his spouse, "This is the absolute best yet. This is amazing," as his gaze took him from paintings, to sculptures, to stained glass and plants – lush and beautiful plants everywhere – inside and out. These visitors who began the trek earlier in the day were planning to do the loop to Pinawa and to visit as many places on the tour as they could squeeze into the week-

end. Batchelor's place happens to be a showstopper and her guest was not the only one to be enchanted by all that this artist generously has on display for those who choose to stop in this East Beaches wonderland.

A meandering walk-through of Batchelor's recreation of Lewis Carroll's *ITALICS Alice's Adventures in Wonderland* takes you on a journey to a magical place created by this exceptional artist. You will pass all the places, all the characters, and all the scenes that exist in the storybook. They have been created from Batchelor's interpretation in stone, cement, ceramic, and metal. You will be on that wild expedition also passing other art pieces specific to Batchelor's imagination and the materials that have come her way. People bring her old dishes, otherwise useless or orphaned pieces of furniture or wheels or whatever and in Batchelor's hands they become art.

Batchelor began years ago – 1989 – with a European art class on stained glass. At the time she wanted to learn so that she could teach but found the realities of her life did not lend to that dream. Instead, she went on, after a day job which helped pay the bills, to fashion stained glass pieces of world-class precision. The creations were large and small, sometimes whimsi-

cal but always suggesting a fantasy. Her designs featured fairies and dragonflies and most often a coloured glass representation of the nature that abounds in Lake Country. Through the lens of her stained glass, you can see her vision of a magical world. She has a little plaque above her fireplace, a gift from someone who knows her well that reads "Me? Crazy? I should get down off this unicorn and slap you."

Batchelor and her husband, a photographer, moved to Lakeshore Heights in 1992 where she continued to fill her world with beautiful plants and art objects of her own creation along with the beautiful stained glass that was her first love. Far from crazy, her's life has been filled with adventure that translates into her art. She is well travelled – "Though not nearly enough", she said.

She says that "Sometimes life is too hard to remember as a whole, so I remember bits and pieces – the best parts – and try to tell that story in my art." Although her hands did not allow her to continue in the medium of stained glass, her work graces both humble and fine homes throughout the country.

A "Slice of Life" is the art piece that Batchelor created as a contribution to the theme of the 2022 BSAT exhibi-



PHOTO SUBMITTED

Batchelor with her unique doll house in her beautiful garden.

tion. At the suggestion of a friend, it took on the form of a Medicine Wheel where her love of nature and animals are recreated in small bits and pieces laid out to represent the four seasons and the four points on the compass of our world. As she created the wheel, she kept a little sticky note on the workspace that said, "Do what you Love" Batchelor adds "I do love what I do". It is obvious that love is most certainly embedded in every piece.

Lord Selkirk graduate accepted to prestigious physics program

By Ty Dillelo

Cole Coughlin, 22, is one of 25 students from 18 different countries accepted into the Perimeter Institute in Waterloo that offers a globally renowned master's program in theoretical physics.

Coughlin has proven in a remarkably short time to be a future scientist of exceptional expertise.

Each year the world-renowned Perimeter Institute for Theoretical Physics in Waterloo, Ontario, chooses only the most forward-thinking and gifted personnel in the world to attend its premier research facility.

Coughlin, a Lord Selkirk Regional Comprehensive High School graduate, was chosen this year as one of only two exceptional youth in Canada to continue his studies at this prestigious academy of science.

"When I was younger, I always found math and physics to be easier than the courses that required memorization," said Coughlin. "With a formula sheet, I could figure anything out, but I was never able to remember dates for history."

Coughlin's teachers at Lord Selkirk

always encouraged his enthusiasm for science throughout his tenure there.

"I am grateful for what I learnt there, even beyond the curriculum. I got the chance to take an advanced physics course which almost wasn't offered as only three students signed up for it, one of which dropped out. Thankfully Mr. MacDonald was willing to teach us two more involved topics privately."

Teachers and science communicators such as Carl Sagan and Bill Nye fostered Coughlin's interest in learning about nature. Later he started reading books by Carlo Rovelli and Lee Smolin, who gave him introductions to some of the most interesting questions in physics today. Very soon, Coughlin will get to thank them in person as they're both professors at the Perimeter Institute.

Once Coughlin learned that studying physics could turn into a career, he focused after high school on a joint physics and computer science honours degree at the University of Manitoba.

"I knew I loved physics, but that's

so broad, so I wasn't sure what area of research I wanted to go into (I still don't). In my first research opportunity, I wrote an algorithm to seek out and study merging galaxies in order to study the properties of their black holes. My next position was looking at some of the smallest things in the universe rather than the biggest."

Coughlin used data collected from the LHC at CERN in Switzerland to search for new phases of matter that humans have never seen before.

"I found an interesting resonance which has now been independently confirmed by researchers at CERN as a new particle made of four quarks rather than the typical two or three quarks that all the matter we see is made of."

Coughlin's most recent research has been studying ways to link quantum mechanics and gravity, two seemingly incompatible theories known to both be true.

"This has been an open problem in physics for the past 100 years, and now it's my turn to take a crack at it. At the Perimeter Institute, I hope to learn more about how we can use

the laws of physics to make calculations that we never thought to be possible using regular computers. This is called quantum computing and is just in its infancy and will soon revolutionize the world in 20-30 years if we don't light set the world on fire by then."

The Perimeter Institute in Waterloo offers a globally renowned master's program in theoretical physics, and its application is free to anyone around the world. Coughlin applied even though he didn't think that he had much hope of getting in.

