



# The Selkirk Record

VOLUME 12 EDITION 36

THURSDAY, SEPTEMBER 9, 2021

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## Art takes the streets

RECORD PHOTO BY BRETT MITCHELL

Lizanne Laurin, a St. Andrews artist, was one of the many local artisans who took to the streets to sell their wares during the Art Crawl in Selkirk last weekend. See more of the amazing art that was on display on page 4.

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# Vote by mail a convenient way to take part in election

## Applications to vote by mail end on Sept. 14 at 6 p.m.

By Ligia Braidotti

Elections Canada has announced it will open vote by mail options to voters this year.

People considering voting by mail should apply by Sept. 14 at 6 p.m. Voters can apply online at [elections.ca](https://elections.ca) or by contacting any Elections Canada office in their area.

Voting by mail requires you to fill out a special ballot. After applying to vote by mail and Elections Canada approves your application, they will mail voters a special ballot voting kit that contains everything they need to cast their vote. Voters should fill out their ballot and send it back to Elections Canada using a pre-addressed return envelope with prepaid postage by election day.

"If you're voting elsewhere than in your home riding, then you might want to vote by mail. Actually, it is

probably the best option if you're not going to be home on election day in your riding or at the advanced polls. If you're travelling, you can also apply to vote by mail," said Marie-France Kenny, regional media advisor with Elections Canada.

When voting by mail, voters must understand that the ballot is their responsibility. They must return the marked ballot by the deadline on election day for it to be counted. Be sure to read the instructions included with the voting kit. Keep your marked ballots in the envelopes, then mail it back using an expedited parcel service at your own expense, or drop it off at your assigned polling station on election day, or have someone else do it for you.

Voting by mail has also been made available for those who are still not comfortable with situations where

there may be a crowd of people. It's especially convenient for those electors who are vulnerable, can't wear a mask, are in self-isolation, or may have come in contact with someone with COVID-19 and are isolating.

Kenny also commented that more people have voted by mail this year than ever before.

"Initially it was introduced for people who were travelling and not in their riding or were unable to get to a poll for medical reasons or such," she said.


Elections Canada is working to process vote-by-mail applications and send electors their voting kits as quickly as possible. Typically, the process takes up to 72 hours, but things

may take a bit longer over these first few days as they are getting things up and running.

The simplest and most efficient option remains voting at the polls on Election Day or at an advance poll. Every polling location is equipped with health and safety measures to keep everyone safe.

For more information, voters can visit [elections.ca](https://elections.ca), contact their local Elections Canada Office or call Elections Canada at 1-800-463-6868.

Elections Canada is still recruiting employees for advanced polls and Election Day. Those interested in applying can go to [elections.ca/jobs](https://elections.ca/jobs) and apply online.



### Interlake-Eastern RHA Board Annual General Meeting

**Monday, October 4, 2021**  
**2:00 p.m. – 4:00 p.m.**

**Agenda highlights:**

- A review of the year's activities by members of the board of directors, CEO report and award announcements.

Due to the COVID-19 pandemic, the Annual General Meeting will be held virtually using ZOOM. Registration is NOT required.

**ALL ARE WELCOME TO PARTICIPATE**


Join the Annual General Meeting at 2:00p.m. on October 4 by visiting the webinar link at: <https://is.ed/nBG8vD>

**OR**

by calling: (Toll Free): 1-855-703-8985

Meeting ID: 617 3990 2678  
Passcode: 964216

Please visit [www.ierha.ca](https://www.ierha.ca) and "News" for meeting materials that will be posted the day of the Annual General Meeting. Feel free to contact us at 1-855-347-8500 or [info@ierha.ca](mailto:info@ierha.ca) if you have or wish to submit any questions in advance!



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# BIG DOLLAR

# 'Arting' out at the Selkirk Art Crawl



RECORD PHOTOS BY KATELYN BOULANGER

Selkirk's first Art Crawl was a huge success with many residents stopping by the booths set up along Manitoba Ave. and Eveline St. Clockwise from top left: Jon Ostash showing off some of his art making. Laurie Sutherland giving it her all at her Patsy Cline tribute. Patti Simko was one of many artists showing off their hand made products. Volunteers from Project Linus were accepting donations to create blankets for kids in need.

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# Latest mural celebrates endangered species

## Falcons and butterflies and cranes oh my

By Katelyn Boulanger

Selkirk's latest mural project took a bit longer than expected to reach its completion but it was definitely worth the wait, with the city's first three-dimensional mural—celebrating the region's endangered species—being unveiled in its final form last week.

Charlie Johnston, who is a well-known muralist throughout Canada and a local resident, was the designer and lead artist on the project and brought this new concept to Selkirk.

"I think really working more towards fully integrating sculpture into mural art is still a thing that I'm developing. So this is a little bit cutting edge for me in that amalgamation between mural art and wall art," he said.

The project was made possible by the Interlake Art Board who teamed up with the Endangered Species Mural Project in the States to bring this latest mural to Selkirk.

"We realized that there was an endangered species mural project taking place and so we reached out to the project, and they said they would be delighted to have us on board as the first in Canada," said the president of the Interlake Art Board Joannie English.

This was not the first stage of the project in our community as the Art

Board previously hosted an art contest, gathering artists from all over Manitoba in order to kick it off.

The mural depicts species like the lake sturgeon, whooping crane, peregrine falcon and the monarch butterfly but English says that this is just a starting point as she hopes this causes residents to learn more about the species in our area that they might not even know are endangered.

One of the other ways that this project stands out in Selkirk is that it's a true multi-artist piece, while Johnston is the lead designer, he weaved all of the different elements of the mural together which were created by different artists in order to create his final vision.

"I was trying to find a way to create an environment that all of the different artists' styles could work together. So it wasn't until like really just working through my process on the wall that I put it together," said Johnston.

This is one of the sorts of projects that Johnston takes on where he mentors other artists who want to learn how to design a mural. Some of the artists involved are working on their first mural project and others have been doing this for a few years, according to Johnston.

"It gives me the opportunity to

spread the seeds of possibility that further and create more interest and more opportunities for artists to pick up the vocation. Because not everybody realizes it, but mural art is really an art form unto itself, it is painting, but it really is of its own, a bird of its own nature. So it takes a special kind of a consistent practice to really develop yourself as a mural artist," he said.

To view the new mural check out the pocket park located beside 226 Manitoba Ave. and learn more about what the Art Board is up to at <http://www.interlakeartboard.ca/>.



RECORD PHOTO BY KATELYN BOULANGER

The mural's 3-D peregrine falcon.

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# New public health orders

## Staff

A day before they were slated to come into effect, government officials provided some clarity on the newest public health orders last week.

The orders include a return of the mask mandate in indoor public spaces and require proof of vaccination against COVID-19 at certain events and locations.

"These orders will inform and guide us as we work to avoid the most serious effects of a fourth wave, and ad-

dress the threat posed by the delta variant," said Dr. Brent Roussin, chief provincial public health officer. "By continuing to encourage Manitobans to get vaccinated, and supporting businesses and services as they take the steps to comply with these orders, we can work together to get through these difficult times."

Outdoor gatherings in public spaces are now limited to 500 people, down from the former limit of 1,500. Community fairs and festivals will be al-

lowed to operate above that limit, subject to protocols approved by public health.

Museums and galleries are allowed to open, but are now required to ask for proof of vaccination from visitors to access indoor areas.

Wedding receptions held in licensed premises will be subject to the same rules as restaurants and licensed premises, and guests will have to show proof of vaccination.

Food courts are also now required to comply with the same rules as restaurants for dine-in patrons and require proof of vaccination if they choose to open for options other than take-out.

Proof of vaccination is also required to attend indoor and outdoor ticketed sporting events; concerts, indoor theatre/dance/symphony events; restaurants (indoor and patio dining); nightclubs and all other licensed premises; casinos, bingo halls and VLT lounges; movie theatres; fitness centres, gyms and indoor sporting and recreational facilities (excluding youth recreational sport); and organized indoor group recreational classes and activities, and indoor recreational business.

Children born after Dec. 31, 2009 who are not eligible to be immunized will be able to attend events and activities with a fully-immunized adult.

Roussin notes these public health orders will reduce the need for more stringent restrictions and lockdowns that would otherwise be necessary to combat the COVID-19 fourth wave and protect the province's hospital and critical care capacities.

"We must continue to take steps to encourage people to be fully-immunized before attending higher-risk events, activities and services because we know—and the data is showing us—that when people get vaccinated it helps slow the spread of the virus," he said. "We must continue to be vigilant and follow the basics, or more drastic restrictions will be needed to keep us all safe."

Heading into the long weekend, Manitoba was reporting 440 active cases, 57,213 recoveries, and 1,192 deaths due to the virus.

The provincial test positivity rate was 2.4 per cent.

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# WSP council delivers verdict on Riversprings Grove zoning

## 3-2 vote sees by-law partially approved for Middlechurch area

By Katelyn Boulanger

Residents were able to tune into West St. Paul council's live stream last week as the vote was cast that made the final decision as to the zoning of the property locally known as the St. Benedict's Monastery property which looks like it will become the new Riversprings Grove development in Middlechurch.

Council voted 3-2 with Mayor Cheryl Christian, Coun. Giorgio Busceti (Ward 2) and Coun. Stan Parag (Ward 4) voting for and Coun. Eleanor Link (Ward 1) and Coun. Dorothy Kleiber (Ward 1) voting against which allowed By-Law 2021-07 "P" which changed the zoning of the area from A4 and RG to RS. There was an amendment made at an earlier council meeting brought forward by Busceti which meant the section of the property that the developer wanted to zone as multifamily did not get passed as part of this by-law.

After the mayor opened the meeting the Red River Planning District's Derek Eno summarized the process that this by-law has gone through so far. He discussed the public hearing that saw a great deal of interest as council and residents were able to virtually discuss what might happen to the property. As there were enough people who spoke and wrote letters objecting to the by-law an appeal hearing was held by the Red River Planning District. At last week's meeting Eno showed the RRPD's decision that stated, "Upon consideration of all the evidence adduced and submissions made, the Board is of the

opinion that the objections to By-Law No. 2021-07 "P" should be dismissed and that said By-Law No. 2021-07 "P" should be confirmed with amendments, allowing for 3rd reading by the R.M. of West St. Paul."

The Mayor then read the resolution and gave each member of council an opportunity to speak to their concerns.

Kleiber went first mentioning her worries about how many people objected to this by-law, as well as a letter sent to residents from the Mayor and Councillors Parag and Busceti in advance of the application for rezoning coming to council. This letter, she said, said that there would be no multifamily in this area and she felt that this was a conflict of interest as it was a commitment to a vote. Under current guidelines that cover situations such as this by-law, councils cannot discuss applications before council with residents when they are before council. She said that this letter was not discussed with herself or Link at the time.

Busceti responded to this not disputing the contents of the letter but noting that there was no open application before council. He said that he as well as Parag and the mayor were, at the time, receiving many emails of concern from residents about the possibility of multifamily going on in the area and this email was sent out to them as a group instead of sending individual emails.

The mayor echoed these statements and said that the process was done correctly.

Council then turned to discussing the subdivision itself.

Kleiber took the opportunity to discuss her concerns that the development would not be accessible for residents as there will not be sidewalks throughout but instead pathways that will not be paved which will make it inaccessible for wheelchairs.

CAO Brent Olynk stepped in and said that though that was a discussion that was had at the previous council meeting dealing with this by-law that there were also concerns about the safety factors presented by sidewalks going over people's driveways and that paving other areas would result in loss of old-growth trees.

Mayor Christian then read the resolution and gave council another chance for discussion.

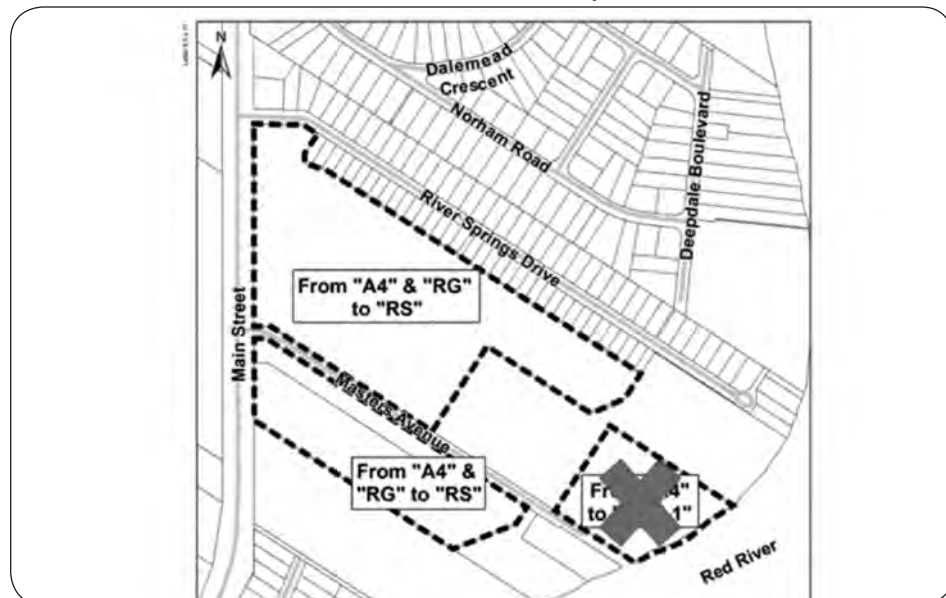
Link then spoke up about her concerns that the development is not a complementary fit for the adjoining neighbourhoods and that it seemed very much like a neighbourhood she had driven through in Winnipeg.

Christian also commented at this

time discussing how she felt she had to take provincial decisions into consideration in how she voted.

"These are difficult decisions that council face. This is a big subdivision of 185 lots and these were hard choices. Unfortunately, I think our residents assume that the choice before Council is to keep it rural or support high density and in my opinion and with the knowledge that I have regarding Bill 37 and Plan 2050. That is not an option before this council. We don't have that choice of keeping this area large open lots or subdividing. The reality is what's coming down and what's been approved as part of Bill 37 is 4.8 units an acre to 9.7 and so, in considering what the province is requesting as we move forward, and the lack of choice that future councils will have, the choice before this council is not [just to] vote no and keep it rural and save this area. That is not an option," she said.

