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The Selkirk Record

VOLUME 12 EDITION 38

THURSDAY, SEPTEMBER 23, 2021

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RECORD PHOTO BY BRETT MITCHELL
After 18 months hockey returns to the House of Steel. During Friday's Steeler season home opener forward number 13 Tyson Smith flies in on Steinbach Piston's goalie number 35 Simon Harkness. See inside for more local sports coverage.

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Recognizing a WWII veteran in our community

Pamela Joan Jorgenson Linklater recognized for her service at Selkirk Legion

By Katelyn Boulanger

From 2014 to 2020 we marked many significant milestones with regards to World War Two and the Government of Canada also acknowledged the contributions of the veterans who fought for our freedom. One of the veterans in our community, Pamela Joan Jorgenson Linklater who celebrated her 100th birthday last October, recently was the recipient of her certificate of recognition. This ceremony would have happened sooner but was put off due to the COVID-19 pandemic.

To look at her now you might not realize the contribution that Jorgenson Linklater made to our country but the Selkirk resident joined the air force at age 21 in order to help serve during the Second World War.

"I stayed in Canada but I was in Moncton, New Brunswick for two years and Weyburn, Saskatchewan for six months, Mossbank, Saskatchewan for six months, then Winnipeg for a year," said Jorgenson Linklater.

She says that she joined up because of the lack of job opportunities that she had with her grade 10 education living in a small town.

"I had a lot of different jobs. When I first joined up, it was working in the officer's mess as a waitress and then I worked in the canteen at one station and in the library in Winnipeg," said Jorgenson Linklater.

She said that her favourite job out of the bunch was working in the library.

After the war ended, Jorgenson Linklater's life changed as she got married and moved to Selkirk.

"Met and married my husband in four and a half months and got married, mind you, we weren't young. I was 25 and he was 27," she said.

Her husband and his brother owned a taxi business in town and unlike many women of the time, Jorgenson Linklater was employed driving a taxi for the business for 31 years while she raised four daughters.

Throughout the years her family has expanded and now includes five grandchildren and five great-grandchildren.

"[Our parents] were always there, they never re-



RECORD PHOTOS BY KATELYN BOULANGER

Above: Pamela Joan Jorgenson Linklater with her daughters Karen Lemaire and Sandra Hnatiuk after she was recognized for her service.

ally had a social life. Just work [and] take care of the kids and they made a lot of sacrifices and basically raised us to work hard. If you work hard and were diligent, you will prosper," said Jorgenson Linklater's daughter Karen Lemaire.

Jorgenson Linklater hasn't stayed still in recent years participating in the Legion's Over 60's group.

Looking at a photo of herself from the time that she enlisted, she said that at that age, "I didn't think I would be where I am today. For sure, living on my own at 100 with a little help."

She attributes her good health to luck of the draw but her advice to young people is to try to have a positive attitude.

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BIG DOLLAR

Friends come together to raise awareness for Parkinson's

OPAP Shakers have raised \$15,000 in six years for Parkinson Canada

By Ligia Braidotti

A large group of friends in our community have been walking to support their friend, Dean Pruden, who has been diagnosed with Parkinson's disease for years and deserve some recognition for their efforts

In hundreds of communities across the country, people took part in Parkinson Canada SuperWalk on Sept. 11 and helped raise \$1.2 million to support advocacy and research for Parkinson's disease. They joined not only in person but also in spirited, creative, and supportive ways despite being physically apart this year.

The local group from Selkirk gathers every year for the past six years in support of Pruden who received his diagnosis of Parkinson's 11 years ago. They usually walk in Gimli, but due to COVID-19, they've been walking around Pruden's neighbourhood.

"I try to keep my life as normal as possible and not let Parkinson's affect the way I live my life," he said.

Parkinson's disease affects more than 100,000 Canadians, and 25 new cases are diagnosed every day. Parkinson's disease is a neurodegen-



RECORD PHOTO SUBMITTED

The OPAP Shakers have been walking together at the Parkinson Canada SuperWalk for six years. They used to hold the walk in Gimli but have moved to Selkirk for the past couple of years.

erative disorder that appears when the cells that produce dopamine, a chemical that carries signals between the nerves in the brain and controls movement, die.

Parkinson's disease can take time

to diagnose. Family doctors are likely to notice it first and refer patients to a neurologist who specializes in Parkinson's disease. It is not possible to diagnose Parkinson's disease through x-rays or tests. The neurologist will check the patient's medical history, perform a thorough physical examination and certain tests, and rule out other conditions that may resemble Parkinson's. Symptoms include tremors, slowness and stiffness, impaired balance and rigidity of the muscles.

Currently, there is no cure for this disease. It is possible to live with Parkinson's for a long time and treatment with medication and physical therapy helps mobility, flexibility and balance. Occupational therapy, speech therapy and exercises that help muscles and joints and improve overall health and well-being.

It was Pruden's friends who suggested they walked together to raise funds and awareness for Parkinson's

disease. OPAP Shakers started with a group of approximately 50 people and now can boast almost 200 walkers who have raised close to \$15,000.

"It's awesome to have this support," Pruden said. "They came up with the idea and I just went with it. The name is an interesting name because all of my friends we camp with in Opapiskaw campground in Whiteshell."

This year, the day of the walk was filled with caring and camaraderie as teams came together to march towards their goals, which allows Parkinson Canada to continue to provide support, advocate for research and invest in it.

The SuperWalk is Canada's largest Parkinson's fundraising event, raising funds for support, advocacy, and research.

To learn more, go to <https://www.parkinson.ca/>.

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What does the 2021/2022 school year have in store?

Superintendent Jerret Long talks goals and hopes for this school year

By Katelyn Boulanger

The 2019/2020 school year ended with kids away from the classroom for a few more months than expected. The 2020/2021 school year saw masks, social distancing and hand sanitizer become part of student's routines and the 2021/2022 school year will probably see changes again to the way that education happens in our classrooms.

With that in mind, Jerret Long the superintendent for the Lord Selkirk School Division said that the division has hit the ground running.

"More this year than last, we have just jumped in, and our admin, our teachers and our whole staff were just ready to go. I think that plans were in place in terms of COVID restrictions and orders and getting kids into class and assessing their needs. It started off pretty smoothly from our perspective, and we're happy with that," said Long.

Long says that starting off this year there are quite a few differences that students will have noticed going into classes compared to last year because they are coming back to yellow level guidelines from the province, compared to the orange guidelines that they left last year on.

"We have all of our high school students, for example, here. So instead of every second day coming, they're back to full time every day. We're happy to have 1000 kids back in the building every day," said Long.

Something that the Junior High students will experience is that they are no longer having to spread out like they did last year and can now all learn in classrooms instead of spreading out more and learning in gyms, libraries, and music rooms.

"One of the biggest changes I have to say, that is certainly a COVID change, which is new for our community, is that all of our students in K to 12 now are required to wear masks indoors and on buses. It used to be our K to 2's didn't have to so now every student

inside is wearing masks in general," said Long.

He did mention that teachers are, of course, making sure to give students mask breaks as best as they can when they can be socially distanced and that kids don't have to wear masks when they are outside.

Another positive change is that students will be able to do more vocational programming, music programming, sports, and be part of extra-curricular teams.

"Back in 2020, they were just really here to do some courses and that was it. Here, we're back to much more of a normal type of programming. Kids certainly need to have it. They need to have some sense of normalcy for their own mental health and well being and physical health," he said.

In preparation for this school year, the division did what they could to make environments as safe as possible and keep parents informed while also realizing that these plans may have to be adapted as the school year goes on.

"We obviously get guidelines and instructions that come from Public Health, as well as from Manitoba Education and so we are aligned with all of those things as well. We certainly I think, as a division, we pride ourselves on being maybe even a little bit more cautious than what the public health orders are. We have extra COVID cleaners and extra teacher and extra EA support. We're restricting access to the buildings just for the time being, so that we don't have extra people in the buildings and that's extending beyond the public health border, but it's just an extra measure to make sure we're safe. Those are one of the things that we spent time doing, making sure we have those in place," said Long.

They also put out Lord Selkirk School Division Back to School Guidelines which are available at the division's website in order to keep

parents, students, and staff up to date on what they need to know. In these guidelines, they made to include the big things but also tried to answer many smaller questions like 'Can my child use a microwave?' that guardians might have. They will also be updating this information if they need to as the fourth wave of COVID comes our way.

"I know, as a parent myself, kids ask these questions, and it's good to as best we can respond to those with answers that we have," said Long.

Even with everything that has had to change since the pandemic came to Manitoba, the school division still needs to educate children and has been working on a strategic plan to update its divisional priorities to make sure that they are at the top of their game.

"[Priorities] stem around, this is going to be no surprise, it focuses around literacy, numeracy and mental health and well being. But there'll be more information to come that will be up on our website," said Long.

Even before that document comes out, however, he acknowledges that mental health and wellbeing needs have only increased in the past year and a half and that they want to be mindful of taking care of students and staff. Long also mentioned that they will continue to communicate as much as possible with students, staff,

and parents as they've taken in the feedback that they've received saying that even if they've heard it before, it's important to keep everyone up to date.

Long also wanted to thank our communities.

"Thank you. Over the last year and a half, I found that parents and our whole community gathered together galvanized, with all the other distractions and whether it was Bill 64, or whether it was COVID and still being in it, everyone pulled together, and they were patient, they were understanding, they were supportive. It was really good so I just would want to say thank you for that," he said.

He also hopes that this year kids get to walk away at the end of the school year thinking that they had a really normal school year.

"THANK YOU. OVER THE LAST YEAR AND A HALF, I FOUND THAT PARENTS AND OUR WHOLE COMMUNITY GATHERED TOGETHER,"
- JERRET LONG

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Reel in a big one at this weekend's Walleye Masters Cup

Why sleep in on Saturday when you could be out fishing

By Katelyn Boulanger

Fishers from all around the region will be coming together this weekend on the Red River to catch the biggest walleye they can to be judged at the Walleye Masters Cup.

"It's a walleye tournament where it's a wager. Competitors will bring in four fish. They're allowed two fish over 55 centimetres and two fish under 45 centimetres in length or if they get four fish under 55 centimetres then they can weigh four fish under," explained tournament director Bryan Maloney.

Starting Sept 25 at 8 a.m. teams will compete for first-place prize of \$7000 and a boat and motor based on 70 entries. There will also be cash and prizes for the top ten teams with the best fish as well as youth and adult team,

mystery weight, mixed teams and top tiller categories.

This tournament is one of the big ones in our community and is normally part of the Central Walleye Trail which was cancelled this year.

The main way that this event will be different from events before the COVID-19 pandemic is that like last year, the official rules meeting will take place virtually on Fri. Sept 24 at 7 p.m.

However, other than those small changes and following provincial protocols the rest of the tournament will go on like normal with teams of two anglers per boat and fish being caught and released, meaning that the fish are kept alive until they are weighed and then they are released after being weighed.

"The event's outside. We'll be fol-

lowing the procedures of COVID—spacing people out and stuff like that. The boys will be following the provincial guidelines but we're not having any type of indoor functions," said Maloney.

"If people want to come and watch the weigh-in, there's a gentleman that does the weighing for us, some boats will come in a little bit early [at about] 3:30 p.m. on Sat. the 25th," said Maloney.

These fish do have to be from the Red River between the Lockport Dam and the end of the river, which means that they are not allowed to fish on

Lake Winnipeg in this tournament.

Maloney encourages residents to sign up for this event and in general enjoy the world-class fishery that is in all of our own backyards.

For more info contact Maloney at 204-510-7646 or email copper032@shaw.ca. Registration is \$350 per team and there are no entrance requirements other than permission from a parent or guardian for fishers under 18 years of age to participate, as well as teams having a boat license and abiding by all the Manitoba fishing regulations.



RECORD PHOTO SUBMITTED

Drew Mcrae and Jeff Breakey showing off their catches at a previous year's Walleye Masters Cup.



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Insulin pumps and CGMs can significantly improve someone's life

By Ligia Braidotti

The province is introducing two new programs to help pay for advanced glucose monitors and insulin pumps for people 25 years old and younger.

This program will cover more than 1,000 Manitobans with Type 1 diabetes for advanced glucose monitors and up to 200 more Manitobans for insulin pumps without any upfront costs. This is a great relief for families since an insulin pump can cost on average \$7,000 and has a life span of approximately five years.

People with Type 1 diabetes could benefit from advanced glucose monitors to help manage their blood sugar and improve their quality of life. A continuous glucose monitor or a flash glucose monitor will be available to clients 25 and under who meet eligibility criteria.

The Manitoba Pediatric Insulin Pump (MPIP) Program provides free insulin pumps for children and youth under 18 years old who qualify. For those aged 18 to 25, eligibility criteria will be similar to the MPIP Program, including those with Type 1 diabetes who are prescribed insulin pumps by their endocrinologist.

"Advanced glucose monitors enable individuals, their caregivers, and health-care providers to identify glucose trends and adjust medications, activity, and food intake," said Health and Seniors Care Minister Audrey Gordon. "This kind of flexibility allows people with diabetes to live happier, healthier, and more fulfilled lives, and I'm pleased we're able to support this expansion in services."

