



The Selkirk Record

THURSDAY, SEPTEMBER 16, 2021

VOLUME 12 EDITION 37

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Selkirk Culture Days will be your next family tradition

The event will be held from Sept. 24 to 26 and will feature the City of Selkirk's culture and history

By Ligia Braidotti

Get ready to have fun and experience Selkirk's culture and history at an event that promises to be the next family tradition in the city.

The City of Selkirk is hosting its first Culture Days from Sept. 24 to 26. The three-day event will be filled with fun and, at the same time educational activities.

Culture Days is a national festival of arts and culture. Millions of people attend free arts and culture events across the country every September. In Culture Days, the public is invited to get behind the scenes and hands-on with arts and cul-

ture activities.

The city received funding for Culture Days through Manitoba 150 and Celebrate 150. However, the COVID-19 pandemic prevented in-person events from taking place during the province's 150th-anniversary celebrations last year.

"We want to celebrate Selkirk, we want to talk about how great of a community we live in, and we want to show it off to our residents and visitors," said Ellie Longbottom, culture coordinator for the City of Selkirk.

Continued on page 4



RECORD PHOTO SUBMITTED

Ruth Hooker and children swimming.

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> CULTURE DAYS, FROM PG. 3

Culture Days starts on Sept. 24 from 6 to 9 p.m. with a Friday Evening Stroll, including a craft market on Manitoba Avenue East featuring food vendors, buskers, live entertainment, art installations, and historical walking tours every hour on the hour. The street will be closed to vehicle traffic, and businesses will be encouraged to stay open later that night.

Selkirk Comes Alive takes place on Sat., Sept. 25. Actors will portray historical figures in the community that people may have heard the names of but might not be sure of their roles in the city's history.

"If you lived in Selkirk, you probably know of Ruth Hooker School. Well,

who is Ruth Hooker, and why does she have a school named after her? So come down to our event and find out. We are having a variety of historical figures," Longbottom explained.

Longbottom and her team have been working hard to make Culture Days reflect how vibrant the city's community is becoming.

"The largest (historical figures) we are having is The Dufferin Gang from Dufferin Avenue...We've been in contact with many of the families to get the stories of these soldiers, and we're going to have some people portray these figures and tell you about their life and show you where they lived on Dufferin, which will be really cool,"

Longbottom continued.

Each actor will be situated at a location in the city, and attendees will be given a passport that serves as a ticket and will give them a starting point for your historical journey, directions, and brief descriptions of each historical figure.

Finally, on Sun., Sept. 26, Culture Days will feature many workshops. In addition, Theatre Projects Manitoba will be on hand screening some short films, including Chautauqua: The Interlake Trail, and offering other fun activities.

Culture Days is a free event, and everyone is welcome to attend. However, patrons will need to stay in their own cohorts while they tour from one destination to the next during Saturday and Sunday events due to health

regulations. Anyone attending indoor events must provide proof of vaccination.

"Selkirk is a growing, vibrant community, and we want to shine a light on that. It's been over a year into this pandemic, and I think people want to get

out and do some fun activities and what better way to have our first bigger event than culture days, exploring the different things Selkirk has to offer?" Longbottom said.

People must register before Selkirk Comes Alive and Sunday's cultural workshops. You can do so at MySelkirk.ca/culturedays.

"IF YOU LIVED IN SELKIRK, YOU PROBABLY KNOW OF RUTH HOOKER SCHOOL. WELL, WHO IS RUTH HOOKER, AND WHY DOES SHE HAVE A SCHOOL NAMED AFTER HER? SO COME DOWN TO OUR EVENT AND FIND OUT,"
- ELLIE LONGBOTTOM

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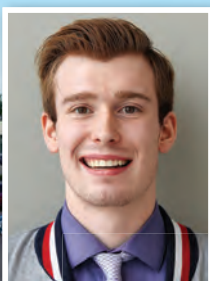
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Lockport business owners ask motorists to be safe

Construction on the bridge causes predictable delays that motorists now need to account for

By Katelyn Boulanger

Though nearby business owners have noticed a drop in traffic since the beginning of construction at St. Andrews Lock and Dam, they have still seen some dangerous driving in the area and are asking motorists to be cautious in their travels.

"I've been caught waiting for almost 10 minutes to get across the bridge. Personally, it's a small price to pay, I try to stay positive on that aspect that this is going to be for the greater good of Lockport, once the bridge is completed, it's going to be a wider roadway; there's going to be a wider pedestrian corridor, which will be great for everybody," said Mike Faires, owner of Lockport Grocery and president of the Lockport Community Development Group.

One of Faires's main concerns is that motorists who are waiting in line and not paying attention to where they are idling have blocked the entrances to businesses by the bridge.

"It's not just from my business perspective as a regular citizen, I want to have some breathing room to see where I'm going," said Faires.

He was glad that when he requested signage to make motorists more aware of this, that the bridge's project manager had the signs up very quickly, but says that motorists still don't always abide by them. Alternatively, there have also been some motorists that are leaving too much space between cars when waiting which makes it harder for people to get in line.

"People really need to be paying attention to the roadway. There have been multiple times where I've seen people have two car lengths between them and the next car. It's like, why is there so much space. For traffic movement, people need to be getting closer together and the speed limit's 30 here, so, the risk of getting into a car accident, a fender bender, is very limited once you're in line. Getting to the lineup is frustrating for a lot of motorists," he said

Another concern that he has had and that other area residents have expressed is how emergency vehicles might navigate this area.

"My biggest concern would be, you know, an ambulance for them to get where they need to go properly. But, it's up to the driver to know where [they're] going," said Faires.

He did mention that there are alternative routes which these emergency personnel may have to use more frequently in the next 18 months.

"My other concern that I have is, I've seen people blow the red light and speed to catch up to the rest of the



RECORD PHOTO BY KATELYN BOULANGER

Motorists lined up at the St. Andrews Lock and Dam now that traffic is taking turns on the single open lane.

pack and that's dangerous. It's only a

Continued on page 6

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Lace up for Terry Fox this weekend in Selkirk

Scavenger hunt will take you all over town in support of cancer research

By Staff

This weekend the Terry Fox run will come to Selkirk but it's going to be a bit different than normal at least for people that skipped last year's event because this year, like last year, they are changing it up with a scavenger

hunt.

On Sept. 19 participants are invited to find the signs honouring Terry Fox that will be placed throughout Selkirk and post selfies with them on social media with hashtags #TryLikeTerry and #SelkirkTerryFoxRun.



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At the Selkirk waterfront, there will also be a location for pledge sheets and donation collection for the run; t-shirts will be available for purchase as well. Terry Fox run certificates will also be issued there from 10 a.m. to 3 p.m.

2021 Selkirk Terry Fox Scavenger Hunt Clues

1. Enjoy hot or iced beverages with Alice and the white rabbit.
2. At Branch #42 they honour our Veterans.
3. "Here's How" to complete those DIY projects at this pet-friendly business.
4. "Perilous Crossing" watches over the Red.
5. The usual start and finish of Selkirk's Terry Fox Run.
6. Selkirk's most famous fish.
7. Our local team spends many hours at this House of Steel.
8. This "Shop" will keep you hydrated with H2O.
9. This New Zealand bird is a health nut.
10. This local printing business shares the same name as a local school.



RECORD PHOTO SUBMITTED

This year's Terry Fox Run t-shirt which will be available at the waterfront this weekend.

11. 29 men from this street enlisted in 1942.
12. A place where you can borrow wisdom.
13. This park is Royalty.
14. This business will treat your aches and pains with Iron and Carbon.
15. CCIV

> STAY SAFE ON ROAD, FROM PG. 5

10-minute wait max. So you're risking getting into a car accident and speeding tickets to save yourself a couple of minutes," he said.

He hopes that motorists start to take the predictable delays into consideration.

"Planning ahead this is going to be here for the next 18 months. So you need to plan ahead, it's a 10-minute max, wait, so, be cognizant of the other drivers around you," said Faires.

His message to everyone passing

through the area is to just be safe.

"Be cognizant of your fellow drivers and pay attention to the road signs because the speed limit drops from 90 to 60, before you hit the Floodway bridge, and then once you get over the Floodway bridge, it drops down to 30. That's a 60 kilometre/hour difference within a minute. People need to slow down really pay attention," said Faires.

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Lockport River's Edge Run for NF returns in 2021

Businesses encouraged to sign up teams to make run more fun

By Katelyn Boulanger

Lockport River's Edge Run for NF, that's Neurofibromatosis, is back after a year off due to COVID-19 restrictions.

This event, which has been going on since 2010 and was originally affiliated with Lockport's 100-year celebration, has switched gears this year and along with supporting NF will also be donating proceeds to the Manitoba Children's Hospital.

"Normally it's in person, this year, we're doing a virtual event so it's a little different. So I guess this year will be not normal [compared to the previous events]. But it's a rule that the run itself is a really great community event and we get a ton of sponsors and really great support from the community. We typically have a pancake breakfast at Skinner's, which is where the start and end is. In the past, that's kind of how it's run. This year just being that it's still limited with COVID, we just decided to try to make it go," said Corinne Bobrowich, the Lockport River's Edge Run for NF race coordinator.

The run has supported the Manitoba Neurofibromatosis Support Group since 2014, was inspired by Bobrowich's son Brady Bobrowich, who was born with NF which causes tumours to grow on the body's nerve tissue. This has caused him to have to undergo several surgeries in his life including two big ones in the past year.

This year, Brady is also the Children's Hospital Foundation of Manitoba's champion child.

This event has a place for everyone, offering a 30 km run, a half marathon, a 10 km run, and a 5 km fun run which will all take place virtually this year in order to keep all participants safe during COVID.

"I think we felt that people are kind of wanting to get out and get moving in and get back to some normality and the fact that Brady has a goal on his fundraising page to raise \$50,000 and with a lot of the events being cancelled, that wouldn't happen for him. I just felt this is our last kind of push to try to get in there. He's at \$23,000 right now on his page, which is all money staying in Manitoba at the Children's Hospital, and it's going to be funding a lot of a lot of these services, like



RECORD PHOTO SUBMITTED

Brady Bobrowich at the 2019 Lockport River's Edge Run for NF.

spine equipment that he's used and a lot of different things that the kids in the hospital will also be able to use. I felt like we wanted to try to achieve that goal, and this would be a way to do it," said Bobrowich.

Another way that they are trying to get people involved is to engage with the local business community by teaming up with the Selkirk Biz. Bobrowich is issuing a challenge to all the Selkirk and surrounding area businesses to register as many of their employees to keep in shape over the Fall and Winter months as this event will be a great way to kick it off.

Because the run is virtual this year, it will take place over a week from Sept. 18th to Sept. 25th with times and registration which is \$25 per person submitted online. Businesses should also register online as teams and contact the Selkirk Biz in order to make sure that they are entered into the business draw. All businesses entered will get entered into a draw for a lunch for their business at the end of September.

The biggest individual fundraiser - to be directed to Brady's page - goodbear.ca/brady, will get a free one hour massage at Steelcity Physiotherapy.

"I think we want to just try to help get the community rally around and try to get people together and make this event successful. That's kind of what we're trying to make happen," said Bobrowich.

To register your business or yourself as an individual go to <https://www.events.runningroom.com/site/?raceId=17413>. The Selkirk Biz can be contacted to make sure that you're business/team is in the prize draw by emailing info@selkirkbiz.ca and any questions about the run should go to Bobrowich at 204-781-2522, or email at lockportriverrun@shaw.ca.



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Call Kateyln Boulanger

Speak up about suicide prevention

Talking about suicide can save lives

By Ligia Braidotti

The month of September is Suicide Prevention Month, and Sept. 10 marked World Suicide Prevention Day. Organizations worldwide got together to discuss ways to help prevent suicide and raise awareness of a stigmatized topic. This is also an opportunity for the community to spread hope and support loved ones find reasons to live.

Tristan Dreilich, a community educator with the Canadian Mental Health Association, said knowing how to connect with someone thinking about suicide is crucial when addressing the issue.

"If someone has expressed that they are thinking about suicide or they have talked about suicide, we always

need to take that seriously. There's no circumstance where we can...brush that off. We have to take their word for that," he explained. "We can't just say that they've attempted in the past, and it hasn't worked, so it's not serious."

Suicide rates and risk factors have increased significantly with the current pandemic.

"With COVID-19...people's lives have been impacted, so maybe there's some more risky behaviour being introduced," he said. "We know that people have been either relying on substances more, their social support networks have shrunk during COVID-19, person's employment and things have been affected. So some of what we would consider risk factors

are becoming a little bit more heightened."

Dreilich explained that suicide, substance abuse, and mental health are very intertwined. It doesn't mean that anyone who suffers from addiction is thinking about suicide or that if they have a mental health concern, they are thinking about suicide, but the three increase risk within each other.

He also said that when talking to someone who's thinking about suicide, people should learn more about why, what's going on for them, and get a sense of where they are coming from. Also, ask if they have a plan so that a first responder can be involved if needed and support people can disable the plan. Ultimately, family members and friends should help

Continued on page 9

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

Canadians will vote Monday, Sept. 20. Candidates are busy putting up their signs and distributing pamphlets. We are being told by politicians that they want to hear what Canadians think, as if our opinions, our needs, and our fears will actually count for something.

We have already been loudly expressing our opinions that we do not want or need an election at this time. It seems that our current Prime Minister may be in water over his head and seeking guidance on how to move our country forward—what to do next without falling in a big puddle of muck.

The phrase 'We've always done it this way' doesn't apply anymore. Look where that has gotten us. Our

world, including Canada, is already in a puddle of muck. We need to do better fast.

Unless every single person whose name appears on a ballot has put climate change at the top of their list, we are in dire straights. Without climate change as the first priority in this election, all other issues become moot. Less talking, more doing. We already know what needs to be done but the doing is not being done. [This] early election, let's use it as an opportunity to focus on climate change and respond to Earth's cry for attention.

We have been given very loud hints by our Earth—fires, drought, earthquakes, hurricanes, melting ice, and rising seawater. Why are we doing

so little about climate change? Those hints have now become loud shouts. Still, we do nothing.

If your own elderly mother shouted out that she was hurting and needed help, would you ignore her cries also?

Please consider carefully where you mark your "X" on Sept. 20

Take a look around. We're not doing so well when it comes to climate change. This election is our opportunity to finally stop talking and do something about it.

- Submitted by Vicki and Harold Nadwidny of East Selkirk, Meegan Meisner of Beausejour and Katherine Meisner of East Selkirk



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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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What do St. Andrews residents want for recreation?

