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The Selkirk Record

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RECORD PHOTO BY BRETT MITCHELL

École Bonaventure students are going to learn the ropes, ace their tests and pass with flying colours as the 2024/25 school year for the Lord Selkirk School Division officially began last week. More photos inside.

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\$4⁹⁸ Kraft Pizza Kit 850 g

\$3⁹⁸ Rogers Granulated Sugar 2 kg

\$2⁹⁸ ea
 Romaine Hearts USA #1, 3 pk

Show makes local art more accessible to everyone

A great opportunity to see 19 artist in one place and grab some affordable art for your home

By Katelyn Boulanger

The Interlake Artists Collective are at in again hosting its second annual art show. The 16x10 Art Show and Sale will feature 19 professional and emerging artists from the area selling works that are meant to be accessible for art collectors and those interested in purchasing their first pieces.

"This year 16x20's are all \$300 and 12x16s are all \$200 regardless of who the artist is that painted them. That's what makes our show unique is there are set sizes and set prices. So, you can budget before you even go into the show. You know what the size and is and you'll know what the corresponding prices are," explained Interlake Artist Collective Founder Patti Simko.

Though this year they have expanded to also selling 12x16 canvases, the art show's tagline is still One Size, One Price, One Day. This is because the artists in the show wanted to provide a product that was easy for residents to come in, find, and grab that perfect piece for their homes.

"I wanted to have a show, and I wanted to have something that was different from what other pop-up galleries were having. I thought, it might be easier if we just have one size because esthetically, it plays on the square foot shows that are quite popular. But, I did a little bit of research, and I found that the most popular size of painting that people look for is a 16 by 20," said Simko.

The aim of this show is to appeal to both art collectors because there are

definitely going to be well-known local artists' work available, but also those new to buying art who might find a traditional gallery to be a little out of their comfort zone.

"I wanted to make it easy for first-time purchasers or collectors. You know what the price is before you walk in the door, so you're a little bit prepared. It makes the experience a little bit better for some people, I think, because, if you're a new homeowner or, looking to find that original piece for a little spot in the wall and you only have a little space, you know that you can find a 16x20, and it's going to be \$300 with no tax," said Simko.

She explained that she believes that art should be for everyone and that having accessible art in our communities is important.

"We're in a rural environment, so to have 19 artists in the community club is really nice, because as far as physical accessibility goes, it's in a really nice spot. You can have people from all over the RM and the surrounding area and you don't have to go into Winnipeg," said Simko.

The 16x10 Art Show and Sale will take place on Oct. 6 at the St. Andrews Community Club from 10 a.m. to 5 p.m. and admission is free. There is also ticketed VIP Pre-Access that is going to take place on Oct. 5 from 6 to 9 p.m. for those who just can't wait. The VIP tickets are also free but must

Continued on page 4

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be reserved in advance. In addition to the VIP tickets, there will also be a 1.5-hour paint-along event happening on Oct. 5. Tickets for the paint-along are \$25 and also must be purchased in advance. Tickets are available at Simko's website at <https://www.pattisimko-art.ca/>.

Residents can expect a variety of mediums and subject matter from the 19 artists and 160 or so paintings at the show.

"We have anything from acrylic to watercolour, graphite, alcohol ink, pastel, mixed-media and then [subject matter] runs the gamut. There are landscapes, there are easily recognized realism-type paintings, and there're abstract paintings. There's a variety of mediums and styles," said Simko.

The artists who are going to take part are:

- Renay Taylor Besant
- Joan Ewonchuk
- Clyde Finlay
- Barbara Friesen
- Kathy George-Moore
- Heather Gillespie
- Lindsay Guttormson
- Gayle Halliwell
- Barb Hoffmann
- Gracie Kars-Plouffe
- Carmen Lorca
- Rosemary Miguez
- Jordan Miller
- Sandra Proulx
- Katie Simko

- Patti Simko
- Devon Tomczak
- Jackie Turnbull
- Manette Vandale

Residents who attend this event will be happy to know that many of the artists involved will be at the show to discuss their art and there will be an interactive element to this event.

"We'll have the artist talks or demonstrations or workshops pretty much on the hour. On the Sunday, from noon to five, we're going to try to do rotating talks and always have someone in [the] little corner set aside in the rec center called the artist corner," said Simko.

Something else that buyers should know before they go in is that all of the art is gallery wrapped meaning that the painting extends to the sides of the canvas and that it can go right onto your wall without any additional framing needed.

Simko says anyone who is interested is welcome.

"It's mostly geared towards art collectors and people who are art lovers, having said that, everybody's welcome," said Simko.

She invites residents to take some time and stop by.

"I would encourage people to come out because it's a bigger show, it's local, it supports the local community club, and it supports local artists," said Simko.



RECORD PHOTOS SUBMITTED

Photos from last year's Interlake Artists Collective Show.



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School is back in session



RECORD PHOTOS BY BRETT MITCHELL

Students at École Selkirk Junior High returned to their classrooms last week for their first day of school this year. Principal Daryl Loepky welcomed students back saying, "Welcome back to school for another great year of learning and friendship! Cell phones are in lockers and students are chattier than ever!"



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Fuel Good Day is back at Co-op gas bars



On Sept. 17, Selkirk Co-op Gas Bar (and other Red River Co-op locations) will be donating five cents per litre of gas and one dollar from every Co-op Coffee and Big Cool sold towards the Children's Rehabilitation Foundation.

By E Antonio

If you need fuel, consider stopping by any Co-op Gas Bar on Sept. 17 for Fuel Good Day.

Fuel Good Day debuted in 2017 and is a Western Canada fundraising ini-

tiative where Co-op Gas Bars donates proceeds to varying charities or non-profit organizations for every litre of fuel purchased.

The Selkirk Co-op Gas Bar will donate five cents from each litre of fuel



RECORD PHOTO SUBMITTED

Twelve-year-old Jacob Zebinski of Selkirk lives with cerebral palsy, and is one of the many children who receive services provide from the CRF. Pictured with his family, CRF ambassador Jacob Zebinski, his twin sister Addison, Mom Vanessa and Dad Tyler.

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sold and one dollar from every Co-op coffee and Big Cool sold on Fuel Good Day to the Children's Rehabilitation Foundation (CRF).

"Children's Rehabilitation Foundation is a Manitoba charity dedicated to helping children and youth live as independently as possible," said Jane Kidd-Hantscher, Executive Director for CRF.

CRF will use the funds raised for services provided at the Rehabilitation Centre for Children (RCC).

"[RCC is] an outpatient facility providing services and outreach therapy in support of children and youth realizing their potential and participating fully in their communities," explained Kidd-Hantscher.

She noted that with funds raised, RCC is able to provide families with inclusive programming, adaptive technology and specialized equipment for children and youth living with disabilities.

"Specifically, Red River Co-op will be funding ten specialized bikes and two iPads for children and youth living throughout Manitoba," added Kidd-Hantscher.

Jacob Zebinski is a 12-year-old boy from Selkirk who lives with cerebral palsy and receives services at RCC.

Zebinski is CRF's ambassador for 2024. He is the friendly face you will see on signage at Red River Co-op Gas bars in Selkirk and Winnipeg to help promote Fuel Good Day.

Fuel Good Day will support many children and youth across Manitoba who attend RCC services like Jacoby.

"The Foundation has a lengthy wait list for specialized equipment and the proceeds of the Sept. 17 event will make it possible to fulfill many very deserving requests," Kidd-Hantscher said.

The Selkirk Co-op Gas Bar, along with all other Red River Co-op fuel stations, will be collecting donations all day on Sept. 17 for the CRF. If you want to donate to the CRF outside of Fuel Good Day, ideas for supporting the Foundation can be found on their website, www.crf.mb.ca/how-to-help.

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Gamamawiiidiwin omaa Mikinaak Akiing to take place at library

By Katelyn Boulanger

The local Do it Better, Do it Safer Network is going to host Gamamawiiidiwin omaa Mikinaak Akiing, an event reclaiming prenatal and sexual health through kinship, at the Gaynor Family Regional Library on Sept. 26.

Gamamawiiidiwin omaa Mikinaak Akiing translates to where we come together in our circle helping and supporting each other on Turtle Island which is what the event is all about.

"This event was born out of our network, and when I say our network that's the network of harm reductionists in Selkirk. We organize community events to raise awareness, to share information around harm reduction and to engage the community," said Tristan Dreilich, Network Coordina-

tor – Selkirk for the Manitoba Harm Reduction Network (MHRN).

One of the priorities the Do it Better, Do it Safer Network recently identified was wanting to both connect people to health-care resources and also in the other direction connect health-care resources to their communities. This event is meant to help fulfil that priority.

"We honed in on STBBI (sexually transmitted and blood-borne infection) health, especially transmitted bloodborne infections, not just because that's one of the mandates of our group, but also because cases are rising. We also zoned in on prenatal health recognizing not just the special role that people carrying children play, but also that the rising rates

of STBBIs do impact those people uniquely," said Dreilich.

This event literally and figuratively creates space to talk about this subject as there is going to be a tipi raising that happens creating the space in which residents are going to be invited to come together to learn and share.

Local Knowledge Keeper Jeannie White Bird will provide guidance during this ceremony.

A sharing circle where ideas from both community members and health-care professionals can be discussed will take place, there will also be prenatal and sexual health kits available at this event, and the National Truth and Reconciliation Committee's calls to action will be addressed.

"We're going to do a sharing circle thinking about these issues: how do we break down these barriers, how do we change the way we relate. There's going to be that verbal exchange of ideas, but there's also this very physical representation and physical space of care that we're going to be raising," explained Dreilich.

He says that everyone is welcome to come to this event but that in particular, they hope that families will come because the more people that are in on these discussions the more new ideas are brought forward.

"We're working hard to reach out to families, to expecting parents, to folks that see themselves in a caregiver role, to families recognizing that families look different for a lot of people. There's no one way to have a family, and so part of that thinking means we want everyone there because we want folks to think about how we relate to each other. It's important to have a diverse representation of people there to think about how the community cares for each other, to have those voices in the circle, to have those voices in the tipi," explained Dreilich.

He also explained that professionals who provide care in our communities would likely also benefit from this event as they are hoping to shift the idea of personal development to include events like this. In addition, there are many members of our com-

munity who provide care for others in ways that aren't paid or professional roles and those people's perspectives are also very valuable.

Dreilich encourages residents to come to this event.

