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RECORD PHOTO BY KATELYN BOULANGER

Karla Guyn, CEO of Ducks Unlimited Canada and Premier Brian Pallister reveal the new name of the Oak Hammock Marsh Interpretive Centre as the Harry J. Enns Wetland Discovery Centre. Find out more on page 7.

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Students, teachers adjusting to school in pandemic

Reduced class sizes, masks, and virtual learning among changes in schools

By Nicole Buffie

For high school English teacher Kelly Smith, one of the first days back in the classroom resulted in hanging up on half of her students while trying to change the screen on her computer.

At Lord Selkirk Regional Comprehensive Secondary School students are adjusting to spending half of their week learning in the classroom, and the other half doing remote learning via video chats from the comfort of their homes.

"It's been a learning curve for every-

one," said Smith, the 15-year English veteran.

While Smith quickly got her students back on the line, it's one of the many adjustments faculty are making amid back to school season in a global pandemic.

Arrows on the floor signalling which side of the hall students are to walk on, designated tables in the cafeteria for students to keep a social distance at during spare periods and staggered bus times are just a few of the changes implemented at LSRCSS in its back to

school plan with guidance from the province's own reopening plan.

However, despite the drastic changes to their learning environment, Smith said her students seem happy to be back in a routine once again.

"There's still some normalcy about the idea of going to school and being at school that they really missed," she said. "Even though they're wearing masks, to see their faces or their eyes light up or to have full conversations with them was wonderful."

LSRCSS is one of the 15 schools in the Lord Selkirk School Division which had to tweak operations in order for all students to meet their expected learning outcomes for the year.

With the high school boasting approximately 1000 students, the division spent months working on a plan that would fit their needs.

"Making sure we can still have in-person connection with kids, which is

Continued on page 7



RECORD PHOTO BY BRETT MITCHELL

Students (left to right) Leighton Swiderski, Sophie Pollock and Mason Lee-Smith are ready for their first day back at Happy Thought School in East Selkirk.

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Terry Fox Run to hold scavenger hunt this year

By Nicole Buffie

What would usually be a multi-kilometre run or walk for hundreds of participants in support of the Terry Fox Foundation every September, this year's event will include less distance running and more exploration of the community.

A scavenger hunt involving local businesses and parks around the city will take place for the 40th anniversary instead, organized by the Selkirk Terry Fox Run Committee.

"Terry did his run his way," said Jana Pringle, one of the chairpersons of the committee. "We wanted to make sure people could do it their way."

To ensure an event of some sort could still happen while ensuring the safety of the community, the committee looked at how other cities were participating in Terry Fox Day and settled on a scavenger hunt.

"As a committee, we're very proud

of Selkirk and the area," Pringle said. "Because the Terry Fox Run has been so well supported by so many businesses and individuals in the past, we felt this might be a way for us to really showcase Selkirk, the people, the businesses and just our overall city."

The hunt will include 15 different locations around Selkirk with a clue to be found at each one. Participants can seek the clues any time between 10 a.m. and 6 p.m. on Sunday, Sept. 20.

Pringle encourages folks to share photos of their findings and the event on social media.

The clues, which can be sought out in no particular order, are as follows:

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.



RECORD PHOTO BY NICOLE BUFFIE

Jana and James Pringle are pleased to bring a scavenger hunt to Selkirk in place of the annual Terry Fox run.

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.

- name as a local school.
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

9. This New Zealand bird is a health nut.

10. This local printing business shares the same

Fundraising for the Terry Fox Foundation can still be done through the purchase of t-shirts or registering to collect donations at www.terryfox.org. To purchase a t-shirt for the event, contact Jana Pringle at 204-485-1926.

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Beyond the Gates of Lower Fort Garry is back

After decades of being unavailable, local book in print

By Sydney Lockhart

The book *Beyond the Gates of Lower Fort Garry* is being reprinted by the RM of St. Andrews 38 years after its original publication.

In 1982, the history book filled with family stories from the St. Andrews area, was published and sold to its residents with the intent of creating something to keep their history alive.

"I am very proud of it, we did it because we wanted to. It's got a lot of stories that would have been lost," said 90-year-old Irene Foster.

Foster was head of the committee made of resident volunteers that pieced together the original book in the early 80s.

"I think we owe so much to our early settlers because we really don't understand the trauma they went through, and they made the best of it and were here for a better life," said Foster, "My husband's grandparents travelled by ox cart, the improvement to transportation and communication has done wonders in 100 years."

The original book took years to compile but was printed in limited numbers. Since then residents have been unable to find a copy left to purchase as the last few remaining are in the RM's archives.

"[When compiling the book] we met once a week at the municipal hall. We enjoyed it and came together and were happy to do it," said Foster, "Barb Gessner was my co-chair and she always listened to

what you had to say and then had a good suggestion, we'll always be friends."

In 1980 the committee working on the original book would meet with anywhere from six to 20 people showing up, going through stories, speaking with families, and typing out history that they wanted to include in the book.

"It was a dedication; I don't know if I can emphasize strongly enough how we worked together as a coordinated group. The old-timers were pleased that it was being done," she said.

Foster added that she's happy the book is being reprinted for those who want to learn about the history of the area.

"I think history is important because you have to know your past to plan your future," she said.

Foster also helped create the sequel book which has been for sale since 2000.

"People in the community who have moved into the community and read the sequel are more interested in the first book," said Teresa Howell recreation director of the RM of St. Andrews "No copies are left at all in the RM and there are lots of people in the community who have asked for it."

After receiving numerous requests to reprint the book Howell approached council and proposed a reprint of the book to help keep their RM's history alive.

"We have had numerous requests for reprinting



RECORD FILE PHOTO BY KATELYN BOULANGER
Mayor Joy Sul (right) presents Phyllis Loutit with a copy of *Beyond the Gates of Lower Fort Garry* to celebrate her 100th birthday. New copies of the book will be reprinted and available this October.

the first edition over the years, and this year Council agreed to put money into the budget to get them printed," she said.

The book will be available for purchase at the RM office and the St. Andrews Rectory and Heritage Centre by the end of October.

500 copies are being printed and will cost \$40 each, Howell said the RM is not making a profit off of the reprints and are selling them at the price of printing.

For more information call the RM of St. Andrews office at 204-738-2500.

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Teaching responsible use of social media

Julie Walsh gives advice on how to keep your teen safe

By Katelyn Boulanger

In recognition of Fetal Alcohol Spectrum Disorder (FASD) Awareness Day, Sept. 9, the Interlake FASD Coalition hosted a presentation by Julie Walsh, a child and family therapist, to speak about the how social media is designed to grab user's attention and how that can affect teenager's growing brains.

Her presentation *When Likes Turn to Need: Social Media Use & the Brain in Adolescence* gives parents, guardians, and caregivers information so that they can help to foster responsible use of social media by both teens with and without FASD.

"Social media is designed to be addictive. It's designed to target our heart rate and keep us playing as long as possible, to keep us gaming or scrolling for as long as possible," said Walsh.

She says that her ah-ha moment when she realized the full extent of the behavioral addiction of social media was when she broke it down into steps. It starts with posting and then waiting for feedback on the post, which causes anxiety, which then gets relived if the post gets feedback, such as likes and comments, of approval. Some other aspects of social media that lend it easily to behavioral addiction are it's not having a start or a stopping point so that users get a break and also how it lends itself to being competitive, both with other users, but also with yourself as you strive to gain more likes on posts or more followers in general.

There are also built in features to some social media platforms that give rewards for continued use such as Snapchat's streak feature which counts the number of days that one user sends 'snaps' to another user in a row with the objective of not breaking the streak, push notifications which bring user's attention back to the app, and data is constantly being collected about usage to customize user's experiences to make them want to come back.

"One of the things that I like about [young people] is that they don't like to be manipulated. Youth really don't like hypocrisy. They don't necessarily have the ability to see it in themselves

but they really don't like to see it in adults and they really don't like to be manipulated or controlled, so sometimes I find that helping kids understand this helps to understand how these devices can control them," said Walsh.

The reason's that teens in particular are at risk of overusing social media according to Walsh is that they "don't know what they don't know," and their brains are still developing the decision making skills that they will use when they are adults.

"We as parents and caregivers and professionals can't possibly monitor this nor can the people that created this. Up until 2019, Facebook had about 100 people to edit content," she said.

Which is why she believes that teenagers shouldn't be expected to monitor their usage.

This doesn't mean that she advocates for not using technology but she does advocate that there should be boundaries set in place for teenagers so that they don't get into dangerous situations. "I do recognize post-COVID that there does need to be, during what we are doing now, that there has to be a way for teens to communicate," said Walsh.

She recommends connecting with the teen in your life so that they have other avenues to foster connections that aren't social media to help protect them from getting all of their validation from the internet.

Other things she recommends are reducing your own screen time, discussing the content that they are consuming without judgment and letting them know about pitfalls of the internet such as misinformation and how to steer clear of it, making times of the day, for example meal times, phone-free times, making screen time shared time, and the one rule that she believes every family should implement is no screens in the bedroom at night.

"Have conversations. Have conversations all the time because kids aren't going to bring it up but once [you] start to bring it up they'll bring it up more and more and more," said Walsh.

"HAVE CONVERSATIONS ALL THE TIME BECAUSE KIDS AREN'T GOING TO BRING IT UP."



RECORD PHOTO SUBMITTED

Julie Walsh advocates for the responsible use of social media by teens .

Local garden will add to student's learning



RECORD PHOTO BY KATELYN BOULANGER

Jeannie Red Eagle (right) teaches students from Lord Selkirk Secondary School about the plants that are being installed in the Indigenous garden which is part of the South Pocket Park on Manitoba Ave. The garden, which was planted Sept. 11, will contain plants that are part of the traditional medicines, along with a tree design.

New name for Oak Hammock Marsh's interpretive centre

Harry J. Enns Oak Hammock Marsh fund also established to replace operating grant

By Katelyn Boulanger

Oak Hammock Marsh pays tribute to its beginnings with the renaming of the interpretive centre to the Harry J. Enns Wetland Discovery Centre in honour of the MLA who pushed so hard for its creation 27 years ago.

"During his tenure as minister for natural resources [Harry J. Enns] was a champion of what this place could become. He was a strong advocate for outdoor education and connecting people to the role that natural areas play in their lives. He believed in the vision of Oak Hammock Marsh and, with the support of many others who saw it's power and potential, helped make that vision a reality. Now, nearly thirty years later the building stands as a testament to his steadfast support and many contributions," said Karla Guyn, CEO of Ducks Unlimited Canada.

Enns' family was there to celebrate the announcement on Sept. 10 and Harry J. Enns' son, Andrew Enns, spoke about his father's dedication to the idea of Oak Hammock Marsh and his willingness to get into political fights for causes that were close to him.