RM wants to make a plan for the next 20 years of recreation in the community

By Katelyn Boulanger

Though councils change every 4 years, some projects that our area RMs save and plan for can take much longer than that to come to fruition. Because of that, the RM of St. Andrews is in the process of putting together a Recreation Master Plan in order to decide where future recreation investment should be made.

"It's a plan that's going to provide a roadmap for future recreation and St. Andrews. We're looking at a plan that would be for the next 20 to 25 years and it will help counsel determine, you know, what steps are needed. You know, how much money to save each year, depending on what our residents tell us that they want in our community and it will give future councils a plan and easier access to figuring out what they should be planning for budgeting and that kind of thing," said Teresa Howell, recreation director for the RM of St. Andrews.

The idea to take on this project came out of the RM's strategic planning in December of 2020. Then was when

they determined that they didn't know enough about recreation in the community. St. Andrews is unique as a municipality because its recreation doesn't run like many of the other RMs in the area.

"Basically, residents or people moving into the RM of St. Andrews don't realize we don't operate like the City of Winnipeg, and a lot of them are used to having recreation kind of at their fingertips. We don't operate like Selkirk the same way. Selkirk owns pretty much all their facilities and all their products. We don't. We don't own any parks. We have community-owned parks that are looked after by these different boards and committees and volunteers. So really, we're looking at trying to figure out everything within the municipality that will help us come together and figure out what we have, and how we need to incorporate what we do have with possible future buildings or sites or additions," she said.

She says that this will be a great tool so that with every changing council

in the RM that they are not having to start from scratch in explaining to the new group what's going on with recreation.

"We can easily look at [the plan] and share with council. 'Okay, these are kind of the steps for this year. This is where we're going. This is how much money we're potentially looking at spending.' We also have our environmental manager, Ron is looking at asset management planning. So we really are looking at what do we own? How do we use those assets and when are we going to need to replace them and how much money [will it cost]," said Howell.

She says that recreation doesn't always get the spotlight compared to repairing roads or dealing with ditches and drainage, however, the COVID-19 pandemic opened the municipality to the need for more opportunities closer to home.

"There's a lot that's needed with recreation in the municipality. People are stuck at home. We were providing takeaway programs and different things that way that people really appreciate, but then also they want it to be outdoors. Then we saw that uptick with the St. Andrews Heritage Center. The Rectory saw a number of outdoor visitors [as] it's a park area that the community can use and the same thing happened in Petersfield with the markets this year. They run a really successful market out there, and people are out and about, and I think COVID has changed how recreation is going to go forward in the future. I think it's important that we should think about those things. So having this plan, knowing what we own and how to strategize but most important is getting that feedback from our residents, from our community groups, from the volunteers, [about] what they're needing, and what they're hoping to have within the municipality," she said.

Right now the municipality has hired Scatliff + Miller + Murray who is meeting with numerous not-for-profit recreation boards and groups. In the next few weeks, they will also



RECORD FILE PHOTO BY KATELYN BOULANGER

Tiffany Nykolyshyn at her Even Hand Farm booth at the Petersfield Farmer's Market this summer.

be putting a survey for residents to fill out which will give them more information about recreation needs.

Howell said that they need as many people as possible to answer this survey because they need to know the needs of all residents from teens to seniors in order to meet the needs of all people in the municipality.

"I've been with the municipality for 11 years, I've seen a lot of different changes. I've seen a lot of different needs. Recreation isn't just sport anymore, it's a lot of leisure, tourism, heritage. Basically, recreation is what people do in their spare time. So, it's going to be very interesting to see how our survey comes back and basically what people are interested in and what their hobbies are, compared to the last survey we did in the 90s," Howell said.

The RM aims to have the Recreation Master Plan out sometime toward the end of this year or the beginning months of 2022.

To keep your eyes peeled for the first date that the plan comes out check the RM's website at <https://www.rmofstandrews.com/> or sign up for their community app which is also available on the website.

> SUICIDE PREVENTION, FROM PG. 8

their loved one find professional support for suicide intervention.

"Even if you can't complete that full intervention...the most important part is that we connect to someone that can talk about it because when we don't talk about it, it gets worse," he added.

The stigma around suicide makes it harder to talk openly about it, but it is essential, both one-on-one and in a group setting.

The CMHA delivers educational sessions to support conversations with someone thinking about suicide.

"We know it can be tough to have these conversations. It can be scary for a variety of reasons, and often people feel ill-equipped, so we want to provide folks with skills, knowledge, and resources on how to have a more positive outcome," he said.

"We want to build capacity within the community...to have protective factors."

Protective factors include good social networks, medical care, and access to food and housing.

"Providing folks with housing is suicide prevention; providing folks with a stable income is suicide prevention; providing folks with food

security is suicide prevention. So we want to make sure that those elements in the community are present and people have access to it."

It's also vital that families and friends of people who died by suicide seek resources and support to cope with the loss of their loved ones. Often, these people carry guilt and a feeling that they could've done more to help.

"We want to find an answer. We cared about that person; they were loved ones. On the flip side, we know that we are human and we all have control over our life to some degree. It's tough but we can't change the past, so what we can do is focus on how can we make our community stronger so that we can help support everyone who is in need. The stronger our community is, the better off all those individuals are going to be," Dreilich said.

People in distress should connect with the Interlake Regional Health Authority Mental Health Crisis Stabilization Unit/Mobile Crisis Unit at (877) 499-8770.

To learn more about suicide prevention, go to <https://cmha.ca/>.

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



Onashiwin keeps ahead with SDCF grant for Head Start

Deadline to apply for next round of SDCF grants Sept. 30

Submitted by the Selkirk and District Community Foundation

Carrying on as best we can has been the rallying cry for many an organization as COVID-19 turned our worlds upside down and Kathy Duncan knows that as well as anyone.

The Program Coordinator for Onashiwin Aboriginal Head Start Program had to find a way to connect with families that couldn't enter the building anymore, but Duncan and her top-notch staff of educators found a safe way in – via Zoom.

"When we are hooked up to Zoom, we're seeing everybody's beautiful faces and they are very appreciative, saying, 'you're the only interaction I've had this week,'" Duncan said while still in the midst of the pandemic and government public health orders that kept kids at home.

"We're able to still have that connection with the family, be there to support them."

And, they were able to share curriculum kits with the families, and allow the three- and four-year-olds that attend the program to keep learning.

The kits were purchased with a grant from the Selkirk & District Community Foundation (SDCF). Duncan said they were also able to buy air purifiers and a fogger to sanitize their space as well as outdoor mats for when the kids returned. Onashiwin also ensured families have been well fed during the pandemic by providing food hampers, including an Easter hamper with all the fixings.

Bev Clegg, SDCF Executive Director, said knowing the Foundation was able to support continued learning during a difficult time is satisfying,

"Hearing about how a grant from the Foundation allowed Onashiwin to make that crucial connection with not just the kids, but their families too, was special," Clegg said.

"We have a shared bond in knowing what a difficult time COVID was, and to know that kids were able to keep learning and that they and their families got a mental health boost, even if they didn't know they needed it, is incredible. It's what the Foundation is all about."

Duncan said the kits were instrumental in connecting with the families while they stayed at home, and they're just as important now that kids can return on site.

"We feel blessed to partner with the Selkirk & District Community Foundation. They were able to fund us for some curriculum kits, so each child received a kit with pencils and crayons and scissors, everything for school readiness," Duncan said.

"Not only did the kits go home, but we have the individual kits here that only that child can use."

"Our hearts are happy. A huge shout out and thank you to the Selkirk & District Community Foundation for allowing us to give all of these



RECORD PHOTO SUBMITTED

Food security has been important over the COVID-19 pandemic, and Onashiwin provided healthy food hampers to their families.

special events and experiences to our families."

The SDCF is accepting grant applications now with a deadline of Sept. 30 to apply.

Applicants must be a registered charity with the Canada Revenue Agency, located and providing ser-

vices within the City of Selkirk or the RMs of St. Andrews or St. Clements.

Grant applications have moved solely online this year. Go to sdca.ca for an application. Call 204-785-9755 or email selkirkfoundation@shaw.ca for more information.

Biking to Nowhere



RECORD PHOTO BY BRETT MITCHELL

This weekend cyclists got together for the first Bridge to Nowhere Ride. The event saw people jumping on their bikes in Kildonan Park and taking on the 25 km trek to Birds Hill or the 90 km journey to the Bridge to Nowhere in support of Hockey Helps the Homeless and the Brother's of the Fork Cycling Club. Proceeds raised went to Resource Assistance for Youth, Willow Place and Red Road Lodge in an effort to put the brakes on homelessness. As of Sept. 13, this event was a huge success surpassing their goal and raising \$39,191.44 for the cause.

What's *Your* story?

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A young entrepreneur starting out?

Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337

The Selkirk Record

Provincial COVID dashboard shows COVID cases, hospitalization by vaccination status

By Patricia Barrett

The provincial government unveiled a new COVID-19 dashboard last week that shows infections by vaccination status.

Acting deputy chief public health officer Jazz Atwal announced last week that the new dashboard will show COVID infections among those who remain unvaccinated, those who are partially vaccinated and those who are fully vaccinated. It will also show hospitalization and ICU numbers by vaccination status.

Atwal said new infections are being driven by the unvaccinated.

On Sept. 10, the new dashboard showed 105 new COVID infections of which 77 (or 73 per cent) were among unvaccinated people. Fully vaccinated people accounted for 19 (or 18 per cent) of the new cases that day while the partially vaccinated accounted for nine cases (or nine per cent).

COVID and its variants are infecting partially and fully vaccinated people, indicating the virus's ability to get around immune defences induced by COVID vaccines. Scientific studies have shown, though, that these breakthrough infections are much less severe and less deadly in vaccinated people than they are in those who remain unvaccinated.

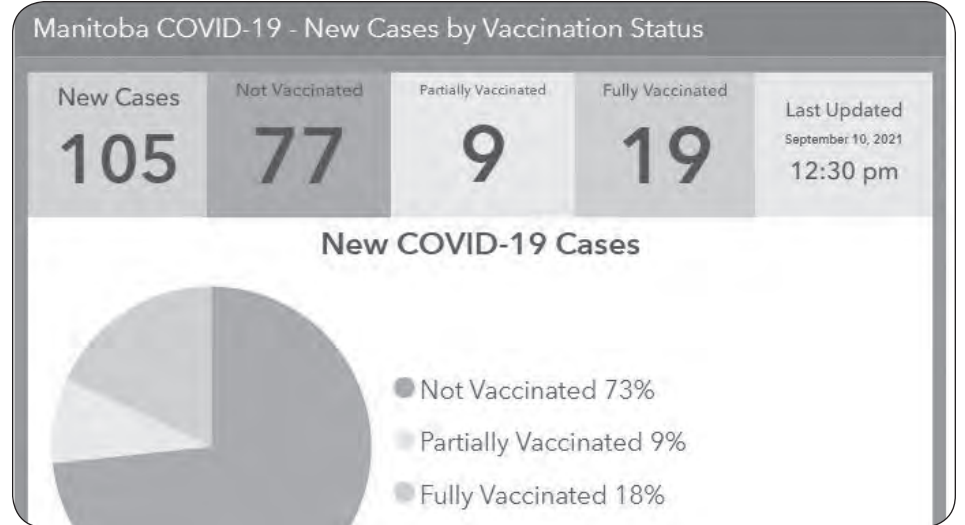
On Sept. 8 the province updated its

requirement for mandatory quarantine, according to its COVID-19 travel webpage. Anyone returning to or coming to Manitoba from "all jurisdictions" must quarantine for 14 days regardless of symptoms and test results. Travellers who are exempt from quarantine are advised to self-monitor for 14 days upon arrival in Manitoba.

Over the month of August, travellers by train (Via Rail) and plane (domestic airlines such as Air Canada, Flair, Swoop, WestJet, as well as connecting international airlines) continued to be exposed to COVID.

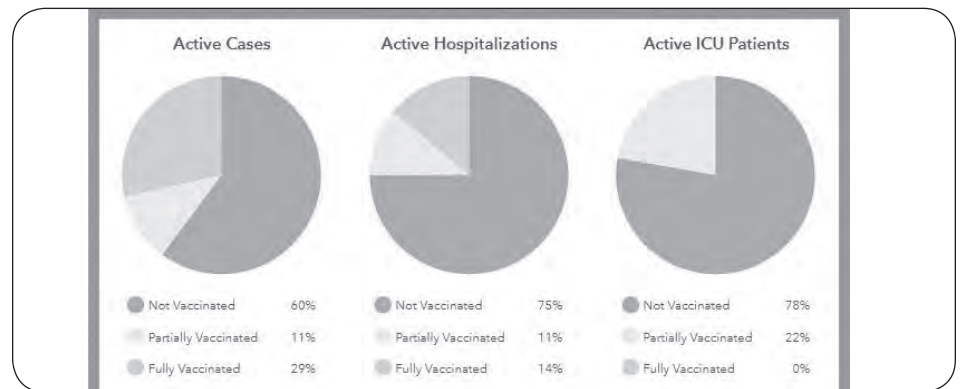
Across the Interlake-Eastern health region, the spread of COVID and/or its variants continue. There were 23 active cases in the Arborg-Riverton area, two in Eriksdale-Ashern, five in Fisher River-Peguis, two in Selkirk, five in Stonewall-Teulon and one in Winnipeg Beach-St. Andrews, according to the province's regional dashboard (viewed Sept. 12).

In Canada, Alberta is leading the country in COVID infections, according to federal government data released last week. Over the past seven days since Sept. 8, Alberta had 8,809 new cases. Ontario was second at 5,126 cases followed by British Columbia at 4,711 and Quebec at 4,538. Manitoba had 293 new cases over that time period.

