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THURSDAY, OCTOBER 13, 2022

VOLUME 13 EDITION 41

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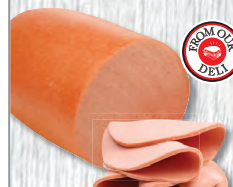
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Local breast cancer support group welcomes new members

Finding community in breast cancer awareness month

By Katelyn Boulanger

October is breast cancer awareness month and for those battling or who have recovered from breast cancer having a group of people who've been through a similar situation can be helpful. That's why the Selkirk & District Breast Cancer Support Group is always open to new members or people looking for information while fighting or being in remission from breast cancer.

"It's a peer support group that consists of women who have had breast cancer, either for a long time, or are newly diagnosed and what we do is we meet and we share the experiences that we are going through, and hopefully by doing that, then we can provide support for each other," said Wendy McLeary, co-founder of the group.

The group used to meet on the fourth Thursday of every month in

person but since the pandemic, hasn't yet gotten back to monthly meetings. They are making determinations about whether or not to meet depending on how COVID numbers are looking at the time. The people in the group have to be cautious as people undergoing certain cancer treatments have a higher chance of being immunocompromised than the average Manitoban.

This month, however, when they have met in person they've had plenty of time to make up for.

"We did our AGM in June, and we met in September, and then we're doing our potluck, which is genuinely what we do for October Awareness Month," said McLeary.

When they haven't met for official meetings the group has also had members participating in the Terry Fox Run as well as the CIBC Run for the Cure.

"Our team the Selkirk Survivors was very small, but we were able to participate. That was the first in person [event] since 2019. So, that was fun," she said.

Though the group gets out to many



RECORD PHOTO SUBMITTED

Some members of the Selkirk & District Breast Cancer Support Group at this year's CIBC Run for the Cure.

events together in the community, especially at this time of year, McLeary

Continued on page 6

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BIG DOLLAR

Residents invited to see mural commemorating Chanie Wenjack

Residential school student's life and death remembered through new community art

By Katelyn Boulanger

Many residents in Selkirk likely know of Gord Downie's project, *Secret Path* which involves spreading the story of Chanie Wenjack through many media including an album, an animated film and a graphic novel by Jeff Lemire. They also likely know that Chanie was 12 years old when he ran away from a residential school in Kenora, ON to go back to his family in 1966. He died of starvation and exposure with his body being discovered a week after his departure. What residents might not yet know is that Selkirk will have a little part of the *Secret Path* project in our very own community as a mural commemorating Chanie's life and death is being unveiled on Oct. 22.

"It's a tragedy that's occurred and we never would like any of anything like this ever to happen again," said Joanie English, the president of the

Interlake Art Board.

The idea for a mural like this in Selkirk came from Kathy Freeman who brought it to English's attention. When English learned about Chanie's story she said that she felt really ill learning that something so tragic happened. She agreed with Freeman that this was something that should be in our community to bring awareness to what happened to the children who attended residential schools.

The mural was inspired by Lemire's graphic novel and designed by him, Elder Ruth Christie, Ashley Christiansen, and Liz Laurin. It was painted by Christiansen, Laurin, and Bobbie Sinclair.

English says that this mural is unique because it's the first mural that is part of the *Secret Path* project as the group was permitted by the Gord Downie

Chanie Wenjack Fund and Jeff Lemire to use the copyrighted images from the *Secret Path* graphic novel.

She says it's important to have murals like this in our community.

"Not only does it draw awareness, but I think it's a continual reminder of something that should never have happened. And, in a way, it'll also allow us to remember never to let this happen again," said English.

The event unveiling the mural is open to the public and will take place at 11 a.m. at 176 Main St. (the old Husky gas station) on Oct. 22 rain or shine. English says that the idea behind the event happening regardless of weather conditions is to once again honour Chanie's journey as he walked many kilometers in the harsh October weather. The date of the event also coincides with the 56th an-

niversary of his passing.

Elder and knowledge keeper Cheryl Alexander will be emceeding the event and Elder Ruth Christie will be speaking about the mural and telling Chanie's story. There will also be dancers, drumming, and playing of Gord Downie's *Secret Path* music.

"We want to make sure it's commemorated and we would love all the public. They're all invited to come," said English.

This project was made possible with support from the Interlake Art Board, the Gord Downie Chanie Wenjack Fund, the Selkirk Community Arts Centre, the Selkirk Community Renewal Corporation, the provincial government, the Manitoba Arts Council and the federal government's Canada Heritage fund.

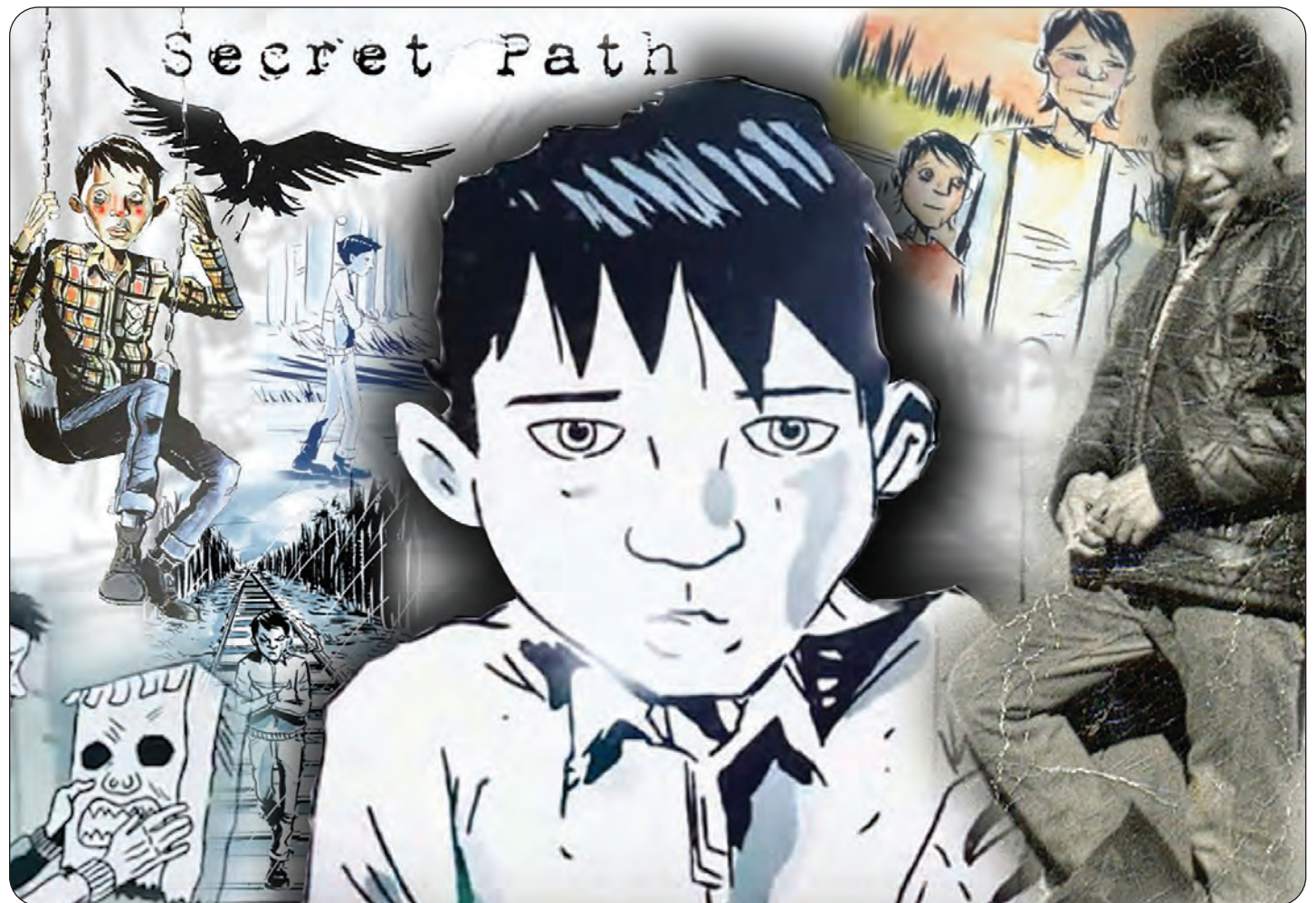


PHOTO SUBMITTED BY THE INTERLAKE ART BOARD

Though this image is not what the final piece will look like, it contains images from Jeff Lemire's *Secret Path* graphic novel which inspired the new mural.

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William S. Patterson School hosts 30th anniversary of Terry Fox Run

Students receive cheers and high fives at finish line

By Katelyn Boulanger

William S. Patterson School had something big to celebrate this year with the 30th anniversary of their school's Terry Fox Run taking place. Not only was it a milestone but because of the COVID-19 pandemic changing how the event had to run for the past few years, it was the first time that some of the younger students were able to participate in the event as a traditional group run.

"Although it's the 40th [anniversary] of the Terry Fox Foundation. It's the 30th year that William S. Patterson has participated in the run as well. We're very proud of that record," said Tara Sinclair, school secretary and member of the school's Terry Fox Committee.

This event supports the Terry Fox Foundation which was set up by the family of Canadian legend Terry Fox. Fox in 1980 started his Marathon of Hope in order to raise funds for cancer research. He attempted to run across the country but was stopped short when cancer was discovered in his lungs. The foundation and runs that take place across our country carrying his name continue to support cancer research 40 years later.

"We haven't been able to do an in person run for several years because

of the pandemic regulations. So, this is the first time that some of our students have been able to participate. Students in grade three, this could be their very first in person Terry Fox Run at our school," said Sinclair.

This year saw participants from kindergarten all the way up to grade six participate.

Sinclair said that though the school has a Terry Fox Run Committee, William S. Patterson School physical education teacher Roland Makowsky took the reins when it came to organizing the event.

"[The students] were very excited. It wasn't long before they figured out that for 30 years [this event has been taking place at our school which means that] their parents probably ran this same run," said Makowsky.

This year the K to grade 3 students ran a 3 km run and the grades 4 to 6 students took on a 6.5 km loop.

Makowsky says that learning about Terry Fox teaches the students about an important Canadian.

"When I asked the kids, what comes to their mind, the first thing they say is 'Canadian hero'. They know that he was born in Winnipeg. They know

Continued on page 6



RECORD PHOTOS BY KATELYN BOULANGER

William S. Patterson School ran their hearts out at their annual Terry Fox Run.

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> **TERRY FOX RUN, FROM PG. 5**

that he'd beat all the odds to attempt to reach his goal. I think they feel the same way. They see him as a hero and someone that should be looked up to for his perseverance," he said.

The school's goal was 'high five for 500' hoping to raise \$500 which would mean a donation of \$5 from each of the approximately 100 families with students in the school. The school blew that goal out of the water this year raising \$1200.

Makowsky thinks that there is such amazing support for this cause within the community because of how many families are touched by cancer.

"I think you'd have a hard time finding someone who hasn't been touched by cancer in some way — friends or family — I think this is pretty close

to home. [The students] want to help people because they know that money is going right to help research within our own community," he said.

The students had a lot of fun running and cheering each other on as they reached the finish line this year.

"We just asked [them to follow the Terry Fox Foundation's slogan] and for them to think to themselves 'I'm not a quitter' and do their best out there," said Sinclair.

If you would like to learn more about Terry Fox or the Terry Fox Foundation visit <https://terryfox.org/>.



RECORD PHOTO BY KATELYN BOULANGER

William S. Patterson students cheering each other on at their annual Terry Fox Run.

> **BREAST CANCER SUPPORT GROUP, FROM PG. 3**

wants people who are seeking support to know that you don't have to take part in group activities or even come to a meeting to receive support.

"I find when speaking with someone that maybe depending on their age and their diagnosis, maybe they would like to connect with some-

body that has gone through a similar situation [by phone]. You know, it can make a difference," she said.

It's also not a long-term commitment. If people seeking support would like to attend a handful of meetings and feel that they're okay with where they are that's fine. In addition, if you find it helpful to continue to have the support and might even have found a new

group of friends some people have been with the group over 20 years.