"Dad would be very humbled and very proud. For those of you who served with Dad and who knew him, as you know, this was a highlight of his career, it was a long career with more than a few accomplishments, but he was very proud of this undertaking. He was a passionate believer of this project from the beginning,"

said Enns.

"Dad had the foresight to know that centres like these will only increase in importance over time and on behalf of the Enns family we are very proud that this one will bear the name of Harry J. Enns," he said.

Premier Brian Pallister spoke about how Enns inspired him as an MLA and told a story about how all those years ago not everyone supported the current version of Oak Hammock Marsh but Enns' confidence in this vision for the marsh never wavered.

"What Harry did was he took that opposition and used it to inspire himself and others. He confronted it with the facts and the relevant points that he had to make to convince people to proceed with this project and many others. This was just one of many issues that Harry undertook with dignity and respectfully, with humour, and more than his share of mischief," said Pallister.

In addition to a new name, the more than 100,000 visitors who come to Oak Hammock every single year will see some upgrades to the place as earlier this year the Manitoba Government announced up to \$1.5 million as part of the capital campaign to renovate the interpretive centre.

Pallister said that the interpretive centre is a good example of a private-public partnership, this one being initially a partnership between Ducks Unlimited and the Government of Manitoba.

"There comes a time in the life cy-



RECORD PHOTO BY KATELYN BOULANGER

Brian Pallister recalling a story about Harry J. Enns' political career at the announcement of the renaming of Oak Hammock Marsh's interpretive centre to the Harry J. Enns Wetland Discovery Centre.

cle of any amenity when more repair and reinvestment becomes necessary and that's the case for the interpretive centre," said Pallister.

He then also announced additional funding for the continued operation of the centre. This was done by establishing the Harry J. Enns Oak Hammock Marsh fund at the Interlake Community Foundation and a \$6 million contribution, which will replace the annual provincial operating grant.

"What this does

instead [of the operating grant] is that it ensures that funding going into the future and isn't that the way we should be supporting long term the environmental and community projects that we value," said Pallister.

The fund is expected to return about \$270,000 annually for the centre.

> BACK TO SCHOOL, FROM PG. 3

so important," said Jerret Long, Superintendent for LSSD. "That was one of the biggest challenges is how would we would do that cohorting."

The division settled on creating cohorts for students by last name. When one group isn't in school on their designated day, they are expected to complete work remotely on home computers or one borrowed from the school's supply.

As those students navigate the world of Zoom and Google Teams programs, the biggest concern for elementary school students has been what zone their recess will take place that day.

For Kindergarten students at Happy Thought School, their classroom might lack the usual stuffed toys and sandbox, but Heather Remillard doesn't think they're missing out on much.

"This is their first school experience, so you know, all the new protocols are in place and the health measures are just really part of their normal school routine," Remillard said.

While students at Happy Thought are in school

five days a week, they are in cohorts by grade and are to only travel about in designated zones, or 'neighbourhoods' as staff calls it. Remillard said students are complying with ease.

"Children are amazing. They're like little sponges, and everybody seems to be adjusting really well to the new protocol," she said.

Back in Smith's classroom, she's confident the concept of remote learning will set her students up for success, rather than hold them back.

"This could actually set up kids really well to learn organizational skills, learn how to motivate themselves and manage their time which I think you'll need for post-secondary as well because no one makes you come to class and no one double-checks that your assignments are done," she said. "So to look at it optimistically and giving them this chance to learn skills during this time that perhaps it wouldn't have been a traditional year is beneficial."

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Sunova Credit Union deals with phishing scam

Staff

Sunova Credit Union and several of its members have been victims of a recent phishing scam.

In this phishing attack, scammers impersonated the Sunova website (www.sunovacu.ca) in late July and took out fake Google ads in Sunova's name to lure people to input personal information. Sunova's security wasn't breached since a scammer set up a completely separate site to persuade members to provide personal information.

Sunova reported the site as fraudulent as soon as it was discovered. However, by then, the scam had already impacted several members.

Then after Sunova discovered another fake Google ad on Aug. 18, it disabled external e-transfers and thousands of members had to do mandatory password resets.

"As the popularity of online commerce continues to increase, we all have to be aware that online fraud exists and take every precaution we can to protect sensitive information criminals can utilize," said Curtis Fines, vice-president and chief operations officer.

"At Sunova, we will continue to provide education on fraud schemes and invest in systems that protect our members and their personal information."



RECORD PHOTO SUBMITTED

Sunova is reminding members that as the popularity of e-commerce continues so do fraudulent phishing scams. Members should never give out personal financial information by email.

Now two-step verification is in place for Sunova's online banking platform and members are encouraged to make use of all security features.

To help the impacted members, Sunova is working with a fraud alert team, which will help them recover stolen funds. If the funds are still available from the financial institution they were transferred to, the money will be returned and credited to the member.

If the funds are already depleted, then Sunova will file a claim with its insurers on behalf of the member. If the claim is approved, the member will be reimbursed, but a \$1,000 de-

ductible will apply.

Sunova also notes that Google has "search ads" at the top of its page and they might not always be legitimate. They urge members to ensure that they recognize the URL before clicking the link or to go to the website directly by typing out the entire URL, such as www.sunovacu.ca.

Members can also add the Sunova app directly to their phones. If a site seems suspicious, members can contact Sunova prior to entering personal information.

More safety tips and information about the phishing scam are available at www.sunovacu.ca.

Bezan remains shadow minister for national defence

Submitted by the office of James Bezan

James Bezan, Member of Parliament for Selkirk-Interlake-Eastman issued a statement in response to Conservative Leader Erin O'Toole's announcement of his Shadow Cabinet.

"I am honoured to continue to serve as the Shadow Minister for National Defence and support our brave men and women in uniform.

"Our Conservative Leader Erin O'Toole has built a strong and united team that reflects the bright future ahead of our party. It combines ex-

perience, expertise and ambition to hold Justin Trudeau and his Liberal government to account during this global health and economic crisis. I am humbled to have Erin's continued confidence and trust in this role.

"My passion for working alongside Canada's troops on the National Defence file drives me to get the best possible outcomes for them. I am amazed every day by the sacrifices the members of the Canadian Armed Forces and their families accept willingly to keep Canada the true north,

strong and free.

"Under Justin Trudeau's Liberal government, military procurement has been mismanaged and the capacity for the Canadian Armed Forces to serve to the best of their ability has worsened. It is the responsibility of the government to procure the equipment necessary, and ensure we are using our forces in Canada's best interests while supporting our allies.

"I will continue to hold Minister Sajjan to account and fight for our troops while they fight for us."



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

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Selkirk goes platinum joining elite list of global cities

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Amsterdam, Toronto,
Dubai...and Selkirk.

Submitted by The City of Selkirk

Our small city in Manitoba now shares the company of an elite and growing collection of global cities to embrace standardized city data to inform better decision-making and to drive public and private investment in cities of all sizes and locations.

Selkirk is also the first and currently the only community in Manitoba to have embraced and adopted this transformative and innovative process.

Catherine McKenna, Minister of Infrastructure and Communities, said in partnership with the World Council on City Data (WCCD) and through the Data for Canadian Cities Project, the federal government has been helping municipal leaders meet global data standards, and to put this data to use.

"All communities, large and small, need good data to plan and build modern public infrastructure," McKenna said.

"I am delighted that Selkirk has obtained the ISO standard for municipal data, this will help the city plan projects with quality data and will help guide evidence-based decision-making. Canada's infrastructure plan invests in thousands of projects, creates jobs across the country and builds stronger communities."

As part of a funded agreement with the Federal Ministry of Infrastructure and Communities, the World Council on City Data is working with fifteen municipalities across Canada through the Data for Canadian Cities Project. This Project will help the fifteen cities become certified for three years under ISO 37120, the world's first international standard for city-data.

As the project continues into years two and three, a significant focus will be placed on assisting the participating municipalities in using the data to improve city services and quality of life for citizens.

Duane Nicol, Selkirk's Chief Administrative Officer stated that achieving the certification is a continuation of the work they have been doing in recent years to build new tools and systems to enhance the city's decision making such as their award-winning capital asset management program.

"This initiative is almost the equivalent of a 'community FitBit.' It provides us with the ability to track progress and compare ourselves to our



RECORD PHOTO SUBMITTED

President and CEO of the WCCD Patricia McCarney and Infrastructure and Communities Minister Catherine McKenna's Parliamentary Secretary Andy Filmore, MP. attend Selkirk Council on Sept. 14 to present the city with an official certificate celebrating Selkirk obtaining the ISO standard for municipal data.

own past performance, year-by-year or even decade-by-decade," said Nicol.

"It also allows us to compare, collaborate and learn by sharing performance, solutions and progress with other WCCD ISO certified cities worldwide. This will enhance Selkirk's ability to make more informed decisions impacting our community's long-term social, economic and environmental health."

Mayor Larry Johannson says this is yet another example of how Selkirk is using innovation and leading practices to set itself apart.

"We know as citizens that Selkirk is a great place to live, work and play. With this data, we can prove it and we can continue our work to make Selkirk even stronger. We've been recognized as provincial and national leaders in terms of asset management and on climate change. Now we join an elite group of global leaders who are working to make cities more sustainable and liveable" said Johannson.

ISO as a brand represents a standard of excellence recognized by the private and public sectors worldwide.

"Adopting the ISO standard ensures the information Selkirk provides to

prospective investors, government agencies and other parties will contribute to better informed decision making," said the city's Director of Sustainable Economic Development Tim Feduniw.

"Accurate, credible and consistent information is critical to attracting and shaping positive community economic growth"

Dr. Patricia McCarney, President and CEO of the WCCD, welcomed the City of Selkirk to the WCCD global network of data-driven cities.

"I look forward to working with Selkirk in harnessing this data, and putting it to use," said McCarney.

"With applications from economic development, to targeted infrastructure investment, to internal and ex-

ternal benchmarking, the city's platinum certification is a testament to the leadership of Mayor Larry Johannson and his entire team in committing to high calibre, local-level data to drive a more prosperous, sustainable, resilient and inclusive future for Selkirk."

To achieve the WCCD ISO 37120 platinum certification, the city had to report 90 of a potential 104 indicators, broken down into 19 categories that ranged from economy to energy, environment to innovation and urban planning to water and sanitation. In obtaining WCCD's ISO 37120 Platinum Certification, Selkirk joins 100 cities worldwide, across more than 35 countries.

The Selkirk Record

217 Clandeboye Ave., Selkirk

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

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Mondays at 4 p.m.

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New boiler means smooth skating at ESRC

Heating up for 2020 season

Submitted by Selkirk and District Community Foundation

Among the many unsung heroes of the ice rink is the ice plant boiler – it resides out of sight and out of mind, doing its part to make skaters and pucks glide across the ice surface with the greatest of ease.