A continuous glucose monitor is a small, wearable device that essentially replaces the need to prick a patient's finger to measure blood sugar. Likewise, an insulin pump provides a patient with the proper insulin doses throughout the day without the need for multiple daily injections. Although these two programs can significantly improve the quality of life of those living with Type 1 diabetes, there's still more to be done.

Ally Amedick is a 24-year-old health care worker who's been dealing with Type 1 diabetes. She said she's been using a CGM for the past three years and insulin pumps for eight years. She's currently living off old benefits since she's a recent graduate and was under her parents' health insurance.

"I have old supplies from that because, unfortunately, I can't afford to pay out of pocket," she said.

Continuous glucose monitor coverage will be subject to pharmacare deductible. Amedick commented that Manitoba has some of the highest pharmacare deductibles, so there

are lots of families, including her, that have deductibles that go from \$1,000 to \$15,000 per year, which hinders their access to the medication they need.

Although she is happy that the new program will cover her insulin pump, she is concerned about what she will do once she is no longer eligible in one and a half years.

"I feel like I'm pending this drop off a cliff when I turn 26, and I'm not eligible anymore. If I were to get a pump, let's say, this year, I'd have five years until the warranty runs out, and I would have to revert to the old-fashioned methods of needles," Amedick said. "The age cut off for the programs, unfortunately, leaves out so many people. This disease doesn't change ever."

Jen Dyck, 31, recognizes this program will be life-changing for those aged 25 and under but said it still leaves a gap for older people like her.

"My hope is that the next step doesn't take another 10 years. They have said that nothing is off the table, so I hope that for the next budget in 2022, that they will include everybody."

Since she was three years old, Dyck has been dealing with diabetes and was doing daily injections and manual finger pricks until six years ago. Although she had an acceptable three-month average blood glucose level, she had low blood sugar with little to no symptoms and often had seizures.

"My husband and I decided that we had to find a way to get a CGM and an insulin pump, so I pay over \$700 a month out of pocket. It's financially devastating," she said, adding she was covered under the Special Drug Program, which exempted patients from paying deductibles for certain types of medication and covered the monthly cost of her insulin. However, in 2018, the provincial government canceled the program, forcing patients to shoulder the financial burden.

"My insulin pump's internal battery has gone out, and I'm off of my warranty, and I'm just kind of waiting; it will die any day, and then I have to be ready to dish out \$6,500," Dyck added, saying she has a lifetime maximum of \$50 for the insulin pumps through her employer's health benefit.

She also commented that when the province asks patients if they have coverage and takes it as a yes or no answer, she would have to answer yes, but the province wouldn't know that she only gets \$50 for her entire life.

"Manitobans want coverage for everybody and not 10 years from now. It is life-saving. The Juvenile Diabetes Research Foundation was quoted at that press conference saying,

'These devices are absolutely critical in preventing life-threatening complications and improving health outcomes.' But, unfortunately, those life-threatening complications don't end when you're 25. The longer you have Type 1 diabetes, the more likely that you'll have complications."

Likewise, the Emergency Diabetes Support for Manitobans recognizes that this new coverage will help save lives, prevent hospitalizations and long-term complications, and improve the quality of life for people living with diabetes. However, they noted that "The current criteria are problematic in that there is a required waiting period, and patients must have good blood sugar control to qualify. In addition, these criteria do not follow Diabetes Canada's guidelines for insulin pump use that are based on scientific studies."

"Diabetes can be a difficult disease to manage at any age, but this is particularly the case for children and youth, their families, and healthcare providers," said Gordon. "This combined \$6-million investment will greatly improve the quality of life for young Manitobans with Type 1 diabetes and ease the financial impact on families."

The province has come strategies in place to help those who cannot pay

for their CGMs. For example, Gordon said that those receiving Employment and Income Assistance will receive advanced glucose monitors at no cost. As well, the minister noted there would be up to an estimated 200 more Manitobans who will be able to use insulin pumps with no up-front fees.

"Insulin pumps play a vital role in managing and regulating diabetes," said Gordon. "Expanding services to those aged 25 and under will allow us to support more young people as they manage their diabetes and ensure cost is not a barrier to accessing services."

According to the minister, clients will not have to meet their pharmacare deductible before receiving an insulin pump. The Manitoba Pharmacare Program will still cover insulin pump supplies, such as needles and catheters, and other consumable diabetes supplies, such as blood glucose test strips and advanced glucose monitors.

The new diabetes support for advanced glucose monitors will come into effect on Sept. 28 and in November 2021 for insulin pumps. For more information on the Manitoba Pharmacare Program, visit www.gov.mb.ca/health/pharmacare/.



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PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Ligia Braidotti



SALES
Michelle Balharry



REPORTER/PHOTOGRAPHER
Katelyn Boulanger



REPORTER/PHOTOGRAPHER
Patricia Barrett



DISTRIBUTION
Christy Brown



OFFICE MANAGER/ADS
Lucy Kowalchuk



ADMINISTRATION
Corrie Sargent



SPORTS EDITOR
Brian Bowman



ADMINISTRATION
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Southern Health COVID-19 numbers continue to concern officials

By Lorne Stelmach

The Southern Health region and communities such as Winkler continue to be areas of concern in regards to COVID-19 in Manitoba.

The weekly Monday update by provincial officials though offered little new in terms of addressing the continued rise in cases in the area.

"We continue to follow that transmission," said chief public health officer Dr. Brent Roussin. "We know that we've seen a higher test positivity in those areas, certainly higher case counts as well as lower vaccination rates overall.

"Certainly, we're concerned about the transmission that's ongoing there and continue to assess that," he said. "It's really, as per usual, a multi-layered approach. We continue to offer testing, doing contact tracing and isolation. We have measures trying to increase the vaccine uptake in this area, and we have those restrictions."

Public health officials Monday reported two new deaths in people with COVID-19 including a female in her 70s and a male in his 60s, both from the Interlake-Eastern health region. The total number of deaths in people with COVID-19 is 1,205.

The five-day COVID-19 test positivity rate was 2.3 per cent provincially and there had been 244 new cases of the virus since Thursday including 88 cases Friday, 54 cases Saturday, 60 cases on Sunday Sept. 19 and 42 Monday.

Of those new cases Monday, 30 were in individuals not fully vaccinated, including eight out of the nine new cases reported in the Southern Health-Santé Sud health region.

Overall, there were 598 active cases in Manitoba at the start of the work week, including, 14 in the Arborg/Riverton district, six Beausejour, three Eriksdale/Ashern, six Fisher/Peguis, six Gimli, three Nothern Remote, one Pinawa/LacduBonnet, 28 Powerview/Pine Falls, one Selkirk, three Springfield, five St. Clements, four Stonewall/Teulon, one Unknown, two Whiteshell and three Winnipeg Beach/St. Andrews in the Interlake-Eastern region.

Overall, 66 Manitobans are hospitalized with COVID-19, including 14 in intensive care.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

More than 20 years ago, I along with many others became aware of how Lake Winnipeg and other Manitoba waters were becoming polluted. Our government was ignoring the dire situation; and pressing on with the expansion of the Intensive livestock (hog) Operations (ILO's). Our concerns of the massive amounts of manure being created were ignored. Despite evidence being presented in the media, including a documentary, "Choking Lake Winnipeg". We were called fear mongers. Still, we didn't give up.

Eventually, there was a glimmer of hope. In 2007, Manitoba's Clean Environment Commission released a ground-breaking report recognizing a problem with the environmental sustainability of hog production. The Save Lake Winnipeg Act was established and stringent regulations

were enacted. Progress to help save Lake Winnipeg seemed achievable.

The potential was inspiring. However, over time, governments change...

The positive steps taken then became a "hindrance", so they were trashed.

"The Red Tape Reduction and Government Efficiency Act" was introduced- a process to allow the wheels to be "greased" so that many more factory hog barns could be built. (And they are)

So often we hear the outcry for economic development and associated employment, but there are no concerns expressed for the environment, our water sources or the toxic fumes from hog barns that victimize rural residents.

Overwhelming scientific evidence proves our present economic system is rapidly destroying our planet's

ability to sustain life.

Yet, too many of our politicians turn away from science to favour the same systems of development that has brought us to the brink of this cataclysmic situation. If we forge ahead in total selective ignorance of the situation, then we are guilty and complacent in the destruction of Earth's life sustaining gifts.

For without water...."there is no economy....without water...there is nothing"!

Therefore, I have concluded that the waters of Lake Winnipeg are more polluted than before, and one of the main reasons, is government, who, instead of being part of the solution, has sadly become a huge part of the problem.

- John Fefchak.
Virden, MB.



> CONTACT US

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Office Hours: Mon. - Fri. 9:30am-5pm

**TO PLACE AN AD or for
COMMERCIAL DESIGN & PRINTING**
Brett Mitchell: 204-485-0010
Email: bigandcolourful@mymts.net

Michelle Balharry: 204-485-1419
Email: michelle@selkirkrecord.ca
or call our office at 204-785-1618

EDITORIAL

Katelyn Boulanger 204-485-3337
news@selkirkrecord.ca

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.

TROUBLE WITH PAPER DELIVERY?

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

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Nominations are open for citizen of the year

Deadline to put an amazing member of our community forward is Oct. 1

Submitted by the Selkirk & District Community Foundation

Michele Polinuk, Blake Burnett and Bob Hebert have something in common – they’re all recipients of the Citizen of the Year Award, sponsored by the Selkirk & District Community Foundation.

Polinuk was last year’s award winner, Burnett in 2019 and Hebert took the honours in 2018.

This year’s award winner will be the 36th Citizen of the Year, and those who’ve come before are demonstrative of the varying backgrounds each and every one of them has.

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

“We can take a look back at all the recipients of this award and see that being the Citizen of the Year isn’t open to a select few, it is open to everyone,” said Bev Clegg, SDCF Executive Director.

“The people who go above and beyond for the community come from all walks of life but have that commonality of a good spirit, a kind heart and the desire to pitch in for the betterment of all.”

Polinuk learned from her parents that volunteering is important and she admitted that it’s in her nature to lend a hand.

“I don’t say no very often,” Polinuk laughed.

“And the problem with me is that I don’t know what a little bit is. I go all in. I can’t just do a little bit, I have to be all in, be all involved.”

Burnett also credited his mom with instilling a community-minded work ethic in him, and during his accep-

tion speech gave credit to his wife, daughters and his mom.

“It’s difficult for me to accept an award like this when there’s a person like my mom sitting in the crowd,” Burnett said, emotion wringing from his voice.

“You don’t realize growing up. She’s the reason for me having the work ethic and pride in my community. Growing up, there wasn’t a team or a sport or a club my mom wouldn’t let me and my brothers and sisters join. And there was seven of us...Mom, thanks for showing me the way.”

Hebert accepted his 2018 award with the same enthusiasm he brings to everything he does, and he let the crowd in attendance at his big night know how much the recognition meant to him.

“When I heard I was chosen for this award, I was shocked. I didn’t think this would happen to someone like me, someone with an intellectual disability,” Hebert said during his rousing acceptance speech.

“But I know that a person with an intellectual disability can do anything they want if they put their mind to it. There’s no such word as can’t, and don’t you forget it.”

The deadline for nominations for the 2021 Citizen of the year is Oct. 1.

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

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

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



RECORD FILE PHOTO BY KATELYN BOULANGER

Michelle Polinuk the winner of the 2020 citizen of the year.

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

Written nominations are welcome from any individual, organization, business, association or institution and can be dropped off at the Selkirk & District Community Foundation of-

ice at 200 Eaton Ave., to the attention of the Citizen of the Year Selection Committee, or e-mailed to selkirkfoundation@shaw.ca.

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

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Zebra Mussels in Lake Manitoba


The discovery of zebra mussels in Lake Manitoba should concern everyone. These small, invasive mussels:

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- clog water intakes, which will cost all Manitobans.
- harm native fish species, negatively affecting recreational and commercial fishing.

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There is no way to get rid of zebra mussels once they are established, but we can prevent their spread to other Manitoba water bodies. Whether you’re a boater, paddle boarder, kayaker or someone who enjoys floating on an air mattress, make sure you know what steps to take to clean, drain, dry and decontaminate properly, any item that’s been in an invaded water body before using it in an uninvaded water body.

To learn how you can help prevent the spread, go to manitoba.ca/StopAIS

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Hearthstone celebrates new certification

Imagine Canada certification helps keep charities on the ball with leadership excellence

By Katelyn Boulanger

The Hearthstone Community Group in Selkirk had a celebration last week to announce that they'd achieved accreditation from Imagine Canada.

"Hearthstone Community Group is an agency under Community Living Disability Services and they provide housing and day programs to intellectually challenged adults and programming as well to youths in the community," said Lori Zdebiak, Hearthstone's general manager.

It was established in 1992 by a group of parents looking for opportunities for their adult children to live vibrant and integrated lives.

Imagine Canada is an independent national charitable organization which seeks to create a better operating environment in which charities, non-profits, and social entrepreneurs can thrive.

This accreditation was important to them because the Imagine Canada program has 74 steps and took a couple of years to complete for Hearthstone so a great deal of effort was put in to get to this day.

"It's an accreditation for excellence for the operation of charities, it's a high-level accreditation, and it's from the board down. It looks at several pillars, one of them being governance—all of the things you have to do to run an accredited, reputable charity, financial management, HR management, volunteer management and fundraising are the areas that they look at. [This means as] an organization, do you run a proper reputable charity—it doesn't go into operational

details—we are going to be working on other standards for operational detail, but it's the overall governance of the agency. So the board was very actively involved in there," said Zdebiak.

