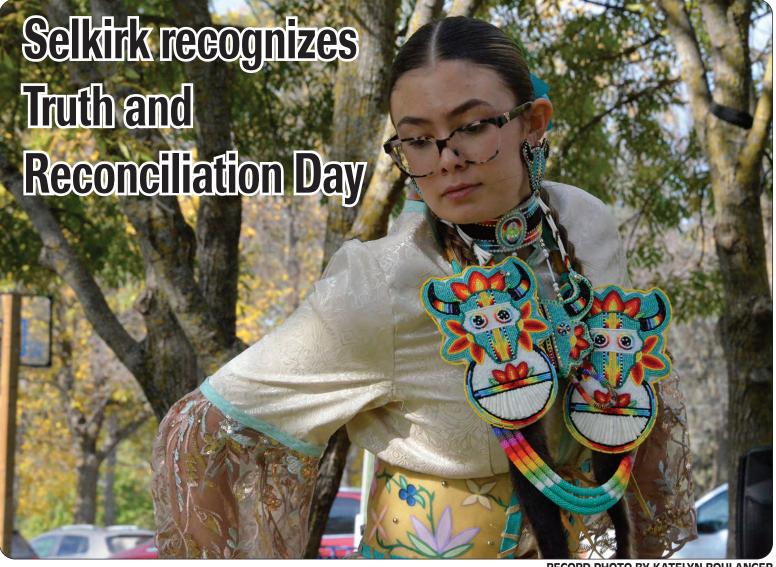


"THE HISTORY BOOK OF YOUR COMMUNITY"





RECORD PHOTO BY KATELYN BOULANGER

The Selkirk Friendship Centre and the City of Selkirk hosted a commemoration event on Truth and Reconciliation Day, Sept. 30, at Selkirk Park. The park filled with community members supporting the need for Truth and Reconciliation in our community and beyond. See more photos inside. Pictured: Tehya Blackburde Moore, who brought her jingle dress and round dance leading skills to the event.

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Winnipeg's temporary changes to wastewater treatment will impact Red River

Monitoring in place

By Katelyn Boulanger

The City of Winnipeg issued a news release on Sept. 24 warning residents of upcoming changes to the way they are treating their wastewater that will impact the Red River. Because water runs downstream, local residents were unsure of how this would affect our region.

The release explained that the North End Wastewater Treatment Plant's (NEWPCC) upgrades were going to be entering a new phase, and as of Oct. 1, the City of Winnipeg would be temporarily shutting off ultraviolet treatment for wastewater. It is expected that this treatment will be turned back on in March of 2026.

The ultraviolet treatment of wastewater is the last step before the release of wastewater and is used to neutralize bacteria and viruses, like E.coli and fecal coliforms.

"Shutting off UV treatment will cause a short-term increase to the existing virus and bacteria levels in the Red River. This can have adverse health effects on people and pets. Fish won't be impacted," said the news re-

The release notifies residents living within three kilometres downstream of the North End Wastewater Treatment Plant to take the following steps:

- Avoid direct contact with river water, when possible
- Wash hands with soap after any direct contact with river water
- Use safe food handling practices when eating fish from the river
- Don't let your pets come into contact with or drink river water

When asked how this may affect Selkirk and area, a provincial government spokesperson said that they believe that there will be minimal im-

"It is anticipated the heavy dilution

factor will dilute the pathogen load enough that Selkirk and area would see minimal impacts. All downstream users can follow the City of Winnipeg's recommended actions as a precaution, including avoiding direct contact with the river water, washing hands after contacting river water, using safe food-handling practices when consuming fish from the river, and not letting pets come into contact with the river water," the provincial spokesperson said.

In addition, there will be monitoring of the quality of water downstream.

"As part of the UV bypass approval, the City of Winnipeg is required to take samples every two weeks downstream of the NEWPCC outfall at the Chief Peguis Bridge, Perimeter Bridge and the Redwood Bridge. Samples will be analyzed for E. coli levels. The City of Winnipeg must also report weekly to the department on cumulative total phosphorus and E. coli from the effluent monitoring station and cumulative E. coli at the sampling locations mentioned previously. The city must also post volumes of partially treated wastewater discharged to the river on its website," the provincial spokesperson said.

After contacting the City of Selkirk, they said they were not notified in advance of this change.

Selkirk's Manager of Citizen Engagement Vanessa Figus explained that conservation and surface water quality are provincial responsibilities. Any notice of a potential threat to human health, and any guidance for citizens, would be provided by the Province.

She wanted to reassure Selkirk residents that this should not affect their drinking water.

"It is also important to remember Continued on page 4





RED RIVER WATER, FROM PG. 3

come from the Red River, but from wells. This situation, and all similar situations where the City of Winnipeg discharges wastewater that does not meet regulatory standards, has no impact on Selkirk's drinking water," Figus said.

Local MLA Richard Perchotte was disappointed when he heard of this news release, as he was also not notified of this change in advance.

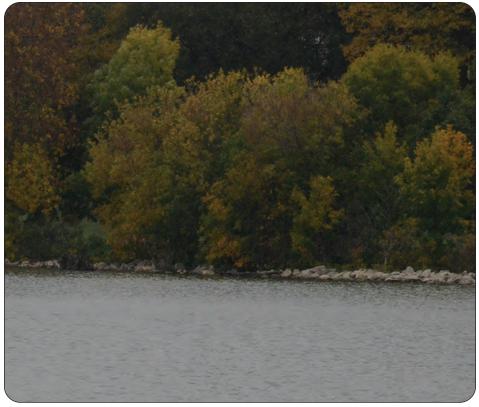
"It's a failure to plan. We know infrastructure breaks down over time,

that Selkirk's drinking water does not equipment as you slowly phase out old equipment. Waiting for the complete breakdown and shutting down something as vital as a UV treatment to fecal matter entering our waterway is inexcusable," said Perchotte.

He said that this failure was the responsibility of the provincial government as well as the City of Winnipeg and he is concerned about how this may impact our region's use of the Red River this winter.

The city of Winnipeg's news release is available on their website www.





RECORD FILE PHOTO BY KATELYN BOULANGER

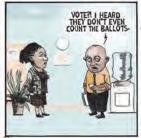
Changes to Winnipeg 's wastewater management will impact the Red River but a provincial spokesperson says will likely have minimal impact in Selkirk and area.

Fire Dept. BBQ Fundraiser



RECORD PHOTO BY KATELYN BOULANGER

Sparky and the St. Andrews Fire Department were doing double duty last weekend, raising awareness for both Fire Prevention Week and Breast Cancer Awareness Month with a barbecue outside of Harry's Fine Foods in St. Andrews. Pictured: St. Andrews Firefighters with Harry's Fine Foods representatives at the barbecue.









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Do you want to celebrate a local business? Now's your chance!

The Selkirk Biz Awards are accepting nominations until Oct. 12

By Katelyn Boulanger

The Selkirk Biz is the local chamber of commerce for the East St. Paul, Selkirk, St. Andrews, St. Clements, and West. St. Paul area. On Oct. 23, they will be hosting the Selkirk Biz Awards to recognize local businesses doing a great job, but first, they are hoping that the public can nominate local businesses that they feel have gone above and beyond.

"We're an organization that is here

to assist businesses and make and develop relationships between local businesses and come up with ways to encourage the local public to patronize their local businesses," explained Brett Mitchell, Interim President of the Selkirk Biz.

Meaghan Chromy, the Executive Director of the Selkirk Biz, said that the awards dinner is a great way that the Biz and the community celebrate our local businesses.

"Our community is able to (nominate) local businesses in the area and celebrate the positives in our retail, manufacturing, and farming community. Every kind of business is represented," she said.

Chromy said that local businesses contribute a lot to our local community. From philanthropy to having pride in making our community a beautiful place to be and everything in between, they give back in so many

Mitchell explained that not all feedback that businesses get is positive, so having a night where people really appreciate the contribution of local businesses is important.

"I've been to many award ceremonies for different things, whether it's business or charity, and everyone says the same thing, they don't do this to get an award, but boy, it feels good to be recognized amongst your peers," said Mitchell.

To get your favourite local businesses in consideration for the Selkirk Biz Awards, they need to be nominated into one of the ten awards categories which are: Business of the Year,

Continued on page 6



RECORD FILE PHOTO BY KATELYN BOULANGER

Last Year's Selkirk Biz Award winners represent business owners in many industries thriving in our community.

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> SELKIRK BIZ AWARDS NOMINATIONS, FROM PG. 5

Business Philanthropist of the Year, Community Spirit, Customer Service, Farm Family of the Year, Inclusive Employment, Marketing / Branding Member's Choice Award, New Business of the Year, Visual Improvement, and Woman Entrepreneur of the Year.

Residents nominating their favourite local businesses should know that any business can be nominated, and anyone can do the nominating.

"Anybody can be nominated, not just a Selkirk Biz member. You can nominate any of our local businesses, anybody who made a difference to you in the past year. If you noticed anything with Visual Improvement or Best Business of the Year, there are 10 different categories to choose from. We do have a poll that we created, and you can go to our Facebook or Instagram, and there's a link to that poll in order to vote. For more information, you can just email us," said Chromy.

When contacting the Selkirk Biz about a business that you'd like to nominate, there is a nomination form

that they'd like residents to fill out. The questions aren't very difficult, but they do want information about your positive experience with the local business and what about them stood out to you.

"What kind of experience did you have? What have you found out about this business that makes you want to go ahead and make an effort to nominate?" said Mitchell.

Nominations will be accepted until Oct. 12. After then, the Biz will go through them as well as online information and make some big decisions.

After the awards are decided, they will be kept secret until Oct. 23 when the Selkirk Biz Awards Dinner will take place.

This year's awards dinner is one to check out, whether you are a local business owner or not, because they have a great guest speaker set to come. Chuck Davidson, the president and CEO of the Manitoba Chamber of Commerce, will be the keynote

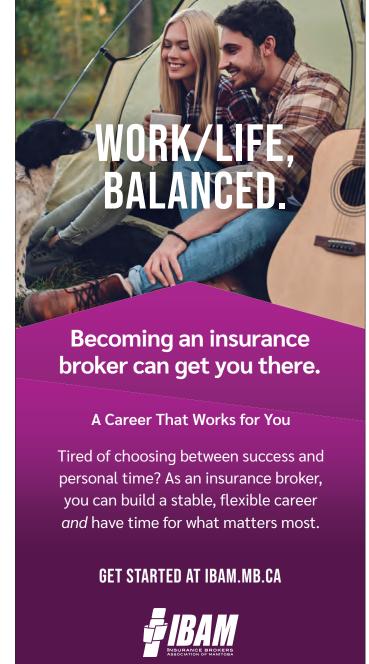
speaker. He will be talking about shopping local and shopping Canadian. A topic that has become more significant in the past year.

The week of Oct. 23 is also significant as it's small business week and many of the Selkirk Biz Award winners fit into that category, though the awards aren't exclusive to that theme as larger



RECORD FILE PHOTO BY KATELYN BOULANGER

Last year's New Business of the Year Award was presented to N-Joy Café and owner Julie Neiser by City of Selkirk Mayor Larry Johannson.





businesses have been recognized as

If you would like to nominate a business, Chromy and Mitchell encourage you to take the time to contact the Biz and let them know why that business is great.

"It's the people's community. It's important to hear their voice and to send out appreciation to our local businesses and community. It definitely helps the community thrive and support each other," said Chromy.

They also welcome any businesses that are not part of the Selkirk Biz yet to get in contact with them and learn about the positives that come with Selkirk Biz membership.

If you would like to get tickets to the Selkirk Biz Awards Dinner to celebrate local businesses, the Selkirk Biz invites you to reach out to them by phone at 204-482-7176 or email at info@selkirkbiz.ca.

Ruth Hooker School recognizing Orange Shirt Day







RECORD PHOTOS SUBMITTED

Students at Ruth Hooker School learned a lot this year when the school recognized Truth and Reconciliation Day. Many students wore their orange shirts in remembrance of the survivors and children who didn't make it home from residential schools.



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Nominations open for Excellence in Education Awards

By Lana Meier

The Manitoba government is celebrating World Teachers' Day by opening nominations for the 2025-26 Excellence in Education Awards, which recognize outstanding teachers and school leaders across the province.

"Educators play a vital role in shaping the future of our children and our communities," said Education and Early Childhood Learning Minister Tracy Schmidt. "These awards honour the dedication, creativity and leadership of teachers and school leaders who go above and beyond to help students succeed."

The awards celebrate exceptional contributions within Manitoba's edu-

cation system and highlight the province's commitment to recognizing excellence in teaching and leadership. Nominations close Dec. 4, and recipients will be honoured at a ceremony in spring 2026.