If you aren't interested in this group but would like to support some groups and organizations that support breast cancer awareness this month McLeary also has a few suggestions.

First of all, this month you can directly support the Selkirk & District Breast Cancer Support Group through local business Packers Women's Fashion. All this month when you try on a pair of French Dressing Jeans, residents are invited to sign their name

on Packers' support sheet. For every signature, the Packers will donate a dollar to the group.

Another event with a local connection is the Guardian Angel Benefit for Women's Cancer hosted by the CancerCare Manitoba Foundation. It's Manitoba's Largest Tea Party and takes place on Oct. 30. The local connection is that some of the teacups from the Garden on Eaton have been donated to the event.

"One of our longtime members, she had passed away in 2020. Karen Starke, and we were very close to her. And so, this year her husband, [Herb Starke] just happened to hear on the radio that they were looking for people to donate tea cups," said McLeary.

She looks forward to attending this event and possibly drinking from one of Starke's teacups. She also encourages anyone interested in going to attend.

If you or someone you know would benefit from connecting with this support group contact McLeary at 204-785-2456 or mcleary@mymts.net. The group also has a bi-monthly newsletter which you can sign up for.

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Learn about region's mayoral candidates

Compiled by Katelyn Boulanger

Oct. 26 will see municipal elections take place in the City of Selkirk and all the RMs in our area. In order to help voters find a candidate that is the right fit for them, the *Selkirk Record* has recently contacted all of the candidates for mayor in East St. Paul, Selkirk, St. Andrews, St. Clements and West St. Paul and asked them four questions via email:

East St. Paul



Carla Devlin

Mayor candidate for East St. Paul

Carla Devlin

1. What in your background makes you a good candidate for municipal council?

A. As a small business owner I excel at financial and asset management, building relationships, and leading teams with energy and commitment. As a current Councillor, I have a proven track record as an innovator and critical thinker. I am highly responsive to the citizens I serve and always put community first.

2. What would be your top priority if elected?

A. In 2020, Council had to place a moratorium on growth because our Wastewater Treatment Plant was nearing capacity and at a higher risk of failure due to aging infrastructure. Once funding is confirmed, we must immediately begin construction to ensure continued water and waste safety and reliability.

3. From a municipal standpoint, what do you see as the top three challenges currently facing your community?

A. A detailed Municipal Master Plan with an improved bylaw structure against which to evaluate all new development proposals and community initiatives is needed. As a community we need to develop safeguards to manage development and protect the use of tax dollars. Lastly, we should create a dedicated business plan to

raise capital, access grants and build a new modern recreation facility to promote activity, and healthy living for all ages.

4. How will you ensure that residents' voices are heard in municipal decisions?

A. Our community is increasingly diverse which means we must adopt better means of communication. Regular open forums, including direct communication, consultation and engagement with citizen groups will be assured under my leadership.

Lawrence Morris

Lawrence Morris is also a candidate for mayor in East St. Paul. He was contacted to be part of this article and opted to not participate.

Selkirk



Larry Johannson

Mayor candidate for Selkirk

Larry Johannson

1. What in your background makes you a good candidate for municipal council?

A. I feel that in my background I have been a strong community promoter, have had a lifetime of involvement in our community, and worked hard at making strong contacts with other levels of government, community groups, Indigenous partners, and investors and developers in growing Selkirk.

2. What would be your top priority if elected?

A. My top priority is bringing the environmentally friendly Canadian Premium Sands plant to Selkirk. This has the potential for hundreds of new employment for our region and would help keep our youth here with good paying jobs that would allow them to make Selkirk their home.

3. From a municipal standpoint, what do you see as the top three challenges currently facing your community?

A. First challenge is learning to live with climate change. With all the wild weather in the world we will do everything we can to keep Selkirk and our residents safe. Second we will continue to work on our infrastructure to make it the best it can be. Third we will ensure residents have a safe and affordable city to live, work, and play in.

4. How will you ensure that residents' voices are heard in municipal decisions?

A. CitizenSupport where residents can call and we will take down, and address their concerns. Open houses on projects where we will hear residents concerns. I will always be there for residents to hear their concerns, to return their calls, and do my best to support them.

Morgan Steele Seman

1. What in your background makes you a good candidate for municipal council?

A. What makes me an excellent candidate for mayor is my fresh perspective. While living in Selkirk, I have seen areas that need help. I will focus on infrastructure, crime, and getting more jobs into the city. All of this, while ensuring that we get value for the money that we spend as a city.



Morgan Steele Seman

Mayor candidate for Selkirk

2. What would be your top priority if elected?

A. My top priority when elected will be to repair the intersection at Eaton and Eveline to ensure that all vehicle and pedestrian traffic can safely navigate the intersection. Further North on Eveline, we have eliminated a crucial parking lane that mobility challenged people relied on to access the local businesses. I would ensure that their needs are met by removing the decorative planters, and ensuring there is street side parking.

3. From a municipal standpoint,

Continued on page 9



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Seventeen more Manitobans die from COVID

By Patricia Barrett

Deaths from COVID in Manitoba are holding steady with another significant number of people having died from the virus.

Despite the provincial government having set the response level at “limited risk,” 17 more Manitobans lost their lives, according to the government’s weekly COVID surveillance report for the period Sept. 25 – Oct. 1 (reporting Week 39).

Those deaths bring the province’s death toll to 2,177. There were 17 deaths also reported the previous week.

Over the course of roughly a month, from Aug. 14 to Sept. 17 (reporting weeks 33-37), 50 people lost their lives to COVID. With another 34 deaths over the past two reporting periods, the seriousness of the virus can’t be underestimated.

Manitoba hospital and ICU admissions for COVID are also holding steady. There were 77 new hospital admissions in Week 39, of which 13 people required intervention in the intensive care unit. The previous week’s report showed 73 new hospital admissions, of which 11 people required transfer to the ICU.

The provincial government doesn’t report data showing the total number of patients in hospital with COVID on any given day or week, so it’s unclear how ongoing hospitalizations may be affecting health system resources, including available care beds. A few weeks ago, the government stopped providing (within its surveillance report) a list of COVID outbreaks in personal care homes and hospitals.

New COVID infections are also on the upswing again after a slight dip. There were 305 new laboratory-confirmed infections in Week 39, an increase of 22 new cases from the 283 reported the previous week.

The weekly positivity rate now stands at 23.4 per cent.

Government data on new infections

are an undercount as the government restricts PCR lab testing and rapid antigen tests aren’t tracked.

Data on COVID in wastewater for the city of Winnipeg show “ongoing activity” at a “lower level.”

Other health news:

-The Interlake-Eastern Regional Health Authority’s medical officer of health concluded COVID outbreaks in three facilities: the Ashern Personal Care Home on Oct. 5, Tudor House Personal Care Home in Selkirk on Oct. 4, and the Teulon Hunter Memorial Hospital on Oct. 3.

-The IERHA reported no new outbreaks (on its outbreak webpage as of Oct. 9) in personal care homes or hospitals in its region. The IERHA didn’t respond to a question as to whether it will continue to publicly report COVID outbreaks.

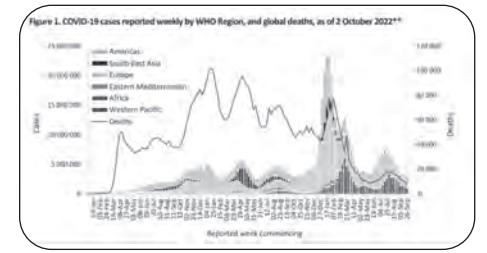
-The World Health Organization’s COVID-19 Weekly Epidemiological Update shows more than 2.9 million new COVID cases and over 8,300 deaths reported between Sept. 26 and Oct. 2.

Although the latest WHO data represent a lower number of overall infections and deaths compared to the previous week’s report, cases remain stubbornly high and the pandemic continues.

New infections, in fact, are currently on the upswing in Europe, with over 1.5 million new cases reported over that seven-day period. That represents an eight per cent jump over the previous week. The highest numbers of new cases were reported in Germany, with 400,214 new cases (a 42 per cent increase), and France with 264,889 new cases (a 15 per cent increase).

High infection numbers between Sept. 26 and Oct. 2 were also noted in the United States with 312,125 new cases, Japan with 306,958 new cases, and China with 303,092 new cases.

The country with the highest number of new COVID deaths over that



WORLD HEALTH ORGANIZATION
Worldwide reported COVID cases and deaths are shown as of Oct. 2, 2022. North and South America and Europe top the list of regions with the highest number of new infections.

seven-day period was the U.S. with 2,728 new deaths.

Data on new infections are an undercurrent as countries, jurisdictions have drastically scaled back testing.

“Current trends in reported COVID-19 cases and deaths should be interpreted with caution as several countries have been progressively changing COVID-19 testing strategies, resulting in lower overall numbers of tests performed and consequently lower numbers of cases detected,” states the WHO report.

-Across Canada there were 18,478 new COVID infections reported between Sept. 25 and Oct. 1, with the highest number of new cases reported in Ontario (over 9,100 cases) and Quebec (over 6,000 cases).

-The Canadian government authorized on Oct. 7 the use of the Comirnaty COVID bivalent vaccine, made by Pfizer-BioNTech, which targets the original strain of the virus and the BA4 and BA5 omicron subvariants. Individuals 12 years of age and older are eligible.

Manitoba is currently offering Moderna’s bivalent vaccine, which targets the original COVID strain and the BA1 omicron subvariant. The predominant COVID strains are BA4 and BA5.



> CONTACT US

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> **MAYOR CANDIDATES, FROM PG. 7**

what do you see as the top three challenges currently facing your community?

A. The three largest issues, as I see them, are the crime in Selkirk, the state of the roads in Selkirk as well as the job market in Selkirk. These will be my focus.

4. How will you ensure that residents' voices are heard in municipal decisions?

A. I want to make sure every voice is heard, not just the ones who agree with me. This will be done by ensuring that every resident will be able to contact me via email, phone or in person to discuss their important issues.

St. Andrews



John Preun
Mayor candidate for St. Andrews

John Preun

1. What in your background makes you a good candidate for municipal council?

A. As a lifelong resident and business owner in the Municipality, I understand the untapped growth potential in the area. I have the knowledge and experience to lead, serving as Chair, President, Financial Chair and Delegate on various Boards for over 40 years. With this proven track record, I can lead the RM into a bright future while creating a legacy for coming generations.

2. What would be your top priority if elected?

A. Responsible economic and recreational development to suit the needs in our communities.

3. From a municipal standpoint,

what do you see as the top three challenges currently facing your community?

A. Housing: The biggest challenge facing our Municipality is our declining population and the slow growth of our housing starts compared to neighbouring municipalities. We need to make St Andrews a more attractive place to live. Recycling: We are in the bottom third of municipalities according to recycling statistics. We need to do a better job in ensuring the environment is protected. Emergency Services: Council completed a recent fire study to better understand the needs of our fire protective services. I will follow through with the recommendations from that study.

4. How will you ensure that residents' voices are heard in municipal decisions?

A. I welcome respectful communication with all Residents and I will continue building our accountability and transparency. With Covid regulations, virtual meetings have been uploaded to YouTube for easy access and with all progress, there's always room for improvements.

Joy Sul

1. What in your background makes you a good candidate for municipal council?

A. Having served for the past 8 years as Councillor/Mayor, my #1 priority has always been our residents. I bring expertise and knowledge from my roles in the RM, the provincial government and as a Magistrate. I understand legislation, bylaws and policies. I am a stickler for following the 'rules'



Joy Sul

Mayor candidate for St. Andrews

and it is necessary all of council have input into the decision making process through respectful and open debate. Communication is key.

2. What would be your top priority if elected?

A. If re-elected Mayor, my top priorities are financial accountability, council transparency on all decision making and more effective resident communication. We need to restore community trust in council decisions, re-establish effective council oversight and re-invest in resident communication.

3. From a municipal standpoint, what do you see as the top three challenges currently facing your community?

A. First and foremost, residents need to know how their money is being spent and council must be held ac-

countable. Drainage and maintenance of our infrastructure through the entire RM. Continue with the recreation plan to attract residents of all ages to include affordable housing.