This makes Hearthstone one of eight organizations in Manitoba to achieve this accreditation.

They celebrated this achievement with an outdoor barbecue and congratulations from local politicians and Lynne Skromeda from Imagine Canada's board of directors.

Zdebiak wanted to make sure to make special acknowledgement of Shirley Rolland, former Hearthstone Community Group board vice-chair who passed away, but was lead on this project and really made it happen for the group.

They are also accredited by Gentle Teaching International which seeks to incorporate compassion as an alternative to the reactive and restrictive practices in working with those who present with complex needs.

"It's based on a concept of safe, loved, loving and engaged. Our philosophy is that, yes, we know there'll be 600 workers that go through disabled person's life but is it wrong for those workers to actually love them? We don't think it is. So we have in place a philosophy of making them feel safe with us making them feel that they're truly loved and valued, and then they engage back with us. It's a wonderful, wonderful way to operate," said Zdebiak.

In addition to its day program that provides a nurturing environment for intellectually challenged youth and adults, they also provide a before and after school program which provides recreation services for people who are



RECORD PHOTOS BY KATELYN BOULANGER

Above: Lori Zdebiak, Hearthstone's general manager with board members Don McKinnon, Bob Bagamery, and Irene Kreutzer. Below: Imagine Canada accreditation certificates.



still in school and require care in the morning or after school. They also have a Gentle Pets program which provides a safe, fun, and clean environment for your dogs to be looked after which is also a benefit to par-

ticipants who get to experience the nurturing and engaging environment that taking care of dogs provides.

As for the future of the organization, Zdebiak says that they are hoping to add to their six current residential homes in the Selkirk area that assist residents with the activities of daily living and support them with any emotional and social needs they have out in the community.

To learn more about Hearthstone Community Group check out their website at <https://www.hearthstone-community-group.ca/> where you can also donate to their program.

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The Selkirk Record

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Electronic data helps RM advance waste management

The RM of St. Clements is improving their waste disposal locations

By Ligia Braidotti

The RM of St. Clements has been innovative and successful when it comes to managing waste disposal.

The RM launched the waste tracking card program in 2017. They use QR codes that are unique for each property owner — in case of multiple properties, the owner would receive one code and could distribute it to their relevant personnel. They began reissuing waste tracking cards in July and require all current and new residents to secure their cards.

The waste tracking card is used at their waste disposal sites, including transfer stations and municipal landfills. When users report to these locations, they scan their QR code which records basic waste information such as the time of the visit and the property where the waste was generated. An attendant logs information on incoming materials.

“That helps to categorize the different waste materials and bring them accordingly as per their proper recycling procedures or waste disposal,” explained Arlita Madrigga, water, and waste co-ordinator for the RM of St. Clements.

“We use this system as a method to track this information. All of the data that we collect goes into the electronic database, and then we can use that information to improve how we manage our solid waste at all of our transfer stations and the landfill. It saves time for attendants to take down a lot of this information and improves accuracy. It’s very valuable for when it comes time to making decisions for future initiatives and plans.”

Through the data they collect with the QR codes, the RM can see popular times of days residents dispose of their waste to make decisions based on the different seasons.

In the summertime, the RM’s transfer stations are open five days a week and then reduced to two or three days a week through the winter months. That decision was made with the information they gathered from the QR code data.

“It helps make operational decisions as to at what point are some of the more seasonal areas and people going back to their primary residences. Therefore, we can kind of reduce the hours and the overhead of operating the site,” Madrigga said.

“You can compare between the four different transfer stations, which ones

are busy and which ones maybe have higher volumes, and that sort of thing. It can help in deciding our storage requirements for the different materials that we bring in at these locations and then transfer to another location for ultimate recycling or disposal.”

The water and waste department compares this information every year to monitor, review, and improve waste disposal sites. As a result, they found that their household recycling has more than doubled since 2015.

The RM works with several stewardship groups that help manage materials such as electronic waste and used oil and use the data collected from the cards to organize transportation for the various types of waste they receive.

“We have all sorts of recycling options for a lot of materials. We recently opened a household hazardous waste depot at the Libau landfill this summer. So with that, we’re able to safely dispose of more hazardous materials such as paint, fluorescent light bulbs, inflammable, corrosives, and we’re able to safely dispose of them so that they do not create a hazard for the landfill staff, the public, and the environment” Madrigga added.

According to her, this waste tracking system is new and gaining more traction with other RMs that find value in knowing their incoming waste volumes.

“Previously people kind of just took it to a transfer station or a dump and at the best-case scenario, there would be scale, and at worst case scenario a lot of places are still recording just basic information by pen and paper and not really using that information for much more than storing as archives records,” she continued.

“So this creates a way for us to use the information in a very easy-to-access matter, and it’s readily available. So we can kind of run reports, have discussions internally as our waste management strategy, and go to council with requests for different initiatives. For example, we see we have a need to potentially dealing with mattresses in the near future. Now that we’re able to quantify how many mattresses come into a landfill, where are able to make a plan for the next step on how we could divert them.”

To get your waste tracking card or for more information, contact the RM of St. Clements at 204-482-3300.

Rocking St. Andrews



RECORD PHOTO BY KATELYN BOULANGER

The St. Andrews Heritage Centre took advantage of the beautiful weather last weekend to host their final porch performance of the season. Residents were treated to an appearance by the Métis Music Van and performances by Jeff Sahuika and Red Rose Red. Pictured: Tim Braun and Marianne Rose of Red Rose Red.



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Better water for rural MB

Pristine Water Solutions gives customers crystal clear water

By Ligia Braidotti

A new local business can turn rural residents' water into one of the purest in the region.

Pristine Water Solutions is bringing one of the top water treatment products made in the United States to Manitoba and will provide residents with better ways to get quality water from their homes.

In his many visits to a friend living in the United States, co-owner Bill Marr would be amazed at the water at that friend's home. So when he purchased land and began preparing to build his own house in Selkirk, he approached his friend for the source of his quality water.

Marr had to go all the way to Regina, Sask. to find the right equipment and product to treat his water.

"So I started thinking, we have to go all the way here, and this is one of the top water treatment companies in the United States, and they're not even available in Manitoba, maybe there's a business opportunity," Marr said.

Thus was born Pristine Water Solutions, a family business committed to offering clients solutions to achieve high-quality water. Marr, his son Sebastian, and sons-in-law David Lamoureux and Mason Kellett are the faces behind the company.

"The water industry is very interesting because a lot of people think that water is water, but water has charac-

teristics that vary tremendously depending on where you get it from, what the source of the water is. So it's going to be an interesting challenge to build a business helping people improve the quality of their water, and improving the quality of their lives," Marr said.

Pristine Water Solutions is the exclusive dealer for Hague Water products in Manitoba and northwestern Ontario.

Manitoba is blessed with an abundance of water, but it also has some of the hardest water in the world, Marr explained. Hard water is not harmful; in fact, it has many benefits, such as fulfilling people's needs for minerals such as calcium and magnesium. However, it can be very damaging to homes in terms of its appliances and plumbing systems

"Especially those of us who live in the rural parts of the province, reducing the mineral content is very important to the quality of your home's longevity. But there's also an aesthetic standpoint with water because if you use soft water, your hair feels better, your skin feels better. So some of the people with who we've installed equipment already have noticed very big differences in the quality of their water both for drinking and for showering and use in the kitchen," Marr said.

The most common strategy for re-



RECORD PHOTO BY LIGIA BRAIDOTTI

Bill Marr, co-owner of Pristine Water Solutions, helps rural Manitoba residents to have better quality water.

ducing hard water is using a water softener. Marr explained that water softeners use an ionic exchange to flush minerals out of the system and puts it into sewage wastewater. The resin beads inside the water softener trap all of the hardness of the water and turn it into soft water.

Marr also explained that most people living in rural areas have hard water or extremely hard water, and removing it with a water softener is just the first step. There are other factors that people need to consider when treating water.

"Depending on where you are, you could have issues with iron and sulfur. You can have varying PH levels in your water. Because of some farming operations, you could have farming chemicals into the water system, such as nitrates. If you have a well, you could have bacteria in it...and the only way to treat it in the long-term is to use ultra-violet filtration to more or less kill the bacteria that go into your

home," he continued.

Marr, who has a lifelong passion for health, said that most people don't realize there are so many chemicals in water, such as pharmaceuticals, that escape the treatment process. However, a reverse osmosis system can trap and filter out much of the harmful products and chemicals present in water.

"There's a number of factors at play because you have the whole chemical situation of what could be in your water — the chlorine, the fluoride, and those types of chemicals — but then there's the whole issue with if you don't drink tap water, what's your alternative? So a lot of people buy bottled water...and a lot of it ends up in the landfills... and how much plastic is leached into the water...there's a lot to it," Marr said.

To learn more about Pristine Water Solutions, go to pristinewater.ca.

Get informed during National Concussion Awareness Week

by Staff

The National Concussion Awareness Week was established in 2019 as a way to increase concussion awareness and encourage action at home and abroad. Every person who has a role to play in healthy active living is invited to participate in National Concussion Awareness Week - sport and recreation participants, parents, coaches, organizers, educators, and more.

Sport Medicine & Science Council, in partnership with Sport Manitoba and the Provincial Concussion Working Group, is hosting two workshops on concussion education this year to increase awareness about the resources and supports available in Manitoba.

Allied Health Professionals meeting takes place on Mon., Sept. 27 at 6 p.m. The purpose of this 90-minute workshop is to inform medical prac-

tioners about the standard practices of concussion recognition and treatment. A case study approach will be used to teach participants how to assess and diagnose the field of play. There will be a case study and breakout sessions during the workshop.

On Wed., Sept. 29, anyone who is interested in learning about concussion awareness, symptoms and where to find further information or treatment is invited to attend a 60-minute work-

shop starting at 6 p.m.. Participants in this session will learn about the hazards posed by concussions and learn about how to protect themselves. There will be a question and answer period during the workshop.

All sessions will be recorded and available to registered participants afterwards.

For registration, please visit <https://forms.gle/fZbm8QcPSskStbA58>

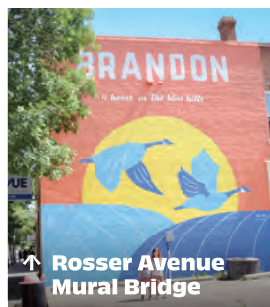
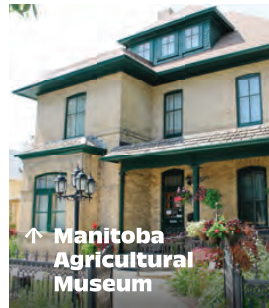
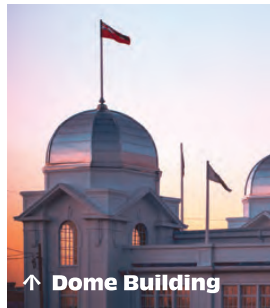
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Manitoba Road Trip Ideas



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

PHOTO: COLBY SOBCHUK



Wild West Wanderings

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. Explore Manitoba's second largest city, Brandon, where you are welcomed like an old friend. Then soak in the splendor of the land with a series of day trips through Manitoba's rolling hills and golden wheat fields.

TRAVEL SAFE IN MANITOBA

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

- ➔ Wash or sanitize your hands frequently
- ➔ Wear a mask
- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

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

1 BRANDON BRINGS YOU BACK

Brandon's historic downtown, nicknamed The Hub, is centered along Rosser Avenue. This handsome collection of heritage architecture with faded ghost signs is a testament to Brandon's prosperity at the turn of the 20th century. Visit the independent local businesses that now occupy these buildings, including coffee shops, bakeries and favourite eateries as well as shops selling creative gifts, home decor and beauty items.

Learn about Brandon's early life at **Daly House Museum**, the Victorian-style home of Brandon's first mayor. The **Brandon General Museum and Archives** has three permanent exhibits that highlight the history and nature of the area. The **Commonwealth Air Training Plan Museum** is full of historic aircrafts and artifacts that commemorate the role that the prairie sky and Brandon played in the Royal Canadian Air Force training school during World War II.

Check out local art at the **Art Gallery of Southwestern Manitoba** and do the self-guided walking tour of the city's colourful murals before grabbing a bite to eat. Brandon boasts a great selection of restaurants, including a range of multicultural kitchens – ranging from Indian to Ethiopian – that are standouts in the community.



2 DAY TRIPS EAST FROM BRANDON

Spend the day road tripping east of Brandon to some unique museums found within an hour's drive.

The **Royal Canadian Artillery (RCA) Museum** at CFB Shilo is dedicated to the history of the more than 200,000 Canadian Gunners who served in war and peace since 1855. See large artillery pieces, vehicles soldier dioramas and more.

Spend the latter half of the afternoon learning about Manitoba's pioneer past at the **Manitoba Agricultural Museum** just outside the town of Austin. The Homesteaders' Village represents prairie village life in the late 19th century with an 1883 schoolhouse, a post office that once served all of northwestern Manitoba, an elegant clapboard mansion and a general store.



3 DAY TRIPS WEST FROM BRANDON

This second day trip heads west from Brandon to discover some gems in the region that mostly only the locals know about.