Award categories include:

- Teaching Excellence Award
- Outstanding New Teacher Award
- Outstanding Team Collaboration Award
- Outstanding School Leader Award
- Premier's Award for Excellence in Education

The premier's award is chosen from nominees across the other four cat-

egories and honours those whose work has made a remarkable and farreaching impact on students and their school communities.

Eligible nominees must hold a valid, permanent Manitoba teaching certificate and work directly with kindergarten to Grade 12 students. School leaders must be principals or vice-principals. Nominations can be submitted by parents, guardians, students, school trustees, teachers, or administrators.

World Teachers' Day, established by UNESCO and Education International, has been celebrated globally on Oct. 5 since 1994.

Those Guys play at the Comp



RECORD PHOTO SUBMITTED

Knox Presbyterian Church hosted a concert and dessert event on Oct. 2 at the Selkirk Regional Comprehensive Secondary School's Theatre featuring band Those Guys. Attendees got to enjoy their amazing vocals and diverse music genres.

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Can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

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Truth and Reconciliation Day sees residents gather in Selkirk Park

It was a sea of orange in Selkirk Park in support of the need for Truth and Reconciliation

By Katelyn Boulanger

Truth and Reconciliation Day took place on Sept. 30, and the Selkirk Friendship Centre, as well as the City of Selkirk, hosted a gathering in Selkirk Park. Truth and Reconciliation Day has become a day of acknowledgment in our community where we advocate for the need for reconciliation between settlers and Indigenous Canadians, and reflect on the work that still needs to be done with regard to the 94 calls to action that came out of the Truth and Reconciliation Commission.

In addition, it's recognized on Orange Shirt Day, which is a day of reflection in which residents wear orange to acknowledge the harms done to the survivors of the residential school system and remember the children who did not make it back to their home communities.

The event started with a land acknowledgement, then the Selkirk Women's Drum Group came up to share a song that welcomed our grandmothers and grandfathers to join in the day, followed by a healing

Selkirk's Deputy Mayor Lorie Fiddler, who volunteers with the Selkirk Friendship Centre, came to the podium to explain to residents the history of the day.

"These events were designed to commemorate the residential school experience, to witness and honour the healing journey of the survivors and their families, and to commit to the ongoing process of reconciliation.



Chief Justice Murray Sinclair challenged all of the participants to keep the reconciliation process alive as a result of the realization that every former student had similar stories. Orange Shirt Day is a legacy of this project," she said.

Fiddler discussed how this is a day not just to acknowledge the past, but to bring understanding to the future.

"Canadians can tune into and create bridges with each other for reconciliation. It's a day for survivors to be reaffirmed that they matter, and so do those who have been affected. Every Child Matters, even if they are an adult. The date was chosen because it's this time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for

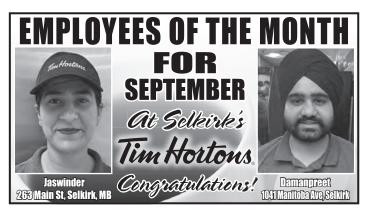
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RECORD PHOTOS BY KATELYN BOULANGER

Residents filled Selkirk Park for Truth and Reconciliation Day this year.





> TRUTH AND RECONCILIATION DAY,

FROM PG. 9

anti-racism and anti-bullying policies for the coming school year. It's an opportunity for First Nations, local government, schools and communities to come together in the spirit of reconciliation and hope for generations of children to come," she said.

After Fiddler spoke, local MP James Bezan discussed how we need this day of remembrance in order to never repeat past mistakes.

"I've often said that the worst government policy in the history of Canada was the residential school program, and it's one that I'm glad that we finally shut down in 1996 but I think it's a reminder to all of us that the state has no place in raising our kids. That is the family's responsibility. That's the way we pass on culture, traditions, and values," he said.

Local MLA Richard Perchotte followed Bezan and discussed the future that we can create from this point forward as one people.

"We have a tremendous opportunity moving forward to educate people about the wrongs of the past, to learn from those, and make sure those don't happen again. But, we have a bigger opportunity to move forward unified as one people. One people on this planet, moving forward protecting each other to make sure that nobody has any harm done," he said.

Selkirk's Mayor Larry Johannson then shared his thoughts after listening to

the story of a residential school survivor that morning. He explained that being a parent and grandparent and learning about these children losing their names and identities, hit home.

Alfred Bucky Anderson, Minister of Culture and Heritage of the Manitoba Métis Federation, said a few words connecting the past to the future.

"Reconciliation is about more than just one day on the calendar. It's about carrying this forward and making sure it guides the way we live together with respect and understanding. As Red River Métis, we know the importance of remembering where we come from," said Anderson.

Leslie Loutit, Vice President of Selkirk Friendship Centre Board of Directors, came next, saying, "Reconciliation is not only a word but an ongoing responsibility."

Local Knowledge Keeper Jeannie White Bird next took the time to explain the importance and history of the tobacco tie and tied it back to her journey of healing and the greater journey of healing in our community.

Residents were invited to give an offering of tobacco to the sacred fire at the event.

She was followed by Wayne Manningway, who shared a bit about his story as the child of a residential school survivor. He

Continued on page 11





RECORD PHOTOS BY KATELYN BOULANGER

Residents participated in a round dance at Truth and Reconciliation Day.





> TRUTH AND RECONCILIATION DAY, FROM PG. 10

explained that his mother's trauma from residential schools came with her into her relationships as an adult.

"She said, 'My boy. When I was a young girl growing up, I didn't know what love was. As I grew up to be a mother. I still didn't know what love was.' She said, 'You know what? I thought love was being beaten like residential schools,"," he said.

Manningway also shared that his grandmother shared their culture in secret with her grandchildren and that, though it was dangerous, he's blessed to carry those ceremonies.

He then explained the need for heal-

ing for Indigenous people and how that healing starts with loving yourself and others.

"That's the greatest gift you can ever tell your child, that you love them,"

A moment of silence followed Manningway's words.

Tehya Blackburne Moore and Aubrey Ducharme-Mckay then came to share their jingle dress and fancy shawl dancing before leading the group in a round dance.

The ceremony ended with the Selkirk Women's Drum Group closing the event with song.



RECORD PHOTO BY KATELYN BOULANGER

Residents filled Selkirk Park for Truth and Reconciliation Day this year.

Vital Signs 2.0 has launched, now keep the buzz alive

Submitted by the Selkirk and District Community Foundation

A crowd of about 100 people came out to take part in the launch of Vital Signs 2.0 – Mind the Gap, held at Memorial Hall Oct. 2.

The Selkirk & District Community Foundation has spent the past 18 months working with the community to create the follow up to 2018's first report, and for Co-Chair Brandon Sutherland, the moment was big.

"It's a very proud moment this evening for me to be a member of this community," said Sutherland, who chaired the Vital Signs team along with David Thorne.

"Growing up in Selkirk and seeing a lot of really valuable stakeholders in our community here tonight who have helped not only shape the Foundation but shape Vital Signs 1.0 and helped shape 2.0. And some new faces in the room as well that weren't involved in the first one, it really shows how we've moved the needle and really introduced new people to that community stakeholder group."

Vital Signs is a community checkup, used to measure the vitality of our region and to learn where we are strongest and where we need to improve.

Sutherland, along with Thorne and current Foundation Chair Deborah Vitt and Secretary Bonny Wynnobel, presented the entire report to the group and went through each of the 10 sectors.

For Thorne, the importance of Vital Signs can't be understated, and the report is an invaluable tool for the Foundation and the community at large.

"Vital Signs provides us with critical local data to guide strategic decisions, it identifies community needs for funding, which is important to the Foundation, and it can inspire philanthropic action," Thorne said.

"And it does more. It enhances the Foundation's profile, it facilitates relationships with partners and donors, and it fosters public debate by offering evidence-based insights into quality-of-life indicators."

Bonnie Singleton and Dianne Stolar of the Selkirk Food Bank were at the launch and have been part of the entire process of creating Vital Signs 2.0. For Singleton, taking part in the planning session was an eye opener.

"With the planning for the Vital Signs report, what we found very interesting was how each sector, each area that has been identified, connects with food insecurity and accessibility," Singleton said.

"So if we don't have proper transportation, it's hard to get to the food bank to get the food, if you don't have proper income, that's your food bank user, so that was one of the highlights that we found interesting."

Stolar agreed and said the connection of the sectors struck her as well, and she likened the sectors to spokes on a wheel, all joined at the centre.

"I do think there's a major connection. I'm not sure what the hub would be of the wheel, but the parts are all interconnected. You can't have one

without the other," Stolar said. The goal of Vital Signs is to spur the community into action, and the Food Bank is already doing that, with a food summit planned to try and get like-minded groups working together more cohesively and reduce overlapping of services.

"We've already started the process. The goal is to have everyone working together, make things more user friendly, more welcoming," Singleton

"I found the whole thing really interesting, and it'll be interesting to see what the future holds with this. I

Continued on page 14



RECORD PHOTOS SUBMITTED

Foundation Chair Deborah Vitt talks about the Indigenous Community Sector in Vital Signs.



Marie Cayer and Bonny Wynnobel checking out the Vital Signs report.

Breast Cancer Awareness-

Breast Cancer Awareness Month shines light on early detection

Shelley Proven shares her story

By Lana Meier

October marks Breast Cancer Awareness Month, a time dedicated to raising awareness, encouraging screening, and reminding women and men to know their bodies. For one local woman, the message is deeply personal.

Stonewall's Shelley Proven is a breast cancer survivor today because she trusted her instincts and acted on something she felt during a simple self-exam.

"I felt it one night in bed so I discovered it myself," Proven recalled. "I wasn't worried because I had a normal mammogram, so I thought it was a cyst. After I thought about it for a few days, I realized I needed to go get it checked just to make sure."

That decision changed her life. By the time she sought medical advice, doctors found two tumours measuring more than five centimetres.

Proven says she believes strongly in cancer screenings, since mammograms are far more effective than self-exams in detecting cancer early. At the same time, she stresses the importance of knowing your body and following up if something feels different — because that simple step can make all the difference.

Proven has carried her experience forward into advocacy and community involvement. She and her husband Ian led this year's Terry Fox Walk through Stonewall, an event that drew friends, neighbours, and supporters together in

the fight against cancer.

"I was overwhelmed when so many people sponsored me," Proven said. "I ended up raising \$3,800. I'm just grateful that I'm here and able to celebrate as a survivor."

For her, the walk was not only about fundraising but also about honouring the importance of perseverance and hope.

According to the Canadian Cancer Society,

breast cancer is the most common cancer among Canadian women and the second leading cause of cancer



RECORD PHOTO BY LANA MEIER

Shelley Proven, middle, joins her husband Ian and twin sister Sheryle Marshall during the Terry Fox Run in Stonewall on Sept.

death. In 2024, it was estimated that 29,400 women and 270 men would be diagnosed with breast cancer, and 5,400 women and 55 men would die

from the disease.

The good news is survival rates are improving. Today, the five-year survival rate for breast cancer in Canada is 89 per cent, thanks to advancements in treatment and the impact of early detection.

Health authorities recommend regular mammograms for women over 50, while

those with higher risk factors may need to begin screening earlier.

At the same time, doctors encourage both women and men to be famil-

iar with the normal look and feel of their breasts and to promptly report any changes to a healthcare provider. While a self-exam is not a substitute for screening, it can play a critical role between appointments. Proven's own experience is a powerful example of why paying attention and acting quickly can save lives.

Breast Cancer Awareness Month serves as a reminder that the fight against cancer is collective. Communities rally around survivors, families grieve those lost, and researchers push for new breakthroughs in detection and treatment. Events such as the Terry Fox Walk continue to inspire both action and generosity.

For survivors like Proven, the month carries an added weight — but also an opportunity to encourage others to take their health seriously.

"Don't ignore something new," she

said. "Trust your instincts and get it checked."

This October, Canadians are urged to wear pink, support fundraising efforts, and most importantly, make time for their health — whether through a mammogram, a conversation with a doctor, or a monthly self-exam at home.



"DON'T IGNORE SOMETHING NEW. TRUST YOUR INSTINCTS AND GET IT CHECKED."

Breast Cancer Awareness Local author finds light in cancer diagnosis

By E. Antonio

St. Andrews Author Rhiannon Huzarewich has published her first book, Discovering the Positives.

Huzarewich takes readers through her journey with triple negative breast cancer — a July 2022 diagnosis that changed her life.

"My diagnosis taught me to push and be an advocate for yourself," she said. "You know your body best and you should know to trust your gut when something doesn't feel right."

Her journey wasn't smooth sailing. She moved from appointment to appointment and specialist to specialist, with most medical professionals believing a lump she found in her breast was nothing serious. But because she continued to advocate for herself, and her medical team kept sending her for tests, she ended up with a life-changing diagnosis just a few weeks later — triple negative breast can-

"I got the call while I was at work and I was completely floored. I was shaking, I couldn't think straight ... I was in complete shock. I was about to go out for lunch with a group of friends, but instead I just closed my door and bawled."

