



# The Selkirk Record

THURSDAY, OCTOBER 28, 2021  
VOLUME 12 EDITION 43

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RECORD PHOTO BY LIGIA BRAIDOTTI

Selkirk Marine Museum's Halloween event went off swimmingly with many families coming in costume to see what the ships had to offer. See more photos on page 10.

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# A radical work day

Chester Wilson had no idea he would have a work day filled with adrenaline on Oct. 19 and 20

By Ligia Braidotti

Chester Wilson has dealt with a lot of small thefts throughout his career as a distributor for Old Dutch Foods, but nothing like what he experienced last week.

Manitobans received an alert on their phones on Oct. 20 that the RCMP was advising an armed and dangerous suspect believed to be a threat to the public could be in Selkirk, the Interlake, or Winnipeg area. Wesley Wadien had been seen driving a white Dodge Ram and the RCMP were searching for him. Little did Wilson know that he would be an eye-witness to it all.

The chase between Wadien and the RCMP started on Oct. 19 with an afternoon report of a man pointing a shotgun in Selkirk. All schools went into lockdown.

On the evening of Oct. 19, Wilson was doing his business at Bargains Galore and had parked his truck off of Main Street when an RCMP officer approached him and told him to go to the back of his truck and stay there until they said so.

"There were no RCMP cars when I went in. But when I came out, there were two RCMP cars parked parallel to each other on Main Street, but there was nobody in them. I opened my back doors and I started putting my order together for the store and a police officer came up to the back of the truck and he asked me to stay in the back of the truck until he came back," Wilson told the *Record*. "As he was telling me that, two other RCMP officers were running to their vehicles with their shotguns out. They got into

their vehicles, turned on their lights, their sirens, and took off."

Wilson had no idea what was going on then.

"I still didn't realize what was going on until I got home on the Wednesday and I went downstairs for supper. My wife was watching TV upstairs and it came on the TV, you know, on the screen, the warning," he continued.

On Oct. 20, he got up to a normal day. But then again, it would be anything but normal.

"I was going out to Clandeboye and the black SUV RCMP officer was blocking Cloverdale, just on the way to Clandeboye. Then there was a helicopter above them. So that afternoon, I was going through East Selkirk and it was about quarter after three and there were all these cars coming towards me and pulling over. I couldn't figure out why. I'm driving a big truck and I can't see directly behind me. I just got my side mirrors. So I'm slowing down to turn and just wondering why all these cars are pulling over," Wilson said.

"And then I glanced in my driver's side mirror and I said, 'holy shoot. This truck was coming right at me.' He was probably doing 140 [kilometres/hour]. I thought he was going to take my mirror off."

The truck in question was Wadien's white Dodge Ram. Shortly after, the RCMP caught him.

"He went through like really, really fast because he had all the way to get that speed up and, you know, you can hear the motor just revving and then that black SUV was right behind him. The RCMP and he came through right



RECORD PHOTO BY BRETT MITCHELL

The RCMP ordered Chester Wilson, a distributor for Old Dutch Foods, to stay in the back of his truck while they searched for Wesley Wadien on Oct. 19.

after me. It happened really quick, for other offences. but it scared me because I wasn't expecting it."

Wadien was arrested on Oct. 20 at 8 p.m. The RCMP said he was wanted for allegedly uttering threats and pointing a gun and that he had several arrest warrants out

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# Life, Love, Lures Lockport Photo Contest winner announced

By Katelyn Boulanger

A winner has been declared in Lockport Community Development Group and 4L Communication's Life, Love, Lures Lockport Photo Contest and Shannon Sinclair has taken home the grand prize of a Samsung Galaxy S21 Ultra 5G phone.

The contest that ran this summer asked residents to submit photos of themselves living their lives, using their lures or loving Lockport for a chance to win.

This initiative was put together after bridge construction was started in Lockport during the first year of the COVID-19 pandemic and local businesses realized that they were going to be hit with a double-whammy of

circumstances that might discourage less adventurous travellers from coming to the area.

"[We thought let's] let people know that the businesses in Lockport are here and we're still here during the construction phase and we encourage people to come down and show us the great reasons why they love Lockport," said Tracy Mainland Kramble, LCDG Board Member and local real estate agent.