Oak Lake, located 45 kilometres west of Brandon, is a jewel hidden in the seemingly endless farmland of southwest Manitoba. The main draw at **Oak Lake Provincial Park** down Provincial Road 254 is a sandy, family-friendly beach. A marina allows you to put a boat into the water for a day of fishing or watersports. Next door to the beach is **Oak Island Resort**, an all-inclusive getaway that touts a pristine 18-hole golf course and massive 400-site campground.

Continue west along the Trans-Canada Highway to **Virden**, known as the gateway to the Canadian Prairies and the centre of

Manitoba's small oil industry. Check out the historic CPR Station, which is now home to the **Arts Mosaic Gallery** and the Aud Theatre, an ornate concert hall built in 1911.

Visit the **Virden Pioneer Home Museum** or head just up the highway to Elkhorn to check out the **Manitoba Antique Auto Museum**, regarded as one of North America's best for car enthusiasts.

A final stop is **Eternal Springs**, a hidden oasis located seven kilometres east of Virden. Walking trails lead to a 66-ft swinging bridge over two small stocked trout ponds. It's an ideal spot for a secluded nature walk and picnic. There several campgrounds in the area, plus Virden has six hotels and a number of bed and breakfasts.

Find more things to do in Brandon and in other Manitoba destinations at travelmanitoba.com/road-trips.



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

James Bezan re-elected in Selkirk-Interlake-Eastman

Bezan was first elected as MP in 2004

By Staff

Selkirk-Interlake-Eastman MP James Bezan secured his seventh term in office by a wide margin Monday night.

Mailed-in ballots weren't slated to be counted until Tuesday and special ballot results will take even longer, but at press time Bezan had received 57.1 per cent of votes with 27,240.

His nearest competitor was the New Democratic Party of Margaret Smith (9,190 votes) followed by Liberal candidate Detlev Regelsky (6,258), People's Party Ian Kathwaroon (3,716) and the Green Party Wayne James (1,276).

Bezan was first elected as a Conservative MP in 2004 and has retained his seat through the 2008, 2011, 2015, 2019 and 2021 elections.

Over the course of his parliamentary career, he has been a strong advocate for rural communities and the agricultural sector. He has chaired the standing committees for Agriculture and Agri-Food, Environment and National Defence.

"I am honoured to be re-elected and humbled to continue representing our amazing riding. I wish to thank everyone who participated in this election and express my heartfelt gratitude to my amazing campaign team, count-

less volunteers and all who marked their ballot for our Conservative team.

"I look forward to continuing to advocate for the great people of Selkirk-Interlake-Eastman on the issues that are important to them. Fighting for our farmers and ranchers, supporting our commercial fishing industry, attracting new business opportunities to our rural communities, protecting our beautiful lakes and rivers, and of course being a passionate voice for our riding in Ottawa.

"To the other candidates who put their names on the ballot and the teams who supported them, I would like to acknowledge their vigorous participation in our democracy.

"Although the final national result is not what I was hoping for, I know that our Conservative caucus is more than prepared to hold Justin Trudeau to account in this minority parliament."

Voter turnout for the Selkirk-Interlake-Eastman electoral district was 47,679 of 75,440 registered electors (63.2 per cent) but does not include electors who registered on election day.



PHOTO SUBMITTED

Selkirk-Interlake-Eastman MP James Bezan secured his seat in the 36-day 44th federal election on Sept. 20.

The permanent solution for loose dentures

By Elisha Vantor

One of the most common phrases I hear at the denture clinic is, "I'm tired of my lower denture floating around!" It could be on the phone when someone calls to come in for a consultation, or it could be when a new patient comes in and Brock asks them "What are your main issues and concerns with your teeth right now? And how is that affecting you?" A loose lower denture can be such a pain, both figuratively and literally, but there is always something we can do to help!

So why is it so loose? Brock the Denturist says "The upper denture has suction and often people can go for years and years with no issues, but that full lower denture is a different story. We really have to stay on top of keeping it fitting well. You would think gravity

would hold it in, but not so; the tongue is always moving and pushing it around, plus the jaw is going up and down and when we combine that with more sensitive gums than the upper, we can get looseness, sore spots and a very frustrating time. We have 4 main ways to keep a lower denture fitting.

- We need to Reline the denture every 3-5 years with either a hard or a soft cushion-like material. This makes the denture tighter and more comfortable.
- A New Denture is a super option when people say "I want a great looking set of sharp teeth and less sore spots, mine are worn out."
- With a good fitting denture, one can use Denture Adhesive to help stick it down. However many people don't like the goopiness of adhesive.
- Secure it in place once

and for all with a clip in Dental Implant. I know the word 'implant' sounds scary, but really it's just a fake tooth root, and your jaw is meant to have tooth roots in it and implants are actually good for your jawbone! This option is now very popular because of how amazing and long lasting it is, especially compared to a regular denture. It is such a joy to see people come in and tell us they can eat anything and these teeth have changed their lives!

Whatever option a patient chooses, we put our all into it, and the first step to any option is to sit down with our Denturists where they can ask you "What are your main issues and concerns with your teeth right now? And how is that affecting you?" From there, we can come up with the perfect solution for you! Just call today for your free consultation.



- supplied photo -

Happy patient Janice captures the moment with a selfie while attending her appointment to have her final denture secured by dental implants at Vantor Denture Centre.

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Easton Place Medical Centre hopes to open a daycare soon

Local parents say there's a pressing need for child care spaces with waiting lists taking years to accept children

By Ligia Braidotti

The need for daycare in Manitoba is an issue that affects many families in Selkirk and region.

In an effort to bring more access to childcare to the region, Dr. Anthony Anozie has built a dedicated space at Easton Place Medical Centre that allows for up to 65 daycare spots. He is now looking for a partner to run the daycare programs, but hasn't heard from anyone interested yet.

The lack of professionals in the field is not exclusive to Selkirk or the surrounding RMs. Local parents have reported waiting years for a daycare opening for their children.

"We definitely need more daycare. I have my son on about 5 different waiting lists and I've been quoted almost 2 years," Samantha Dawn said.

"Not having daycare affects me greatly. I need to work to help supplement my household income. Housing and affording to live is too expensive for a one-income household. My ma-

ternity leave ended in March and the daycare I had arranged closed due to COVID-19. I found a job and asked a friend to watch my son. However, it is not reliable. She has her own child

and has had to tell me numerous times she can't watch him because of an assortment of different reasons. No one can afford to wait two years to find reliable childcare. My family and I would be homeless."

"I also had my son registered before he was born and checked up multiple times, he was given a spot 3 days before he turned 2. I know so many parents who were in the same position," added Kimberly Kirsten.

While it's an obvious fact that there's a pressing need for child care options, Canada is suffering from a lack of professionals in the field. Laura Barthelette is a director at Hand

in Hand Daycare north of Selkirk and said that most daycares in Manitoba are hiring. As of Sept. 20, there were 80 job positions open on the Manitoba Child Care Association website,

mostly for childcare assistants (43) and early childhood educators (19).

"What we are finding in the field is that to get trained as an early childhood educator is really hard because no one is going into that field because the pay is crappy. You spend \$16,000 to \$18,000 over two years to go to school to come out making \$18, \$19 an hour. It's not worth it," she commented. "We have a waitlist that's probably got about a hundred and sixty children on it. I still have kids on our waitlist who joined the waitlist in 2017."

According to her, unless the provincial government increases funding for child care, they can't increase their staff's pay. She said that their operating funding has been frozen since January of 2016 and parents' fees haven't increased since 2013 when they went up \$1 a day.

"Our income base hasn't increased in years, but our expenses certainly have. Until they recognize the wages are kind of keeping this whole sector from expanding — they always talk about creating more daycare spaces. There's no point in doing that if you can't find people to work," Barthelette added.

She explained that depending on age, once they have a vacancy they

will offer the spot to the child who's been the longest on the waitlist.

Easton Place Medical Centre has the space available to run a daycare and early learning facility. Anozie said they are looking for an organization that would like to work in a partnership and run the daycare. He said that right from the start, he always imagined having a daycare at Easton Place for the community but mainly for the nursing staff at the Selkirk Regional Health Centre.

"The idea is to have a community to cater [to] both young and old. If we have a daycare, that's one demographic we are targeting," he added. "We are ready to go, we just need the organization willing to serve partner with a non-profit organization."

If anyone is interested in running a daycare at Easton Place Medical Centre, contact them at tenant@easton-place.ca

"I ALSO HAD MY SON REGISTERED BEFORE HE WAS BORN AND CHECKED UP MULTIPLE TIMES, HE WAS GIVEN A SPOT 3 DAYS BEFORE HE TURNED 2. I KNOW SO MANY PARENTS WHO WERE IN THE SAME POSITION," - KIMBERLY KIRSTEN



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City of Selkirk celebrates National Tree Day

The City announced it will plant dozens of trees throughout local streets

By Staff

The City of Selkirk is putting their street tree policy in place just in time for National Tree Day.

National Tree Day was on Sept. 22 and as part of the city's green initiative, they announced they will plant 64 trees along Selkirk's boulevards this fall, the first of multiple projects set to take place over the next five years.

Trees Please Winnipeg Coalition is an organization of residents from Winnipeg neighbourhoods that seeks to ensure urban forest maintenance, diversification, and expansion by lobbying all levels of government. They invited Selkirk to make a presentation to their board of directors. Meanwhile, the city asked the group to review its new Street Tree Policy, a draft of which was still in existence.

Erna Buffie, Interim Chair said Selkirk's policy is inspiring and that the coalition would like to see something similar implemented in Winnipeg.

"Selkirk hasn't just taken the lead on its street tree policy, it's leading Manitoba and most of the nation with its comprehensive climate change strategy and resiliency plan," Buffie said.

"Putting natural infrastructure, like the urban forest, at the heart of that strategy will guarantee a safer, more resilient environment for future generations."

Selkirk's Street Tree Policy seeks to provide residents and visitors with the best possible benefits of street trees in a sound and cost-effective manner. As

part of these efforts, the city will use street trees to better manage storm-water and protect its road infrastructure from heat and ultraviolet rays.

"[Selkirk's Street Tree policy] includes pretty much everything Trees Please would like to see implemented in Winnipeg – a strong emphasis on forest expansion, tree diversification and best urban forestry practices like timely maintenance and pruning," Buffie said.

"Most importantly, it has a clear and sustainable funding strategy. Everyone in Selkirk should be incredibly proud of it."

As part of Selkirk asset management, CAO Duane Nicol says the tree policy helps guide the city and makes trees part of its critical municipal infrastructure.

"One of the things our policy outlines is it's not just about planting, it's about care for the trees after," he said. "The first couple of years after being planted, to get the trees established and off to a healthy start, proper water and care and maintenance for those trees is critical. We'll be planting a lot of trees over the next five years, and that's a substantial investment of city staff time to do that properly, but the return on that investment is significant over the next 50 or 100 years. We're going to make those investments and we're going to reap the benefits for decades to come."

The policy dictates the city plant a variety of trees to diversify its urban forest to make it more resilient



RECORD PHOTO SUBMITTED

The City of Selkirk announced it will plant 64 trees in the fall.

to invasive species as well as climate change. Therefore they will begin with 18 different tree species this fall on portions of Robinson Avenue, Manitoba Avenue, Agnes Street, and Sophia Street.

"When we were developing the list of target species in the policy, we were looking for more native species that are going to thrive under the future climate conditions that we can expect here in Selkirk," Nicol said.

Street trees need to be more tolerant

to the stressors that they face being located alongside a roadway, but the benefits they provide are many. Street trees provide shade and reduce the temperature on the roadway, resulting in a longer lifespan of the road; absorb rainwater and reduce the burden on drainage systems and combined sewers; and absorb CO2 and pollutants from vehicles.

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Learning to co-exist with coyotes in WSP

What to do, when to do it, and how to keep yourself, loved ones and the coyotes as safe as possible

By Katelyn Boulanger

The RM of West St. Paul hosted a Co-existing with Coyotes presentation to teach residents who might be seeing coyotes in the RM the best ways to keep themselves, their families and their pets safe, when to leave the coyotes alone and when to let authorities know about a potential problem.

Pauline Bloom, lead wildlife biologist for Manitoba Agriculture and Resource Development who works out of Gimli delivered the Wildlife Smart presentation.

"Being wildlife smart means understanding why we have conflicts with wildlife, and taking appropriate steps to reduce your risk of having a conflict with wildlife, and then understanding how to respond appropriately in an encounter. So, we're going to go through some steps on all of those and hopefully by the end of it, you'll feel very comfortable co-existing with coyotes," Bloom said at the start of her presentation.

She then discussed coyote characteristics such as the range of coyotes which is throughout or region and how to identify them. She says that they in general about half of the size of a Labrador retriever and about twice the size of a red fox which means that small dogs and cats are a good size to be prey animals for them.

Coyotes breed in Feb. and March which means that they have litters of five to seven pups in April or May. They group up with one mating pair per group and helpers who stay around to aid in raising their babies.

They are primarily carnivores and can hunt for small prey solo but can also team up to take down larger prey as a group.

They are generally timid but can become comfortable with humans if they don't see them as a threat, which is when many conflicts occur.

Bloom explained that most conflicts involve attractants such as pets, food, or livestock and that increase between March and Aug. which is breeding and pup raising season.