And if the boiler breaks down, so too does the ice surface.

The East Selkirk Recreation Centre needed a boiler replacement this season and the Selkirk and District Community Foundation came through with a \$10,000 grant to keep the 2020-21 season on ice.

"A boiler is very important. Without it, we could still make ice, but it would hinder the quality of our ice," says Blake Burnett, Facility Manager at the East Selkirk Recreation Centre.

"It's essential to our business. Hockey players know that when they go on the ice and it's rough, there's a reason and the reason is you're using cold water to flood."

The boiler heats water that is applied to the ice by the Zamboni and without that hot water, the ice surface would be bumpy and uneven.

Burnett says when you shave the ice, you get ice crystals, and those crystals need to be melted and that's where the hot water comes in.

Aaron Martyniw, President of the SDCF, says helping groups like the ESRC is what the Foundation is all about.

"These are the kinds of things we love to be a part of, knowing that kids are going to have quality ice to skate on is what it's all about," Martyniw says.

"When you hear how important a boiler is to the quality of ice, you realize how important it is, so we're happy to help out with things that really benefit the community."



RECORD PHOTO SUBMITTED

Blake Burnett, Facility Manager at the East Selkirk Recreation Centre.

What the 2020 season will look like is in large part dependent on COVID-19, but right now, Burnett says Phase 2 of Hockey Manitoba's three-phase plan is in action and the ESRC is preparing for an October opening.

The Lord Selkirk Hockey Association is currently holding tryouts at the Selkirk Rec Complex.

The Foundation grant is much appreciated, Burnett says, as the cost to replace the unit is substantial.

"It's more than a \$10,000 touch to a community club like ours so it would take a lot of rentals to pay for something like that, so for that reason alone we

appreciate the grant so much," he says.

"It's one of those costs that nobody thinks about, they think hot water, big deal. But you can't replace the boiler for cheaper, the type of system that it is, with the heat recovery that's required in such a short period of time and the amount of water that the Zamboni requires, it's important. The cost to a non-profit club like ours is just out of our reach."

SDCF's fall grant application deadline is just around the corner on Sept. 30. For more details go to sdcf.ca; email selkirkfoundation@shaw.ca; or phone 204-785-9755.

Selkirk RCMP respond to fatal motorcycle collision

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Submitted by the RCMP

At approximately 1:15 pm, on September 13, 2020, Selkirk RCMP received a report of a collision involving a pickup and a motorcycle on Highway 59, at the intersection of Highway 4, in the RM of St Clements.

Officers have determined that a motorcycle, being driven by a 64-year-old male from the RM of St Clements, was heading northbound on Highway 59 and made a left hand turn to head westbound onto Highway 4. As the motorcycle attempted to cross the southbound lane of Highway 59, it was struck by a pickup. The driver of the pickup, a 74-year-old male from Grande Pointe, was not injured in the collision.

The 64-year-old, who was wearing a helmet, was rushed to hospital where he succumbed to his injuries.

Selkirk RCMP, along with a Forensic Collision Reconstructionist, continue to investigate.

Ed Teplyski

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Camp Arnes hanging on as accredited camps suffer serious financial setbacks

By Patricia Barrett

Accredited camps across the province have been hit hard by the COVID-19 shutdown and ensuing public health restrictions, and while some are currently operating, they need to find new revenue streams in order to survive.

Camp Arnes, about 21 kilometres north of Gimli, is an accredited year-round camp on Lake Winnipeg that has managed to carry on despite having had to cancel programs, scale back its operation and transition to a new way of offering the camp experience.

Earlier this year provincial public health prohibited kids under 18 years of age from staying overnight at camps and banned groups of over 50 people.

Audrey Hicks, the camp's director of training and education, said the suspension of camp in March when COVID first struck and the move to operating under strict public health orders has taken a heavy financial toll on the camp, but they're determined to survive.

"From March to June we had no income because we got shut down completely. But we're still here and have managed to keep going. And that's our plan – to keep trying," said Hicks. "We're looking at every avenue of support to help us financially survive through this until we can start bringing in income again."

Camp Arnes offers a variety of kids' programs including swimming in its 99-person-capacity indoor pool, archery, sumo wrestling, horseback riding, ziplines, a 30-foot high wooden beam and high ropes, tobogganing and snowshoeing. It also hosts groups including churches, schools, boy scouts and cadets.

Hicks said donors have "kept the camp going" during COVID, along with federal government support programs for staff, but the camp is still faced with paying property tax to the Municipality of Gimli, insurance, hydro bills and staff who remain on the payroll.

Because Arnes has had to transition from its normal overnight camps with hundreds of kids to only day camps, in which a limited number of kids take part in activities and leave at the end of the day, the camp has lost over 90 per cent of its revenue.

"It's curtailed us so much that we're only sitting at about five per cent of the normal business we usually do," said Hicks. "But our expenses are not five per cent, so we're trying to figure how we go through this time and keep ourselves operating to the point where we can have the same amount of guests again that we normally do."

When COVID infections began to decline in July, Arnes began holding day camps that month as well as in August. It was also able to open its chalet to groups (under 50) that were part of a family unit and its campground, which is open until the end of September. The maximum group size is not, at this point, expected to change as the camp enters its fall and winter operating season.

Winter is a boon time for the camp. Its heated saltwater pool is used for swimming lessons for kids in Arborg, Riverton and Gimli, adult aquatic exercise programs, lifeguard training and the Special Olympics swim program. The camp also offers plenty of winter-related activities for kids, including cross-country skiing, building snow houses and traditional Icelandic fishing on the lake.

"We run 12 months of the year and usually have 12,000 guests that come between September and June," said Hicks, who teaches first aid, life guarding and swimming at camp and in towns in the Interlake. "We normally have schools that come all through the week and other groups on the weekends, and at any given time we could have more than 200 people on site all through the winter."

Some of the positive things that have come out of the COVID experience, said Hicks, are the financial donors and volunteers donating their time to help the camp complete work projects such as painting. One volunteer mowed most of the camp's lawn all summer.

But the camp is in the midst of trying to figure out how to "stay afloat" this winter while continuing to follow public health orders and still end up being around next year, she said.

"It's not just us. It's every camp in Manitoba," said Hicks. "When COVID shut us down, it shut everybody down."

Manitoba Camping Association's (MCA) executive director Kim Scherger said COVID and public health restrictions have affected its members "very badly." Not only are thousands of kids losing out on going to camp, but also regular staff – some undertaking camp leadership training – and volunteers.

Unwilling to completely sacrifice their operations to COVID, many camps have gotten really creative to continue delivering the camp experience to kids, she said. But by no means does that mean they're flourishing.

Of MCA's 35 province-wide accredited camps, Scherger said 19 transitioned to creating some sort of day camp, with three of them already operating exclusively as day camps.



RECORD PHOTO BY AUDREY HICKS

A community volunteer (left) and a camp staff member spruce up the outside of Camp Arnes' dining hall last month. Donors have stepped in to help the year-round camp continue operating, but it's struggling financially.

Some are operating only a few days a week while others are weekly.

"The reason camps are struggling is that they're set up to do overnight camps, not day camps," said Scherger, who's been with MCA for four years after serving 25 years as a camp director. "A lot of our camps – like Arnes – are over an hour from the big metropolis of Winnipeg where a lot of kids come from or are miles from towns. To get parents to commit to do that drive five days a week is tough."

To get around that some camps have taken "camp to the people," she said, travelling to towns in their region and staging a "pop-up camp" in a local park or other spot where they can offer programs for a day.

"But those activities were offered at a very discounted price because campers weren't coming in. Camps were running a deficit," said Scherger. "What we're hearing is it's about a 30 to 40 per cent deficit. So definitely there will be a huge deficit for our camps this year going forward."

Some camps that were too far from communities to do day camps got grant funding to undertake work projects such as creating new trails, cutting up trees that fell during storms and repairing infrastructure rather than programming.

Scherger said camps are unsure whether they'll be able to survive to next year. Even with no kids, they still have to pay bills and maintain their properties.

"At this point we don't know yet. A lot of camps are waiting to see what will happen going forward. With public health saying no overnight camps in the foreseeable future, that will threaten [revenue]," she said. "A lot of camps have income in fall, winter and spring and if they can't do overnights with school groups, church retreats or what have you, they'll have zero in-

come unless they get donations."

To make matters worse, camps haven't been able to undertake their annual spring or fall fundraising dinners because of gathering size limits. MCA itself has also had to cancel its own fundraisers and lay off two thirds of its staff. And thousands of dollars worth of advertising brochures that camps created are sitting idle as they can't predict what's going to happen.

Scherger said MCA had already reached out to the provincial government earlier this year, but hasn't been able to get a meeting to discuss the industry's concerns.

On average 50,000 kids in Manitoba attend accredited camps every year (there are also unaccredited camps in the province but are not represented by MCA). Accredited camps maintain strict health and safety guidelines and are monitored for compliance, she said. And 2,000-plus staff and volunteers could also lose out should camps fold.

"We would like to be able to sit around the table with the province to discuss how we can make this work. But so far, we haven't been let in," said Scherger. "We're saying, 'we're the ones who know camps, so let us come talk to you.' Camps need some money to survive and we're trying to tell that to the provincial government. Some of these camps are on the line where they might have to shut down and sell off the camp because they can't survive."

A spokesperson for the province told the Express that MCA "is welcome to request a meeting with government at any time," and that the province has "a number of programs available to help," including the Summer Student Recovery Jobs Program and the Back to Work Manitoba initiative (which ends Oct. 31).

Five-day COVID-19 test positivity rate at 1.4 per cent

By Ashleigh Viveiros

Manitoba's five-day COVID-19 test positivity rate was at 1.4 per cent Monday as public health officials announced 21 new cases of the virus, the bulk of them in Winnipeg.

Those cases, added to the 35 announced over the weekend, bring Manitoba's total number of cases to 1,449.

There were 257 active cases on Monday and

1,176 total recoveries. Twelve people were in hospital at the start of the week, three in intensive care. Sixteen Manitobans have died of COVID-19 since the pandemic began.

At press time, Interlake-Eastern RHA had a total of 17 active cases and 77 recovered.

The Beausejour district currently has two active cases, Fisher River Peguis one, Springfield

two, Stonewall/Teulon seven, Winnipeg Beach/St. Andrews four and the unknown district one.

The first week of school ended with reports of potential exposures at five schools in Winnipeg and Brandon.

"At this time, the school exposures were in people who were asymptomatic at the time that they were in the schools," explained Dr. Brent Roussin, Manitoba's chief public health officer at Monday's press briefing.

Roussin noted that in all these cases public health advice was being followed, including physical distancing and mask use, and so the risk to others is considered to be low.