The contest encouraged locals and visitors alike to take snapshots of what they were doing in and around Lockport and post them to social media to get the word out to all of Manitoba about the unique and beautiful community that is Lockport, Manitoba.



RECORD PHOTO BY BRETT MITCHELL

Tracy Mainland Kramble, Kaylee Klapat and Mike Faires from the Lockport Development Group, Lyle and Lars Koop owners of 4L Communications (our local Telus store) and winner of the Samsung Galaxy S21 Shannon Sinclair of Winnipeg.

"It was super great, very positive. We had a few hundred entries, which was amazing," said Mainland Kramble.

The Lockport Community Development Group hope to run another contest like this in the future and appreciates the support they received from the local businesses that sponsored the event and 4L Communication, which is a family-owned local Telus dealership, helped to host the contest and provided the grand prize.

Lars Koop, owner of 4L Communications said that when they realized there was an opportunity to be involved with the community this year he wanted to help promote what he feels is "a beautiful area and landmark that's so underutilized".

"We thought, you know, we've got a great lineup of devices that we can kind of showcase and have it as a grand prize, and to kind of help bring awareness to that, that location," said Koop.

He was also wanting to help out the local businesses in the area as he feels that businesses supporting other local businesses benefits them all.

"To be able to draw awareness to shop local, and support local, I think is

huge, because a lot of customers don't realize the impact of where their dollars go, and they actually get invested back in those communities," Koop said.

Even with the contest over Mainland Kramble suggests people check out Lockport and the area because of how amazing and significant the region is.

"I think there are so many different things to see and do out there. I, personally, love the history of the area. We're one of the first places that settlers settled and there're lots of artifacts that have been found in the area. There are lots of different things along the riverbank. There are really neat points of interest all over in St. Andrews and St. Clements that really anyone that learning about history should come out and see — these original buildings, these original artifacts, the original destinations. The dam itself is truly remarkable [as well]," she said.

Koop also recommends that residents take the time to enjoy the fishery where he heads out at least a few times a year for catfish.



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# Southern Health region continues to lead the way in new cases

By Ashleigh Viveiros

Public health officials reported 464 new cases of COVID-19 on Monday.

That count included 130 cases on Friday, 107 Saturday, 149 Sunday, and 78 new cases on Monday.

The Southern Health-Santé Sud health region led the way in new cases at 180, followed by 129 in Winnipeg, 81 in the North, 57 in Prairie Mountain, and 17 in the Interlake-Eastern health region.

The vast majority of new cases are among people who are not fully vaccinated, the province reports. Fifty-nine of Monday's 78 cases were not fully vaccinated (two weeks beyond their second dose of the vaccine).

At press time, Manitoba had a total of 1,071 active cases of the virus and 83 people in hospital with COVID-19, including 20 in intensive care.

The death toll has reached 1,237 with two new deaths reported over the weekend, including a man in his 70s from Southern Health and a man in his 80s from Interlake-Eastern.

Manitoba's five-day COVID-19 test positivity rate on Monday was 3.9 per cent provincially and 1.7 per cent in Winnipeg.

Interlake-Eastern as a whole has 75 active cases of COVID-19 and four people in hospital with the virus, one receiving critical care.

In the Interlake Eastern region, Selkirk has two active cases, Springfield and Winnipeg Beach/St. Andrews each have one.

## Public health orders extended

The current public health orders have been extended for an additional three weeks, now in effect until Nov. 16.

"Manitoba must stay vigilant in our fight against COVID-19 and the fourth wave," said Health and Seniors Care Minister Audrey Gordon on Monday. "Our case numbers, hospital admissions and ICU numbers continue to fluctuate but we need to remain steadfast in our approach with the current public health orders we have in place."

The orders continue to limit gathering sizes both inside and out, especially in groups that include unvaccinated individuals.

Retail capacity is also limited to 50 per cent in the Southern Health region due to low vaccination rates and high case counts.

One change, however, is that while the municipalities of Cartier, Headingley, Macdonald, Ritchot (Niverville-Ritchot), St. Francois Xavier, and Tache, though located in Southern Health, they are no longer limited by those regional retail capacity limits.

"Considering their vaccination rates

are more consistent with that of the Winnipeg capital region, as well as their proximity to and regular commuting to Winnipeg, the new public health orders will see these select municipalities treated like Winnipeg and

Continued on page 7

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# Federal proof of vaccination card available

By Ashleigh Viveiros

A new proof of vaccination card will make life a little easier for Manitobans looking to travel outside the province, be it domestically or internationally.