She emphasized that human attacks are incredibly rare but they go up if people feed them and that it's important to avoid this kind of contact because they can have diseases and parasites that affect pets and people.

"So it's really important to know that all of these potential coyote risks,

they're easily mitigated and we can reduce the risk of having these conflicts by taking some pretty easy steps," said Bloom.

She then laid out some tips for risk reduction

Reducing risks in your yard

- Never feed coyotes
- Feed your pets inside and bring bowls inside after
- Clean up pet waste
- Secure your compost and garbage
- Remove ripe fruit and clean spilled birdseed which can attract pests that coyotes eat
- Use motion activated deterrents

Reduce pet risks

- Don't leave any pet outside unattended. Small pets can be seen as prey and larger pets can be seen as competition.
- Keep pets on a leash when walking
- Vary your walking route
- Avoid walks after dark and before dawn
- Don't let your dog play with a coyote
- Keep pet's vaccines up to date
- Use fences

Reduce risks for people

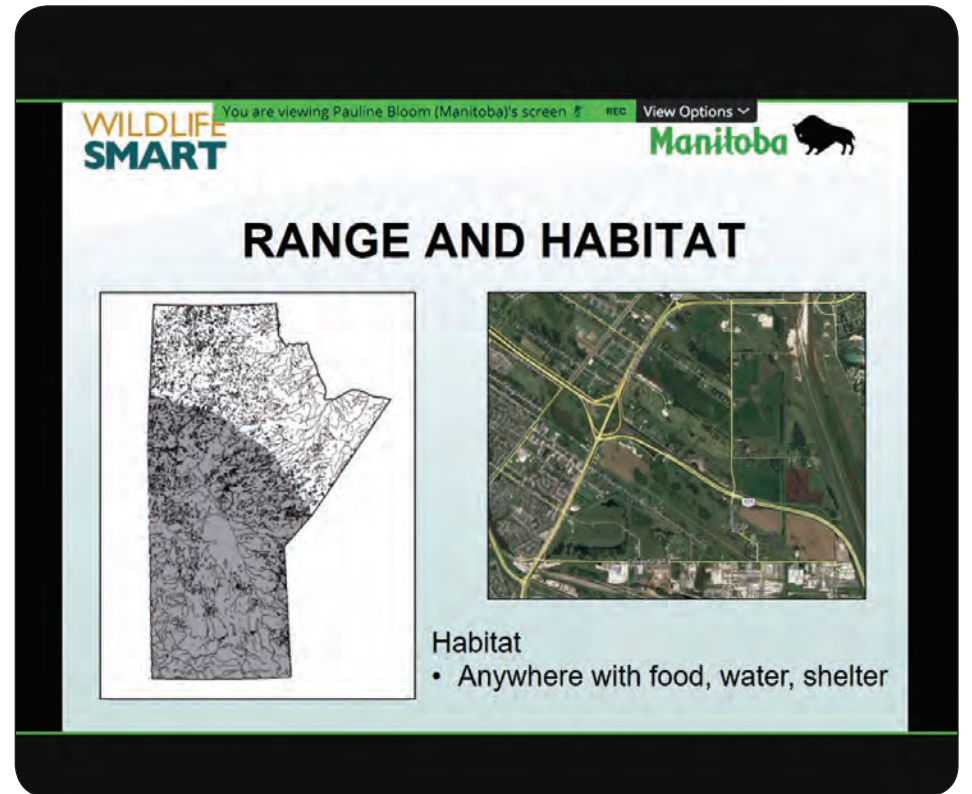
- Use deterrents
- Be aware of your surroundings
- Watch for signs like droppings and tracks
- Learn hazing techniques
- Avoid contact with coyotes and their droppings

Some good deterrents can be noisemakers, rocks, umbrellas, whistles, air horns, a walking stick, or a water gun.

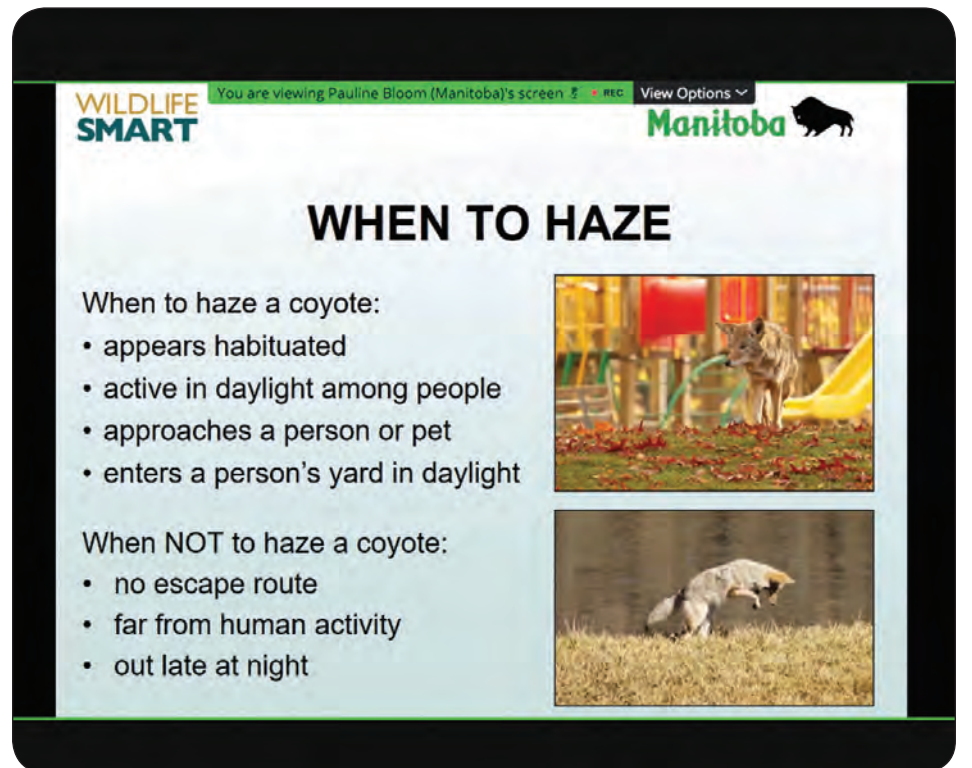
If you encounter a coyote Bloom said to not run, feed or approach and crowd the animal but to instead stop, remain calm, pick up small children or pets, and respond based on its behaviour which is similar to reading dog body language.

She says that you may have to haze a coyote but only do that if it approaches you and to make sure to not leave them with no escape route when doing so. To do this you need to make yourself appear as large as you can, use your deterrent and be loud.

"Some people might think that hazing can appear to be unkind or even abusive but coyotes need to maintain a healthy fear of people in order for us to coexist. So, it is important to not get



RECORD PHOTOS BY KATELYN BOULANGER
Screenshots from the Co-existing with Coyotes presentation.



them used to us," said Bloom.

She asks that residents report coyotes if they intentionally approach a person or pet, appears sick or injured, is observed in the day time in a schoolyard or daycare or if someone is feeding them. The best place to report them is to the TIP line at 1-800-782-0076.

the presentation is still available to view on the RM's website at <https://www.weststpaul.com/>.

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



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A recording of

Province offering third doses of COVID vaccine; vaccine name changes approved

By Patricia Barrett

The province is making third doses of COVID-19 mRNA vaccines available to select groups of Manitobans.

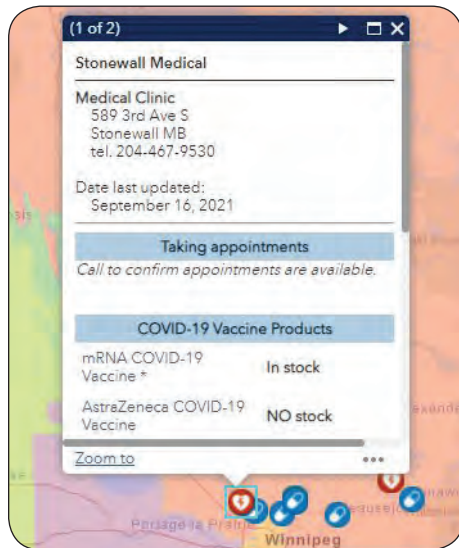
Manitoba's Vaccine Implementation Task Force medical lead Dr. Joss Reimer announced last week that the province will be offering third doses to people who are immunocompromised, people who want to travel and those who received one or two doses of a vaccine that hasn't been approved by Health Canada.

The announcement comes a few weeks after Canada's National Advisory Committee on Immunization recommended third doses of mRNA vaccines be made available to people who are immunocompromised, as well with advice from the Manitoba task force's medical advisory committee.

"We know that people who are immunocompromised may not be able to develop a good defence against COVID-19 with just two doses of the vaccine," said Reimer in a Sept. 15 news release. "This initial plan for the third dose recognizes those who are at increased risk of severe illness. It also responds to the individual challenges faced by people travelling outside of Canada."

Medical conditions or interventions that result in someone becoming immunocompromised include chemotherapy, organ transplants with chemotherapy or immunosuppressive therapy, HIV-AIDS, medications that severely affect the immune system and those born with immune system dysfunctions. A full list of those eligible for third shots is available on the government's vaccine webpage.

"People who are immunocompromised can be immunized by their health-care provider. Individuals who would like to receive a third dose for travel purposes must be vaccinated by their health-care provider and go through an informed consent process, or present a prescription to a pharma-

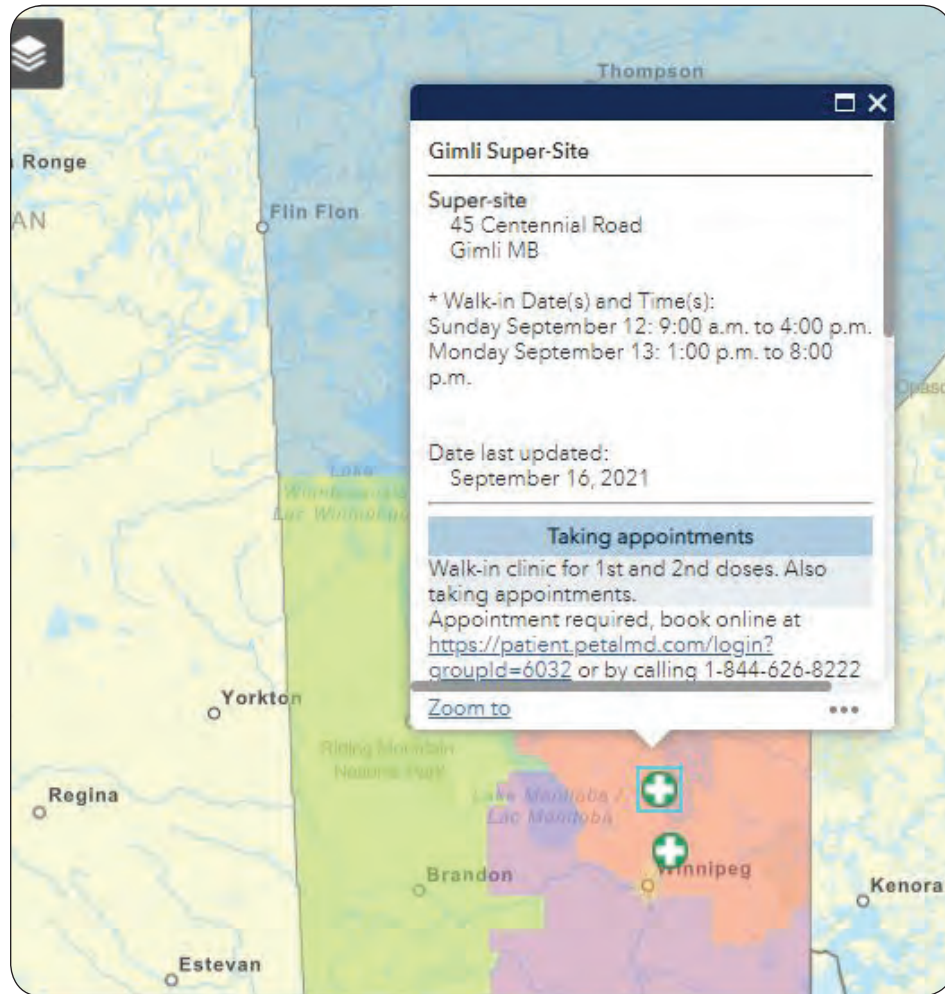


The Stonewall Medical Clinic is one of many centres across the Interlake that is offering appointments for mRNA COVID vaccines.

cist," states the news release. "People who have previously received a vaccine not approved by Health Canada can be immunized at super sites, pop-ups or mobile clinics or by a health-care provider."

The task force is also setting out policies to guide temporary or permanent medical exemptions to immunization. They'll be applicable to those who had a severe reaction (e.g., myocarditis, Guillain-Barré syndrome) to the first dose of a COVID-19 vaccine, those receiving treatments that affect their ability to mount an immune response or people who had a severe allergy or anaphylactic reaction to a COVID vaccine.

"The process to submit medical exemptions will be finalized as soon as possible, along with updated clinical guidance for health-care professionals," states the release. "The province is also developing a way to ensure individuals with a valid medical exemption are able to access the same benefits as those with an immunization card."