The vote was then taken and the meeting was adjourned.



RECORD PHOTO BY KATELYN BOULANGER

Screenshot from last week's WSP council meeting that shows the partially approved zoning changes in Middlechurch.



### REMINDER NOTICE OF PUBLIC HEARING

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### to share your views about the proposed rate changes from Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for a 2.8% decrease to Basic Autopac vehicle insurance rates and premiums effective on April 1, 2022 through March 31, 2023. MPI also filed a Special Rebate Application on July 19, 2021 asking that a percentage of premiums earned between November 22, 2020 and December 9, 2021 be returned to customers. The rebate amount is currently estimated at \$155 million and if approved, would be equivalent to a rate reduction of approximately 15%.

MPI will ask the Board on September 17, 2021 (by way of motion) that the two applications be heard together.

For further details, please contact MPI at [inquiries@mpi.mb.ca](mailto:inquiries@mpi.mb.ca) or visit the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

An electronic based virtual public hearing on the proposed rate and premium decrease will be held commencing:

**Tuesday, October 12, 2021 at 9:00 a.m.**

Please view the hearing via the PUB website link:  
<http://www.pubmanitoba.ca/v1/live-stream.html>

If you are interested in learning more about these applications, you are encouraged to observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool. Public attendance at the hearing may be restricted, due to public health circumstances.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2021**.

For more information, visit [www.pubmanitoba.ca](http://www.pubmanitoba.ca)

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Call Katelyn Boulanger

## Goertzen sworn in as MB's interim premier

By Ashleigh Viveiros

Kelvin Goertzen is Manitoba's interim premier for the next couple months.

The Manitoba Progressive Conservative Caucus selected the Steinbach MLA to temporarily fill the role left vacant by the departing Brian Pallister last week.

"There was healthy dialogue and discussion ... on the future of our caucus and a desired path forward for an interim leader," said caucus chair Greg Nesbitt in a statement. "It was unanimously decided that Kelvin Goertzen is the best person to lead us through this interim period until a new leader is selected in the fall."

The Tories are expected to select their new permanent leader at the end of October.

Goertzen has been the MLA for Steinbach since 2003, serving as the minister of health, seniors, and active

living and the minister of education at various points in his career. In January he was appointed minister of legislative and public affairs and deputy premier of Manitoba.

Shortly after his swearing in as Manitoba's 23rd premier, Goertzen announced several pieces of legislation delayed by the NDP opposition would be scrapped for now.

Chief among them is the contentious Bill 64, which sought to reform the provincial public education system. These reforms have been met with a great deal of criticism and protests in recent months.

Goertzen said he wanted to leave important decisions like these to his successor.

"A new leader has to be able to set their own agenda," he said. "This really is about setting that clean slate for a new leader; that's why it's important to remove these five bills."

The Manitoba Legislature is expected to sit briefly this fall to withdraw these bills and deal with a few necessary budget matters.

In another one of his first acts as interim premier, Goertzen appointed Families Minister Rochelle Squires to serve as deputy premier.

He also did some cabinet role shuffling, including:

- Squires and Infrastructure Minister Ron Schuler will join the Priorities and Planning Committee of Cabinet;
- Crown Services Minister Jeff Wharton will become the chair of the Regulatory Accountability Committee of Cabinet and Justice Minister Cameron Friesen will join the committee as vice-chair; and
- Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere will join the Gender-Based Violence Committee of Cabinet.

## High number of black bear incidents

Submitted by province of Manitoba

Manitoba Agriculture and Resource Development is recording a higher than usual number of black bear interaction calls in a number of areas around the province and Manitobans are reminded they need to be 'Wildlife Smart' in bear country.

Black bears are now very focused on finding food and will explore anything that smells like food to prepare for the winter. With natural food shortages in some areas, bears may be more likely to enter communities in search of food.

Bears are intelligent animals and once a bear associates an area with food, it may return multiple times. This can be dangerous for people, but also for the bear. When a bear is identified as a problem animal, steps have

to be taken to trap and relocate it, and in some cases it can require the use of lethal force.

The best way to help black bears, and reduce risks to both people and bears, is by securing attractants. This includes securing garbage, compost, human food and pet food so it cannot be accessed by bears.

Additional 'Wildlife Smart' tips to reduce the risk of conflicts with black bears and other wildlife include:

- never approach or feed a bear or any other wild animal;
- leash dogs when walking outside to reduce the risk of it harassing a bear, being attacked by one or leading a bear back to the dog's owner;
- remove ripened or fallen fruit daily and do not allow it to rot on the ground; and

- remove bird feeders from April to November.

These measures also apply to other wildlife species that can be a problem, such as coyotes, foxes, raccoons and skunks.

Bears are wild animals and must be respected. When in bear country, it's best to assume bears are in the vicinity even if no recent conflict or encounters have been reported. Carry bear deterrent spray and know how to use it. Be aware of your surroundings, walk in groups, and make noise.

More information on how to be 'Wildlife Smart' is available at [www.manitoba.ca/human-wildlife](http://www.manitoba.ca/human-wildlife).

If you encounter any animal including bears that are in a situation where they need help call the Animal in Distress Tip Line at 1-800-782-0076.



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# Doctors MB addresses back to school concerns

## Town hall answered questions about risks and precautions

By Ligia Braidotti

With kids being back to school this month, many parents might be feeling apprehensive about their children's health and safety.

On Aug. 31, Doctors Manitoba held an online Back-to-School COVID-19 town hall where hundreds of parents and physicians attended to learn more about the risks and precautions regarding children and COVID-19.

In attendance was Drs. Marni Hanna, president of the Manitoba Pediatric Society; Ruth Grimes, president of the Canadian Paediatric Society; Jared Bullard, pediatric infectious disease specialist; Ashley Chopek, pediatric oncology, and bone marrow transplant specialist; Andrew Hall, child and adolescent psychiatrist; and Melanie Morris, general pediatric surgeon and Indigenous health lead at Children's Hospital.

At the meeting, they answered many questions and discussed the benefits and disadvantages of kids being back to school, specifically what risks COVID-19 poses to children and the risks in school. They also spoke about the impacts of all these precautions and restrictions on children's mental and physical health and learning and development.

Although there's a general belief that young children do not get COVID-19, Bullard said that's a misconception. 15,000 children were infected with COVID-19 in Manitoba throughout the three waves, with approximately one in 200 hundred ending up in the hospital and one in 1,000 getting multisystem inflammatory syndrome in children (MIS-C). Although most of them recover relatively fast, three children died of COVID-19 in the province.

"The most likely way they get (COVID-19) is from their own household," he added. "COVID is not a joke. It can definitely cause harm to children, there's no doubt about that. One of the more interesting things is how readily they can spread (the virus)."

Bullard explained that the Delta variant is 50 per cent more infectious than the Alpha variant, which is fifty per cent more infectious than the original strain. One person infected with the Delta variant can spread the virus to six to eight other people.

Grimes added that the Canadian Paediatric Society and their pediatric surveillance program are collecting data to define what will be the long-term complications of COVID-19 in children. She said that they could potentially suffer from cardiac, renal, or vascular complications, but there's still no definite answer.

"One of our pediatric residents who's working in the UK who actually looked at the recovery rates of children who had MIS-C or who had myocharitis and perhaps didn't even require hospitalization. All these children so far in the short-term follow-up... have done very well, but time will tell. These are all questions that we are very invested in answering," she said.

The panel also discussed the incident where an unvaccinated California teacher went to work when she was having mild COVID-19 symptoms. According to Bullard, she had mistaken her symptoms for allergies but found out two days later that she had

COVID-19 and carried the Delta variant. Unfortunately, she ended up spreading the virus to her entire class.

"When you look at the classroom, the classroom did have social distancing. Face mask use was supposed to be very effective, in fact, it was quite well used, but the issue may have also been that the teacher was taking off her mask briefly. And, we don't know how long she had her mask off, but the key take home message I think from that was [she] went to work for full two days sick and the symptoms were very subtle, so we really have to be aware of that," Bullard commented.

Bullard explained that although even with the vaccine people can still transmit the virus, studies have shown that the amount of virus in a person's body significantly decreases after 48 to 72 hours.

"Their likelihood of being infectious kills off quite quickly as opposed to someone who has no vaccination is likely to be infectious for the better part of up to 10 days, if not longer, depending on their immune system. So the vaccine does indeed help with further transmission by reducing the amount of viruses ultimately in you," he said.

They also touched on the risks of COVID-19 and school for children with pre-existing conditions such as cancer and asthma.

"We are still concerned about all children, not just those with pre-existing conditions, but in particular children with health conditions that affect their lung function, like asthma, or if they have cardiac conditions or conditions that suppress their immune function," she said.

Other at-risk groups include Indigenous children. Morris commented that they've seen a disproportionate level of complications associated with COVID within minority groups and specifically within Indigenous groups. She added that there's ongoing research in regards to why this is occurring, however, there are impacts related to remote communities and their access to intervention.

"Because of the disproportionate amount of Indigenous children that are at the Children's Hospital, I think that also plays a role in the fact that they are at slightly higher risk of exposure because we see them filter through into the healthcare system in disproportionate ways. So that just translates within any disease, so COVID is no exception to this," Morris explained.

Furthermore, they discussed ways to protect children who can't be vaccinated.

"One thing we always talk about when it comes to infants who are not able to be vaccinated yet is cocooning them and trying to make sure that everybody around them that is able to get their vaccines gets them because that will greatly reduce the potential risk to the child or the infant who is not yet able to get certain vaccines, that is one of the best things that we can possibly do," Hanna said. "I'm a strong believer in going to school and not just staying home, but I understand my parents are nervous and the best thing we can do is get vaccinated ourselves."



RECORD PHOTO BY LIGIA BRAIDOTTI

Dr. Jared Bullard, pediatric infectious disease specialist, who spoke at the Back to School town hall.

Bullard added that without school, extracurricular activities and socialization, many kids' mental health was not thriving.

"It's probably inappropriate to be extremely cavalier and just go out and not worry about it, at the same time, you don't want to be overly anxious, right? Kids pick up on your behaviour and the way that you talk to them about a given activity. So what I have been trying is to be cautiously optimistic," Bullard said. "They are exhausted listening to me talk about COVID but what I have talked to them about has been key in terms of vaccination. The thing that we talk about is that is really important is to stay home when you're sick. Because my son has allergies, if he's having a runny nose, he knows he has to stay home and we have to worry about getting tested because that's going to be important to prevent spread potentially his friends and teachers."

The physicians also reinforced the importance of hand sanitizing, wearing masks, and keeping social distance, especially with the increase of the Delta variant.

To watch the entire town hall, go to <https://doctorsmanitoba.ca/events/school>

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# Who will you vote for on Sept. 20?

By Katelyn Boulanger

With the federal election on the horizon, learn more about the candidates who want to represent you in the House of Commons.

## James Bezan Conservative Party of Canada

1- What are your personal goals should you become our region's representative?

As the Member of Parliament for Selkirk-Interlake-Eastman, I have been a voice for local farmers and ranchers, advocated for funding to ensure the health of Lake Winnipeg and Lake Manitoba, worked with municipalities, and supported our Canadian Armed Forces members and veterans. My staff and I worked relentlessly during the COVID-19 pandemic to assist our communities, small businesses and residents and answer questions on changing programs and mandates as they struggled to weather the storm. Now, I am ready to serve in an Erin O'Toole government and do the hard work to rebuild our economy and secure the future for all Canadians.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong healthcare systems in place. If elected, how would you and your party hope to improve our current healthcare system?

A Conservative government will propose a new health accord with the provinces and territories within the first 100 days, increase the Canada Health Transfer rate to at least 6 per cent, work with provinces and territories to develop national best practices



PHOTO SUBMITTED

James Bezan

for Long Term Care Homes, and inject nearly \$60 billion into our health care system over the next ten years. Canada's Conservatives are committed to ensuring Canada is never caught as unprepared as we were for COVID-19. We will secure our country by creating a strategic stockpile of essential products and building the capacity to manufacture vaccines at home.

3- What is your position on masks and vaccines?

I am opposed to discrimination at all levels including vaccination status. To be clear, I'm vaccinated and believe in vaccinations and rapid testing as good health policy. But no one should be forced or coerced into doing something that is a personal health choice.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

I want to thank every small business owner in the riding for their tenacity and work ethic through the pandemic. It has been more difficult than necessary on them and I know they are the backbone of our rural communities. Once the Canada Emergency Wage subsidy (CEWS) ends, Canada's Conservatives will introduce the Canada Job Surge Plan which will pay at least 25 per cent of the salary of net new hires for six months after CEWS expires. Additionally, our plan will cover up to 50 per cent of the salary for those who have been unemployed for six months or more.

5- What would you do to assist and support the agriculture industry which has been hit particularly hard by the drought this year?

Once again, the Liberal government ignored the calls from Western Canadian agricultural producers, and their Conservative MPs, until it was too late. If Conservatives had been in government, we would have taken early action to ensure supports were available so farmers and ranchers could be ahead of the crisis, rather than leaving them no option but to liquidate their herds. Our platform Canada's Recovery Plan has an extremely detailed list of policies a Conservative government will implement to support farm families, boost exports, and ensure the food security of Canadians.

6- Climate change is a topic that keeps coming up whether it's concerning local governments making regional plans or more broadly people being involved with issues of our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

Canada's Conservatives are committed to maintaining or increas-

ing funding to ensure the continued health of Lake Winnipeg.

As for climate change, it is unrealistic to expect the plan to tackle such a complex problem to be summed up in three sentences or less as requested. Therefore, I encourage all voters in our riding to read the section of our platform titled A Detailed Plan to Tackle Climate Change by going to [www.conservative.ca/plan](http://www.conservative.ca/plan).