4. How will you ensure that residents' voices are heard in municipal decisions?

A. As Mayor I would continue to ensure resident voices are heard through reinstating complete information on our website, and holding more varied communications with residents. This could include public meetings, Q&A sessions, continued newsletters, online surveys, open council sessions to give residents the ability to be heard.

St. Clements

It should be noted that residents in St. Clements will not be voting for mayor in the 2022 election as Debbie Fiebelkorn has been acclaimed. This means that since there were no other candidates running against her in this election that she will take on the position of mayor once again. Even though her position isn't being voted on, Fiebelkorn agreed to take part in this article.

Debbie Fiebelkorn

1. What in your background makes you a good candidate for municipal council?

A. I believe what makes me a good

Continued on page 10

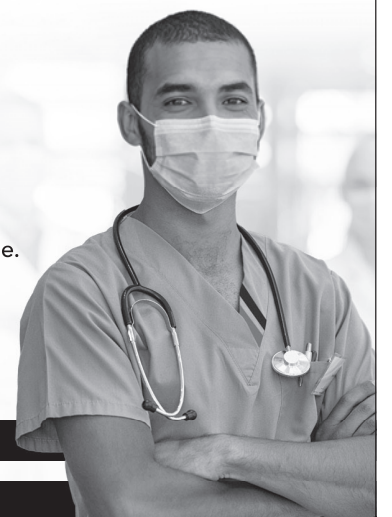
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> MAYOR CANDIDATES, FROM PG. 9



Debbie Fiebelkorn
Acclaimed in St. Clements

candidate for municipal council is my past experience in municipal administration and as an elected official. I spent my work career in municipal administration, and have held a council seat for 12 years, the past 8 years as Mayor.

2. What would be your top priority if elected?

A. My top priority for the municipality would be to keep taxes affordable for our residents and bring more development, both residential and commercial in all areas of the municipality. Also, continue to focus on delivery of councils strategic plan for the RM.

3. From a municipal standpoint, what do you see as the top three challenges currently facing your community?

A. Challenges I see for the municipality are upgrading municipal infrastructure (roads & drainage), providing affordable/age in place housing for residents and providing more recreation opportunities for residents and visitors.

4. How will you ensure that

residents' voices are heard in municipal decisions?

A. There are several ways we can hear residents' voices, we continue to be committed to be more transparent and accessible to our citizens by including the utilization of social media, open houses in the community, and surveys. We continue to provide information to our citizens through additional newsletters and utilizing our Connect Program.

West St. Paul



Cheryl Christian
Mayor candidate for West St. Paul

Cheryl Christian

1. What in your background makes you a good candidate for municipal council?

A. A community leader and volunteer for 20 years, I love West St. Paul! My family has called WSP home for four generations. I bring a strong work ethic and respectful leadership to the role of mayor based on my experience as a university instructor and researcher. I have 8 years of service on Council to draw on and a very engaged community guiding

me. Mayor since 2018, I work hard to ensure WSP is a vibrant, safe and welcoming community our children will always be proud to call home.

2. What would be your top priority if elected?

A. My top priority if re-elected as Mayor is to continue working hard every day with good planning, good governance and listening to residents.

3. From a municipal standpoint, what do you see as the top three challenges currently facing your community?

A. We are part of a bigger region with many communities competing for provincial and federal funding. To address this challenge, it's important to build positive relationships with public and private partners. Funding helps us address other challenges, including wastewater servicing and infrastructure upgrades.

4. How will you ensure that residents' voices are heard in municipal decisions?

A. I am working hard to engage community members in decision making. Communication and listening to residents are top priority. I communicate regularly through social media posts, emails and newsletters. I support recorded council meetings for residents to easily view and participate in our decision making.

Peter Truijen

1. What in your background makes you a good candidate for municipal council?

A. I held various management positions over the past 30 years, giving me experience in developing and managing operating budgets, capital budgets, and directing a staff of 60+ individual. Coming into the role as Mayor these experiences will provide some fresh and different insights in addressing some of the many concerns I have heard this past month.

2. What would be your top priority if elected?



Peter Truijen
Mayor candidate for West St. Paul

A. My top priorities would be to support or present a resolution to restore minimum boundary distance, for side yards from 4 ft to 8ft or larger and increase minimum requirement for street frontage.

3. From a municipal standpoint, what do you see as the top three challenges currently facing your community?

A. The challenge I see is developing a culture of "say what you are going to do, then do what you say", the rare occasion you are not able to do as you say, give an explanation why.

4. How will you ensure that residents' voices are heard in municipal decisions?

A. A majority of the organizations I worked for had a strong focus on Customer Satisfaction. I learned to show customers concerns were being heard, I needed to actively listen so I could understand what their concerns were. Since the citizens of West St Paul tax dollars pay the salaries and the services I treat them as I would a customer. Actively listen to understand. For more information visit petertruijenformayor.ca

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Manitobans remain Canada's best recyclers

By Autumn Fehr

As our world leans closer to a climate crisis that continues to escalate, simple things like recycling could not be more important, now more than ever.

Recycle Everywhere recently announced that in 2021, 72 per cent of all eligible beverage containers in the Canadian Beverage Container Recycling Association (CBCRA) program and 80 per cent of all PET plastic beverage containers sold in Manitoba were recovered.

With that said, Manitoba continues to be one of Canada's best recyclers, and in our current state, that is something to be proud of.

Even more, the Interlake has played a significant role when it comes to recycling in our province.

While regional recycling recovery rates are not available, the CBCRA's Interlake program and outreach initiatives have supported an increase in recycling coming from the region.

Across all jurisdictions, it's very difficult to track materials by region as there are legislative requirements that all beverage producers follow, and it requires them to report aggregate numbers and not regionally specific ones. Unlike Europe where they use UPC tracking codes, beverage container tracking isn't available in North America, said Sheri Moerkerk, the director of marketing and communications at CBCRA.

CBCRA is a not-for-profit, industry-funded organization that implemented and operates the Recycle Everywhere program. Their membership includes beverage brand owners and distributors. Their goal is to educate Manitobans on the recycling of beverage containers and to ensure the convenience of recycling empty beverage containers no matter where they live, work or play.

One of the things that are more challenging when it comes to recycling is the availability of recycling bins for people, in areas that are more sparsely populated like the Interlake and more remote communities in Northern Manitoba, it is harder to place recycling infrastructure.

Moerkerk said they have been working with these communities to ensure that there is recycling infrastructure, and also distributing recycling bins to single and multi-family dwelling homes.

Within the next few months, Stonewall, and Selkirk will be receiving some of these recycling bins.

The CBCRA has implemented recycling super depots through their collaboration with Manitoba Provincial Parks.

A super depot is a centralized location where there are both waste and recycling bins for communities to deposit their waste and recyclables.

Within the Interlake, they are working on the development of a super depot for Grindstone Provincial Park.

The CBCRA is all working directly with private campgrounds and RV parks to implement recycling programs, which has greatly increased the recovery rates of beverage containers.

An ongoing challenge in the Interlake when it comes to recycling is the contamination of recyclables, which means non-accepted items are being placed in recycling bins, said Moerkerk.

To address this issue, the CBCRA is working closely with municipalities through the development of programs, awareness, and educational signage.

For example, every dwelling bin that is distributed to homes in the community includes educational pieces such as postcards, and visual images



PHOTO SUPPLIED BY CBCRA

Jessica Lake Super depot: These are the "super depot" bins at Jessica Lake that are current and approx. two years in existence



PHOTO SUPPLIED BY INTERSTEEL

An example of the "super depot" bins that will be placed at Grindstone Transfer Station/project that is current and ongoing

of what is recyclable, and what is contamination and what isn't. People are also sent out into communities to audit recycling bins to see what types of items are most problematic.

These initiatives help keep the community clean, said Moerkerk.

Other stakeholders that help keep these initiatives running in conjunction with the CBCRA are Multi-Material Stewardship Manitoba (MMSM) to help with at-home recycling collection and sorting and collection services such as GFL.

"CBCRA takes pride in its hands-on and collaborative initiatives, such as those in the Interlake region, to help achieve the government-mandated target of recovering 75 per cent of beverage containers sold in Manitoba," said Moerkerk.

All in all, they work together with municipalities to make sure that they are tailoring supports and programs that meet the needs of various areas, as all areas have different needs that need to be met when it comes to recycling.

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Advance Poll October 22, 2022 Election Day October 26, 2022

Manitoba Renal Program's Nickie Cool saves golfer's life with CPR and AED

Submitted by Shared Health

After battling poor weather and the challenges posed by a broken driver on just the third hole, Nickie Cool was more than ready to call it a day and head back to the clubhouse at Teulon Golf & Country Club. Assured by her husband that the weather would soon improve, Nickie carried on, a decision that would prove vital in later efforts to save a fellow golfer's life.

As Cool and her husband approached the sixth hole, they saw a commotion with a group of golfers at the thirteenth.

"It was difficult to see from so far away, but once we turned off the music playing on our portable speaker we could hear someone yelling. I turned to my husband and said, 'Drive there now!'" said Cool, the nurse transition coordinator for the Manitoba Renal Program.

As their cart pulled up to the thirteenth hole, Cool could see a man laying down on the cart path. He had blue lips, and another man was blowing into his mouth. Cool recognized that her training and experience as a nurse were needed, and she quickly took charge.

"They weren't performing CPR, so I immediately checked for a pulse and then initiated CPR," said Cool. "I yelled at his friends to call 911, and told them to call the clubhouse to see if there was an automated external defibrillator (AED) available."

In Cool's day-to-day role with the Manitoba Renal Program, she coordinates patient movement, education, and capacity for kidney disease patients across the province. To keep

up her clinical skills and because she enjoys bedside nursing, Cool also maintains a casual nursing position at Seven Oaks General Hospital.

"I tried not to panic. In 20 years of nursing I had never had to give compressions to a patient, but fortunately I had just completed a Code Blue refresher training in May."

Cool's quick thinking paid off.

There was an AED on site at the Teulon Golf & Country Club, but it had never needed to be used before the incident on July 10. Cool and her husband followed the instructions of the 911 operator, performing CPR while a golf course employee picked up the AED from the club and drove it out to the group.

Anyone can safely use an AED without training, according to guidance posted by the Province of Manitoba, as long as the user can read the AED's text and follow its voice-prompt instructions.

On that July day, the club employee closely followed the AED's instructions, lifting the man's shirt, placing the leads on his chest, and waiting for the machine to deliver an electrical shock to his heart.

"The AED got him back into rhythm and somewhat stabilized until the ambulance arrived," said Cool. "It was the shock of the AED that definitely saved him as we were having a heck of a time keeping him with just compressions."

Cool's golf course "patient", is a 57-year-old Filipino man (who has asked to remain anonymous). He was participating in a casual golf tournament with his friends from the Filipino Golf Association. This was his third golf tournament of the year, and he expressed surprise that he was affect-



RECORD PHOTO SUBMITTED

Stonewall's Nickie Cool was in the right place at the right time to save the life of a 57-year-old man who was participating in a casual golf tournament at Teulon Golf & Country Club.

ed by cardiac arrest.

"My wife and I lead active lives," he said. "We've gone camping nine times this year so far, and we like to go biking, hiking, and swimming, so I am surprised this happened."

Once the ambulance arrived, the patient's journey to recovery began, with a stop at the Stonewall & District Health Centre before being transferred to St. Boniface Hospital. Once stabilized, he received a triple cardiac bypass surgery and had an implantable cardioverter defibrillator (ICD) inserted. He is recovering and is grateful to all those involved in his care.

"I told Nickie, 'You're one of my guardian angels.' I am very blessed that she was there, and I am grateful that the golf course had an AED. After this experience, I think any business where you do a lot of physical activity should have one," he said.

Shawn Coe, Director of Golf at the Teulon Golf & Country Club, agrees. He is grateful the club purchased their AED in 2016, and after this experience,

they have purchased a second unit.