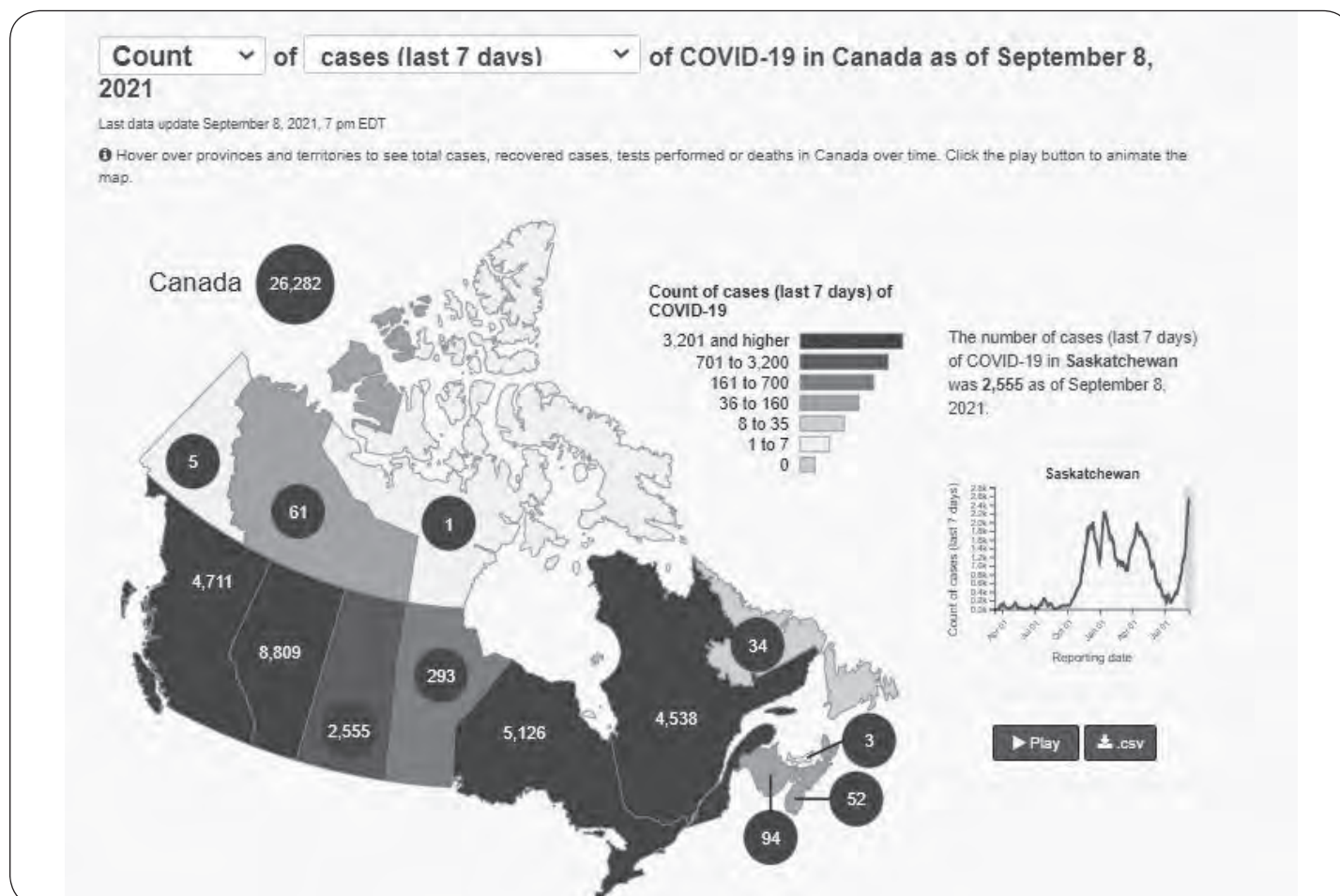


PROVINCE OF MANITOBA

New COVID infections are shown by vaccination status on Sept. 10.



Total active infections, hospitalization and ICU numbers are shown by vaccination status Sept. 10.



GOVERNMENT OF CANADA

Over the past seven days since Sept. 8, Alberta has led the country in COVID infections followed by Ontario, B.C. and Quebec.

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Enjoying the river flow

Paddling race encourages people to enjoy what the Red River has to offer

By Ligia Braidotti

The Red River Paddle Challenge is taking place again, with paddling enthusiasts crowding the Red River to arrive in Lockport.

On Sept. 25, paddlers from all over North America will be gathering at the Red River in Winnipeg's St. Vital Park and will race 44 kilometres to Half Moon Drive-In in Lockport.

This is the third year they are holding this event, and race director Brad Friesen said they welcome people from all skill levels — from beginners to professional athletes. According to him, this is a race to have fun and promote the sport.

"We just want to get people paddling. We have these amazing rivers here in Winnipeg, and they are underused. So it's nice to get people out to have a good experience on the river while doing something challenging at the same time," he added.

It takes racers anywhere from three and a half hours to eight hours to arrive at the finish line. The RRPC has been very successful over the three years it's been running. The number of participants grows annually. They had approximately 62 paddlers in 2019; they already have more than 100 people signed up.

"What's also cool, it's that it's not just local paddlers. We're getting people from across Canada and the U.S. This

year we have two Americans signed up. One is from South Dakota, and the other is from Minnesota. If they are vaccinated, they can come across the border," Friesen explained. "But we also have people travelling from B.C., Alberta, Saskatchewan, Ontario, Toronto. It's awesome. It's an across Canada event, and with the Americans coming here, we can call it an international event."

All competitors paddle the entire distance, either solo or in teams. There is also a relay category for those who aren't quite ready to take on the entire course but still want to participate in the event.

For those who want to get paddling at the Red River, registration for the RRPC closes on Sept. 18. Tickets are \$100 per participant and include three fully stocked aid stations, a souvenir race t-shirt, finisher medal, Half Moon Drive-In food voucher, passes to Orangetheory Fitness, custom awards for top finishers, prize draws, medical coverage on the course, and professional photographers and videographers.

For more information or to register, go to <https://www.redriverpaddlechallenge.com/>



RECORD PHOTOS COURTESY OF THE MANITOBA PADDLING ASSOCIATION
Paddlers race towards Lockport at the Red River Paddle Challenge held in September 2020.



Sandy Hook couple take "lake life" to a new level

By Iris Dyck

In 1985, Gayle and Boyd Halliwell went on a boat ride that changed their lives.

The couple accepted an invitation to spend the day on a friend's boat. They zipped up and down the Red River, eventually passing through Lockport toward the south end of Lake Winnipeg. Though they'd been boating before, something about the water that day captivated them. They didn't want the trip to end.

"We were just having so much fun with the ride, we looked at each other and said, 'We have to get a boat,'" said Gayle.

The group pulled up to a dock at the mouth of the river and got out to have a picnic lunch. That's when Boyd noticed a large cabin cruiser nearby. The boat's owner was sitting on the back deck, basking in the sun, reading the newspaper.

"Gayle," Boyd said to his wife, "we have to get a BIG boat."

The couple bought their own 21 ft. cabin cruiser shortly after and joined a boating club in Winnipeg. After speaking with some of the club's members who were spending the night on their boats, Gayle and Boyd decided they should try that, too.

"After the first night, there was no looking back," said Gayle. "We never went home in the summer again."

Since then, the Halliwells have organized their lives around boating, aiming to spend every spare moment on the water. They've upgraded to a larger boat and have explored countless bays and islands on Lake Winnipeg. They've spent nights aboard in sheltered coves off the inland ocean, and in 1992 they moved to Sandy Hook to be closer to the water and their "floating cottage."

The "cottage" is the Solitude VI, a 32 ft. Bayliner Explorer they bought 18 years ago. It has indoor space for sleeping, cooking, dining, and even has a small washroom. The Halliwells have hosted up to seven people overnight but admit it "fills up pretty quick" with that many people aboard. Gas-powered twin engines propel the boat through the unpredictable Lake Winnipeg waters.

As a federally registered vessel, the couple owns just two-thirds of the boat; the other third belongs to the Queen. Should Lake Winnipeg ever come under attack, the boat would be called to duty and equipped with guns. As captain, Boyd could be sent into battle to defend the province's largest lake.

Fortunately, they haven't heard from the Queen yet.

"The Queen has not even bothered to call us," Gayle said, laughing.

"And she doesn't buy us any gas, either," said Boyd.

Gayle and Boyd met in their early teens in Winnipeg. Gayle's brother, a classmate of Boyd's, asked him to take Gayle to another friend's birthday party as a favour. That was in 1969, and the couple have been together ever since.

"Boyd did my brother the favour, and he said it's the last favour he ever did," Gayle said.

Boyd's love of the water goes back to his early childhood on Emerald Lake in northern Saskatchewan. At six years old, Boyd was operating his parents' aluminum boat, charging fishermen a nickel each for a ride out on the lake. His dad brought him fuel on his way home from work nearly every night to keep Boyd's business afloat.

Boyd eventually went on to work for MTS, and Gayle worked as a school principal and as an artist. Commuting to work from the boat presented its own set of challenges. Gayle kept briefcases full of clothes in her office for the stretches between trips to the house for laundry.

"Sometimes we went to work with wrinkles in our clothes," said Gayle. "We've both been retired now for several years, so we don't have those problems anymore."

When friends and family come to visit the Halliwells in the summer, they will often set up their guests in a room at their house in Sandy Hook while they stay on the boat. Sometimes it is a more long-term arrangement. They've had the unusual experience of being invited for dinner at their own house by the friends who were staying there for the summer.

When the air gets chilly in the fall, Gayle and Boyd and hundreds of other boaters store their boats in old airplane hangars in Gimli. They do any needed repairs or maintenance over



RECORD PHOTOS BY BRETT MITCHELL

The Halliwells harbour their boat in Winnipeg Beach and plot their route daily after checking the wind and weather forecast.

the winter in anticipation of the upcoming season.

"You get a little taste of it all winter, and yeah, the excitement builds," said Gayle.

In retirement, Gayle and Boyd have travelled internationally. Even on these trips, they find themselves gravitating toward boats, be they on lakes or oceans.

"You can kind of extend your season to almost year-round," said Boyd.

The couple once went on a dinner cruise near Acapulco, Mexico, and left the table during dessert to find the boat's wheelhouse. Despite not speaking any Spanish, and the captain not speaking any English, they were able to communicate that they were experienced boaters. After a bit of back and forth, the captain left Gayle and Boyd to drive the boat while he went off to eat his dinner.

"When you buy a boat, you become part of an instant community," said Boyd. "It doesn't matter how old or how young or how experienced you are. Everybody's instant friends."

It's this community that's kept the Halliwells coming back to Lake Winnipeg year after year. They've met people from across the province driving all sorts of different boats. But perhaps their most meaningful relationship is that with Lake Winnipeg

itself.

"We've seen her raging, furious, tossing us around and scaring the absolute pants off of us," said Gayle. "But we've also seen the lake at its most vulnerable, too."

Zebra mussels and blue algae remind them of the lake's fragile nature. The lake can also play tricks on them; one evening on their way home from Hecla Island, Gayle and Boyd lost sight of the horizon, and suddenly saw a boat flying toward them through the air. With no land in sight to orient them, the sky and water blended together and created an optical illusion.

"It's going to sound funny, but I'd have to say the middle is my favourite part," said Gayle. She loves watching the colour of the water change with the setting sun and the patterns it makes in the water.

Gayle and Boyd meet new boaters on Lake Winnipeg every summer and watch as they fall in love with it like they did all those years ago. They say the lake has a certain magic to it that is hard to describe.

"There's this lure that happens," said Gayle. "Even if it's just a 12 ft. dinghy, if you can find a place to put it in the water somewhere and tootle around, you'll see things that you never thought you would."



Gayle and Boyd Halliwell fell in love with Lake Winnipeg and have spent every summer exploring it for over 30 years. "It's paradise," said Gayle.



Boyd Halliwell steers the Solitude VI from the boat's flybridge, an open deck on the top of the boat.

Fire station open house fun in West St. Paul



RECORD PHOTOS BY KATELYN BOULANGER

This past weekend the West St. Paul firefighters welcomed residents with some fire hall fun. They hosted a fire hall open house which had a bouncy fire truck, a barbecue, and a demonstration of how the fire-fighters save people from vehicles.

Provincial powerlifting comes to Selkirk



RECORD PHOTOS BY KATELYN BOULANGER

Selkirk's Iron Image was busy this weekend hosting the Manitoba Powerlifting Association's 2021 Provincial Powerlifting Championships. This is the first event of this size in 2 years and is an exciting return to competitive sport within our community. Over 50 competitors including two local athletes participated with Tom Pachal winning silver in the men's 83kg weight class by raking up a 419lbs Squat, 303lbs Bench Press, and 512lbs Deadlift and Meagan Allardice getting silver in the women's 69kg weight class with a 248lbs Squat, 127lbs Bench Press, and 254lbs Deadlift. Pachal will be participating in Western Championships in November.

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'There's a bad moon rising'

The Bloodshots released their latest single in August

By Ligia Braidotti

Selkirk's The Bloodshots band has recently released a new single.

They had been trying to get into studio since they recorded and released another single last November, but with COVID-19, The Bloodshots had to put most of their plans on hold. Once they got back to the studio, they decided to do a cover of Creedance Clearwater Revival's *Bad Moon Rising*.

"It's a fresh take on the classic song," band member CJ Loane said. "It was a song that was kicking around our live

set for a few years, and it was always well received. We were also thinking of staying in the theme of the current climate of the world. Lockdown, quarantine, vaccination, forest fires everywhere, police brutality...there's a bad moon rising. It fits with everything."

Since their last single was released, The Bloodshots have been well received globally. They've hit radio countdowns in Australia and the United Kingdom.

"A lot of people from their radio stations and rock show fans have kept in

touch to see what we've [got] coming with next," Loane continued.

Bad Moon Rising is getting The Bloodshots on the monthly lists on music streaming sites and local radio stations have also added the song to their repertoires.

After so much success with *No Way Out*, they are planning to release a new album with 10 tracks.

Unfortunately, the band couldn't have a release show for their new cover single, but are excited to see that the future is looking brighter. Since the province has been easing restrictions and allowing double-vaccinated citizens to enjoy some normalcy, they will be having a show in November at Park Theatre in Winnipeg.

"During that show we'll be premiering a whole new set," Loane announced, adding they are almost sold out for that show. "It's looking pretty good. It's just crazy because there's no way to know. It seems like it doesn't really matter how vaccinated the province is, we're still walking on eggshells."

The Bloodshots *Bad Moon Rising* single is available on streaming websites such as Spotify and Apple Music. Their next concert takes place on Fri., Nov. 26 at Park Theatre in Winnipeg. Tickets are \$15 in advance and \$25 at the door. Tickets are available online at myparktheatre.com or directly with the band.



RECORD PHOTO BY BRITTNEY LAMBERT PHOTOGRAPHY

The Bloodshots band released a new single 'Bad Moon Rising' in August.

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Access Credit Union , Noventis Credit Union and Sunova Credit Union engage in merger discussions

Submitted

The Boards of Directors for Access Credit Union, Noventis Credit Union and Sunova Credit Union are pleased to announce that they are currently engaged in discussions regarding the potential for a merger between the three organizations.