"Once I got a few interviews with them and spoke about what I find most interesting in physics, I got accepted. I am excited to learn the most cutting-edge topics in physics, especially the ones that we are quite in the dark about. I am thrilled to learn from some of the greatest minds in physics, not only my professors but my peers in the program. I am truly honoured to be selected for this program as becoming a theoretical physicist has been a dream since I was young."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Posthumus named to Senior Men's National Team for upcoming FIBA AmeriCup 2022

Basketball Manitoba

Canada Basketball announced last Thursday the Senior Men's National Team roster for the upcoming FIBA AmeriCup 2022.

The squad includes Chad Posthumus of East St. Paul who is coming off the CEBL season with the Ottawa BlackJacks and their second-place finish last month.

The FIBA AmeriCup 2022 returns to Brazil for the first time since 1984 when it was held in São Paulo, with the 19th edition of the tournament running Sept. 2-11.

Fans in Canada can catch all the action streaming live on Courtside 1891.

Prior to the selection, the team hosted a training camp last week in Victoria, B.C. before departing for Brazil.

Nathaniel Mitchell, who made his Canadian head coaching debut earlier this summer at the inaugural GLOBL JAM, will be head coach for Canada

at the FIBA AmeriCup 2022.

Mitchell will be joined on the bench by assistant coaches Dave DeAveiro, Michael Meeks and Scott Morrison.

Canada is in Group A and will face hosts Brazil (Sept. 2, 7:10 p.m. ET), Uruguay (Sept. 3, 4:40 p.m. ET), and Colombia (Sept. 5, 10:10 a.m. ET) in the Group Phase.

The two best finishers in each group as well as the two best third-place teams in the competition will move on to the quarterfinals.

Canada went 3-1 to finish atop Group C in the FIBA AmeriCup 2022 Qualifiers to successfully qualify for the FIBA AmeriCup 2022.

The FIBA AmeriCup was originally scheduled to be held in 2021 but was rescheduled due to the COVID-19 pandemic.

Canada is currently ranked 18th in the FIBA World Ranking presented by Nike.



BASKETBALL CANADA PHOTO

East St. Paul's Chad Posthumus has been selected to Canada's Senior Men's National Team roster for the upcoming FIBA AmeriCup 2022.

Thunder down Sabres in high-scoring affair

By Brian Bowman

The Interlake Thunder Varsity team had a wild start to their Rural Manitoba Football League regular season.

Interlake scored 30 second-half points in a high-scoring 58-43 road win over the Souris Sabres last Friday.

"It was a great win for us," said Thunder head coach Mitch Obach. "Last year, that was one team that had our number so going out on the road to start the season against a team that took us twice and, quite frankly, embarrassed us the last time that we were there, was a huge (win) for us."

Interlake's offence was rolling all game while putting up 616 yards.

"I think we only had one drive where we didn't score," Obach said. "They were just flying. We have a great group of a lot of Grade 12s, a lot of returning guys on offence, so the chemistry is there. They're ahead of schedule for Week 1. They were really moving the ball nicely and we hope that we can keep doing that going into this week."

The Thunder did a really good job mixing up their offence with throws and runs. But Interlake ran the ball

more in the second half.

"That was just an adjustment to what they were doing on defence," Obach said. "They seemed to be more concerned about the pass in the second half and we kept it on the ground. I think that helped us control the flow of the second half better."

Some of the Thunder's offensive highlights included quarterback Tucker Knutson with three rushing touchdowns and a passing TD. Running back Lucas Kmet had two rushing majors while receiver Matthew Houston finished the game with a

rushing and receiving TD. Quarterback Ben Cook had a short yardage rushing touchdown.

Interlake will travel to Moosomin this Friday and then will visit Dauphin on Sept. 17.

It's odd to have a football team play three consecutive games on the road to begin a season.

"I don't know if I have ever done that before," Obach said. "It's a grueling way to start and that's part of the reason that was such a big win for us in Week 1."

Jr. B Fishermen training camp begins Thursday

Staff

The Selkirk Fishermen Jr. B hockey team will be hitting the ice for training camp this week.

Selkirk's first workout is this Thursday (8:45 p.m.), followed by practices on Sept. 12 (8:45 p.m.), Sept. 14 (7:15 p.m.), Sept. 19 (8 p.m.)

and Sept. 21 (7:15 p.m.).

On Sept. 22, Selkirk will play an exhibition game against the expansion Beausejour Comets in Arborg. Game time is 8 p.m.

The Fishermen will then battle the North Winnipeg Satellites in an exhibition game in Beausejour on Sept.

17. Puck drop is 7 p.m.

Selkirk will resume training camp on Sept. 26 (8 p.m.) and Sept. 29 (8:45 p.m.).

All players must pre register by emailing to chris.poPONICK@gmail.com and send the following info: name, birthdate, last team played

for, position, and left or right handed

Players must register prior to Sept. 8 to attend. The cost of the first three skates is \$50.

All skates are at the Selkirk Rec Complex.

Meger deserves induction to Hockey Hall of Fame

By Ty Dilello

Paul Meger played over 200 games for the NHL's Montreal Canadiens in the 1950s and won a Stanley Cup with them in 1953. He was a creative offensive player whose skating ability made him a solid two-way asset. And yet, despite being raised in the Selkirk area, Meger is still not a member of the Manitoba Hockey Hall of Fame.