RECORD PHOTO BY PROVINCE OF MANITOBA

The province has an online map of Interlake clinics, including the supersite in Gimli, that are offering first and second doses of mRNA COVID vaccines, as well as third doses to those who received a vaccine that hasn't been approved by Health Canada.

There are a number of clinics and pharmacies across the Interlake region, including supersites in Gimli and in Selkirk, that are offering first and second doses of mRNA COVID vaccines, and are expected to offer third doses to those who received an unauthorized vaccine. They include the Ashern Medical Clinic and Pharmacy, Fisher Branch Pharmacy, Lifestyle Pharmacy in St. Andrews and Rexall Pharmacy in Stonewall.

Visit the province's vaccine webpage for a Vaccine Finder Map that

shows available vaccination centres and their contact information. Walk-ins are available at many locations. People can book an appointment online or by calling 1-844-MAN-VACC (1-844-626-8222).

In other vaccine news, Health Canada announced on Twitter Sept. 16 that it authorized brand-name changes of three COVID vaccines.

Pfizer-BioNTech's mRNA vaccine is now called Comirnaty, a portmanteau of community, mRNA and immunity. Moderna's mRNA vaccine is Spikevax and AstraZeneca's viral vaccine is Vaxzevria.

"These are only name changes," the agency tweeted. "There are no changes to the vaccines themselves."

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Art board gives to Food Bank



RECORD PHOTO BY KATELYN BOULANGER

The Interlake Art Board once again hosted their fundraising draw which saw Ben Shiffman win a dinner for 10 from Roxi's. This year, like last they also donated ten per cent of the proceeds, which came out to \$1616.00 to the Selkirk Food Bank. Pictured: Art Board member Jeanie Red Eagle giving Selkirk Food Bank board member Bonnie Singleton the donation with Interlake Art Board members Bev Hart and Mary Thorne.

#TrylikeTerry



RECORD PHOTO BY BILL NEWZMAN SMYTH

For the second year in a row area residents celebrated Terry Fox's fight to raise money for cancer research with a scavenger hunt that took them all around Selkirk. You can still participate in the scavenger hunt as it's still on for another couple of days. Pictured: Melody Smith with granddaughters Alexa Bennet and Mia Asham.

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> MEAL IDEAS



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Chicken Cordon Bleu Kebabs

1 teaspoon Dijon mustard
1 cup shredded Swiss cheese
salt, to taste (optional)
pepper, to taste (optional)
To make skewers: Preheat broiler to 500 F. Line broiler pan with foil and spray with nonstick cooking spray.

Thread cubed chicken pieces and cubed ham pieces onto skewers.

In small bowl, combine Dijon mustard, maple syrup, black pepper, paprika and oil.

Brush mustard mixture on skewers. Broil about 5 minutes, flip and cook 5 minutes, or until chicken is cooked through.

To make sauce: In small saucepan over medium heat, melt butter. Whisk in flour and cook 1 minute, whisking constantly. Gradually add milk, whisking constantly. Add Dijon mustard. Continue cooking 5 minutes, or until thick. Reduce heat to low and stir in cheese, whisking until melted.

Add salt and pepper, to taste, if desired. Serve chicken and ham kebabs with sauce.

Recipe courtesy of Rachel Gurk of "Rachel Cooks" on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 3

Skewers:

Nonstick cooking spray

2 chicken breasts (6 ounces each), cubed

1 ham steak (6 ounces), cubed

6 bamboo skewers (8 inches)

1 tablespoon Dijon mustard

1 teaspoon pure maple syrup

1/4 teaspoon ground black pepper

1/4 teaspoon paprika

1 teaspoon extra-virgin olive oil

Sauce:

2 tablespoons butter

2 tablespoons flour

1 cup lactose-free 2% milk



Chicken, Spinach and Feta Casserole

2 cups cottage cheese
1 1/2 cups chopped cooked chicken
3/4 cup crumbled feta cheese
3 tablespoons all-purpose flour
2 tablespoons butter, melted
2 teaspoons dried minced onion
1 teaspoon dried oregano leaves
1/4 teaspoon salt
1/4 teaspoon pepper
Preheat oven to 350 F.

Place spinach in colander. Use back of large spoon or rubber spatula to press moisture from spinach.

In large bowl, combine spinach, eggs, cottage cheese, chicken, feta cheese, flour, butter, onion, oregano, salt and pepper.

Spoon into greased 1 1/2-quart casserole dish. Bake, uncovered, 45-50 minutes, or until set near center (160 F). Let stand 5 minutes before serving.

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More

Prep time: 15 minutes

Cook time: 45 minutes

Servings: 4

1 package (10 ounces) frozen chopped spinach, thawed

3 eggs, slightly beaten



Sausage French Toast Roll-Ups

3 tablespoons butter
syrup

In skillet, cook sausage links according to package directions. Set aside.

In medium bowl, whisk eggs, milk, almond extract and cinnamon.

Dip bread slice in egg mixture. Wrap bread slice around cooked sausage link, pressing seam to keep from unrolling. Repeat with remaining bread slices and sausage links.

In large skillet over medium-high heat, melt butter. Place roll-ups in skillet, seam-side down, and cook until all sides are browned, approximately 10 minutes.

Drizzle with syrup.

Servings: 12

12 sausage links

2 eggs

2/3 cup milk

3 teaspoons almond extract

1/2 teaspoon ground cinnamon

6 bread slices, crust removed, cut in half

Telling children bad news



It is not easy breaking bad news to a young child. Parents often ask for advice as to the best way to do it, and wonder what they should expect in terms of a reaction from the child.

If we are telling a child about a death, or impending family separation, it is important to remember that the child may have difficulty grasping what this information means. It can be extremely difficult to comprehend that someone we love will not be with us anymore. Or that Mom and Dad will not be living together in the same house.

We have a tendency to want to sit down and explain the situation, because it is important. But children have short attention spans, and they are shorter if what we are saying makes little sense to them. They also pick up on our sadness or anxiety, and that makes them uncomfortable, so they would rather just go and play. Consequently, it works better to give children information in small doses, and to allow them to go off and have a break if they need to.

Sometimes it is puzzling, because children may seem to have no reaction at all. This only means that at this point, they have not been able to process the information, or that they are in a type of shock or denial. It is best to take a relaxed approach, realizing that it will take time for the child to really understand what is being said. They may only receive the message that Dad is going away and forget the part about his still be-

ing an important part of their lives. It is very difficult for them to visualize a situation that seems incomprehensible.

Think of it as you might if you were teaching someone a new language. At first you don't expect them to understand everything, but as you go over things, gradually they pick up more and more. They may ask you to repeat things again and again.

It should go without saying that information about separate or divorce be handled without making either parent the bad guy. Even if only one wants the separation, it is best if parents sit down with the children together, and tell them this is what Mom and Dad have decided. This can be so hard if there has been infidelity, or if one is devastated by the decision. This is one of those times when we must put the needs of children ahead of our own.

Be careful when speaking to friends or family about your feelings when children are around. They are listening, even if playing on their devices.

Remember also, that the child may be experiencing a wide range of feelings but may not be able to express them verbally. We might find some regression in the areas of toilet training and language development in younger children, as well as changes in eating or sleeping patterns. The most important message you can give to your child is that you will be there for him, and although things may be difficult, that everything will be all right. This might be hard to do in the midst of crisis, but we must reach down to find that inner well of strength. The little ones depend on us for that.

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.

Energy Bites

Servings: 20

1/2 cup creamy peanut butter

1/3 cup honey

1 teaspoon vanilla extract

1 cup raw oats

1/2 cup sweetened shredded coconut

1/2 cup flaxseed meal

6 tablespoons mini chocolate chips

In medium mixing bowl, stir peanut butter, honey and vanilla extract until combined.

Add oats, coconut, flaxseed meal and

chocolate chips. Mix until combined. Shape into 1-inch balls. Store in airtight container in refrigerator until ready to serve.



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INSIDE > OUTSIDE > UPSIDE DOWN

Thunder teams hitting the gridiron

By Brian Bowman

The Interlake Thunder were back on the football field for games last Saturday in Stonewall.

And players, coaches, and spectators couldn't have been happier.

Games were played at the Cruncher, Atom and PeeWee levels.

"There was a lot of fun and some jitters (for the players) and coaches, too," said Jared Boville, who coaches the Atom Thunder. "Just to get back on the field and compete (was great) and to have outlets for the kids to be physically active again, I think that's the biggest thing. If COVID taught us anything, it's that we need to be active and we need to be social and it kind of sucks when we can't be."

Boville's Thunder team lost an exciting 43-30 decision to the Falcons Football Club.

"It was a great game," Boville said. "In the first half, they were kind of finding their feet. Over half of the kids had never played (football) before. The first half was a little bit of shock and awe and then we settled in in the second half. We got it within one score and then they got a late touchdown to kind of seal the deal. The kids learned a lot and worked hard and had fun."

Michael Stroppa, who coaches the Cruncher Thunder, was also very pleased to have the kids out playing football. His Thunder squad defeated the St. Vital Mustangs "Red" 19-13.

"For all of the kids in Cruncher, it was their very first football game," Stroppa noted. "They were all very ex-

cited for it and there were some very good plays by some of the players. I thought it was a perfect first game."

All four Thunder teams have been out working hard at practice at Stonewall Collegiate.

Practice has never been more fun for the players.

"It's just great to see four teams practicing and all of the kids are out there on all of the different fields," Stroppa said. "Everybody just loves getting back to football. It's been a long time since there was no football last year. It's been a long time and you can see all of the smiles on their faces - it's great."

The Thunder PeeWee team, meanwhile, had a great day with a dominating 54-0 win over the St. James Rods.

Interlake showed off a very potent passing attack and the defence played extremely well. The Thunder controlled the entire game.

"We put together a pretty good (game) so it was a lot of fun," said Thunder PeeWee head coach Marty Cook. "We had a big passing attack... and the defence stepped up and played really well, too."

Cook and the boys were also very happy to be out on the football field.

"Just sports, in general, it's very exciting to be back and not have the COVID restrictions and stuff like that," Cook said, noting the crowd for all three games was great. "Parents are happy, kids are happy. It was a good time had by all."



RECORD PHOTOS BY JO-ANNE PROCTER

The Interlake Thunder's Hudson Panting shakes off a tackle during Atom action against the Falcons Football Club last Saturday.



The Interlake Thunder's Jaxx Wilson carries the ball against the St. Vital Mustangs 'Red' during Cruncher action last Saturday in Stonewall.

Locals part of Hockey Manitoba's 2021 Male U16 Program of Excellence

Staff

Hockey Manitoba announced the roster for the 2021 Male U16 Program of Excellence last Wednesday, which includes several locals.

Lockport defenceman Cole Bilous, Petersfield forward Ian Lavalee, West St. Paul forward Carter Bear, East St. Paul defenceman Merric Arpin, and East St. Paul forward Jackson Kostiuik

were selected to the team.

Selkirk's Brenna Cyr will serve as the team's athletic therapist.

The Male U16 Team Manitoba roster includes 12 forwards, six defencemen and two goaltenders that were selected following the Male U16 POE Summer Camp that took place from Aug. 13-15 at the Bell MTS Iceplex. Athletes participated in team practices and

inter-squad games over the course of the weekend and were evaluated by the Male U16 POE coaching staff.

The 20 players that have been selected for Team Manitoba will compete at the 2021 Western Hockey League (WHL) Cup from Oct. 20-24 in Red Deer, Alta. Before heading to Red Deer for the 2021 WHL Cup, Male U16 Team Manitoba will play an exhibi-

tion game against the Winnipeg Wild U18 "AAA" team on Sept. 26 at the Bell MTS Iceplex (2:45 p.m.).

Leading U16 Team Manitoba behind the bench will be Jeff Sveinson, currently the head coach of the Winnipeg Bruins (Manitoba U18 AAA League). Sveinson returns after serving as

Continued on page 22

'B' Division winners



RECORD PHOTO BY GOLF MANITOBA

The Selkirk Golf & Country Club are the Ladies Nassau 'B' Division winners. Pictured back row are Gloria Heft, Charlene Fox, Cindy Storozuk, and Leslie Mahon. Pictured front row are Trish Hallson and Heather Quattrin.

Barroso leads Raiders over the Jets



RECORD PHOTO BY MATTHIEU MEIER

Raiders' Jr. Hockey Club goaltender Jeremy Pikel made 29 saves in his club's 8-2 road loss to the Stonewall Jets in MMJHL preseason action last Sunday.

Staff

Riley Barroso scored three goals and added an assist to lift the Raiders Jr. Hockey Club to a 7-5 home victory over the Stonewall Jets in exhibition game action last Friday.

Jaden Shumilak (two), Alex Loschivo, and Nolan Weihs also scored for the Raiders.

Jaxon Blight led the Jets with two goals and an assist while Aidan Avanthay, Cole Emberly and Tyler Van Deynze also tallied.

Zach Skiba and Jeremy Pikel split

the goaltending duties for the Raiders. On Sunday, the Raiders lost 8-2 to the Jets in Stonewall.

Barroso and Evan Harrison scored in the losing cause.

Michael Spence (two), Brayden Kizlick, Cole Emberly, Adrian Klimpke, Marcus Dewey, Aidan Avanthay, and Emmitt Farebrother replied for the Jets.

The Raiders will visit the St. James Canucks this Friday (7:45 p.m.) and then host the St. Vital Jr. Victorias on Sunday (2 p.m.).