## Wayne James Green Party of Canada

1- What are your personal goals should you become our region's representative?

Change the character of the dialogue. We, as a society, persist in believing the direction we are going in—with a continually expanding resource-driven economy—is the be-all and end-all. This way of thinking has brought us to the precipice of destruction, and yet we persist. I wish to live a healthy, happy life. This direction of thinking means I acknowledge my happiness lies within the community I am living in.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong healthcare systems in place. If elected, how would you and your party hope to improve our current healthcare system?

Prevention is always the most direct way of dealing with this. I would like to see more emphasis put on eating healthy, quality foods, locally grown. As an organic farmer, I would like us to stop adding poison to our food supply system.

3- What is your position on masks and vaccines?



PHOTO SUBMITTED

Wayne James

Mask and vaccines—I tend to trust the science which has given us the means of ending many health and life-destroying viruses.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

Something along the lines of what is being done now in terms of financial help. Before committing more of an answer, I would need to sit down with vested interest so as to find a workable path.

5- What would you do to assist and support the agriculture industry which has been hit particularly hard by the drought this year?

We, as a society, fail to appreciate that what a farmer does—grow life—has nothing to do with money, yet we persist in saying 'make money'. It's insane. Farms that are 1000's of acres in size become immoral, they become factories that lose their connection to the living world with value determined by the free market. Farmers need parity.

This year's drought is only one of an everlasting series of crises that a farmer faces year to year. In a free society, the people have the right to work with the idea of collective self-interest which the former CWB was founded on.

6- Climate change is a topic that keeps coming up whether it's concerning local governments making regional plans or more broadly people being involved with issues of our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

While moving away from fossil fuels is paramount, I note that global warming is only one of many problems we are faced with. By way of example, every child that comes into the world is born with a body that contains synthetic toxins. The capitalistic form of economy we are living with is the driver of our global climate shift. It should be obvious that we need to rethink our place within the global environment. We need to see ourselves as stewards of the land and not exploiters.

## Ian Kathwaroon People's Party of Canada

1- What are your personal goals should you become our region's representative?

First, I will fight to re-establish our rights and freedoms, which have been allowed to be removed without opposition by our current government and

Continued on page 11

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PHOTO BY GRACE ELLWOOD  
PHOTOGRAPHY

Ian Kathwaroon

representatives; this is required immediately.

I will also be working hard to advocate for real responsibility and accountability from our elected representatives, by pressuring change in how erroneous actions and activities by our elected officials are handled; we must discontinue allowing our representatives to commit crimes, indiscretions, mispend and act outside of our interests, without real repercussions, which hold them to account in an appropriate manner.

I would also like to work with our Indigenous populations to deal with the embarrassing situations that have resulted from the inactions and lack of real solutions of our past and current governments; we must work together to modernise the Indian Act, provide assistance and counselling, create dignity and independence, as well as improved living conditions such as clean drinking water.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong healthcare systems in place. If elected, how would you and your party hope to improve our current healthcare system?

We must first re-establish our number of nursing and support staff, which was cut deep by the Conservatives; this has caused a serious lack of care due to understaffing, burnt out and overworked healthcare workers, and unreasonable wait times for visits, operations and tests.

We must place more onus on provincial governments and upper hospital administration to ensure appropriate services and budgets are met and remove such blame from trained, experienced and hardworking frontline staff; blaming frontline workers for management inadequacies is not fair on staff and leads to less produc-

tivity, as staff worry about liability and costs, and not the premium care that they are trained to provide.

Though Canada has free healthcare under the direction of each province, it has been allowed by past and current governments to become overloaded, financially bloated, lack innovation and services, and has fallen behind in both services provided and results compared to other countries; a People's Party government will replace the Canada Health Transfer cash payments with a permanent transfer of tax points of equivalent value to the provinces and territories, with a temporary program to compensate poorer provinces whose revenues from the tax will be lower than the transfer payments they used to receive and create the conditions for provincial and territorial governments to innovate; provinces will be fully responsible for health care funding and management, and fully accountable to their citizens for the results, while Ottawa will respect the Constitution and stop meddling.

3- What is your position on masks and vaccines?

Lockdowns, mask mandates, school closures, and other authoritarian measures have not had any noticeable effect on the course of the pandemic with regions or countries implementing strict measures being as impacted as those that did not, as both the vaccinated and the unvaccinated can get infected and transmit the virus, which negates the rationale for segregation and vaccine passports; Canada's Charter of Rights and Freedoms states that reasonable limits to our rights and freedoms can only be imposed if it has been demonstrated that they are justified in a free and democratic society: such a demonstration has not been made for COVID restrictions, most of which are arguably unconstitutional.

A People's Party government will promote a rational and scientifically-based approach to the pandemic focusing on the protection of the most vulnerable, guarantees the freedom of Canadians to make decisions based on informed consent, and rejects coercion and discrimination.

We will also repeal vaccine mandates and regular testing workers, repeal vaccine passports, support individuals and groups that challenge such measures in court, stop bailing out provinces that impose economically destructive lockdowns, and support medical research and development of therapies to treat covid-19 and other viral diseases.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for

them to encourage and retain employees?

We will immediately work to repeal vaccine mandates, regularly testing workers, repeal vaccine passports, support individuals and groups that challenge such measures in court, and stop bailing out provinces that impose economically destructive lockdowns.

Our current government has done little to assist small businesses during the pandemic, and has in fact had a serious negative impact on employment, employability and staff and owner burnout.

We must assist Canadian small businesses to get back on track by providing incentives to companies to hire back and provide fair wages and meaningful employment to those who have lost their jobs.

5- What would you do to assist and support the agriculture industry which has been hit particularly hard by the drought this year?

I am an honest man and not a farmer and will not pretend to be just to elicit votes, but without agriculture, we have no local food and without local food, we must buy from foreign suppliers which is expensive, so supporting local Canadian agriculture is cost-effective, as well as ecologically and economically sound, which can be passed along to customers.

We must work with farmers to create a system that works for them, to assist in maintaining quality products by ensuring balanced crops and the preparation of projects such as water reservoirs to be available when drought occurs and by allowing farmers to regulate soil and crops by overwintering and rotation.

We must seek out financial subsidies or assistance to assist our agricultural industries to rebound from this year's drought.

As your representative, I must listen to the needs of those who I am helping and ensure that my actions and decisions reflect them and their needs, not simply my own opinion or that of other government bureaucrats which only slows progress and sets in place a system based on red tape.

6- Climate change is a topic that keeps coming up whether it's concerning local governments making regional plans or more broadly people being involved with issues of our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

A People's Party government will abolish the Liberal government's carbon tax which accomplishes nothing, and allow for private and government players to develop profitable and efficient alternatives that prioritize the implementation of practical solutions to make Canada's air, water and soil cleaner, including bringing clean drinking water to remote First Nations communities, and investing

in adaptation strategies if problems arise as a result of any natural climate change.

I will encourage practical and economically feasible solutions that will encourage more ecological solutions and practices from individuals as well as businesses, which can be achieved by such measures as incentives towards smaller vehicles, less packaging and curbing urban sprawl which damages natural habitat.

Issues such as the health of Lake Winnipeg and other bodies of water must be dealt with by the experts and not government bureaucrats, who must stay out of the way and only assist where needed, in achieving the end goal of well-balanced and healthy waterways.

Detlev Regelsky  
Liberal Party of Canada

1- What are your personal goals should you become our region's representative?

The Selkirk-Interlake-Eastman riding has a very large and diverse community. That's one of its beauties. As such there are many issues, I'm passionate about. The most important issue is climate change—it affects every aspect of our community, farming, tourism, the lake health and I can go on.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong healthcare systems in place. If elected, how would you and your party hope to improve our current healthcare system?

I support the Liberal plan to increase funding for healthcare. The two parts of the plan I'm most passionate about is providing tax incentives for health professionals to practice in rural and remote areas and to provide funding



PHOTO SUBMITTED

Detlev Regelsky

## > FEDERAL ELECTION CANDIDATES, FROM PG. 11

to hire more nurses.

3- What is your position on masks and vaccines?

I'm a man who believes in science. No system is infallible, but masks do work so I support masks mandates as needed and, yes, I do believe everyone should get vaccinated.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

Retaining employees requires paying good wages and benefits, this, in turn, requires prosperous businesses. As such I support the many Liberal programs such as Canada Recovery Hiring Program and the temporary rent and wage support for the hardest hit sectors like the tourist industry.

5- What would you do to assist and support the agriculture industry which has been hit particularly hard by the drought this year?

I definitely support the Fed relief programs such [as those that allowed farmers to access] 90 million federal dollars and 60 million provincial dollars in funding and changes to Agri-linsurance that will allow drought-damaged crops to be sold as livestock feed and will advocate for further aid as needed.

6- Climate change is a topic that keeps coming up whether it's concerning local governments making regional plans or more broadly people being involved with issues of our region such as the health of Lake Winnipeg. What are your and your party's plans to tackle climate change?

Climate change is the major issue. As for Lake Winnipeg's health we must modernize our 50-year-old Canada Water Act and coordinate the management of Canadian fresh waters within our provinces and territories plus invest in freshwater research.

**Margaret Smith**  
**New Democratic Party (NDP)**

1- What are your personal goals should you become our region's representative?

I will work collaboratively with everyday citizens in our local small towns, including Indigenous and agricultural communities, to come up with solutions that fit their needs. There is no "one size fits all" in this riding. I will work hard towards achieving the visions Jagmeet Singh and the NDP have outlined: a national Pharmacare program, affordable housing and child care, fair and just taxation to pay for all education, health care, etc.

2- Since COVID-19 came to our area, more of us are understanding the importance of having strong healthcare systems in place. If elected, how would you and your party hope to improve our current healthcare system?

As are all Canadians, I am proud of our health care system and know that we should all be able to count on getting the care we need when we need it. The COVID-19 pandemic has highlighted some big gaps in our system, many of which were created by Harper-era cuts which were carried on by the Liberals.

The NDP have committed to reverse these cuts and invest in healthcare. I will fight, along with my NDP colleagues, to deliver the health care that Canadians deserve: dental care, mental health care and Pharmacare that we can get with our health card, not our credit card.

3- What is your position on masks and vaccines?

As a senior who is susceptible to lung infections, I know that vaccines are crucial to protecting us all and preventing our health care system from becoming overloaded and backlogged. However, even those who are

fully vaccinated may still be at risk, or be an unwitting carrier. That's why everyone should follow guidance from health professionals such as wearing masks and social distancing. I want to lead by example to encourage people in the community to get vaccinated and follow public health measures to protect those around us.

4- The pandemic has been especially difficult for small businesses with respect to staffing. What would your party do for them to encourage and retain employees?

Working people will remain very loyal and hardworking to employers who take their living conditions seriously and makes sure they can live a decent life. As a business owner, I know this well. I will work hard to establish a federal minimum wage of \$15.00 an hour, provide better working conditions, put in place real, seamless sick leave for all workers, and improve services such as affordable child care, universal Pharmacare, and create affordable homes.

5- What would you do to assist and support the agriculture industry which has been hit particularly hard by the drought this year?

I will work collaboratively with the local communities to get them the help they need to ensure that rural livelihoods are good and sustainable. This will include feed for livestock, infrastructure to provide water for homes and animals, encouragement to use sustainable farm practices and the provision of high-speed broadband and reliable cell phone coverage so that they can have access to the services and tools they need. I will also work hard to address the physical and mental health needs of rural families and help them adapt to climate-induced weather changes, including the associated increases in pests and invasive species.

6- Climate change is a topic that keeps coming up whether it's concerning local

governments making regional plans or more broadly people being involved with issues of our region such as the health of Lake Winnipeg. What are you and your party's plan to tackle climate change?

This past summer a lot of Canadians have woken up to the real and immediate threat of climate change. In Manitoba that meant extensive droughts which affected a lot of local farms. People deserve a government that addresses this emergency with the urgency it demands.

The NDP are committing to ending subsidies to big oil and gas companies and reallocate them to the clean, renewable energy sector instead. We will also cut Canada's emissions by more than half by the year 2030 at the same time creating hundreds of thousands of good-paying jobs by investing in clean energy, energy-efficient, affordable homes, electric transit, zero-emissions vehicles and retrofitting homes across the country.



PHOTO SUBMITTED

Margaret Smith

## Province acknowledges day for Truth and Reconciliation on Sept. 30

### Day of observation advances reconciliation, allows Manitobans to reflect on residential school experiences of First Nations, Métis and Inuit

**Submitted by Manitoba government**

The Manitoba government is recognizing the National Day for Truth and Reconciliation as a day of observance to encourage reflection and meaningful discussions about the impacts of residential schools, Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere an-

nounced Friday.

Schools will be closed and no classes will be held on that day. Manitoba's public servants will also observe the National Day for Truth and Reconciliation and non-essential government services and offices will be closed for the day.

"We all have a role to play in recon-

ciliation. We can all listen, learn, and support the healing needed to address the intergenerational trauma caused by the residential school system," said Lagimodiere. "Reflecting on our tragic history by recognizing the National Day for Truth and Reconciliation provides an opportunity for Manitobans to learn about the ongoing legacy of residential schools. This shared understanding of our history is essential to reconciliation."

In June, the House of Commons unanimously passed legislation to make Sept. 30 a National Day for Truth and Reconciliation to commemorate the history and ongoing trauma caused by residential schools and to

honour the survivors, families and communities who continue to grieve for those who were lost.

Several Indigenous-led events will be supported by the province during the month of September to provide Indigenous and non-Indigenous people an important opportunity to advance reconciliation and to listen and learn about Indigenous stories and experiences, noted Lagimodiere.

Sept. 30 will also see flags on all provincial government buildings lowered to half-mast in observance of National Day for Truth and Reconciliation.

# Biking for Habitat for Humanity



RECORD PHOTO SUBMITTED

The Habitat for Humanity Spirit of Hope group outside of Gaffer's. This group of brave cyclists biked a 5-day loop from Winnipeg to the Northern tip of Hecla Island raising funds for Habitat for Humanity. Learn more about Habitat for Humanity at <https://www.habitat.mb.ca/>.