Selkirk's Meger was a late bloomer to the game of hockey as he didn't start playing until he was fourteen years after finally receiving his first pair of skates. Before that he frolicked around on the Red River, but really got into the game after getting those skates.

By the age of seventeen he was being recruited to go play junior hockey in Ontario for a powerhouse Barrie squad. A few years later he joined the Montreal Canadiens and in 1951-52, he scored 24 goals while playing on a line with Billy Reay and Bernie Geoffrion.

Over a six-season career with the Montreal Canadiens from 1949 to 1955, Meger played in 247 games and scored 102 points. In addition to his 1953 Stanley Cup, Meger also played in three NHL All-Star Games (1951, 1952, 1953).

However, the highlight of Meger's hockey career was definitely winning the Stanley Cup.

"That was my highlight above everything else," Meger said, "I still have my Stanley Cup ring and I'll cherish that forever."

Meger helped Montreal win the Stanley Cup in 1953, the Habs first Cup since 1946. However, after playing only thirteen games, in 1954-55 – his career was ended by a gruesome accident when Leo Labine's skate blade caught him in the temple.

Meger suffered a broken skull and tissue damage to his brain that required several operations to mend. Fortunately, he had a full recovery and lived a very long and prosperous life.

Meger passed away at the age of ninety on Aug. 27, 2019.

"Dad was such an amazing player in his time that we are surprised he hasn't already been inducted into the Manitoba Hockey Hall of Fame," said Meger's eldest daughter, Debra Scott. "A nomination was recently put forward for him, so we're hoping his name will be called finally sooner than later."

Meger was born in 1929 and when his family moved from Watrous, Saskatchewan, to Manitoba he was just a young boy. The family settled and farmed in the St. Peters district, north of Selkirk. They later moved into a house at 310 Dufferin Avenue in Selkirk.

Meger first played hockey on the Red River when attending Hoey East School before moving into Selkirk. His mother recalls that he made his own hockey sticks at that time from branches he cut in the bush, and then learned to skate on the family farm.

"We went in the woods and cut crooked branches for sticks," Paul Meger recalled shortly before his death. "We would whittle them down for hockey sticks. We'd play with them for a while and then years later, when a bit of money came long, I remember getting my first real hockey stick. We'd also cut our pucks off a wooden bar."

"We had to walk along the Red River a good mile or mile and a half to school every day, and somewhere along the line, there was a military veteran who bought products from my mom on our farm,



RECORD PHOTO SUBMITTED

Selkirk's Paul Meger is one of the top Interlake players to ever lace up a pair of skates. His family would now like to see him inducted into the Manitoba Hockey Hall of Fame.

things like butter, milk and eggs. He came down one day when I was fourteen with a whole bag of stuff with a pair of skates in it and that's really the first pair of skates I ever had on. I used to take them and try to skate around. I remember the trough where the cows and horses drank because there was quite a bit of water so it turned into ice and they'd farm around it, but I was on my rear end more than standing early on that's for sure."

Competitive season underway for local curlers

By Ty Dilello

The 2022-23 World Curling Tour season is officially underway, with events beginning to take place all around the world.

Winnipeg Beach's Colton Lott has joined the Matt Dunstone men's rink as second for this next Olympic cycle. Rounding out the team are Gimli's B.J. Neufeld at third and Ryan Harneden (formerly with Brad Jacobs) at lead.

Team Dunstone will kick off their season at the ATB Okotoks Classic in Alberta from Sept. 15-18, followed by the PointsBet Canada Invitational from Sept. 21-25 in Fredericton, New Brunswick.

Lott will also still be competing in mixed doubles and continues to be one of the country's top teams with now wife, Kadriana Lott.

"It's going to be a very busy year, but I am very excited for the challenge," said Colton Lott.

"Playing with Team Dunstone is sure to be a great experience, and I just can't wait to get going at our first event together."

One of Lott's teammates from last year, second-man Kyle Doering of East St. Paul, also has a new team. And it's one that has him playing for a new province.

Doering has joined the Karsten Sturm May rink out of Alberta. Sturm May has been one of the top U30 teams in Canada, winning a pair of University Nationals in recent years. However, they haven't broken through and advanced to the Tim Horton's Brier yet. With Doering now coming in to play second, the Sturm May rink is looking to reach new heights.

"It's a really good squad for me," said Doering. "After my team broke up after last year, I didn't really know where or who I'd be playing with. I thought I might have had a chance to stay and play in Manitoba for a team, but that didn't end up working out, so when Karsten gave me a call about potentially playing in Alberta, we got to talking, and I really liked the opportunity."

Doering's first event with Sturm May was two weeks ago at the Curling Sta-

dium Alberta Curling Series event in Leduc, Alberta. Sturm May ran through the event going 4-0 in the round robin and winning their semi-final quite handily.

In the finals, Sturm May went up against Alberta rival Aaron Sluchinski and appeared to be in control of the game. Sturm May led 6-4 going into the last end, but a few misses resulted in Sluchinski cracking a four-ender with his final shot to win the final 8-6.

Sturm May picked up some cash and ranking points on the weekend and

will now look forward to competing again in Leduc next weekend at the Curling Stadium Alberta Curling Series Major.

"It was great just to be out there competing with the new team," said Doering. "We ended up having a really good first event together. Yes, we would have liked that final end of the championship final back. But overall, it was a very successful weekend, and we will take it. It gives us lots of confidence going into the rest of the year."