CAPITAL REGION JUNIOR HOCKEY LEAGUE

HOCKEY EXHIBITION

ALL GAMES @ SELKIRK REC. COMPLEX

SEPT 23	NWPG vs ARBORG	7:30
SEPT 24	FISH vs ST. MALO	7:30
SEPT 25	LUNDAR vs NWPG	4:30
SEPT 26	ST. MALO vs ARBORG	4:30
SEPT 26	FISH vs LUNDAR	7:30

PLEASE FOLLOW COVID PROTOCOLS

> MALE U16, FROM PG. 21

head coach of the U16 team that earned a silver medal at the 2019 WHL Cup in Calgary.

Sveinson is also a two-time assistant coach in the Female U18 POE (2011, 2015) having won medals both occasions.

He will be joined by assistant coaches Jordan Sobkowicz and Jordan Wohlgemuth. Wohlgemuth and Sobkowicz return as assistant coaches of U16 Team Manitoba after being assistant coaches of the U16 team that

earned a silver medal at the 2019 WHL Cup.

Director of Operations for the Male U16 POE will be Bernie Reichardt (Hockey Manitoba) who returns for his 24th year. Filling out the staff will be goalie consultant Brant Hilton, athletic therapist Brenna Cyr (who returns from 2019 Male U16 Team Manitoba), video coordinator Ethan Lewis, and equipment manager Andrew Koch.

The Male Under-16 Program of Excellence is the first step in

the Hockey Canada Male Program of Excellence. Athletes who participate in the U16 POE begin to receive the exposure to skills and concepts that are vital for success at the Major Junior, NCAA, USport and National levels. Many athletes from the U16 Program of Excellence go on to have success with the U17, U18 and World Junior Teams as a part of the Hockey Canada Program of Excellence.

First Regular Season Home Game

FRIDAY, OCTOBER 1st
vs North Winnipeg
7:30pm at the Selkirk Rec Centre

All Spectators must show proof of double vaccination with ID and must wear a mask in the Arena

First Away Game

• Sat., Oct 2 - vs Lundar - 7:30pm in Lundar



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers open MJHL regular season with pair of losses

By Brian Bowman

The Selkirk Steelers were outplayed in the third period twice last weekend - and it resulted in a pair of losses.

On Saturday, the Pistons scored three goals in the final frame on their way to a 4-1 Manitoba Junior Hockey League victory in Steinbach.

"It definitely was a better game (Saturday) night compared to Friday," said Steelers' head coach Hudson Friesen. "We're still a young group here and we're working through some things defensively. We limited their chances a little bit more (Saturday) night. We played a more detailed game and played on the right side of the puck a little bit more but we still have some work to do to limit their chances and create more offence for ourselves."

"That's going to be the focus for us this week."

After a scoreless first period, Davis Fry gave Steinbach a 1-0 lead after 40 minutes.

Dawson Milliken and Travis Hensrud then put the Pistons up 3-0 by the midway mark of the third.

Eric Krywy got Selkirk on the board at 16:48 but Quinton Pepper iced the win with an empty-net goal in the

game's final minute.

Steelers' netminder Hunter Tarves made 28 saves in his MJHL regular-season debut.

The Steelers opened their regular season at home last Friday and were blasted 10-4 by the Pistons. Steinbach blew the game wide open with six third-period goals.

"That's definitely something that we're going to have to correct and fix, for sure," Friesen said. "It's unacceptable to be giving up that many goals against, especially with both teams in it going into the third and it was one or two-goal games. We can't let one or two goals or one or two bad plays get us down and create negative energy for us. It's definitely something that we're going to have to focus on, especially if we want to beat a team like Steinbach. We have to be dialed in for 60 minutes and every guy has to be engaged and we can't have lapses."

Milliken and Pepper each scored twice while David Cote, Eduard Wruck, Nate Goodbrandson, Jack Rogers, Owen Weihs, and Hunter Degelman also tallied.

Matthew Gerke (two), Matthieu Catellier, and Tristan Thompson re-



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers' Tyson Smith has a scoring chance against Steinbach Pistons' goaltender Simon Harkness during the regular-season opener for both teams last Friday at the Rec Complex.

plied for Selkirk.

The Pistons were 3-for-8 on the power play while the Steelers finished 1-for-6.

Cole Plowman made 27 saves in the losing cause.

The two teams meet again this week-

end with another home-and-home series.

The Steelers will play the Pistons in Steinbach on Friday and then Selkirk will host Steinbach on Saturday.

Both games start at 7:30 p.m.

Ingram ties for second at Hodson Financial PGA of Manitoba Seniors Championship

Staff

Dave McMillan of the Elmhurst Golf & Country Club shot a final round 72 to win the 36-hole Hodson Financial PGA of Manitoba Seniors Championship by a single stroke over clubmate Derek Ingram and Barry Gibson of the host club.

West St. Paul's Ingram and Gibson both carded 73s during the final round after all three players atop of

the leaderboard opened with 70 at the Assiniboine Golf Club.

Glen Mills, also of Assiniboine, finished fourth (70-74-144) while Mike Gottfred of the Niakwa Country Club rounded out the top five at 146 (74-72).

Meanwhile, an impressive second and final round at the University of Alberta Invitational saw one of two Manitoba Bisons men's golf teams earn a second-place finish.

Stefan Lavallee, Cameron McIntyre, Connor Stewart, Cole Peters and Lachlan Allerton combined to end play at 21 over par, only two strokes back of the University of Fraser Valley.

Individually, Peters continued his strong play from the opening round shooting an even par 72 to finish play at one over and in second place at 145.

Other Bisons' scores included: Connor Stewart 78-70-148, Stefan

Lavallee 79-73-152, Cameron McIntyre 77-75-152, Trent Robertson 77-81-158, Nic Fanning 78-81-159, Lachlan Allerton 71-79-160, Brent Ingram 79-83-162, and Derek Benson 76-86-162.

The Bisons' Marissa Naylor was the lone representative in the women's event. She finished in fifth place after carding an 84, four strokes back of first place.

CATCH THE EXCITING NEW TEAM FOR THE 2021-2022 SEASON



NEXT HOME GAME

• VS Steinbach Pistons

Sat, September 25th 7:30 pm



All Spectators must show proof of double vaccination with ID and must wear a mask in the Arena

NEXT AWAY GAME

• VS Steinbach Pistons Fri, Sept. 24 7:30 pm

GET YOUR GAME TICKETS AT: THE STEELERS BOX OFFICE, or ONLINE AT www.diyobo.com

www.selkirksteelers.com

the Steelers Box Office is open 1 hour before game time
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Seasoned, C/S - Birch \$375/c, Tamarack \$300/c, Pine \$275/c, Poplar \$200/c - delivery extra. Please call 204-785-0641.

HELP WANTED

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

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

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

Round-Tuit Cleaning Services is hiring to work a part-time position for evenings, five days per week. Must have own transportation, Criminal Record check and be physically fit. Covid Vaccination required. Call 204-785-3257 to apply.

EMPLOYMENT OPPORTUNITY



Camp Arnes is seeking an **OPERATIONS DIRECTOR** who is responsible for onsite facility operations, ensuring the organization runs smoothly. Camp Arnes is a faith-based organization. The qualified candidate agrees to and supports our Mission Statement and Statement of Faith. **Email resume to Neoma Green at psalm139_1@yahoo.ca**

HELP WANTED

House cleaner wanted on Breezy Point Road, on average twice a week. Laundry, house-keeping and cleaning. Phone or text 204-890-8141.

HEALTH CARE AIDS, all shifts available. Wages dependant on experience. Must be willing to relocate to the Selkirk area. To join our Bonded Mobility Team drop resume in person or email resume to ihebert@bondedhealth.ca

WATER TREATMENT

Waterite dealer. Water softeners 30,000 grain \$640. All sizes. Five stage reverse osmosis systems \$248. Greensand iron/odour/manganese removal filters \$820. Polyspun. Pleated. Stringwound. Carbon. Filters. All Seasons Furnishings 204-661-8581.

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alesha@forsythhauling.com
Or Fax: 204-634-2208
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MISCELLANEOUS

Mason & Risch up-right piano, VGC \$125; large wooden desk with 6 drawers, GC \$100; gold coloured metal tea wagon, VGC \$200, and matching magazine rack, VGC \$55. Please call 204-482-3027.

Two side by side cemetery plots for sale - Glen Lawn Funeral Home & Cemetery - 455 Lagimodiere Blvd., \$5,000 each obo. Phone 204-253-9735 or Email: cymfraser1967@gmail.com

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FOUND

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

LOST

Hearing Aid, between Walmart and downtown Selkirk (between Sept 6th - 10th), Reward for return. Please call 204-232-3385.

NOTICES

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

UPCOMING EVENTS

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

HEALTH

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

R.M. of St. Clements Public Notice - Board of Revision

Notice is hereby given that the Real Property Assessment Roll of the Rural Municipality of St. Clements for the year 2022 has been deposited in the office of the Rural Municipality of St. Clements and will remain open for public inspection during regular office hours (8:30 a.m. to 4:30 p.m., Monday to Friday). The 2021 Supplemental Bills for added and reduced taxes have also been mailed out. Applications for revisions may be made in accordance with Section 42 and 43 of the Assessment Act.

APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 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:

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- (d) be filed by delivering it or causing it to be delivered to the office indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in this public notice:

Board of Revision
Rural Municipality of St. Clements
1043 Kittson Road
Box 2 Grp. 35 RR 1
East Selkirk, Manitoba ROE OMO

The Board of Revision will sit on **Wednesday, November 10, 2021 at 1:30 PM** in the Council Chambers of the Rural Municipality of St. Clements to hear applications for revision.

The final date on which applications may be received by the Secretary of the Board is **Monday, October 25, 2021 at 4:30 p.m.**

Dated at East Selkirk, Manitoba this 1st day of September, 2021

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



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RM OF WEST ST. PAUL PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2022 Assessment Roll of the Rural Municipality of West St. Paul has been delivered to the Municipal Office at 3550 Main Street, West St. Paul, MB and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 and 43 of *The Municipal Assessment Act*. Forms are available at the Municipal Office.

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, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to:

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

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

**BOARD OF REVISION
RURAL MUNICIPALITY OF WEST ST. PAUL
3550 MAIN STREET, WEST ST. PAUL, MB R4A 5A3**

or serving it upon the Secretary at least 15 days before the scheduled sitting of the board as indicated in the public notice.

The Board of Revision will sit to hear complaints and revise the said assessment roll, on Wednesday, November 3, 2021 at 5:00pm via Zoom.

Appeals received after 4:30pm October 18, 2021, will not be considered.

DATED THIS 23rd DAY OF SEPTEMBER, A.D. 2021.

Brent Olynyk, MPA, ISM
Secretary to the Board of Revision
RM of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3
info@weststpaul.com

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PUBLIC NOTICE - BOARD OF REVISION

Public notice is hereby given that the year 2022 assessment roll for the City of Selkirk will be open for public inspection during regular business hours as of October 4th, 2021, at the Municipal Office located at 200 Eaton Avenue, Selkirk, Manitoba. Applications for revision may be made in accordance with Section 42 and 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 subsection 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, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to the following matters:

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

- a) be made in writing;
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by
 - (i) delivering it or causing it to be delivered to the office indicated in the public notice given under subsection 41(2), or
 - (ii) serving it upon the secretary,
 at least 15 days before the scheduled sitting date of the board as indicated in the public notice.

The Board shall not consider an application that is not in compliance with Section 43(1). The Board of Revision will sit on **Thursday, November 4th, 2021** at 6:00 p.m. at the Selkirk Recreation Complex located at 180 Easton Drive, Selkirk, Manitoba to hear applications for revisions to the 2022 assessments and 2021 supplementary tax assessments.

As a result of COVID-19, access may be limited at the time of the Board of Revision hearing. The City adheres to all regulations set forth in the most current Public Health Orders including but not limited to proper physical distancing procedures and limits on gathering sizes. Masks are required upon entry into the building. We encourage those attending to bring their own, however the City will provide a mask should you not have one available. Accommodations will be made to ensure all can participate.

Applications must be received by the City of Selkirk Tax Clerk, serving as Secretary of the Board, before 4:30 p.m. on Tuesday, October 19th, 2021 at 200 Eaton Avenue Selkirk, MB R1A 0W6.

Dated this 20th day of September 2021.

Kevin Richter, CPA, CMA
 Director of Finance
 City of Selkirk
 200 Eaton Avenue
 Selkirk, Manitoba
 R1A 0W6

Classified listing booking deadline is Monday 4 p.m. prior to Thursday's publication. Call 204-785-1618



**RM OF WEST ST. PAUL
 EMPLOYMENT OPPORTUNITY
 PUBLIC WORKS ASSISTANT**

Under the direction of the Public Works Manager and the Public Works Foreman, the Public Works Assistant will support the daily operation of the Municipality, ensuring quality services to residents, perform general and preventive maintenance on equipment and adhering to established municipal policies, procedures, safe work practices as well as Workplace Safety & Health Standards.

This position falls within the Collective Bargaining Unit of Local 987 and is subject to all terms and conditions of the collective agreement or subsequent amending Agreements.

For a full list of Duties and Qualifications please visit www.weststpaul.com.