"We are working hard to really try to welcome the community and that we want people to be there. We want people to bring their voices. Those voices are essential, not just in the work and the sharing that's going to occur that day, but they'll be essential in the way that this tipi moves forward as it continues to do work in the community. We want you there. We need you there and part of this is just understanding and honouring the role that community has in delivering care. It's going to be really hard to do that if it's just a bunch of service providers," he said.

Additionally, he challenges all leaders in our community to show up to this event.

"I would also challenge leaders to show up too, because fundamentally we're talking about not just relationships from one health-care professional to a client. We're talking about relationships all through our working systems here. [Ideas like]: how do we how do we lead, and what does that relationship look like, and how do we relate to our community as a whole. The relational aspect is really multifaceted and something to think through," said Dreilich.

This event will take place at the Gaynor Family Regional Library on Sept. 26 from 9:30 a.m. to 1 p.m.

For questions contact Dreilich at tristan@mhrn.ca or 204-785-7501.

We want to hear from you

Letters to the editor - If you wish to comment on anything you read in the newspaper, or if you wish to comment on any concern affecting Selkirk and surrounding communities, write a letter to the editor. We welcome diverse views and opinions.

Why You Should Write a Letter to the Editor

Writing a letter to the editor is one of the most efficient ways of reaching large audiences. The Selkirk Record has an approximate readership of 37,368 readers weekly.

Readers also include members of local government, who we may want to reach. Frequent letters about a certain topic will convey that a sizable group of people care about it.

A letter to the editor is a very short piece of writing, meaning that you don't need to invest an inordinate amount of time in it. Shoot for less than 300 words.

Tips for Writing a Letter to the Editor

Connect your letter to a specific article, op-ed, or topic recently covered by the newspaper.

Structure your letter in three parts:

refute or promote a certain claim made previously, provide reasons for your stance, and then suggest what needs to happen now.

Write from your own perspective and show how the topic relates to your local community.

If you have expertise in the topic you're writing about, let the readers know.

If you're trying to convince a government representative, refer to them by their full name (it'll be more likely to make it to their desk).

Stick to a single point. Have more points to make? Write more letters.

Be respectful – don't attack anyone when expressing your concerns.

Letters must include your name and a telephone number where you can be reached. Please keep letters to 300 words or less.

The Selkirk Record reserves the right to edit letters for length, content and/or taste as well as the right to refuse publication of any letter.

We look forward to your submission: news@selkirkrecord.ca

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EDITORIAL > VIEWPOINTS > LETTERS

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Back-to-school alert: Manitoban motorists reminded to drive responsibly

By Lana Meier

As a new school year begins, CAA Manitoba (CAA MB) is emphasizing the importance of staying alert while driving in school zones. It is the responsibility of all individuals, including parents/guardians and children, to watch out for those around them while traveling to and from school.

"Parents and guardians across Manitoba have reported seeing unsafe driving behaviours in school zones, including double parking, speeding and stopping in moving traffic. Not only are these behaviours dangerous, they also could come with stiff penalties," says Ewald Friesen, Manager, Government & Community Relations for CAA Manitoba.

At this time of year, it is frequently seen that school buses are present in school zones and the surrounding areas. It is worth noting that some motorists may be enticed to overtake a stationary school bus even when its stop sign is out and lights are flashing.

According to Friesen, disobeying a school bus is a serious offense that endangers young lives and may result in the driver being convicted. This violation carries a steep penalty of \$674 and two demerit points.

This school year, CAA Manitoba hopes to educate and inspire the public to make responsible driving choices to protect children as they travel to and from their schools. "CAA Manitoba continues to advocate for the safety of all road users, including the ones excited to see their friends at school today," Friesen adds.

Here are some guidelines to follow for practicing responsible driving in school zones:

Help reduce traffic with active school travel: Encourage your kids to walk or wheel to school to ease traffic congestion. If your school is a further distance, CAA MB encourages parents and guardians to park a block away and walk to school to reduce traffic and make school zones safer.



RECORD PHOTO SUBMITTED

Drivers are reminded when travelling to and from school, to watch for CAA School Safety Patrollers in their lime green safety vests.

Put away distractions: Pedestrian safety begins with drivers. It's important to put away distractions such as phones and be extra attentive in school zones, whether a parent is driving, or a child is walking to school.

Slow down: Know and respect the speed limit in your neighbourhood's school zones. Give yourself plenty of time to drop off your kids at school to avoid rushing.

Choose a safe spot to drop off and pick up your children from school: Follow your school's rules and avoid double parking or stopping on crosswalks, dropping off or picking up your kids on the opposite side of the street, and stopping in moving traffic as kids rush out. Instead, use the designated drop-off areas or consider a spot a bit farther away from school that is easily accessible and safe.

Make eye contact with pedestrians: With the excitement of going back to school, anticipate that children may

not easily see or hear your moving vehicle, so ensure to make eye contact with pedestrians crossing the road.

Stop for school buses: Never pass a stopped school bus with an activated stop arm and flashing red lights as children get on and off the bus. Passing a school bus as it loads and unloads children – not only is this dangerous, but it's also illegal.

Watch for CAA School Safety Patrollers: When travelling to and from school, watch for CAA School Safety Patrollers in their lime green safety vests, as they play an important role in ensuring the roadway is safe before kids cross on their own.

CAA supports safety in school zones through the CAA School Safety Patrol® program. The program was developed to protect, educate and empower elementary school children on safe road-crossing practices.



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

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

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Super fundraising at Parkinson Super Walk



RECORD PHOTOS BY JIM WOROBEC SUBMITTED

Over \$7,500 was raised and over 40 people participated in this year's Parkinson Canada Superwalk in East St. Paul last weekend. Residents got out and raised awareness and support for Parkinson Canada. To learn more about Parkinson's Disease go to <https://www.parkinson.ca/>.



REMINDER NOTICE OF PUBLIC HEARING

You're Invited

to share your views about the rate application filed by Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2025 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2025 through March 31, 2026.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.

A public hearing on the proposed rate application will be held beginning:

Monday, October 21, 2024 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 this rate application, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

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 8, 2024**.

For more information, visit www.pubmanitoba.ca

Manitoba Public Utilities Board
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Phone: 204-945-2638 | Email: publicutilities@gov.mb.ca

Something to sing about – nominate an unsung hero for the 39th Citizen of the Year

Submitted by the Selkirk & District Community Foundation

It's that time of year again – the time when we need to think about the unsung heroes in our lives. We all know those folks who drop what they're doing to get community projects done, who are the first to raise their hand when a call for assistance goes out and who do it with a smile on their face.

The Selkirk & District Community Foundation is asking you to nominate the person in your life that fits that description, so they can be unsung no longer!

That's right, nominations for the Citizen of the Year are now open, but the deadline to nominate closes on Tuesday, Oct. 1.

Last year's recipient was Tim Edwards, a devoted community member of Grand Marais, and a perfect example of what the Citizen of the Year Award aims to honour.

On the evening that the Foundation crew snuck up to the Grand Marais Community Centre – Bingo night – to inform Edwards of his award, he was moving too fast for us to get his attention.

SDCF Chair Shauna Curtin called out to Edwards in the packed Bingo crowd and got a hilarious response.

"I'm busy," was Edwards' reply, and he quickly disappeared back into the canteen to keep serving up burgers and fries.

He did eventually take a minute to say thanks and enjoy the cake brought in his honour, but the man was busy. Plain and simple.

Edwards had a few words for his friend and nominator – Terry Neplyk – when he found time to chat.

"My buddy Terry Neplyk, he's very sneaky when it comes to things like this," Edwards laughed.

"I had heard rumblings about a nomination in the wind, so to speak, but I didn't realize any paperwork had been put through. To be honest, I wasn't really interested in getting an award, but I am flattered by it and what more can you say? Terry and I will be talking a little later on. But I am very appreciative."

Tim's wife Kathia was thrilled that her husband's commitment to the community had been noticed.

"He got an award and went right back to work in the canteen. That's just what he does. He'll probably be a little embarrassed because as much as he likes to do for people, he gets embarrassed about being recognized," Kathia said.

"He deserves this for everything he does. If he hears of anybody, any organization that needs help he jumps right in with both feet and he doesn't care what anybody thinks, if it needs doing, he does it."

Edwards' involvement in Grand Marais includes: being president of the Grand Marais Rec Association (5 years), head organizer of the annual Santa Parade & Breakfast and the SAFE Halloween event (5 years), spearheading renovations at the old Grand Marais curling rink and turning it into a multi-purpose room, and past president/director of the Grand Beach Area Development Corporation (3 years).

He received the 2019 Interlake Municipal Recreation Association Award in 2019 and he's a former talent/on-site producer at 92 Citi FM and Kiss 102.3 Winnipeg (5 years) and the CEO and founder/owner of Orange Door Entertainment.

For the guilty nominator, Neplyk, he was more than happy to raise the ire of his friend to make sure Edwards got the recognition he deserved.

"It was easy to nominate Tim Edwards," Neplyk said.

"I've known Tim for about seven years and he takes on a lot of responsibility for our community. He goes way beyond the call of duty to make sure everything in the community and in our community club is done to the best of his ability and in favour of all the community members, young and old, includ-



RECORD PHOTO SUBMITTED

SDCF Chair Shauna Curtin (left) with last year's winner Tim Edwards.

ing all the activities we have in our hall all year round.

"He's a huge part of our community, he volunteers for everything, anytime, anywhere, anyplace, and he spends all of his free time here as a volunteer, as president of the Grand Marais Rec Association. He's a wonderful man and a really dear friend and we're really glad to have him in our community."

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

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

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

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

For more information, contact 204-785-9755 or email selkirkfoundation@shaw.ca

Details on how to nominate can be found online at sdcf.ca.

The deadline to nominate is Tuesday, Oct. 1.

St. George Wakefield Anglican Church
Annual **Fall Tea Luncheon & Bazaar**
Sunday, Sept. 22, 2024
11:00 am - 2:00 pm
Clandeboye Community Hall
111 Main St, Clandeboye (cash donation at the door)

- Home Baking • Sewing & Crafts • Rainbow Auction
- Harvest & Produce Items • Preserves
- Fall Arrangements, Decorations & Gifts
- Fish Pond • Raffle • Door Prize

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Tales wagging for the Never Alone Foundation



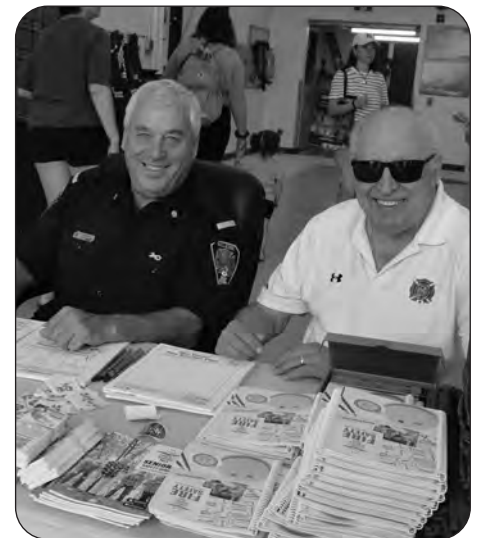
RECORD PHOTOS BY KATELYN BOULANGER
The local Paws for a Cause walk took place last weekend in Selkirk. A crowd of two and four-legged walkers came to Selkirk's Home Hardware to raise awareness and support for the Never Alone Foundation which support's cancer patients's needs that may fall through the cracks of the health-care system.