Strike Force doubled by Southside FC

Staff

The Tri-S Strike Force were doubled 4-2 by Southside FC in Manitoba Major Soccer League 5th Division action on Aug. 30 at the Buhler Recreation Park.

No goal scorers from the game were posted on the league website at press time.

With the loss, the Strike Force now

has a 3-11-1 record and 10 points to occupy ninth place in the 10-team division.

Tri-S will host Stonewall United this Sunday (5:30 p.m.) at the Selkirk Recreation Complex.

The Strike Force will then play the St. James Spurs SC on Sept. 18 at the Memorial Park Turf Field. Game time is 7:15 p.m.

Steelers begin main training camp

By Brian Bowman

The Selkirk Steelers were back at work this week. After hosting a rookie camp last month, Selkirk started its main camp this past Monday.

"We couldn't be more excited," said Steelers' head coach Hudson Friesen on Sunday afternoon. "It's been a long way since we lost out in the playoffs last year so we're hungry and ready to get back at it here."

The rookie camp went really well, said Friesen, and the main camp will begin with around 65 players.

The Steelers will be very busy this week with a rookie game against the Niverville Nighthawks on Wednesday. Selkirk will then host Niverville on Friday (7:30 p.m.) at the Recreation Complex.

The Steelers will host the Winkler Flyers on Saturday (7:30 p.m.) and then will visit Winkler on Sunday for a 3 p.m. game.

"It's a bit of a quick process this year so guys will really have to show what they're capable of," Friesen said.

en said. "We're excited and we have a lot of competition in a lot of areas coming into this season. We're excited to see some of the younger guys pushing for spots and pushing the older guys for minutes."

In off-ice news, the Steelers recently acquired 2002-born defenceman Zach Brault from the BCHL's Cowichan Valley Capitals for future considerations.

"We're excited to bring Zach in," Friesen said. "He's going to bring some experience to our back end being a 20 year old. He's a good puck-moving defenceman, very mobile, very steady, and very good defensively. We feel that he's going to compliment our back end very nicely and fill some big minutes back there for us."

The Steelers' season opener is Sept. 16 when they host the Portage Terriers. Puck drop is 7:30 p.m.

RECORD PHOTO SUBMITTED

The Selkirk Steelers acquired defenceman Zach Brault from the Cowichan Valley Capitals for future considerations.



Selkirk club champions announced

Staff

The Selkirk Golf & Country Club held its club championship last month.

The club champion was Ryan Coffin while Dave Michaleski and Mike Frost tied for second.

The men's first flight winner was Kevin Burnett followed by Chad Krut and Shawn Tymchak.

Brodie Ogg was the champion in the men's second flight while Terry Begg placed second.

Wade Fergusson won the senior men's championship in a playoff. Tyler Zinnick finished second and Brent Kurbis took third.

The senior men's first flight was won by Brian Zdrill followed by Mickey Wur and Tim Cromarty.

Howard Edmonds captured the senior men's master's title while Wayne

Bird was second.

The ladies' champion was Charlene Fox while Kim Cushnie placed second and Lynn Klohn was third.

Gloria Heft was the best in the senior ladies' division followed by Heather Quattrin and Pat Coffin.

The senior ladies' master's division was won by Dianne Edmonds and Pat Fenske was second.

The ladies open was won by Martha Cinch.

Rohan Geuvarra was the best in the junior boys' division while Davis Krut finished second and Dain Leach took third.

Skylar Whitford placed first in the junior girls' division.

The junior boys' 15-plus division was won by Riley Kushnier while Preston Kemerle placed second.

Davis Krut won the junior boys' title

followed by Matthew Michaleski.

The junior boys' 12 & under division was captured by Jace Geuvarra while Carter Veldink was second.

Here are the results from the two-player scramble held in Selkirk on Aug 13.

Men's first flight - Dylan Fredborg / Travis Fredborg (first), Shayne Fredborg / Dave Hardman (second), and Ian Brooks / Wes Hoydalo (third).

Men's second flight - Jason Specht / Riley Coverdale (first), Dave Gilbert / Tanner MacVicar (second), and Lorne Andrusko / Lyle Gretchen (third).

Ladies - Lynn Klohn / Therese Sandwith (first), Charlene Fox / Pat Coffin (second), and Trish Hallson / Heather Quattrin (third).

Upcoming events at the Selkirk Golf & Country Club include:

Sept. 1-30 - The restaurant is once

again participating in "eat along the red" part of the Selkirk biz with the golf course's entry being a "Tex Mex Poutine."

Sept. 9 - SGCC Nite golf (sold out event). Pizza and salad dinner followed by golf under the stars with glow balls

Sept. 11- Selkirk Last Chance is open to the public with lots of great prizes and golfing ability. Members \$30 and non-members / guests is \$70 including golf fee, power cart, prizes and tax.

Sept. 24 - SGCC members closing day.

Oct. 1 - SGCC Par 3 fall classic \$35 member and \$55 for guests with all 18 holes set up as par 3's. Limited field of two-person teams open to men, women, and juniors.

Local players compete at baseball nationals

By Brian Bowman

There was a strong local presence at the 2022 Senior Men's Canadian Baseball Championship in Sydney, Nova Scotia last month.

Chris Norquay, Brett Boudreau and Colten Boudreau all suited up for the Winnipeg Senior Baseball League's Elmwood Giants at nationals.

Brett and Colten played for Elmwood this past season while Norquay was a pickup from the WSBL's Stonewall Blue Jays.

Norquay has competed several

times at nationals over the years in both junior and senior baseball.