She later spoke with her husband, two pre-teen daughters and her boss before going home to process what she had been told. "There was just so much going through my head. It's one thing to suspect it, but a whole other thing to know it. If any of these people (her diagnostic team) completely dismissed me, I probably wouldn't be here today and that is scary to think."

Huzarewich underwent six months of weekly chemotherapy before having a double mastectomy and breast implant surgery. Following that, she completed six weeks of daily radiation, monthly immunotherapy, six months of chemotherapy pills and attended countless medical appointments.

"You hit the ground running once you receive your diagnosis because now you are getting scan after scan and appointment after appointment, because



RECORD PHOTO SUBMITTED

Local author Rhiannon Huzarewich with her book, Discovering the Positives. She shares her journey as a woman diagnosed with triple negative breast cancer.

through this all the oncology team — composed of a surgical oncologist, medical oncologist and radiation oncologist — want to ensure everything else in your body is working the way it should."

In total, she had about two years of treatment. As of fall 2024, she has been released from CancerCare. That milestone led her into a new chapter of her life becoming a novelist.

She had already published numerous scientific documents, but writing about her personal journey

"It feels so surreal to have published this book," she said. "The whole journey feels like a nightmare and now I'm on the other side of that dark tunnel. I love helping people — it's my calling. I want to show people that when you're in these dark times and when you feel like there is no hope — there is always light at the end of the tunnel. $\ensuremath{\hat{W}}$ hen you are going on the uphill battle, you will eventually get to that top and it does get better. If someone picks up the book and feels that sense of hope and positivity they will get through this — I know this will have been worth it to me."

Throughout her treatments, she kept a journal and jotted down the good things she was experiencing despite the circumstances. "I truly don't think I would have ever realized the small things that are important in life if I never went through this," she

She transformed her journal into an 88-page book after her hairdresser suggested she write one. The cover features a butterfly — a special tribute to a

"She (the friend) told me, 'I know right now you feel like this is a gooey mess, but think about butterflies. When they are in their cocoon it is gooey and gross, but as time moves on they morph into these beautiful butterflies afterwards.' This stuck with me as I couldn't wait to get to the butterfly stage of this all."

Up next for Huzarewich is checking more items off her vision board — something she created during treatment.
"I am always up for a new adventure and I'm just

excited to explore the world with my family to add that spark back into my life. I've learned that life is so fragile and can be taken away at any moment which is why I want to take a jump at these things."

Discovering the Positives is available for purchase through sellers linked at: https://linktr.ee/rhiannonhuzarewich.

Three things you need to know about early breast cancer

News Media Canada

Breast cancer is the most common cancer among Canadian women. Most people are diagnosed in the early stages, when the goal of treatment is to cure the disease and prevent it from recurring.

Knowledge is power—here are a few key things every woman should

Breast cancer isn't a single disease. There are several types of breast cancer, classified by where they're located, how invasive they are, and which hormones and proteins in the body

they may interact with.

The most common type is called hormone receptor-positive, HER2negative (HR+/HER2-). This means the cancer has receptors for estrogen and progesterone, the main female sex hormones, but does not use HER2, a growth protein. Treatments for this type usually focus on hormones.

Survival rates vary. Some types of breast cancer have a high five-year survival rate. But common types like HR+/HER2- can return as metastatic disease, meaning it has spread to other parts of the body. When this happens, it becomes much harder to treat that helps manage the risk, including and is often considered incurable.

Cancer can come back. Many people assume the end of chemotherapy or radiation means the cancer journey is over. But the risk of recurrence can last for years—even decades—and when it returns, it is often metastatic and incurable.

This risk is especially high for HR+/ HER2- breast cancer. Despite available treatments, many people diagnosed with this type live with the possibility of recurrence, making it important to follow a treatment plan medication.

The good news is that new treatment options are available to help reduce the risk of recurrence, particularly for those diagnosed at stage 2 or 3, and regardless of nodal or menopausal status.

A follow-up plan tailored to your risk is an important part of long-term wellness. If you've completed treatment for early breast cancer, talk to your doctor about which options may be right for you.

> VITAL SIGNS REPORT. FROM PG. 11

think it's pretty exciting."

For Sutherland, the launch of the report might signal the end of the gathering process, but it's just the beginning for what the report can do. At 29 years old, he's the youngest Foundation board member, and he says he was impressed with the young people he met during consultations.

"Some of the perspectives that we had from our youth group that we talked to at the high school were interesting. The challenges or some of the difficult points in their day-to-day life were not 'I don't have a restaurant close enough to my house' or 'I don't have a restaurant close enough to my school that I can walk to,' they had big world challenges. They were talking about active living trails, they were talking about rural transportation, urban transportation, and they were talking about the environment in a light that I didn't have the where with all at the age of 16 or 17 to think about," he said.

"There was a young man that we were talking to about the wastewater treatment plant in Selkirk, and how cutting edge it is, and how the water on the tail end of the water treatment plant is potable, and not only did they say that's really cool, their thoughts went to 'how can we reuse that water? How can we use it for irrigation, how can it be used for energy sources,

how can it be used for heating and cooling?' Those are some of the things that you don't think about when you plan a Vital Signs consultation, the things that come up out of the blue, and it's moments like that that make me very proud to be a member of the community of Selkirk and the surrounding areas."

The report was handed out to everyone who attended the meeting, and more, will be delivered in the coming weeks. If you want a copy, or many copies, you can reach out to the Foundation at 204-785-9755 or at cd.officer@sdcf.ca

It's also available online at sdcf.ca.

At the Foundation, Vital Signs is used to better inform granting decisions, and others in the community use it in their day to day lives as well. The Foundation uses it to guide its long-term strategic plan, and so can you. If you're a non-profit organization or a government office, use this document to support your plans and policies on issues that matter to our citizens. If you're a realtor or investor, consider this a deep dive into who lives, works and volunteers in this community. There is a wide variety of uses for this report.

"It's a really proud moment to have conversations in a setting like this. In the 60 minutes that we have allotted, but it makes me more proud when



RECORD PHOTO BY KATELYN BOULANGER

Drummers welcomed residents to the Vital Signs Report unveiling.

we're having further conversations or follow up meetings," Sutherland said.

"It's one thing to sit around a table and talk about what we can do to be better. It really takes dedicated people in our community to take that next step and say, 'Hey, let's go for coffee, let's get a focus group together so we can actually take action on these issues.' And that's what we want out of Vital Signs, not just a buzz in the room about all the things we can do, it's a buzz in the room, followed up by years of really positive work to make Selkirk, St. Andrews and St. Clements really great places to live."

Holiday Alley invites interested to check out funding partnerships

Submitted by Holiday Alley

The adage that it takes a village to raise a child also applies to how to grow a festival, and thanks to new partners, Holiday Alley is heading into its ninth year with some exciting ways to celebrate art.

"For the first time in our history, we're honoured to receive a Manitoba Arts Council grant for Holiday Alley, which has us over the moon proud," said Lois Wales, President of Red River North Tourism, which operates Holiday Alley.

"And it came just in time to help us grow and expand the Straw Sculpture Symposium, which brings together artists and local schools to create giant straw sculptures that are then burned on the waterfront on the final night of the festival," Wales said

The Manitoba Arts Council funds the creation and sharing of arts and culture for the benefit of all Manitobans. The grants offered by MAC are housed in the six streams: create, share, learn, support, recognize and Indigenous programming.

One of Holiday Alley's long time advisors and Indigenous Knowledge

Keepers, Jeannie White Bird, has also received a MAC grant to allow her to bring tipis, teachings, and Elders to downtown Selkirk for Holiday Alley in 2025. Patlee Creary, Co-Founder and Executive Director of The Story-Bridge Network, has also received a MAC grant to expand the Newcomers' Storytelling Café, which takes place at Holiday Alley.

Although Holiday Alley is held in November, fundraising starts 11 months earlier when we start looking for partners who also believe in art, culture, and creativity, and can help us create meaningful ways for children and adults to celebrate their artistic side, says Holiday Alley Cofounder Shirley Muir.

"Businesses in our community can help grow the festival by becoming a sponsor. For example, we're looking for a sponsor to bring unicorns to Holiday Alley. Anyone out there interested in that?" Muir said. "And we need sponsors for the Street Party, live music, and more". There's lots of

Continued on page 15



RECORD PHOTOS SUBMITTED

There are many ways local people, businesses and organizations can support Holiday Alley's many events.

> HOLIDAY ALLEY, FROM PG. 14

room for everyone to help advance art, to help strengthen our creative side, and continue to revitalize Selkirk's historic downtown."

Another way to contribute is by bringing a creative event — like a food-focused activity — to Holiday Alley. For example, Nobuz Market, a new downtown business specializing in alcohol-free beverages, is participating this year.

"There are lots of ways to get involved - and this is the moment," say Andraea Sartison and Victoria Hill, Holiday Alley Festival Producers. "We're starting to nail down the program now, so if any of these art forward ideas speak to your heart, please contact us now," added Sartison.

To contribute cash, time, or talent, contact Victoria Hill at holidayalleymb@gmail.com



RECORD PHOTOS SUBMITTED

Will you be going to Holiday Alley this year?





Good work starts with good partners.

Last year we contributed \$13.4 million to social responsibility programing in Manitoba - including \$9.4 million to over 20 community centred organizations helping to minimize harms from alcohol, gambling and cannabis, many listed below. Through partners like these, we are proud to support a network of services for Manitobans when and where they need help.

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Local art on display at 16 x 20 Art Show and Sale







RECORD PHOTOS BY KATELYN BOULANGER

The 16 x 20 Art Show Sale in St. Andrews was a great success, with many Manitoba artists making sales and our community getting the opportunity to get some great local art. St. Andrews Mayor Joy Sul, who is an artist herself, encouraged everyone to join our local art community in her speech at the event, "I encourage everyone here, who is not a painter, to try. We all have hidden talents and the great thing about painting I found – if you make a mistake – you can always paint over it," she said.





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Potatoes

Paper routes and life lessons: Siblings remember their days delivering the Tribune

By Annaliese Meier

With the strap of her paper bag looped across her forehead and a stack of newspapers balanced on her hip, nine-year-old Lorene Desmarais hustled down Selkirk's Eveline Street, determined to hit every doorstep. From 1977 to 1980, the Winnipeg Tribune carrier wasn't just delivering the

news — she was learning responsibility, resilience and the value of a hardearned dollar.

For Desmarais and her siblings, who each ran a Tribune route through their Selkirk neighbourhood, those afterschool deliveries were about far more than pocket money. The job taught them how to juggle responsibilities,

handle setbacks, manage their own finances and build connections with the people their routes lessons that would shape their work ethic long after the Tribune stopped rolling

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off the presses.

After a quick stop to restock at the corner of Strathnaver and Eveline, Lorene would be back out again, making sure every copy landed exactly where her customers wanted it on the step, in the mailbox or behind the front door.

"It was at times difficult juggling homework, delivering papers and other extra-curricular activities," she said. "But there was a real sense of pride. Even at a young age, we felt proud to have delivered the Tribune."

She wasn't alone. Her brother, Paul Jeffery, and sister, Dara Prychun, also carried Tribune routes in Selkirk. Together, the three covered an entire corner of town.

Paul remembers getting hooked on

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the work after filling in for a friend one summer.

"At the end of it I was surprised at how much money I made, so I decided to get my own route," he said. "I learned quickly that money meant I had options. I managed to save quite a bit, which meant I could afford to buy most things I wanted. That taught me to be responsible with money."

For both siblings, the job came with challenges — weather that soaked or froze the papers, demanding customers and more than a few dog bites.

"Oh my gosh yes! Winters were tough, but rainy, windy days were the worst," Lorene said. "A couple of times I had been bit by customers' dogs delivering the paper."

Paul agrees.

"Some days it was fine, it was nice to be outside, but when it was 30 below, that wasn't fun," he said.

His fondest memory is of their grandfather stepping in on the hardest days.

"Occasionally, on some of those really bad days, my Afi would show up and drive me around my route in his car. That was the best. It was warm and I felt really cared for. I cherish those times."

The job wasn't just about the grind. Saturday papers brought comics to insert, heavier bundles to haul and the occasional 25- or 50-cent tip. The work instilled independence — a lesson reinforced when carriers went door to door to collect payment.

"If some people were late paying, it was out of your own pocket," Lorene said. "It really taught me how to manage money."