Getting fired up at the Selkirk Fire Department open house



RECORD PHOTOS BY KATELYN BOULANGER
The Selkirk Fire Department saw a crowd of kids and adults stop by to learn more about fire safety at their annual open house.



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Red River Paddle Challenge returns to the Red on Sept. 21

Gear up or greet paddlers as they finish this 44km race

By Katelyn Boulanger

The Red River in the autumn promises breathtaking scenery and the Red River Paddle Challenge allows paddlers of all sorts to come together to enjoy the river while racing to the finish line.

The Red River Paddle Challenge is a race open to all paddling craft that will take place on Sept. 21. Paddlers will leave from the St Vital Park boat launch and travel 44km to the Half Moon Drive In in Lockport.

"We have all types of people participating in canoes, kayaks paddleboards, there's dragon boats, there's rowing boats. Basically, if you can paddle it and it's human-powered, then you can use it to participate," said Brad Friesen, Red River Paddle Challenge Race Director.

This is the sixth year that the Red River Paddle Challenge will take place.

"It started back in 2019 after a conversation with some other paddlers. There wasn't really anything like this locally and there were several paddlers who were travelling to go and do these races and long-distance events throughout the world. So, we decided real quick that, 'Hey, let's just organize something here and see, see if there's interest'," said Friesen.

In the first year about 65 paddlers came out and each year since it's been a great success with the number of paddlers being capped out at 150.

Friesen explained that the Red River is a pretty great river for an event like this.

"It's a unique river. It runs right through a city, and then you're out in the wild paddling along the prairie in the farmer's fields and the tree line. It's a very diverse landscape that you need to paddle through on this race," he said.

This race is also really great because it reminds people that even though it's September the summer isn't over yet. This race gives paddlers something to look forward to, to end the season with a splash.

"We're seeing people [continue to go] out paddling because they want to prepare for this event. But even if they're not training, if they're volunteering, people are just getting out and being active more because of this event. So that's pretty cool," said Fri-



RECORD FILE PHOTO BY KATELYN BOULANGER

Participants at last year's Red River Paddle Challenge.

esen.

Friesen said that they wanted this race to be inclusive of all types of human-powered paddlecraft because paddling is paddling.

"It's more fun to have more people, and we do. So, at the start of the race, it's pretty exciting because it's a giant start. Everyone's on the water at once. Other races will have the kayaks start separately, and then the others start separately. We have everyone on the water so there are 150 people all in the water at the starting line. It's pretty exciting," he said.

Friesen explained that this race isn't meant for beginners or experts it's a race that's open to everyone.

"We have all types of people from different skill levels competing. We've got people who, this is their first year paddling, and they bought a kayak, and they heard about the race and said, 'Hey, I want to challenge myself,' and then they come out and they sign up and they do the race. We have a lot of other competitive people too that compete in longer races, even ultra-endurance racers competing in races, from 100 miles all the way up to 1000 miles. So, lot of experience there and then there're the provincial paddling athletes. These people, they're training for Team Canada with a goal to be an Olympian one day. So, we get everyone," said Friesen.

So far the race has yet to see a paddler

break the three-hour mark though a few have come close. Attendees who want to cheer racers on at the finish line can expect the participants to get to Lockport from the 3-hour mark all the way to the 8-hour mark which is when the race officially ends.

Friesen says that there are a few different reasons that people might want to participate.

"[For] a lot of paddlers, it's all about just the community and getting out and being with their paddling buddies and their friends and capping off the season, right? It's just [ending] the paddling season with a big celebration of everything and getting out together and celebrating on the water. For others who don't do this sort of thing often it's a big achievement to get to the end in the allotted time frame," he said.

Registration is open until Sept. 14 and residents can sign up at the Red River Paddle Challenge website at <https://www.redriverpaddlechallenge.com/entry-fees-and-registration/>.

"I hardly encourage everyone to get in there as soon as possible. Makes our lives easier for one but then they know they can get themselves settled and figure out all their plans for logistics and food and just everything that they need to get ready for the race," said Friesen.

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Next generation of nurses launches careers in Selkirk ER

By Jennifer McFee

The future of nursing looks bright with an influx of talented new professionals.

Among the next generation of nurses are Sydney Herzog, Tayler Nickart and Jordyn Dilk, who are launching their careers in the emergency room at Selkirk Regional Health Centre (SRHC).

All three gained valuable experience as undergraduate nurse employees (UNEs), who work under the supervision of registered nurses or registered psychiatric nurses to gain experience and log working hours.

Sydney Herzog is currently completing her senior practicum in the emergency room at SRHC; however, she got her start as a health-care aide after receiving certification through Red River College Polytechnic.

As a health-care aide, she worked on every ward at East Gate Lodge Personal Care Home in Beausejour. Once she got comfortable in that setting, she advanced to a position on a surgical ward at Beausejour Hospital followed by the rural emergency room, all while studying to become a registered nurse.

"My transition towards becoming a nurse has been everything I wanted since the day I started as a health-care aide. All of my coworkers that knew my career goals have provided me opportunities to maximize my learning and experience to ease that new grad anxiety, especially in a rural emergency setting," she said.

"From rare skills that aren't everyday opportunities to supporting me in connecting with STARS for a 12-hour shadow day with the helicopter EMS team, I am going into a permanent position in the ER come October much more confident than I thought I would a year ago."

And while she was a high school student, Herzog also completed a volunteer internship program with Interlake-Eastern Health Regional Authority, which gave her the chance to shadow health-care positions in a rural hospital setting. This experience guided the trajectory of her future career path towards the emergency room.

"I knew an emergency setting was for me the day I noticed how I could handle higher acuity while remaining a calm demeanour, finding any way I could possibly help. I constantly seek opportunity to further my education and knowledge base — and the emergency room is the best setting for it," she said.

"Being an undergraduate nurse employee significantly impacted my

confidence with my critical thinking, skill set, assessments and clinical judgment. I am grateful to have had this opportunity to set a solid base for the nursing care I provide."

She is looking forward to her graduation on Sept. 25 after completing the bachelor of nursing program at Red River College Polytechnic.

"Nursing is such a rewarding profession," she said. "Every day, I am motivated by my coworkers who are so highly educated. It is such an amazing opportunity to have a career path that can go many directions."

She expressed gratitude to Victoria Wilgosh, manager of health services for surgery, as well as the surgical nursing team at SRHC for their support while she attended nursing school.

"I want to thank them for being such a great supports and leaders while I established my nursing career at this facility," she said. "I have learned so much from each co-worker and will carry this knowledge into my future practice."

Similarly, Tayler Nickart said her transition to becoming an emergency room nurse has been rewarding and enjoyable, even though being a new graduate nurse can be challenging at times.

"I feel really supported by my coworkers in the emergency department, and so many of the nurses have mentored me and helped me settle in and grow each day," said Nickart, who worked as an undergraduate nurse employee for about a year and a half in SRHC's surgical unit.

"Being a UNE first was so beneficial for my transition into being a regis-



RECORD PHOTO SUBMITTED

Left to right: Sydney Herzog, Tayler Nickart and Jordyn Dilk were undergraduate nurse employees who are now starting their nursing careers in the emergency room at Selkirk Regional Health Centre.

tered nurse. I gained so much experience and hands-on skills throughout my time prior to graduation, as well as having the opportunity to become more familiar with nursing practice at SRHC."

She had always been interested in emergency room nursing due to the critical thinking it requires, as well as the variety of patients and fast-paced learning environment.

"I had two Red River College Polytechnic clinical instructors who were also emergency nurses that really

inspired me to try ER nursing in my practicum for nursing school. They were both such knowledgeable and inspiring people and gave me the confidence to try it out," she said.

"My previous surgery UNE manager Victoria Wilgosh is also a very inspiring person to me and would take time out of her busy day to talk to me about her experience as an ER nurse and the endless learning and growth experiences she had in Selkirk ER that

Continued on page 16

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STARS seeks public assistance in safe drone and laser usage

By Lana Meier

With the growing popularity of drones and laser pointers among the public, STARS is emphasizing the importance of responsible usage to guarantee the well-being of its aircraft, crew, and patients.

The use of drones and lasers near aircraft in areas such as helipads, emergency scenes, or airports can pose a real threat to aircraft safety. These objects have the potential to distract and disorient pilots, create glare in the cockpit, or obstruct the flight path. The risks of unsafe drone and laser usage can impact the crew and cause further harm to the patients STARS serves. Should a situation escalate, under the Aeronautics Act, legal action can be taken against an in-

dividual using a laser or a drone close to an aircraft.

According to Frank Eigenbrood, STARS director of safety and quality, our goal is for individuals to have a pleasant experience utilizing drones and lasers while also prioritizing safety. Irresponsible drone operation in close proximity to our flight paths can put our crew and patients at risk, which is why we are seeking the support of our community and advocates to spread awareness about these potential hazards.

During a mission, the STARS flight crew can face a variety of challenges such as weather, harsh terrain, dense city landscapes, etc. and although these are aspects of operating an air ambulance that can often be hard to

navigate, they are uncontrollable, and sometimes unavoidable. Unlike these challenges lasers and drones can and should be controlled and avoided; it is important to ensure that there are no added stressors throughout a mission.

"Our pilots and crew members are highly trained to handle a variety of challenges, but the increased use of lasers and drones, especially this summer, near our aircraft is a growing concern. From night operations to challenging conditions, our pilots try to minimize these hazards which can disrupt critical rescue missions and put both our crew, patients and the communities we serve at risk," said Jason Arthur, STARS director of flight operations.

The government mandates registration for all drones weighing between 250g and 25kg. After registration, drones must display their unique registration number. While STARS cautions drone and laser operators against using them near airports, helipads, or emergency scenes, there are still designated areas where drones may be flown: within visual range (below 122m), at least 1.9km away from heliports, 5.6 km away from airports and controlled airspaces, and avoiding emergency sites and advertised events.