"We had our AED in the clubhouse, and after this incident we saw that timing is everything, and felt it would be better if we had an AED on the beverage cart which drives around the golf course all day long," said Coe.

While Coe hopes they never have to use either AED again, he is comforted knowing they are available. Since the incident in July, many staff at the golf club have expressed an interest in learning CPR, so Coe is researching opportunities to have an annual CPR training day. If you or someone you know is interested in learning the life-saving skill of CPR, courses are offered by a variety of organizations including the Canadian Red Cross, St. John Ambulance, and the Lifesaving Society Manitoba. Information about AEDs and where to purchase them can be found on the St. John Ambulance website at www.sja.ca/en/shop/aed-and-supplies.

World Heart Day is September 29

According to the Heart and Stroke Foundation of Canada, "an estimated 35,000 cardiac arrests happen each year in Canada. This means, on average, one person living in Canada suffers a sudden cardiac arrest every 15 minutes. Cardiac arrest can strike anyone, anywhere, anytime, at any age, without warning. Currently, 80% of cardiac arrests occur outside of a hospital setting and nine in ten of these people do not survive. If you perform CPR and use an AED on a person experiencing cardiac arrest, you have doubled their chance for survival." Learn more at <https://www.heartandstroke.ca/how-you-can-help/learn-cpr/aeds>

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Beloved local musician, Richard Paluk, plays his last gig

By Raegan Hedley

After almost six decades of being a musician, Richard (Ric) Paluk played his last show with Canadian Express on the bandstand in front of Winnipeg Beach on July 2, 2022. Unfortunately, neither he nor his bandmates knew it would be his final performance.

"It was a typical gig, the only difference was that we were going to do some videotaping," says Patrick Dyck, his longtime bandmate and work colleague. "We looked at the tape. He was as happy and normal as could be...we'd see each other daily almost. There was never anything that I noticed."

Dyck showed up at Ric's house the following day, like he did every Sunday for practice, and there were three police cars there. That's when Dyck found out Ric had unexpectedly passed away at his home in Selkirk due to a heart attack. He was just shy of his 73rd birthday.

"We worked together for ten years but we never talked about work. We were always talking about music," says Dyck. "His voice was spectacular, he should've been picked up."

Ric's brother, Michael Paluk, says they grew up watching Broadway musicals.

"Our father was a playwright and a musician and he wrote music as well," says Paluk. "My mom was a piano player. Music was always part of our family growing up."

"I think once you're a musician, it's predetermined that you will remain that."

Michael says Ric met a friend in high school named Doug Charlesworth who taught him how to play guitar, and together they called themselves Ric and Doug. This was in the 1960s, the days of rock and roll, folk music and young people gathering in church basements. The pair played all over Winnipeg at coffee houses every Friday and Saturday night, establishing themselves as paid musicians.

"They had the most incredible harmonies...people who heard them thought they would get picked up and become famous."

A drummer and bass player joined them, and the four of them became Second Tyme, the first band Ric played in.

"They travelled on the road a lot. The band ended up splitting up. Ric didn't play for a few years until he decided to go on the road as a solo act," says Michael.

Ric spent seven years playing stages, lounges and bars all over Western Canada, touring in the late 1970s till the early 1980s.



"Everybody who heard him sing was always amazed he didn't go farther playing music. I think that was a surprise," says Michael. "It's a hard industry to make a living — that's why so many musicians have to work elsewhere to support what they want to do. It was the same with my dad."

Ric played in many bands, including Second Tyme, Disraeli Freeway, Echo Park and most recently, Canadian Express.

Canadian Express was created over many shared lunches when Ric and Dyck realized they both were between bands. Together they became a cover band that played the best hits of Canadian artists, with a focus on Gordon Lightfoot because of their shared love for his music.

"The variety represented his travel



Richard 'Ric' Paluk with his guitar at age 25. Not long after this photo was taken, Paluk left to tour Western Canada as a full-time musician. In 2011, he settled in Selkirk where he remained until he passed away.

across Canada," says Dyck. "Both of us had played our entire lives, we were two people who had a life of music and wanted to celebrate it by playing stuff we liked."

Echo Park was Ric's longest band tenure (2001-

Continued on page 14

CARLENE STRAND



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Teulon student says studying close to home has benefits

By Patricia Barrett

A student enrolled in Assiniboine Community College's practical nursing program in Arborg says there are many benefits to learning close to home.

Emily Caumartin, who lives in Teulon, said she appreciates the opportunity to train as a nurse in the Interlake and with other students from the region.

"It's a really nice opportunity to go to school with a bunch of other Interlake students," said Caumartin last week. "It kind of feels like we have a family relationship in the classroom."

The two-year practical nursing diploma program started in September at the revamped Arborg Training Centre, attracting students from across the Interlake.

Caumartin was working as a health care aide in Selkirk and said she was looking at a number of options to enroll in a nursing program. She saw that Ashern-based Fieldstone Ventures had teamed up with Assiniboine Community College to deliver a nursing program in Arborg this fall, and that meant she could scale back on some of the costs associated with studying in the city.

"I got really excited. Even though technically it's about the same distance from my house to the Winnipeg

campus as it is to the Arborg campus, by taking the course in Arborg I don't have to pay for parking in the city," she said.

Other benefits of taking the program in the Interlake include a more "homey" feel to the program, as well as not having to take her practicums, or hands-on training, in a health-care facility in the city.

"Arborg is a small community and we have local LPNs teaching the course. It has a homey and comfortable feel to it versus learning in a city setting," said Caumartin. "And when we take our practicums, we'll be placed within the Interlake-Eastern Regional Health Authority. If you took the course in Winnipeg, you'd be placed somewhere within the Winnipeg health region."

Practical nurses are a vital part of health-care teams, supporting registered nurses and physicians in the care of patients. Assiniboine's practical nursing program will teach students topics such as anatomy, physiology, patient safety, how to take vital signs, check blood pressure, insert catheters and IVs and ensure that patients are comfortable. When they graduate, they can work in hospitals, personal care homes or other health-care settings.

Caumartin said she wanted to up-

grade her health-care skills after having worked as a health care aide at the Selkirk Mental Health Centre.

"I wasn't sure if I would like the health-care field so that's why I took the health care aide course first versus going straight into nursing," she said. "Once I started working, I realized I have a passion for helping and caring for people and I wanted to further my health-care knowledge."

After each term in the nursing program, Caumartin said they'll be taking a practicum. The first one is scheduled for November, with the second and third scheduled for spring and summer. The students will get hands-on experience working with their preceptors, or supervising practitioner, in health-care facilities.

She said she's looking forward to the hands-on practicums.

"Assiniboine is providing us with fancy patient mannikins. You can hear breathing sound and heart sounds and other cool stuff. I'm really excited to use them because it really helps you understand better than just reading about it in a textbook. It will tell you if you're doing your procedure right and you can correct it on the spot," said Caumartin. "With CPR dummies, for example, a lot of them will tell you if you're pressing deep enough when you're doing reps."



EMILY CAUMARTIN

Once she graduates, Caumartin will have endless job opportunities as there is a nursing shortage across Interlake, the province and Canada. She won't be graduating until 2024, but she said she's thinking about taking a nursing job in or close to Teulon.

"I was thinking of either the Teulon hospital PCH or Selkirk General or I might go back to the Selkirk Mental Health Centre," she said. "It's still quite a way off!"

> RICHARD PALUK, FROM PG. 13

2011). Even once he left that band and started playing with Dyck to form Canadian Express, they still opened for Echo Park at their annual fundraiser in October at The Park Theatre for Riverview Health Centre.

Dyck says the point was never to play gigs, it was to do it for the love of it.

The importance of music in Ric's life was reflected in his celebration of life, which Michael says was, "more like a

concert than a funeral." As much as Ric loved music, he loved friends and family more. Michael says Ric was best man at seven different weddings in his lifetime.

"All of us are lucky if we have one or two people who would absolutely be

there for us. Ric was one of those people in my life, and as I've learned he was that person for a lot of people," says Michael.

"His most remarkable thing, other than his voice, was his decency," says Dyck.

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Ducks Unlimited Canada recognized for national historic significance

By Jennifer McFee

An environmental stewardship organization is making a splash for its efforts to conserve, restore and manage wetlands.

Ducks Unlimited Canada earned commemoration from the federal government for its national historic significance.

Crowds flocked to an event at Oak Hammock Marsh on Oct. 5 for a ceremony to unveil a commemorative plaque in honour of the occasion.

The federal government, through the Historic Sites and Monuments Board of Canada, recognizes people, places and events that foster connections to the country's history. Ducks Unlimited Canada is the only national conservation organization to be recognized with the prestigious designation.

More than 2,200 designations, mainly driven by public nominations, have occurred across Canada.

"We add to that number by recognizing Ducks Unlimited Canada, an association whose efforts over the past eight decades and more have resulted in enhanced conservation of waterfowl and in the preservation, beginning here in Manitoba, of large wetlands — an achievement of which Canadians are becoming increasingly appreciative," said Dr. Richard Alway, chair of Historic Sites and Monuments Board of Canada, who acted as master of ceremonies for the event.

Mervin Traverse, an Ojibwe Knowledge Keeper, opened the event with a prayer.

Then Michael Nadler of Parks Canada reflected on the history of Ducks Unlimited Canada, which was established in Manitoba in 1938.

"Back then, founding an organization based on a commitment to the conservation of nature on a continental scale was not just innovative, it was revolutionary," Nadler said.

"And in the decades that followed, the approach taken by Ducks Unlimited would influence the policies and actions of government and conservation organizations around the world as it became increasingly clear that the conservation of species and ecosystems require equal measures of local action and international collaboration."

Many of the multilateral commitments that guide today's conservation efforts found their origins in the mandate and achievements of Ducks Unlimited Canada, he added.

To date, the organization has played a leading role in the conservation and management of more than 2.5 million hectares of waterfowl habitat.

"These achievements are truly re-



Dr. Gordon Goldsborough



Michael Nadler of Parks Canada.



Jan Forster - deputy minister of Environment, Climate and Parks.



Mervin Traverse - Ojibwe Knowledge Keeper.

markable and they have contributed to the conservation and restoration of species and ecosystems," he said, "not just in Canada but for the entire North American continent."

Jan Forster, Manitoba's deputy minister of Environment, Climate and Parks, said the provincial government values Ducks Unlimited as an important conservation partner that works with land owners and local communities to protect and enhance wetlands.

"In many ways, Ducks Unlimited pioneered what we now call natural infrastructure, and it's appropriate that we're commemorating this vital legacy here in Oak Hammock Marsh today," she said at last Wednesday's event.

"Oak Hammock Marsh is a place of remarkable beauty. It's a living example of balance between conservation and human impacts."

Dr. Gordon Goldsborough, a wetlands ecologist at the University of Manitoba, told the crowd that each year he takes his wetlands ecology class to tour wetlands in western Manitoba. They stop near Gladstone to see a small monument commemorating the restoration of Big Grass Marsh, the first major project of Ducks Unlimited Canada.

"Located on the west side of Lake Manitoba, Big Grass Marsh was seen by early farmers in this region as worthless land that could only be made valuable through drainage. From the 1880s into the early 20th century, the area was gradually turned into farmland, but its central

core was always wet and relatively unproductive agriculturally," Goldsborough said.

"The economic and environmental turmoil of the 1930s made it clear that drainage of Big Grass Marsh would never be fully successful. As is sometimes the case, it turns out that stressful times led to positive social change."

In 1938 — with the active participation of the Province of Manitoba, the rural municipalities of Lakeview and Westborne, local landowners and lessees — a dam was constructed at the outflow from Big Grass Marsh, he explained.

"This dam enabled the marsh to hold water again and, over the course of years, its value as a place of wildlife abundance was restored," he said.

This restoration occurred a few months after Ducks Unlimited Canada held its inaugural business meeting.

"Three Winnipeg businessmen — lawyer Edward Pitblado and grain merchants James Richardson and Norman Paterson — were crucial to the establishment of Ducks Unlimited Canada. All had impeccable credentials as duck hunters who embraced the conservationist creed that to enjoy nature and its bounty, one must be prepared to restore, protect and create the habitat that wildlife need," Goldsborough said.