Still, the increasing case numbers across the province is a reminder that "we are seeing this virus circulating and it's necessary to always practise those fundamentals and all the protocols that have been put in place," Roussin said.

That includes staying home if you are sick, washing/sanitizing your hands, covering your cough, physically distancing when you are with people outside your household, and wearing a mask in situations where you cannot physical

ly distance.

"We know that our actions today could have effects up to two weeks from now," Roussin stressed, "so we need to stay up to date on those fundamentals, protecting ourselves and protecting the people around us."

Learning to live with COVID-19 goes beyond common sense health precautions, Roussin noted.

"We also have to remember to be kind and that stigma really impairs our ability to address this virus," he said.

Roussin urges people with even mild symptoms of respiratory illness to get tested soon after those symptoms arise.

"If you test positive, no one is blaming you, but it's the best way to protect everyone around you," he said.

Businesses are encouraged to have protocols in place for what is expected to be a fall and winter filled with higher than usual rate of employee absenteeism.

"We again ask employers not to send asymptomatic employees for testing," Roussin said. "Only symptomatic people or people who have been advised from Public Health should be going for asymptomatic testing."

"WE KNOW THAT OUR ACTIONS TODAY COULD HAVE EFFECTS UP TO TWO WEEKS FROM NOW."

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Manitoba state of emergency extended

Staff

The Manitoba government has once again extended the provincewide state of emergency in response to the COVID-19 pandemic.

The extension went into effect Sept. 10 for a period of 30 days.

A state of emergency al-

lows the government to take quick action to support Manitobans when they need it most, the province said in a statement.

It was first declared on March 20 under the Emergency Measures Act and has been extended every month since.

Thinking about East St. Paul's future



RECORD PHOTO BY KATELYN BOULANGER

A new development is coming to East St. Paul designed to allow residents to stay in the community longer. On Sept. 11, the Swistun family along with the mayor, council, and local MLA's celebrated the beginning of a new 55+ apartment building which will be constructed on 1915 Hodinott Road. This 48 unit building is expected to be up by fall of 2021. Above: The Swistun family breaking ground on the new development.

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2 tablespoons canola oil
2 bell peppers, sliced
1 medium onion, sliced
1 teaspoon cumin
2 cups water
1 cup brown rice, uncooked
1 can (12 ounces) evaporated milk, divided
1 cup shredded cheddar cheese
1 can (4 ounces) diced green chiles, undrained
1 can (16 ounces) refried beans
6 wheat tortillas (8 inches)
salsa (optional)
guacamole (optional)
Heat oven to 350 F.

RED RIVER CO-OP FOOD STORE

Meatless Cheesy Burrito Bake

In large skillet, heat canola oil. Cook peppers, onion and cumin until tender. In saucepan, add water and brown rice. Cook 45 minutes.

In saucepan, add 1 1/4 cups evaporated milk, shredded cheese and green chiles. Cook over medium heat until cheese is melted and smooth. Stir 3/4 cheese mixture in with rice; set remaining cheese sauce aside.

In medium bowl, add refried beans and remaining evaporated milk. Microwave 3-4 minutes.

Lay out tortillas and layer: refried bean mixture, rice mixture and pepper-onion mixture. Roll into burritos and place in baking pan. Top burritos with remaining cheese sauce. Bake 20-25 minutes.

Garnish with salsa and guacamole, if desired.



Serves: 12
1 box (14 ounces) pumpkin quick bread, divided
1 cup carrots, shredded
3 eggs, divided
3/4 cup milk
1/2 cup golden raisins
2 tablespoons canola oil
1 package (8 ounces) cream cheese,

Spiced Pumpkin Carrot Cheesecake Cupcakes

softened
2 tablespoons sugar
1 tablespoon lemon juice
1 cup pecans, chopped
3 tablespoons butter, softened
Heat oven to 350 F. Line muffin tin with cupcake liners.

In large bowl, stir 1/2 pumpkin quick bread package, carrots, 1 egg, milk, raisins and oil until blended. Fill each cupcake liner 3/4 full.

In medium bowl, beat cream cheese, remaining eggs, sugar and lemon juice until smooth. Spoon cream cheese mixture over cupcake batter.

In medium bowl, use fork to combine remaining bread package mix, pecans and butter until crumbly. Sprinkle evenly over cream cheese in each cup.

Bake 25 minutes. Cool completely on wire rack.

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Remarried Parents Face Challenges

relationship based on what is happening in the negotiating process. If she's bending over backwards to work out an agreement with him, don't jump to the conclusion that her ex is more important than you are.

Discuss with your partner your role in relation to his/her children. Find out if he wants the two of you equally involved in the care and discipline of his children, or if he prefers you to act in a supportive role. For the sake of your partner and the children, it is best to move into a parenting role gradually, building the trust of all as you go. Try not to attribute selfish motives to other parties, for you will only upset yourself more. Assume that others are acting in accordance with what they need, and may be so caught up in their own emotions that they aren't even thinking of yours.

This is different than if they were consciously trying to make things difficult for you. Ideally, in time, all parties will be able to look at blended family issues in terms of what is fair and equitable, and also what is in the best interests of the child. If there are ongoing troublesome issues that keep coming up, it may be wise to seek counseling.

Often there are simple solutions that just have not occurred to those directly involved. Remember too, how quickly the children will be grown and gone, and try to keep things in perspective.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for daily inspiration.

In past columns I dealt with strategies for making life easier for children in blended families. This time we will look at some of the issues faced by adults.

If both parents re-marry, there are now four parents instead of the traditional two. Each of the four likely has a different idea as to how life should be managed. This can create conflict not only between the two sets of parents, but also within each pair.

It is important, firstly, to acknowledge that this is an incredibly complex situation, and secondly, that there will need to be a lot of compromise. If you are a step-parent, the most loving thing that you can do is to find out what your partner really needs in relation to his/her children, and support that. If she gives in too often to her ex-husband, just to keep the peace for the sake of the children, that's her decision. Only if this directly creates difficulty for you should you pressure her about her choice. If decisions need to be made about the children, it is best to leave those to the natural parents to work out, again intervening only if something directly affects you in a negative way.

It can be hard enough for two parents to come to agreement, much less three or four. Be sensitive to the difficulties that arise when your partner feels caught between you and an ex. Avoid allowing an issue between them to become an issue between the two of you. Try not to make inappropriate generalizations about your

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Your FARM



Merit Functional Foods ready to open in CentrePort

By Jennifer McFee

A new food production facility will open soon in CentrePort to provide the ingredients that go into protein-packed dairy and meat alternatives for consumers.

Merit Functional Foods was established in July 2019 by hemp industry experts Ryan Bracken, Berry Tomiski and Shaun Crew, who have decades of experience working in the plant protein industry. The company takes pride in offering a lineup of pea and canola protein that exceeds industry standards for purity, solubility and taste.

Last fall, construction began on a 94,000-square-foot facility in CentrePort.

"We are nearing the finish line — in the last few months we have made amazing progress and our facility is on track to be fully operational by the

fourth quarter of 2020," said Bracken, co-CEO of the company.

"Along with producing high-purity pea protein, we're proud that our facility will be the first commercial facility with the capability to produce food-grade canola protein. Ultimately these ingredients will then be used in the formulations of high-value food applications such as plant-protein beverages, dairy alternatives and meat alternatives."

It's good news for the agriculture industry since Merit will be sourcing pea and non-GMO canola in Western Canada.

"We will initially source approximately 30,000 acres worth of pea and canola, growing to greater than 100,000 acres within three to five years," Bracken said, "which will add more value to Western Canadian agriculture."



RECORD PHOTO BY LANA MEIER

Merit Functional Foods is on track to be fully operational by the end of this year.

Merit's ingredients can be used in a variety of products, including meat alternatives and dairy alternatives — like plant-based milk, plant-based frozen dessert and plant-based yogurt — as well as functional foods and beverages such as protein supplements or nutrition bars.

"We're redefining what 'plant-based' means when it comes to protein. Consumers are looking for plant-based protein but without sacrificing

taste or texture," Bracken said.

"While early adopters of the plant-based movement may have been less critical of plant-based protein's taste, today the consumer base has significantly grown — and with that growth has come the expectation of good taste and the ability to move to a plant-based diet without trade-offs. Protein from Merit means that it's not

Continued on page 18

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Interlake Packers continues with farming roots

By Evan Matthews

The most successful businesses bridge a gap, fill a need, provide a service, so it should be no surprise that this Interlake success story can be traced back to the farm.

A group of 12 farmers started Interlake Packers — originally known as Interlake Custom Killing Plant — in 1972, as there was nowhere else near St. Laurent or the surrounding area to process livestock. Over the years, Monica Schon's father slowly bought out each one of the 12 to become the sole owner.

"My dad owned a beef farm, and there was nowhere to slaughter in our area. They built a small little facility, and it just started to grow," said Schon, who is now the manager and co-owner.

Schon has co-owned with her three



Some of the classic sausage and garlic rings made at Interlake Packers.

brothers, Rick (who works at the facility and is quality control and our main sausage maker), Ed (the former-manager, now retired), and Willy (a silent partner), since 1991.

"Now, our business focuses on pro-

Continued on page 17



RECORD PHOTOS BY EVAN MATTHEWS

Siblings Rick and Monica Schon operate the family-owned and operated Interlake Packers business.

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Your FARM



> FARMING ROOTS, FROM PG. 16

cessing pork, we have a retail store, and we do wholesale," she said.

The business has a truck on the road five days a week supplying large quantities of processed pork products to other retailers as far north as Gypsumville, Fisher Branch, Peguis, Inwood, Teulon, Arborg, Riverton and Gimli.

The retail store offers an array of sausage and garlic rings, which are smoked on-site. The business recently invested \$300,000 into a new smoker, as the old one couldn't keep up with the demand the business had.

Reflecting the ever-increasingly difficulties associated with the beef production industry, Schon said Interlake Packers stopped slaughtering beef roughly four years ago.

"It started with BSE (mad cow) when... Rothesay stopped rendering beef. They are still open but render pork," said Schon, referring to what was Manitoba's only rendering company at the time. Rendering is the process of converting waste animal tissue into stable, usable materials.

"We tried to hang on until it just wasn't sustainable. It got to a point where we were losing money on beef production."

With so many beef producers in the area, there were quite a few producers saddened by the business's decision, she added.

Schon said the company still brings in some beef for certain sausage recipes, but the beef comes in from Beausejour and Carman after being processed.

"Our sausage is probably the bread and butter of our business, and they're gluten-free. They're so well-known all over the place. ... People come from B.C. and everywhere else to stock up," said Schon, adding the plant produces 1,500 pounds of sausage daily.

"Our bacon is supposed to be the best in the world, we have a few testimonials. ... That's probably why we're still standing," she said, chuckling.