For further information on drone regulations and safely using a laser, please refer to the Transport Canada website.

> NEW NURSES COME TO REGION, FROM PG. 15

made me want to do the same. These people helped me to find the nursing specialty I enjoy the most."

Nickart's career is off to a healthy start after she graduated from Red River College Polytechnic in February with a bachelor of nursing degree. Soon after, she obtained her registered nursing license. In April, she began employment as a registered nurse at SRHC's emergency department.

"It's a very rewarding and exciting career that allows you to take so many different paths and explore so

many opportunities," she said. "You get to help people every single day when they need it the most."

Likewise, Jordyn Dilk believes that being an undergraduate nursing employee helped her transition to becoming an emergency room nurse.

"Being a UNE was a very good experience where you can begin to get comfortable with taking patients. I was a UNE for just over a year before starting my senior practicum in the ER and I was able to gain so much confidence, critical thinking abilities

and had done many skills prior to starting," she said.

"Although the ER is much different, I still felt comfortable and confident going into my senior practicum with the experience I had gained from being a UNE."

She completed the bachelor of nursing program at the University of Manitoba and finished her senior practicum in mid-July. In October, she will officially graduate.

"I wanted to pursue a career in nursing because it is very rewarding job where we get to help people who are

in very vulnerable and difficult situations. I have also been interested in medicine, surgery and science classes like anatomy and physiology for a long time. Seeing how they all work together keeps me motivated to keep learning more," she said.

"I wanted to focus on ER nursing now because I want to challenge myself and learn as much as I can to be the best nurse I

can. There is a huge variety of health conditions that we see in the ER, and no day is the exact same. I also love the fast-paced environment and how everyone works as a team."

And for others who are considering a career in nursing, Dilk offers a few wise words.

"I think it's important to know that there are so many opportunities and different specialties to pursue," she said.

"Throughout many clinical rotations, you will begin to see what you are most interested in — which keeps you motivated and wanting to learn more."

Victoria Wilgosh, manager of health services for surgery, expressed pride in the new nurses' progress.

"Following the implementation of the UNE program, we have seen a number of nursing students come through the region over the past three years. It has been my utmost pleasure to watch these new nurses transition from being students to registered nurses working in the ER, further refining their skills and knowledge," she said.

"I have absolutely no doubt that these nurses will thrive in the ER and will continue to be an asset to the Interlake-Eastern health region. I am exceptionally proud of all of them."

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Learning about learning opportunities



RECORD PHOTOS BY KATELYN BOULANGER

On Sept. 4, organizations throughout our community came together for an Adult Education Event at the Gaynor Family Regional Library. Residents learned more about AIM for Work, the LSEC Adult Learning Centre, LSSD- Continuing Education, Selkirk Employment Services, Red River College Polytechnic, The Selkirk Adult Learning Program, and Workplace Education Manitoba. Residents interested in boosting their skills and learning more can reach out to any of these local groups to learn about the many local educational opportunities available in our community.







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FALL & WINTER ACTIVITIES & registration section **2024-2025**

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Learning science enables you to better understand the world around you. It promotes collaboration and helps you become a better-informed citizen. It also stimulates creativity and helps build a work approach that will benefit them throughout their academic career. Here are some ways you can encourage your child's scientific awakening.

- **Search for the answers with them.** When your child asks a question to which you don't know the answer, research it together. Use multiple resources, such as books, websites and scientific journals.
- **Encourage reflection.** When your child witnesses a natural phenomenon, invite them to consider how it could be explained. Ask open-ended questions to promote discussion.

Continued on page 19



Selkirk Judo Club



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FALL & WINTER ACTIVITIES & registration section 2024-2025

5 great reasons to start tutoring right away

Tutoring allows your child to get help in one or more subjects throughout the school year. Here are five reasons to start tutoring right away.

1. It's a chance to brush up on difficult concepts. A few tutoring sessions at the beginning of the school year can help your child review concepts they may have struggled with during the previous year to ensure they don't fall behind.

2. Your child benefits from support at the right time. Large class sizes can make it difficult for teachers to give each student the one-on-one attention they need. Tutoring is an ideal way to work through the latest concepts at your child's pace.

3. The length and frequency of the sessions can be personalized. Tutors often have flexible schedules to suit your

child's needs. For instance, you can increase or decrease the frequency of the tutoring sessions based on what your child is struggling with and how they're progressing throughout the school year.

4. Your child learns how to use educational tools. Tutoring teaches your child to use various tools to help them succeed in school. It also encourages them to develop beneficial working methods such as discipline and organization.

5. It can improve your child's academic success. Your child quickly builds trust with their tutor but also improves their self-esteem and confidence in their own abilities.

Look for tutoring services available in your area.



> CURIOSITY, FROM PG. 18

- **Suggest experiments.** There are various science experiments you can carry out at home using the supplies you have on hand. This type of learning experience is sure to give your child hours of fun.
- **Visit scientific museums.** Visit a museum with your child to learn more about scientific phenomena. There may be demonstrations of the water cycle or elec-

tricity, for example. Some museums feature fascinating temporary exhibits that are worth the trip. Keep your eyes peeled.

- **Subscribe to scientific journals.** Subscribe to an age-appropriate magazine that focuses on your child's area of interest. Make sure it's suited to their curiosity and read-

ing level. Your child is sure to learn things you don't know yourself.

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Concussion Awareness Week takes place from Sept. 22 to 28

By Katelyn Boulanger
 Concussion Awareness Week is coming up at the end of this month. This year in order to make our community safer the Selkirk Record connected with Corinne Thompson Bobrowich, physiotherapist at Steelcity Physiotherapy & Wellness Centre to discuss her experience helping patients who've experience a concussion.

"It's a brain injury that can't be seen on X-rays, CT or MRI scans. It affects the way a person thinks, and can cause a variety of symptoms that can include but aren't limited to headaches, dizziness, blurred vision, sensitivity to light or sound, fatigue and emotional changes," explained Bobrowich.

She explained that they see a fair number of people with concussions in their practice and that people who are at risk really aren't limited to a particular group.

"It can range from post car accidents with whiplash, or high traumatic involved car accidents. It can come from sports, any high impact sport, hockey, soccer even, football. People even just having slips and falls in the parking lot in the winter-time is often another group that we would see with potential concussion injuries," she said.

First and foremost anyone who suspects that they have a concussion

should follow up promptly with their doctor or go to the emergency room if it is an emergency situation, however, after acute medical care takes place Bobrowich in her capacity at a physiotherapist explained that there are options that they can help with to help people deal with some lasting symptoms.

"We commonly will assess the neck as that area often is involved just because it can present with concussion-like symptoms. So often, if we treat the neck symptoms and help with what's going on manually and use different modalities, such as acupuncture, and other sorts of modalities, we can help resolve a lot of the symptoms," said Bobrowich.

She also said that part of concussion recovery can be making some changes so that you have the time needed to heal.

"Sometimes we just have to help the patient just with their pacing and planning and making sure that they're giving themselves recovery time and not overtaxing their system. It's a lot of education as well that we try to give people, especially early on in their injury. We do see a fair amount [of concussions] and our treatment is really based on, obviously, the individual patient — what the presenting symptoms are, and often, if they aren't improving, or initially when they come in, they've hopefully been cleared medically as well, just to make sure there's nothing else sinister going on that that we can't help with. We do collaborate with physicians and



METRO

Concussions can happen to anyone but should be taken seriously so visit a doctor should you suspect you have one.

other healthcare providers to make sure that we're covering all bases," said Bobrowich.

It's important to take concussions seriously not just because it's an injury to the brain and can affect people's lives even if it's only short term but also because there are other conditions out there that are believed to correlate with repeated brain injuries.

Bobrowich's best advice for people who have been diagnosed with a concussion is to listen and pay attention to what they are feeling.

"Really to listen to your body and make sure that if symptoms worsen, they just stop and rest and give themselves recovery time," she said.

Not all concussions can be prevented but awareness, using proper protective equipment like helmets

Continued on next page

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Your Health

Tips for daily living with arthritis

Arthritis isn't a single disease, but a term that refers to more than 100 conditions characterized by joint pain or joint disease, says the Arthritis Foundation. Arthritis affects women at a proportionally higher rate than men.

Arthritis looks and feels different to the various people who experience it, and symptoms can vary from day to day depending on variables such as the weather and individuals' level of physical activity. When arthritis flares up, it can make performance of daily activities challenging. Therefore, people experiencing arthritis can take steps to make living with the condition somewhat easier.

Work with an occupational therapist

An occupational therapist can assess work and home situations and make recommendations on potential modifications to these spaces that might be right for your situation. The bathroom and kitchen typically are two spaces where people spend a lot of time and can be areas of focus. Having items at counter

height; purchasing smaller sizes of products that are easier to hold; avoiding bending down by using a grabber tool; and having a chair or stool nearby so that you can sit while doing an activity can help.

Use smart devices

The bevy of smart devices now available can work to your advantage. With the push of a button on a phone app or through voice control, you can turn on lights, switch the thermostat or perform any other tasks programmed around the house. This can help when mobility is compromised.

Focus on kitchen tasks

Meal preparation can be a chore when arthritis makes it painful. Rather than eating out all of the time, some tips can help. Utilize frozen fruit or vegetables that already are chopped and prepared to cut down on these tasks. Invest in lightweight cookware and dishes to simplify moving items around. Electric jar openers, kitchen scissors and even vegetable steamers that require less water are additional kitchen tools that can make life with

arthritis a little easier.

Move your bedroom

If climbing stairs repeatedly is problematic, move clothing or even your bedroom downstairs to reduce trips up and down. Additional relocation techniques can include putting a mini fridge in your bedroom or relocating the washer and dryer upstairs to make laundry easier.

Get a rollator

A rollator is a wheeled walker that doubles as a seat. It provides support when walking, but also can be a comfortable place to stop and take a seated break.

Get the right pain relief

Pain relief can make it easier to cope. Strategies include anti-inflammatory medications, physical therapy and massages, stretching and exercising, and even prescription therapies that target the immune system in people with autoimmune arthritis. Work with health professionals to get the right combination of what is needed to alleviate pain and stiffness.

Arthritis affects millions of individuals around the world. By making some changes, people living with the condition can find life a little bit easier.

Continued from previous page and utilizing resources like pre-screening questions that can be

repeated should a concussion be suspected in the context of a sports injury are things that can be incor-

porated into our lives to help keep ourselves safer.