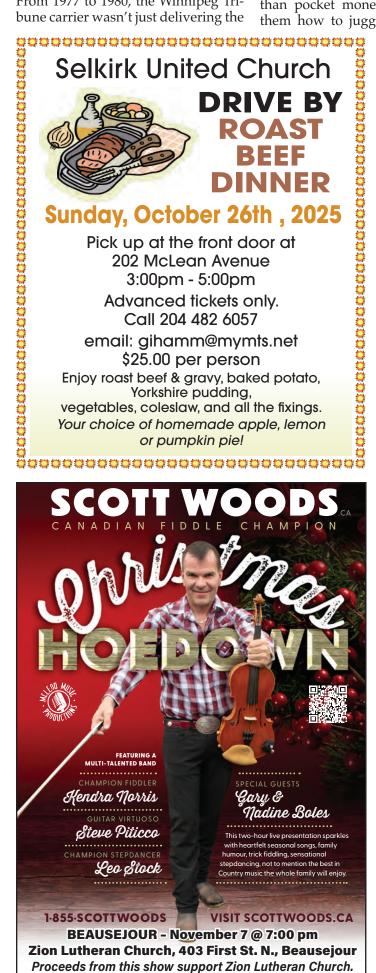
Today, Lorene still holds on to her Tribune bag, receipt books, bundle strap, contest cards and even her Tshirt and cap. Of all the items, her collection book brings back the strongest memories.

"It holds the names of customers that I have fond memories of," she said. "Some were so kind and generous. Those really were special times."

The Winnipeg Tribune — often called The Trib — was one of Winnipeg's two main daily newspapers for much of the 20th century. It began publishing in 1890 as the Daily Tribune before adopting the name it became known by. Over its 90-year run, it was owned by several companies, including Southam Newspapers, and was widely regarded as the more liberal counterpart to the Winnipeg Free

Like many dailies of its time, The Trib was more than a news source it was part of the community fabric.





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Continued on page 22

Interlake Players present comedic horror musical



RECORD PHOTOS BY JO-ANNE PROCTER

The Interlake Players Travelling Musical Theatre Company sold out three performances of their latest production, The Guy Who Didn't Like Musicals, held Sept. 25, 26 and 27 in Selkirk. Performed by local actors, the profanity-laced zombie horror comedy kept audiences laughing throughout. A three-piece band accompanied the cast as they sang their way through the story of a meteor strike that unleashes an alien contagion, causing people to sing and dance their way through life as though trapped in a musical. The theatre group raised \$1,700, which will be donated to local arts organizations.







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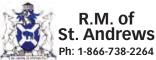


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> WINNIPEG TRIBUNE, FROM PG. 18

Its carriers were a familiar sight on neighbourhood streets, and contests, promotions and community events helped build reader loyalty.

On Aug. 27, 1980, after 90 years in print, the newspaper suddenly ceased publication. The closure shocked Manitobans, leaving 650 people out of work and turning Winnipeg into a one-newspaper city. Today, surviving copies, delivery bags and memorabilia — like those preserved by Desmarais — remain cherished pieces of Manitoba's media history.

Looking back, Lorene and Paul both see their carrier days as formative.

"I learned that if I put my mind to something, I could do it," Paul said. "I could make my own money instead of washing dishes at home for allowance. Having my own bank account felt powerful."

For Lorene, the nostalgia remains

"Delivering papers taught me responsibility, how to communicate, how to manage money, and also how to have fun," she said. "I look back now and realize those really were special times."

Decades later, those early mornings and snowy sidewalks still stick with them — not just as memories of a first job, but as a foundation for everything that came after. The work ethic, independence and sense of pride they built on those routes carried into adulthood, long after the Tribune's presses went silent. And for Lorene and Paul, the simple act of delivering the news became something much bigger — a reminder that even the smallest jobs can leave the deepest



RECORD PHOTO BY BRETT MITCHELL

A collection of Winnipeg Tribune memorabilia from former Selkirk carrier Lorene Desmarais includes her original delivery bag, cap, contest cards, and a Spider-Man-themed Tribune T-shirt from the late 1970s. Desmarais delivered The Trib from 1977 to 1980, holding onto these keepsakes as reminders of her first job and the lessons in independence and hard work that came with it.

Selkirk RCMP searching for armed robbery suspect

Submitted by Manitoba RCMP

On Sept. 30, at 6:04 a.m., Selkirk RCMP responded to a report of an armed robbery by the riverbank of the Red River in East Selkirk, Man.

When officers arrived on scene, they hatchet. located two uninjured fishermen who explained a male suspect had stolen their vehicle while armed with a

Upon further investigation, RCMP have issued a warrant of arrest for 34-year-old Jorden Walker.

> The victims and the suspect were not known to each other.

Walker is facing the following charges:

Armed robbery

- Uttering death threats
- Dangerous operation of a motor vehicle

Anyone with information on the whereabouts of Jorden Walker should call 9-1-1 or contact the Selkirk RCMP detachment at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477 or submit a secure tip online at www.manitobacrimesstoppers.com

Selkirk RCMP continues to investi-





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Prep time: 15 minutes Cook time: 20 minutes Servings: 4

- 1 bag Success Pearl Couscous
- 1 tablespoon butter
- 1 small onion, diced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 2 cloves garlic, minced
- 4 cups chicken broth
- 1/2 teaspoon Italian seasoning
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 cups cooked, shredded chicken
- 1 cup milk

Creamy Chicken Pearl Couscous Soup

package directions.

heat. Add onion, carrots and celery. Cook 5 minutes until softened. Stir in garlic and cook 1 minute.

Slowly stir in chicken broth then add Italian seasoning, salt and pepper. Bring to boil then reduce heat to sim-

Stir in chicken, milk and pearl couscous. Simmer 5 minutes until hot. Garnish with parsley.

cream just before serving.

1 tablespoon parsley, chopped

1 tablespoon heavy cream (optional) Prepare pearl couscous according to

In large pot, heat butter over medium

mer 10 minutes.

For creamier soup, stir in heavy

Easy Beef Bulgogi Rice Bowl





Prep time: 10 minutes, plus 30 minutes for marinating

Cook time: 10 minutes

Servings: 2-4

1/4 cup soy sauce

- 2 tablespoons brown sugar
- 1 tablespoon sesame oil
- 2 garlic cloves, minced
- 1 pound beef sirloin, thinly sliced
- 1 bag (14 ounces) Success Jasmine
- 1/4 cup carrots, julienned
- 1/4 cup cucumbers, julienned
- 1/4 cup onions, chopped
- 2 green onions, chopped
- 1 tablespoon sesame seeds

In bowl, combine soy sauce, brown sugar, sesame oil and garlic. Add beef and mix well. Refrigerate marinated beef at least 30 minutes, or overnight.

Prepare rice according to package directions.

Heat skillet over medium-high heat. Cook beef 7 minutes, stirring often, until cooked through and caramelized. Ask the Money Lady

I recently volunteered at the SPCA in Toronto last month with a friend who goes regularly. And I was so very surprised at all the stray cats. All the little cages were full, so I decided to write about our pets this month.

Many retirees treat their pets like children, a member of the family but what happens if your pet outlives you? Planning for our future is something we all know to do, but we should also consider proper planning for our pets to ensure they do not face the uncertain fate of your local shelter.

Legally, pets are considered property, therefore unless you state otherwise, upon your death, your pet will become the property of whomever receives the rest of your personal items; such as furniture, cars, etc. Does this person want the responsibility of caring for your pet and are they suitable? Often a friend or family member may say that they will take your pet when you pass, but sometimes these arrangements can change over time. What happens if the new caregiver also has pets and they don't get along? What if the new widowed pets are incompatible with other family members? Or perhaps the new caregiver may have changed their mind now that they are faced with this responsibility.

The only way to really ensure that your pet is given to someone willing and able to care for it, is to make a special provision in your Will or Estate Plan. Here are some tips that vou should consider when making your own personal plan for your beloved pet(s).

- Select two or three responsible people to take care of your pet for absence during short-term emergency situations, or as permanent caregivers. Have your administrator reach out to each person to see if they are still willing to care for the pets.
- Provide your future caregivers with detailed instructions on

LADY

care, food, routines, vet and emergency needs. Give them a small notebook with all the specific details that are important to you and your pet should you die or become incapacitated.

- Carry the caregiver instructions or contact information in your wallet. I have some clients that even have the details of their wishes put on a pre-printed business card or "alert card" and carry it with them. Some have also given these cards to all their family and friends.
- If you have multiple pets, consider how you want them to be cared for – together or apart?
- Ensure you have set aside funds for the future care of your pets. This can be gifted to your future pet guardian and provides safeguards so that they are more willing to adopt your pets wholeheartedly without suffering a financial burden.

There are so many Canadians now in retirement alone with only their pets as day-to-day companions. We need to take care of ourselves and always be planning. Write down your expectations, change things if you have to, but have your say and make sure it is done your way!

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. Follow Christine on Instagram @askthemoneylady, or on Facebook (Christine Ibbotson) and join me at our vibrant living speakers events!

In last 3 minutes, add carrots, cucumbers and onions.

Divide rice between bowls. Top with

beef bulgogi. Garnish with green onions and sesame seeds.



KOUN

Breast Cancer Group talks local support this Breast Cancer Awareness Month



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Whether you're going through treatment or have come through the other side, there's a place for you

By Katelyn Boulanger

The Selkirk and District Breast Cancer Support Group has been meeting monthly for 26 years. They are a combination of new and longtime members with the goal of creating awareness and support going through or who have gone through breast cancer.

Founding member and Co-Chair of the Selkirk and District Breast Cancer Support Group, Wendy McLeary, explained that the group is quite tight-knit, comprising of people who understand what it means to go through the journey that is breast cancer.

"If you've been through a cancer diagnosis, you probably will receive a package from one of the cancer agencies, and our information will be in that package to use if you would like to contact us. We've also had our existing members refer people," McLeary.



RECORD PHOTO SUBMITTED

for those in our community Selkirk and District Breast Cancer Support Group members at their recent September meeting. Pictured (L to R) Irene Runolfson, Dolores Laye, Sharron Todd, Wendy McLeary, Rhiannon Huzarewich, Pat Ward, Kathy Johnson, and Heather

> Another way that people find out about them is through the posters that are set up at CancerCare and at the Selkirk Regional Health Centre. They are also in the Selkirk Blue Book.

> "It's for people who are newly diagnosed or at any stage of their cancer journey," McLeary explained.

> If you are someone who feels that they would benefit from the support of this group, McLeary asks that you give her a call before stopping by so that she can chat with you about the best way that they can help.

> "What I do is I find out about their diagnosis, and I find out a little bit about them and then I explain to

them that we do meet monthly, and the format of the meetings. We also have special event meetings and guest speakers. As we talk through that, I also let them know that we do a bi-monthly newsletter, and we have a member group email that you can sign up for and then you can be kept up to date on things that are happening within our group," she said.

McLeary explained that she gives new members all of these options to participate, as well as the option to talk to someone who is farther along in their cancer journey, because, es-

Continued on next page

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Continued from previous page

pecially when people are going through treatment, it's not always possible for them to join in monthly meetings. Additionally, people can have other commitments in their lives that stop them from participating in certain parts of the group, but that doesn't mean that they don't need support, so they've found offering a variety of support options to be helpful.

"There's no commitment to attend meetings. It's what works for you," said McLeary.

As for the meetings themselves, McLeary explained that they generally follow the same format.

"The first part of the meeting is the sharing piece. Everybody has an opportunity to speak, if they wish. Either talking about what they're going through at the time, or we do have long-term members like myself, and so we may speak about what's happened to us in the last month. So that generally will take close to an hour, depending on the number of people at the meeting. Then we break, we have a snack break, and then we go on to our business side of the meeting. Our group has been around for, 26 years so, we do a lot of outreach in the community, and those are things that (we talk about) and we also plan our future meetings," she said.

As for their community outreach,

• ADHD Awareness Month

• Breast Cancer Awareness Month

• Occupational Therapy Month

• Rett Syndrome Awareness Month

• National Seniors Day – October 1*

• World Meningitis Day – October 5*

• HPV Prevention Week – October 1 to 7

• World Cerebral Palsy Day – October 6*

• National Breastfeeding Week – October 1 to 7*

• World PANS PANDAS Awareness Day – October 9*

October Awarenesses

• Learning Disabilities Awareness Month

• National Denturist Awareness Month

• Mark it Read for Dyslexia Awareness Month

they keep themselves very busy throughout the year. In June, they present a scholarship bursary to a recent Lord Selkirk Regional Comprehensive Secondary School graduate. They participate in the Terry Fox Run as well as the Paws for a Cause Walk, which supports the Never Alone Cancer Foundation. And, this October, members, though they don't have an official group this year, will be taking part in the Run for a Cure.