For the most part, COVID-19 has impacted businesses in every industry, and Interlake Packers is no exception. Fortunately, the bottom line has

not been overly affected by COVID. Whereas wholesale demand may have dropped off slightly, Schon said the company's custom work has picked up "tremendously."

"It was slow for a while when it first hit in March ... but everybody is trying to raise their own meat now. They raise a pig, they bring it in here, and we butcher and package the meat as requested," said Schon.

"That's more and more because people like to know what they're eating nowadays, I think. We've also been

doing a lot of wild game from hunters who bring in elk or moose. ... We do lots of different sausage for them."

Sales in the retail store have increased quite a bit during COVID, Schon said. There are more people at home looking for local product and traditional recipes.

"We've actually hired a couple of people over the pandemic," said Schon. "It's been sad. Some of the restaurants we supply didn't survive, so we know we're fortunate."



The facility can be seen from a monitor in Schon's office.



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\$134-million interprovincial agreement renewed for Western College of Veterinary Medicine

By the Manitoba government

Three provincial governments announced the renewal of their financial commitment to the University of Saskatchewan's Western College of Veterinary Medicine (WCVM) today.

The Manitoba, British Columbia and Saskatchewan governments' agreement with the University of Saskatchewan provides over \$134 million to the Western College of Veterinary Medicine (WCVM) for the next five

years.

The agreement helps to ensure that Western Canada has a steady supply of veterinarians with in-depth knowledge of animal health and public health, as well as an awareness of the standards and issues facing livestock, fowl and fisheries producers, and pet owners.

"The Manitoba government is pleased to renew our commitment to training in veterinary medicine and

continue our long-standing partnership that provides high-quality education and training opportunities to Manitobans and helps meet labour market demand across the province," said Manitoba Economic Development and Training Minister Ralph Eichler. "This is an important investment in Manitoba's agriculture sector that aligns with needs under the Manitoba Protein Advantage Strategy. We need good veterinarians in place to help us practise safe animal welfare and keep growing animal agriculture in Manitoba."

Saskatchewan Minister of Advanced Education Tina Beaudry-Mellor said, "Ensuring that educational opportunities meet labour-market expectations is a Growth Plan priority for our government. This agreement allows Saskatchewan, and our partner provinces, to communicate admissions' priorities so they are in step with each province's labour-market needs."

British Columbia Minister of Advanced Education, Skills and Training Melanie Mark said, "There is an increasing demand for veterinarians and veterinary research across Western Canada. This agreement helps us focus on equipping students from the

western provinces with the expertise to return and practise in their home communities, where they are in demand."

University of Saskatchewan interim provost and vice-president academic Melissa Just said, "The WCVM is built on collaboration, and its people and programs strengthen the University of Saskatchewan's impact in everything from agriculture and animal health to comparative medicine and public health. We're excited to see what it will achieve with the renewed support of its provincial partners and our university."

The WCVM is the premier centre of veterinary education, research and expertise in Western Canada and a key member of Canada's veterinary, public health and food safety networks. The internationally accredited facility includes a veterinary medical centre, a provincial diagnostic laboratory and large-scale research facilities.

The college's new interprovincial agreement is in place until 2025.

Find video greetings from Manitoba, British Columbia and Saskatchewan and University of Saskatchewan representatives at <https://wcvm.usask.ca/ipa.php>.

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"We will have more than 80 high-value jobs by the end of this year and

adding over 200 team members in the next three years."

CentrePort Canada is also excited to welcome Merit Functional Foods to the inland port footprint.

"Their new facility is a significant addition to the agri-business landscape in Manitoba, and their strategic location in CentrePort enables them to support their supply chain activities," said Diane Gray, president and CEO of CentrePort Canada Inc.

"We are thrilled to see a local company pioneering innovative approaches to high-quality plant protein production, right here from the Rural Municipality of Rosser."

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Renovating a Historic Home

Living in an historic home can be a labor of love. The history and the distinct architecture of historic homes draw buyers to such properties, but what historic homes have in regard to history they often lack in the conveniences of modern life, forcing many historic-home owners to make renovations to bring their homes into the 21st century.

Historic-home renovations differ from other types of modifications. According to the Victorian Preservation Association, renovation is getting a home back to where it may have been when originally built, but making concessions for today's lifestyle. Preservation is the act of maintaining a structure in its current historic state, and restoration is returning a home to its original state. Unless a homeowner plans to use an outhouse or live without electricity, the majority of work done on historic properties is likely to fall into the category of a renovation.

Renovating an aging structure can be fulfilling and help to make a home more functional. But make no mistake, such a renovation is a major un-

dertaking. Before beginning, it pays to hire a professional consultant with expertise in renovating historic properties. He or she can inspect the property to determine which areas of the home are safe and which will need to be upgraded. A professional inspection also can determine if any deficiencies lie hidden in the structure. Potential concerns can be toxic paints and other substances, building code issues, rotting, and structural settling. Professionals will know what to look for and guide homeowners accordingly.

Homeowners also may want to consult with a preservation association, community restoration group or general owner-builder group. These people can refer homeowners to the craftspeople and materials that will be needed for a job. Homeowners can request to see other historic properties in the area and learn what those owners did to maintain the integrity of a home when using newer materials.

Craftspeople should have experience with historic homes and a sensitivity and appreciation of renovating older properties. Homeowners always should see examples of a craftsman's work and verify references from each con-

tractor before hiring anyone to work on the property.

Homeowners who want to include traditional hardware and other period details in their homes may be able to find quality replicas of historic milling materials, while others may want to scour antique shops or salvage yards for era-appropriate materials.

Historic renovations can be costly and have a tendency to go over budget because of unforeseen damage and hazards that have to be repaired so the building is up to code. Going into the project with this in mind can help soften the blow of extra costs down the road.

Historic homes can be beautiful and appeal to buyers who appreciate the one-of-a-kind nature of older properties. Renovating historic homes may take time and money, but the results may be well worth the effort.



Historic-home renovations require additional planning and a bigger budget than newer homes.

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Let a professional help organize your home and life

Many people routinely find themselves confronted with situations that could be made simpler if they were just a little more organized. Whether it's lost keys, cramped cabinets or misplaced documents, minor yet inconvenient situations can be mitigated if not eliminated if men and women simply commit to being more organized.

Men and women who struggle with organization may be surprised to learn just how much time and productivity they lose to disorganization. For example, a survey from Ikea found that men and women routinely spend six minutes just looking for their keys. When added up, that's a substantial amount of time that can be put to better use.

Becoming more organized is a popular resolution, and many people benefit from hiring professional organizers to make their resolutions a reality.

Professional organizers can help men and women reduce clutter in their homes and offices and regain control over their surroundings. Such professionals also can help solve organization problems, and that can help men and women reduce stress.

Professional organizers know which strategies work, but men and women should know that not all organizers are the same. Some organizers may work as a hobby or be part of a larger cleaning company, while others are certified in organization. When searching for an organizer, determine if he or she belongs to the National Association of Professional Organizers and/or if an organizer has been certified by the Board of Certification for Professional Organizers®. While certification may not be necessary to help you organize your home or business, certified organizers may have more experience.



Professional organizers can help get your home or office in order.

Organizers may specialize in certain areas. Some deal with corporate and business organization, while others help with real estate staging. Look for one who has experience working with people of your ilk.

Organizers will want to examine clients' situations before they develop a plan of action. Therefore, do not feel the need to prepare for the organizer's arrival by cleaning up, as doing so may only mask the problems you're having. The organizer will walk through your home or business and assess your needs. Many organizers will suggest you work with them to learn organizational strategies that

you can implement on your own so you remain organized for years to come.

Check with the organizer to see what type of packages he or she offers. Some packages may be detailed, while others may just provide a foundation for you to become more organized.

Getting organized is more than just having a clean space. It's about taking control of your environment and improving your quality of life. Professional organizers can help accomplish that goal and keep you organized for years to come.

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Remodel For Fire Safety



(MS) - By Scott McGillivray

It's surprising that, although millions of homes are remodeled in America each year, few homeowners realize the importance of remodeling with fire safety in mind. While smoke alarms and fire extinguishers are top of mind, do you know how you can improve passive fire protection in your home?

Passive fire safety installations do not alert you to, or react to, the presence of fire in your home. This type of fire precaution is part of the core of the building and will help to control the fire by limiting its spread.

One very effective form of passive fire protection is the installation of insulation. When adding or upgrading insulation, look for products made from naturally fire-resistant, inorganic materials. A favorite among builders, contractors and homeowners is a stone wool insulation called Roxul Safe 'n' Sound, which offers fire resistance up to 2,150° F. Its melting point is higher than the temperature of a typical house fire, which means it will stay in place longer to provide passive fire protection when every second counts.

Effective compartmentalization through the use of fire-resistant materials can help avoid the spread of fire to other areas of the home, and more importantly, protect vital escape routes. Consider installing a fire-resistant insulation in walls, floors and ceilings to maximize protection and escape time.

Scott McGillivray is the award-winning TV host of the hit series "Income Property" on DIY Network, a full-time real estate investor, contractor, author, and educator. Follow him on Twitter @smcgillivray.

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Freiter commits to NDSU Bison baseball program

By Brian Bowman

Many student-athletes are still unsure of what their futures hold even after graduation.

But for Bennett Freiter, he already knows where he will be attending university as he begins his senior year of high school in Okotoks, Alta.

The talented St. Andrews' product has committed to attend school and play baseball for the North Dakota State University Bison in Fargo, N.D.

"I'm extremely excited to open up this chapter of my life," said Freiter from Alberta on Sunday afternoon. "NDSU had all of the requirements that I was looking for. They have an academic program that I'm interested in taking and they are a competitive Division 1 baseball school. I really felt all of the coaches were interested in me and it's also a good location for where I live."

NDSU was 8-9 a year ago before their season abruptly ended due to COVID-19. The Bison are not afraid to travel to a warmer climate as they played games in Hawaii, California, and Florida to start their season last February.

"I'm pretty sure they're going to be going to Hawaii when I'm there," Freiter said. "It will be really interesting and that's what happens with northern universities, they start their season on a big road trip."

Freiter, a catcher and sometimes first baseman, is currently in his second season with the Okotoks Dawgs' baseball program. That school attracts elite athletes and will play an estimated 100 games a season (which includes tournaments and intrasquad games).



RECORD PHOTO SUBMITTED

St. Andrews' Bennett Freiter has committed to play baseball and attend school at North Dakota State University.

That's a lot of baseball.

"It's absolutely amazing," Freiter said. "It's going to really prepare me for college life. It's really similar with how rigorous our practices are. You get a lot more ball and I feel it's a much higher level and more competitive."

Freiter feels his skills have improved immensely since his time in Alberta. Known as a good offen-

sive player, he's always trying to hone his defensive skills.