September Awarenesses

Acne Awareness Month

- Arthritis Awareness Month
- Charcot-Marie-Tooth (CMT) Awareness Month
- Childhood Cancer Awareness Month
- Concussion Awareness Month
- Craniofacial Acceptance Month
- Duchenne Awareness Month
- Fetal Alcohol Spectrum Disorder (FASD) Awareness Month
- Inherited Retinal Disease Awareness Month
- International Pain Awareness Month
- Ovarian Cancer Awareness Month
- Prostate Cancer Awareness Month
- Pulmonary Fibrosis Awareness Month

- Sickle Cell Awareness Month
- World Alzheimer's Month
- National Fibromyalgia Awareness Week – September 1 to 8
- National Polycystic Kidney Disease (PKD) Awareness Day – September 4*
- World Duchenne Day – September 7*
- Living Donation Week – September 8 to 14
- World First Aid Day – September 9*
- International FASD Awareness Day – September 9*
- World Suicide Prevention Day – September 10*
- World Sepsis Day – September 13*
- Myotonic Dystrophy Awareness Day – September 15
- Child Passenger Safety Week – September 15 to 21
- Terry Fox Run – September 15
- World Rabies Day – September 28*
- Sport Purple for Platelets – September 29

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Take Root Fest unites nature lovers from across Manitoba

By E Antonio

One hundred nature enthusiasts gathered in Thalberg Aug. 9-11 for the Take Root Fest. The festival allows community members to engage with and learn about the outdoors. Karis Antonius and Mike Berg, life partners, founded and organized the festival in 2013.

"The Take Root Fest is a little different than most festivals," said Antonius, who explained that it was like a conference.

The Take Root Fest hosted 30 different workshops and seminars, allowing festival goers to learn and connect on various topics.

"There was a lot of learning over the weekend. It was a communal learning experience," Antonius explained.

This was the first festival held since 2019 after taking an extended break to heal from the COVID pandemic.

The Take Root Festival rebranded from its former name, DIY Homesteader Fest, for the 2024 event.

"We are not all about homesteading and felt we encompass more than that. We are about connecting with nature and loving the outdoors. We felt Take Root Fest was more reflective of what we do here on the farm," said Antonius.

Take Root Fest sheds light on the importance of learning and growing together, with Antonius describing the festival as a "close-knit community."

Everyone was eager to learn, engage and build within the small community created at the festival.

The Take Root Festival kicked off its events with their new Rise Up Herb Gathering.

"Since we are a small herb farm, it felt fitting to have a day dedicated



Hazel of Winnipeg made a nametag for herself as well as Mowat.

to all things herbal," Antonius explained. Seven herb-themed workshops were held throughout the day, including the popular Wild Herbal Soda-making workshop with Jodi Hildebrand.

Saturday and Sunday were filled with dozens of unique workshops for people. Festival attendees had to choose three workshops daily to fill their schedule.

Workshops were themed around a variety of topics, allowing for maximum engagement.

"The fermentation workshops are always popular and people loved the willow basket making," said Antonius.

Kishon Warmington hosted a session about the Black, Indigenous and People of Colour (BIPOC) caucus within the Natural Farmers Union.

Warmington is new to the farming field, having purchased his goat and sheep farm, Back to Roots, in 2019. He now serves as the vice president



RECORD PHOTOS BY BRETT MITCHELL

Take Root Festival organizers: Mike Berg and Kris Antonius

of the BIPOC caucus, a segment of the Natural Farmers Union that formed in 2020.

"We are a union across Canada in which we advocate and fight for farmers' rights through policy-making and also through collaboration with other organizations," said the East Selkirk farmer.

"We are trying to raise awareness about people of colour getting into the agricultural industry because it has been difficult."

Warmington explained that there are many barriers to BIPOC's starting farming, such as accessing land and funding.

"The caucus gets motivated and like-minded farmers together and connects them towards the same goal," he added.

Warmington was thankful to be a part of the Take Root Fest.

"It was nice to be a part of and bring my experience as a BIPOC farmer into that realm."

Sara Siggelkow a resident of Stonewall, also shared her passion at the Take Root Fest. Siggelkow owns her own personal training business, Re:Be Mvmt and she focuses on natural movement exercises.

She led two natural movement exercise sessions at the festival and had a great time.

"It lines up very very well with what I teach. It is about sharing your knowledge about living a more natural life. Being a part of the community of sharing your skills and was an awesome experience to be a part of," said Siggelkow.

The Take Root Fest also had live entertainment throughout the weekend. Emma Worley brought her vocal talent to the festival on Saturday and Joe Curtis gifted festival go-ers with his



Jodi Hildebrand of Wild Herbal hosted a soda-making workshop.

music on Sunday.

"They added so much to the festival to have them there playing," said Antonius.

The Take Root Festival organizers thanked everyone who came to the farm and attended.

"It was such a special and magical weekend. It felt fulfilling and rewarding," Antonius added.

They also extend their gratitude to all the volunteers and workshop instructors.

"They were such a great group and so engaged and so ready to help put and embrace the weekend."

"New Society Publishers has a lot of books related to topics at the festival, like fermentation," explained Antonius. She added that "it is a great fit for our community."

The Take Root Fest organizers are taking time to breathe from the festival excitement, but they are already looking forward to hosting the next festival. You can sign up for the Take Root Fest newsletter on www.takerootfest.ca or by following their Instagram page @takerootfest to receive updates on what will be happening with the next festival.

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Blazing a trail of safety information at WSP's Fire Department open house



RECORD PHOTOS BY KATELYN BOULANGER

The West St. Paul Fire Department open house brought in a crowd to enjoy some burgers and fun activities this year.





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> MEAL IDEAS

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Egg Ravioli with Sage and Almonds



1/4 cup sliced almonds, chopped
1 tablespoon chopped, fresh sage
1 tablespoon finely chopped red bell pepper (optional)

Fill large pot with water. Bring water to gentle boil over medium-high heat.

In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.

Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.

Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.

Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer section.

Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy.

Recipe courtesy of the American Heart Association

- Servings: 4
8 cups water
1/2 cup fat-free ricotta cheese
1 tablespoon grated Parmesan cheese
1 1/2 teaspoons fresh, chopped thyme
1/2 teaspoon grated orange zest
1/4 teaspoon black pepper
8 gyoza wrappers, shumai wrappers or wonton wrappers
4 large egg yolks, unbroken
1 large egg white, lightly beaten
2 teaspoons olive oil

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Ask the money lady

Dear Money Lady Readers:

I recently received a question from someone wondering about debt consolidation in retirement and this reminded me of a talk I did a few years ago on the Honeymoon Phase of Retirement. We all go through this phase when we initially retire. That great moment when you can finally sleep in everyday, no prospecting calls, no angry co-workers and no demanding bosses. You're finally free from the rat race, and you welcome the honeymoon stage of retirement with open arms. But did you know that 4 out of 5 retirees today find themselves in debt only 18 months after they've retired. They may have walked into retirement with no debt, but after the honeymoon stage, there now in it. The problem arises from not planning properly. I know you planned all your way to get to retirement, but failure to plan in retirement can be just as problematic – mentally and financially. Many retirees leave work with no plan and no clear to-do list.

Let's face it, your professional identity most likely defined you to the outside world. Once you retire, that identity is lost, along with all the people, culture and community that you were immersed in. So, who are you going to be in retirement? What are you going to do with the next 20-30 years of your life? You must have a new game plan. Fear of being irrelevant and alone has no place in this new phase of your life.

Now I don't suggest you to try to replicate your career by switching to consulting or public speaking. Often this does not work out the way you expect it to. Instead, you need to re-channel your energy into new aspirations, maybe a part-time job you could love, with no stress, (as paid employment or volunteer endeavours). Most people will need to redefine their identity, so below are some questions to ask yourself to get started.

What do you really want to do and what is meaningful to you now?



Christine Ibbotson

What things haven't you tried in your life but secretly would like to?

Where will you live in retirement? Could you divide your time between two locations a year?

Could you be a mentor to millennials? Could you start a club to meet more like-minded people?

Have you worked out your financial plan and included travel (even if it's on a shoe-string budget)?

Pure leisure for most retirees gradually becomes pure boredom and we've seen a new trend of retirees that are having difficulty adjusting. Many overidentified with their careers and now need to remind themselves that they still have value. Remember, there is so much more to experience in this new phase of your life. Why not go back to school, start a small hobby-business, make a plan to leave a meaningful legacy, become a teacher or tour guide, improve your health, take dance lessons, or learn a new skill. Always keep planning your life. I know you've done a good job planning to get to retirement, so now you must continue that plan to reinvent your life in retirement too.

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and on CTV & BNN, syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder Report: Crunchers home opener ends in nailbiter

By Kieran Reimer

CRUNCHERS THUNDER

The youngest Thunder team got their first taste of Manitoba Minor Football Association action on Sunday.

The Crunchers, ages eight and nine, took on the St. Vital Mustangs at Stonewall Collegiate Field and came up one touchdown short in their first game of the season.

After trading touchdowns in the first half, the Thunder entered the second half tied at 12. After another major from each side, it was the Mustangs in the final minutes of the game that were able to make a quick march down the field to score the game winning touchdown and defeat the Thunder 24-18.

Though they didn't get the victory, head coach Kyle Kauk was still impressed with how his team played in what was the first-ever football game for a majority of the squad.

"Our team played great," said Kauk on Monday. "With only three returning players, a majority of our team is brand new to the game of football. Our quarterback went four for six, our defence made an interception, forced two fumbles and had three

quarterback sacks."

The Thunder will be back in action this weekend for their first road game which comes against the East Side Eagles.

Kick-off will go on Saturday, Sept. 14 at 4:30 p.m. from East Side Eagles Football Club in Winnipeg.

PEEWEE THUNDER

The PeeWee Interlake Thunder lost their fourth straight game to open the season.

On Sunday morning, the Thunder lost 51-21 to the St. Vital Mustangs Black at Stonewall Collegiate Field.

Though the loss brings them to 0-4, the Thunder were able to find positives on the offensive side of the ball.

Their 21 points on Sunday beats their combined offensive output from all three of their opening games when the club combined for only 18 points.

Then there is the defensive side where the club struggled to hold down the Mustangs offence. The Mustangs 51 points scored on the Thunder is the most they have given up in a game this season, the previous being 42 in their last game.

The Thunder will have a chance to get back at the Mustangs sooner rather



RECORD PHOTO BY LANA MEIER

Interlake Thunder's quarterback Weston Preun makes a pass in the PeeWee game against the St. Vital Mustangs in Stonewall last Sunday.

er than later as the two clubs are set to meet again on Saturday, Sept. 21.