If you would like to support this group's efforts in our community, Kelly Lewis, the owner of Packers in Selkirk, is hosting her French Dressing Jeans Fundraiser. During the month of October for every signature Packers gets from people trying on French Dressing Jeans, there is no need to buy, she will donate a dollar to the Selkirk and District Breast Cancer Support Group.

"We're always so happy when Kelly comes forward to support us. I mean, every year, she's just so generous in her support. We couldn't thank her enough," said McLeary.

She explained that the group has stayed together for so long because there is a genuine need to provide support like this in our community.

"When we formed the Selkirk and District Breast Cancer Support Group, what we



found was there was a need in the community, and then that need just became constant over the years," said McLeary.

She explained that, talking to the group recently, there was a newer member who said that the group felt like an extension of her family.

If there is anyone in our community who feels they would benefit from joining the group, please reach out to McLeary at 204-785-2456.

"We're a very welcoming, supportive group. It's an informal setting, and it's entirely up to you how much you want to participate. And, there's no commitment. Just reach out and call," said McLeary.



• Medical Device Reprocessing Week – October 12 to 18

• World Thrombosis Day – October 13*

• World Spine Day – October 16*

• Purple Thursday – October 19*

October 18*

• Respiratory Syncytial Virus Awareness Week – October 12

• Pregnancy and Infant Loss Remembrance Day – October 15*

• Sudden Unexpected Death in Epilepsy Action Day –

• Invisible Disability Awareness Week - October 19 to 25

• Respiratory Therapy Week – October 19 to 25

• Brain Cancer Awareness Day – October 24*

• World Amyloidosis Day – October 26*

• Canadian Intensive Care Week – October 20 to 26

• National Pharmacy Technicians Day – October 21

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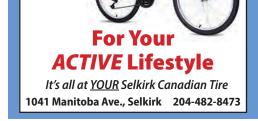
Helping families make

• Canadian Patient Safety Week - October 27 to 31 • National Children's Hospice Palliative Care Day – October 9 • World Psoriasis Day – October 29* • World Mental Health Day – October 10* • World Stroke Day – October 29* • World Sight Day – October 10*



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CANADIAN



RM of Gimli bikejoring team making strides, competing at world event, racing in Inwood

By Patricia Barrett

Bikejoring teammates from the RM of Gimli are way ahead of the pack, so to speak, having once again earned a spot on the Canadian national team for harness-dog sports.

Muriel Smith is scheduled to compete with her dog Jake at the upcoming International Federation of Sled Dog Sports' (IFSS) Dryland Mushing World Championship in Minocqua, Wis. After that race, Smith will be competing in a fun race in Inwood, Man., called the Sidewinder Dryland Race.

Smith, who's in her 60s, said she has a passion for having fun with her dog – and likely a passion for speed.

"The whole point of bikejoring and other harness-dog sports is to have fun with your dog," said Smith. "But if you want to race nationally or internationally, you have to adhere to IFSS standards, qualify for races and undergo anti-doping testing. Both humans and dogs fall under the World Anti-doping [Agency] rules, and they test you and your dog before – and after – races."

Bikejoring is a harness-dog sport that has a dog or dogs attached by a harness to a bike and running ahead of a cyclist. Related sports include canicross in which an athlete runs while attached to a dog, and scooterjoring in which an athlete on a non-electric kick scooter is pulled by a few or more dogs. Dryland mushing training builds physical power and agility as race courses typically consist of inclines and falling slopes and turns.

"With bikejoring we're pedalling like crazy, but it's the quality of the dog, as well, that makes a difference; you work as a team," said Smith, who

raced in Kenora a few weeks ago as part of a fundraiser for St. John's Ambulance. "[Dryland racing] is a huge sport in Europe. We have athletes coming from Europe, [Oceania] and South America to compete at the world's."

This is the second time Smith has earned a spot on the Canadian national team to compete at the world championships. The event in Minocqua will feature six days of high speed races on dirt trails with over 350 competitors from dozens of countries around the world. The games include a medal ceremony and a banquet.

There are different divisions of athletes in harness-dog sports, said Smith. There is Junior class for 18 years and younger, Elites, Masters 40, Masters 50 and Masters 60. Smith and a bikejoring friend and fellow teammate Edie Fisher from Kenora are part of Masters 60 for women.

"Edie and I compete in the Masters 60 for women. I think she and I are the oldest competitors in bikejoring at 67 and 68 years old," said Smith. "My other teammates are from Quebec, Ontario, Alberta and B.C. If there aren't enough competitors for Masters 60, they'll bump us down to Masters 50 and we'd have to race against people in their fifties."

Smith is scheduled to race on Oct. 21 and 22.

After the world championships, she'll be heading home to prepare for the Inwood Sidewinder Dryland Race on Oct. 26. The non-IFSS race has been an annual event since 2017 and attracts people from all over Manitoba, including Plum Coulee, St. Anne's and Winnipeg, as well as from Ontario.



RECORD PHOTO COURTESY OF MURIEL SMITH

RM of Gimli resident Muriel Smith, in her team Canada uniform, with her dog Jake. The bikejoring team earned a spot on Canada's national harness-dog team for the second time in as many years. Smith is planning to attend the IFSS Dryland Mushing World Championship races in Wisconsin in a few weeks.

"The fellow who owns the property in Inwood maintains the trails," said Smith. "The Sidewinder is a community fun race. But this is the first year we've been adamant about meeting certain regulations."

Smith and Fisher and a few other harness-dog athletes are in the process of developing a local not-for-profit chapter under the Canadian Association of Harness Dog Sports, which is affiliated with the IFSS. Manitoba doesn't have a chapter, but there are chapters in the Martimes, Quebec, central Ontario, Alberta and B.C.

By next year Smith said they plan to have a Mantario Harness Dogs Sports Association, which will cover Manitoba and northwestern Ontario. The purpose of having an IFSS chapter is to bring regulations and standards to the sport, hold local IFSS-compliant races and allow athletes to qualify for national and international events.

Smith said she has wonderful sponsors and other supporters behind her.

"I have good support in the community such as Bikes & Beyond and Perfectly Raw."

She joked that Perfectly Raw powers



Charlie Johnston brings life to water tower



RECORD PHOTOS SUBMITTED BY BRENDA HEDBERG

The Selkirk water tower's top was given a tip-top makeover a little while ago, and now the base is getting the same sharpening up. Charlie Johnston, who is responsible for many of Selkirk's murals, was spotted atop some scaffolding contributing more of his art to our community.

We want to hear from you

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

Why You Should Write a Letter to the Editor

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

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

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

Tips for Writing a Letter to the

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

Structure your letter in three

Refute or promote a certain

- claim made previously, provide reasons for your stance, and then suggest what needs to happen now.
- Write from your own perspective and show how the topic relates to your local community.
- If you have expertise in the topic you're writing about, let the readers know.

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

Stick to a single point. Have more points to make? Write more letters. Be respectful – don't attack anyone when expressing your con-

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

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

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



Province responds to postal disruption with pick up locations

Submitted by the Manitoba government

The Manitoba government is taking steps to ensure the availability of cheques and other critical mail during the disruption of postal services. As of Oct. 3, critical mail will be directed to distribution centres to serve Manitoba residents.

Critical mail includes cheques, court orders, educational materials, medi-

cal supplies and resources required to maintain health-care services, and other prioritized items.

Further information on locations, hours of operation and the types of mail that can be picked up will be made available at: https://manitoba. ca/postaldisruption/index.html.

Broad Valley family wins photo contest, directs \$5,000 to children's hospital

By Lana Meier

A Broad Valley farm family is giving back to a cause close to their hearts after being named Manitoba's winner in a national photo contest.

Samuel Wipf of Broad Valley Farms has been awarded the 2025 Lallemand Hometown Roots Contest, directing a \$5,000 donation to the Children's Hospital Foundation of Manitoba.

For Wipf, the decision was deeply personal. His son was born with a cleft lip and underwent three surgeries at the children's hospital.

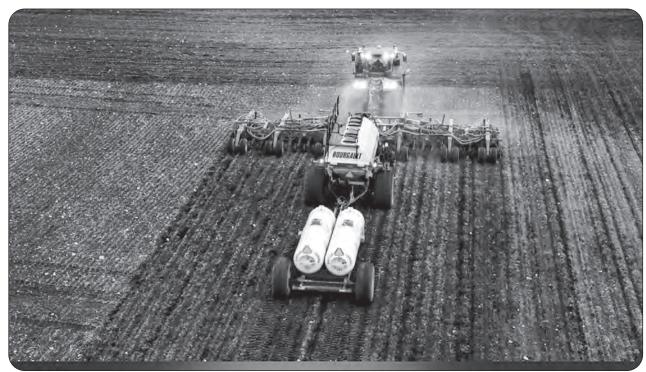
"He had three surgeries, and you can hardly notice it now," Wipf said. "It feels good to support a project that helps children in need, and I'm thankful to Lallemand for running a contest that gives back to rural communities across Canada."

Wipf, who farms nearly 12,000 acres of canola, wheat, barley, corn and soybeans with his family, submitted a photo of pea planting in the Arborg area. The entry was chosen as Manitoba's winner in the annual contest, which celebrates the spirit of agriculture and rural community life across Canada and the United States.

Since its launch in 2021, the Hometown Roots contest has awarded \$5,000 donations to 29 rural organizations. Each provincial winner selects a local charity or organization to receive the prize.

Anne Favre, strategic marketing director for Lallemand Plant Care in Canada and the U.S., said the contest reflects the company's commitment to rural communities.

"The Hometown Roots contest celebrates people



RECORD PHOTO SUBMITTED

Samuel Wipf of Broad Valley Farms captured this photo of pea planting in the Arborg area, which earned him the title of Manitoba's 2025 Lallemand Hometown Roots Contest winner. His win directed a \$5,000 donation to the Children's Hospital Foundation of Manitoba.

and programs that make rural life strong and vibrant, and we're proud to have a winner who chose to support a foundation that truly makes a difference," Favre said.

Three winners are named in Canada each year —

one each in Alberta, Manitoba and Saskatchewan. For Wipf, the recognition is a chance to highlight both the resilience of farm families and the importance of children's health care.

SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Royals runners turn in solid showing at Birds Hill meet

By Kieran Reimer

High school cross country running made its third stop of the season last Wednesday at Birds Hill Provincial Park.

The Lord Selkirk Royals fielded 16 runners, including 12 at the varsity

Sara Basanta Paz led the way for Selkirk with a fourth-place finish in Varsity Girls, clocking a time of 17:42.66.

The Grade 11 runner's performance helped boost the overall team score for the Royals' Varsity Girls, who currently sit third overall through three meets.

Sara Zorniak (13th), Ella Holmes (21st), Kalista Vaughan (25th) and Kate Wilson (37th) also contributed to the team's strong showing.

The Varsity Boys also turned in solid results, led by Quinn Fyfe with a time of 22:20.55, good for 27th place.

He was followed by teammates

Continued on page 29



Lord Selkirk's Quinn Fyfe led the Royals Varsity Boys with a time of 22:20.55. The grade 12's time was good enough for 27th overall in the Varsity Boys Division.



Lord Selkirk's Sara Basanta Paz finished fourth place among all Varsity Girls racing cross country on Oct. 1 at Birds Hill Provincial Park. The grade 11 Royal finished with a time of 17:42.66.



Lord Selkirk's Hyunmin Park finished sixth in Junior Varsity Boys with a time of 15:18.13. The grade 10's time was the best among Royals JV Boys.

SDOPTS&recreation

> ROYAL RUNNERS, FROM PG. 28

Noah Bushie (37th), Dominik Dainard (43rd), Will Simpson (48th), Elia Gerritzen (49th), Maddox Chase (51st) and Larown Sanderson (52nd).

The Junior Varsity teams were represented by one girl and three boys.

On the JV Boys side, Hyunmin Park came close to a podium finish, placing sixth with a time of 15:18.13.

David Simpson (36th) and Sylas Kematch (45th) were also finishers for



the Royals, while Margeaux Kennelly was the lone JV Girls competitor for Selkirk, finishing 17th with a time of 13:32.79.







Bring on the rain: Thunder dominate in cold weather conditions

By Kieran Reimer

No weather is too extreme to stop the varsity Interlake Thunder football team from finding success.

It's something head coach Christof Hasselfield had prepared his team for earlier this season, but as temperatures drop and rainy weather sets in, the Thunder have proven they can handle whatever gets thrown their

On a windy and rainy Sunday afternoon in Winnipeg, the Thunder improved to 5-0 with a 35-12 win over the Falcons Football Club.

Running back AJ Nadon was one of the busiest players on the field, racking up 240 yards and a touchdown on 25 carries. The Thunder kept their passing game minimal in the wet conditions, but still connected with Trevin Smith for a passing touchdown.

Though Hasselfield would like to use his receivers a bit more, he said he trusts his team's ability to adapt to any play style.