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# Netley Marsh Restoration Project now underway

By Ligia Braidotti

The Netley-Libau Marsh is undergoing a major restoration project that will bring back much of its fauna and flora, vital for the health of Lake Winnipeg.

The Red River Basin Commission announced the Netley Marsh Restoration Project's kick off in August when it gathered all required licensing to move forward.

"The marsh was once a vibrant hemi-marsh, meaning it was half water and half land, which was full of vegetation and wildlife, and fish, and it's that fauna and flora of the marsh which really helped the health of Lake

Winnipeg overall, especially when we're dealing with the issues of high levels of phosphates coming through the system," explained Steve Strang, managing director with the Red River Basin Commission.

Due to significant river flow into the marsh, it now looks like a shallow-water lake more than a marsh. Along with manipulation of Lake Winnipeg's water levels, ice-jamming, climate change, upstream drainage, and invasive species, this has caused significant changes in the vegetation area and reduced the marsh's capacity to absorb nutrients.

"Revitalizing the marsh takes six per cent more of the nutrient load out of Lake Winnipeg," Strang said. "It's not the cure, but it's one of the stronger tools in the toolbox that can really help out Lake Winnipeg."

Strang also said that a healthy marsh is multi-beneficial. It increases the fisheries because all the small fry would have a place to hide, it gives an opportunity for the vegetation to grow and birds and wildlife to

have a home.

"This was one of the stop areas for the fall migration of the birds. We no longer see those types of birds anymore. The muskrat population is gone. We would literally see thousands of muskrats within the Netley-Libau Marsh area, and they are gone," he continued. "All that fauna and flora can be brought back and the marsh would be given an opportunity to give back like it once did. The Indigenous communities...would benefit withing the traditional values of that marsh, whether it'd be fishing, or hunting, or gathering, all those things could be brought back."

Residents living near the Red River noticed an increase in ice jams after 1999.

In addition to flooding in Selkirk, St. Andrews, St. Clements and Netley-Libau Marsh areas, the RRBC suspects the lack of dredging could also be contributing to ice jams on the lower portion of the Red River. With increased ice jams, a program was implemented to break ice along the Red River in order to relieve flooding. However, this could have contributed to an increase in Netley Cut width as well.

Strang also commented that they are noticing that most people are starting to believe that climate change is a reality, and the changes resulting from the project can help. A healthy marsh would also contribute to the federal government's plan to reduce carbon emissions. "The importance of collecting and storing carbon, the marsh is

one of the better carbon storage facilities that mother nature created. We've been encouraged by the support of the federal government to continue on with this project if we can, in order to utilize for that purpose."

Two Amphibex 400 currently operated by the North Red Community Water Maintenance Inc. are being used to dredge areas of the Red River. They pick up material dredged from the river and move it across the riverbank where they are trying to establish a new elevation in the marsh to allow proper sunlight to get into the seed banks that will grow local vegetation.

These dredgers are versatile and environmentally friendly. They are equipped with a residential silencer to reduce noise emissions and their hydraulic system also uses biodegradable vegetable oil that is safe for the environment.

It will still take some time before we start seeing a healthy marsh again, but with everyone doing their part to ensure the success of the project, Strang said that the future of the marsh is looking bright.

"If we come to an approach that we want to create a healthy marsh, but then we as individuals understand that we have a responsibility to try to reduce those pressures on our own by the choices we make within the things that we buy such as dish soaps and detergents, then we can help make a difference as well," Strang added.

Although they've received a lot of support from all levels of government,

Continued on page 23



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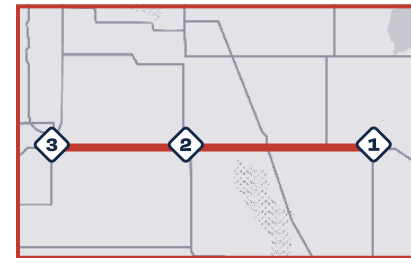
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**SELKIRK BIZ**

# Manitoba | Road Trip Ideas



SCAN THE QR CODE to open this road trip map on your phone.

## ↓ Happy Rock



## 1 MAKE FRIENDS WITH HAPPY ROCK

If you're starting from the eastern end of the Yellowhead, your first stop has to be **Gladstone**. Waving at you from the side of the highway is Happy Rock, a top hat-clad smiling rock. Visit the **Gladstone District Museum** for a glimpse into the region's prairie past—including an impressive replica of the town from its early settlement made by a local resident.

Golfers can enjoy the beautifully landscaped nine-hole **Gladstone Golf & Country Club** and bird watchers can head just north of town to **Big Grass Marsh**. As an important birding area of Canada, Big Grass Marsh is a great place to see waterfowl, including mallards, snow geese and Canada geese, especially during the fall migration period.

## ↓ Agricultural Display Building



## Follow the Yellowhead Highway

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. The Yellowhead Highway is an interprovincial highway connecting Manitoba with its western neighbours. Crossing into Manitoba, the Yellowhead is Highway 16 until it meets with Highway 1 at Portage la Prairie. While you won't find any wizards or wicked witches, we're certain you'll find a little magic in the three communities profiled in this trip.

### TRAVEL SAFE IN MANITOBA

Keep yourself and others safe as you explore Manitoba. Remember to:

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- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.



## ↑ HyLife Back 40 Multi-Use Trail Park

## 2 WHERE STORIES TAKE A BEAUTIFUL TURN

Just 25 minutes west of Gladstone is the lovely town of **Neepawa**. Visit the **Margaret Laurence Home**, the author's childhood house, now a museum and cultural centre. Visit the titular stone angel statue in the **Riverside Cemetery** along with the author's final resting spot. For more history, check out the **Beautiful Plains Museum**, a 1902 heritage rail station. Wander through three floors of stories, including theme rooms depicting a general store and medical hall.

The **Neepawa Golf and Country Club's** 18 holes are built on top the Whitemud River escarpment. Or, if you're looking for a little more adrenaline, bring your bike to the **HyLife Back 40 Multi-Use Trail Park** at the north

end of town. Its 5.1-km course has a range of obstacles for riders of different abilities, including a skills loop with wooden features. But you don't need to be a cyclist to enjoy this year-round park – walkers can connect to Neepawa's 10-km portion of the Great Trail.

Neepawa's **Farmery Estate Brewery** is the first brewery in Canada to grow its own hops, barley and rye. Take a tour and enjoy a flight of their latest brews. You can also pick up some beer to take home (who doesn't love souvenirs) from the Farmery Craft Beer Store on Main Street in town.

Neepawa has one hotel and two motels along with a campground located next to the town's outdoor pool.

## 3 EXPERIENCE VALLEY LIFE

Continue west along the Yellowhead for just 20 minutes to arrive in **Minnedosa**. Its name means flowing water in Dakota, which is the reason why a dam was constructed here on the Little Saskatchewan River in 1912. While the dam no longer provides power to the town, its infrastructure has left some legacies, including the popular recreation destination, **Minnedosa Lake**.

The lake boasts a great beach complete with concession, boat launch and rental options for kayaks and other paddling gear. There is a campground next to the beach. Minnedosa Lake is also the site of Manitoba's very first floating water park. **Splash Splash Water Park** features slides, trampolines and tons of floating fun.

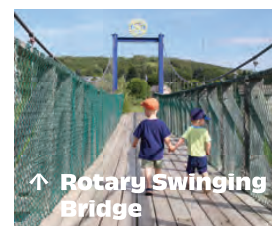
Enjoy the views of the lake and spillway with a stroll along the Flag Walk that connects the beach with

the **Minnedosa Heritage Village**. This charming museum features nine restored heritage buildings, including the impressive octagon-shaped Agricultural Display Building – one of only three left in Manitoba.

The Oxbow Nature Trail follows the river to a lookout tower and swinging bridge, and takes you past the bison compound. For more ways to enjoy Minnedosa's beautiful scenery, go for a round of disc golf at **River's Edge Recreation Park** or opt for 18 holes at the links-style **Minnedosa Golf and Country Club**, carved out the valley.

Next, explore downtown Minnedosa. Take the self-guided Stone House Tour to see ten heritage buildings that turn up the charm. These include the impressive post office and railway station and even some heritage homes that are now bed and breakfasts.

For more vacation ideas in Manitoba, to go [travelmanitoba.com/road-trips](http://travelmanitoba.com/road-trips).



## ↑ Rotary Swinging Bridge



## ↑ Minnedosa Heritage Village

Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.

**Manitoba**  
CANADA'S HEART BEATS

# Katie Cares hosting online auction in lieu of fashion show

By Ashleigh Viveiros

Models won't be strutting their stuff on the Katie Cares Fashion Show runway this year, but that doesn't mean the charity is sitting idle.

Katie Cares is holding an online auction Sept. 19 to Oct. 9.

"We've been working on this since January, knowing full well there was no way we'd be able to get 500+ people together for a fashion show this year," says executive director Ruth Reimer. "I think we have been able to put together a really good auction ... we have some awesome prizes."

Forty-three prize packages, to be exact, including staycation hotel and attraction passes, cabin accommodations outside the area, jewelry, furniture, baby supplies, artwork, a children's play kitchen, a fine wine basket, and more.

"Everything was purchased locally to support our local community," Reimer says, explaining the items were bought thanks to the generosity of individual and corporate donors.

They'll be posting sneak peaks of some of the packages on their social media pages over the next few weeks. The full listing will be available online at [katiecares.ca](http://katiecares.ca) on Sept. 19 when bidding begins.

Bidding will be confidential—registered participants will only be able to see the highest current bid for each item.

Don't see anything that strikes your fancy? You can still support the work of Katie Cares and Katie's Cottage with a donation online or a mailed cheque payable to Katie Cares Inc, 255 13th St. Winkler, MB, R6W 1S5.

Reimer isn't sure what to expect in terms of money raised from this auction, but she's hopeful those who have supported Katie Cares in the past will find something to bid on.

"This is something very new for us," she says, noting it's a much bigger scope than the relatively small prize auction they have at the fashion show each year. "We've never done it at this scale before."

The funds are integral to the continued operation of Katie's Cottage, the respite home down the road from the Boundary Trails Health Centre, and the various support programs they offer to patients and their families.

"We need to do this so we can sustain the cottage," Reimer says, noting the past year and a half has been tough for them, as it's been for everyone. "We're feeling the pinch in that we feel we need to do something."

"We're very careful with the money that has been entrusted with us—and donations are still coming in, though maybe not at the rate that we had in the past—and we're grateful for every cent that has come in."

With any luck, the fashion show will return for 2022, and Reimer can't wait.



RECORD PHOTOS SUBMITTED

The Katie Cares online auction coming up later this month offers 43 different prize packages ranging from an impressive kid-sized play kitchen to jewelry and wine baskets. Bidding opens Sept. 19.

Josh would like to thank his loyal and growing customer base for the continued support. Ask for Josh Isfjord to see why cars cost less in Selkirk!

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## Selkirk RCMP investigate found human remains

Submitted by Manitoba RCMP  
On Aug. 30 at approximately 4:20

p.m., Selkirk RCMP responded to a report of found human remains near the shore of the Red River located by the Lockport bridge, in the RM of St Clements.

With the assistance of an anthropologist, it was determined that the bones are archaeological in nature.

A smudging ceremony was held, and in consultation with First Nation's leadership, the remains were removed for repatriation.

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# Seasonal swap at the Gwen Fox shop



RECORD PHOTO BY KATELYN BOULANGER

Looking for some new art by local artists? Look no further than the Gwen Fox Gallery's Giftshop. The gallery has swapped out its offerings at the gift shop so you have a whole new section of local art to consider making a place for in your home. Pictured Sandra Artimowich and Elsie Wyspanski with some of the pieces that they've contributed.



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## Your Health Don't Forget to wear blue on World Alzheimer's Day

By Ligia Braidotti

Alzheimer's disease is the most common form of dementia and only recently has been identified as a prevalent condition.

Selkirk resident Sandra Pawluk told the Record her family has a history of Alzheimer's disease, and although she's been tested negative for genes known to cause it, she still wants to keep her mind sharp.

Pawluk saw firsthand how the lack of information about this condition affects the outcome.

"I was always worried that I might have Alzheimer's because there's been Alzheimer's in my family," she commented, adding that one cousin and three aunts were diagnosed with it.

"My grandmother seemed to have the symptoms of that, but we didn't know anything about Alzheimer's then. So I think that was probably what she had."

September is World Alzheimer's Month. According to the Alzheimer Society of Manitoba, 50 million people are diagnosed with dementia around the globe, with more than 23,000 of them living in Manitoba.

"Having a globally coordinated World Alzheimer's Month sends a strong message to governments and policymakers, alerting them to the fact that dementia is a serious health issue that will have overwhelming implications on services and health systems around the world as the population grows older," their statement said.

Alzheimer's disease ultimately affects how a person thinks, feels, and acts. The effects of the disease differ from person to person. When symptoms will appear and how they will advance is unpredictable, but there are a few things you can watch out for. The most common symptom — and

the easiest to notice — is a person's weak memory. Some people will get lost, confused, and forgetful. They may also seem to lose interest in things and become less expressive. As the disease progresses, their mobility also degenerates, affecting their ability to eat, bathe, and get dressed by themselves.

Other common reactions include repeating the same action or words, hiding possessions, physical outbursts, and restlessness.

Alzheimer's disease affects the brain's limbic system first, responsible for our response to emotions and memory capacity. It also controls our body's basic needs, such as sleeping and eating.

At a particular stage, Alzheimer's will affect the brain's frontal lobe, impair a person's interest in their hobbies, and affect their social judgment. The disease also affects the hippocampus, temporal lobes, parietal lobes, and occipital lobe.

The sooner Alzheimer's disease is caught, the greater the chance of a person having a better quality of life. Although there isn't a cure for the disease, the symptoms can be treated with medications to slow down its effects.