The final scheduled matchup between the two clubs this regular sea-

son will take place in Winnipeg this time at St. Vital Mustangs Football Club.

Kick-off will go at 1:30 p.m.



Interlake Thunder's Radek Fingas tackles a St. Vital Mustang in PeeWee football action in Stonewall last Sunday.



Interlake Thunder's Easton Wozlowski recovers the ball after a St. Vital Mustang fumble in their PeeWee football game in Stonewall last Sunday.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local taekwondo academy wins 21 medals in Mexico

By Kieran Reimer

A local taekwondo academy dominated the international stage two weeks ago.

K. Saunders Taekwondo Academy, out of Garson, sent 12 black and coloured belts to Puebla, Mexico, from Aug. 22-28 and won 21 medals in the Team Canada vs. Team Mexico Taekwondo Tournament.

With over 1,200 athletes from Canada and Mexico competing, K. Saunders Academy's medal contributions were among the largest for the number of athletes they sent.

Contributing eight gold, seven silver, and six bronze medals, a total of 21 added to Team Canada's 31 gold and 76 total medals.

Headlining the action was 44-year-old Sheldon Currie, a master instructor at Garson and a fifth-degree black belt master.

Currie came out of a 20-plus year retirement from competition in Mexico and shocked the tournament, winning silver in sparring and bronze in patterns.

Currie's performance was even more unexpected because he was recovering from a broken foot only a few months ahead of the tournament.

Keith Saunders, the master instructor and owner of K. Saunders Taekwondo Academy, called it an incredible transformation.

"As soon as he got that boot off, he put in four to six hours a day," said Saunders. "It was incredible. He fought right to the finals. I've never seen a fifth-degree master get up and fight at that age. I was amazed."

Saunders is the reason the academy even made it to Mexico. He's run the academy for 45 years now and is a seven-time blackbelt, having competed in international events in his younger years.

The tournament organizers originally approached him to see if their academy had 10-15 athletes who could compete in the tournament.

Saunders gathered 12 and immediately got them to do high-performance athletic programming to prepare.

Ahead of the tournament, the athletes trained for two to four hours a day and competed in three tournaments.

"They went through four months of



RECORD PHOTOS SUBMITTED

K. Saunders Taekwondo Academy returned from Puebla, Mexico with 21 medals.

hell," said Saunders. "It was tough on them, but I knew what they were going to go against in Mexico so I made sure they were body strong. Technically some of the athletes they fought were better but because they had such strong bodies they persevered through the exhaustion and got the points they needed to win."

Outside of the competition, the academy also had the chance to explore Mexico with their competitors.

Saunders said they got to explore the many attractions in the area and learned some of the history of Puebla, which is located two and a half hours southeast of Mexico City.

"It was incredible. We had a lot of people who were just friends there to," said Saunders. "We went to the Great Pyramid of Cholula, volcanoes, markets, cathedrals, churches. What an incredible adventure especially for colour belts. Usually, these kind of things are saved for black belts only but it was a blessing that this was different."

Following their positive experience at the tournament, the academy has been invited to the next rendition in South Korea in July 2025. Saunders said they plan on attending.

The full list of winners from the academy include:

Master Adelle Lusansky, 6th Dan, coach/athlete -gold patterns

Master Sheldon Currie, 5th Dan, coach/athlete -bronze patterns, silver sparring



The athletes performed well at the competition.

Master Andrew Conley, 4th Dan, coach/athlete -bronze patterns, bronze sparring

Walter De Ala, 2nd Dan, athletes -gold patterns, gold sparring

Stephanie Maldonado, 2nd Dan, coach/athlete -silver patterns

Kaylynn Venn, 2nd Dan, athletes -gold patterns, bronze sparring

Shay Campbell, Red belt, athlete -gold patterns, gold sparring

Nikol Laurie, Red belt, athlete

-bronze patterns, bronze sparring
Grant Berthelette, Yellow belt, (father to Nikol Laurie) athlete -gold patterns

Eric Millis, Blue belt, (father to Olivia & Corbin) athlete -gold patterns

Olivia Millis, Blue belt, athlete -silver sparring, bronze forms

Corbin Millis, Yellow belt, athlete -silver, bronze sparring

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Local seniors lead Manitoba to gold at 2024 Canada 55+ Games

By Kieran Reimer

Manitoba's 55-plus slo-pitch team, the Fossilized Anarchy, won the gold medals in Quebec City at the 2024 Canada 55+ Games.

Team Manitoba 55-plus cruised through group play and the playoff round en route to an 11-9 victory over Team Ontario 1 to win the championship.

The team featured five locals, including Ross Penwarden (St. Andrews), Paul Lee (St. Andrews), Dennis Tuck (Petersfield), Roberta Dear (St. Andrews) and Gary Dear (St. Andrews). "It felt pretty special," said Gary Dear, who plays shortstop for the club.

"We played Ontario in the finals and found out they were a hand-picked team and they were very strong but we happened to beat them at the right time."

Dear, 60, was one of the players who formed the club two years ago. Not a hand-picked team by the province, his goal was to create a team of players who enjoy the game and want to be on a team in their retirement years with the potential of earning a spot in the Games.

Much of the team was built up of players Dear already knew and had the same desire as him when making a fun yet competitive team.



RECORD PHOTO SUBMITTED

The Fossilized Anarchy Slo-pitch team won the 55+ Canada game's gold medals in Quebec City and included locals players, Dennis Tuck, Paul Lee, Ross Penwarden, Roberta Dear and Gary Dear.

Locally they play in a competitive 55-plus league in Winnipeg but have also appeared in the Manitoba 55+ Games, where they earned their spot in the 2024 Canada 55+ Games.

Dear said though it's a competitive game, one of the team's values is to be respectful to other teams and umpires regardless of game outcomes.

"We have rules on our team where there is no arguing with an umpire whatsoever which for the last two years hasn't even been an issue with an umpire because that's how we want to be represented so all of our team is players who aren't hot heads and enjoy playing baseball," said Dear.

Dear said part of the team's successful trip to Quebec City actually came away from the field.

They had 21 people along on the trip, including players and spouses. They explored the city together and also spent much of their time hanging out in the hotel conference room, which was provided for them.

Dear said he

wishes more people in the 55-plus age category could get into the sport so they could have positive team experiences like theirs.

"There are a lot of good ball players in Selkirk that might not know there are 55-plus leagues, so it's certainly nice to see people get on a team," said Dear. "It would be so nice if more people knew about it so they could be part of this sort of thing. It helps keep us old guys active and is still pretty good ball."

Now that the Canada 55+ Games are over, Dear and Team Manitoba are already excited about the next team trip.

Having already qualified for the 2026 Canada 55+ Games in Winnipeg, Dear and Team Manitoba (Fossilized Anarchy) hope to have their stellar play and sportsmanship displayed when they play in front of a local crowd at the tournament in two years.

Slo-Pitch champions



RECORD PHOTO SUBMITTED

The Loaded Bases are this year's St. Andrews Slo-Pitch Champions after defeating the Senators 15-14 in the championship game on Sept. 8. Pictured left to right, back row: Steve Lisecki, Tim Collins, Jody Collins, Denise Yakimenko, Bryan Foyle, Tyson Papineau, Chris Loschiavo, Cole Christensen, Cam Finnon, Alex Schmidt, Dennis Yakimenko; front row, Shayna Wechnenko, Tara Chymy, Kalene Kingsland, Courtney Hawes, Char Minnie, Bree Wechnenko. Missing from the photo, Phil Starodub and Bryan Hawes.

To see more photos of your favourite Interlake Athletes

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The Selkirk Record

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Varsity Thunder ground Falcons in dominant opening win

By Kieran Reimer

The Varsity Interlake Thunder officially began the road back to the Rural Manitoba Football League Championship on Sunday.

The Thunder played the Falcons Football Club in a rematch of their pre-season game on Aug. 24, which the Falcons won 26-15.

Head coach Christof Hasselfield and staff used the tune-up game to identify areas on the field where the team needed to work, and Sunday's game showed that many of the improvements had been made.

The Thunder won 34-12, reaching the endzone five times and disrupting the Falcons' offence for most of the game.

The club now sits 1-0 and will have the next week off from league play.

"We definitely came in better having that experience," said Hasselfield. "We started out a bit slow. The tackle wasn't quite there, but we got better throughout the game. The fourth quarter was the best quarter and there was a lot of positives on defence. I was impressed by the improvement of our offensive line since the exhibition. There is still lots to work on but we shored up a lot of problems. The pass protection was quite good."

As planned, junior quarterback Jessie Batenchuk started at quarterback and had a massive game throwing the ball for the Thunder.

Getting his first win, Batenchuk threw for three touchdowns, all to Luke Robertson, who quickly emerged as Batenchuk's go-to target.

"He did a really good job at implementing the game plan," said Hasselfield. "We had gone through a lot of different plays and how they match up against the coverage we had seen from them in the exhibition game. He did a very good job at trusting his reads and taking what the defence

is giving him so I was very proud of him for his first start of the regular season."

The Thunder also found success on the ground, as running backs AJ Nadon and Jamie Dandeneau punched in their first rushing touchdowns of the season while wearing down the Falcons' defence throughout the game.

On defence, the Thunder combined for a stellar five interceptions and one fumble recovery, keeping the Falcons' offence limited and looking sloppy throughout.

Off the field, the Thunder also won over the weekend, as Hasselfield was named the Bud Grant Coach of the Week by the Winnipeg Blue Bombers.

The Bud Grant is an award that recognizes Manitoba youth football coaches for their outstanding commitment to their teams, leagues, and communities.

Hasselfield was nominated by a parent and selected by the Blue Bombers as last week's award winner.

He was presented with it at the Blue Bombers vs Saskatchewan Roughriders game at Princess Auto Stadium on Saturday where he was given \$500 for the football program.

"It meant a lot honestly," said Hasselfield. "What meant the most to me is that I was nominated by somebody who's kid I coached. It means the world anytime a parent lets you know they appreciate you because the most important thing to them is their kids and if they are supporting you then they like how you're teaching their kids. Not so much the award, just the validation that people are trusting with their kids and appreciating the work I'm doing makes me feel fulfilled."

With a bye week, the Thunder are looking ahead to their next game, a



RECORD PHOTO BY LANA MEIER

Interlake Thunder Varsity running back AJ Nadon moves the ball forward in his team's victory over the Falcon's in Stonewall last Sunday.

rematch of last year's championship game against the St. Vital Mustangs on Saturday, Sept. 21 at 4:30 p.m. from St. Vital Mustangs Field.