"We have a really great catching coach and we work on things all of the time even before school starts," noted Freiter, who also played "five or six games" with the North Winnipeg Pirates U18 team this summer. "I'll be at the indoor training facility working with him. He's really great and helps us a lot."

Freiter, a member of Manitoba's 17U provincial team a year ago, was also one of four Manitobans to be invited to the seventh annual Tournament 12 last September. That event, a showcase opportunity for the best Canadian amateur baseball players with college eligibility, was held at the Rogers Centre, home of the Toronto Blue Jays.

Players received top-notch instruction from former Blue Jays' players.

Freiter learned a lot at that event and he is also very appreciative of the coaching he has also received with the North Winnipeg Pirates' program. The Pirates have produced plenty of quality baseball players over the years.

"It's really great to see how (good) the North Winnipeg baseball is becoming," he said. "We have a lot of success with players and how we finished in the playoffs. I'm extremely thankful for all of the support I've been given by all of the coaches in North Winnipeg. I really appreciate all of the effort and all of the time they've spent."

"The same with the Dawgs' coaches. I could not have gotten anywhere near where I am now without all of their support."

MJHL makes major changes for 2020-21 season

By Brian Bowman

The Manitoba Junior Hockey League will undergo some major changes for the 2020-21 season.

With the addition of a 12th MJHL franchise named the Winnipeg Freeze, which is owned by 50 Below Sports + Entertainment, the league will now be divided into three four-team divisions this season. The change was made to limit travel and virus exposure during the COVID-19 pandemic.

The Selkirk Steelers will be in a Southeast division along with the Winnipeg Blues, Freeze, and the Steinbach Pistons.

An Interior division will include the Portage Terriers, Winkler Flyers, Neepawa, and the Virden Oil Capitals while a Northwest division will feature the Waywayseecappo Wolverines, OCN Blizzard, Swan Valley Stampeders and the Dauphin Kings.

"In the course of our planning for the upcoming season, it became clear that we had to further self-impose schedule modifications and restrictions to ensure that we were moving forward

in a safe, structured and responsible manner," said MJHL commissioner Kevin Saurette. "Each organization is to be commended for their absolute commitment to providing players with a safe development opportunity on and off the ice in the face of the difficult challenges ahead."

Each team will play a 40-game regular-season schedule compared to 60 last season. Training camps will begin this Friday while the regular season will start on Oct. 9.

Teams will play each divisional rival eight times (four home, four away) and each of the league's other eight teams twice (one home, one away).

The schedule, which will span over 22 weekends, is split into four five-week blocks separated by breaks in the schedule. The first self-imposed break is in the middle of November, followed by the traditional Christmas break and a further self-imposed break at the beginning of February.

The implementation of breaks were essential, said the MJHL, to provide a necessary buffer to recover from potential COVID-19 implications

and/or weather related disruption.

Each team will play two games a week and will only face one team each week.

The MJHL playoff format is expected to be announced in the coming weeks.



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Steelers form first-ever advisory board

By Brian Bowman

For the first time ever, the Selkirk Steelers have formed an advisory board.

It's an initiative to have more people join the Steelers in an advisory role.

"We created the advisory board with all local Selkirk residents both in business and just residents of Selkirk," said Steelers' president Jordan Fillion last Friday. "We've done this for the purpose of getting more local people around and helping us and sharing the Steeler story."

The advisory board, said Fillion, will be looked upon to give the Steelers' executive advice while working with them on all aspects of hockey and the community.

"We're excited to take this board and run with it," Fillion said. "We've had this idea for a little while and now we have some very good local (individuals) that have shown some interest. It just made sense, at this point, to make it official."

This is a volunteer board and members - which include Kent Scramstad, Wendell Koop, Lynette Koop, Marlene Kartinen, Don Kartinen and Buck Anderson - will not be paid.

"Our job is to get more people involved," said Anderson, the Interlake Metis Association's vice president, on Monday afternoon. "Getting more people involved is better but you

don't need 50 people yelling ideas."

Fundraising is important, said Anderson, as is the Steelers' communication with the local schools and the younger kids throughout the year, not just during the winter.

Meanwhile, this season will be a much different one for the Steelers. The MJHL has reduced its schedule to 40 games per team and all games will be played either Friday, Saturday or Sunday. Travel will also be greatly reduced as the league will now consist of three four-team divisions.

"We're excited for it. It's been a long time without hockey at the junior level because we weren't able to finish the playoffs last year," Fillion noted. "Everybody is excited to get going with hockey. We have to do all of the right things to ensure the COVID-19 guidelines are met."

Fillion believes the scheduling change will be good for the league as families are more prone to come out for a weekend game as opposed to one on a Tuesday. It will also allow fans of visiting teams to make the trip to watch their favourite club.

On the ice, the Steelers expect to be competitive this campaign after missing the playoffs last season. With Hudson Friesen and Al Hares behind the bench, Selkirk should win a lot of hockey games.

"Al Hares is back this year...and



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers recently announced a new advisory board to assist the team. Local members include Kent Scramstad, Wendell Koop, Lynette Koop, Marlene Kartinen, Don Kartinen and Buck Anderson.

he's an iconic local figure so it's exciting to have him," Fillion stressed. "Al Hares has been instrumental in Selkirk hockey for many, many years so we just want to encourage people to come out and support the new local board and the new local coach.

"Let's get the Steelers back to before all of these years."

The MJHL regular season will begin Oct. 9 with six games involving the 12 teams. Selkirk will host the Winnipeg Blues that evening at 7:30 p.m.

Questions still abound with high school sports

By Brian Bowman

As students have returned to the classroom, there are still more questions than answers regarding high school sports.

Currently, the only sports that have an approved "Return to Play" are golf and cross-country running.

Volleyball is supposed to submit their "Return to Play" on Sept. 21 so the soonest that we could see 6-on-6

practicing or games would be middle-to-late October.

The Royals boys' hockey team, meanwhile, started their tryouts this week. It is not known when their season will begin.

"Several divisions in Winnipeg and Manitoba have paused their extracurricular sports for the time being," said Royals' athletic director Scott Gurney in an email. "For example, the River

East Transcona School Division and Sunrise School Division have not given permission to start sports. Even if we get the go-ahead to return to competition, there's still some question as to whether there will be league play or what it will look like."

Currently, there are only five schools actively participating in the KPAC Conference. As well, at this point of time, tournaments and provincials

have not been sanctioned this year.

Lord Selkirk School Division teams have been given permission to start up as long as the "Return to Play" has been issued from the sport's provincial governing body.

Golf, cross country, and the volleyball teams are resuming their practices at the Comp.

Curling Canada cancels six more events

Staff

Curling Canada has cancelled six more events in 2021 due to the COVID-19 pandemic.

The organization announced last Thursday that it has cancelled the Continental Cup in Oakville, Ont., the Canadian under-18 championships in Timmins, Ont., the New Holland Canadian junior championships in Fort McMurray, Alta., the Canadian wheelchair championship in Moose Jaw,

Sask., the Canadian Under 15 RockFest and the U Sports/Canadian Colleges Athletic Association championships.

Safety of participants and volunteers, travel restrictions and costs were factors in the decisions to cancel the events, said Curling Canada.

"We considered all options, but in the end, we had to make the responsible decision — for the athletes, for the volunteers and for the organiza-

tion, to ensure the safety of those involved in the championships as well as the viability of the sport in Canada," said Katherine Henderson, chief executive officer of Curling Canada, in a statement.

The Scotties Tournament of Hearts Canadian women's championship in Thunder Bay, Ont., the Tim Hortons Brier Canadian men's championship in Kelowna, B.C., and the world men's championship in Ottawa, Ont. remain on the schedule.

Burr excited to hit the ice for the 2020-21 MJHL season

By Erik Swar/MJHL

With a few games remaining in the 2019-20 Manitoba Junior Hockey League regular season, the Selkirk Steelers held their own playoff destiny and just couldn't quite find their way into the eighth and final spot.

For Blake Burr and his Steelers, the end of their season came much quicker than anticipated but certainly poured plenty of fuel on the fire to find success in 2020-21.

"It was a tough end to our season," Burr shared of missing the postseason. "We lost some guys at the trade deadline, we were playing well and the last month things turned and didn't go our way. It was frustrating but it makes me want to do a lot better this year."

"In Manitoba we've been lucky. I've been training and skating hard. For me the on ice is the same, but no showering after is different so you have to go home not smelling the best but other than that it's pretty much the same," he added.

Last year was the first time Selkirk missed the playoffs since the 2013-14

season. Burr said getting back into the upper echelon of the league is something that's important for the Steelers who will look to make an impact when the puck drops on Oct. 9.

"I'm extremely excited, especially with the NHL on right now it makes you want it even more," he said. "With the way last year ended, you just want to get back out there. I'm looking forward to it."

"Seeing the guys is a big part of it, being able to get out there and compete. It's just something about it that's really exciting."

The feedback from players around the league has been similar – Manitoba is extremely fortunate to have a season and it's something no one is taking for granted.

In Burr's first two MJHL, he posted back-to-back years with 24 assists. The biggest impact Burr made with the Steelers in year two was lighting the lamp 28 times, a 19-goal increase from his rookie season and good enough for ninth in the MJHL.

"I was depended on a little more, I got a few more opportunities that I



RECORD PHOTO COURTESY MJHL

Blake Burr is excited to begin his third season with the Selkirk Steelers. Last year, the Winnipeg product scored 28 goals and collected 52 points in 60 regular-season games.

was able to take advantage of," Burr noted. "Playing with some good players that I built some chemistry with helped but team success is much more important."

"We want to set the expectations

high, that's really important, so you have something to work towards and keep up to. Hopefully, we can put up a lot of wins this year and be in contention," Burr concluded.

Strike Force lose to SCM Academy

Staff

The Tri-S Strike Force was defeated 4-1 by SCM Academy in Manitoba Major Soccer League 7th Division action last Friday at the University of Manitoba.

Khamis Abdallah scored for Tri-S while Darren Reimer (two) and Chris

Knock replied for SCM Academy. The other tally was an own goal.

The Strike Force played BFR AC this past Monday but no score was available at press time.

Tri-S will then play the Purple Cobras this Friday at the Ralph Cantafio Soccer Complex. Game time is 9:15

p.m.

Selkirk FC, meanwhile, battled Bandits FC on Tuesday at Shaughnessy Park but no score was available.

Selkirk is also in action this Friday at the Ralph Cantafio Soccer Complex as they take on Granite United at 7 p.m.

Smith signs with Steelers



RECORD PHOTO SUBMITTED

The Selkirk Steelers recently announced the signing of forward Tyson Smith (03) of Winnipeg. Last season, Smith scored 23 goals and had 56 points in 47 games with the Winnipeg Wild.