Leaders from Access, Noventis and Sunova began discussions in January 2021 after each organization recognized that ongoing change was necessary for continued growth and to ensure value for their members in an increasingly competitive environment. Since then, the teams have completed initial reviews and evaluation that has revealed this potential partnership is worth exploring for the benefit of their members, employees, and communities.

As part of their continuing due diligence, each credit union will encourage broad participation by engaging with their members and employees. This will be valuable as they determine their next steps, and the boards prepare to make a recommendation to their respective memberships.

"During these preliminary discussions, we realized our values and

cultures were very much aligned. We believe that by working together, we can continue to provide competitive products and services for our respective memberships now, and into the future, as well as great opportunities for all of our employees," noted Sunova Board Chair Kevin Beresford.

Noventis Board Chair Paul Cuthbert said the new entity will continue to have a strong focus on serving the community.

"Building strong community is important to each of our organizations and this merger would provide the capacity for a stronger community investment program now and into the future."

"We are very excited about the potential of this partnership and therefore, decided to share this exciting news with our employees, members and our communities at this early stage in the process. All three credit unions have a strong commitment to putting the needs of our members first and to maintain value for our memberships," shared Ingrid Loewen, Board Chair for Access Credit Union. "As we proceed through the exploration stage, developing a detailed business case, we look forward to our potential future together. We will continue to engage and inform our employees and members as things progress and confirm our final recommendation to

the members later this year."

Following completion of the due diligence process, if the Board of Directors from all three organizations choose to recommend a merger, they will seek membership approval in the winter of 2022.

About Access Credit Union

Access Credit Union was incorporated in 2020 following a merger with Crosstown Civic Credit Union. The current assets exceed \$6 billion. The credit union serves 92,000 members through 26 service delivery offices spread across southern Manitoba and Winnipeg. Access is currently the 2nd

Continued on page 26

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Connect to what matters

Paws for a Cause walk a second year success



RECORD PHOTOS BY KATELYN BOULANGER

Tails were wagging and money was raised in Selkirk for the Never Alone Foundation's Paws for a Cause walk which took place this weekend. In total over \$16,000 was raised from local donations of \$8,050 and matching funds from the Kinsman. Pictured clockwise from top left: Michael Schiefer with a puppy looking for a forever home through Funds for Pets Rescue. Walkers took their pups on a 2 km walk to bring awareness for the Never Alone Foundation. Kids got to play with a pack of friendly chihuahuas from Smart Dogs a dog training business from Teulon.

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



Daily Direction From God's Word

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A photograph of two children ice skating on a rink. One child is in the foreground, wearing a blue and yellow striped shirt and a yellow helmet, skating towards the right. The other child is in the background, wearing a black shirt and a black helmet, skating towards the left.A close-up photograph of a person's legs and skis, showing blue pants and black skis with red and white accents.

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Curling club gets insulated



RECORD PHOTO SUBMITTED

Selkirk's Curling Club is seeing a major upgrade this season with their spray foam insulation roof project seeing completion. The club will be able to keep the building at a more constant temperature this year which should result in a more comfortable experience for curlers. The curling club is also taking registrations for this season. Learn more at <https://selkirkcurlingclub.com/home-page>.

MB RCMP charge Wildman

Submitted by Manitoba RCMP

After an intensive investigation, RCMP Manitoba Major Crime Services investigators have charged Eric Wildman, 34, from the RM of St. Clements, with First Degree Murder in the death of 40-year-old Clifford Joseph. On Sept. 9, officers attended to Headingley Correctional Centre to formally arrest and charge Wildman, who is in custody on previous charges.

"This investigation really started on June 7, when we received a report that Mr. Joseph was missing. We became aware pretty quickly

that his disappearance was suspicious," said Superintendent Michael Koppang, Officer in Charge of Major Crime Services for the Manitoba RCMP. "We could not have anticipated at the outset the events that would come next – a manhunt, shots fired at officers, and finally an arrest. Through all of it, our investigators worked tirelessly to find out what happened to Mr. Joseph."

Wildman appeared in court in Winnipeg on Sept. 10. He remains in custody.

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September 18, 2021 is International TTP Day. This day brings local TTP communities together on a global scale to raise funds to support research, education, and support for this orphan disorder. Please give generously today!

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Craftsman home renovation ideas

Craftsman homes trace their roots to the late 19th century. An architectural style inspired by the Arts and Crafts movement that flourished in Europe and North America

for roughly 40 years between 1880 and 1920, the American Craftsman home has endured into the 21st century thanks to its beauty and the unique feel its homes inspire.

Many craftsman homes were built nearly a century ago if not even earlier. That means these homes may be in need of some renovations that make them more functional in modern times without sacrificing their historic beauty.

- Siding: Craftsman homes are instantly recognizable from the street. Homeowners who want to maintain that authentic craftsman feel must carefully consider their choice of material when replacing the siding on their homes. The siding manufacturer Allura notes that fiber cement siding can be a great option for homeowners who want to replicate the original design of craftsman homes built with sported board-and-batten siding. Fiber cement siding gives the appearance of wood when installed and does not fade quickly or require significant maintenance.

- Exterior color: Homeowners need not feel beholden to certain colors when replacing siding or repainting their homes' exteriors. Nautical color schemes featuring navy blue exteriors with white accents can highlight features that are unique to craftsman homes, but more understated colors and tones can work just as well.

- Porches: An expansive, welcoming front porch that



makes for the perfect place to relax and read when the outdoors beckons is a telltale feature of craftsman homes. Furniture options abound when homeowners are looking to upgrade the living spaces just outside the front door of their craftsman homes. Adirondack chairs can make a porch a relaxing place to enjoy a morning coffee or post-dinner digestif, while wicker furniture can help homeowners establish a relaxing vibe for summer. A porch swing or hammock can make that relaxing vibe resonate even more.

- Real wood cabinets: Cabinets are a popular avenue homeowners look to when they want to give their kitchens a new look without breaking the bank. When upgrading cabinets in a craftsman home, the home renovation experts at HGTV note that craftsman-style kitchen cabinets often feature straight lines and minimal ornamentation. Cabinets are typically made from heavy woods like quartersawn oak, hickory, cherry, or maple. HGTV notes that updating the cabinets in a craftsman home often requires custom cabinetmakers, so the project

may be more expensive than it would be if replacing the cabinets in a different style of home.

Craftsman homes are instantly recognizable thanks to many of their unique features. There are various ways to renovate craftsman homes yet still maintain their authentic feel.

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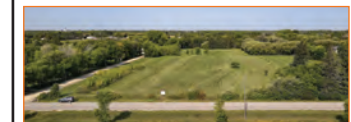
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Signs it is time to overhaul your kitchen



Remodeling a kitchen adds value to a home. Remodeling Magazine's "Cost vs. Value Report" indicates mid-range kitchen remodels cost about \$66,000, and homeowners can expect to recover about 60 to 80 percent of that cost at resale.

Homeowners may wonder if remodeling their kitchens is worth the investment. But homeowners should not just consider cost, but also the current conditions of their kitchens when deciding if a renovation project is the right move to make. These signs indicate it may be time to renovate a kitchen.

- **Breakers are triggered:** If the lights go dark from a tripped circuit breaker every time you try to microwave and run the toaster oven at the same time, your wiring is likely not up to the task of handling the workload and could be out of date. A kitchen remodel will assess wiring load needs and an electric overhaul may be necessary.

- **Lack of storage:** One of the biggest hassles homeowners encounter in their kitchens is a lack of storage space. If making a meal involves a Jenga-like stacking and rearranging of kitchen tools, or if an avalanche occurs whenever you search for an item, you might need more storage. A carefully planned redesign can achieve this, even in a smaller kitchen.

- **Outdated appliances:** Even if your appliances are not avocado green or mustard yellow relics of the 1970s, they might still need to be replaced. According to CRD Design, appliances are only expected to last around 10 to 15 years. If appliances have become unsafe or energy hogs, it could be time for a remodel.

- **Family is expanding (or shrinking):**

Kitchens often are the heart of a home. They need to meet the needs of the family that resides in that home. A remodel can add space as needed. On the flip side, when a couple becomes empty nesters, kitchens can be redesigned and downsized to reflect their new needs and desires, such as the addition of a wine chiller or espresso station.

- **Poor lighting:** Task lighting is essential in a kitchen, but older homes may not be equipped with lighting where it's most needed. A carefully designed remodel can improve lighting with under-cabinet lights, pendants, overhead lighting, and even natural light to make the space attractive and more functional.

- **Frequent run-ins:** The notion that you can have too many cooks in the kitchen refers to having too many people try-

ing to pitch in or offer their opinions. However, it also can apply to when too many people are gathering in a small space. Redesigning a kitchen can improve the efficiency of a space and make the room feel larger.

- **Aesthetic appeal:** Many kitchen remodels have been inspired by unsightly kitchens. Cosmetic changes can lead to big improvements.

Kitchen renovations can add instant appeal and help address issues that tend to plague outdated rooms.

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Winter wheat can yield good profit to farmers

By Ligia Braidotti

This year, because of the drought, harvest happened much faster and much earlier than normal, and as a result, farmers have had a pretty wide open fall so far.

But despite the year-to-year uncertainties, farmers are adapting and creating resilient operations. One way that they are doing this is with winter wheat.

Winter wheat is very similar to spring wheat, except it is planted in the fall time and because of that, it comes with a lot of additional benefits. Alex Griffiths, agronomist with Ducks Unlimited Canada, explained that winter wheat is usually harvested earlier, it can have better water utilization because it's growing much faster than in the springtime because it was planted before anything else would be, and it also takes away from heavy workload

in spring seeding.

"With winter wheat, what you are getting is a wheat that is very marketable. A lot of it ends up going to seed market, but what does go to millers, like Parrish and Heimbecker is a big player in the game for getting winter wheat, and it's usually on average 50 cents cheaper a bushel and what you get is a 20 per cent more yield than spring wheat. So it ends up being more profitable by the time you're done," he added.

Looking at the long-range forecast, it's not supposed to frost or have too crummy of weather, so, if anyone is thinking about planting winter wheat, this would be the perfect time to do it. Although most of it has already been planted, the crop insurance deadline for winter wheat for 100 per cent coverage is Sept. 25 and for 80 per cent coverage is Sept. 30.

Continued on page 23



RECORD PHOTO SUBMITTED

Winter wheat brings a lot of economic benefit to Manitoba farmers.

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> WINTER WHEAT, FROM PG. 22

The drought was really tough on farmers. People were harvesting half of the hay that they would normally would and half of the crop that they had planted.

Winter wheat has largely prevailed despite harsh growing conditions in many areas this season. Doug Martin's farm in East Selkirk produced 60 bushels of wildfire winter wheat per acre, but only 45 bushels of spring wheat. Besides the high yields, Martin lists a few other reasons why the crop is an essential part of his annual rotation.

"Our winter wheat produced a lot of straw and straw is worth a lot more this year. It produced twice as much as our spring wheat," Martin says, adding it didn't take him long to sell the medium square bales that came off his 500-acre winter wheat fields.

In addition to making money selling straw, he was also able to market the crop easier than before.

"Once harvested, the crop went straight in the bin and then right back out," he says. "That's just part of what makes it a good fit on our farm."

Griffiths also commented that the yield advantage opened a lot of people's eyes to the benefits of winter wheat, and with harvest being so much sooner, a lot of people had more time in the fall, which is usually the busiest time of the year, to get some seeds.

"I found that it really exasperated the spread between yield difference with growing winter wheat compared to spring wheat. It's usually about a 10 to a 20 per cent difference, and this year it ends up being a bit more, quite often 25 or 30 per cent difference in yield. I think that the fact that it was able to use whatever snow we did get. Since we didn't get any moisture until early June, that really helped kickstart the crop right off the bat," he added.

"It worked out really well with the timing of rain as well. By the time we got rain, you were able to put a drill in without the risk of breaking something because it was concrete dry before that."

The recent rains in some parts of the prairie have drenched the parched terrain, leading to good growing conditions for winter cereal crops, but the crops don't require much moisture to start growing.

"Winter wheat can germinate with only one-third of an inch of rain," said Griffiths. "What I tell producers is to never wait for rain. Get it in the ground as soon as you can and then the next shower will get it started."

Producers should get their soils tested this fall, according to Martin and Griffiths. The dry weather may have left a lot of nitrogen leftover from previous crops, and it's good to know where it is and how much is needed.

Considering the rising price of fertilizer, split-applying nitrogen, half in the fall and half in the spring, might also be a good idea. Managing risks and operating more economically are two important aspects.

New growers or those who haven't grown for a while should properly manage their stubble, says Martin.

"Watch your stubble as it can break," he says. "Stubble management is key. Without proper stubble, it reduces the ability to trap snow and to protect the crop over the winter. You may have to slow down on the field especially when desiccating and straight cutting."

Last but not least, Martin controls weeds after seeding to reduce costs. Since winter wheat is such a competitive crop, producers may not have to spray in-crop for weeds if they take care of them in the fall.

"This can also save you on inputs if you don't have to apply a broadleaf next year," he says. "All these things add up."



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NACI recommends third COVID vaccination for immunocompromised

Recommended for organ transplant patients, those being treated for solid tumour or hematologic malignancies

By Patricia Barrett

Canada's National Advisory Committee on Immunization (NACI) recommended last week that some immunocompromised Canadians should receive a third shot of an mRNA COVID-19 vaccine such as Pfizer-BioNTech's or Moderna's.

The Public Health Agency of Canada released a Sept. 10 statement from NACI, which said its recommendation is based on scientific evidence and NACI's expert opinion.

"NACI has carefully reviewed the available data, in-

cluding an assessment of benefits and harms of an additional dose, and have recommended that moderately or severely immunocompromised individuals who may have somewhat lower responses to their first vaccinations should receive a three-dose primary vaccine series using mRNA COVID-19 vaccine for the additional dose," said NACI chair Dr. Shelley Deeks in the statement. "This is not unusual for immunocompromised groups, where we often recommend different vaccine schedules to help them achieve better protection."

Immunocompromised individuals have weakened immune systems because of disease or medical treatment, said the statement, and some of those people will have a weaker immune response to the vaccine than the general population.

Recent research shows immunocompromised people who had a reduced response to an mRNA vaccine can see an increased immune response after a third dose, said the statement. Immunocompromised people who contract COVID-19 are at increased risk for "prolonged infection and serious complications" from the virus.

Third doses are recommended for people undergoing active treatment for solid tumour or hematologic malignancies, those who received a solid-organ transplant and are taking immunosuppressive therapy, those with advanced HIV and people with moderate to severe immunodeficiency. A full list is available online.