"Gritty win by the guys. They stuck to it, they played tough," said Hasselfield. "They kept going even in the weather and being cold, so at the end of the day a win's a win — we're pretty happy with it."

The Thunder defence was dominant, allowing zero points through the opening three quarters. Cornerback Marlo La Pierre led the charge with a pick-six, while also providing a spark on punt and kick returns.

"Anytime you can get any type of points off turnovers like that, field position is so huge — it's going to be big," Hasselfield said. "He also set up two touchdowns on sneaks from (Christian) Mozdzen on two huge punt returns, so he was a major part

of 21 of our 35 points and doesn't take a snap on offence, so hats off to him."

Hasselfield also praised rookie left guard Caleb Miyai for helping pave the way for the Thunder's powerful run game.

"When you watch the tape, he had a great game finding linebackers in the second level, so we could turn some of those maybe four-yard runs in the second half into 15- and 20-yard runs, which I think really sealed the game for us," said Hasselfield.

The Thunder now prepare for their final home game of the regular season on Saturday when they host the Virden Golden Bears at College Stonewall Collegiate Field.

The Golden Bears have struggled on both sides of the ball this year, giving the Thunder an opportunity to take advantage in what could be the final

home appearance for the team's graduating seniors.

Interlake currently holds home-field advantage if the playoffs started today, but will need to close out the regular season strong with games against Virden this week and Moosomin the following week before the postseason picture becomes clear.

Kickoff against Virden is scheduled for 1 p.m. Saturday at College Stonewall Collegiate Field.



at the Selkirk Rec Centre

FRIDAY, OCT 17th VS St. Malo Warriors 7:30 pm

SUNDAY, OCT 19th VS La Broquerie Habs 3:00 pm

SUNDAY, OCT 26th
VS Beausejour Comets 3:00 pm

NEXT AWAY GAME

Fri, Oct 10 - vs Arborg - 8:00 pm



Sportside > OUTSIDE > UPSIDE DOWN

Smashing success: Fight Night IV sellout sets standard for future cards

By Kieran Reimer

It's been a big year for Devin Tomko and the boxing empire he's built with Maulers Boxing Club in Selkirk.

Tomko and Maulers have stormed the local combat scene with a series of events titled Fight Night that have taken place in the area over the past

It all started with the inaugural Fight Night I in June 2024 at the old Selkirk Arena.

That debut was a hit, drawing more than 600 fans, which led to second and third events being held at the same venue over the year.

On Saturday, Sept. 20, Tomko and Maulers staged Fight Night IV in front of a sellout crowd at Selkirk Memorial Hall.

The card featured 11 bouts, four of them involving Maulers students.

"It was a great show from start to finish. Great atmosphere, and the sold-out crowd made it even more special," Tomko said Thursday.

Tomko and his girlfriend planned the event months in advance to help ensure things ran smoothly on fight

The main event featured Maulers' Autumn Clifton taking on Nola Mc-Carthy, who won by judge's decision.

"It was a David-and-Goliath matchup. Didn't get the win in that one, but it was a tough fight, so I was very proud of her," Tomko said.

The other three Maulers had mixed results. Peyton Estelle headlined the group with a win over Matt Carvhal-

Aiden Godlein landed several blows against Bohdan Solyhan in their bout, but Solyhan ultimately prevailed.

Kingsley Montana Walker faced Cody Vanderveer but was forced to stop due to a separated shoulder.



RECORD PHOTO SUBMITTED

Maulers Boxing Club's Autumn Clifton, left, squares off against Nola McCarthy in the main event of Fight Night IV at Selkirk Memorial Hall on Sept. 20. McCarthy won the bout by judge's decision in front of a sold-out crowd.

Though Maulers collected just one win on the night, the fighters still provided quality bouts for the home crowd.

Tomko plans to keep Memorial Hall as a potential host site for future cards, given how well things played out. He also mentioned Landmark Cinemas' Garry Theatre as another possible location once renovations are complete.

"It just keeps getting easier and easier with the experience, and it's building our confidence. This one was the smoothest yet," Tomko said. "It was our first sellout of the series, so we chalked it up as a win. We had a tough night for fights, but I don't take easy fights for my guys. I put my guys in hard, so I was proud of them for the performances."

Tomko is also building momentum around a plan to stage a Team Canada vs. Team El Salvador card on July 4, 2026, at the Selkirk Recreation Com-

The event would be Tomko's biggest vet. He added that Maulers' Damir Kudusov could be one of the fighters on the card, making it his final stop before turning professional.



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Former St. Andrews resident inducted into Football Manitoba Hall of Fame

Terry Andryo was back home in Calgary when he got the call from the Football Manitoba Hall of Fame.

A former resident of St. Andrews. it had been nearly two decades since Andryo's work with minor football in Manitoba — most notably with the North Winnipeg Nomads, where he played a key role in developing the program.

Now 60, Andryo spent a decade coaching, organizing and helping to revamp the Nomads alongside friends who took on similar roles. Together, they grew the program from about 200 registered players to nearly 500, while also spearheading stadium upgrades, player equipment deals and programs to make the sport more accessible.

In 2008, Andryo moved to Calgary, where he and his wife, Maria, finished raising their football-loving family. Their four children — Orysia, Natalya, Zenon and Zac — were all around the game growing up, whether playing, helping with teams or being coached by their dad.

Andryo's time in Manitoba, however, would not be forgotten. Back in April, he received a call from a Manitoba number. When he answered, he was told he would be one of the 2025 inductees into the Football Manitoba Hall of Fame.

On Sept. 25, at the Princess Auto Sta-

dium Pinnacle Club, Andryo officially received his induction in the Builder category. Many of his football friends were in attendance to celebrate the

"The award is not for me. This is a we moment for us because you can't build a community solo — you can't do this alone," said Andryo. "There are people all along the process, and others who jump in periodically. When I look at something like this, I'm just the guy going to get the cup, that's it. Everybody contributes to the success of building the community, and the fact that it still exists right now is a powerful statement."

Earlier that day, Andryo spoke about the group of more than 40 friends who came to support him — many of whom he had played hockey, football or other sports with over the years.

Over time, he has made regular trips back to Manitoba to reconnect with many of those teammates. Some have known each other since the early 1980s, when they played for the Lockport Cowboys.

Shortly after his Cowboys days, Andryo went on to play centre for the University of North Dakota football team, before returning to Manitoba after one season. He later reunited with his friends to play four years of junior football with the Winnipeg Hawkeyes.



RECORD PHOTO SUBMITTED

Former St. Andrews resident Terry Andryo was inducted into the Football Manitoba Hall of Fame in the Builder category during a ceremony at Princess Auto Stadium's Pinnacle Club on Sept. 25.

"Tonight's really special for me not from an awards perspective, but because there are going to be 45 or 50 guys that I played ball or hockey with, three or four different sports, who are going to be there tonight," said Andryo. "That's what it's all about. When you talk about community, and

you can get 45 guys you played with 40 years ago to commit to dinner tonight at \$150 apiece — that, to me, is special."

To read more about Andryo and the rest of the 2025 Football Manitoba Hall of Fame inductees, visit footballmanitoba.com/2025-hof-inductees.

Fishermen get early bye week after shutout win in home opener

By Kieran Reimer

The Selkirk Fishermen were the lone

Capital Region Junior Hockey League

team not to play during Week 2 of the regular season.

The Fishermen had no games scheduled last week following a

4-0 victory over the Arborg Ice Dawgs in their season opener Sept. 28 at Selkirk Recreation Complex.

Selkirk's Izzy Aime led the way in the win with two second-period goals, while Ashton Schroeder and Dawson Bergagnini rounded out the scoring. Goaltender Johnny Enns-Demchuk earned the 25-save shutout.

While the other six CRJHL clubs saw action last week, the Fishermen enjoyed a brief break ahead of their next game — a rematch with the Ice Dawgs this Friday in Arborg.

Puck drop is scheduled for 8 p.m. at Arborg & District Arena.



We want to hear from you.

The Selkirk Record connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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





SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Raiders break even in Week 1 with dominant home opener victory

By Kieran Reimer

The Raiders Jr. Hockey Club will be pleased with how they closed out the first week of the Manitoba Major Junior Hockey League season.

The week didn't start as planned, with the Raiders shut out 6–0 in their season opener Thursday against the Stonewall Jets. But they bounced back in a big way Sunday, posting a 6–0 victory of their own over the Pembina Valley Twisters.

Thursday's loss saw the Raiders fall behind 3–0 early before conceding three more times over the final two periods.

Sunday's rebound performance at Seven Oaks Sportsplex was a different story. The Raiders came out firing with 17 first-period shots on the Twisters' netminder. Carter Andersson broke the ice with his first goal as a Raider, giving the home side the early edge.

Andersson then picked up an assist

in the second period on Lucas Desousa's first of the campaign, providing insurance as the Raiders carried a 2–0 lead into the third.

Already leading 21–12 in shots, the Raiders poured on another 21 in the final frame while allowing just one against. Goaltender Braeden Martell stopped that lone third-period shot to complete a 13-save shutout in his MMJHL debut.

Owen Lourenco, Cole Kennedy, Desousa, and Ashton Henry added four unanswered goals in the third as the Raiders cruised to their first win of the season.

With a 1–1–0 record, the Raiders sit in the middle of the MMJHL standings entering Week 2 of the regular season.

Next up for the Raiders are a pair of road games — Thursday, Oct. 9 against the St. Vital Jr. Victorias (7:30 p.m. at St. Vital Centennial Arena) a



RECORD PHOTO BY BRETT MITCHELL

Seven Oaks Raiders defenceman Mason Laarveld carries the puck through the neutral zone, leading the rush during Sunday's game against the Pembina Valley Twisters.

Steelers' leadership group driving perfect 8-0 start

By Kieran Reimer

The Selkirk Steelers are turning heads both on and off the ice.

The Manitoba Junior Hockey League club sits atop the standings and, for the second straight week, holds the No. 1 ranking in the Canadian Junior Hockey League. A handful of Steelers are also among the top scorers in Junior A hockey nationwide.

Last week, several players earned MJHL monthly honours, while the club announced its 2025–26 leadership group — all as the team continued its unbeaten run with three more victories on the road.

"By no means can we take our foot off the gas just because we're having success," said head coach Hudson Friesen. "There are bigger divisional games looming, and we know from last year that no matter how good you start, it's about how you continue to build throughout the year. The standings are tight and our division is strong again, so we can't be satisfied — we've got to keep building and not take any nights off."

Leading that mentality in the locker room is 20-year-old winger Owen Branson, named team captain for the 2025–26 season. The Fargo, N.D., native was part of last year's squad that finished fifth in the MGEU East Division, captained by now-graduated Jacob Ziegler. Joining Branson in the leadership core are Nolan Wytrykusz, Wyatt Witham, Rohan Guevarra and

Griffin Krone, who were named alternate captains.

"These five guys came in from camp fully dedicated to being Steelers," said Friesen. "They all bleed red and white. The way they carry themselves every day made our decision easy — they've led by example since the start."

Guevarra, now in his second MJHL season, has emerged as a driving force. With five goals and 16 assists through eight games, he was named the MJHL's RBC Player of the Month and leads the league in scoring.

"He's been extremely motivated and developed a lot since last year," said Friesen. "He's not only driving the play offensively — his game away from the puck has improved, and that's helped both his own success and the team's."

Rookie forward Isaac Sousa, one of the youngest players in the league at just 16, was recognized as the Chevrolet Rookie of the Month after recording four goals and seven assists.

"Isaac's such a special player and person," Friesen added. "To do what he's done as a 16-year-old rookie isn't easy. He's been a sponge, absorbing everything we teach." Sousa scored a goal and assist in Selkirk's 13–1 rout of the Winnipeg Monarchs last Wednesday at Hockey for All Centre. Cole Babych led the offence with four goals, while Krone recorded a hat trick in the one-sided victory.

The Steelers followed with a 2–1 overtime win against the Northern Manitoba Blizzard on Friday at Roy H. Johnston Arena. Goaltender Ethan Sawyer stopped 29 of 30 shots, while Maden Simard opened the scoring and Witham buried the overtime winner.

Selkirk completed the sweep the next night, defeating the Blizzard 3–1 behind goals from Remy Hlady, Jayton Frederick and Kayden Turner.

With the perfect weekend, the Steelers improved to 8–0, cementing their hold on first place in the MJHL and their spot as the No. 1-ranked team in Canada.

UPCOMING GAMES:

• Saturday, Oct. 11 vs. Steinbach Pistons, 7:30 p.m. at Selkirk Recreation Complex. Sunday, Oct. 12 at Winkler Flyers, 7:30 p.m. at Winkler ICON Arena.