"It's always special to go and take on the best that Canada has to offer and see where you stack up," said Norquay, 33, who grew up in Selkirk. "That opportunity is always special and pretty fun."

Elmwood started play with a 1-0 win over Nova Scotia as Norquay belted a solo home run in the bottom of the seventh inning.

"I've had walk-off hits before in my life but I've never had a walk-

off home run," Norquay said. "So, to have that happen at nationals was a pretty surreal experience. Going in there against what we thought was one of the better teams, to win that way was incredible."

The Giants suffered losses to Alberta (5-1) and Ontario (9-2) to slip to 1-2.

Elmwood then edged British Columbia 4-3 in 11 innings in a quarter-final game before dropping an 11-1 decision to Ontario in the semifinals.

The Giants were later defeated 5-0 by New Brunswick in the bronze-

medal game.

"It was really frustrating," Norquay said. "I think taking the long way in the quarter-finals we played (Ontario) in the semis that had played once less game than us and the team that we played in the bronze-medal game also played one less game than us. I think we ran a little bit short on arms at the very end, running on fumes a little bit."

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

BUSINESS OPPORTUNITY

Grocery store with liquor and large living quarters. Excellent sales. Listed at 1.2 million. smalleyrealty@mts.net 204-339-1665.

PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

OFFICE SPACE FOR RENT

Office/Commercial space for rent. 650 sq. ft., 300 block of Main St., Selkirk. \$1,000 + GST, per month, includes air conditioning and all utilities. Call 204-785-0105.

FARMLAND FOR SALE

Private Sale by owner - 160 Acres of land with mineral rights, 9 miles South of Arborg off of Hwy. #7. Older house (930 sq. ft.) with laminate floor and newer roof and cute gazebo attached to the house, 2 car garage, and 2 out buildings, \$275,000. For more information Please call Albert 204-671-3335 or Lori 204-651-0034 or 204-643-5750.

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take a break > GAMES

SUDOKU

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

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!

Level: Intermediate

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!

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

Sudoku Answer

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

Crossword Answer



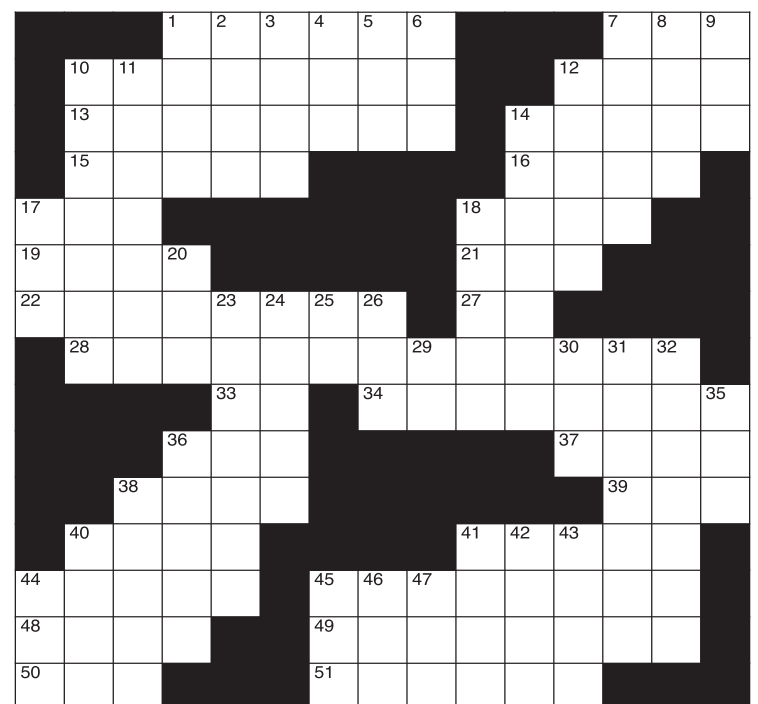
CROSSWORD

CLUES ACROSS

- Grievous
- Queens ballplayer
- Honorable title
- Created
- Grillmasters do it
- Wartime German cargo ship
- Cocoplum
- Hebrew calendar month
- British thermal unit
- Brews
- One of Thor's names
- Decorative scarf
- Clothes
- __: denotes past
- A way to address a lover
- Commercial
- Utters repeatedly
- Google certification (abbr.)
- Taxis
- Belgian village in Antwerp
- Talk excessively
- Broad volcanic crater
- Surgical instrument
- Listens to
- Revelation of a fact
- Paddles
- Heard
- Tooth caregiver
- Metric capacity units

CLUES DOWN

- Protein-rich liquids
- Musician Clapton
- Wine
- When you hope to arrive
- Something one can get stuck in



- Midway between east and southeast
- Mothers
- German river
- Israeli city __ Aviv
- Discharged
- Areas near the retina
- Greek mythological sorceress
- Very unpleasant smell
- "__ Humbug!"
- White poplar
- Journalist Tarbell
- Teachers
- One older than you
- Long Russian river
- Run batted in

- Beloved Hollywood alien
- Holiday (informal)
- Furniture with open shelves
- Argued
- Sino-Soviet block (abbr.)
- Cars have them
- Volcanic craters
- Made of fermented honey and water
- Shelter for mammals or birds
- One who utilizes
- Moves swiftly on foot
- Builder's trough
- Architectural wing
- 12
- Pacific Standard Time

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ANTIQUE & COLLECTABLE SALE

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

GARAGE SALE

Large Yard Sale. 78116 Two Mile Rd. Sat, Sep 10/22. 10 a.m. - 5 p.m. Tools, lawn, snow care, seasonal, crafts, assorted home and much more.