"The founding of Ducks Unlimited Canada in 1938 and the work it has undertaken over the past 84 years has been profoundly important in

cultivating a conservation mindset in many Canadians."

Today, Ducks Unlimited Canada is a multifaceted organization that undertakes fundamental research needed to inform public policy, especially in the face of an uncertain future.

"One of the most recent projects completed by Ducks Unlimited, scientists and their research collaborators, including myself, is successful multi-year restoration of Delta Marsh, the second largest coastal wetland in North America," Goldsborough said.

"It had become degraded over decades through the combined impacts of a destructive European fish, the common carp, altered hydrology and landscape runoff. Delta is back to being the vibrant staging marsh teeming with birds that old-timers told us it had once been."

The members and staff of Ducks Unlimited Canada understand that sound land management, based on good science, is needed to positively respond to the impacts of pollutants, climate change, invasive species and other environmental challenges, he added.

"We know now that Manitoba wetlands like Big Grass Marsh, Delta Marsh, Netley-Libau Marsh and, of course, Oak Hammock Marsh, as well as many, many others, are natural treasures. We need policies supported by the Canadian public to rehabilitate degraded wetlands, to sustain existing ones and to create new habitat for

Continued on page 16

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> DUCKS UNLIMITED,
FROM PG. 15

the benefit of wildlife and ultimately also their human friends," Goldsborough said.

"As a proud supporter of Ducks Unlimited Canada myself, I am pleased that the Historic Sites and Monuments Board of Canada agreed with my nomination of the founding of Ducks Unlimited Canada right here in Manitoba as an event of national historic significance."

Dr. Brian Gray, interim CEO of Ducks Unlimited Canada, wrapped up the event by noting that the work has evolved over the years, but it's still not finished — and none of it would be possible without the widespread support the organization receives.

"We're extremely thankful for our many supporters and volunteers across the country," he said, "who have so passionately and generously given their time and efforts."

To learn more about Ducks Unlimited Canada, visit www.ducks.ca.



Photo from the recognition event.

Congrats to IERHA Chair's Award winners

By Jennifer McFee

Congratulations are in order for several Interlake-Eastern Regional Health Authority employees who earned recognition for their outstanding contributions.

At the IERHA's Oct. 4 AGM, board chair Glen West announced the four winners of the Chair's Award for Customer Service, chosen from among 18 nominees.

Amy Henry, adult speech language therapist, was nominated by Leana Smith, clinical team manager for the home care program. Smith said Henry is dedicated to continuing education, with a special talent for mentor-

ing new staff and students at Selkirk Regional Health Centre.

"Amy has a smile on her face, a 'can do' attitude," Smith said, "and goes above and beyond for all patients, clients and families in the region."

Clinical resource nurse Erin Fontaine-Walsh was nominated by Ellen Reimann, Stonewall Hospital's clinical team manager. Reimann said Fontaine-Walsh welcomes new staff, mentoring them with kindness and understanding.

"She is patient, kind, attentive, knowledgeable and has critical thinking skills beyond compare," Reimann said. "She is outstanding at communi-

cating with our patients' families and advocates for our patients as if they were her own family."

Katelyn Lang, occupational therapist in Ashern, was nominated by rehabilitation aide Trina Lussier at Eriksdale Hospital.

"The time and effort that Katelyn spends on each client or patient in order to do this is extraordinary," Lussier said. "She goes above and beyond her duties to make sure the patient is going to succeed at home."

Judy Kehler, a health-care aide who works at Eriksdale Personal Care Home, was nominated by her co-worker Charlene Kaartinen.

"Judy takes her job seriously. I see that she treats residents like family, building relationships with them," said Kaartinen, who also works as a health-care aide at Eriksdale Personal Care Home.

"When it comes to Judy, I feel confident knowing that all tasks were completed correctly and accurately by the end of shift, as well as knowing that all of the residents' needs were met."

West offered his congratulations to all this year's winners and nominees.

"Your approach to your work and how you interact with others is an inspiration to us all," he said.

Excess moisture insurance coverage increasing for 2023 crop year

By Manitoba government

Manitoba producers will receive higher Excess Moisture Insurance (EMI) coverage levels as part of the AgriInsurance program for the 2023 crop year, federal Agriculture and Agri-Food Minister Marie-Claude Bibeau and Manitoba Agriculture Minister Derek Johnson announced last week.

"Extreme weather conditions continue to challenge and threaten the viability of many producers," said Bibeau. "With the increasing cost of inputs, these enhancements to the AgriInsurance program's Excess Moisture Insurance will allow for greater coverage in the event of financial losses."

Basic EMI coverage is a standard

feature of the AgriInsurance program that provides protection against the inability to seed due to wet conditions. Producers can choose increased coverage options at higher premiums. Since 2000, basic EMI coverage has been \$50 per acre, while higher coverage options increased in 2014 to \$75 and \$100 per acre. For 2023, basic coverage will increase to \$75 with higher coverage options increasing to \$100 and \$125.

These changes were made in consultation with producer groups that have expressed interest in higher coverage levels due to rising farming costs. The province's share of premiums for the 2023 EMI program is estimated to be \$8.6 million.

Manitoba Agricultural Services Corp. (MASC) reports there were 866,000 unseeded acres in Manitoba this year (approximately eight per cent of the total acres), resulting in estimated EMI indemnities of \$53.5 million.

"The excessive moisture during the growing season this year brought extremely challenging conditions for producers across our province," said Johnson. "The AgriInsurance program exists for them in these kinds of situations. The newly increased coverage provided through Manitoba Agricultural Services Corporation will bring further assistance and relief to those who need it most."

MASC will send EMI confirmation

letters to all existing AgriInsurance clients later this month to reflect the new coverage levels and premiums. Producers have until Nov. 30 to make changes to their EMI coverage for 2023 by contacting a MASC Service Centre.

Under the Canadian Agricultural Partnership, AgriInsurance premiums for most programs are shared 40 per cent by participating producers, 36 per cent by the Government of Canada and 24 per cent by the Manitoba government. Administrative expenses are paid 60 per cent by Canada and 40 per cent by the Manitoba government.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Winkler whips Selkirk twice last week

By Brian Bowman

The Selkirk Steelers are still looking for their first win of the season.

Selkirk remained winless after a 5-1 loss to the Winkler Flyers on Saturday evening at the Recreation Complex.

Matthew Gerke gave the Steelers a 1-0 lead at 18:53 of the first period.

But Winkler's Ben Svenson and Jesiah Bennett replied with second-period goals and then Trent Penner, Nicholas McKee, and Xyon Kiemeney tallied in the third.

Two of those Winkler goals came on the power play.

The Flyers outshot the Steelers 51-

22 as Selkirk netminder Josh Kirton made 46 saves.

Last Wednesday, the Steelers lost 6-2 to the Flyers in Winkler.

Winkler took a 3-0 lead just 5:59 into the game on goals from Jayce Le-gaarden, Dalton Andrew, and Zach Nicolas.

Selkirk's Lucas Brennan, on the power play, and Winkler's Brody Beauchemin then traded goals before the first period ended.

Beauchemin and Selkirk's Deshon Friesen scored in the second and then Penner closed out the scoring in the third.

Kirton made 34 saves in the game. The Steelers, now 0-6-1-1, will host the Dauphin Kings on Friday and

then the two teams will play in Dauphin on Saturday. Puck drop for both games is 7:30 p.m.



RECORD PHOTO BY RICK HIEBERT
Selkirk Steelers' forward Mathieu Catellier had a pair of assists in his club's 6-2 road loss to the Winkler Flyers last Wednesday.

Transcona tops Raiders

Staff

The Raiders Jr. Hockey Club was defeated 6-2 by the Transcona Railer Express in Manitoba Major Junior Hockey League action last Friday.

Nathan Burzynski had a goal and an assist for the Raiders while Kobe Campbell also tallied.

Transcona goals were scored by Mat-

tie Boonstra (two), Kaden Bruchanski, Michael Todoruk, Jason Kotchon, and Evan Chudley.

Raiders' goalie Colton Phillips made 26 saves.

The Raiders, now 1-2, will visit the Ft. Garry/Ft. Rouge Twins on Friday (7:30 p.m.) and then host the St. Vital Victorias on Sunday (2 p.m.).

Munoz tops in KPAC varsity boys' cross-country race

Staff

The Selkirk Royals' Joachim Munoz finished first overall in the KPAC varsity boys' cross-country race last Wednesday at Bird's Hill Park.

He crossed the finish line in an impressive time of 19:34.2.

Other Royals' runners in that race included Jakob Dainard (21st, 24:02.20),

Ryder Wilson (22nd, 24:39.4), Tanner Vaughan (29th, 25:25.2), Michael Wiebe (34th, 26:27.5), and Caimen Doyle (36th, 26:22.5).

In the junior varsity boys' race, Selkirk's Wesley Hiebert placed 14th with a time of 18:19.5. He was followed by teammate Rain Flett Bird, who finished 26th with a time of

20:36.1.

The varsity girls' race saw the Royals' Andrea Sandau place third with a time of 17:52.4. Other Royals in the race were Martina Ferioli (21st, 22:47.9), Stella Boehmer (23rd, 23:29.0), Nora Weigand (27th, 24:04.8), and Jessica Sigurdson (31st, 25:49.7).

In the junior varsity girls' race, Sel-

kirk's Lucia Sanchez Garcia was 27th after crossing the finish line in 16:34.6.

The MHSAA cross country provincials are Wednesday in Killarney. The Royals will be represented by 10 athletes.



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- VS Dauphin Kings Sat, Nov 5th 7:30 pm



NEXT AWAY GAMES

- VS Dauphin Kings Sat, Oct 15 7:30pm
- VS Winnipeg Freeze Wed, Oct 19 7:30pm

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Thunder roll past Park West Outlaws

By Brian Bowman

It wasn't pretty, but a win is a win. The Interlake Thunder outgunned the Park West Outlaws 71-42 in Rural Manitoba Football League action last Friday in Stonewall.

This game was a wild one. "It was crazy. Tackles were at a premium on both sides of the ball on Friday," said Thunder head coach Mitch Obach. "Both teams were rolling and it happened so fast that you're back on the field on offence again and you go score again. The drives weren't

long (but) lots of yards." Interlake's offence continues to be potent this season.

Quarterback Ben Cook completed seven of 10 passes for 247 yards and five touchdowns. Running back Lucas Kmet had eight carries for 230 yards and four TDs.

Those are some nice numbers. "I think we have the most well-rounded offence in the league in terms of what we've seen," Obach said.

The Thunder will hit the road this

Friday to battle the winless Virden Golden Bears. Kickoff is 4:30 p.m.

"Virden is always a very physical team," Obach said. "They're still looking for their first win this year but what I've heard is that they have really improved and lost some close ones that they wish they could have gotten early in the year. They continue to play decent football but they just have been on the losing end against some of the top teams so I think they'll be tough."

Interlake, now 3-2 in league play, is currently trailing Moosemin, Dauphin, and Swan Valley, each with 4-1 records, in the standings.

"We could finish anywhere from first to fifth," Obach said.

Interlake wraps up its regular season on Oct. 20 when it hosts the Swan Valley Tigers.

The Thunder will play the Golden Bears in Virden this Friday at 4:30 p.m.

Fishermen blast Ice Dawgs

By Brian Bowman

The Selkirk Fishermen remained perfect on Sunday after a dominating 6-0 home win over the Arborg Ice Dawgs.

Matt Wagner and Carter Courchene gave Selkirk a 2-0 first-period lead and then Matt Brooks

and Jordan Donald tallied in the second.

Donald and Raymond Hefferman closed out the scoring in the third.

Cale Jonski, Hefferman, and Donald each had three points in the game.

Fishermen netminder Owen Derewianchuk

made 19 saves in the victory. It was his second shutout in two games this season.

On Friday, the Fishermen defeated the St. Malo Warriors 5-3 in Selkirk.

Peyton Monias, Gage O'Neill, Julius Guimond, Izzy Aime, and Courchene scored for Selkirk.