Classifieds

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

AUCTION SALE

AUCTION SALE for CINDY STARR - Libau, Manitoba on Saturday, October 18, 2025 starting at 11:00 a.m.

Location: civic lot 88041 (Poplar Park Area) (From PTH 59 turn west at R88N, then turn right on R33E)

Rain Date: Sunday October 19, 2025

"All items sold in "as is, where is" condition with no warranties implied or expressed" A variety of well kept antique furniture and items* oil cans & more* tree hunting stands* household & shop items* assortment of lumber* etc. 2003 Oldsmobile Bravada, (starting bid \$500)* 1990 GMC 1500 pickup truck, (starting bid \$500), & more.

2 PM -STORAGE WARS AUCTION of items in 2 buildings will be sold

NOTE: The items to be sold by public auction can be viewed on Friday, October 17th from 1 PM to

No viewing of the storage wars items on Friday. They will be viewed just before being auctioned. The buyer must remove items by 5 PM, Sunday, October 26, 2025. The vehicles to be auctioned are not safetied.

Terms of the sale: Cash, debit, MC, Visa accepted * All items must be paid for on day of sale *Any statement made by the auctioneer on item(s) or lot(s) before being sold shall take precedence over any other advertising * Once an item is sold the purchaser is responsible for the sold item(s) * Items may be added or deleted before sale time * GST and PST applied on sale items * Food available for sale

For further information on the sale telephone Cindv at 204-766-2299.

The sale is conducted by Rent-a-Auctioneer 204-268-6650.

Online McSherry

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Estate & Moving

Oct. 15th & Oct 22nd

@ 7:00PM

Man Cave

Oct. 28th

@ 7:00PM

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mcsherryltd@gmail.com

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Admission \$5.00

12 and under FREE Caboto Centre Winnipeg

Early (8AM) admission \$30.00

For info: 204-255-3463 or 431-374-6925

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Call for your free quote!

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RECYCLING

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

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BUYING **SCRAP** METAL, CARS, TRAC-TORS. COMBINES. FARM SCRAP. ANY METAL MATERIAL. ANY FARM MACHIN-ERY, PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

Buver for all farmyard scrap, machinery and autos. No item too large! Best prices paid. Phone Alf at 204-461-1649.

FIREWOOD

Birch-\$400, Tamarack-\$350, Ash-\$400, Poplar-\$250, \$325 and Oak-\$450. Delivery extra. Call or text 204-904-8441 or 204-785-0641.

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ANTIQUE SALE

Don't miss the big annual Fall JunkWagon Antiques & Collectibles Sale. Everything from old toys, vintage clothing, comics, records, jewelry, rustic, retro, glassware, old advertising, old signs, upcycled and so much more. Saturday, Oct. 11, 2025. Doors open 9 a.m. - 4 p.m. 980 Winakwa Rd. in Winnipeg. \$5.00 per person.

HAY FOR SALE

Small square Wheat and Flax straw June Broom Grass hay. Call 204-482-5101.

For sale - Flax straw, wheat straw, \$4; hay, \$8.50. Ph \$4, Nick Matheson 204-461-0706, Monday - Saturday.

SHOP LOCAL -**SUPPORT LOCAL** BUSINESS

TO RENT

Losing my house of 25 years as it is being sold. Older gent with 2 vans for renovation business desires older house to rent. Living with adult son as well. No problem fixing or maintaining homes. Please call or text Thor anytime at 204-298-9081 or email thork649@hotmail. com. Outskirts of town preferred! Thanks...

APARTMENT FOR RENT

Tollak 2 is a 55 plus bldg. with river view 2 bedroom apts, available. Central air. F/S. DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite 204-482-2751 for AVAILABILITY.

> **ADVERTISE IN** THE RECORD

Hearthstone Community Group Community Living & Social Progra

EMPLOYMENT OPPORTUNITY

Job Title: Experienced Maintenance Man (Ideal for Retired or Semi-Retired Individuals)

Location: Selkirk Manitoba

Employment

Type: Part-Time / Full-Time (Flexible Hours Available)

About the Role:

Could you wear a shirt that says "I know things and I fix things?" Here's your chance to use your life experience for the good of others. This position is ideal for an active older individual who is handy and likes to organize.

Responsibilities:

- Perform routine maintenance tasks and coordinate contractors
- Keep house/building/equipment records

Ensure safety standards

- For you: Meaningful work that is appreciated
- Control of your day
- Benefits, perks and job security

Requirements:

- · Personable and loves people, but can work on your own
- Criminal Record and Abuse Registry on
- Mental and Physical fitness to do the job Driver's License (ideally Class 4) and
 - Please send resume to: Ramona.Stelea@HCGInc.ca

HELP WANTED

Home care needed, \$21/hr to start, cooking skills required. Call Norm 204-406-5667.

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

Do you have a service you would like to advertise? Get the word out with an ad in the Record!

CONNELLY SIGNS AND SERVICE LTD **Now Hiring Full Time Postion** Sign Installer/Service

Must have class 5 drivers license and be able to drive a standard truck Wages start at \$17.00-\$30.00

Send resume to:

ronda@connellysigns.com CONNELLYSIGNS

PUBLIC NOTICE - BOARD OF REVISION

Public notice is hereby given that the year 2026 assessment roll for the City of Selkirk is open for public inspection during regular business hours, 10 a.m. to 4 p.m., Monday through Friday, at the Municipal Office located at 200 Eaton Avenue, Selkirk, Manitoba.

APPLICATION FOR REVISION

If you are 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 authorized agent of the person, mortgagee or occupier, and do not agree with your assessment, you may appeal the 2026 assessments and supplementary tax assessments issued in 2025.

If you are listed above, or if you are the assessor, you may complete the City of Selkirk Application to the Board of Revision and indicate your reason for appeal. The City will accept applications made in accordance with Section 42 and 43 of The Municipal Assessment Act. Please indicate whether the appeal is for:

- the amount of an assessed value,
- the liability to taxation,
- · property classification,
- or if after speaking to an assessor, there is a refusal by an assessor to amend the assessment roll under subsection 13(2).

APPLICATION REQUIREMENTS

Applications including the appropriate (non-refundable) application fee must be received by the City of Selkirk, before 4:00 p.m. on Tuesday, November 4th, 2025, at 200 Eaton Avenue, Selkirk, MB R1A 0W6. Applications without the correct payment amount, or not in compliance with Section 43(1), shall not be considered received.

You may find more information regarding the required fee on our website at: MySelkirk.ca/FeesandCharges

If you have any questions regarding this application or if you would like to receive a copy of the Application to the Board of Revision, please call CitizenSupport at 204-785-4900 or by email: citizensupport@cityofselkirk.com

The Board of Revision will sit on Thursday, November 20th, 2025, at 6:00 p.m. at the Selkirk Civic Office Chambers located at 200 Eaton Avenue, Selkirk, Manitoba.

Dated this 3rd day of October 2025.

Kevin Richter, CPA, CMA Director of Finance City of Selkirk

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NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES **RURAL MUNICIPALITY OF ST. ANDREWS**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 5th day of November, 2025, at the hour of 10:00 AM, at Rural Municipality of St. Andrews, 500 Railway Ave., Clandeboye MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
27300	LOT 2 BLOCK 1 PLAN 56375 WLTO IN RL 57 AND 58 PARISH OF ST. ANDREWS - 5515 9 HWY, ST ANDREWS	L -\$138,700	\$7,868.94
60900	ALL THAT PORTION OF OTM LOT 61 PARISH OF ST ANDREWS LYING TO THE WEST OF THE WESTERN LIMIT OF THE PUBLIC ROAD, 33 FEET IN WIDTH WHICH IS THE PRODUCTION NLY OF THE ROAD, EAST OF AND ADJOINING THE EASTERN LIMIT OF PARK LOT I IN THE SAID PARISH WHICH LIES TO THE EAST OF A STRAIGHT LIMIE DRAWN SLY PARALEL WITH THE SAID WESTERN LIMIT FROM A POINT IN THE NORTHERN LIMIT OF SAID LOT DISTANT WLY 1020 FEET FROM THE SAID WESTERN LIMIT EXC FIRSTLY: DRAIN PLAN 7222 WLTO SECONDLY: ALL THAT PORTION LYING TO THE WEST OF THE WESTERN LIMIT OF DRAIN PLAN 7222 WLTO SUBJECT TO THE RESERVATIONS, PROVISOES AND CONDITIONS RESPECTING MINES, MINERALS, MINERAL OILS AND OTHER MATTERS AS AS THE SAME ARE MORE FULLY SET FORTH IN INSTRUMENT NO. 692728 WLTO - 538 BAY ROAD, ST ANDREWS	L -\$107,900 B -\$368,500	\$15,875.56
204900	ALL THAT PORTION OF THE N 1/2 OF RL 78 PARISH OF ST ANDREWS PLAN 3404 WLTO WHICH LIES TO THE WEST OF A LINE DRAWN NLY AT RIGHT ANGLES TO THE SOUTHERN LIMIT OF SAID N 1/2 FROM A POINT IN THE SAME DISTANT ELY 2400 FEET FROM THE WESTERN LIMIT OF SAID LOT - 541 MCPHILLIPS ROAD, ST ANDREWS	L -\$152,100 B -\$288,000	\$18,786.80
249950	THE E 1/2 OF THE E 1/2 OF THE NW 1/4 24-13-3 EPM EXC THE ELY 303 FEET OF THE NLY 550 FEET - 1030 LOCKPORT ROAD, ST ANDREWS	L -\$172,900 B -\$36,200	\$7,192.80
526100	LOT 2 BLOCK 2 PLAN 4164 WLTO IN LEGAL SUBDIVISION 4 OF SECTION 24-15-4 EPM - 250 TOM PRINCE DR, ST ANDREWS	L -\$172,400 B -\$102,500	\$11,400.66

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in cash, certified cheque or bank draft to the RURAL MUNICIPALITY OF ST. ANDREWS as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale;
 - A fee in the amount \$500.00 (\$477 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 25th day of September, 2025.

Managed by:



Brent Olynyk Chief Administrative Officer RURAL MUNICIPALITY OF ST. ANDREWS

Phone: (204) 738-2264 Fax: (204) 738-2500

MISCELLANEOUS

Saturday Oct. 18, 2025 Steinbach Gun and Collectables Show at Friedensfeld Hall (4 Mile South on Hwy 13, then 1 Mile East on Hwy 303) BUY-SELL-TRADE. Open 10 a.m. - 4 p.m. Phone Sheryl 204-250-8766 or Carol 204-242-2320.

WANTED

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Also ofgunsmithing fering services. Call or text 204-297-9223.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both nonrestricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

WANTED: Looking for 1970-1971 Barracudas and 1969-1970 Charger's in any condition. Running or not. TOP PRICE PAID for 6 pack or Hemi car. Call 306-221-5908

ADVERTISE IN THE RECORD

NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF BROKENHEAD

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the 3rd day of November, 2025, at the hour of 1:30 PM, at Rural Municipality of Brokenhead, 72013 Road 42 East, Beausejour, Manitoba, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
22819	LOT 9 PLAN 61799 WLTO IN NE 1/4 11-13-6 EPM - 35 COUNTRYSIDE DRIVE, TYNDALL	L -\$85,100 B -\$425,700	\$19,808.10
32400	LOT 3 PLAN 48985 WLTO IN SE 1/4 11-13-6 EPM - 20 PIERSON DR, TYNDALL	L -\$85,100 B -\$273,600	\$13,512.02

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

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

Dated this 1st day of October, 2025.

Managed by:





Sheila Mowat Chief Administrative Officer Rural Municipality of Brokenhead Phone: (204) 268-6700 Fax: (204) 268-1504

Classifieds



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

UPCOMING EVENTS

Saturday Oct. 18, 2025 Steinbach Gun and Collectables Show at Friedensfeld Hall (4 Mile South on Hwy 13, then 1 Mile East on Hwy 303) BUY-SELL-TRADE. Open 10 a.m. - 4 p.m. Phone Sheryl 204-250-8766 or Carol 204-242-2320.

NOTICES

URGENT PRESS RE-LEASES - Have a newsworthy item to announce? 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.

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The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Please Call 204-785-1618

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record



We're Looking for Passionate Leaders!

Join our volunteer Board of Directors and help shape the future of Hearthstone Community Group, in Selkirk Manitoba. HCG is accredited by Imagine Canada for Excellence in Charities and by Gentle Teaching International.