ADVERTISE YOUR GARAGE SALE IN THE RECORD

LAKESIDE ACADEMY

Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. Lakeside Flight Academy 204-642-4799.

HELP WANTED

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

HELP WANTED

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

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

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

HONOUR YOUR LOVED ONES WITH AN ANNOUNCEMENT IN THE RECORD

HELP WANTED

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes evenings and weekends. P/T office staff for sale days. Every Friday, 1st and 3rd Weds of each month and the odd Monday. Ph. Melissa at 204-299-7509 msobey@hotmail.com

Food server and line cook needed for Grace's Deli at St. Andrew's Airport. Part-time day shift. Drop off resume or call 204-339-6904 or cell: 204-232-3630.

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

HELP WANTED

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

EMPLOYMENT WANTED

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

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MISCELLANEOUS

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

ADVERTISE IN THE RECORD



RURAL MUNICIPALITY OF ST. ANDREWS NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

• **September 14, 15, 16, 19 and 20, 2022**

between the hours of **9 a.m. to 4:30 p.m.** at the **R.M. of St. Andrews Office, 500 Railway Avenue, Clandeboye, Manitoba**, I will receive nominations for the offices of **Mayor and Councillors, Wards 1 to 6**.

The **nomination deadline** is **Tuesday, September 20, 2022 at 4:30 p.m.** Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters. Each nomination shall also be accompanied by the Candidate's Declaration of Qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax. To obtain a nomination paper, and/or Candidate's Declaration of Qualification, contact the S.E.O. at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

VOTERS LIST OF REVISIONS

Voters may apply to have information changed on the List of Electors no later than **September 20, 2022**.

APPLICATION TO VOTE BY SEALED ENVELOPE (FORMERLY CALLED MAIL-IN BALLOT)

An elector, who is unable to go in person to the polling place or an advance poll for an election, may apply in writing or in person to the Senior Election Official at the Municipal Office.

Dated at Clandeboye on August 25, 2022.

Margaret Davidson, S.E.O., R.M. of St. Andrews
Sally Cote, S.E.O., Lord Selkirk School Division
R.M. of St. Andrews
Box 130, 500 Railway Avenue
Clandeboye, MB R0C 0P0
Phone: 204-738-2264 / 1-866-738-2264 (toll free)
Fax: 204-738-2500



NOTICE OF NOMINATIONS Rural Municipality of St. Clements

NOTICE IS HEREBY GIVEN that on the following days: September 14, 15, 16, 19 and 20, 2022

between the hours of 8:30 a.m. and 4:30 p.m. at the Rural Municipality of St. Clements office, 1043 Kittson Road, East Selkirk, Manitoba, nominations will be received for the offices of:

Mayor and six Councillors of the aforesaid Local Authority.

The nomination deadline is September 20, 2022 at 4:30 p.m. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by an agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the Local Authority at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: Selkirk 204-482-3300
Winnipeg: 204-474-2642
Toll Free: 1-888-797-8725
Fax: 1-204-482-3098
Email: sue@rmofstclements.com
www.rmofstclements.com

Dated at East Selkirk, Manitoba on August 22, 2022.

Sue Sutherland
Senior Election Official (S.E.O.)
Rural Municipality of St. Clements

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Selkirk Record

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Water softeners. All sizes. 5 stage reverse osmosis systems, \$268. E-coli ultraviolet systems. Greensand iron/odour/ manganese removal filters. 10" & 20" Polyspun. String wound. Carbon replacement water filters. Delivery avail. All Seasons Furnishings 204-661-8581.

CRAFT SALE

Holiday Market Crafts & Gifts, Saturday, December 3, 2022. Holy Eucharist Hall, Selkirk. Openings for home-made crafters. Tables \$40. Call Debbie: 204-785-8240 or email: reneedanchuk4@gmail.com

UPCOMING EVENTS

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

SHOP LOCAL

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UPCOMING EVENTS

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

BALSAM BAY CEMETERY PUBLIC MEETING, STONY POINT COMMUNITY CENTRE ON SEPTEMBER 11, 2022 AT 1:00 P.M. VOTING FOR 5 NEW MEMBERS - 3 TRUSTEES, 1 SECRETARY & 1 TREASURER.

WANTED

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

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

The Aurora Plus

1648 SqFt RTM

3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island. 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available

www.wgiesbrechthomes.ca

Taking orders for Fall 2022
204-346-3231

WANTED

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

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a Fall Supper or event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

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Online Timed Auctions @ iCollector.com

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Closes Wed Sep 14 @ 7:00PM

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Closes Wed Sep 21 @ 7:00PM

Consignments Welcome!

(204) 467-1858 or (204) 886-7027
www.mcsherryauction.com

NOTICES

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HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

HAY FOR SALE

Large round hard-care bales of alfalfa & brome grass. Call 204-461-0722.

NOTICE TO CREDITORS

IN THE MATTER of the Estate of Kenneth Lloyd Thomas, late of the Rural Municipality of St. Clement, in Manitoba, deceased. All claims against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication. DATED at the City of Selkirk, in Manitoba this 30th day of August, 2022.
Hnatiuk Law
Attention: Andrew Hnatiuk
Solicitor for the Executrix

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

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

Requirements:

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

Salary: 45,000 - 60,000 (depending on qualifications)

Own Transportation required

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Northway Aviation

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Competitive wage and benefits.