Zack Parkinson had two assists in the game. St. Malo goals came from Damon Johnson, Radek Merasty, and Ashton Dubois.

Selkirk goaltender Brendon Hocaluk made 24 saves for the win.

The Fishermen will host the Beausejour Comets on Sunday (3 p.m.) at the Selkirk Recreation Complex.

Next Home Games

SUNDAY, OCTOBER 16th
vs Beausejour 3pm - Selkirk Rec Centre

FRIDAY, NOVEMBER 6th
vs Lundar 3pm - Selkirk Rec Centre

SUNDAY, NOVEMBER 13th
vs North Winnipeg 3pm - Selkirk Rec Centre

Next Away Games

Friday, Oct 21 - vs St. Malo 8pm in St.Malo

Friday, Oct 28 - Beausejour 8pm Sun-Gro Cntr



Meet the Fishermen



#7 Cale Jonski
Defence

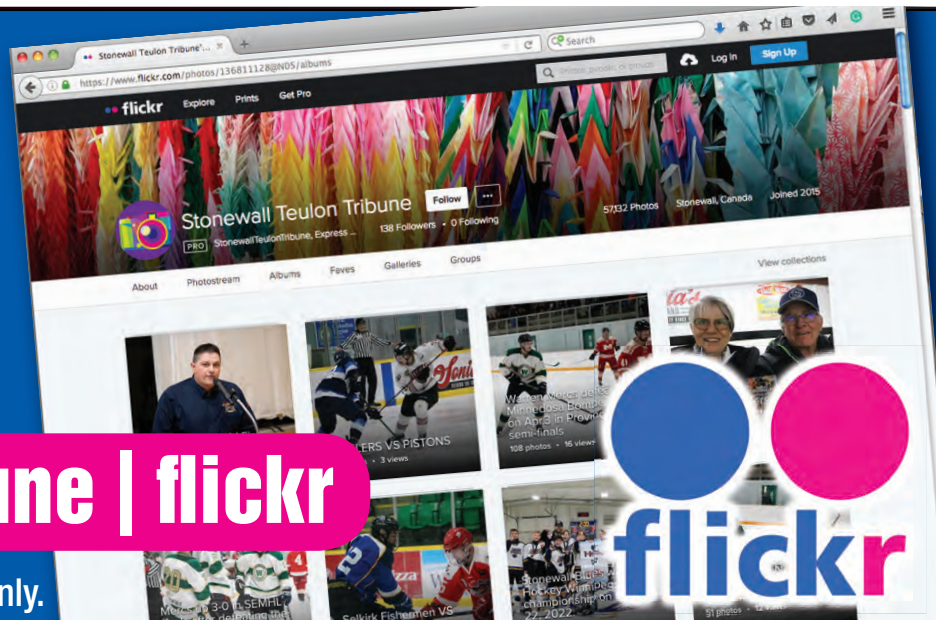
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The Selkirk Record

To see more photos of your favourite Interlake Athletes



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get inspired

> MEAL IDEAS

Spicy Alaska Sablefish in Lettuce Cups

Recipe courtesy of the Alaska Seafood Marketing Institute

- Prep time: 20 minutes
- Cook time: 10 minutes
- Servings: 4 (2 lettuce cups each)
- 1/4 cup yellow or white miso
- 1 tablespoon Korean chili paste
- 1 tablespoon honey
- 1 pound Alaska sablefish (black cod), cut into 2-ounce portions
- nonstick cooking spray
- 1 small avocado, pitted, peeled and chopped
- 1-1 1/4 cups cooked sushi rice or quinoa
- 1/2 cup chopped English cucumber

- 1/4 cup thinly sliced halved radish
- 1/2 cup pickled ginger, chopped
- 1/2 cup bottled Asian-style salad dressing with wasabi and ginger
- 8 medium-large butter lettuce leaves

1/2 cup cilantro leaves
Preheat oven to 450 F.
Blend miso, chili paste and honey; spread onto Alaska sablefish portions. Place portions on nonstick cooking spray-coated, foil-lined baking sheet. Roast 5-7 minutes, or until fish is opaque throughout and deep golden brown; cool slightly.

In mixing bowl, combine avocado, rice or quinoa, cucumber, radishes and ginger; pour in dressing. Toss to coat.

To serve, place about 1/3 cup vegetable-rice mixture in each lettuce leaf. Top with one sablefish portion. Sprinkle each lettuce cup with 1 tablespoon cilantro leaves.

Blackened Alaska Cod Tacos

Recipe courtesy of the Alaska Seafood Marketing Institute and Sari Diskin

- Prep time: 10 minutes
- Cook time: 10 minutes
- Servings: 2-3
- 2 cups slaw mix
- 2 tablespoons mayonnaise
- 1 teaspoon hot sauce, plus additional for serving
- 1 lime, divided
- salt, to taste
- pepper, to taste
- nonstick cooking spray
- 1/2 pound Alaska cod
- olive oil
- blackening seasoning, to taste, plus additional, divided
- sea salt, to taste
- 4 small flour tortillas
- 1 avocado, sliced
- Preheat oven to 400 F.

In bowl, mix slaw with mayonnaise, hot sauce, juice from 1/2 lime and salt and pepper, to taste; set aside.

Line baking dish with parchment paper and spray with nonstick cooking spray. Place Alaska cod on top and coat lightly with olive oil. Generously season with blackening seasoning and sea salt, to taste.

Bake 5 minutes, set oven to broil and broil 3-5 minutes. When fish is done (when it flakes easily with fork and is opaque throughout), remove from oven and break into small chunks with fork.

In flour tortillas, add avocado and slaw. Top with chunks of cod and drizzle with additional hot sauce, squeeze of lime juice from remaining 1/2 lime and additional blackening seasoning.

Photo courtesy of Sari Diskin (Blackened Alaska Cod Tacos)

Five scary (& surprising!) reasons you may have gained weight

By Fitness Expert Julie Germaine Coram

If you've gained weight over the last few years, it may ease your mind to know that a recent study showed that over a quarter of the nearly 8,000 adults questioned had too. The apparent culprits to blame for increased body fat are widely known, including a sedative lifestyle, over-eating, lack of sleep, and stress. However, there are many more causes that could be at play. By reading on (all the way to the end), you may find one that you can relate to, and hopefully, this knowledge is the key that unlocks the door to a future where maintaining a healthy weight is more manageable.

As we age, our metabolism naturally slows, beginning as early as 30 (I know, BOO!!). For women, the aging process is particularly cruel when it comes to body composition as we pass through menopause. Hormonal changes cue your system to store more fat in your abdominal area, and if you don't know how to combat it, gaining 15 pounds isn't unusual. Resistance training is a great way to increase your calories burned every day, and a good workout's metabolic effects last up to 3 hours!



Health and Wellness
Fitness expert
Julie Germaine Coram

Prescribed medical can also unexpectedly lead to weight gain. A number of beta-blockers, antidepressants, antihistamines, and antipsychotics fall into this category—direct questions to your medical professional before changing or stopping your meds.

Did you also find that your weight gain was coupled with breakouts, excessive hair growth, or changes to your menstrual cycle? It's possible that a hormonal disorder called polycystic ovary syndrome (PCOS) has triggered these symptoms. Ask your doctor about taking a hormone test.

Another commonly undiagnosed condition is hy-

pothyroidism or an under-active thyroid. This could be evident if you're experiencing hair loss, mood disorders, difficulty with bowel movements, or dry skin.

Fitness is not just about eating right and exercising. You've got to have the right mindset and support to start your journey to better health and – more importantly – stick to it. I got you! Easily lose 2" from your waistline doing 30 minute home workouts by joining my 30 Day VIP Fat Loss Challenge! Visit: www.calendly.com/juliegermaine or email info@juliegermaine.com to apply today.

Coach Julie Germaine Coram is a fit Manitoban mom, 2x International Pro Fitness Champion, Miss Fitness Manitoba, Certified Nutrition Coach & Renowned Fitness Expert. She has helped thousands of men and women improve their health since 2005.

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RURAL MUNICIPALITY OF ST. CLEMENTS BOARD OF REVISION

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

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

- 43(1)** An application for revision must
- be made in writing;
 - set out the roll number and legal description of the assessable property for which a revision is sought;
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by delivering it or causing it to be delivered to the office indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in this public notice:

Board of Revision
Rural Municipality of St. Clements
1043 Kittson Road
Box 2 Grp. 35 RR 1
East Selkirk, Manitoba R0E 0M0

The Board of Revision will sit on **Wednesday, November 9, 2022 at 1:30 PM** in the Council Chambers of the Rural Municipality of St. Clements to hear applications for revision.

The final date on which applications may be received by the Secretary of the Board is **Monday, October 24, 2022 at 4:30 p.m.**

Dated at East Selkirk, Manitoba this 6th day of October, 2022

Deepak Joshi
Chief Administrative Officer

1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: Selkirk 204-482-3300
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HELP WANTED

The Window Factory located in Selkirk requires an installers assist and shop labourer. Must be able to work in heights, on ladders, work outdoors in all forms of weather and to be safety conscious. Please bring in resume into the office located at 605 Mercy St, Selkirk.

Searle Greenhouses Ltd. is hiring for production line employees to build holiday arrangements. Position is full time hours (8-5 p.m. Monday-Friday) for approximately two-four weeks starting around October 24th. No experience required, training will be provided. Accepted applicants will be eligible for rehire next spring starting March-May 2023 (Full Time Hours). Rate is \$15 per hour. Please forward resumes to employment@searlegreenhouses.com

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes evenings and weekends. P/T office staff for sale days. Every Friday, 1st and 3rd Weds of each month and the odd Monday. Ph. Melissa at 204-299-7509 msobey@hotmail.com

SHOP LOCAL - SUPPORT LOCAL BUSINESS

WES'S TIRE SHOP

Automotive Service Technician

Wes's Tire Shop in Carman, MB is currently seeking an automotive service technician to fill a full time position in our fast paced tire and mechanical shop. We do repairs/ replacement on all types of tires and mechanical repairs and routine maintenance to all makes and models of vehicle including semi truck and trailer. Experience is preferred but willing to train an interested individual. Wage is dependent on experience Benefits package available after 3 months employment.

Forward resumes to arapwestire@gmail.com

Call Dennis at 204-745-2076 or drop in at 215 Main Street North, Carman, MB

WES'S TIRE SHOP

Tire Technician

Wes's Tire Shop in Carman, MB is currently seeking a tire technician/ service truck driver to fill a full time position in our fast paced tire and mechanical shop. We do repairs/ replacement on all types of tires and mechanical repairs to all makes and models of vehicle including semi truck and trailer. Experience is preferred but willing to train an interested individual. Wage is dependent on experience Benefits package available after 3 months employment. Forward resumes to arapwestire@gmail.com

Call Dennis at 204-745-2076 or drop in at 215 Main Street North, Carman, MB

Classifieds



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

HELP WANTED

Elites Gymnastics is hiring 2 people for our equipment crew. Location: Cooks Creek Community Centre. Monday, Tuesday and Thursday from 4-5:30 p.m. and 8:45-10 p.m. Must be able to work alone and with others. Heavy lifting involved. Please contact us at elitescoachesjour@gmail.com

J&L Truck Recycling is looking to hire a licensed heavy duty mechanic or mechanics helper full time, wages negotiable. Please call 204-338-1458 or email: jltruckrecycling@gmail.com

SHOP LOCAL - SUPPORT LOCAL BUSINESS

Trucks, Trailers, Truckbeds & Tires

- Full Repair & Safeties
- Vehicle Parts, Tires & Wheels
- Trailer Parts & Batteries
- Sales, Financing, Leasing & Rentals

EBY Aluminum:

- Gooseneck and Bumper Pull Cattle & Equipment Trailers
- Truck & Service Bodies
- Generation Grain Trailers

KALDECK TRUCK & TRAILER INC.
Hwy #1, MacGregor, MB
1-888-685-3127
www.kaldecktrailers.com

HELP WANTED

Galay Landscaping is looking for help with our snow clearing operations in Selkirk. We need people on shovels and snow blowers as well as experienced operators on skid steers, loaders and class 3 truck drivers. Must have a class 5 drivers license or ability to get to sites within Selkirk independently. Starting wages \$16-\$30 per hour depending upon experience and qualifications. Apply by emailing resume to info@galaylandscaping.com

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

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To run Canada - must have experience

- Paid pick, drops, layovers and stat pay
- Multi drop runs
- Benefit package
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- Sign on bonus
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Derek (204) 793-7465
CENTENNIAL TRANSPORT & LEASING LTD.