According to research, there are many things you can do to maintain your quality of life with Alzheimer's disease. Maintaining a healthy lifestyle may also help slow the progression of the disease and ease the effects of its changes.

Minds in Motion is the Alzheimer Society of Manitoba's program geared toward preventing and treating the disease. Minds in Motion, which is available in Selkirk, provides a supportive environment for those with early signs of dementia to join with a care partner. This program's



RECORD PHOTO BY LIGIA BRAIDOTTI  
Sandra and Ken Pawluk play a game of spotting the error, one of the activities they do at Minds in Motion.

weekly sessions that take place over eight weeks of classes include gentle chair workouts followed by engaging activities.

Samatha Holland is the Interlake/Eastern Regional Co-ordinator for the Alzheimer Society of Manitoba and runs the Minds in Motion program at the Gordon Howard Seniors Centre.

"Staying active is the best way to kind of slow down the progression. So if we can stay socially active, physically active, and cognitively active, that's wonderful. They say that the benefits for the person with dementia can last days beyond the program," she explained. "They are going home and talk about the games that they played, or they have a smile on their face."

Pawluk and her husband Ken have been attending the sessions for many years. She said that the exercises they do at the program keep their brains in shape.

"We found that it helped us with mindfulness first of all. So we try to

practice more often. We enjoy the exercises that we did and the puzzles. My husband is doing his crosswords every morning to keep his mind functioning better," she said.

The Minds in Motion program at the Gordon Howard Seniors Centre and Gimli New Horizons will start again in October. They will be held in Gimli every Monday from 1 to 3 p.m. from Oct. 18 to Dec. 6 and in Selkirk every Wednesday from 1 to 3 p.m. from Oct. 13 to Dec. 1.

Sept. 21 marks World Alzheimer's Day. The Alzheimer Society asks everyone to wear blue and light up their businesses or home in blue to show support for families living with dementia. They are also holding "Digging Deeper," an online research forum at 6:30 p.m., where they will explore current and emerging dementia research recently featured in the news. For more information, visit [Alzheimer.mb.ca](http://Alzheimer.mb.ca)

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# Helping hummingbird migration needs to be done correctly

By Sydney Lockhart

This time of year, hummingbirds are starting to migrate south for the winter; feeding them can help ease their migration but doing so incorrectly could result in fatal damage.

"Hummingbird migration in the fall usually starts at the end of August until the beginning of September, and then they come back in the spring, usually the first few weeks of May," said Caroline Fillion, volunteer at the Prairie Wildlife Rehabilitation Centre.

Because of the extreme temperatures in Canada during the winter and lack of food, hummingbirds head south to Mexico or Central America because their bodies need temperatures above 10 degrees Celsius to avoid a mini hibernation or freezing.

Hummingbirds look for brightly coloured flowers to provide them food before migration, brightly coloured feeders attract hummingbirds best as they move South.

"For hummingbirds, you can put out feeders with a sugar-water solution. It's 1 part sugar to four parts water, and you want to make sure you're changing it frequently so every two to three days right now," said Fillion.

Not changing the sugar water solution regularly can cause bacteria to grow inside the feeders, harming a hummingbird's health when ingested.

"I know a lot of the commercial mixes have food coloring in there, but it's actually believed it might be harmful for the hummingbirds," she said.

Additives in the solution should be avoided. Instead, it should be kept as pure sugar and water for the most significant benefit to the hummingbirds.

Many dyed solutions contain Red Dye #40, banned in multiple counties worldwide because it has not been through significant health studies.

"You want to make sure that there's no cloudiness or a gunk in the feeder," said Fillion, "hummingbirds don't have enough of a food source here in the winter."

She added that another thing that contributes to a significant amount of migration deaths is window collisions.

"Collisions are a big factor during their migrations," she said, "there are different types of products that you can put on your window; my favorite is just to take a bar of soap when it's slightly wet and then use it to make designs."

She said it is recommended that the designs have gaps no larger than five centimeters when it is hummingbird migration season because it breaks up the reflections enough for them to see it and not fly into the window.



RECORD PHOTO SUBMITTED

Hummingbirds need the help of feeders with sugar water solution, but can be hurt by food colourings and other additives in feeders.

"If you find an injured hummingbird, it's really important that they come into care so you can give us a call to our wildlife helpline, which is 204-510-1855, and then bring the hummingbird to our drop off," said Fillion.

She said they recommend that any bird after a window collision put in a dark box for an hour and then see if

they can fly again; if they still cannot fly, it is recommended to call the rehabilitation centre.

"We take in all wildlife, from hummingbirds, up to about the size of a coyote. We don't do skunks, raccoons, or deer due to provincial regulations," she said.

## What a catch!



RECORD PHOTO SUBMITTED

Mackenzie Naurocki was fishing in Lac Du Bonnet with her grandparents on Aug. 22 when she caught a 58-inch long Sturgeon just north of the bridge. Her grandmother, Ilona Naurocki said she was super excited to catch this fish of a life time. "She wanted to catch a big fish. She was catching small perch that morning." Her grandfather Bud DeMontigny had to help her lift the fish for the picture. They released it success and watched it as it went right to the bottom for some else to catch it.

# FALL & WINTER ACTIVITIES & registration section 2021-2022

## The many benefits of arts education

The arts are an important component of students' overall education.

Why does art matter? This is a question that has given philosophers and artists food for thought for centuries. It's also been a leading question in many school districts when budget cuts have forced school administrators to put various curricula on the chopping block. Very often arts programs are the first to be cut.

From their earliest years, many children communicate and learn through artistic expression. Songs help them learn words and repetition to develop speech and reading skills. Drawing, painting and crafting helps to solidify motor skills. Researchers from the Johns Hopkins University School of Education say that instruction becomes more effective when educators integrate creative activities. Encouraging creativity and imagination across all disciplines can help shine light on new concepts and help students discover connections and inno-

vative ideas.

To bolster support of arts in the classroom, parents and educators can point out the following benefits of arts education.

- Increases creativity: The arts let students express themselves in different ways and offer outlets for all types of skills.

- Improves academic performance: A report by Americans for the Arts indicates young people who regularly participate in the arts are four times more likely to be recognized for academic achievement than non-participants.

- Develops motor skills: Arts helps foster motor skills, which are essential for writing letters and words, playing musical instruments, using paintbrushes, and much more.

- Helps one appreciate numeracy: Art involves patterns and problem solving. Learning these skills translates into many different disciplines, including mathematics.



The arts are an important component of students' overall education.

- May accelerate brain development: Bright Horizons reports learning to play an instrument has been found to improve mathematical learning, boost memory and lead to improved academic scores.

The benefits of arts in the classroom cannot be ignored. The arts encourage students to utilize many skills that translate to various subjects.

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# FALL & WINTER ACTIVITIES & registration section 2021-2022

## Benefits of extracurricular activities

School offers much more than a top-notch education. Being an engaged student involves learning lessons in the classroom but also participating in the myriad activities that begin once the dismissal bell has rung.

Participation in extracurricular activities should be a consideration for every student because of the vast array of benefits such pursuits provide. Information published in the Brandon University Journal of Graduate Studies in Education indicates that participation in extracurricular activities positively correlates with students' development both academically and personally. Research shows being involved in afterschool clubs and sports promotes greater character development, improved academic success,

good time-management techniques and leadership skills, and greater interest in community involvement.

Every school offers some type of extracurricular activity - from school bands to academic clubs to volunteer groups to sports. The National Center for Education Statistics says these activities offer students opportunities to learn many valuable lessons, including group responsibility and the value of competition. Students who participate in extracurricular activities also can be exposed to a diverse array of people and cultures. Some activities also help students develop their mental and physical strength. The NCES notes that participation in extracurricular activities can foster a strong sense of connection between students

and their schools, which can reduce the likelihood of school failures and dropout rates.

Extracurricular activities also are the gifts that keep on giving, particularly as they relate to future academic success. Crimson, an admissions support company specializing in increasing acceptance to highly regarded institutions, says extracurriculars are a critical part of a student's university application. Involvement in clubs and more provides a clearer picture of who a student is outside of the classroom and offers an opportunity to showcase various skills and interests. Furthermore, diversifying one's interests through extracurricular activities broadens a person's world view and improves self-esteem. These are ben-

efits that can ultimately help students become well-rounded persons and successful professionals.

While people are quick to view extracurriculars for the academic advantages they provide, one often overlooked benefit is the social benefits of these pursuits. One of the best and easiest ways to make friends is through extracurricular activities. Fellow participants share the same interests and that can lay a solid foundation for lasting friendships.

Students who view extracurriculars as vital components of their school experiences can reap the rewards of being active members of their school and community programs.



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# FALL & WINTER ACTIVITIES & registration section **2021-2022**

## Hobbies promote personal growth

Hobbies can help people escape the daily grind. Though it's easy to view hobbies as enjoyable ways to pass the time, they also can be vehicles that enrich your life.

Hobbies are especially good at helping people learn new skills. They also may help boost professional and personal development.

Hobbies play a vital role for a variety of reasons, and some hobbyists may be surprised to learn just how much their favorite form of escapism is benefitting their lives.

· Hobbies may help to relieve stress by keeping you en-



gaged with something you enjoy. Reducing stress may help you remain calm and be more productive at home, at work and in school. Reduced stress also translates into improved mental and physical health.

· People who engage in hobbies experience new things and may interact with different people through their interests. This can give you various topics to discuss in conversation and make you more interesting to others. Learning skills through hobbies also means you will obtain specialized knowledge that you can impart on people with similar interests.

· Hobbies can be creative outlets that take your mind off of other things. For people who have trouble with meditation

and other mindful ways to shut off their brains, hobbies can be a form of escapism that leaves you alone with your thoughts. According to the self-improvement resource Personal Growth, most hobbies actually have a meditative effect on your thoughts because, no matter what you are doing, your awareness becomes completely focused on the hobby.

· Hobbies can improve your social life and foster creative bonds with others, providing great ways to meet and get closer to people who share your interests.

· Hobbies can help stave off boredom, providing productive outlets when there is nothing else available to fill the time. Hobbies can be more beneficial ways to spend your time than playing games on a phone or watching television.

· Hobbies also may be educational and enrich knowledge through skill building. People who start with one hobby may find connections to other ones, further developing their knowledge and skill sets.

If embracing new hobbies is on your list of resolutions for the upcoming year, individuals can rest assured that engaging in hobbies promotes personal growth in various ways.

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Annual General Meeting  
& Registration Night**

**THURSDAY, SEPT. 16<sup>th</sup>, 2021  
7:00 p.m.**

**SELKIRK CURLING CLUB LOUNGE**

**2021-2022 Curling Season**

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Wednesday Night Women's League  
Thursday Night Men's League  
Friday Night Open League  
Saturday Morning Juniors League

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**AGES 3 TO ADULT**



# Youth encouraged to sign up for the Great Manitoba March

By Nicole Brownlee

The Manitoba Métis Federation is encouraging Interlake youth to get out and walk, run and climb to reach the same number of steps a voyageur could travel in four months.

Inspired by the MMF's Southwest region's idea to "walk across Manitoba," Crystal Allard created The Great Manitoba March Contest.

"We have a youth committee for every region, so they expressed that this would be awesome for youth to do in our region also," said Allard, a youth worker in the MMF's Interlake region.

Young people in the Interlake region between 15-29 years old can register for the contest by Sept. 10 to receive a pedometer to track their steps. Their goal is to reach 785,220 steps between Sept. 25 to Jan. 25, 2022.

Allard found that voyageurs would walk almost five kilometres per day,

which equals around 6,500 daily steps.

"We know that most youth will probably have these steps done earlier than [January], but we just gave them a four-month span to not have to rush through it," said Allard.

She'll check in with the participants weekly to see how many steps they're at and email the contestants a spreadsheet with everyone's progress.

"It's like a friendly competition," said Allard. "I'm hoping that kids will get more active."

She also hopes this will encourage kids to see their friends and family safely while adhering to COVID-19 restrictions.

"The pandemic impacts a lot of people's mental health because

they're not able to like go out and see their friends," said Allard. "They can participate in this contest with their family and friends as long as they maintain social distancing."

The Great Manitoba March is the first contest of its kind the MMF's Interlake region has held.

"Usually, we do workshops, but because of COVID and everything, we're unable to have in-person workshops, so we're trying to find other things to keep the youth involved," said Allard.

On Aug. 31, one day after registra-

tion opened for the contest, five participants had registered for the contest.

"We're looking at having at least 20 youth participants," said Allard.

Youth also have the chance to win a Fitbit Versa Watch or gift cards ranging from \$75 to \$100 for participating in the contest.

To register for The Great Manitoba March Contest, contact Crystal Allard at 204-646-2706 or intmmfyouth@mmf.mb.ca.

## > NETLEY MARSH, FROM PG. 14

Strang said he would like to see more involvement from the province.

"(Residents) can help by talking to the provincial government telling them they feel this (project) is very important, and that they want the province to be engaged and be part of this project because today that really hasn't happened. Even though we've seen a lot of support coming from individuals within the government, the government itself hasn't been there for us," he continued. "They were at the beginning, but when they sold out the Amphibexes, that support was lost."

To learn more about the Netley Marsh restoration project, go to <https://www.savenetleymarsh.com/>

# Corrections

By Staff

In an article in the Sept. 2 edition of the Selkirk Record, we stated that the Paws for a Cause walk for the Never Alone Foundation will start at 10 a.m. The walk will in fact take place at 11 a.m. We are so sorry for this error.

There were also a few errors in the article *The senior's*

*program at the library is back.* Ruth Christie will not be presenting every 4th Friday just this month's 4th Friday. The program is still free but they are now asking that attendees have a library membership, and Susan Berry is the only host of the program. We are sorry for these errors.