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4 TIRES FOR SALE on rims from 2010 Sante Fe



2 Goodride - 235/60 R18 103V SU 318 (Spring 2021)

2 - Laufenn 235/60 R18 103V (June 2022)

Only driven on for 6 weeks. Currently stored in shed.

Asking \$500 OBO

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

Call/Text Nicole 204-771-1859

EMPLOYMENT OPPORTUNITY



DIESEL MECHANIC WANTED Top Wage Offered

Fort Distributors Ltd is seeking a qualified diesel mechanic to join our growing team. Positive work environment in a state of the art shop. Please send resume to Grant@fortdistributors.com or call 204-785-2180

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Classifieds *The Selkirk Record* Announcements

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The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-785-1618

Temporary Suspension

POWerview-PINE FALLS EMERGENCY DEPARTMENT

If you need emergency care, please dial 9-1-1 or your 10-digit number for emergencies.

Visit <https://www.ierha.ca/emergency-department-schedules/>



for Emergency
Department
Schedules

Due to a shortage of emergency department staff, emergency department services at Pine Falls Health Complex are temporarily suspended.

Hours of operation of the Pine Falls primary care clinic are being extended. Walk-ins are welcome. Please visit www.ierha.ca and click "Find Us" and "Clinics" for clinic hours.

We apologize for this inconvenience while we work to address staffing shortages.



Interlake-Eastern
Regional Health Authority

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ANNOUNCEMENT

GRADUATION / BIRTHDAY



Graduation June 2022
Happy 18th Birthday Kyla
September 9

-Love Mom, Dad, Raylan & Declan

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WITH AN ANNOUNCEMENT IN THE *Selkirk Record*

Call 204-785-1618 or email lucy@selkirkrecord.ca

R. M. OF ST. CLEMENTS ZONING BY-LAW 5-2002 ZONING BY-LAW AMENDMENT 11-2022 PUBLIC HEARING

**We are
Listening.**

Public
Hearing
Tuesday,
September 27,
2022
6:45 PM

Council Chambers
1043 Kittson Rd.
East Selkirk, MB

Phone:

(204) 482-3717

1-800-876-5831

Fax: (204) 482-3799

E-Mail: info@rrpd.ca

Website:

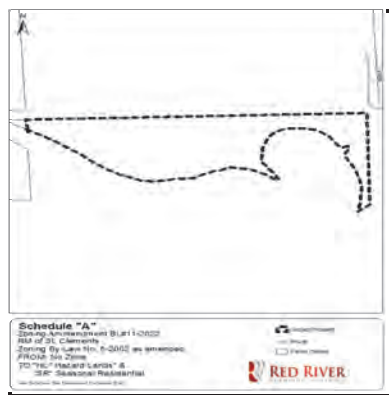
www.redriverplanning.com



As per *The Planning Act*, any person can make representation on the matter at the meeting.

What is BL 11-2022 about?

To rezone the subject property from NO zone to "HL" Hazard Land zone and "SR" Serviced Residential zone.



Unaddressed (Roll No 564900)

Seating at the public hearing will be limited to accommodate social distancing. We ask that you contact the municipal office at 204-482-3300 or info@rmofstclements.com to register your attendance so that we can ensure adequate physical distancing seating. Alternatively, you can contact the R.M. of St. Clements to receive an invitation to public hearing remotely through Zoom, submit questions or concerns in writing or visit the municipality's website for the link to live streaming with interactive chat.

For more information please contact the Red River Planning District.

Red River Planning District Mon-Fri*
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm

*excludes all statutory holidays

*NOTE: Property owners are responsible for notifying "Tenants"

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classified@mcna.com

www.mcna.com

Evan Kreutzer.ca
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204-482-7355

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We're Looking for New Listings!
We have Interested Qualified Buyers!
CALL US TODAY AND GET MOVING!

445 Manitoba Ave
SOLD!
\$299,900

207 Rosser Ave
SOLD!
\$179,900
WAYDE

NEW LISTING!
Hwy #9, Netley
73 acres, treed, 1400 sq ft, 4 bdrm, sunrm, above ground pool, 3 decks, insul workshop
\$559,000

BIRD RIVER LANDING
138 acres, 2,600 ft WATERFRONT
\$300,000

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- MARRIAGES

ANNOUNCEMENT

IN MEMORIAM



10 Year Anniversary
Ina Lena Dubeski
November 18, 1929 - September 7, 2012
Always on our minds, always in our hearts.
-Your family and all your relations

ANNOUNCEMENT

IN MEMORIAM



Barbara Niebel (Campbell)
March 2, 1957 - September 11, 2018
Loved beyond words,
Missed beyond measure.
-Love your family

ANNOUNCEMENT

IN MEMORIAM



Eugene Gloss
1941 - 2014
Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed and very dear.
-Love from Carole and all your family

ANNOUNCEMENT

IN MEMORIAM



Joe Solta
1997
It's been 25 years, but you will forever be in
our hearts, Dad.
Missing you so much.
-Love Debbie and
Wayne and Sharon

OBITUARY



Daniel Robert Cook
January 22, 1987 – August 26, 2022
Suddenly, on Friday, August 26, 2022, Daniel Cook, aged 35 years, of Selkirk, MB passed away.
Leaving to mourn are his parents Dan and Marlene Cook; sister Susan, nephews Nicholas (Kate), Logan and Kolbe; sister Sherry Cook and nephew Joshua; the love of his life Sheena Walker and his children Cassidy and Saint; auntie Wendy MacLeod-Thomas (Warren), cousins Jeffrey (Tracy), Charlotte; Brandon (Kaitlyn), Miles and Emily; Lindsay and William; Uncle John "Sonny" MacLeod (Nicol Milner), Taylor (John), Nate, Bailey (Mack), Liam and Connor; his best friend Edwina Nicholson; brother-in-law Chris Arbuckle and many other family and friends that he has made during his short loving life.