We're seeking individuals with skills in:

- · Finance, law, governance, fundraising, or community engagement
- Strong leadership & communication
- Commitment to the well-being of special needs people

Time Commitment:

4 Hours a month, 10 Months a year plus odd project meetings Send your resume to: Lori.Zdebiak@HCGInc.ca

Eddie's Gravel Supply Ltd. is Hiring

EXPERIENCE REQUIRED

Must have a valid license

Competitive wages • Mechanically inclined info@eddiesgravel.com 204-389-2023 102086 Hwy 9, Wpg Beach, MB

Progressive Conservative Constituency Association of Selkirk

Annual General Meeting and **Delegate Selection Meeting**

to be held October 27th at 7:00pm at 616 Dufferin Ave. Selkirk, Manitoba

NOTICE OF PUBLIC HEARING

ZONNING BY-LAW AMENDMENT APPLICATION

RM of St. Clements

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204-482-3300

Tuesday October 28th .2025 6:00 PM Council Chambers. 1043 Kittson Road East Selkirk, RM of St. Clements, MB Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File: ZBA - BL 13, 2025

Applicant: Rural Municipality of St. Clements

Property Location: N/A

Application Purpose:

To amend the RM of St. Clements Zoning By-law No. 5-2002 through refinements (improvements) aimed at aligning zoning regulations with recent amendments to the Building By-law. These changes support district-wide harmonization efforts across the Red River Planning District. These proposed updates include text amendments only. No changes to zoning designations or property rezoning are included.

The proposed amendments include the topics of:

- Construction timing
- Permit application requirements
- Geotechnical Reports
- Pools and Hot Tubs

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at https://www.redriverplanning.com/hearings.php or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT APPLICATION

RM of East St. Paul

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204-668-8112.

October 28th, 2025 Tuesday 5:30 PM Council Chambers 3021 Birds Hill Road RM of East St. Paul, MB Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File: BL 2025-08

Applicant: Rural Municipality of East St. Paul

Property Location:

Application Purpose:

The municipality is proposing to amend the RM of East St. Paul Zoning By-law No. 2009-04 through refinements (improvements) aimed at aligning zoning regulations with recent amendments to the Building By-law. These changes support district-wide harmonization efforts across the Red River Planning District. These proposed updates include text amendments only. No changes to zoning designations or property rezoning are included. The proposed amendments include the topics of:

- Construction timing
- Permit application requirements
- Geotechnical Reports
- Pools and Hot Tubs

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at https://www.redriverplanning.com/hearings.php or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



nnouncements

Book Your Classified Ad Today -Call 204-785-1618

Selliants Record

ANNOUNCEMENT

CARD OF THANKS

The family of the late Evelyn Bracken wish to thank Reverand Marilyn Anderson Corkum, all musicians, and family who read or spoke at Mom's Celebration of Life. Thank you to Brackendale Luncheon and helpers for the delicious lunch. Donations in memory of Mom. the cards, flowers and phone calls were greatly appreciated. Thank you to everyone who helped behind the scenes that made Mom's service so special. A huge thank you to Interlake Cremation and Memorial for their professional services and guidance.

ANNOUNCEMENT

CARD OF THANKS

Thank you to the community for coming out and supporting us at our annual Fall Tea & Bazaar. A heartfelt THANK-YOU to our parishioners and all who contributed to this event as this is such a successful fundraiser for our church. A special thank you to the businesses who donated lovely prizes for the Silent Auction: Home Hardware, Canadian Tire, Petersfield Garage, Clandeboye Store, Safeway, Heather Hogg, Cindy Alexander and Century 21 Advanced Realty. Winners of our main Raffle were: 1st prize - Shyanne, 2nd prize - Candice Binner, 3rd prize - George Hacking.

-St. George Wakefield Anglican Church

ANNOUNCEMENT



In Memory of my Husband **Ervin Clifford Kaziw** March 21, 1951 - October 11, 2024 Husband, Father, Papa and Friend. We all love you and miss you.

-Chervl

There is a link death cannot sever, Love and remembrance last forever.

ANNOUNCEMENT

IN MEMORIAM



Steve Lister October 8, 2008 Dad, you left us with beautiful memories Your love is still our guide And though we cannot see you, We know you're always by our side. Always remembered never forgotten.

-Lots of love your family

ANNOUNCEMENT

IN MEMORIAM



GOODMAN The family remembers John and Audrey GOODMAN, who passed September 12, 2009 and October 3, 2014. "But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk and not faint".

Isaiah 40:31

NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT APPLICATION

RM of St. Clements

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204-482-3300

> Tuesday October 28th .2025 6:00 PM

Council Chambers, 1043 Kittson Road East Selkirk, RM of St. Clements, MB

Note: property owners are responsible for notifying "tenants"

APPLICATION INFORMATION

Application File: Applicant:

BL 11/2025

Schinkel Properties (Alan Klippenstein)

Property Location:

5165 Henderson Highway corner Donald Rd; No address Survey 1-52256; 5137 Henderson Highway, RM of St. Clements Roll No. 21400,21850,21800 respectively

Legal: Parcel F 25056 WLTO; Lot 1 Plan 52256 WITO: Lot 2 Plan 52256 WLTO respectively

Application Purpose:

The applicant proposes to amend the RM of St. Clements Zoning By-law No. 5/2002 by rezoning the subject lands, which is currently zoned to "RR" Rural Residential Zone to "RS" Serviced Residential Zone.



A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at https://www.redriverplanning.com/hearings.php or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



OBITUARY

Michael Kirk MacVicar November 30, 1966 - September 29, 2025

With profound sadness, we announce the death of our beloved Mike - husband, dad, bumpa, son, brother, uncle, nephew, cousin and cherished friend to so many.

Left here without appropriate words to convey our love and loss, Mike leaves to forever cherish his memory: wife Sherry, kids Josh and Katie, grandsons Riley, Gus, Marlowe, Mason, Bentley and Baby Bump coming February 2026 (we'll see if Mike's bold prediction comes true), Mike's parents, Dave and Lorraine MacVicar, father-in-law Brian Swanson, siblings and spouses, David and Tracy MacVicar, Wayne and Sandra MacVicar, Kathleen and Andrew Dalman, Cherie-Lyne and Danny Petrowski, sister-inlaw Tammy Kotowich, nephews and nieces, Joey, Scotty, Michael, Riley, Sarah, Becca, Dylon, Tanner, Jordan, Lauren, Brandon and

Alysha with their partners and his ever growing great nephews and nieces. Along with extended family of aunts, uncles and cousins.

Mike was predeceased by brother-in-law Jamie Kotowich, best friend Bradley Pawluk, and mother-in-law Dorothy Swanson.

Professionally, Mike was a carpenter by trade, enjoyed his time at Selkirk Home Hardware RTM department, current Project Manager with the government for the past 18 years where he made many important and lasting friendships through his professional experiences.

Living all of his adult life in Winnipeg Beach made for friendships and connections with so many people who were important and Mike considered himself lucky to be part of so many aspects of our community - Mike was active, social and busy. Filling his spare time with yearly hunting trips, camping, quadding, gardening, amazing Disneyworld family and hot holiday vacations. Enjoying sports as a fan - Jets hockey, Bombers football or participating in so many activities including weekly Inwood Golf, Legion Fun Darts, Winnipeg Beach curling or simple card games, Mike made friends with everyone along the way. Special times were in his garage enjoying great company, beers and his favorite "Whine & Moan" music, often accompanied by his faithful companion and sock stealer Buster dog.

Our family's utmost respect and gratitude goes to Mike's health care team at Gimli Community Health Center, Cancer Navigation Services, HSC Thoracic Clinic, Selkirk Easton Place & Emergency and Perimeter Aeromed.

The night Mike left our world, the most amazing Northern Lights shone and danced in the sky - our memories and love for Mike will be forever triggered by the night sky and if ever you are missing him, doubting yourself or just need a moment to reflect, please look to the sky for Mike's signs and have strength to remember Mike's sentimental quote "Onward and Forever Forward"

Our family will be honored to welcome you to Mike's celebration of life to share memories, pictures and of course stories with love, respect and gratitude for a life well lived and forever cherished. A celebration of life will be held on Wednesday, October 15, 2025 at 1:00 p.m. in the Fraserwood Hall.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home. Selkirk in care of arrangements.



Announcements Selkink!

OBITUARY

Nancy Christine McRae (nee Halderson)

Nancy Christine McRae of St. Andrews, MB, passed away on September 25, 2025 at the age of 53, after a battle with Frontal Temporal Dementia and ALS.

Nancy is predeceased by her grandparents, Frank and Madeline Halderson, and John and Ada Todd; father, Franklin Robert Halderson Sr.; brother, Franklin Halderson III; her mother and father-in-law Garry and Gwen McRae; and her "sweet puppies," Mickey, Rudy, Buster, and Sadie.

Nancy is survived by her husband, Curtis McRae; daughters, Emily Preun (Steven), Lauryn Kolada, and Brookelyn McRae; granddaughters, Brailey, Ellwyn, and Twyla; mother and stepfather, Florence and Graham Wiseman; brother, Kris Halderson (Angela); brother-in-law, Mac McRae (Melissa); sister-in-law, Kathryn Moyer (Jimmy); and numerous nieces and nephews.

Nancy was raised in the community of Little Britain, Manitoba. She attended Lockport School and graduated from Lord Selkirk Regional Comprehensive Secondary School in 1989. Some of her greatest childhood memories included baking with her mother, spending time at her grandmother's house, and visiting the family cabin in Lester Beach.

Nancy grew up admiring her father's dedication to the Sea Cadets. Nancy was a talented skipper. With her partner, Kevin Bumstead, the pair won multiple Western and Provincial Championships between 1987 and 1989. In 1989, the Halderson/Burnstead team competed in the Canadian Albacore Championships in Orillia, Ontario, where Nancy skipped them to the 18-andunder championship title. She worked hard to advance through the cadet rankings. A natural leader and teacher, Nancy was passionate about instructing the next generation of cadets. Her dedication led to her eventual role as Commanding Officer of the Lake Winnipeg Cadet Nautical Site with Lieutenant rank. She built friendships during her 27 years of service that became her most cherished and lifelong connections.

Nancy's smiles and hugs were legendary in their ability to communicate pure love and warmth. Known for her generosity, Nancy was always ready to help, whether you were a stray cat in need of shelter or a person in need of a hand.

Nancy had an incredible gift for conversation, often turning quick errands into long chats with friends or strangers alike. A gift that served her well during her years managing in retail fashion and later at the YMCA of Winnipeg.

The wide-open skies and quiet beauty of a farm were among Nancy's happiest places. She loved riding alongside Curtis and keeping him company in any vehicle he was driving. She loved witnessing the passion that goes into producing essential crops for food production. She was a proud advocate for local agriculture.

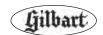
Nancy lived with joy, humor, and kindness, leaving an indelible mark on everyone who knew her. Nancy's spirit will be remembered in the laughter of her family, the friendships she nurtured, and the love she shared so freely.

The family would like to extend sincere gratitude to Dr. Thiessen, the staff at River Ridge II, the Palliative Care ward at Riverview Health Centre, and the staff at Donwood Manor Personal Care

A private friends and family service will be held at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Helen Catherine Skrypnyk

Peacefully on Thursday, October 2, 2025 at the Selkirk Regional Health Centre, Helen Skrypnyk, aged 86 years, beloved wife of the late Walter, passed away.

Funeral Mass will be held on Tuesday, October 14 at 11:00 a.m. in the Holy Eucharist Ukrainian Catholic Church, Selkirk, MB.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Judith Lamb

May 29, 1956 - September 26, 2025

We are saddened to announce the passing of Judith Lamb at the age of 69 years after a long and courageous battle with cancer. She is survived by her son, Edward Lamb-Porayko (Kayla) and

her daughter, Victoria Porayko. Judy was predeceased by her parents, Jessie and Gordon Lamb

Judy was born in Carlisle, England. It was in England that she trained as a teacher. She taught in England for 19 years before moving to Canada on a teacher exchange. She taught in Winnipeg 1 School Division from 2008 until her retirement in 2022.

Judy was very active in her retirement before her disease made it impossible to continue her activities. She was an accomplished violinist and performed at Folklorama for a few years. She also

taught violin at the LA School of Music for many years. Her musical talents also included piano and singing. She loved to sing with her choir, Octavia. Judy was also a long standing PEO member.

Judy was a woman of many interests. She was a talented painter, seamstress and knitter. She was also physically active with playing pickleball, cycling and long walks. If you couldn't find her doing that, she was off hiking, boating, camping and exploring nature.

Judy touched the lives of many people: her students and colleagues over her years of teaching, her many friends through church and community, choir, and her children. She will be greatly

Thank you for the lessons you brought to this world.

Her service will be held at Selkirk Community Church on October 15, 2025 at 1:30 p.m.

If desired, donations can be made, in Judy's name, to CancerCare Manitoba.

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

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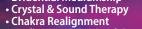


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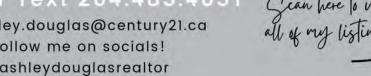
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