The provincial government announced on Monday that fully vaccinated Manitobans are now eligible for the pan-Canadian proof of vaccination credential (PVC).

"The federal credential will be recognized across the country for travelling in other provinces and territories and, when returning to Canada, from other jurisdictions," said Central Services Minister Reg Helwer, explaining the national card uses a QR code in the same way Manitoba's vaccination cards do.

Individuals who currently have a Manitoba immunization card or are eligible for one can visit immunizationcard.Manitoba.ca to request their

PVC. It will then be emailed as a PDF, which can be printed or available digitally.

The federal government has said that proof of vaccination will be required for all people age 12 and up travelling via plane, train, or cruise ship as of the end of November.

"So you have time to get this on your phone or printed out," Helwer noted.

He added that Manitoba's immunization card app will be updated next month to include the PVC, so users can toggle between it and the Manitoba immunization card as needed. The province's verifier app will also be updated to read the QR codes on the national credential.

Officials urge Manitobans to continue using the provincial card when travelling and recreating within the Manitoba.

Continued on page 6

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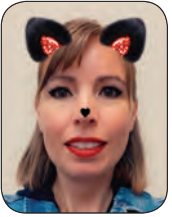
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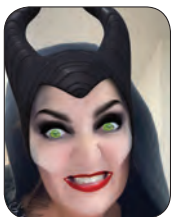
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## Province's recommendations for safe trick-or-treating

### Social distancing, mask wearing, and candy chutes allow people to enjoy Halloween

By Ligia Braidotti

Many Selkirk residents wondered whether, like last year, the provincial government would be encouraging people to stay at home for Halloween, however, as of press time, Halloween fun is still on the books for 2021.

On the morning of Oct. 21, the province reported that more than 82 per cent of eligible Manitobans have been fully vaccinated. Growing vaccination rates are allowing Manitobans to enjoy Halloween festivities this year, but all should be done with precautions in place.

"It's really nice to be able to get back to doing what we enjoy and some of our normal routines, and it's really important," said Marilyn Sitar, wellness facilitator at the Interlake-Eastern Regional Health Authority.

Because the provincial recommendations change as things evolve, people have been asking themselves if it will be safe to go trick or treating and hand out candy. Recently, the province released their recommendations for Halloween and said that as long as people follow basic guidelines such as washing and sanitizing their hands, wearing masks, and practising physical distancing, it's safe to enjoy the Halloween festivities.

In order to help stop the spread of COVID-19, the province encouraged people to be aware of local Pandemic Response System levels and to con-

sider alternatives to trick-or-treating when necessary.

"So, for those that want to hand out candy, the most important thing is, do not hand out candy if you or anyone in your house aren't feeling well or are isolating," Sitar added. "I'm sure a lot of people have seen already that some people are setting up candy chutes. I mean, what child doesn't like a candy chute, right? How much fun is that?"

In addition, people handing out candy can use tongs, provide individual bags and avoid having a common candy bowl and provide only wrapped and store-bought treats.

Sitar also recommended that people make the best out of masks and consider making them a part of their costumes.

"There are so many cool kid's masks out there with lions, tigers, cats, dogs, you know. Why not? That could be a really cool kind of thing," she added. "And that encourages the little ones to wear their masks."

The province is also asking people to limit their social interactions as much as possible, but Sitar recognizes that this might be a difficult one to follow.

"It's kind of a tough one because that's half the fun, you know, trick-or-treating with your friends. So it's still ok, however, they recommend distancing between groups and even within your groups, if you're from different households, so it's still a little

bit tricky," she added.

When getting home, people should continue to follow precautions. Before diving right into the candy, washing or sanitizing hands is essential.

Trick-or-treating is permitted indoors and at malls this year, as long as physical distance is maintained and shared items are minimized or eliminated. These activities may be restricted or limited if public health orders or the Pandemic Response System change.

For other activities, the province is asking people to:

- Plan activities that allow people to maintain physical distance.
- Do not participate in activities where respiratory droplets can be exchanged, like bobbing for apples.
- Provide individual pumpkins and tools for pumpkin carving and decorating activities, maintain appropriate physical distance, and adhere to any current gathering size restrictions.
- Consider a costume parade where physical distance can be maintained.