NOTICES

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

ADVERTISE IN THE RECORD

NOTICES

Advertise NOW in the 32 Weekly Manitoba Community Newspapers to get your messaging to be seen all over the province! Grand Opening? Hiring? Selling something? Have an online store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

SHOP LOCAL

Eddie's Gravel Supply Ltd. is looking to hire an

ADMINISTRATIVE ASSISTANT

Full Time (5 days/week)
Accounts Receivable and Payables
Full Time, Permanent, Year Round,
Competitive wages and benefits.
204-389-2023
info@eddiesgravel.com
102086 Hwy #9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 TRUCK DRIVERS WANTED!

Competitive Wages, Health Benefits, Lift 50lbs
Experience an asset
info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

Eddie's Gravel Supply Ltd. is Hiring

RED SEAL MECHANIC

Truck/Trailer/Equipment Repair
Competitive Wages, Benefits
Experience required
204-389-2023
info@eddiesgravel.com
102086 Hwy #9, Wpg Beach, MB

The Petersfield Curling Club is accepting quotations for the 2022-2023 Curling Season for the CLEANING POSITION

Submit quotations to the attention of:
Tom Charlo, President
P.O. Box 455
Petersfield, MB R0C 2L0
or by email to:
info@petersfieldcurlingclub.com
Inquiries and/or request for more information can also be emailed.

Starting a new business? Call us - We have everything you need to promote your business

Call 204-785-1618

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

CITY OF Selkirk

BOARD OF REVISION

Public notice is hereby given that the year 2023 assessment roll for the City of Selkirk is open for public inspection during regular business hours at the Municipal Office located at 200 Eaton Avenue, Selkirk, Manitoba. Applications for revision may be made in accordance with Section 42 and 43 of The Municipal Assessment Act:

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

43(1) An application for revision must

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

The Board shall not consider an application that is not in compliance with Section 43(1). The Board of Revision will sit on **Thursday, November 3rd, 2022**, at 6:00 p.m. at the Selkirk Recreation Complex Banquet Hall located at 180 Easton Drive, Selkirk, Manitoba to hear applications for revisions to the 2023 assessments and 2022 supplementary tax assessments.

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

Applications must be received by the City of Selkirk Tax Clerk, serving as Secretary of the Board, before 4:00 p.m. on Tuesday, October 18th, 2022, at 200 Eaton Avenue Selkirk, MB R1A 0W6. Dated this 27th day of September 2022.

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

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 - Letterhead
 - Posters
- Call 204-785-1618**

RURAL MUNICIPALITY OF ST. ANDREWS PUBLIC NOTICE BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN that the Assessment Roll of the R. M. of St. Andrews for the year 2023 has been delivered to the Municipal Office at 500 Railway Ave, in Clandeboye, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Section 42 and 43 of the Assessment Act.

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- (a) be made in writing;
 - (b) set out the roll number and legal description of the assessable property for which a revision is sought;
 - (c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - (d) be filed by delivering it or causing it to be delivered to the office indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board on October 31st, 2022.

**Board of Revision
Rural Municipality of St. Andrews
Box 130
Clandeboye, Manitoba
R0C 0P0**

The Board shall not consider an application that is not in compliance with Section 43(1).

The Board of Revision will sit on Wednesday, November 16th, 2022 at 10:00 a.m. in the Council Chambers of the R. M. of St. Andrews, 500 Railway Ave, at Clandeboye, Manitoba to hear applications.

Applications received after 4:30 p.m. October 31st, 2022 will not be considered.

Dated this 4th day of October, 2022 A.D.

Pamela Harding, CMMA
Secretary, Board of Revision
R. M. of St. Andrews
500 Railway Ave,
P.O. Box 130
Clandeboye, Manitoba
R0C 0P0

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

WANTED

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

WANTED

WANTED/BUYING 1950's-70's Scandinavian, Danish, Canadian Mid-Century Modern furniture (Teak, Walnut, Rosewood), lighting, ceramics, textiles, stereo or design. Contact Daniel at TEXT/PHONE: 204-918-1607.

UPCOMING EVENTS

Brookside Cemetery (Walkleyburg, MB). Annual General Meeting on November 2, 2022 at 6:00 p.m. Meet at the cemetery.

LEGAL NOTICE

Legal Notice to NICOLE TETU of "Residential Tenancies Commission" hearing on October 27, 2022 at 9:30 a.m. for tenancy at 418 Vaughan Ave., Selkirk, Manitoba. Contact the "Residential Tenancy Commission" at 1650-155 Carlton Street, Winnipeg, Manitoba R3C 3H8. Telephone 204-945-2028, Toll free 1-800-782-8403.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

HAY FOR SALE

Large round hard-core bales of alfalfa & brome grass. Call 204-461-0722.

Alfalfa timothy and brome small square bales, second cut. Ph 204-482-9291 aft. 6 p.m.

McSherry Auctions

12 Patterson Dr., Stonewall, MB

Online Timed Auctions @ iCollector.com

Estate & Moving

Closes Wed Oct. 19 @ 7:00PM

Estate & Moving

Closes Wed Oct. 26 @ 7:00PM

Consignments Welcome!

(204) 467-1858 or (204) 886-7027

www.mcsherryauction.com

ADVERTISE YOUR ITEMS FOR SALE IN THE RECORD



Employment Opportunity

Public Works Heavy Equipment Operator (Full-Time Permanent)

For complete advertisement and position profile please visit www.rmalexander.com

Written applications will be accepted until filled.

EMPLOYMENT OPPORTUNITY

Class 2 (with air) drivers required.

Applicants must be willing to do evening and weekends. Applicants must supply their Drivers Abstract, and must be willing to have a Criminal Record Check. Resumes and cover letters can be emailed to transit@mysta.ca or dropped off to 460 Main Street.

Application Deadline Oct 20, 2022.



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- GET SEEN by over 360,000 Manitoba Homes!
- Create instant top of mind awareness
- Showcase your info, business, product, job, announcements or event
- We format it, to make it look great!
- Starting at \$239.00 (includes 35 lines of space)
- The ads blanket the province and run in MCNA's 32 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

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SAY NO TO A RETIREMENT HOME



A Medical Alert Device can help keep you safe in the event of:

- Falls
- Intruders
- Fires
- Carbon Monoxide Leaks
- and any other emergency!



EMERGENCY PROTECTION 24/7

Call now for FREE information 1-888-333-7660 Local Toll Free

OPERATORS WANTED

Skidsteer & Loader Operators wanted along with Owner/Operators with skidsteers for commercial snow clearing in Selkirk. Part-time and casual employment also available.

Send resumes or contact information to: mikespropertygroup@gmail.com



FULL TIME EMPLOYMENT OPPORTUNITIES

Survivor's Hope Crisis Centre Inc. (SHCC) is a sexual violence resource centre, serving those of all genders in the Interlake-Eastern Region. SHCC staff is comprised of a fantastic team of diverse individuals, who are passionate about what we do and enjoy our flexible scheduling and remote work opportunities. SHCC is currently seeking applicants for two full-time positions:

- **Reaching Out Program Coordinator** – develop and deliver campaigns and projects to further our reach, including networking with community partners, attending events, social media management, designing and distributing resource materials
- **Sexual Assault Recovery & Healing (SARAH) Program Counsellor** – work alongside survivors of sexual violence by providing one-on-one counselling, support groups & workshops, advocacy, and resources

Closing date October 23, 2022

Resumes & cover letters to executivedirector@survivors-hope.ca

More information: <https://survivors-hope.ca/careers/>

Classifieds

Book Your Classified Ad Today - Call 785-1618



RICH MOYER
ROYAL LEPAGE
 PRIME REAL ESTATE
 INDEPENDENTLY OWNED AND OPERATED
 1877 Henderson Highway
 Winnipeg, MB R2G 1P4
 Cell: 204-791-7772
 Email: rich@richmoyer.ca
 www.richmoyer.ca



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Everything you need to promote your business



Call Today! 785-1618

315 acres currently pasture with remodeled house, good barn and water, 3 miles south of Ashern on Hwy 6 and 2 miles west on road 144 North.

Owners: Edwardsen Brothers
 - Sam - 204-771-3399 or
 Reuben - 204-771-1343.
 Selling at timed, online auction.

Register to bid at www.billklassen.com/nextlot/public

Bill Klassen Auctions Ltd.
 Ph: (204) 325-4433
 Cell: (204) 325-6230
 Fax: (204) 325-4484

OFFICE SPACE FOR LEASE
 CLANDEBOYE AVE
 in Selkirk
 Executive Mall

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.

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

Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
 Email: news@stonewallteulontribune.ca

Deadline to apply is Friday, October 28, 2022.

The Carman-Dufferin
STANDARD

Evan Kreutzer.ca
 Real Estate Services Inc.
 325 Manitoba Ave. Selkirk 204-482-7355
4U2-SELL
 445 Manitoba Ave **SOLD!** \$299,900
 207 Rosser Ave **SOLD!** \$179,900
PRICE REDUCED!
 Hwy #9, Nettley
 73 acres, treed, 1400 sq ft, 4 bdrm, sunrm, above ground pool, 3 decks, insul workshop **\$539,900**
BIRD RIVER LANDING
 138 acres, 2,600 ft WATERFRONT **\$300,000**




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Interlake REAL ESTATE
 www.interlake.mb.ca

ARBORG 204-376-3400 GIMLI 204-642-8501 SELKIRK 204-482-5806
Need to Buy? Need to Sell?
 In turbulent times, it's smooth sailing with Interlake Real Estate

DAYNA CLARK 204-461-1347
 Eriksdale, 1456 sf, 3 br, 2 full bath on a huge lot in town. F/A heat, DT/1 gar & deck \$140's
 16 acre hobby farm, E. Selkirk. Remod 988 sf, 2 brs, gas heat. Fenced, outbuildings. \$284,900
 Petersfield \$199,900, across from the creek! 1996 MH w/ addition, 3 brs, 2 baths, DT/2 gar

1962 **60 YEARS** **2022**
JASMIN THEOBALD 204-642-8501
 PRICE REDUCED Wildlife pure! FH on 80acres, bush & pasture. 15 min to Gimli. 2 BR, 1450sqft, GAR&WS. LP\$299k
 Beautifully full renovated 2 BR Cabana at Camp Neustadt trailer park. LP\$60k
 STUNNING LAKEFRONT! Little Deer - 2300SF, absolutely unique style. A must see! LP\$299k

10100 Yablonski Rd. 35 acres w/solid home barn, outbuildings \$299,000
 Dave Humniski 204-642-8501

INGRID BENNETT 204-642-2089
 6.5 acres to build your dream home on with mature trees located close to lake. \$74,900
 Sandy Hook building lot, 50 x 126 paved road, back lane. Near lake & golf course. \$30,000
 Lakefront condo at Gimli Shores, Freshly painted, private deck. 2 bdrm, main floor. \$319,900

St Andrews on the Red 2400sf estate home, 1.6 ac, ingrd pool, backs onto Larters G C, one of kind! \$819k!
 Mike Juba 204-588-7967

ELLEN WYKA 204-376-3400
 Family home on private acreage, within minutes to the Town of Arborg, paved highway
 Arborg: Gorgeous curb appeal. Newer siding, windows, doors. Double det. gar. plus much more.
 Spend Christmas in your gorgeous year round lake front. This one is a must see. Call for more details

237 1st. Wpg. Beach Yr. round/home cottage close to the lake! \$189,900
 Laurence Humniski 204-642-8501

Teulon-Fantastic 5 acre lot within town limits. Close to all amenities. \$59,900
 Samantha King 204-229-7560

Gorgeous 4 bed 3 bath home in Gimli. Large lot. Full basement, 2nd garage \$559,900
 John Wishnowski 204-479-1208

Shorepointe Condo 3 Bd, 1.5 bath townhouse. \$80,000 in Renos. Sunrm. Great area, Nice Amenities.
 Chris Neufeld 204-641-1727

ARNES: 40 acres of your own! Fantastic cozy home w/all amenities, enjoy country life. Don't miss out. \$439,900
 Pam Isfeld 204-641-5408

PRICE DROPPED! 2 Bdrm starter/revenue home in Wpg's Elmwood. 374 Larsen \$229,900
 Grant Hjordleifson 204-641-6400

LUDA KOZLOVA 204-997-7756

KATHY MARKS 204-642-8501

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

Don't forget to send your special wishes to your friends and family.