He was predeceased by his grandparents, Archie and Judith MacLeod and brother-in-law William (Bill) Overand.

Funeral service will be held on Wednesday, September 14, 2022 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, Manitoba.

Honorary Pallbearers are Dennis Johanson, Trevor (Sid) Loewen, Chris Jordan, Shawn Hamelin, Erin Stephanson and Tony Depaulo.

In lieu of flowers, please donate to your choice of Depression or Addictions foundations.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Sophie Ruptash (Banash)
December 17, 1931 – September 1, 2022

It is with loving hearts we say goodbye to Sophie Ruptash on September 1, 2022 at the age of 90.

She will be reunited with her loving husband Tony, her son Bradley Ruptash, her son-in-law James Kuzminski and granddaughter Cheryl Haughton (Kuzminski). She will also be reunited with her family Jean (John) Stepanzak, Bernard (Eva) Banash, Carrie (Rudy) Novalski, John Banash, Frances (Nick) Kuprowski, Anne (John) Kotack and Mary (Harvey) Chernetski.

Her spirit and love for family lives on through her daughters Sharon Kuzminski and Linda Jasper and son-in-law Wayne, daughter-in-law Nadine (Bob). She will be greatly missed by grandchildren, Cheryl's husband Tom their children Sophie, Kaylee and Thomas; Jason Kuzminski (Nicole) their children Rylan and

Thea; Jamie Price (Chris) their children Aliyah, Lauren and Isla; Justin Jasper (Marlee) their son Bennett; Alicia Ruptash and Kyle Ruptash. Also cherishing her memory are sisters-in-law Irene Banash and Anne Ruptash. Sophie's nieces and nephews were an important part of her family and she always appreciated their visits and phone calls.

Sophie was very talented when it came to sewing and various crafts. Her talent for painting Ukrainian Easter Eggs are displayed in many homes of family and friends and will always be a treasured keepsake. Sophie loved to cook and bake. She was always eager to make perogies, cabbage rolls and cabbage buns and was willing to teach us how to make them so the tradition could be carried on.

The family will be forever grateful to the excellent staff of Middle Church Home and Residence Despins whose care and compassion means more to us than can ever be expressed.

A celebration of her life will be held on Saturday, September 10, 2022 at 11:00 a.m. in the Gilbert Funeral Chapel, 309 Eveline Street in Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

William (Bill) Guest

September 3, 1937 - August 26, 2022

Peacefully, and surrounded by his wife and three children, William (Bill) passed away in the MICU at Winnipeg's Health Science Centre on Friday, August 26, 2022.

Left to mourn his passing are his wife (and best friend) of 63 years, Lillian; his children: Elmer (Denise), Shelley, and Linda (Devin); his grandchildren Jamie (Blair), Janine (Chris), Mathew, Adam (Tara), Seth, and Kyan; his great-grandchild, Kayne; his sister Janet; brothers-in-law Fred (Margit), Harold (Corinne); sisters-in-law Janice and Violet; and many nieces, nephews, cousins, and friends.

Bill is predeceased by his parents, parents-in-law as well as his brother John (Maureen), brothers-in-law Bob, Martin, and Gordon.

Bill was a proud "farm boy" raised on a dairy farm in Petersfield, Mb. He had a very curious nature and tremendous talent for fixing anything and everything. His intelligence led him to study at United College, St. John's, Tech Voc, and NAIT. Bill worked very briefly on the Avrow Arrow project; as a safety inspector with CSA; Senior Process Operator with Shell (St. Boniface Refinery); and finally at Shell Scotford Refinery in Fort Saskatchewan, Alberta. In 1990, he retired from Shell Canada a fully certified Fourth Class Steam Engineer.

Bill returned to his acreage in St. Clements upon his early retirement where he and Lillian lived out their dream of living outside city limits and growing a "small" one acre garden and laughing at the follies of their adopted "fur kids" Mitzie, Bailey, Monty, Cleo, Oscar, Sammy, Jojo, Mickey, and Tuffy.

In his retirement, Bill delighted in his family (especially his grandchildren). He was proud patriarch of many family and holiday dinners. The birthday gatherings in honour of his 60th, 65th and 70th year were events which he remembered so very fondly. Bill loved talking to people and was a story teller by nature. He was a voracious reader and could tell you anything and everything about his electronics, Volvo, Cub Cadet, and John Deere.

Bill loved his neighbours and community and was often involved in a variety of projects and activities both political and social during his 30 year retirement.

As per Bill's wishes, a small and private service and burial was held.

Flowers and gift baskets are gratefully declined. Lillian asks that those wishing to offer condolences of a gifting nature to please donate in Bill's memory to a local animal shelter of their choice. "Dogs and cats were Bill's flowers".

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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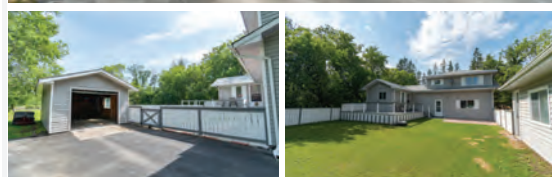


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