In accordance with current public health orders and the Pandemic Response System, haunted houses, ghost tours, corn mazes, and pumpkin patches may be allowed.

Sitar also encourages people who haven't been vaccinated for COVID-19 or haven't gotten their annual flu shot yet to do so and ensure an extra layer of protection. Go to <https://manitoba.ca/covid19/vaccine/index.html> to find the closest vaccination clinic.

## > VACCINE CARD, FROM PG. 5

The PVC includes information such as date of birth, date of immunization, and the brand of vaccine received, while Manitoba's immunization card contains no personal health information when scanned—simply one's

name and a green checkmark if vaccinated.

"That's why we're recommending that for your local restaurants, that you continue to use the Manitoba code that just shows if you're vac-

nated or not, it doesn't disclose any other information," Helwer said, noting people who travel are used to disclosing some personal information to airlines and other agencies. "They're very good at protecting that information, so we think there's a good level of security with that sector."



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# New beauty boutique in town

## Copper Penny Beauty Boutique held its grand opening on Oct. 14

By Ligia Braidotti

If you're looking for a place to get your glam on, Copper Penny Beauty Boutique is excited to welcome you.

Copper Penny Beauty Boutique (339-B Main St.) held its grand opening on Oct. 14 but has been offering clients beauty services since June 28. Owner Vanessa Van Caesele started her journey at different local hair salons but has been working independently for eight years. After being off for nearly 30 weeks during the COVID-19 pandemic, she had a lot of time to come up with ideas to develop and grow her business.

The pandemic took a big toll on her work. Van Caesele commented she always thought her industry was considered essential and "recession-proof."

"But the reality is, I don't think anyone is ever prepared for a global pandemic [and what] that can do to a business," she said.

While she couldn't work during the provincial shutdowns, Van Caesele started thinking about her loyal clientele and how she could eventually grow her business. With more demand than she could take on, it was time to have someone that could back her up.

"So how do you grow without giving someone else those clients? And what better way to give someone that I know, and I trust, and I work with, those clients. There's was just no way I could grow out of my home in a residential community. So this was a great stepping stone," she said.

Van Caesele describes her new space as quaint and small, but a great way to get to build relationships with her clients.

When the third lockdown hit, she had just gotten the keys to her new space and spent the next seven weeks renovating.

"It was good that I had the time, but it was also very scary. I'm bleeding money into this business, and I have no idea if it's going to be closed for three weeks, five weeks, ten weeks. [The provincial government] never give you an actual reopen date until about three days before they're going to do anything. It is very stressful,

but the community has honestly been amazing," she added.

Van Caesele is not only a hairstylist but also a mentor for many. Five years ago she got a certification to become a hairstyling teacher, started teaching at Lord Selkirk Regional Comprehensive Secondary School and recently hired her first employee to whom she will teach her trade.

"When I first started, I was just a leader and then I'd have these renters that would rent off of me and that's amazing. But, I just recently added my first employee, and so far, so good. It's been incredible being a leader, showing her how I've done it. How I made it to this point in my career in a small town."

Copper Penny Beauty Boutique offers all hairstyling services — hair colouring, women, men, and children's haircuts, non-invasive body sculpting, body sugaring, and facials.

"We kind of encompass everything that has to do with beauty and self-care or self-love," Van Caesele said.

Copper Penny Beauty Boutique is a place where friends get together, starting with the staff. Van Caesele's best friend and hairstylist Alisa Bosko joined Copper Penny's staff alongside Danielle Brown who owns Gypsy Elle Beauty and specializes in non-invasive body sculpting, body sugaring, and clinical-grade skincare.

"I always knew that Alisa would work with me and then because this was a salon already Danielle, my beauty expert, she came with the business. So, she was already a part of the team before I was part of the team," Van Caesele explained. "It's been a crazy fast growth of the team."

As for her clients, she said they have become really close friends.

"I don't even like the word client. We know each other's deepest secrets and I know exactly how their families are doing and we see people at their happiest moments and their most vulnerable moments. It's incredible building those relationships within our community," she said.

For more information on Copper Penny Beauty Boutique, go to <https://copperpennybeautyboutique.ca/>.