A third dose of a viral COVID-19 vaccine, such as AstraZeneca's, should only be considered when other authorized COVID-19 vaccines are contraindicated or inaccessible, said the statement.

The advisory committee didn't make a recommendation on whether a broader segment of the Canadian population should receive a third dose.

"NACI is also looking at whether booster doses might be needed for some key populations, but it is too early to comment on the state of the evidence for general boosters at this time," said Deeks.

Offering third doses to the immunocompromised "contributes to health equity," said the statement.

NACI's advice goes against the World Health Organization, which wants wealthy countries to refrain from giving their populations third doses as poorer countries do not have equitable access to the vaccines.

"In the context of ongoing global vaccine supply constraints, administration of booster doses will exacerbate inequities by driving up demand and consuming scarce supply while priority populations in some countries, or subnational settings, have not yet received a primary vaccination series," states the WHO's interim statement on COVID-19 vaccine booster doses that was released Aug. 10. "The focus for the time being remains on increasing global vaccination coverage with the primary series"

Other countries are going ahead with third doses. Israel is offering its population (anyone 30 and older) third doses. The U.K. is offering third doses to severely immunocompromised people. And the U.S. is offering a third shot to people with compromised immune systems.

In Canada, Ontario is offering third doses to immunocompromised people. Alberta will offer third shots to the immunocompromised, seniors living in congregate care and some travellers who had received AstraZeneca or other mixed vaccine doses that aren't recognized by other countries.

Manitoba's vaccine task force had said at the end of August there was "no medical reason" to provide third doses, but that could change.

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Local author Susan Berry has had a busy past year

Selkirk area resident has published many children's books

By Katelyn Boulanger

Though the writing of the books took longer, Susan Berry decided to put the time that she wasn't able to see friends and family because of the COVID-19 pandemic to good use collecting her previously written works together, which resulted in publishing 15 children's books over the past year or so.

The stories themselves took Berry, who used to work as a teacher and special education teacher with all grade levels, about 4 years to write but once she had her stories written she hit pause as she was unsure where to go from there.

After COVID-19 allowed her time to explore her options, she decided that self-publishing on Amazon was the right move for her and with the help of a graphic designer was able to put the ten children's books she had previously written and a few more new ones out into the world.

This is not Berry's only writing endeavour as she has also published two books of poetry in the past which are

geared towards a general audience. Poetry is actually where she got her start in writing.

"I was published as a poet in grade three. I wrote a poem about snow falling on the ground . . . My teacher liked it and sent it into the paper so that was my first experience. But obviously, I didn't take it seriously. But, I always kept writing and I wrote. I did a lot of writing for the school division. I wrote manuals for the ESL programs and that kind of thing. So it always was sort of my thing," Berry said.

Being a teacher, she says that the transition from poetry to children's books was natural.

"For me, having taught kids and reading a lot to kids. Having that sense of wisdom and life really appealed to me. Most of my books are written in verse and so I think it just sort of came naturally to me and then when I had grandchildren that really motivated me to write start writing for them," she said.

Though her books cover a variety of topics, some of them are: a book about

sign language, an alphabet learning book and there are also books with life lessons such as one called the *Little Pink Pig* where the main character learns that it's ok if not everyone wants to be your friend.

She advises parents to start reading to their children as soon as they can sit up in their lap.

"[At] four or five months you can share a book with a child and show them the pictures and talk to them. It's really, really important," said Berry.

Though she's not sure what's going to be next for her, she has had some ideas for books for older children that she's thinking of pursuing and she also has more poetry that may at some point find its way into a third poetry book.

To check out Berry's books look her up on Amazon or check out Coles in Kildonan Place Mall in Winnipeg which also has her first two books, *The Little Pink Pig* and *I Can Be Anything*. Gwen Fox Gallery should also have copies of her books in the next few months just in time for Christmas.



PHOTO BY EARL PALANSKY
Susan Berry with some of her children's books.



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New provincial curriculum advisory panel members named

Submitted by Manitoba government
The Manitoba government has es-

tablished a Provincial Curriculum
Advisory Panel to help form a new

provincial curriculum framework as
part of the Better Education Starts

Today (BEST) strategy, Education Minister Cliff Cullen announced last week.

"The advisory panel will begin their work this fall, beginning with the design of a new provincial framework that will identify the underlying principles of the Kindergarten to Grade 12 curriculum and establish its overall structure," said Cullen. "The new framework will set out the vision, principles, skills, knowledge and values to empower students."

The minister noted consultations will take place in the fall of 2021 with a broad

spectrum of stakeholders, allowing input from across the province. The new framework will guide future K-12 curriculum development and ensure all subject areas are inclusive, reflect the full diversity of peoples in Manitoba, promote human rights and responsible citizenship through a focus on Indigenous perspectives, gender diversity and anti-racism.

"These educators and stakeholders represent the diversity, ideas and talents of the people of Manitoba," said Cullen. "They will help government develop a new provincial curriculum framework that supports relevant, high quality learning for all, from Kindergarten to Grade 12 and beyond. Developing a new framework is a considerable task and the most recent framework dates back to 1995, so it is time for a thorough examination of what exists, what is needed and what is best for our students."

The minister noted system resources will be directed to curriculum implementation and learning at the classroom level, with a distinct focus on four official school programs: English, French, French Immersion and Senior Years Technology.

The panel includes students, parents, educators, school and system leaders, Indigenous partners and business. Terms will run until June 2022. Future terms will be determined based on need.

The Curriculum Advisory Panel members and terms of reference are listed at <https://bettereducationmb.ca/better-education-starts-today-best-strategy-advisory-groups/>.

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Photo Contest

By submitting your photo, you are authorizing us to publish and use your name. All draws are random weekly submissions. Every photo submission is a chance to win!



Submit your photo of you or your crew in Lockport Manitoba living your **LIFE**, using your **LURES** or just **LOVING** your **LOCKPORT** for your chance to win a Grand Prize of a Samsung Galaxy S21 Ultra 5G (MSRP: \$1960) or one of the incredible weekly prizes that are available!

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largest credit union in Manitoba. For more information about Access Credit Union, visit www.accesscu.ca.

About Noventis Credit Union
Noventis was incorporated in 2010 following a series of mergers and currently serves 28,000 members with \$1.14 billion in assets across 12 branches through out the Interlake and west of Winnipeg. Noventis is the 10th largest credit union in Manitoba. For more information about Noventis Credit Union, visit www.noventis.ca.

About Sunova Credit Union
Sunova was incorporated in 1955 and has grown to serve 49,700 members with \$2.3 billion in assets across 14 branches located in Winnipeg, eastern Manitoba and southern Interlake region. Sunova is the 5th largest credit union in Manitoba. For more information about Sunova Credit Union, visit www.sunovacu.ca.

Sheep looking good with their new hairdos

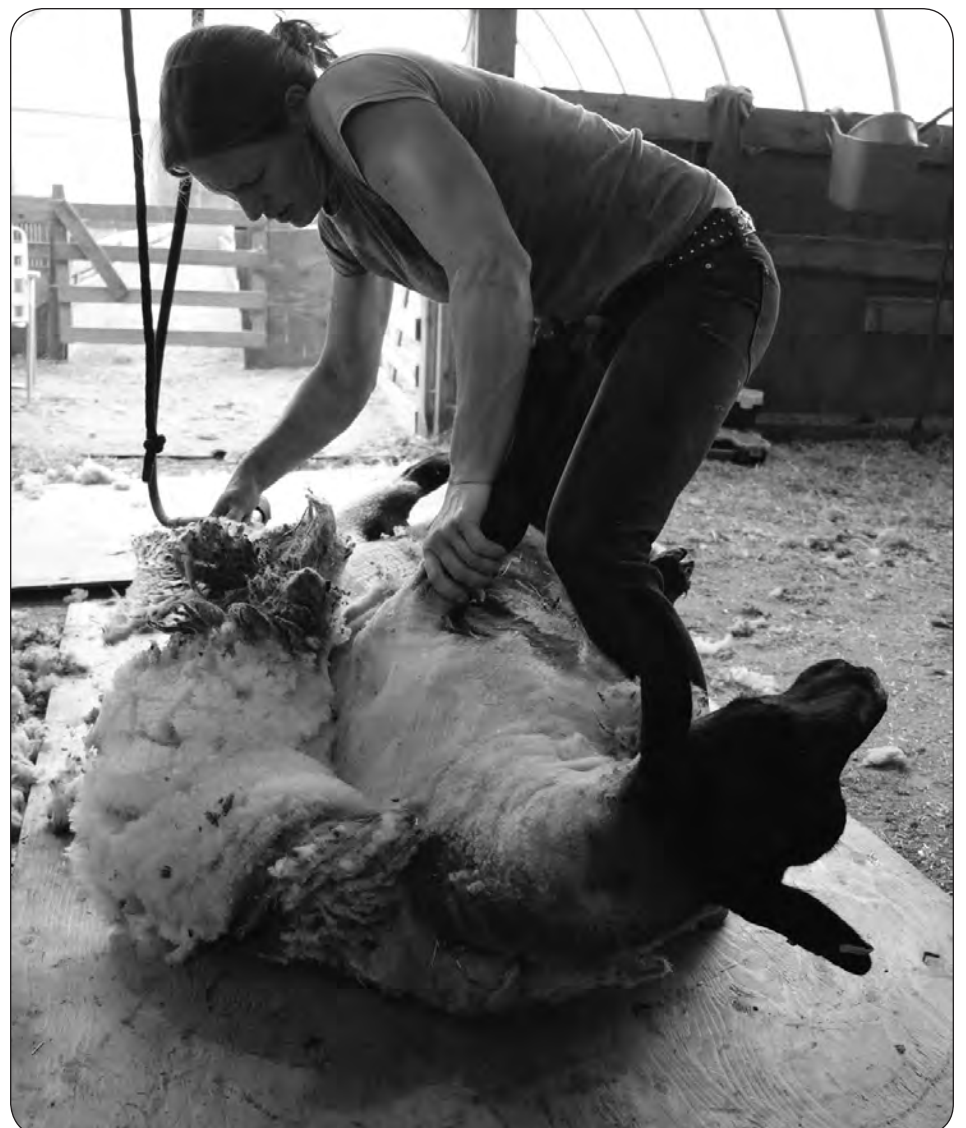


RECORD PHOTOS BY BRETT MITCHELL

Pictured above, Rosvold quickly and carefully strips Gary and Wendy Church's sheep's wool coats just in time for the hot July weather to arrive.

Sheep Shearing Farmer Stacey Rosvold did her magic on more than 8,000 sheep this year. Rosvold is a master at her trade. Sheep have to be handled multiple times during shearing - mustering, yarding, and penning - which is stressful for them. Sheep are usually shorn by professional shearers at least once a year. The American Society of Animal Science Board of Directors wrote in a statement that: "As long as there are sheep, shearing must be practiced for the health and hygiene of each individual animal."

It is unusual for sheep to shed. Unshorn sheep are prone to a number of problems. Sheep struggle to regulate their body temperatures, for example, due to the excess wool. Sheep can overheat and die because of this. Flies, maggots, and other pests are attracted to the wool when urine, feces, and other substances collect in it. This leads to irritation, infections, and health risks for the sheep. Also, predators are more likely to attack sheep with large amounts of wool since they can become immobilized by physical obstacles in their path.



New group forms for grandparents raising grandkids

Support group builds community throughout province

By Jennifer McFee

Are you a grandparent who is raising your grandkids?

If so, there is now a new group just for you.

Tamara Elias, one of the organizers, explained how the group began — and how it has grown since then.

“It started out as a Facebook group to share support and resources, and it’s kind of evolved from there,” she said.

“We’re trying to increase awareness for the numerous families that are in our situation. We’re trying to create more regular contacts, such as monthly meetings and get-togethers so there’s a sense of a support.”

She hopes that other grandparents raising grandkids know that there are others who understand their situation.

“People are not alone. Everybody’s got different stories. It’s quite diverse,” Elias said.

“For us, we fostered the mom of the two grandchildren that we’ve adopted. When her kids came into care, she asked us to take them. As time went on, it evolved to guardianship and then to adoption. Our story is a little different than others.”

Although Elias lives in Winnipeg, the group includes people from all over Manitoba, with the farthest being Garden Hill — and they welcome more members from the Interlake



Tamara Elias is hoping to grow the “Grandparents Raising Grandkids” community.

community and beyond.

On the weekend, they hosted their first-ever event, which took place in Winnipeg at St. Vital Park.

“Although our first event was in the city, our intent is to have things in all of the outlying areas and not just Winnipeg. We found that everything happens in the city and there’s not always a lot of resources outside the city so we’re trying to avoid that,” she said.

“And, of course, we’re hoping to do things virtually because that makes it a lot easier for some grandparents to be able to participate.”

For more information or to keep up to date on upcoming events, you can request to join the Facebook group called “Grandparents Raising Grandkids Manitoba.”



RECORD PHOTOS SUBMITTED

Jessika and Ryan took part in the “Grandparents Raising Grandkids” event held at St. Vital Park this past weekend.

Province commits additional \$1M for mental health programs in schools

By Ashleigh Viveiros

The provincial government announced additional funding last week for mental health supports for staff and students in Manitoba schools.

“The COVID-19 pandemic continues to have a significant impact on the mental health of students and teachers in this community and across the province,” Mental Health, Wellness and Recovery Minister Audrey Gordon said at a press event in front of the Louis Riel School Division offices in Winnipeg last week.

“For this reason, our government is committed to supporting the well-being of all students and staff as they return to school this September.”

Gordon went on to announce the provincial government is providing an additional \$1 million in mental

health supports funding above the \$2.5 million announced last year.

“This investment consists of 11 initiatives that fit into the framework of the Five T strategy,” she said, explaining that includes talking about mental health, training for teachers and school staff, teaching supports for mental health, ensuring appropriate tools and supports are available for students, and taking care of teachers and school staff.

The \$1 million includes:

- an additional \$380,000 to the Canadian Mental Health Association to provide supports to the education workforce, including service-navigation specialists, online resources in French and English, and a peer wellness coaching team;
- an additional \$100,000 for Sources

of Strength in to allow further expansion such as French translation of materials and provide peer-programming training for 50 more educators as well as expanding the number of secondary schools offering the program;

- \$40,000 to provide SafeTalk training for 50 educators, who then train students age 15 and over, teachers and parents in suicide prevention and intervention, and also provide for a centralized SafeTalk registry for easy access and resource deployment;
- \$80,000 to provide further professional development for educators and leaders that is trauma-informed and culturally relevant to address the effects of long-term trauma caused by the pandemic; and

- \$150,000 for pilot projects to sup-

port and enhance well-being through the engagement of elders and knowledge keepers in schools.