Last season, the Thunder's only regular- and post-season losses came to the Mustangs, so Hasselfield and the team's veterans are entering the game with an added bit of motivation.

"We've had the Mustangs circled on our calendar since last season," said Hasselfield. "They are a super talented team, have a lot of last year's core. We're going to be trying a bit of a different look against them."

With the RMFL's recent re-alignment, the Thunder and Mustangs will see each other at least twice this season as they, along with the Falcons, are now in the league's three-team Urban Division.

With the regular season now only four games long, the Thunder plan to use their added bye weeks as intersquad game days.

The Thunder will hire referees for these games, and the team will split into two teams of its players to play against each other.

Hasselfield said this will give the players a more game-like experience and provide the coaches with more



Interlake Thunder Varsity wide receiver, Jamie Dandeneau runs the ball in his team's victory over the Falcon's in Stonewall last Sunday.

game film as they work on adjustments to their team.

This Saturday, the Thunder will play their first intersquad game of the season. The game will go at 1 p.m. from Stonewall Collegiate Field.

The Selkirk Record

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



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SS wheat & flax straw, delivery available. 204-482-5101 or 431-275-9014.

Wheat straw bales for sale \$4 each East Selkirk area phone 204-785-0492.

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

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Rule Apartments located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1,250/month & \$1,150/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more! Sorry, No pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

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Galay Landscaping is currently conducting interviews for the position of landscape technician, foreman and labourer for the upcoming 2024 season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for those interested and able to learn. Class 5 license and own reliable transportation is required. Please send resume by email to: info@galaylandscaping.com No phone calls.

HELP WANTED

Join our team. We are hiring a PT/Casual BARTENDER for various shifts. Please apply in person or online ANAF #151, 231 Clandeboye Ave, Selkirk MB. Email anavets151@hotmail.com

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Please Call 204-785-1618



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RECREATION MANAGER Full Time/Permanent

Reporting to the Recreation Director, this position is responsible for the day-to-day operations of the St. Andrews Community Club and the various programs, events and rentals occurring in the facility. The role supports and assists in the delivery and expansion of recreation and leisure services for the Club and the residents of the Municipality as a whole.

To find more details, including qualifications please go to: www.rmofstandrews.com/p/job-opportunities



By-law Enforcement Officer (4-Year Contract / Full Time)

The South Interlake Planning District (SIPD) is accepting resumes for the position **By-law Enforcement Officer (4-Year Term / Full Time)**. This four-year contract position is established in partnership with the Rural Municipality of Rosser.

Please see the **complete job description** at <http://www.sipd.ca/p/employment-opportunities> for details on the position, including job duties and responsibilities, required skills and qualifications, work location and hours, transportation, training, compensation, and more.

MINIMUM QUALIFICATIONS:

- Must be legally entitled to work in Canada;
- High School Diploma, GED, or equivalent is required;
- Must possess and maintain a valid full stage Manitoba Class 5 driver's license;
- Minimum of two (2) years of demonstrated work experience in municipal by-law enforcement, policing, private investigation, security, or a related field;
- Post-secondary education and/or training in municipal by-law enforcement, policing, private investigation, security, or a related field is considered a strong asset and may be substituted for one (1) year of work experience;
- Ability to interpret provincial legislation, including but not limited to the Municipal Act, the Planning Act, the Municipal By-law Enforcement Act, and the Freedom of Information and Protection of Privacy Act is considered a strong asset;
- Effective investigation, analytical, negotiation and mediation skills are required;
- Familiarity with court procedures, legality of evidence, and the requirements for documenting and presenting evidence;
- Effective customer service, interpersonal, public relations, and problem/complaint resolution skills;
- Excellent oral and written communications skills (ability to speak Punjabi and/or Hindi considered an asset);
- Demonstrated knowledge of computer software applications including proficiency in Windows-based software, including Microsoft Office Suite;
- Must be a proven team player with strong collaboration skills.

If you are interested in applying for this position, please send or email your cover letter, resume, and three references (a minimum of two references must be work-related) to the General Manager of SIPD by **Friday, October 4, 2024, at 12:00PM CST:**

Eric Shaw, General Manager
South Interlake Planning District
Box 1219, Stonewall, MB, R0C 2Z0
Email address: eric.shaw@sipd.ca

Please note: We thank all those for applying, however, only those selected for an interview will be contacted.

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MISCELLANEOUS

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For sale - Burgundy loveseat. \$50. Call 785-3459.

UPCOMING EVENTS

Join us for Steve Law and Kindred Spirits! Dress Up for a 50's Theme Night! Saturday, Sept. 21 at 8 p.m. Come early for the meat draw and chase the card! ANAF #151, 231 Clandeboye Ave, Selkirk, MB.

Saturday, October 12 2024, Steinbach Gun & Collectable Show at Friedensfeld Hall (From Steinbach 4 miles south on Hwy 12, then 1 mile east on 303). BUY-SELL-TRADE. Open 10 a.m. - 4 p.m. For info ph. Sheryl 204-250-8766 or Carol 204-242-2320.

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For the Estate of the Late William Robert Ferguson Neepawa, MB

Sale Starts online: Wednesday, September 18, 2024 at 9:00 a.m. Closes: soft close starting at 10:00 a.m. Saturday, September 28, 2024

To register: go to: www.apro.bid

Included in the sale:
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Send resume via email to:
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**NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
CITY OF SELKIRK**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the City prior to the commencement of the auction, the City will on the 3rd day of **October, 2024**, at the hour of **2:00 PM**, at Selkirk Recreation Complex Banquet Hall, 180 Easton Drive, Selkirk MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
45600	WLY 44 FEET OF LOT 15 AND E 1/2 OF LOT 16 PLAN 6462 WLTO IN RL 39 TO 41 PARISH OF ST CLEMENTS - 96 DORCHESTER AVENUE	L -\$73,100 B -\$169,400	\$18,797.44
58500	LOT 3 BLOCK 2 PLAN 5045 WLTO IN RL 43 PARISH OF ST. CLEMENTS - 218 SUTHERLAND AVENUE	L -\$62,100 B -\$89,400	\$10,385.10
92537	LOTS 1, 2 AND 3 BLOCK 2 PLAN 14803 WLTO IN RL 61 AND 62 PARISH OF SAINT CLEMENTS - 478 MAIN STREET	L -\$115,900 B -\$320,300	\$37,589.04
97100	LOTS 6, 8 AND 9 PLAN 4348 WLTO IN RL 65 AND 66 PARISH OF ST CLEMENTS., FIRSTLY: THE WLY 12 FEET OF THE ELY 33 FEET OF LOT 12 PLAN 3227 WLTO IN RL 65 PARISH OF ST CLEMENTS. SECONDLY: ALL THAT PORTION OF LOT 11 PLAN 4348 WLTO WHICH LIES BETWEEN THE STRAIGHT PRODUCTION NLY OF THE WESTERN LIMIT OF THE LAND FIRSTLY ABOVE DESCRIBED, AND A LINE DRAWN EAST OF, PARALLEL WITH AND PERPENDICULARLY DISTANT 12 FEET FROM SAID STRAIGHT PRODUCTION IN SAID RL 65. - 209 TAYLOR AVENUE	L -\$292,900 B -\$132,400	\$24,544.77
97800	ALL THAT PORTION OF RL 63 PARISH OF ST CLEMENTS LYING WEST OF THE WESTERN LIMIT OF THE MOST ELY PORTION OF THE RIGHT OF WAY OF THE CANADIAN PACIFIC RLY PLAN 380 WLTO WHICH LIES EAST OF THE EASTERN LIMIT OF MAIN HIGHWAY PLAN 494 WLTO EXC THE SLY 160 FEET PERP - 496 MAIN STREET	L -\$26,300 B -\$197,800	\$23,153.92
287564	LOT 25 BLOCK 5 PLAN 64866 WLTO IN RL 48 TO 50, BOTH INCLUSIVE, PARISH OF ST.CLEMENTS - 1040 VAUGHAN AVENUE	L -\$81,300	\$5,224.16

- The tax sale is subject to the following terms and conditions with respect to each property:**
- The purchaser of the property will be responsible for any unpaid city utilities and any property taxes not yet due.
 - The city may exercise its right to set a reserve bid in the amount of the arrears and costs.
 - If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
 - The city makes no representations or warranties whatsoever concerning the properties being sold.
 - The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the City of Selkirk as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
 - The risk for the property lies with the purchaser immediately following the auction.
 - The purchaser is responsible for obtaining vacant possession.
 - If the property is non-residential property, the purchaser must pay GST to the City or, if a GST registrant, provide a GST Declaration.

Dated this 27th day of August, 2024

Managed by: **TAXservice**

Duane Nicol
Chief Administrative Officer
City of Selkirk
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NOTICE OF PUBLIC AUCTION
SALE OF LANDS FOR ARREARS OF TAXES
RURAL MUNICIPALITY OF WEST ST. PAUL

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the herein-after described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 16th day of October, 2024, at the hour of 02:00 PM, at Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
28511	LOT 5 BLOCK 5 PLAN 68670 WLTO IN RL 5 TO 9 PARISH OF ST PAUL - 112 NORTH HAVEN WAY	L -\$129,500	\$4,459.57
28601	LOT 9 BLOCK 11 PLAN 68670 WLTO IN RL 5 TO 9 PARISH OF ST PAUL - 635 ADDIS AVENUE	L -\$189,700	\$8,012.97
32079	LOT 13 BLOCK 4 PLAN 66850 WLTO IN RLS 11,12,13,14 AND 15 PARISH OF ST. PAUL - 26 WUERCH CRESCENT	L -\$151,500 B -\$306,300	\$15,511.44
40500	LOT 3 PLAN 2634 WLTO EXC FIRSTLY: WLY 200 FEET PERP SECONDLY: NLY 90 FEET PERP AND THIRDLY: ROAD PLAN 52181 WLTO IN RL 18 PARISH OF ST PAUL - 3570 MAIN ST	L -\$79,300 B -\$394,000	\$15,492.82
406959	ELY 16.5 FEET PERP OF LOT 1 PLAN 15813 WLTO IN OTM LOT 9 PARISH OF ST PAUL - DESC 1 15813	L -\$4,800	\$3,281.97

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the RURAL MUNICIPALITY OF WEST ST. PAUL as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$500.85 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 30th day of August, 2024.