RECORD PHOTO BY MICHELLE BALHARRY

Copper Penny Beauty Boutique owner Vanessa Van Caesele (right) and Selkirk Mayor Larry Johannson at the grand opening of the new business held on Oct. 14. The beauty salon is located at 339-B Main St. in Selkirk.



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## > NEW CASES, FROM PG. 5

the rest of the province," the government said.

Those communities are back to 100 per cent retail capacity, along with the rest of Manitoba, where the two-dose

vaccination rate of eligible people is at over 83 per cent.

Southern Health, by comparison, has a vaccination rate of 67.8 per cent, which is the lowest in the province.

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# A safe place for the voices of people who use drugs

By Ligia Braidotti

The Manitoba Harm Reduction Network is compiling a grassroots self-published collection of words and images and asked all people who use drugs to submit their creations.

The submissions will be used for a zine, which is an underground, do-it-yourself publication that welcomes all people to express themselves regardless of experience and skills. A zine is usually photocopied and distributed for free or low-cost and it can include narratives, comic-book-like stories, journalistic articles, or abstract images. They provide a safe space for underrepresented and marginalized groups to express their voices.

"There are some strong roots in punk music and the '90s. There's also been lots of folks who are queer, trans, people of colour, that have put

zines together for many, many years," explained Rune Breckon, Selkirk network co-ordinator with the MHRN.

This is the first time that the MHRN is doing a province-wide zine. Breckon added that a zine brings many benefits because it counters mainstream media and provides the voice of lived experiences unfiltered.

"Oftentimes in mainstream media we get things that are prescribed to us, or stigmatized, shared through a very specific narrative of who somebody could be, or what their experience can be, whereas a zine is more like, here are the realities, here's what we're experiencing unfiltered as opposed to something through a glossy magazine or TV or movies," they said.

The MHRN project has been mainly composed of original creations from people who have experience with

substance abuse to showcase a decentralized zine of art, writing, harm reduction information and experience. Breckon explained that oftentimes, people don't listen to people who use drugs and that some don't think they are worthy of being heard.

"There's a lot of stereotypes...but people who use drugs are the experts on drug use and substance use and they're going to know what's best for keeping people safe while using substances. We really wanted to elevate the voices of people who use substances," they explained.

"When we think about people who use substances we think of larger, communities or city centres, and so, we think about Vancouver or we think about New York or Toronto. We don't necessarily hear the voices of people who use substances in rural or Northern communities, or are in smaller cities such as Winnipeg or Selkirk."

The MHRN asked people to submit stories such as what they love about someone who uses drugs, their wants, needs, and desires, something that would make substance use in their area more awesome, their experience with harm reduction, the strengths of someone who uses drugs, etc.

The MHRN works toward equitable access, systemic change, and reducing

the transmission of sexually transmitted and blood-borne infections (ST-BBI) through advocacy, policy work, education, research and relationships. They do this by administrating regional harm reduction networks that provide services, education, advocacy and events that are relevant to their specific communities.

"We all love someone who uses drugs, and we shouldn't love them any more or less based on the substances they use or their choice to parent or not. Most substance use is not problematic (in fact, many of your loved ones probably use drugs without you ever knowing) and people with problematic substance use need love, support, and community in order to change their substance use in the ways they desire," one of their Facebook posts said.

According to the MHRN, "harm reduction is looking at the big picture, to the systems and policies that create harm for people who use drugs and working to change those systems. Drug policy, criminalization and the war on drugs have been historically harmful, so dismantling those frameworks is a key part of harm reduction."

To learn more about the MHRN go to [www.mhrn.ca](http://www.mhrn.ca).



Seasonal Influenza Clinics will begin November 1, 2021

Book an appointment for your flu shot by calling 1-844-626-8222 between 6:00am and 8:00pm, seven days a week or by using the online booking system originally put in place for the COVID-19 vaccine (visit [www.ierha.ca](http://www.ierha.ca) and click "2021 Flu Clinics" or visit [Manitoba.ca](http://Manitoba.ca) and then click "Covid-19" and "Vaccine").

Individuals can receive their seasonal flu, COVID-19 or both vaccines at these sites at the same time, if they choose. The online vaccine finder at <https://protectmb.ca> shows locations where these vaccines are available including where walk-ins are available. Many medical clinics and pharmacies with seasonal flu and/or the COVID-19 vaccines will continue to be listed, with information about how to book at these locations.

Below is the listing for the region.