He who has the Son has life. (1 John 5:12 - THE BIBLE)



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10:15 AM - NCI FM



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1

Take a Selfie

2

Use #EatAlongTheRed

3

Tag @SELKIRKBIZ to get Entered to WIN a Biz Bucks Gift Card



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**Riverboat Restaurant**  
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# Nine new medical graduates for Interlake

## Local and internationally educated family physicians to take their place in IERHA

**Submitted by the province of Manitoba**

Nine family physicians have started or will soon be starting practice in communities across the Interlake-Eastern Regional Health Authority (RHA), Advanced Education, Skills and Immigration Minister Wayne Ewasko and Health and Seniors Care Minister Audrey Gordon announced Sept. 3.

"Four of the new physicians are graduates of the one-year Medical Licensure Program for International Medical Graduates offered through the University of Manitoba, which is designed to integrate physicians who have practiced internationally into the Canadian medical system by allowing them to gain a better understanding of the Canadian and local health-care system," said Ewasko. "This program has allowed physicians who have practiced internationally to better understand the needs of rural patients and the variety of health-care services

people require."

The four international medical graduate physicians will be working in rural and underserved areas of Manitoba and have made a four-year commitment to the region. The minister also noted the nine family physicians include two doctors who completed their two-year residency program in the Interlake-Eastern RHA, as well as three who were trained in rural and Northern Manitoba through the Dauphin, Brandon and Northern-Remote residency programs. In addition, four family medicine residents are completing their residency training in Interlake-Eastern RHA right now – two in their first year of the program and two in their final year.

"Like most rural regions in Canada, attracting and retaining family physicians has been a challenge for the Interlake and North Eastman communities," said Gordon. "By training

family physicians in rural communities, we are exposing them to both the benefits and specific challenges of providing health care to smaller communities while also ensuring quality care for rural Manitobans."

Recruitment efforts by the region and private clinics are seeing new physicians begin practice in Beausejour, Eriksdale, Lac du Bonnet, Teulon and Selkirk, with internationally experienced medical graduates working in Ashern and Pine Falls.

"Family medicine physicians work as part of a team to provide access to primary health care and robust emergency department coverage in rural communities," said Dr. David Matear, chief executive officer of Interlake-Eastern RHA. "I'd like to recognize the hard work of our region's physician recruitment and retention team and our local physicians who develop relationships with physicians in training, create a welcoming environment and showcase various practice opportunities in the area. This really speaks to the success of rural-based training in recruiting new practitioners. I

also thank regional residents for their warm welcome to new practitioners. Our combined efforts align well with our mutually agreed upon strategic goal of developing health human resources in the region."

Residency is the last stage in training for doctors following graduation from medical school. The family medicine residency program at the University of Manitoba's Max Rady College of Medicine includes training in a number of practice areas including primary care, psychiatry, obstetrics, general surgery, internal medicine, emergency department care, pediatrics and seniors care.

The ministers noted ongoing physician recruitment and retention efforts will be a key priority of clinical service planning to be undertaken by Shared Health Services Manitoba. This work will support consistent and reliable health-care services, effective health human resource planning, capital equipment investments, construction planning and other initiatives that should be co-ordinated province-wide.



## September Consignment Auction

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# With restrictions lessened churches are opening

## Getting the 411 on how our region's churches have adapted to change

By Katelyn Boulanger

This past year has been very difficult for all those people who are part of groups that meet regularly in person. Churches in our area have figured out ways to adapt to changing restrictions and, of course, have done their best to create spaces to be together without having to be physically in the same space. Now that gathering limits allow church services to take place, we caught up with some of our area's churches to see what they are doing now.

### CrossRoads Church Pastor Brent Riddle

*1) How have your services changed since restrictions have been lessened?*

We are thankful to have the opportunity to join together in person again. During this summer season, we have been meeting outside - in our parking lot - for "LawnChair Church". Starting September 1, 2021, we have started meeting indoors again for our Sunday morning service.

*2) If you are having in-person services again, how has it felt to be able to gather?*

While Zoom and Facebook Live gave us options to host our services each week for our church community and allowed us to "meet" together during restrictions, it is great to be meeting in person again. Many people are excited to be able to gather to sing and worship together after so many months apart.

*3) Why do you think people have missed attending services so much during this time that we've had to have them in different ways?*

People are built for community. Having almost all opportunities for interaction with others removed for this extended season has been really challenging for most people. At CrossRoads, every service and activity time is centered on our faith in Jesus Christ and the commonality of our love for Him and each other. Prior to the pandemic, it was common to see our people caring for one another - listening, encouraging, praying, and helping. It became much more difficult to do those things online.

There is something special about face to face interactions that you don't share over Zoom.

*4) What message would you like to give to welcome back/encourage people who are interested in coming to your services, assuming that they feel comfortable doing so?*

We are delighted to open our doors

again and look forward to seeing old and new faces! As you feel comfortable we encourage you to join us in person for Sunday service at 10:30 a.m. If you are not yet comfortable to join in person, please join us on Facebook Live via CrossRoads Church Selkirk.

### Selkirk Community Church Pastor Ryan Galashan

*1) How have your services changed since restrictions have been lessened?*

Our church has been offering online services since February 2020. Our services continue to be streamed live to selkirkcommunity.online.church, as well as to both our YouTube channel and our Facebook page. The biggest change with restrictions loosening is that now we've been able to hold in-person services every Sunday morning, which is great!

*2) If you are having in-person services again, how has it felt to be able to gather?*

Having the option to live stream services is an incredible blessing, but nothing can replace actually coming together in person for a church worship service. There's something very special and irreplaceable about being in the same space to worship together, especially being able to sing as a congregation.

*3) Do you have any events other than regular services which are going to happen in the next few weeks and if so can you please tell me about them?*

Our church gym is booked solid throughout the week with a variety of community groups. This includes, among other things volleyball, badminton, basketball, and a real growing favourite - pickleball. If you are interested in taking part in pickleball, there are open signups always available on our booking page at [www.selkirkcommunitychurch.com](http://www.selkirkcommunitychurch.com). We have also recently completed a 1.6 km walking trail in the bush behind the church. We welcome everyone to stop in to explore it if they'd like.

*4) Why do you think people have missed attending services so much during this time that we've had to have them in different ways?*

Church is like family. As you connect with a group of people (like a church community) you begin to realize how much you are needed and how much you need others. We all crave meaningful (in person) connections with others. That's how God has wired us and the truth is that proximity mat-

ters. It matters because life is full of troubles. You have troubles and I have troubles. The Church isn't full of perfect people with perfect lives. It's full of imperfect people carrying heavy burdens and proximity means we can help carry one another's burdens. Proximity matters because it means we can hear one another sing worship songs about God's faithfulness, about His great love for us, and that through the storms, Jesus is the One Who when He speaks "peace, be still" the winds obey.

*5) What message would you like to give to welcome back/encourage people who are interested in coming to your services, assuming that they feel comfortable doing so?*

If you are looking for a church to connect with, and are comfortable attending in person, we welcome you. You don't have to get your life together first. Come as you are and let Jesus do His transformational work in you. I can honestly tell you that He's doing that in me every day. So come. Come with your burdens. Come with your hurts. Come not having all your doubts and questions answered. Just come. And if you're not ready for church, come take a walk on the trail. Come play some pickleball. We'd love to meet you! God bless.

### St. Clements Anglican Church Lorraine West, Rectors Warden

*1) How have your services changed since restrictions have been lessened?*

St Clements has been doing Zoom services plus we are Live on Facebook at the same time. Since in-person services have resumed, we now extend this for our 7:30 a.m. and 11:15 services Sunday mornings. Other than mandatory facemasks, social distancing, and a sign-in for tracing, what has changed is in our Eucharist. We are able to give the host (communion bread) in individual paper baking cups. But we do not provide wine during COVID which represents the blood of Christ.

*2) If you are having in-person services again, how has it felt to be able to gather?*

It is so good to be able to gather



RECORD PHOTO BY BRETT MITCHELL  
Knox Presbyterian Church.


inside the church. We have certainly missed our old stone church. But our services will continue to grow as our parishioners feel comfortable being out.

*3) Do you have any events other than regular services which are going to happen in the next few weeks and if so can you please tell me about them?*

We only wish! This year we are celebrating the 160th Anniversary of our church. Sadly we have had to be imaginative to celebrate. With restrictions changing every month it has been difficult. We would love to have a celebration dinner in November but right now everything is in a holding pattern pending group restrictions. We put a notice to the community to give us their family history on what part St. Clements Church played in their families in the past 160 years. Were they baptized or married there, do they have family buried there, etc. Please go to our website and check out our 160th Anniversary Page [www.stclementchurch.ca](http://www.stclementchurch.ca) We will start high lighting these stories on our website soon. They are all real Feel Good Human interest stories about real people.

Additionally, we are planning to hold a pyjama drive in conjunction with our Christmas Hampers. We

Continued on page 27




**217 Clandeboye Ave., Selkirk**

**Proof Deadline Fridays at 4 p.m.**

**Booking Deadline Mondays at 4 p.m.**

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



# get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

## Overnight Apple Cinnamon French Toast Casserole

Servings: 12  
Nonstick cooking spray  
1 package (20 ounces) French bread, cubed, divided  
1 can (20 ounces) apple pie filling  
9 eggs  
1 cup half-and-half  
2 teaspoons ground cinnamon  
1 cup powdered sugar, plus additional (optional)  
2 tablespoons milk, plus additional (optional)  
Spray 8-by-8-inch glass baking dish with nonstick cooking spray.  
In baking dish, add 10 ounces cubed French bread in bottom of dish. Pour ap-

ple filling over bread. Top with remaining cubed French bread. Set aside.  
In medium bowl, whisk eggs, half-and-half and cinnamon. Pour evenly over bread.  
Cover with aluminum foil and chill overnight.  
Heat oven to 325 F.  
Remove foil and bake 50-60 minutes.  
Let cool 10-15 minutes.  
In small bowl, whisk powdered sugar and milk. Add additional, if needed, until pourable glaze is reached. Drizzle over casserole before serving.



## Breakfast Burrito

Servings: 4  
2 teaspoon canola oil  
1 small red onion, diced  
1 red bell pepper, seeded and diced  
1 can black beans, drained and rinsed  
1/4 teaspoon red pepper flakes  
salt, to taste  
pepper, to taste  
4 eggs  
4 egg whites  
1/2 cup shredded pepper jack cheese  
nonstick cooking spray  
4 flour tortillas  
1/4 cup sour cream  
1/4 cup salsa

1 large tomato, seeded and diced  
1 avocado, sliced  
hot sauce (optional)  
In large skillet, heat canola oil over medium heat. Add red onion and red bell pepper; cook 8 minutes. Add black beans and red pepper flakes; cook 3 minutes. Season with salt and pepper, to taste. Transfer to dish.  
In medium bowl, whisk eggs and egg whites. Stir in cheese until combined. Heat large skillet over low heat, add egg mixture and scramble 3 minutes, or until cooked through.  
Spread sour cream over tortilla. Spread salsa over sour cream. Spoon 1/4 bean mixture over salsa. Spoon 1/4 scrambled eggs over bean mixture. Top with diced tomatoes and avocado. Drizzle with hot sauce, if desired. Roll-up burrito. Repeat three times with remaining ingredients and serve.



## Blueberry and Pomegranate Power Bars

Yield: 12 bars  
Nonstick cooking spray  
8 cups popped popcorn  
1 1/2 cups old-fashioned rolled oats  
1 cup dried blueberries  
1/2 cup pomegranate seeds  
1/2 cup whole natural almonds, toasted and coarsely chopped  
2/3 cup honey  
2/3 cup light brown sugar  
2 tablespoons butter or margarine

6 ounces bittersweet chocolate, melted  
Line 13-by-9-inch pan with foil; spray with nonstick cooking spray.  
In large bowl, combine popcorn, oats, blueberries, pomegranate seeds and almonds.  
In small saucepan over low heat, boil honey, brown sugar and butter 2 minutes. Pour over popcorn mixture and mix thoroughly.  
Using damp hands, press mixture firmly into prepared pan. Refrigerate until firm, about 2 hours. Cut into 12 bars.  
Dip bottoms of bars into melted chocolate. Place on wax paper-lined pan; refrigerate until ready to serve. Store in tight covered container in refrigerator.

## Expert Patient Here to Help!

By Susie Schwartz

Did you know that you probably know more than you think you know? There are always clues to what is going on when it comes to our bodies and our health. So, the doctor can often help solve the puzzle, but the chances are less likely without our intuition and expertise.

Know your body and trust your instincts.

I caution people not to revere doctors in such high regard that they overrule what they feel to be true for their health. In the past, I have needed an I.V. iron infusion due to dangerously low levels. I knew low energy to be a definite sign, (Does hitting the snooze 14 times and getting up to shower only to need an immediate nap count?) but also found out that mouth ulcers and swollen feet can be signs too. Recently, I started having these symptoms again, and I asked the doctor if it would be worth checking my iron levels. (I never tell them they should, but rather frame these suggestions as questions. Trust me, this is key to a two-way relationship with your doctor.) She agreed and my iron was in fact low, but just above the qualifying number for an iron infusion. (It's a drastic measure and costs the health care system.) But I cannot supplement orally due to gastrointestinal issues and my restrictive diet makes it tricky to intake much iron. After reminding my doctor of these obstacles, and that I had an infusion before, she agreed to send my results to my specialist who had ordered the previous infusion. With the authority to order it (The NHS in England works slightly



Susie Schwartz

different than in Canada), he agreed we should do so. Guess what? I may still hit the snooze once or twice but can shower AND shop in the same day! And the other symptoms have almost disappeared.

The reason I tell you this story is this: I knew from experience and intuition that my body needed help, and in presenting my case thoughtfully and thoroughly, my doctors were willing to get me that help. We were a team. If I had overruled my knowledge and intuition, the doctor would have just followed regular protocol and not got the infusion ordered.

So I guess this tip is two-fold: See yourself as a valuable part of the team and trust your instincts if you know your body.

Less health stress, yes?

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



## Crunchy Popcorn Trail Mix

In small saucepan, heat butter, brown sugar and corn syrup until boiling; cook 3 minutes, stirring occasionally. Pour over popcorn mixture, stirring to coat evenly.