These funding decisions were made in consultation with educators about what supports were most effective last school year, Gordon noted.

“Our goal is to build upon what we know works well for our students, teachers, and communities,” she said.

Gordon noted that the government will also be providing additional funding to school divisions to supplement provincial mental health supports.

“This will allow school divisions to continue offering wellness supports that are already in place and to implement further initiatives in response to local needs.”

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Einarson, Roulette win 2021 Tom Longboat Awards

Submitted by the Aboriginal Sport Circle

The Aboriginal Sport Circle is pleased to announce that Kerri Einarson and Connor Roulette are the winners of the 2021 Tom Longboat Awards.

"It is an honour for the Aboriginal Sport Circle to celebrate the achievements of these outstanding athletes through the Tom Longboat Awards," said Rob Newman, ASC President. "Conner and Kerri are recognized within their sport and are inspirational role models for Indigenous athletes across the country."

Einarson is a proud Métis from Camp Morton who competes in the sport of curling and has a long list of accomplishments in both women's and mixed doubles.

Her teams participated and won two national championship tournaments in 2021 - the Scotties Tournament of Hearts and the Home Hardware Canadian Mixed Doubles. Playing at the 2021 World Championships, Einarson's women's and mixed doubles team's performance qualified Canada for the 2022 Winter Olympics in both disciplines.

Her teams are currently working toward their goal of being named the team to represent Canada in Beijing in 2022, which will be determined at

Curling Canada's national trials in November.

"I'm absolutely honoured to have won the Tom Longboat Award," Einarson said. "It's so special to have my name listed among all of the other incredible athletes before me. I'm proud to be an Aboriginal woman in sport."

Roulette, a member of the Misi-pawistik Cree Nation, is a First Nations athlete currently residing in Winnipeg. He competes in the sport of hockey and has celebrated many achievements within the sport. Roulette is a former National Aboriginal Hockey Championship participant where he skated for Team Manitoba.

He also competed for Team Canada at the U17 and gold medalled at the U18 World Hockey Championships.

On July 24, 2021, Roulette, a former Selkirk Steeler, was drafted by the Dallas Stars of the National Hockey League.

"My message to other Indigenous hockey players is to keep working hard, keep practicing, and keep focused on your goals and don't let anybody tell you that you can't achieve them," said Roulette.

In 1951, the Indian Affairs branch of the Canadian federal government created the Tom Longboat Awards to encourage Indigenous assimilation through organized sports. The awards



RECORD PHOTOS SUBMITTED

Conner Roulette, left, and Kerri Einarson were named the 2021 Tom Longboat Award winners.

were named after Tom Longboat, the famed Onondaga distance runner who passed away in 1949.

Through the years, responsibility for the Tom Longboat Awards changed hands several times, eventually moving from government to Indigenous control, where it now stands as a proud emblem of Indigenous self determination.

The Aboriginal Sport Circle has managed and presented the award since 1999.

"Now in their 70th year, the Tom Longboat Awards stand as a testa-

ment to the long history of Indigenous excellence in sport -- not as a way to let go of their identities, but as a way to enhance and restore who they are. This is the kind of legacy Tom Longboat would have been proud of," said Dr. Janice Forsyth, Vice President of the Aboriginal Sport Circle and award-winning author of "Reclaiming Tom Longboat".

Einarson and Roulette will formally receive their awards at the 2021 Canada's Sport Hall of Fame Induction Ceremony, which will be streamed live on Oct. 3.

PoPONICK played Junior 'A' lacrosse in Saskatchewan

By Brian Bowman

With no Junior lacrosse being played in Manitoba this summer, Josh PoPONICK packed up his gear and headed west.

Selkirk's PoPONICK and Winnipeg's Troy Gutowski both played Junior "A" lacrosse for the Saskatchewan SWAT.

"It was lots of fun and it was nice to play a season again," said PoPONICK last week. "I didn't think I was going to be able to play one again so it was nice that we could get out there and play against some of the best players in Alberta."

The SWAT competed against the Okotoks Raiders, Calgary Mountaineers, and the St. Albert Miners.

The teams played 10 regular-season games and then three more in the playoffs. The SWAT won just one game but was competitive in most of the contests.

"We didn't finish too high up but it was still nice to get the ball on the stick again," PoPONICK said.

The competition was very good with every team loaded with talented players.

"It's the highest level that you can play for junior

so it was very good lacrosse," said PoPONICK, who plays defence. "It was definitely a lot more fast-paced than I would have thought but it was fun to play."

PoPONICK, 21, has now aged out of junior lacrosse. But he still has one more season of hockey with the Junior "B" Selkirk Fishermen.

The Fishermen started their training camp last Thursday evening and PoPONICK should be in good shape after playing lacrosse up until last month.

He said playing lacrosse helps him in hockey.

"In box lacrosse it's so much easier to be shifty on your feet rather than on skates," PoPONICK said. "But I found in lacrosse it's like basketball where you go side to side quickly. I find it easier to stay in front of guys in hockey."

As for the Fishermen, PoPONICK expects the team to, once again, be very competitive in the five-team Capital Junior Hockey League.

"I'm definitely looking forward (to the season) after last year got cancelled after five games and we had a pretty good team," he said. "I think we'll be a top contending team."



RECORD PHOTO SUBMITTED

Josh PoPONICK spent this past summer playing Junior 'A' lacrosse for the Saskatchewan SWAT.

Steelers finish MJHL preseason 1-3

Staff

It's a good thing that the MJHL preseason doesn't mean a thing.

The Selkirk Steelers finished their exhibition schedule with a 1-3 record, which included a pair of lopsided losses to the Steinbach Pistons last weekend.

Selkirk wrapped up its preseason with a 7-3 loss to the Pistons in Steinbach on Saturday.

Steinbach, which outscored Selkirk 4-0 in the second period, received goals from Dawson Milliken (two), Owen Weihs, Quinton Pepper, Ty Paisley, Jack Rogers, and Davis Fry.

Connor Tyhy, Tristan Thompson, and Lucas Brennan scored for Selkirk.

Hunter Tarves made 22 saves in the losing cause.

Pumped again by the Pistons

Steinbach turned a close game into a rout with four unanswered third-period goals for an 8-3 win last Friday in Selkirk.

Fry scored twice and had two assists for Steinbach while Pepper had two goals and a helper. Nate Goodbrandson added a goal and two assists.

Marc-Antoine Ducharme, Rogers, and Milliken also scored for the Pistons.

The Steelers' Carson Hinkel-Lysak had a goal and an assist while Nate Hinds and Cameron Hibbert also tallied.

Steinbach was 3-for-7 on the power play while Selkirk was 0-for-7.

The Pistons outshot the Steelers 24-18. Andrew Ness made 16 saves in the loss.

Selkirk flies past Winkler

Mathieu Catellier scored twice while Hayden Wheddon and Thompson each had two assists as the Steelers defeated the Flyers 5-2 in Winkler last Wednesday.

Brennan, Hibbert, and Ryan Ostermann also scored for Selkirk.

Josh Beauchemin and Jayden McCarthy replied for Winkler.

Steelers' goalie Timothy Vigfusson stopped all 23 shots he faced in 31 minutes while Tarves made 16 saves on 18 shots.

Winkler outshot Selkirk 41-24.

Preseason opener

The Steelers started their preseason with a 4-3 home loss to the Flyers.

Matt Gerke, Jordan Hughesman, and Samuel Alsip scored for Selkirk.

Gavin Walz (two), Trent Penner, and Jeremy Dunmore replied for Winkler.

Vigfusson and Andrew Ness split the goaltending duties for the Steelers, who were outshot 33-23.

Selkirk's home opener is this Friday against the Steinbach Pistons. On Saturday, the two teams will hook up in Steinbach.

Both games will start at 7:30 p.m.



RECORD PHOTO BY RICK HIEBERT

The Selkirk Steelers' Quinton Hill battles a Winkler Flyers' player for the puck during preseason action.

Thunder begin RMFL season Sept. 24

Staff

The Interlake Thunder have had an excellent registration and will be fielding teams at all four levels this season.

The Thunder will field teams in Varsity (14-17 year olds), PeeWee (12/13 year olds), Atom (10/11 year

olds), and Cruncher (8/9 year olds).

The three minor level teams are still awaiting a start date and schedule. The high-school-aged Thunder, which play in the Rural Manitoba Football League, will open a six-game regular-season schedule in Virden on Sept. 24.

Steelers have high expectations heading into this season

By Brian Bowman

With 13 players returning from last year's team, the Selkirk Steelers have high expectations this season.

"Given how many guys that are returning and the guys that we brought in, we feel we have the opportunity to do some special things this year with our group," said Steelers' head coach Hudson Friesen after Monday afternoon's practice. "We have some high goals this year for our team and we want to be a force to be reckoned with and playing deep in the spring this season."

This is a tight-knit team, said Friesen, with a great work ethic and a desire to be successful.

The Steelers expect big things from Tristan Thompson and Ryan Ostermann, both 20-year-old forwards, this season. Other forwards that should have solid seasons include Matt Gerke, a 19 year old that was brought in from Alberta, and Quinton Hill, a 20 year old from B.C.

"We also have a strong group of 18 year olds that have come back and are poised to have breakout seasons," Friesen noted.

On the back end, there is a lot to be excited about with Steelers' captain Eric Krywy, who is in his fourth season with the club, leading the way.

Other talented defencemen include Keagan Abbott, a 19 year old who played last season in Powell River, Connor Tyhy, Jared Chapel, Carson Hinkel-Lysak, and Okotoks' product Alex Frank.

"We have lots of depth and lots of guys that can do lots of things," Friesen said. "They can play a hard game and defend really well. We're really set back there."

In goal, Cole Plowman, who recently returned from the Brandon Wheat Kings' camp, and newcomer Hunter Tarves will battle for the No. 1 position.

"Between (Cole) and Hunter, it's going to be a really healthy goaltending competition," Friesen said. "They're both going to be pushing each other for starts. Between both of those guys, we are really set in net and we're really confident that both of those guys can carry the load and be the guy."

Yackel named to Hockey Manitoba's 2021 Female U18 Program of Excellence

Staff

Hockey Manitoba announced its roster for the 2021 Female U18 Program of Excellence last week and it included West St. Paul's Kara Yackel.

Yackel, a forward, plays for the Bal-moral Hall Prep team.

Last weekend, the Female U18 Team

Manitoba participated in a three-game exhibition series against the University of Manitoba Bisons women's hockey team. All games took place at the Wayne Fleming Arena at the University of Manitoba.

Team Manitoba's roster included 11 forwards, seven defencemen and two

goaltenders that were selected following the Female U18 POE Summer Camp that took place from Aug. 13-15 at the Bell MTS Iceplex.

Athletes participated in team practices and inter-squad games over the course of the weekend and were evaluated by the Female U18 POE coach-

ing staff. The 20 players that have been selected for Team Manitoba will compete at the 2021 National Women's U18 Championship from Oct. 31 to Nov. 6, in Dawson Creek, B.C..

MHSAA updates return to school sport plan

From the MHSAA

The Manitoba High School Athletic Association updated its Return to School Sport plan on Sept. 7.

The MHSAA will continue to re-evaluate and adapt as new information and guidelines become available, with the best interest of the student-athletes always in mind.

It is vital that before any Return to School Sport occurs, that you consult and obtain approval from your school division's administration or school administration for independent schools.

Further, each school's administration will be responsible to determine how Return to School Sport will be implemented in their building, ensuring all current Provincial Public Health Orders are followed and each sport specific Return to Play Protocol is being adhered to.

Use of masks

Current Public Health Order: A person who enters or remains in an indoor public place must wear a mask in a manner that covers their mouth, nose, and chin without gapping. The above statements do not apply in respect of the following: a child who is under five years of age; a person with a medical condition that is unrelated to COVID-19, including breathing or cognitive difficulties, or a disability, that prevents them from safely wearing a mask; a person who is unable to put on or remove a mask without the assistance of another person; a

person who is swimming or engaged in other athletic activities; a person who needs to temporarily remove their mask while in the indoor public place for the purpose of: receiving a service that requires the removal of their mask, consuming food or drink, an emergency or medical purpose, or establishing their identity.

Schools must adhere to each sport specific Return to Play Protocol and facility guidelines regarding the use of masks, and if they are needed be worn on the field of play while actively participating in the sport. If there is a discrepancy in mask use policies between a sport specific Return to Play Protocol and a facility or school division policy, the policy with the highest level of protection must be adhered to for all participating.

Immunization

In the current Public Health Orders, there are no immunization requirements for K-12 students to participate in indoor school sports. All coaches, team personnel, and officials 18 years of age and up must be fully vaccinated to participate in all indoor school sports. There are no current immunization requirements for outdoor school sports.

It is the full responsibility of each school to ensure their coaches, team personnel, and officials staff comply with all Provincial Public Health Orders regarding immunization.

Exhibition and league play

The MHSAA permits exhibition and league play provided that the zone receives approval from their respective school division(s), or school(s) administration for independent schools.

All current Provincial Public Health Orders must be followed and the sport specific Return to Play Protocol must be adhered to. No out-of-province teams are permitted to participate.

Tournaments

Hosting and participating in tournaments within Manitoba may proceed. The MHSAA is accepting sanctioning requests for tournaments in all sports. All teams participating must have received approval from their respective school division(s), or school(s) administration for independent schools. All current Provincial Public Health Orders must be followed and the sport specific Return to Play Protocol must be adhered to. No out-of-province teams are permitted to participate.

As per Manitoba Education's Restoring Safe Schools 2021-22 Guidelines, overnight trips remain prohibited. This is subject to change. Any change will follow Public Health Recommendations and Orders at the time.

Provincial championships

Provincial Championships will take place, if and when possible. Currently provincial championships have been paused due to Manitoba Education's restriction on overnight trips. All teams participating must have received approval from their respec-

tive school division(s), or school(s) administration for independent schools. All current Provincial Public Health Orders will be followed and the sport specific Return to Play Protocol will be adhered to. mhsaa.ca Spectators

As per current Provincial Public Health Orders:

Outdoor facilities: The number of spectators at an outdoor sporting or recreational facility must not exceed 50 per cent of the usual spectator capacity of the facility.