Manitoba Junior Baseball League award winners announced

Staff

The Manitoba Junior Baseball League 2020 award winners were announced by the league last Thursday.

The Elmwood Giants' Brandon Racette (7-2 record, 2.64 earned-run average) was named top pitcher while

teammate Darnell Wyke, an outfielder, was honoured as the top defensive player. Elmwood first baseman Riley Trager was recognized for sportsmanship and ability.

Carillon Sultans' third baseman Zach Giesbrecht was named the

MJBL's most valuable player, hitting .571 with a home run and 11 RBI.

Pembina Valley Orioles' outfielder Tristan Peters was named the league's top rookie. He batted .500 with two homers and 20 RBI.

2020 Manitoba Marathon to be a virtual event

Staff

The Manitoba Marathon, delayed by the COVID-19 pandemic, will be a virtual event next month.

Usually held on Father's Day, the

Manitoba Marathon was scheduled for Oct. 11.

Now, however, the event will be conducted as a virtual event from Oct. 11 until Nov. 11. The announce-

ment was made last Wednesday.

For more race details and to register for the event go to their website at manitobamarathon.mb.ca.

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AUCTIONS

PROPERTY AUCTION: will be held at 432 Gertrude Avenue, Beausejour, Manitoba, Thursday, September 24, 2020 at 7:00 P.M.

This unique 50' x 150' commercial property complete with office & warehouse, a large garage and a storage shed is in the ideal location for anyone interested or involved in the trade business. The Town of Beausejour and surrounding area is continuously growing and there are good opportunities to start a business. The buildings have large storage space for equipment and supplies.

The approximate dimensions of the buildings are: *Office/Warehouse 30' x 40'. The roof has been reshingled, two washrooms, additional insulation added, and is fully serviced. *Garage, 24' x 46'. Insulated, large open area and is heated by an electric furnace. The roof has been reshingled. *Storage shed c/w canvas roof, 12' x 24'

Terms of the Sale: COVID 19 restrictions will be applied.

The property & building sold in "as is" condition *The starting auction bid is only \$105,900.00 *The successful purchaser must pay by cash or certified cheque a non refundable deposit of \$5000.00 after the conclusion of the auction on the day of the auction *The certified cheque is made out to Doug McDermott *The balance of the payment must be received by 5:00 p.m., October 14, 2020

For further information or to preview the property call Doug at 204-268-5007 Property can be viewed on Manitoba Global Auctions or Rent-a-Auctioneer.ca

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Sealed submissions will be received by the RM of Alexander until 12:00 pm, October 8, 2020.



THE RURAL MUNICIPALITY OF ALEXANDER

PUBLIC NOTICE - BOARD OF REVISION NOVEMBER 3rd, 2020

Notice is hereby given that the real property assessment roll of The Rural Municipality of Alexander for the year 2021 has been deposited in the Municipal Office and will remain open to the inspection of all persons between the hours of 9:00 a.m. - 1:00 p.m. and 2:00 p.m. - 4:00 p.m. Monday to Friday. Applications for revision may be made in accordance with sections 42 & 43 of the Municipal Assessment Act.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under section 114(1) of the Real Property Act, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to;

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

43(1) An application for revision must:

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by delivering it or causing it to be delivered to:

BOARD OF REVISION
THE RURAL MUNICIPALITY OF ALEXANDER
P.O. BOX 100
ST. GEORGES MB R0E 1V0

The Board of Revision will sit on Tuesday, November 3rd, 2020 at 1:00 P.M. in the Municipal Office at **1 Bouvier Trail**, St Georges, Manitoba.

The final date on which applications must be received by the Secretary of the Board is October 19th, 2020, at 4:00 P.M.

DATED AT ST. GEORGES, MANITOBA THIS 10th DAY OF SEPTEMBER A.D. 2020.

Michele Stefaniuk
Secretary - Board of Revision
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NOTICE TO CREDITORS

IN THE MATTER OF the Estate of DENNIS STEPHEN DENESIUK, late of the Village of Dunnottar, in the Province of Manitoba. ALL CLAIMS against the above estate must be filed with the undersigned at their offices at 2151 Henderson Highway, Winnipeg, Manitoba, R2G 1P9, on or before the 9th day of November, A.D. 2020. DATED at Winnipeg, Manitoba this 14th day of September, 2020. BONI SINGBEIL STIENSTRA LLP Solicitors for the Executor (Danielle Magnifico)

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Applications close **Thursday September 24th at 12:00 noon**

Please respond with resume and cover letter to farview@mymts.net

ANNOUNCEMENT

BIRTHDAY



Margaret Chiborak
Happy 75th Birthday!
Wishing you all the best!
Unfortunately, due to COVID-19, an event is not planned
but phone calls are most welcome to help celebrate this milestone.
-With love from your family

ANNOUNCEMENT

ANNIVERSARY



Happy 50th Anniversary
Myrna and Robert Stefanyshyn
on September 19
-Love always,
from your family

ANNOUNCEMENT

BIRTHDAY



Wishing Gary
a Happy 65th Birthday
on September 20th!
-Love your family

ANNOUNCEMENT

ANNIVERSARY



Happy Anniversary
Ed and Anne Hamelin
on 48 Years of Happiness and Bliss
on September 2nd
and
Happy Birthday
Anne Hamelin
on September 10th
39 and holding!
-Love Ed

ANNOUNCEMENT

IN MEMORIAM



Sophie Grochowich
September 19, 1920 - January 1, 2020
Missing you, especially today,
September 19th, which would have been your
100th birthday.
Forever loved.
-Frances, Peter, Pat,
grandchildren, great-grandchildren
and brother Frank

ANNOUNCEMENT

IN MEMORIAM



In memory of
Wilma Goodbrandson
much loved mother, grandmother
and great-grandmother
June 15, 1929 - September 11, 2016
Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed and very dear.
-Lovingly remembered by her family

ANNOUNCEMENT

IN MEMORIAM



Gerald Bear
July 19, 1946 - September 17, 2000
It's been 20 years since you left us.
Missing you everyday.
Lovingly remembered in each and every way.
-Love Maria, Morgan (Rae)

ANNOUNCEMENT

CARD OF THANKS

Lorne Monkman - We would like to thank our family and friends for all the support, words of comfort and love during this time of sadness. Lorne will live on in our hearts and memories. We also send our gratitude and appreciation to the staff at Ward GH4 at HSC, Dr. Johnston and Dr. Partyka, and Gilbert's Funeral Home. Also, thank you to Donnie and Adelaide and Frank's Pizza for the beautiful lunch we were able to serve at Loon Straits. If I should go before the rest of you
Break not a flower
Nor inscribe a stone
Nor when I am gone
Speak in a Sunday voice
But be the usual selves
That I have known
Weep if you must
Parting is hell
But life goes on
So sing as well
-Michelle, Kirk, Rose, Kirby, Nasrin
and families

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ANNOUNCEMENT

IN MEMORIAM



In loving memory
of our niece
Lori Dee Ann Grove (Pichor)
February 17, 1971 - September 13, 2018
As time unfolds another year,
Another page in our book of memories
is gently turned.
If roses grow in Heaven Lord,
Please pick a bouquet for us,
Then place them in Lori's arms;
And when she turns to smile,
Place a kiss upon her cheek,
And hold her for awhile.
Always in our thoughts,
Deeply missed and forever loved.
-Auntie Bea and Uncle Ron

ANNOUNCEMENT

IN MEMORIAM



Darwin Hnatiuk
September 17, 1954 - March 18, 2020
We miss your smile,
Your joking ways;
We miss the things,
You used to say.
And when old times we do recall,
It's when we miss you most of all.
Love and miss you
-Toots,
Holly (Lonnie) and Nick,
Tyler, Natalia Trenton, Natasha and Nicholas

OBITUARY



Captain (Stanley) George Disbrowe

Peacefully on September 10, 2020, after a courageous battle with cancer and surrounded by family, George Disbrowe left us to join his beloved wife Freda.

George is survived by his children Pam (Jerry), George (Kerry), Cheryl, Charles (Maizelle) and Ryan; grandchildren Chelsea, Jeremy, Isabel and Lucas; sister Rosa (Bill) Bowers and numerous nieces, nephews and cousins.

Dad was born in Berens River, Manitoba on March 9, 1941. He left Berens River at a young age to begin his lifelong career on the water. While working as a deckhand on the M.S. Keenora Dad met the love of his life Freda. They married in 1965 and spent two years living in Warrens Landing before moving to Selkirk where they settled and raised their five children.

In March of 1971 Dad received his Captain's ticket and worked as master of the Joe Simpson. Dad worked for several years at Marine Transport before taking a position with Public Works Canada which took him to Hay River N.W.T and Fort MacMurray, AB. Dad transferred back to Selkirk, MB in 1985 to Captain the Grand Marais on Lake Winnipeg. Due to injury Dad retired early in 1995.

Dad spent his retirement days in the winter wood working, bowling and painting ceramics. In the summer Dad and Mom found a love for camping. Taking them all through the Whiteshell, but their favorite camping spot was always Hecla Island. Dad spent countless hours fishing and playing crib with his kids, grandkids, and friends. Dad's love for the lake never left him. He found his passion again working alongside his nephew Mike on the Rapids for a few summers recently. Dad enjoyed camping at Hecla right up to the early August of this year.

Cremation has already taken place and a private celebration of life will be held with Pastor Barton Coleman officiating. Due to COVID restriction, the service will be live streamed via the Gilbert funeral home website on Thursday, September 17, 2020 at 11:00 a.m.

The family would like to thank the palliative care coordinator, Melanie Bernas for her guidance; Dr. Donna Clark for always finding the time to see him at home and the staff at the Oncology Unit at Selkirk General Hospital for helping him through his courageous battle.

In lieu of flowers donations can be made to the Never Alone Foundation.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Pearl (Phillips) Thomas

It is with both love and sadness that the family of Pearl Muriel (Phillips) Thomas announce her passing in the early hours of Thursday, September 3, 2020 at Seven Oaks Hospital in Winnipeg.

Pearl, aged 70, passed into the presence of her Heavenly Father following a long struggle with pain brought about by childhood polio, and with many health complications during her adult life.

Among those giving thanks for her life are her loving sons, Stephen and family in Winnipeg, and Daniel in New Westminster, BC. Also grieving her loss are those in her loving family: David and Cathie Phillips of Toronto, ON; Dorothy (Phillips) and Jack Reimer of Victoria, BC; and Don Phillips, of Vancouver, BC; also, their nieces and nephews, aunts, and cousins, as well as numerous friends in Canada and the USA.

Pearl was predeceased by her loving husband Dennis in 1995; her mother, Hazel Phillips in 1997; and her father, Rev. Kenneth Phillips in 2001.