Microwave 3-4 minutes, stirring and scraping bowl after each minute.

Spread onto greased cookie sheet; cool. Break into pieces and store in airtight container.

Yield: 9 cups  
5 cups popped popcorn  
3 cups whole-grain oat cereal  
1/3 cup raisins  
1/3 cup peanuts or other nuts  
1/3 cup sunflower seeds  
1/4 cup (1/2 stick) butter or margarine  
6 tablespoons brown sugar  
2 tablespoons light corn syrup  
In large, microwavable bowl, stir popcorn, cereal, raisins, nuts and seeds; set aside.

**SELKIRK STEELERS**

**Bingo!**

**Thur**

**BINGO POSTPONED UNTIL FURTHER NOTICE**

at the Selkirk F

Early Birds at 7:00 pm

Regular Bingo at 7:30

Full H

Pol

Lucky 7

Bonanza in 30

1,425

## > CHURCH UPDATE FROM PG. 25

hope to supply new pyjamas to those in need.

This Christmas we will again play Christmas Carols from our bell tower using speakers. This turned into a great event for us last year. Last year at Christmas the world was a sad place and people could not gather to celebrate and be with their families. We decided to add some Joy to peoples lives. We engaged the speakers with a playlist of Christmas Carols and played them from 2-8 p.m. for about 3 weeks. The community at large would arrive at the church parking lot and sit in their vehicles and listen. We had many heartwarming messages from people that we did not know, who enjoyed the little spirit of Christmas that came through those bell tower speakers.

4) *Why do you think people have missed attending services so much during this time that we've had to have them in different ways?*

People who are members of a parish think of themselves as extended family. We see each other and worship together weekly. Most are of the same way of thinking and we enjoy being together to worship.

5) *What message would you like to give to welcome back/encourage people who are interested in coming to your services, assuming that they feel comfortable doing so?*

The church is open! All of the COVID protocols are in place. If you haven't been in church for a while but enjoyed following our service on Facebook or Zoom, please know that we would love to meet you in person or if you think that it's time to put a little religion in your life we would be a great place to start. St Clements is a humble little parish with a big heart and we have a wonderful outgoing minister, Archdeacon Godfrey Mawejje. We warmly welcome anyone who enters our doors. Come and meet us!

**Notre Dame Catholic Church, Selkirk  
and St. Anne's, Petersfield  
Rev. Fr. Gerald Langevin**

1) *How have your services changed since restrictions have been lessened?*

The numbers have begun to increase slowly.

2) *If you are having in-person services again, how has it felt to be able to gather?*

There's a sense of gratitude that we are able to gather in person.

3) *Why do you think people have missed attending services so much during this time that we've had to have them in different ways?*

Virtual services cannot replace being able to attend in person. People look forward to seeing one another and rekindling friendships.

4) *What message would you like to give to welcome back/encourage people who are interested in coming to your services, assuming that they feel comfortable doing so?*

We look forward to seeing you and re-connecting in the time ahead. We've missed the opportunities to journey together and hope that you will join us again soon!

**Selkirk United Church  
Rev. Cole Grambo**

1) *How have your services changed since restrictions have been lessened?*

Back in March of 2020, when the first set of restrictions made gathering in our church sanctuary impossible, we immediately began offering online services. Even though restrictions have been lessened,

our Church Council has decided, for the time being, that we will continue with online services. Council meets again on September 16th and we'll revisit that decision and go from there.

In the meantime, our online services are actually quite similar to how they looked before COVID-19. We still have scripture readers, greeters, hymns and special music, a reflection, children's time, prayers, and our United Church Creed. It just happens online now, rather than in person. We were very fortunate to have a few church members who are tech-savvy and could help us figure out how to put together a service with different people recording different parts of the service in different locations and then put it all together in one cohesive video.

The other important piece for our congregation was that we were able to also continue with our Sunday School and Youth Ministries. Again, all of that has been online since March 2020. Our leaders have done a wonderful job preparing lessons and crafts, recording everything, and sharing it online with our young people, who follow along at home and often email pictures of their finished Sunday School crafts back to the leaders.

2) *If you are having in-person services again, how has it felt to be able to gather?*

We haven't yet had in-person services, but I know that people will love getting back together when it's safe to do so. Our church family has been very understanding about the restrictions and the need to keep everyone safe. They see the stress that this pandemic has put on our hospitals and health care workers, among others, and they've supported our decision to stick with online services for now.

3) *Do you have any events other than regular services which are going to happen in the next few weeks and if so can you please tell me about them?*

We always have Rally Sunday the 2nd Sunday in September, so we'll still be doing that, although it will be online instead of in person, as it was last September, too. Rally Sunday is the Sunday that some of our normal church routines begin again after a summer break, things like Sunday School, Youth Group, and more people participating and leading in worship. There is also the possibility of an outdoor service coming soon if we're not back in the sanctuary in the next few weeks, but we don't have a date or details yet, so stay tuned!

4) *Why do you think people have missed attending services so much during this time that we've had to have them in different ways?*

Although people have definitely missed attending in person, I've found it remarkable how well people have adapted to this new normal. Church meetings, discussion groups, even Confirmation classes have all continued, using video communications apps instead of meeting in person. We've even had some fundraisers in different ways. Having said that, it's true that people miss the sanctuary and the traditions of worshipping together in one space. Not being able to sing together or gather as a whole church family are probably the two biggest losses.

5) *What message would you like to give to welcome back/encourage people who are interested in coming to your services, assuming that they feel comfortable doing so?*

Well, we're not quite there yet, but we will get there, for sure. My message to welcome people back, when the time comes, would be to say: "We know that God has been with us through it all, but we have missed seeing your smiling faces in person. Thank you all for being so faithful and patient



**RECORD FILE PHOTO BY KATELYN BOULANGER**

The St. Clements Anglican Church.

during this challenging time. Now, let's worship together!"

**Knox Presbyterian Church  
Rev. Anthon Bouw**

After doing church services through video links that are sent via email to members and posted on Facebook, we will be holding in-person services beginning on September 12. While there is definitely some excitement about being able to do so, there are a few qualms about being inside with folks for more than 5 minutes. We are asking that people be fully vaccinated and wear masks once inside the building, including during the service. Alternate pews will be taped off to maintain appropriate physical distancing, and we won't be having our regular coffee hour after the service is over. Even the collection plate won't be passed around; it will be placed at the back of the sanctuary for people to make their contributions as they leave.

I would love to say that people have only missed the great sermons that are preached each week, but as I mentioned, the sermons have been going out via email and Facebook. What is missed is the encouragement of being together, lifting our voices together in the familiar hymns and songs that are part of each service, offering up the prayers, and just greeting each other in the hallway. It's the word 'together' that says it best; our Christian faith and our expression of worship are not meant to be solitary exercises. Yes, you can worship God anywhere (and not just on Sundays!), but God calls us into community because the Lord knows it helps our spiritual well-being to know we aren't alone.

In terms of other activities, we will be having the yard sale that didn't happen last year because of the pandemic restrictions.

It will be held on Saturday, Sept. 11th from 9-3 inside the church hall to make it happen rain or shine.

So we are hoping that most folks will come back and that people who have perhaps felt a spiritual hunger in this time of significant stress to come; we will ensure that the appropriate protocols are maintained to keep people healthy - and feeling safe.

And we trust that God will bless our time of worship, our fellowship, and our simple act of gathering as we give thanks for God's faithfulness through this stressful time.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Boitson, Visser work out with province's best U17 female basketball players

By Brian Bowman

Basketball Manitoba recently held two weeks of workouts for their U17 female training roster.

And two of the girls invited were from our area.

Selkirk's Sarah Boitson and St. Clements' Katelynn Visser each had the opportunity to train with the province's best female players in their age group.

"It was really nice because I've seen those girls play for a while but I have never been out there and played with them," said Visser last Sunday afternoon. "It was really exciting to have an opportunity to play with them. It was definitely a step up from what I'm used to. When you're on offence, they all play such a good defence. It was definitely hard to get shots up."

Boitson was also very excited to be back on the court with players she had never played with before.

"It was intense," she said. "It was weird to be around that because we haven't been around that for a while. It was very high paced and the skill set was very high, too. It was a good learning moment because every play you were learning something different...I learned a lot."

The workouts for the 21 players were fun, but not exactly easy. Tryouts for Team Manitoba will be held in May and the roster will be trimmed.

"The warmups were hard," Visser admitted. "I woke up at 9 (a.m.) and you get there and they make you run su-

per fast right away. 'You start thinking, yeah this is going to be really hard.'"

Both players benefited greatly playing club basketball for the Winnipeg Wolves.

"You could really tell (the difference) of playing on a club team compared to playing community ball," Visser said. "You get better skills and coaching - it helps."

The 5-foot-10 Visser and the 6-foot-1 (and a half) Boitson already have a year of experience playing high school basketball at the varsity level for the Selkirk Royals. Both played varsity in Grade 10 and then last year's season was wiped out due to COVID.

That lost season was tough on players.

"It was definitely tough getting back into it," said Visser. "I noticed how out of shape I was. During school, I was like 'Oh, I'm not in that good of shape' and then once you get out of it and try to come back, you definitely see how good of shape you're in. Just running up and down the court, you realize how much you lost."

Visser, a good shooter who plays on the wing but is a guard for the Royals, and Boitson, a talented post player, are really looking forward to the upcoming high school season as they enter Grade 12.

They both gained valuable experience playing varsity in their first year of high school.

"(Playing varsity in Grade 10) was very exciting," Boitson said. "It was a



RECORD PHOTO SUBMITTED

Katelynn Visser, left, and Sarah Boitson are part of the 2021 Manitoba Provincial Team Basketball's U17 training roster.

great experience playing with older players. They were skilled players... but it was exciting being the youngest and making that team. It was definitely a high in my basketball career so far. It was a bit nerve-wracking at

first because there were players my size that I had never played against. It was a much higher pace and more physical but I was able to get used to it pretty fast. I learned a lot from that."

## Steelers drop wild rookie game in Steinbach

Staff

The Selkirk Steelers' rookie game against the Steinbach Pistons was certainly a wild one.

The scrappy affair featured 14 goals as the Pistons skated to an 8-6 victory in Steinbach.

The Steelers hosted the Winkler Flyers at the Selkirk Recreation Complex this past Tuesday but no score was available.

The two teams will play again in Winkler on Wednesday.

Selkirk will host the Pistons this Saturday and then the two squads will battle in Steinbach the following evening.

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

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

## Strike Force lose first game of the season

Staff

The Tri-S Strike Force suffered their first loss of the season on Aug. 30.

Despite badly outplaying the Purple Cobras, Tri-S was on the wrong end of a 1-0 score in a Manitoba Major Soccer League 5th Division game played at the University of Manitoba.

Diogo Goncalves scored the game's lone goal.

"We weren't outplayed, just didn't make good on our chances," said the Strike Force's Kris Pellaers in a text

message. "Their goalie kept them in the game. They had three or four chances and scored on one of them."

"We had too many (chances) to count. Just no luck in front of the net."

Despite the loss, Tri-S remains in first place with a 4-1 record, one point ahead of the Purple Cobras (3-0-2).

The Strike Force will play Colo Colo (1-2-2) this Thursday at the Buhler Recreation Park. Game time is 6:15 p.m.

Tri-S will then battle BFR AC (3-2) this Sunday (6 p.m.) at Buhler.

# KJHL announces vaccination policy for 2021-22 season

## From the KJHL

The Keystone Junior Hockey League has announced its vaccination policy in preparation for the 2021-22 season.

"The KJHL's No. 1 priority is to ensure the health and safety of all players, staff, and officials as we prepare for the upcoming season safely and responsibly," said KJHL vice president Harley Garrioch. "Every person has been impacted in various ways throughout the COVID-19 pandemic, and as we continue to navigate these trying times we want to ensure that all league participants return to play in a safe and healthy environment."

The KJHL has set forth the expectation that all medically-capable individuals associated with the league will be fully vaccinated by Sept. 10. This would ensure that

all individuals will have maximum immunity/protection (full immunization) from COVID-19 in advance of training camps.

Players, staff, and officials will be required to submit proof of immunization prior to arrival for training camp and/or participating in team activities.

Immunization verification may be obtained via Digital Immunization Card, Physical Vaccination Card, Immunization Record, Proof of Immunization or an Official Document issued by a Canadian province or territory containing information of a person's COVID-19 vaccination history.

If individuals/teams require more information on Proof of Immunization they can visit: <https://gov.mb.ca/covid19/vaccine/immunization-record.html>.

## Freiter awarded scholarship



RECORD PHOTO BY DAVE MAHUSSIER OF 1812 PHOTOGRAPHY

Tanya Freiter, right, accepts a Winnipeg Goldeyes - Baseball Manitoba 'Field of Dreams' Scholarship from Tony Siemens, Baseball Manitoba's President, on behalf of her son Bennet on Aug. 31.

From St. Andrews and a member of the North Winnipeg Pirates, Bennet has competed at the Canada Cup, Western Canada Summer Games and the Toronto Blue Jays Tournament 12. He spent two years of his high school career at the Okotoks Dogs Academy in Alberta. Bennet plans to continue his education and baseball career at North Dakota State University this fall, playing baseball and majoring in electrical engineering.

## Larters' ladies win 'B' Interclub Net Division Championship

### Staff

The host course team, consisting of Carol Ann Wilson (74), Rina LaClaire (74) and Marlene Marynick (77), won the "B" Interclub Net Division Championship at the Larters at St. Andrews Golf & Country Club last week with a combined +15 total.

That was one stroke better than Southwood and St. Charles Country Club.

Meanwhile, it was a single stroke victory for the Glendale Golf & Country Club as their team combined for victory, winning the Women's Interclub "A" Gross Division Championship.

Cathy Derewianchuk (80), Shannon Wales (80) and April Calderon (81) finished at +31, one stroke better than the Breezy Bend Country Club.

Southwood Golf & Country Club won the Interclub "A" Net Division Championship at +7, one stroke better than Breezy Bend. Southwood's team

consisted of Ruth Schappert (70), Trish Jordan (73) and Heather Shayna (74).