Indoor facilities: Indoor sporting and recreational facilities must not operate unless admission of members of the public to the facility is restricted to the following: persons who produce proof that they are fully immunized; persons who produce proof from the Government of Manitoba that there is a medical reason for the person not to receive a vaccine for COVID-19; persons under 18 years of age. For certainty, the above applies to spectators who are watching sporting or recreational activities at the facility. It is the full responsibility of the 'home' or host school to ensure the Provincial Public Health Orders regarding spectators are adhered to.

Interprovincial travel and tournaments

MHSAA member schools will not be sanctioned to travel out-of-province or attend out-of-province tournaments at this time and until further notice.

Fredborg finishes third in northern Saskatchewan

Staff

It was an impressive 54 holes of golf by Selkirk's Travis Fredborg this past week in northern Saskatchewan at the Elkrige Open on the MacKenzie Tour PGA Tour Canada.

Fredborg finished third on the leaderboard, just five strokes back of winner Raoul Menard.

He fired rounds of 68,71, 67 for a 206 total.

Meanwhile, 10 golfers from the University of Manitoba were in Edmonton this past week for the 36-hole University of Alberta Invitational at Northern Bear Golf Club.

Cole Peters shot an opening round one-over par 73, to sit four strokes off

the lead heading into Monday's final round.

Winnipeg's Jacob Armstrong, who attends the University of Fraser Valley, shot a two over par 74. Other Bisons scores included Derek Benson (76), Cameron McIntyre (77), Trent Robertson (77), Nic Fanning (78), Connor Stewart (78), Stefan Lavallee (79),

Brent Ingram (79), and Lachlan Allerton (81).

Marissa Naylor was the lone Manitoban in the women's event. She carded a seven-over par 79 and was two strokes off the lead.

No scores were available from Monday's final round at press time.

CRJHL releases pre-season schedule

Staff

The Capital Region Junior Hockey League will be playing a pre-season exhibition tournament this year.

The tournament will take place Sept 23-26 at the Selkirk Recreation Complex. Here is the schedule:

Sept. 23 - 7:30pm - North Winnipeg versus Arborg, Sept. 24 - 7:30pm - Selkirk versus St. Malo, Sept. 25 - 4:30pm - Lundar versus North Winnipeg, Sept. 26 - 4:30pm - St. Malo versus Arborg, and Sept. 26 - 7:30pm - Selkirk versus Lundar.

Strike Force blasts BFR AC

Staff

The Tri-S Strike Force had a great day this past Sunday.

Tri-S blasted BFR AC 5-1 in Manitoba Major Soccer League 5th Division action at the Buhler Recreation Park.

Tanner Markevich, Yaya Ramadan Adam, Awad Ramadam Adam, Abdallah Abdallah, and Garion Lefteruk scored for the Strike Force.

Hedi Mufti replied for BFR AC.

Last Thursday, the Strike Force lost 4-1

to Colo Colo.

Esam Abdulla, Benedict Penner, Hadjar Alabdul, and Niki Broder scored for Colo Colo.

Abdallah replied for Tri-S.

With the split last week, the Strike Force is now 5-2 and in second place with 15 points. Tri-S is just two points back of Argentinos FC (5-0-2). The Strike Force isn't back in action until Sept. 22 when they play Azzurri at the Ralph Cantafio Soccer Complex. Game time is 10 p.m.

Classifieds

Selkirk Record

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

ESTATE SALE

Estate Sale - downsizing. 6728 Hwy #8, St. Andrews. Thursday, Sept. 16, 10-5, Friday, Sept. 17, 10-5, Saturday, Sept. 18, 10-5. Furniture, housewares, collectables, antiques, tools, snowblower, hand made Halloween and Christmas crafts, large amount of picture frames new & old, matt cutter. COVID rules apply.

GARAGE SALE

Yard Sale - Little Britain United Church 5879 Hwy. #9, Lockport. Friday, Sept 17, 4 - 8 and Saturday, Sept. 18, 9 - 3. Donation Drop-off, Sept. 16 after 4 p.m. (no clothing, please). Rent your own table and join the LBUC Sale. \$20/day or \$30 for both days - call 204-981-2433 to reserve.

Garage sale - downsizing, 215 Oliver Ave., Selkirk. Fri, Sept 17-9am-7pm, Sat., Sept 18 - 9am-2pm. A bit of everything from house and garage. Covid protocols will apply.

FIREWOOD

Seasoned, C/S - Birch \$375/c, Tamarack \$300/c, Pine \$275/c, Poplar \$200/c - delivery extra. Please call 204-785-0641.

HELP WANTED

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

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

The Window Factory located at 605 Mercy St., Selkirk is now hiring manufacturer assembly personal. Please apply in person to the office Monday - Friday.

HELP WANTED

Shumski's Landscaping is seeking Chain Link Fence Installers, Mon-Fri, starting immediately. Qualifications: physically fit, with the ability to perform manual labour. Effective verbal and communications skills. High level of personal integrity with a strong work ethic. Drivers abstract will be required for successful applicant. Please forward resumes to: Shumski's Fencing, 4240 Main Street, West St Paul, MB R4A 2A2 Call: 204-339-5706 Email: shumski@mts.net

General Labourers wanted for lawncare, fall cleanups, landscaping, and everything in between. Paying \$14-\$16 per hour (depending on qualifications). Must be reliable, must have valid class 5 license and own transportation, able to work in a team environment. Please send resumes to: mikespropertygroup@gmail.com

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Sept 25
10:30 AM
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Nov 20
10:30 AM
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To Register:
sclerodermamanitoba.com

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FOUND

Found, small boy's bike, near Betal Home at the end of August. Please call the Record office at 204-785-1618 to claim. You must be able to describe the "superhero" things on the bike.



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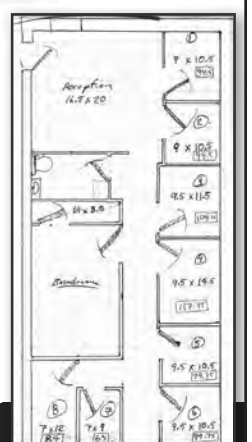
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Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building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



For information please contact:
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204-485-0010 email bigandcolourful@mts.net

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The Rosser-Woodlands Recreation Commission

Invites applications for the position of: **RECREATION FACILITATOR**

The Rosser-Woodlands Recreation Commission is seeking a professional, highly motivated individual. The individual will facilitate the delivery of public recreation services within the Rosser-Woodlands Recreation Commission area.

They will facilitate, plan and encourage programs, promote leadership, volunteer development, resource sharing, promote public education and enhance existing facility use.

Qualifications:

- Experience in administration and basic book-keeping.
- Experience in grant writing an asset
- Ability and experience working with the public;
- Strong leadership qualities;
- Formal education and/or experience in recreation;
- Recreation and leisure programming experience;
- Tourism and event marketing experience.
- Self-motivated and strong organizational ability;
- Staff management experience;
- Experience working with volunteers;
- Understanding and experience in event planning and tourism;
- Must be willing to travel and have access to a vehicle

Salary range: State salary expectations

Resume including references must be received no later than 4:00 P.M. on Sept. 30, 2021. Submit by email to rwrc@rosserwoodlandsrec.com in the subject line - **Attn: RWRC Hiring Committee.**

A job description is available to download / view on the RM of Woodlands and RM of Rosser websites.

RM of Woodlands – www.rmwoodlands.info
RM of Rosser – www.rmofrosser.com

We thank all applicants for their interest, however, only those being considered for an interview will be contacted.

Successful candidates must complete a Criminal Record and Vulnerable Sector, Child and Adult Abuse Registry check prior to commencing employment.

Rosser-Woodlands Recreation Commission welcomes applications from people with disabilities. Accommodations are available upon request during the assessment and selection process.

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



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Email questions / resumes to
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psalm139_1@yahoo.ca

WANTED

WANTED NOW - 1970-76 Plymouth Duster for client build. Must be a rust-free body. Any model considered. Rockhaven Auto 204-793-610.

UPCOMING EVENTS

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

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF JEFFREY ALLAN (ALAN) JOHANSON, late of the Town of Grand Marais, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 16th day of October 2021. DATED at the City of Selkirk, in Manitoba, this 7th day of September 2021.

PKF LAWYERS-Selkirk MB office
Adam Kelso,
solicitor for the
Executrix

IN THE MATTER of the Estate of Harvey John Lunn, late of the City of Winnipeg, in Manitoba. Deceased.

ALL CLAIMS against the above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at the 10th Floor - 360 Main Street, Winnipeg, Manitoba R3C 4G1, on or before November 3rd, 2021

DATED at Winnipeg, Manitoba, this 16th day of September, 2021

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Per: Harmanjit Mavi
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Estate

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> MEAL IDEAS



Prep time: 5 minutes
Servings: 1
1 cup red California grapes, chilled
2/3 cup unsweetened almond milk,

RED RIVER CO-OP FOOD STORE

Heart Smart Grape and Peanut Butter Smoothie

chilled
1/2 cup ice cubes
1/2 small banana
1 tablespoon peanut butter
1 tablespoon ground flax seed
2 teaspoons cacao powder
In blender on high speed, blend grapes, almond milk, ice, banana, peanut butter, flax seed and cacao powder until smooth.



Prep time: 15 minutes
Cook time: 15 minutes
Servings: 8
1 cup white quinoa
1 small head cauliflower, trimmed and cut into small florets
1 1/4 cups red California grapes, halved
3 scallions, trimmed and thinly sliced
2 ripe avocados, diced 1/3 inch
Dressing:
2 tablespoons white wine vinegar
1 tablespoon lime juice
1 tablespoon honey

Quinoa, Cauliflower and Grape Salad

1/2 teaspoon ground cumin
1/2 teaspoon dried oregano, crumbled
1/2 teaspoon fine sea salt
1/4 cup extra-virgin olive oil
freshly ground black pepper, to taste
Cook quinoa according to package directions and drain on two layers of paper towels. Transfer to mixing bowl. Add cauliflower, grapes, scallions and avocado pieces.
To make dressing: In small bowl, whisk vinegar, lime juice, honey, cumin, oregano and salt until blended. Gradually whisk in oil. Drizzle dressing over quinoa mixture and toss gently. Season with pepper, to taste.



Servings: 4
20 ounces ground turkey breast
1 yellow onion, chopped
1/4 teaspoon salt
1/4 teaspoon pepper
3 large bell peppers, chopped (1 each red, yellow and green)
1 can (28 ounces) crushed tomatoes
1/2 cup long-grain brown rice

Stuffed Bell Pepper Casserole

1 teaspoon oregano
1/2 teaspoon garlic powder
8 ounces shredded sharp cheddar cheese
Heat oven to 350 F.
In large skillet over medium heat, add turkey, onions, salt and pepper. Break up turkey and cook until browned.
Add turkey mixture to 9-by-13-inch baking dish. Add bell peppers, crushed tomatoes, brown rice, oregano and garlic powder. Mix until combined. Cover with aluminum foil. Bake 80-90 minutes until rice is tender.
Remove foil, add shredded cheese and bake 5 minutes until cheese is melted.



Christine Ibbotson

Dear Money Lady Readers – my daughter said to me the other day that she had FOMO and I had no idea what she was talking about.....

If you don't already know, let me tell you what the young are now calling "FOMO"- the "fear of missing out."

Personally, I believe that the rise of all of our new FOMO feelings is due to social media. Something that most of us have heavily indulged in due to COVID. Nowadays, everything is instant and on display right in front of you so that you feel envy and regret about how others have more or are doing more exciting things than you. The COVID restrictions have definitely caused us to experience these feelings more than ever before.

In the past, when you ran into someone and asked them how they are, and they told you about their latest purchase or fancy vacation, you really had no time to feel that you were missing out on other people's awesome experiences. But now we get to feel this instantly through our phones or on Facebook because we have been isolated and restricted to socially interact. We have had over a year of seeing all those wonderful pictures of other people's lives on the internet and now feel we somehow have been missing out on life and are no longer happy with what we have. Now more than ever, there seems to be a pent-up demand for purchasing, upgrading, buying more and of course, saving less.

Why not take a FAST from the FOMO. Turn off the social media, either for a couple of hours, days or weeks. This will do wonders for making you feel better about your own life and stop the comparisons of your regular life to the polished

AsktheMoneyLady.ca

versions of those online. Remember that credit card companies build their business on you borrowing from your future. They want you to buy now rather than save to buy later. With credit, it's easy to fall for the instant gratification and convince yourself that later can take care of itself. Be careful not to create "excuse spending." This is when we feel we are justified to spend because we deserve it. We may think all the hard work we have done, the sacrifices we have made, and the lack of acknowledgement for that work and those sacrifices, warrants or entitles us to that splurge spend....because we deserve it.

But, what do you really deserve? Do you feel you are missing out?

If you think that material possessions or experiences are the things you deserve, then you need to think again.

What you deserve is to be free from future financial stress. Remember that while those purchases may feel luxurious in the moment, they could land you in financial stress that you don't deserve. I am not saying that you need to deprive yourself, but if you are suffering from FOMO and feel you need to reach to credit to improve your situation, remember that enjoying a stress-free financial life, honestly feels a lot better than any new car ever could.

Good Luck & Best Wishes,
Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

SELKIRK STEELERS

Bingo!

Thurs

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OBITUARY

Alma Lorena Dalman

Peacefully, on Monday, September 6, 2021 at the Betel Home in Selkirk, Manitoba, Alma Dalman, aged 95 years passed away.

Alma is survived by her children, Ida, Ken (Maria) and Bruce (Bonnie); five grandchildren and 10 great-grandchildren. She married Richard in 1951, he predeceased her in 2013.

Mom enjoyed life and was very considerate of others. She was involved in 4H, liked going to watch baseball, picnics, playing cards, knitting and loved all animals, especially horses. She enjoyed company and always had homemade baking and coffee ready, and could be found at the piano playing a song.

A graveside service will be held on Friday, September 10th at 10:30 a.m. at the St. Clements Cemetery. All are welcome

The family would like to express their heartfelt thanks to the nurses and staff at the Betel Home for their care and compassion shown to Alma.

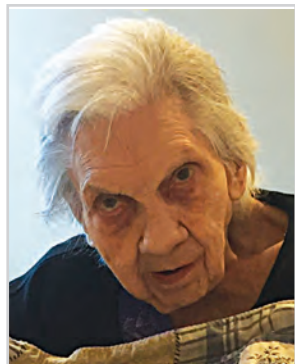
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Geraldine Zadworney (nee Cyr)



On Saturday, September 4, 2021, Geraldine Zadworney, aged 92 years, passed away peacefully at the Red River Place Personal Care Home in Selkirk, Manitoba. She was predeceased by her husband Anthony in 1989.