Submit applications marked "Application for Public Works Assistant" by 4:00pm, October 7, 2021 to:

Lainie Shaw, CMMMA
 Municipal Legislative Officer
 RM of West St. Paul
 3550 Main Street
 West St. Paul, MB R4A 5A3
 Fax: 204-334-9362
 Email: admin@weststpaul.com

The RM of West St. Paul wishes to thank all candidates for their interest in this position, however, only those individuals considered for an interview will be contacted.

NOTICE TO CREDITORS

IN THE MATTER OF:
 The Estate of Elsie Maria Donetz, late of the City of Selkirk, in Manitoba, deceased. All claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, P.O. Box 1400, Stonewall, Manitoba, R0C 2Z0 on or before the 27th day of October, 2021.
DATED at Stonewall, Manitoba this 14th day of September, 2021.
GRANTHAM LAW OFFICES
 Solicitor for the Executor

NOTICE TO CREDITORS

IN THE MATTER OF:
 THE ESTATE OF: John Andrew Boychak, late of the City of Winnipeg, in Manitoba, deceased. ALL claims against the above Estate, duly verified by Statutory Declaration, must be sent to the undersigned at 204-131 Provencher Blvd, Winnipeg, Manitoba R2H 0G2 within thirty (30) days of the date of this publication, after which date the Estate will be distributed having regard only to claims of which the Executor then has notice.
DATED at Winnipeg, in Manitoba, this 20th day of September 2021.
 Étude d'Avocats
 TLR Law Office
 Solicitors for the Estate

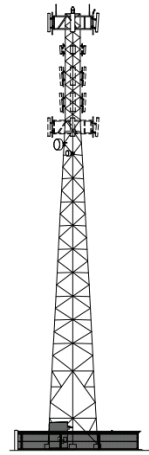
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PROPOSED ROGERS ±52m WIRELESS TELECOMMUNICATIONS FACILITY SELF-SUPPORT TOWER INSTALLATION

TOWER PROFILE



SUBJECT: W6046

- ±52m Wireless Self-Support Tower
- Location: 42 Merit Crescent, West St. Paul, Manitoba R2P 2W5. Site is located approximately 53m northwest of Merit Crescent and 155m northeast of Drury Avenue.
- Legal Description: Lot 1 Plan 36923 WLTO in OTM Lots 3 and 4 Parish of St. Paul
- The facility will include technical equipment in a locked shelter located at the base of the tower, a locked fence will surround the shelter.
- The site will provide fast and reliable wireless voice and data services in the general area of Merit Crescent, West St. Paul.

SITE LOCATION MAP



With respect to this matter, the public is invited to provide written comments by **October 23, 2021** to the contact information shown below. Please include a return address.

Rogers Communications Inc.
 c/o LandSolutions LP
 Attn: Brenden Smith
 Municipal Affairs Specialist
 600, 322 – 11 Avenue SW
 Calgary, AB. T2R 0C5
 T: 1-866-834-0008 or (403) 290-0008
 F: (403) 290-0050
 E: comments@landsolutions.ca

Red River Planning District
 Derek Eno, Senior Community Planner
 806-A Manitoba Ave.
 Selkirk, Manitoba
 R1A 2H4
 T: (204) 482-3717
 F: (204) 482-3799
 E: deno@rrpd.ca



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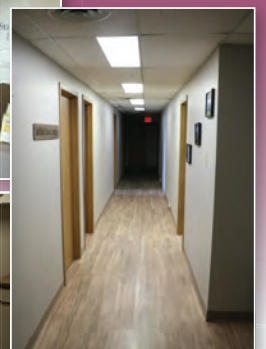
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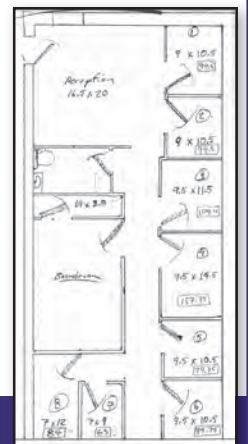


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ANNIVERSARY



Jamey and Jennifer Hyslop

On September 28th Jenn and Jamey will be celebrating their 25th anniversary together. Wishing you nothing but happiness, love and joy in the years ahead. We all love you both so much. Cheers to many more years to come.
-Love the kids -
Brady, Emerson, Wyatt and Carson

ANNOUNCEMENT

BIRTHDAY



Happy 60th Birthday Nancy

on September 24th
-Love from your family

ANNOUNCEMENT

IN MEMORIAM



Scott Wazney

August 10, 1972 - September 16, 2016
It's been five years since you're gone. You are remembered always, Loved and never forgotten in our hearts and memories.

-Love Mom, Carla, Darin and family

ANNOUNCEMENT

CARD OF THANKS

Lemaire - Our family would like to thank everyone for all their continuous love, support, cards, messages, phone calls, flowers, food and company during this difficult time. It was so touching to see all the condolences, the words of kindness and memories everyone has shared and shown for Eddy. No words can express what comfort these acts of kindness have meant to our family. Thank you!
-Karen, Cara, David and family

ANNOUNCEMENT

BIRTHDAY



Happy 65th Birthday Bob
on September 24th!!

Time flies and we know it's true, It's your day, now we celebrate you!!! Just remember "vintage" is cool, In our eyes you are a real jewel!!!

--Love your wife Leslie,
Sniffer, Allister & McKenzie,
Mom,
Dale, Jasmine, Riley,
Brennen, Madi, Sebastian,
Nora-Rose,
Kara, Dev & Brynn,
Denis & Bobbie
We love you!!!

Send your Best Wishes to Your Loved Ones

ANNOUNCEMENT

IN MEMORIAM



Goldie Lyn Ann Maliszewsky (nee Fewchuk)

In loving memory of our dear Goldie who passed away September 24, 2014

Don't think of her as gone away - Her journey's just begun, Life holds so many facets - This earth is only one. Just think of her as resting From the sorrows and the tears, In a place of warmth and comfort Where there are no days and years. Think how she must be wishing That we could know today, How nothing but our sadness Can really pass away. And think of her as living In the hearts of those she touched... For nothing loved is ever lost - And she was loved so much.

-Dearly loved and sadly missed by your Mom and family

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of Ronald William Fewchuk

Who passed away September 13, 2017

If roses grow in heaven, Lord, please pick a bunch for me; Place them in my husband's arms And tell him they're from me. Tell him I love him and miss him, And when he turns to smile, Place a kiss upon his cheek, And hold him for awhile. Because remembering him is easy, I do that every day, But there's an ache within my heart That will never go away.

-In loving memory from your wife June and family

Remember your loved ones or send your special wishes to your friends and family.

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OBITUARY



Deborah (Debbie) Anne Brown
October 5, 1958 – September 14, 2021

It is with great sadness that we announce the passing of our beloved wife, mother, and grandmother, Debbie at the age of 62.

She is survived by her husband Lorne; daughters Crystal (Glenn), Sharisse and grandchildren Trinity and Ethan. She is predeceased by her parents Stanley and Catherine Krut, brother Darrel and sister Joan.

Debbie was born and raised in Selkirk, Manitoba. She worked for TD bank for 40 years and made many friends along the way.

Debbie enjoyed shopping, spending time with family, watching her grandchildren's hockey games, family fishing trips, and going to Las Vegas with her husband Lorne.

Debbie will always be remembered for her kind heart, generosity, and a laugh that would light up a room. We will forever cherish the

wonderful times and the special moments that we shared with her.

The family would like to thank the staff at Health Sciences Centre and the Selkirk Regional Health Centre for their care given to Mom.

A private memorial service was held on Monday, September 20, 2021 at 11:00 a.m. and will be livestreamed via the link on her obituary at www.gilbartfuneralhome.com.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Joanne Aileen Hardwick
May 26, 1958 - September 17, 2021

It is with broken hearts that the family announces the passing of Joanne. Joey passed peacefully at the Selkirk Regional Health Centre with the comfort of family and extended family at her bedside following a battle with cancer.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Edith Jessie (Aime) Dell (Nee Curiston)

Peacefully, on Sunday, September 19, 2021, at the Health Sciences Centre, Edith Dell, aged 91 years, of Selkirk, MB, passed away.

A memorial service will be held on Friday, September 24, 2021 at the St. George's Anglican Cemetery, Wakefield, MB, at 1:00 p.m. please bring a lawn chair if you require a seat.

Full obituary will follow.

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

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OBITUARY

Ronald Ewanysyn

Peacefully, on September 9, 2021, Ronald Ewanysyn of Winnipeg Beach, Manitoba, passed away at the St. Boniface General Hospital.

He leaves to mourn his three daughters and extended family.

In accordance with his wishes, cremation and a private interment have taken place.

Condolences may be left on Ronald's memorial page at www.interlakecremation.ca.

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OBITUARY



Maureen (Moe) McKenzie
June 4th 1946 - September 17th, 2021

Beloved mom, mother-in-law, grandmother, sister, aunt, great aunt and friend. Her favourite name was Mom to her most favourite and only son William and Grandma Louie to her prized possessions, her grandchildren Ben and Lilly.

Moe spent most of her life in Selkirk, in the early years figure skating on the Red River, becoming a nurse and later becoming her families biggest supporter in every sport they tried.

Nothing made Moe prouder than to see her son accomplish his dreams of becoming an International Judo player. Everyone associated with the Provincial Judo Team knew who Moe was, they all knew they could rely on her to be there at every tournament and fundraiser causing mischief and supporting every single judoka.

All the children in her life could depend on Moe, she supported them all in everything they did, Moe could be found on the front row of many cold arenas bundled up and cheering loudly.

She followed her Selkirk Steelers to all home and most away games in the 80's.

Moe loved a good story, and would tell anyone who would listen about her grandchildren, they meant the world to her. She was Ben's biggest hockey fan, and Lilly's largest art collector.

Even in Moe's final days she was able to make her family giggle, and she was surrounded by so much love.

We'll love you forever,
We'll like you for always,
As long as we're living,
Our Moe you will be
Ditto

Special thanks to her lovely doctor, Dr. Ian Alexander and to the staff at the Selkirk Regional Health Centre for there compassion and care.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Andy Zook



Andrew Joseph Zook born September 21st, 1939 did pass away peacefully on September 11th, 2021 surrounded by his sons. He was predeceased by his loving wife, Nadia Zook. He is survived by two sons Chris (Adina), grandchildren Jesse, and Evi; Warren (Heidi), grandchildren Maxwell, Samuel, Frances, Michael and Taylor.

Andy started working at the Rolling Mill in 1956, and then bought his first house in 1964. In 1965 he married the love of his life Nadia. As a family they traveled by van for annual family road trips when the boys were younger. Later in life they were able to enjoy destination vacations with many blessed and positive memories. Andy and Nadia were married 43 years until the time of Nadia's passing in 2008.

Andy had a great passion for collecting memorabilia. He began collecting coins, stamps, postcards, and sports cards. He made it a passion for 50 years of doing coin and stamp shows. Andy also enjoyed science fiction movies, gardening and spending time with family. He would never turn down a back yard bonfire or miss a kids sporting event growing up. Simply put, Andy exemplified what it was to be a loving father, he will be dearly missed by all who knew and loved him.

A private family service has taken place and can be viewed via the link in his obituary at www.gilbartfuneralhome.com.

In lieu of flowers please make a donation in his name to a charity of your choice.

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

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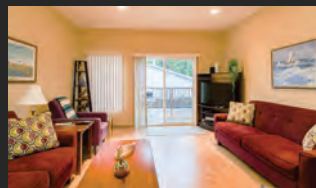
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Beautiful town-home style condo in Creekside Estates. Immaculately well-maintained with an open concept kitchen, dining & living space. Primary bedroom with ensuite & walk-in closet. 2nd bedroom or office space, 2pc bath & main floor laundry. Full basement ready for development. 10 x 16 deck, Low maintenance yard. Join the lovely Creekside Estates community today!

FEATURED PROPERTIES

HH TEAM **SOLD!**
\$449,900
63 Falconer Bay
St Vital, Wpg

HH TEAM **80 ACRES!**
\$394,500
113142 13 Rd.,
Fraserwood, MB

HH TEAM **SOLD!**
\$134,900
414 Clandeboye,
Selkirk

HH TEAM **SOLD!**
\$534,900
5592 Henderson Hwy,
St Clements

HH TEAM **SOLD!**
\$397,800
8116 Henderson Hwy
St Clements

ASHLEY **SOLD!**
\$339,400
420 Manchester Ave,
Selkirk

HH TEAM **SOLD!**
\$489,900
1044 Meadowdale,
St. Andrews

ASHLEY **NEW!**
\$299,900
83122 Two Mile Rd
East Selkirk

HH TEAM **NEWLY RENOVATED**
\$179,000
316-1671 Plessis Rd,
Transcona, Wpg

HH TEAM **PENDING!**
\$269,900
8156 99 Road N,
Rockwood

HH TEAM **.73 ACRES**
\$59,500
1 Tamarack Lane,
Clandeboye

HH TEAM **2.4 ACRES**
\$84,900
1 Fuller Road,
St. Clements

HH TEAM **2.2 ACRES**
\$84,900
7 Fuller Road,
St. Clements

HH TEAM **PRICE DROP!**
\$399,900
51 Peltz Road,
St. Clements

HH TEAM **PENDING!**
\$250,000
8131 Highway #8
Clandeboye

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