Call 785-1618 Today!

TIRE TECHNICIAN REQUIRED IMMEDIATELY

COMPETITIVE WAGES & BENEFITS

Selkirk Tire and Auto is looking for an experienced **TIRE Technician**



Drop resume in person to 38 Main Street or email Selktire@mts.net

ANNOUNCEMENT

CARD OF THANKS

We, the Dufferin Gang Memorial Committee, would like to give our heartfelt thank you to everyone who attended and took part in the Memorial Dedication to the Dufferin Gang on Sunday, September 18, 2022. The attendance was far more than we anticipated, which made the event that much more memorable.

We would like to also acknowledge the following for their support with this project: The Royal Canadian Legion Branch #42 Selkirk; The Provincial Government - Culture and Heritage; and Manitoba Sport.

Also, a big thank you to the office of Alan Lagimodiere; The City of Selkirk; and the Manitoba Métis Federation - Métis Veterans Legacy Program for the support they gave to ensure the completion of this monument.

There is one final step for this project to be complete. The mural which is located on the corner of Dufferin Ave. and Main St. will be re-done onto removable panels, similar to those we see located around the City of Selkirk, which will be installed in the spring of 2023. There will also be a new street sign, memorial signs, and boards, installed by the City of Selkirk, in the spring of 2023. The 'Boys on the Block' will forever be honoured and remembered.

Truly we thank everyone who had a hand in making this project become reality.

-Respectfully submitted by

the Dufferin Gang Memorial Committee:

Mae Gulewich, Glen Laye,

Brooke Kell and Gay Karandiuk

ANNOUNCEMENT

BIRTHDAY



Ralph Riter
Happy 75th Birthday
on October 13th
Forever our Friend
Enjoy your day!

-Love always,
Ron & Olive Inman

ANNOUNCEMENT

CARD OF THANKS

C2C - Petersen

On behalf of the members, students, children, staff, and volunteers of C2C we would like to thank all who supported our recent Bud, Spud & Steak Fundraiser, on September 14th at the Selkirk Legion, benefitting our important mission project in Uganda. Thanks to everyone who purchased supper or support tickets for the cause. Special appreciation to those who donated their time, talent, baking, and prizes, as well to Luciano for his music, to the Selkirk Legion for the venue along with a great meal and all of their assistance during the event. It was a sell-out success because of you and the Lord Almighty, who truly Blessed the event. Funds raised will cause greater impact in the lives of impoverished youth, children, and families in Masaka, Uganda, East Africa.

-Sincerely,

Kurt, Harry, Maureen Petersen
and the C2C Team www.change2change.ca

ANNOUNCEMENT

IN MEMORIAM



Susan Halipchuk
(nee Lowrie)

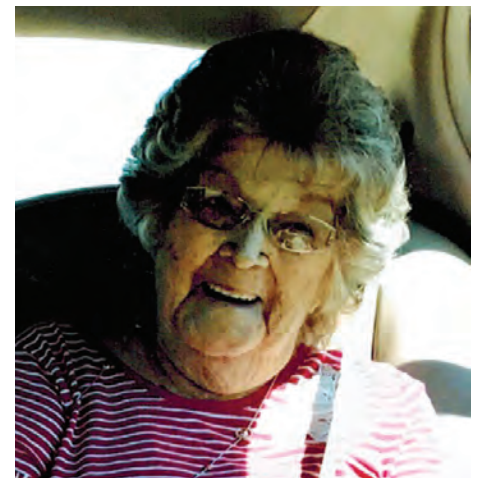
January 22, 1964 - October 16, 2019

Words alone cannot begin to express,
Just how much you are loved and missed.
Your presence we miss,
Your memory we treasure;
Loving you always,
Forgetting you never.

-Forever in our thoughts,
Love Mom, Dad, Stephen,
Denise and Stephanie

ANNOUNCEMENT

IN MEMORIAM



Helen Calder
October 13, 2018

Remember me with smiles and laughter,
For that's how I will remember you.
If you have to remember me with only tears,
Please do not remember me at all.

-Love from your whole family
and fur babies

ANNOUNCEMENT

BIRTHDAY



This kid is 70!!
Bill Laing
October 18th

Happy 70th Birthday Bill!!
(a.k.a. Dad, Yaya, Bicycle Bill)

-Love and birthday wishes from your family and friends

*Don't Forget Your
Loved Ones*
**WITH AN
ANNOUNCEMENT
IN THE**

The
**Selkirk
Record**

Call 785-1618 or
email lucy@selkirkrecord.ca

ANNOUNCEMENT

IN MEMORIAM



John W. Oliver
1936 - 2019

Three long years have passed
Since we last said goodbye.
Those we love don't go away,
They walk beside us every day;
Unseen, unheard but always near,
Still loved, still missed and very dear.

-Forever loved and remembered by
your wife Wendy and family

Express Your Thanks
WITH A MESSAGE IN THE RECORD

Classifieds Announcements

The
Selkirk Record

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

Announcements *Selkirk Record*

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

CELEBRATION OF LIFE



Richard (Dick) Grantham
May 30, 1940 - September 29, 2022

It is with great sadness that we announce the passing of Dick Grantham on Thursday, September 29, 2022.

Family and friends are invited to a Celebration of Life on Sunday, October 16, 2022 at 1:00 p.m. at Cropo Funeral Chapel, 1442 Main St, Winnipeg.

This obituary can also be viewed at www.cropo.com



OBITUARY



Myrna Gail Unik (nee Kazuk)
January 15, 1941 – October 4, 2022

Peacefully, after a brief illness at age 81 years, Myrna slipped quietly into the arms of Jesus.

Left to mourn her passing are sons Robert (Maureen), Ron (Cheryl), and grandchildren Caitlin, Jeremy, and Jadin; sister Bev Grobb (Rick), and brother John Kazuk (Lorna), and sister-in-law Bridget Kazuk. As well as numerous nieces, nephews, extended family, and friends.

Predeceased by parents John and Ivy Kazuk, husband Danny, brother Jim Kazuk, brother-in-law Jack Grobb, and special friend Al Zembik.

Mom's greatest pleasures were spending time with family and friends, cooking her famous cabbage rolls, and of course her love for gardening which she called "playing in the mud".

While we are saddened at her passing, there is joy in knowing that it is not goodbye and that we will meet again.

Memorial service to celebrate her life, was held Saturday, October 8th, 2022, at 1:00 p.m. at Selkirk Community Church.

In lieu of flowers, Mom has gratefully requested donations be made to a charity of your choice.

Special thanks to the doctors, nurses, and staff at Selkirk Regional Health Centre.

Rest in peace mom, we all love and miss you.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Elizabeth Emma Taylor (Schmid)

It is with great sadness and love that we announce the passing of our beloved mother, grandmother, gee gee and great-grandmother who left us peacefully on Monday, October 10, 2022.

On August 16, 1933 she was born at St. Boniface Hospital, and was raised on the family farm in Petersfield, Manitoba. In 1954 she married Dad and raised their three children. She lived in Petersfield throughout her entire life.

Elizabeth was predeceased by her husband Harold; daughter-in-law Megan; brothers, John Jr. and Gerry Schmid; sisters-in-law Rae, Eileen and Irene Schmid; brothers-in-law Tim, Bill (Rita), Roy (Frances) Taylor; sisters-in-law Doris (Dave) Veitch and Thelma (Pete) Wawryk.

Left to cherish Mom's memory, children, Dale (Marcia), Perry (Valerie), Donna Lynn (Barry Nutbean); grandchildren, Brent (Jamie), Keith (Sam), Tanya (Blair) McDonald, Chad (Sam), Tamlyn, Jade, Jediah, Rebecca; and great-grandchildren Kady, Lily and Henry. Also survived by brothers Willie and Ben (Irene) Schmid; sisters-in-law Carol Schmid and Irene Taylor; as well as numerous nieces, nephews and friends.

The family would like to thank Dr. Demsas, Dr. Sutherland and all the fantastic cancer care doctors and staff who looked after her through her cancer journey.

As per Mom's request, cremation has taken place.

In lieu of flowers a donation in Elizabeth's memory may be made to CancerCare Manitoba or the St. George's Anglican Church Cemetery Fund.

See Gilbart Funeral Home website for service information.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



George Franklin Lansing

George Franklin Lansing, 85 years old, passed away on October 3, 2022 at Sunnywood Manor Personal Care Home in Pine Falls, Manitoba.

He married Roberta Anne Elliott on November 22, 1958 in Virden. George and Anne moved to Selkirk and he worked at the Manitoba Rolling Mills (now Gerda) for 32 years when he retired in August of 1992. While working at the Mill, he also drove truck part time for Veitch Truck Lines hauling dynamite up north. Upon his retirement they moved back to the Virden area and as he was never one for lying about, he got a job with the City of Virden doing cemetery maintenance and then as maintenance engineer at Evergreen Place Apartments before he finally stopped working.

George was honest, hard-working and had a great sense of humour. There was always lots of love and laughter around him.

He was a loving husband and a great father and grandfather. You could always count on him to be there for you. He loved his dogs and considered them part of the family.

He leaves to mourn his loss his wife Anne of Selkirk; daughter, Deborah (Keith) of East Selkirk and son, Kevin of Selkirk; granddaughter Jodi (Clint) of Nestor Falls, Ontario and grandson, Tyler of Winnipeg; as well as his sister-in-law, Shirley Lansing and her family, and brothers-in-law Melvin, Ralph, Ronnie and Roy and their families.

The funeral service will be held in G.R. Carscadden's Funeral Chapel, Virden, Manitoba on October 13, 2022 at 1:30. Interment will follow in the Virden Cemetery.

In lieu of flowers, donations can be made to the Alzheimer Society of Manitoba.

G. R. Carscadden Funeral Chapel
is in charge of arrangements

OBITUARY

Kenneth Allen Richard Hunt
(1948 – 2022)

Kenny made it to his 74th birthday on September 19th and passed away from cancer on Sunday, September 25th at his home in Red Deer, AB.

He was preceded by his parents Dick and Betty and brothers George and Donald.

He is survived by his four children Julie (Tyler), James, Jolene (Ian) and Richard; nine grandchildren; siblings, Colleen (Dan), Danny (Sharon), Janice and Marilyn; numerous nephews and nieces and special close friends Johnny Robyn and Cheryl.

He grew up in Selkirk and Clandeboye, and then ventured out to Alberta. On Danny's Facebook (Daniel Hunt) you can read all about Kenny's Life of Adventures and Learning.

He always had his guitar! He was multi-talented and had a great sense of humor and many many friends.

Kenny's friends had a musical Celebration of Life from 1 p.m. – 5 p.m. Elks Hall, 6315 Horn St, Red Deer on Sunday, October 2nd 2022.

For tributes please go to <http://www.sylanlakefuneral.ca>

His family will be having a Private Burial at St George's Wakefield Petersfield MB at a later date.

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NEW: 5	NEW: 1	NEW: 10
PENDING: 0	PENDING: 1	PENDING: 3
SOLD: 1	SOLD: 0	SOLD: 2
AVG SALE: \$310,000	AVG SALE: -	AVG SALE: \$609,950
MAX SALE: \$310,000	MAX SALE: -	MAX SALE: \$799,900

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