Managed by:

TAXservice

Dave Wardrop
Chief Administrative Officer
RURAL MUNICIPALITY OF WEST ST. PAUL
Phone: (204) 338-0306
Fax: (204) 334-9362

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\$569k

St Andrews, 44 Mirey Creek 1955 sf bung., full bsmt, 3 bath, pool, gazebo, gas frplc, beaut yard, 1.5 ac,
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> GAMES

SUDOKU

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

Level: Intermediate

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BIRTHDAY



Happy 81st Birthday!
Nellie Anne Tepper (Rogers)
September 8th

-Love,
your family

ANNOUNCEMENT

IN MEMORIAM



Barbara Niebel (Campbell)
March 2, 1957 - September 11, 2018

A tender thought that brings a tear,
a silent wish that you were here.
Forever in our hearts, never forgotten.
-Your family

ANNOUNCEMENT

IN MEMORIAM



In memory of
Ronald William Fewchuk
1941 - 2017

Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed, and very dear.

-Forever always
June and family

ANNOUNCEMENT

IN MEMORIAM



Paul Gregory Wery
March 22, 1972 - September 13, 2022

In loving memory of our
dearest son, brother and uncle
Another year has passed and the ache of your
loss still feels like yesterday.

Your laughter and Joy are so dearly missed.
Our world has dimmed without you in it.
You were our everything and know you are
watching us from Heaven,
Til we can embrace you once again with love.
-Deeply missed, Mom (Audrey Wery);
sisters Vivian, Mava, Paulette;
nephews Cody, Cory and Ryan, Riley

R.M. OF WEST ST. PAUL ZONING BY-LAW 2/99P ZONING BY-LAW AMENDMENT 2024-13"P" PUBLIC HEARING

We are
Listening.

Public
Hearing
Thursday,
October 10,
2024

6:00 PM
Council Chambers
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West St. Paul, MB

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

What is BL 2024-13"P" about?

This application is to rezone the subject land from "RRO" Rural Residential Overlay to "CH" Commercial Highway zone in order to allow future a commercial development.



3490 Main Street (Roll # 39400, 38325)

Please be advised that Public Hearing will be conducted in-person at the Council Chambers. Participants must register at the entrance on the day of the Public Hearing. If you require further information about attendance, please contact the municipality at info@weststpaul.com or by phone at 204 338-0306.

For more information, please contact the Red River Planning District.
Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm

*excludes all statutory holidays

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

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

Sudoku Answer

Express Your Thanks
WITH AN ANNOUNCEMENT IN THE

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

OBITUARY



Delores (Laurie) Fiebelkorn

After courageously battling cancer, our dear Laurie passed away peacefully with her family by her side on Monday, September 2, 2024, at the age of 77.

She will be lovingly remembered by her partner Bill; son Rob and his wife Lauren; beloved grandchildren Will and Abby; sisters Bev and Phyllis (Colin); brother Randy (Debbie); sister-in-law Diane; and numerous nieces, nephews, cousins, extended family and friends.

Delores was predeceased by her parents, Christine and William; sister Audrey (Doug); brothers Leonard and Harvey (Ruth); and brother-in-law Gerry.

Laurie will be deeply missed by her friends and family.

In lieu of flowers, donations may be made to a charity of your choice.

Memorial service was held on Monday, September 9, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Gimli in care of arrangements.



OBITUARY



Kay Keith (nee Mackelson)

Peacefully, with family by her side on Monday, September 2, 2024 at the Selkirk Regional Health Centre, Kay Keith, aged 64 years of Belair, MB, beloved wife of Gord; mother to Stuart, Andrew, step mom to Greg (deceased), and grandma to Jag, passed away.

Kay was married to Gord for 38 years. In that time together they lived and built many homes and cabins. She treasured her time in Lester Beach and her special lakefront home on Lake Winnipeg in Belair. Kay cherished her sons, enjoyed cheering their success in sports as well as encouraging their careers as Red Seal Electricians. She was an avid volunteer supporting her boy's accomplishments and fundraisers in hockey and soccer.

She was born in Selkirk, MB on December 10, 1959 and was the 8th child of 11. Kay was raised in Grand Marais, MB, a

hardworking down to earth country girl and dedicated daughter with a terrific smile. As a young child Kay could always be counted on to finish her chores on time, she looked for opportunities to make money and contribute to helping her family. She sold fish for Uncle Mike and newspapers for her mom. Her family celebrations and gatherings were such special times and created strong bonds of love and closeness that her families will cherish forever.

Kay worked for the Province of Manitoba for 39 years. She wore a variety of hats within the Department of Natural Resources in Grand Beach Provincial Park, Conservation, Water Stewardship and Sustainable Development. Her upbeat attitude and dedication to her career were appreciated by all her colleagues. Her retirement in 2018 was well deserved!

She was an athlete and excelled in all sports especially curling, baseball and golf. Her enthusiasm for her love of sports encouraged many of her friends and family to participate in all the curling bonspiels and baseball tournaments where Kay and her teams won many events. Her team was always the team to beat! She loved to travel and was fortunate to experience many cities throughout the USA and Mexico. Her favourite place being Winterhaven Resort in Brownsville, TX. She was also a dedicated Chicago Blackhawks fan and watched and followed their success with enthusiasm.

Kay was adored by many friends and special girlfriends. She was always the life of the party and always first on the dance floor. She enjoyed organizing special events like the Gander Girls at the Ducks Unlimited Events and New Years Eve parties in Lester Beach.

Kay will be sadly missed by her brothers and sisters, brothers-in-law, sisters-in-law, her many nieces and nephews and great nieces and nephews.

In keeping with her wishes, cremation has taken place and a celebration of her life will be held on Friday, September 20, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel in Selkirk, MB.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Gimli in care of arrangements.



OBITUARY

Devynn Gregory Gamblin

March 8, 1990 – July 29, 2024

On July 29, 2024, Devynn passed away in Winnipeg at the age of 34 years.

He is survived by Steven and Lee Bear, his father Tron Gamblin, sisters Tabitha and Skyla, brothers Darren, Damon, Alex and Jesse Gamblin, special aunts Dobbie and Pat Calder, sister Jackie Moreau (Jeff), uncles Larry, Mike and Roger Calder and numerous extended family.

Devynn was predeceased by his grandparents Walter and Helen Calder, mother Penny Calder and uncles Danny Calder and Jamie Parkes.

A graveside service will take place on Friday, September 20, 2024 at 1:00 p.m. at Old St. Peter Dynevor Church Cemetery, East Selkirk, MB.

The family would like to thank the Bruce Oake Recovery Centre. In lieu of flowers, donations may be made to the Bruce Oake Recovery Centre, 255 Hamilton Avenue, Winnipeg, MB., R2Y 2C3.

Friends and family are invited to visit Devynn's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:



Announcements

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OBITUARY



Kelsey Lorayne Brooks

January 23, 1991 – August 7, 2024

With heavy hearts we announce the untimely passing of Kelsey Brooks.

Kelsey was predeceased by her brother Kyle, mother Colleen, grandparents Brian and Dorothy Anderson, Phyllis and Harry Brooks, uncle David Blahitka.

Kelsey is survived by her daughter Aurora Andrea Jean Thomas, brother Joshua Brooks (Hayley), father Joby Brooks (Audra), aunts, uncles and cousins.

Kelsey was born and raised in Selkirk, Manitoba. She spent many happy years surrounded by family, camping, biking and attending large family get-togethers. In her 20's she spread her wings and moved west to Alberta.

Kelsey was a kind, loving person. Next to her daughter, Kelsey's biggest love was cats, she was very seldom without at least one cat.

She will be remembered and missed by many. Kelsey will be laid to rest with her mom and her brother at a later date. No formal service will take place.

Forever in our hearts.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Gimli in care of arrangements.



OBITUARY



Olga Gnidziejko (nee Ftoma)

August 20, 1936 – September 3, 2024

On Tuesday, September 3, 2024, Olga Gnidziejko passed away at the age of 88 at the Grace Hospital after a short illness.

Olga will be missed and lovingly remembered by her sons Jim (Colleen), Brad and grandchildren Bailey, Jacob and Noah, and her extended family and friends.

She was predeceased by Harry, her husband of 56 years; her parents John and Pauline; sisters Anne and Stella; brothers Steve and John.

Olga was born and grew up in Selkirk, Manitoba. As a young woman she moved to Winnipeg and spent most of her adult life in St. James. She married in 1961 and she and Harry spent the next years raising their two sons.

Cremation has taken place and a private family service will be

held at a later date.

Friends and family are invited to visit Olga's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

Arrangements entrusted to:



OBITUARY



Darrell Carl Bannish

January 2, 1954 – September 4, 2024

On September 4th, 2024 at the St. Boniface Hospital, Darrell passed away peacefully with his family by his side at the age of 70.

Darrell will be sadly missed by his beloved wife Barb, with whom he recently celebrated 50 years of marriage on August 17th. He also leaves to mourn his sons and daughters-in-law, Michael and Kendra and Daniel and Jennifer; grandchildren Ross, Colton, Dawson and Brynlee; brother Greg Bannish, and brothers-in-law Buzz (Pat) Sutherland, Leslie (Janet) Sutherland and many nieces, nephews, close friends and extended family.

Darrell was predeceased by his parents Jim and Mavis Bannish, his brother Wayne Bannish, his mother and father-in-law Stanley and Jean Sutherland and daughter-in-law Andréa

Bannish.

Darrell was born and raised in Selkirk where he acquired many friends over his lifetime. He enjoyed hunting, fishing, gardening and time spent with family, friends, of course his pets, and especially his beloved grandchildren.

In keeping with Darrell's wishes, cremation has taken place. A private family memorial will follow at a future date.

The family would like to thank the staff of the Selkirk Regional Health Centre and the St. Boniface Hospital Cardiac Unit for the wonderful care.

In lieu of flowers, donations can be made to the Heart and Stroke Foundation or the Winnipeg Humane Society.

Tributes: www.gilbartfuneralhome.com

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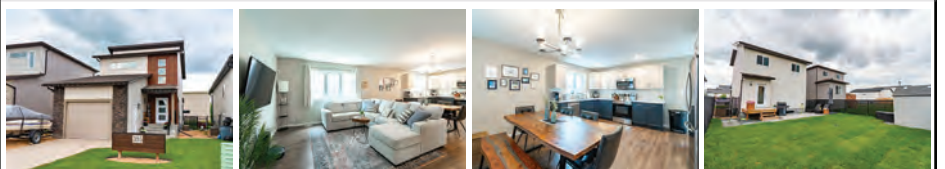


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