Southwood also won the "B" Interclub Gross Division Championship at +96. The victorious trio featured Marge Dyck (97), Joyce Kerslake (99) and Kathy Hughes (110).

## Curling Canada to require mandatory vaccinations to attend events

### From Curling Canada

All athletes, coaches, fans, volunteers, media and event staff and contractors above the age of 12 will have to be fully vaccinated against COVID-19 in order to participate in, and attend, Curling Canada-affiliated events, it was announced last week.

The policy will be implemented as soon as possible, and will be extended to all events put on by Curling Canada, including in-person meetings and championships, regardless of location.

Those attending Curling Canada events must provide a proof of first

vaccination by no later than Sept. 8 and proof of full vaccination by no later than Oct. 12.

Those dates apply specifically to athletes participating in upcoming Olympic qualifying events (the Canadian Curling Trials Direct-Entry Event and Canadian Curling Pre-Trials Direct-Entry Event Sept. 22-26 in Ottawa, and the Home Hardware Pre-Trials Oct. 26-31 in Liverpool, N.S.)

Fans, staff, media and volunteers, meanwhile, must provide proof of full vaccination that took place a minimum 14 days before the start of the event they are attending.

"Above all else, we believe this is necessary to provide the safest possible environment for everyone who participates in our events, and that point can't be emphasized more strongly," said Katherine Henderson, Chief Executive Officer of Curling Canada. "There's absolutely no question that vaccinations work and significantly reduce the risk of COVID-19 infection. We want our athletes, our fans, our volunteers and our employees to feel as safe as possible at our events, and we believe this is a necessary step toward that goal."

"Curling Canada's Board of Gover-

nors unequivocally supports the position that the organization is taking," added Curling Canada Board Chair Amy Nixon. "We ask that our staff provide environments for athletes to compete and fans to enjoy that are safe for everyone. We firmly believe that the health and safety guidance that they have asked for and received is being listened to and acted upon in the best interests of all."

Ticket-buyers who are declining to be vaccinated will have the opportunity to get refunds. Further details on how this policy will be implemented will be available at a later date.

# Classifieds

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## SUDOKU

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Level: Intermediate

### Fun By The Numbers

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

### Here's How It Works:

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

## FARM LAND FOR SALE BY TENDER

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

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

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

### The following will apply to all tenders:

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

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

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

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

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

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

### METAL RECYCLING

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

### SCRAP METAL

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

Buyer for all farmyard scrap, machinery and autos. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

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(204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

### HOUSE FOR RENT

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

### GARAGE SALE

Massive 3 family yard sale, Sat., Sept. 11 & Sunday, Sept. 12, 9-5, 36 Mirecki Rd (off Donald & Lockport Rds, St. Andrews). Housewares, furniture (retro & antique), misc, curiosities, collectibles & much more. COVID protocols apply.

### ESTATE SALE

Thursday, September 9, Friday, September 10 & Saturday, September 11. 9-5 daily, rain or shine. 955 Frank St., East Selkirk. Housewares, crystal, glassware, furniture, books, children's books, games, VHS movies, cassettes, DVDs, yard tools, old tin and glass, antiques. Covid rules will apply.

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

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

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

**Don't forget to send your special wishes to your friends and family with a message in the**

*Selkirk Record*

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### UPCOMING EVENTS

Grand Marais Rec Assoc., 90 Matilda Avenue, will hold Elections October 2nd/21 7 p.m. - 8 p.m. Positions available: President, Vice President, Bingo Co-ordinator, Treasurer & Directors (all 2 yr terms). You must be a Rec Centre Member to run or vote. Interested? Call Tim 204-754-2325.

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**The Selkirk Record**

## FOUND

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## NOTICE TO CREDITORS

IN THE MATTER of the Estate of Ralph Jack Zimmer, late of the Town of Lockport, 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 1st day of September, 2021. **Hnatiuk Law Attention: Andrew Hnatiuk** Solicitor for the Executrices

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

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## FREE PUBLIC INFORMATION SESSION

# CO-EXISTING WITH COYOTES



**Free Virtual Presentation**  
**September 16, 2021**  
**6:00pm to 7:30pm**

To register email [info@weststpaul.com](mailto:info@weststpaul.com) or call 204-338-0306

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



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

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email: [parkers@superthrifty.com](mailto:parkers@superthrifty.com)



## R.M. OF ST. ANDREWS EMPLOYMENT OPPORTUNITY

The RM of St. Andrews is seeking an individual to fill the following vacant position.

## RECREATION COORDINATOR

**Description:** The Recreation Coordinator will, under the supervision of the Recreation Director, lead or assist in the delivery and expansion of recreation and leisure services for residents of the RM, as well as provide administrative assistance and perform other related duties as required for heritage, arts, and culture and tourism initiatives. The work week may include evenings and/or weekends as required with a flexible work agreement schedule in place.

**Qualifications and Skills:** Education and/or direct experience program planning in recreation or a related field, preferably in a municipal environment. An understanding of recreation, culture and tourism activities in St. Andrews and/or the Interlake would be considered an asset. Strong computer skills and prior experience with social media would be an asset. Must possess excellent oral and written communication skills and the ability to interact effectively with the public, and demonstrate the ability to problem solve, make decisions, have initiative and be flexible. Applicant should have access to a vehicle, and a valid Class 5 driver's licence. The successful applicant must possess or be willing to obtain an Emergency First Aid and CPR Certificate and a satisfactory Criminal Record Check and Child Abuse Registry Check.

**Job Details:** Additional information on this position can be found at [www.rmofstandrews.com](http://www.rmofstandrews.com).

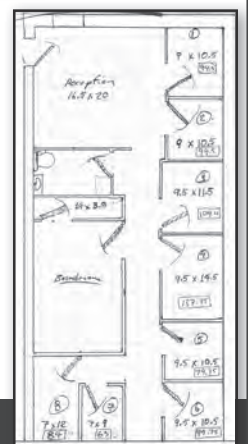
Applicants should submit a resume, cover letter and 3 references by **Monday Sept 13 @ 4:30 pm** to:  
Teresa Howell, Recreation Director  
RM of St. Andrews  
Email: [recreation@rmofstandrews.com](mailto:recreation@rmofstandrews.com)  
We thank all who apply and advise that only those selected for further consideration will be contacted.

## CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



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



For information please contact:  
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204-485-0010 email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)

# Announcements *The Selkirk Record*

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## ANNOUNCEMENT

### IN MEMORIAM



Laurie W. Stafford

April 30, 1952 - September 6, 2020

The seasons don't change  
The days have no names  
Today is like yesterday  
Our time stands still.

-Till we meet again.  
With Love, Helen and family

## ANNOUNCEMENT

### IN MEMORIAM



Barbara Niebel (Campbell)

March 2, 1957 - September 11, 2018

It's been 3 years since we lost our beloved Barb. A special sister who cannot be replaced. We are forever thankful for our memories and absolutely hilarious stories which we now talk about and still laugh at. We love you more than words can say. We will never forget you.

-Love your family

## ANNOUNCEMENT

### IN MEMORIAM



Juliette Hope Wilkinson

September 3, 2012- December 16, 2013

Happy heavenly birthday to the sweetest Little Angel.

Always loved, never forgotten.  
You are always on our minds and in our hearts.  
We miss you so much!

-Love always and forever,  
Daddy, Nannie and Papa,  
Aunt Rachel, Uncle Steve,  
Aunt Carrie, Kyra and Hunter

## ANNOUNCEMENT

### IN MEMORIAM



In memory of

Wilma Goodbrandson

Much loved Mother, Grandmother  
and Great-Grandmother  
June 15, 1929 - September 11, 2016

Time slips by and life goes on,  
But from our hearts you're never gone.  
We think about you always,  
We talk about you too,  
We have so many memories,  
But we wish we still had you.  
-Lovingly remembered by her family

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## ANNOUNCEMENT

### IN MEMORIAM

W. Hardwick (Bud)

September 3, 2001

In Loving Memory of my Dad

My heart still aches with sadness,  
And many tears still flow;  
What it meant to lose you,  
No one will ever know.  
I hold you close within my heart,  
And there you will remain;  
To walk with me throughout my life,  
Until we meet again.  
Love you lots and miss you so much.  
Now you have Mom with you, together again,  
happy forever!

-Daughter, Ingrid

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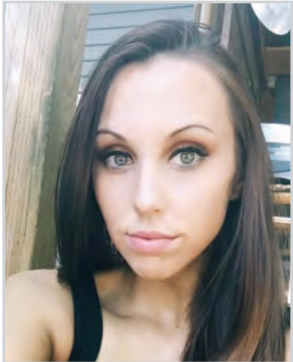
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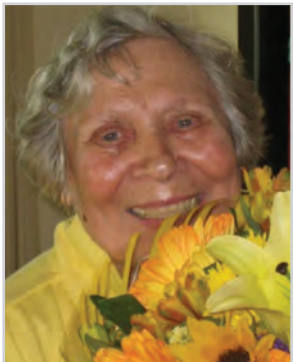
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## GRAVESIDE SERVICE



**Levi Liske**  
**August 12, 1995 - July 4, 2021**  
 Graveside service for Levi Liske to be held at St. Clements Church on September 10th at 1:00 p.m.  
 Lunch to follow at church hall, COVID permitting.

## OBITUARY



**Maria Lee**  
**192? – August, 2021**  
 Yes, you read that correctly. As a very young orphan girl in Russia, survivor of concentration camps, and, later, a proud Canadian citizen, Mom's birthdate/year was arbitrarily determined when the camps were liberated.  
 As she had hoped, Mom was cradled by her two daughters, Teresa and Michelle, when she passed on the afternoon of Friday, August 27, 2021.  
 In true Maria fashion, Mom gave us the gift of peaceful and graceful last moments together.  
 "To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow."  
 Maya Angelou  
 Due to COVID concerns, a service will not be held at this time. Her life was remarkable.  
 Condolences may be left on her Tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).



Gilbart Funeral Home, Selkirk in care of arrangements.

## OBITUARY



**Arnold Adolf Dietrich**  
 It is with heavy hearts that we announce the passing of Arnold Adolf Dietrich on August 26, 2021 at the age of 81.  
 He leaves to mourn his wife, Marilyn of 51 years; his children Patti, Linda (Ryan), Dwight (Kathy), Jim (Carmen), Teresa (Les); 16 grandchildren and eight great-grandchildren. He will be deeply missed by his surviving family and friends.  
 Born on August 4, 1940 to Adolf and Hedwig, he was one of

10 siblings and grew up on the family farm in MacNutt, Saskatchewan.

Arnie was wise, thoughtful, kind, generous and a great listener who enjoyed an engaging conversation and had a wonderful sense of humour.

Leaving the farm at the age of 18, he was a born salesman and entrepreneur who was never afraid to take a risk. He was a loving provider for his family. He was also a man of faith and an active member of the Lutheran Church. Family was #1. Some of Arnie's other passions in life included: playing guitar and the organ, singing, curling, card playing and spending time with his dear friends; the Meyers', Peppler's and Jones'.

One of his favourite places to be was the family cottage at Lester Beach.

The family wishes to thank everyone for their kindness and support during the sad time. We would like to extend our sincere appreciation to Dr. K. Iwaasa and the medical staff at the Selkirk General Hospital.

Cremation has taken place and a private celebration of life will occur at a later date.

In lieu of flowers, you may make a donation to a charity of your choice.

Condolences may be left on Arnold's memorial page at [www.interlakecremation.ca](http://www.interlakecremation.ca).

Arrangements entrusted to

*Interlake Cremation  
 & Memorial Services*  
 204.482.1040

## OBITUARY

**Barbara Eileen Kelcey**  
**(nee Noble)**  
**1949 - 2021**

Barbara passed away early on Tuesday, February 3rd in Selkirk, Manitoba.  
 Cremation has taken place. A graveside service and interment will be held Friday, September 17, 2021 at 1:00 p.m. in the St. George's Anglican Churchyard, Wakefield, MB alongside her husband's gravesite.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Neil Fredrick Peresky**

On August 28, 2021, Neil Peresky, aged 61 years of Selkirk, MB passed away.

Neil was predeceased by mother Betty (nee Pruden), father Norman, step-father Einar, and brother Tim. He leaves surviving his twin brother Norman of Selkirk, half sister Heather Polson of B.C. and numerous other relatives and friends.

Neil was a man with great faith, he had a passion for life, sports and God. He was an avid golfer and loved the Bombers and Jets. He loved going to Hecla and would go for hikes through the forest and be very quiet which would allow him to see as much wildlife as possible.

A celebration of life service was held on Tuesday, September 7 at 2:00 p.m. in the Gilbart Funeral Chapel, Selkirk.

Neil's generous, humorous, and likeable personality had made him many good friends over the years. He will be sadly missed and lovingly remembered.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Joan Patricia Kowalchuk**  
**May 13, 1934 – August 29, 2021**

It is with deep sorrow and regret that the family announces the passing of Joan Kowalchuk at the age of 87 on Sunday, August 29, 2021.

Joan is survived by her son Brian (Karen); daughter Debi and a very proud grandma to Jordan, Jodene, Kayla, Kelsey, McKenzie as well as her two great-grandsons.

Joan was predeceased by her loving husband Robert, as well as her 12 brothers and sisters.

Mom was born on May 13, 1934, in Selkirk, Manitoba. In October of 1955, she married Robert Kowalchuk.

Joan was devoted to her family; she loved baking and cooking, no one would go away hungry from her table. It was known for people to leave with a care package full of her cookies and other homemade delicious treats after one of her home cooked meals. Her dedication to her family is a memory that all her friends and relatives will cherish. Her grandchildren were the light of her life.

Cremation has taken place. The interment took place on September 3, 2021, at 2:00 p.m. at the Selkirk Lutheran Cemetery.

The family would like to thank the caregivers at the Betel Home and Gilbart Funeral Home in Selkirk as well as everyone who reached out to her and helped her on her journey.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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