Pearl was born on August 21, 1950 in Eldoret, Kenya, East Africa, daughter of missionary parents, Ken and Hazel Phillips. She became ill with polio at the age of two and received medical attention in Winnipeg in 1953-4. During her 17 years in Kenya, she called several places home. Her entire schooling was at Rift Valley Academy, where she majored in literature, music, and theatre. Pearl's life-long vision was to become a teacher. She received her Teaching Diploma at the University of Manitoba. Pearl's dream was realized when she began to teach in the elementary school in Lac du Bonnet, and after her marriage, she taught in Selkirk.

Following her marriage to Dennis in 1973, they set up their home in Selkirk, Manitoba where they raised their two sons, Stephen and Daniel. Their love of books inspired them to start a business, Grace Book Store. This brought joy and satisfaction until poor health interfered with the physical demands of operating their own business. Both were prolific writers and enjoyed music and singing. Dennis had a specialty of playing the harmonica and Pearl accompanied him on the piano. In 2017, Pearl published Dennis' poems in the book "Poems for Life's Seasons", a volume treasured by many.

After the death of her husband in 1995 in Selkirk, and then her parents in Winnipeg, she worked in Winnipeg at several long-term care homes. She called many of these older persons her special friends.

All her life, she loved music, played the piano, and developed the ability to play songs by ear. She gladly shared her musical talents broadly with church groups and many seniors' homes in Winnipeg. She loved plants and gardening; sunflowers were her favorite. At home, she never tired of following the news; she was an avid commentator on world-wide events. She kept a detailed record of devastations world-wide, always continuing to pray for people thus affected. She commented that as she prayed for the people impacted by these events, the acute pains she lived with would subside.

Pearl was a strong Christian who lived out her faith in everyday situations. She never tired of taking difficult circumstances to her Lord in prayer. She attempted to view each event in life through the lens of her favorite Bible verses. Romans 8:28 was her constant source of strength to her.

Pearl treasured her 23 years of marriage to her beloved Dennis. After Dennis' death she managed independently for another 25 years. She took pride and joy in her sons, Stephen and Daniel. She will be lovingly remembered by her sons, siblings, relatives, and friends.

Anyone wishing to donate to charity in her memory, may give to one's choice.

Stephen and Daniel wish to thank Gilbert's Funeral Home, Selkirk, for arrangements made during this difficult time of Covid-19. Because of the pandemic, a web page will be made available for those who wish to leave a comment, share a photograph, or remind others of the special friendship and love by which Pearl will be remembered.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



Announcements

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The Selkirk Record

OBITUARY

Cornelia van Mierlo (Corrie)

November 18, 1938 to September 8, 2020

It is with great sadness we announce the passing of our beautiful Mom, Oma and friend to many.

Corrie was predeceased by her loving husband of 53 years, Wilhelmus (Bill). It lightens our hearts to know that Mom and Dad/Oma and Opa are together again. Corrie was also predeceased by brothers Jos and Jan, and sister Riet.

Left to remember Corrie, and all the good times that were had, are her son Adriaan (Judi), daughter Monica (Alan), grandchildren Devon (Noraida) and Graham (Meaghan) and great-grandchild Nathaniel. Also left to remember her are her brother-in law Theodorus (Dirk) van der Kroon and many nephews, nieces, and friends.

Corrie was born in the Netherlands. After the war she met Bill and they made the leap to start a new life in Canada in 1958. They lived in Winnipeg in their first years and family togetherness was a priority. Many weekends the family went to parks or the beach and went camping, fishing and boating. They eventually moved to St. Eustache, known as the "the farm" and weekends were still spent together outside in the gardens, tending to the animals and pulling the kids and eventually grandkids around on the tractor and snowmobiles. They got to know many of the neighbours and good times were had at neighbourhood gatherings, pot-lucks and card games.

Corrie had a kind loving spirit but was also a hard-working lady. She had many jobs other than being a fantastic wife, Mom and Oma. She spent her early years in a sewing factory, was a foster parent, provided childcare for neighbors in St. Eustache and worked as a teacher's aid at the local Hutterite colony. Her most rewarding job was caring for Bill for 20 years after he was diagnosed with Alzheimer's. She was so full of love for those she cared about, and would always have your back.

After her husband passed away, Corrie continued living life to the fullest. She joined a bowling league and got involved in activities at the Knights Center in Selkirk. She would love to meet up with friends and family for lunch, and especially enjoyed meeting up with her grandkids for breakfast. She had a special friendship with her brother-in-law Dirk and they cared for each other as they aged gracefully. They enjoyed their weekly cribbage games with friends Peggy and Charlie. Corrie was sharp as a tack as they played, always men against the women, with so much laughter and "zingers" flying back and forth.

The family would like to thank everyone at the Selkirk Palliative Care program and Homecare. Corrie's wish to live at home till the end was made possible by their care and support.

Cremation has taken place and a small family service will be held.

In lieu of flowers, please consider a donation to the Alzheimer society or Cancer Care.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



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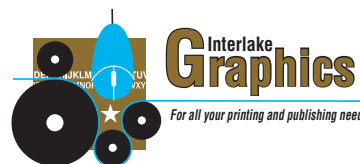
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OBITUARY



Norma Judith Oswald

It is with great sadness that the family of Norma Judith Oswald (nee Cruden) announces that she passed away peacefully in her sleep after a short but painful battle with cancer, on Tuesday, September 8th, 2020, at the young age of 60.

Norma was predeceased by her parents James and Judy Cruden but will be lovingly remembered by her husband Tom, life partner George, her children Kristine (David), Amanda (granddaughter MacKenzie) and Michael (granddaughter Iris). Norma will also be deeply missed by her brother Robert (Dora) and by numerous nieces, nephews, extended family and dear friends.

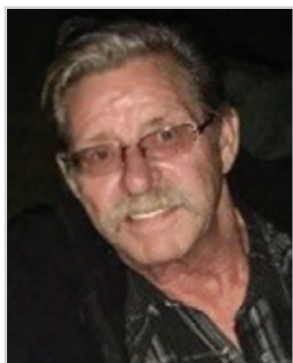
A Celebration of Life will be held on September 27th, 2020.

Those who so desire may make memorial donations to Cancer Care Manitoba or St. Boniface Hospital.

Arrangements entrusted to

*Interlake Cremation
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204.482.1040

OBITUARY



Harry Vandenbogerd

1957 - 2020

It is with a heavy heart we announce the passing of Harry Vandenbogerd of Winnipeg Beach, who passed away on September 2nd with his family at his side.

He has left to cherish his memory his loving wife Kathy; his children Cody, Christy (Dustin Bochorka,) Chelsey and Kathryn; along with his brother Neil; grandchildren Billie, Andrew, Alexis, Gage, Kash and first great-grandson Ryker.

For most of his life Harry was a dedicated R.S. Welder of UA Local 254 and in his off times he enjoyed driving truck.

Harry had many great memories of his times riding his Harley. He especially enjoyed his times in Mazatlán, Mexico and the friendships he made there.

Harry was loved and respected in the community for his big heart and for always willing to help out. He will be deeply missed by many.

The family would like to thank the staff at Gimli Johnson Hospital. And a very special thank you to HCAs Betty C. and Debbie P. and Nurse Debbie B. for their extra caring attention.

There will be private family gathering to celebrate his life.

Arrangements entrusted to

*Interlake Cremation
& Memorial Services*
204.482.1040

OBITUARY



Laurie William Stafford

It is with profound sadness that the family of Laurie William Stafford announce his passing on Sunday, September 6, 2020 at the age of 68 years.

Laurie will be greatly missed by his wife of almost 50 years, Helen; daughters Sherry (Jeff) and Dian (Parker); grandson Jason; granddaughter Sydney; sister Kathy; brothers Larry (Fay), Lyle, Peter, and Don along with many nieces, nephews, cousins and friends.

Laurie was born April 30, 1952 in Moose Jaw, SK but grew up in the Interlake working jobs on farms with his brothers, protecting his sisters, and maybe getting into some mischief. He married his high school love, Helen (Whiteford), in 1970 and moved to Thompson in 1971 to work at Inco. They started a family and had two daughters. He became a welder in 1983 and remained at Inco

until his retirement in 2002. He embraced northern life and loved everything outdoors, especially being in the bush. His passions included fishing, golfing, snowmobiling, chopping wood, photography, and restoring his '57 Meteor. Laurie became a self-taught master at fixing and building anything to the highest standard. Summer holidays were often spent with lots of family, including trips back to SK where he always had a great time making huge batches of garlic sausage. Retiring to Selkirk in 2004, he could be found at many Steelers hockey games...but you couldn't keep him from the bush! He would make annual fishing trips back to the Grassy River near Setting Lake and, in recent years, he spent much of his time at their cabin in "The Ducks". Laurie loved watching his grandchildren grow and enjoyed teaching them new things. He liked watching hockey, golf...and especially his Saskatchewan Roughriders. If he was watching TV and laughing, chances are Seinfeld was on. Seinfeld references were used regularly in his conversations and he would crack up every time. He had the best sense of humour and has given his family so many great memories and stories to tell for years to come. He worked hard his entire life and loved many things, but nothing more than his family. Until we meet again, this is just goodbye for now.

Laurie is predeceased by his parents, Peter and Anne, and sister Elizabeth.

A small family gathering will occur at a later date to celebrate his life.

Thank you to Selkirk cancer care, emergency staff, and absolute compassionate care in Selkirk palliative.

In lieu of flowers, please remember Laurie with a bird feeder, a lilac tree, or peony in your yard... all things he loved.

Hold on to what is good even if it is a handful of earth.

Hold on to what you believe even if it is a tree which stands by itself.

Hold on to what you must do even if it is a long way from here. . . .

Hold on to my hand even when I have gone from you.

*Interlake Cremation
& Memorial Services*
204.482.1040

ANNOUNCEMENT

NOTICE OF INTERMENT

Lori Dee Ann Grove (Pichor)

On August 15, 2020, Lori Dee Ann Grove (Pichor) was laid to her final resting place beside her beloved Pappa Hood, at St. Clement's Cemetery by the Ven. Godfrey Mawejje.

Lori was the wife of Darren Grove; mother to Shantell, James and Kenny; daughter of Sharon McDonald and Gary Pichor; sister to Kim Halvorson and Trevor Peterson.

Rest in Peace Dear Lori.

Thanks to all who attended.

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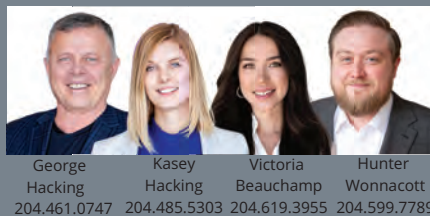
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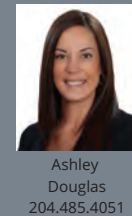
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