A traditional graveside service will be held on Thursday, September 16, 2021 at 11:30 a.m. in the St. Michael's Roman Catholic Cemetery in Cooks Creek, Manitoba.

Thank you to all the staff at Red River Nursing Home for the patience and love you showed to a sometimes cantankerous Geraldine.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Elizabeth Christine Praznik (nee Mitchell) June 24, 1933 - June 3, 2021



It is with sadness that we announce the peaceful passing of our mother, grandmother and great-grandmother at Arborg Personal Care Home.

Beth leaves to mourn her four children, Randy (Stephanie), Kirk (Joanne), Greg (Karen) and Heather (Darcy), 14 grandchildren and 21 great-grandchildren. Remembering Beth are also brothers-in-law Gerry (Vivian), Rick (Janet) and many nieces and nephews.

Beth was predeceased by her husband Harold of 57 years; parents Allistar and Evelyn Mitchell; in-laws Harry and Ann Praznik, Larry and Elsie Sutton and nephew Travis.

Beth enjoyed volunteering for Duck's Unlimited at Oak Hammock Marsh for many years. She was a talented seamstress able to make anything, including show costumes for Heather's figure skating ice

shows as well as the kid's clothes and a few wedding dresses. Beth and Harold enjoyed time at the cabin at Petersfield with family and friends. She enjoyed crafts and loved to create paper tole art which her children and grandchildren have hanging in their homes. Beth dearly loved her children and all of her grandchildren.

Special thanks to the staff at Arborg Personal Care Home for their attentive care over the past seven months, and to the Selkirk Home Care Nurses who provided care for Beth over 10 years.

Due to COVID restrictions, a private Funeral Service will be held at 11:00 a.m. Thursday, September 16th, 2021 at the Holy Trinity Ukrainian Catholic Church, Gonor, MB with Father Walter Dudych officiating.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

OBITUARY

John Robert Hourie

September 30, 1953 – August 22, 2021

It is with profound sadness that we announce the passing of our dear husband, father, grandfather, uncle, cousin and friend.

John lived his passion for commercial fishing on Lake Winnipeg and hard rock mining in various places throughout Canada. He passionately loved his wife, children and grandchildren. He is survived by his wife Kim, son David (Shelby) and their children Harrison and Marlo, son Lyle, daughter Anna Marie (Teagan), sisters Barb (Ricky) and Clare, and brothers Larry (Jill) and Lawrence (Sharon), mother-in-law Gwen, and sisters-in-laws Linda and Thelma and numerous nieces and nephews. John was predeceased by his mother Ena, father George, brothers Dennis, Lyle, Norman, Allan and Chico and father-in-law Morgan.

Burial of ashes will take place at St. Peters Old Stone Church

Sunday, September 19th at 11:30am.

Service and lunch to follow at the family residence in Beaconsia, Manitoba. 98033 Highway #500.

ANNOUNCEMENT

IN MEMORIAM



In memory of a beloved Niece

Lori (Pichor) Grove

who passed away September 13, 2018

The flowers we place upon your grave,

May wither and decay;

But love for you who sleeps beneath,

Will never fade away.

-Always in our thoughts

Love Auntie Bea and Uncle Ron

ANNOUNCEMENT

BIRTHDAY



Anne Hamelin

Happy Birthday on September 10th

We won't say how old you are,

But in my eyes you'll always be 19!

-Love Ed

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of

Ronald William Fewchuk

who passed away September 13, 2017

If roses grow in heaven,
Lord, please pick a bunch for me.

Place them in my husband's arms

And tell him they're from me.

Tell him I love him and miss him,

And when he turns to smile;

Place a kiss upon his cheek,

And hold him for awhile.

Because remembering him is easy,

I do that every day;

But there's an ache within my heart

That will never go away.

-In loving memory
from your wife Jean and family



**Charisons Turkey Hatchery Ltd
is hiring for a**

**HR/PAYROLL
ADMINISTRATOR**

In this role the successful applicant will be responsible for accurate and timely completion of a variety of Human Resources and financial functions with the company. This position will interact with other internal team members. This will require time sensitive processes and confidentiality requirements.

- HR/Payroll certificate would be an asset or work experience equivalent
- Experience with a computerized payroll system,
- Knowledge of MS Office(Word, Excel, Outlook), Access
- Experience with QuickBooks would be an asset
- Office experience with excellent communication skills, written and oral
- Ability to multi task with attention to details and deadline
- Willingness to complete extra assigned duties as requested

Charisons Turkey Hatchery offers a Group Health Plan, Deferred Profit Sharing Plan & Bonuses.

Compensation will be based on knowledge, skills and experience.

Qualified applicants can email resumes to elaine@charisons.ca

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SERVICE ANNOUNCEMENT



Curtis Bruce Cyr
WFD Captain
Reg #1376

August 10, 1961 - January 3, 2021

A candle light Celebration of Life will be held on Friday, September 24, 2021 at 7:00 p.m. at Rainbow Stage, Winnipeg, MB. The doors will be open at 6:00 p.m. and all are welcome to attend. Proof of vaccination (QR code and government issued i.d.) and a mask will be required.

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



Gilbart Funeral Home, Selkirk
in care of arrangements.

OBITUARY



Wendy Lodewyks (nee Brisco)
November 29, 1952 - August 31, 2021

It is with heavy hearts that we announce the sudden passing of Wendy.

She will be missed by Frank, her husband of 50+ years; her daughters, Tracey (Randy) and Jennifer (Paul); and her granddaughters Shelby and Rebecca.

In lieu of flowers, please make donations to the Boys and Girls Club in memory of Wendy Lodewyks at: www.bgcwinnipeg.ca/get-involved/donate.

*Your memory will live forever
Engraved within our hearts*

OBITUARY



Marie Therese Francoise Belanger
March 17, 1928 - August 30, 2021

It is with heavy hearts that we announce the peaceful passing of our mother, grandmother, great-grandmother, aunt and friend, Theresa Belanger at the Betel Personal Care Home, at the age of 93, on Monday, August 30.

Mom will be greatly missed by her children: Adele (Don), Marcelle (Simon), Alane (John), Raymond (Debbie), Yvette (Alex),

Madelene (Mike), Maryann (Larry), Michelle (Brian), Robert (Tammy) and Jacqueline (Doug); her 18 grandchildren and 17 great-grandchildren as well as many nieces and nephews. She also leaves, Fr. Henryk Laciak, our parent's good friend.

Mom was predeceased by her beloved husband, Nap in 2008 and her grandson, Rowan in 2014, and was what we affectionately described as the final chapter of her immediate family.

Theresa was born on March 17, 1928 to Fred and Emilie Firman. She was the fifth of six children and grew up in what was then known as Transcona. She met our Dad, Napoleon through his sister Jean, our aunt and a few years later they were married at St. Mary's Cathedral on July 16, 1949. They purchased the family home on Morris Avenue in Selkirk where they raised their 10 children. She cooked all the family meals, baked and canned hundreds of quarts of dills and vegetables. She loved to knit, sew, crochet, darn and did petit point. Her fave pastimes were doing puzzles and playing solitaire. One of Mom's favourite places to be, was in her yard, where she could be seen endlessly putting around amongst her beautiful flowers.

Mom was a devout Roman Catholic. She was a parishioner of the Notre Dame Roman Catholic Church in Selkirk and an active member of the Notre Dame Catholic Women's League. There, she made many long-lasting friendships with other members of the league. Together, she helped make thousands of perogies and cabbage rolls, prepared Fall Suppers, and gave a lending hand to organizing workshops and conventions. She was so proud to have given 50 plus years in the league, serving as President from 1975 to 1977. She was happy to serve, "For God and Canada".

Mom took great pride in her family. Being a mom, a grand mom and eventually a great-grand mom was the most important thing in the world to her. We her children have always known how very fortunate we are to have had her love and tender care throughout our lives. She taught us to follow our dreams and to stand up for ourselves. She taught us faith and to "Love the Lord your God with, all your heart, with all your soul, with all your strength, and with all your mind; and your neighbor as yourself." She truly lived her life through those words.

Goodbye Mom, you were our rock and our strength. We will miss you, but we are at peace knowing that you are reunited with Dad and your loving family, wrapped in the arms of Jesus.

A Funeral Mass for Theresa was held on Thursday, September 2nd at Notre Dame Church in Selkirk with celebrant Fr. Gerald Langevin followed by interment at the Notre Dame Cemetery.

Theresa's family wishes to thank the staff at Betel Nursing Home in Selkirk for the care given to our Mom over the last two years. Special love and thanks to Michael Marcus for his love, caring and special moments spent with our Mom.

In lieu of flowers, at the request of Theresa's family, if friends so desire, donations may be made to: Transcona Historical Museum Builders' Fund, 141 Regent Ave. W, Winnipeg, MB R2C 1R1 or to Parkinson's Society of Manitoba, 7-414 Westmount Drive, Winnipeg, MB R2J 1P2

"Love One Another"

Condolences can be left on Theresa's memorial page at: www.interlakecremation.ca

Arrangements entrusted to: **Interlake Cremation & Memorial Services**
204.482.1040

OBITUARY



Pastor Terry Thronson
September 9, 1938 - September 2, 2021.

Our beloved husband, dad, brother, brother-in-law, uncle and Pastor has gone to be with his Lord in Heaven. Those who knew him will remember him as a kind, humble man who valued everyone and loved to tease.

Pastor Terry wrote his own obituary:

Terry died with a thankful heart for the blessings he enjoyed in life. He was thankful to God for the wonderful wife he had in Lorna. He was also grateful for his three lovely daughters, Sandra, Karen and Carla; his sons-in-law, Peter Mandryk, Todd Cardinal and Gary Wilmott. His eight grandchildren were also very special to him! Madelyn, Rachel and Jack Mandryk; Ethan, Jacob and Luke Cardinal; Sydney and Charlotte Wilmott.

Terry was also thankful to the Lord for the various parishes he was called to serve either full time or part time.

And above all Terry was thankful to the LORD for his forgiveness, love and mercy made known to all of us through Christ our Saviour.

Interment is to take place on September 24th at 1:30 p.m. in the Selkirk Lutheran Cemetery followed by funeral service at the Lutheran Church of the Good Shepherd (106 Sawchuk Drive, St. Andrews).

In lieu of flowers donations may be made to The Lutheran Church of the Good Shepherd or Canadian Lutheran World relief.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Justin Thyessen Placid (nee Lawrence Myron Skuba)
December 3, 1957 - September 6, 2021

On September 6th, 2021, Lawrence departed from this world. He was born on December 3rd, 1957 in Winnipeg, eldest son of the late Maurice and Frances Skuba. In addition to his parents, he was preceded in death by his sister, Jane Sanders, and nephew, Lee Sanders. He is survived by his loving partner, Audrey Sul, loving sister, Mary Woloski (Michael), brother Mark Skuba (Leslie Rangeley), brother-in-law, Robert Sanders; nieces Rachel Woloski (Jonathan Wood), Mary Sanders, and nephew John Woloski; as well as his aunt, Ann Skuba, with whom he was close.

Lawrence grew up on a family farm west of Selkirk and graduated from the Lord Selkirk Regional Comprehensive Secondary School. He enjoyed sports and was elected grade 10 class president. Following graduation, he studied at the University of Manitoba.

In his adulthood he was known for his creativity, abounding vibrancy, love of music as well as his approachable nature. He was a great conversationalist and entertained his friends and family with music and song. He was a true and beloved friend for those who knew him well.

Time and place of service will be announced at a later date.

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Condolences may be sent to www.thomsonfuneralchapel.com

OBITUARY



Edith Darlene Clarke
August 7, 1948 - September 9, 2021

On September 9, 2021 Edith Darlene Clarke left us to be with the Creator.

She is survived by children Trevor, Terri (Ronnie), Crystal, Jade (Geoffrey), Eileen (Chris), Shane, Jesse, Terrill, and Courtney (Bucky), her special baby number 12 Oceanna Raine, brother Wayne Clarke, her 33 grandchildren, 11 great-grandchildren and numerous extended family members. She was predeceased by husband Ernest Easter, her children Albert and Valdez, her mother and father Sarah and Albert Clarke, brothers Douglas, Johnny, Nelson and Edward, and her sister Kimberly.

Darlene held many roles as our beloved family Matriarch, mother, sister, auntie, cousin, grandmother, great-grandmother, and friend. She was deeply devoted to her family and forged unbreakable

bonds based on her insurmountable love for them. Darlene was a strong, courageous woman who provided guidance, mentorship, and wisdom to all those she encountered. Although it pains us that she has left this world, we find comfort that she is now free from all her earthly pain and suffering. Darlene's ever lasting legacy of strength, determination and love lives on in all of those whose lives she touched.

Darlene's family would like to thank the medical staff at Selkirk General Hospital and the Health Sciences Centre, as well as the staff at Gilbart Funeral Home who provided thoughtful and gracious care. We greatly appreciate all who provided comfort and support to the family during this difficult time.

The viewing will take place on Wednesday, September 15, 2021 from 12:00 p.m. to 4:00 p.m. at Gilbart Funeral Chapel in Selkirk, MB. Funeral services will be held on Thursday, September 16, 2021 at 3:00 p.m. at Little Britain United Churchyard Cemetery. A luncheon will follow at Gilbart Funeral Chapel. COVID-19 restrictions will be followed during all ceremonies and masks will be required for attendance.

The pallbearers are Trevor, Jesse, Shane, Bucky, Glen and Tyler. Honorable pallbearers are her daughters and grandchildren.

He will never leave you nor forsake you He will always be with you

- Deuteronomy 31:6

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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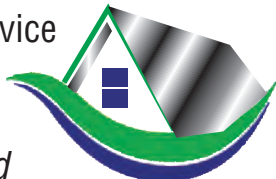
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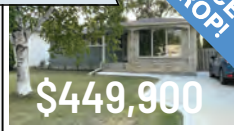
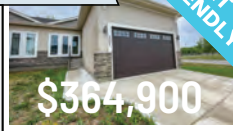
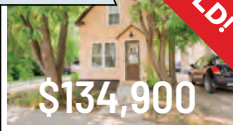
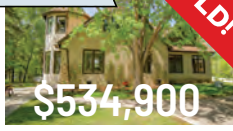






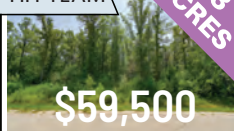
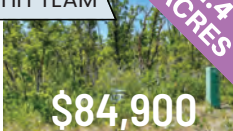
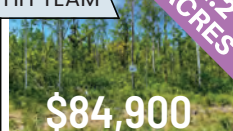




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