Please note:

- Walk-ins are available. Appointments are welcome and encouraged.
- COVID-19 vaccine will also be available at this year's seasonal influenza clinics.
- You must wear a non-medical face mask to your appointment.
- Please practice good hand-washing and social distancing.
- Do not come to your appointment if you are experiencing flu-like symptoms.
- Please come right at your appointment time to avoid congestion.
- Bring your Manitoba Health Card, and wear a short-sleeved shirt

	Dates	Time(s)	Location(s)
Grand Marais	November 3	2:00 pm - 6:00 pm	Grand Marais Rec. Centre, 90 Matilda Ave
Matlock	November 19	9:00 am - Noon	Matlock Rec Centre, 77 Matlock Rd
Selkirk	November 1	1:00 pm - 7:00 pm	Selkirk Supersite - 100 Easton Drive
	November 6	8:00 am - 3:00 pm	Selkirk Supersite - 100 Easton Drive
	November 16	1:00 pm - 7:00 pm	Selkirk Supersite - 100 Easton Drive
	November 17	1:00 pm - 7:00 pm	Selkirk Supersite - 100 Easton Drive
	November 19	11:30 am - 12:30 pm	Gordon Howard Senior Centre, 384 Eveline St
	November 22	1:00 pm - 7:00 pm	Selkirk Supersite - 100 Easton Drive
	November 24	1:00 pm - 7:00 pm	Selkirk Supersite - 100 Easton Drive
Victoria Beach	November 1	1:00 pm - 7:00 pm	Victoria Beach Seniors Club, Ateah Road
Winnipeg Beach	November 19	1:00 pm - 4:30 pm	Winnipeg Beach Rec Centre, 32 Hamilton St

Residents-only flu clinics may be planned in some senior and other community housing facilities. These clinics are not listed here. Check your building bulletin boards for a flu clinic poster with details.

For more information, please contact your local community health office:  
Selkirk: 204-785-7500

Any changes to this listing will be posted online at [www.ierha.ca](http://www.ierha.ca)  
Click on the banner "2021 Flu Clinics" on the home page



## HA's music video launch

Submitted by Holiday Alley

Selkirk's Holiday Alley is calling out around the world to anyone ready for a brand new beat starring a classic favourite, but with Canadian lyrics. The time is right for dancing in the street. Because what we all need is music, sweet music, music everywhere.... And that's exactly what Holiday Alley is offering this year.

Holiday Alley, hosted in Selkirk is a winter festival that runs from Nov. 19 to 30 and this year it's asking everyone — from Selkirk and around the world — to get "Dancing In The Street, Again" as a way to get creative after months of a pandemic.

Local musician and fiddler Brenton Thorvaldson, and, dancer and choreographer Madison Bell, have paired up with Holiday Alley and revamped the 1965 classic Dancing in the Street as a way to get people re-connected after months of a pandemic.

A demo video, complete with dance moves, has been circulated on Holiday Alley's social media and sent to communities around the world asking them to send in videos of them dancing on their streets - before November 17. The final submissions will

be added to a compilation music and dance video and released in a worldwide premiere this winter.

Tweaking the original song by Martha and the Vandellas and famously covered by David Bowie and Mick Jagger in 1985, Thorvaldson added a few unique Selkirk, Manitoba lines.

"It's just an invitation across all Nations, A chance for folks to meet, There'll be laugh'n, jiggin' and fiddlers swingin', Drumming in the street."

"I've watched Holiday Alley grow over the years and I really wanted to be a part of this and collaborate with the community to make this happen," said Thorvaldson.

For her part Bell says becoming a mother during a pandemic really brought home a few realities for her.

"Becoming a parent really changes your perspectives. It made me realize how important community is. I think this project is a great way to honour and celebrate the place I am so proud to have always called home. My years dancing in Selkirk provided me with the greatest sense of community

Continued on page 12





# Massage Therapy Awareness Week

## What is massage therapy

### What is "Relaxation" Massage?

What is commonly referred to as relaxation massage is often what you think of when you go to a spa and where your goal is to leave feeling relaxed, to reduce tension, and minimize a feeling of stress. The clinical names for the basic massage techniques often used to achieve a state of relaxation are collectively known as Swedish massage. Some Swedish massage techniques are known to be more relaxing. Techniques like effleurage or petrissage when applied with appropriate pressure and direction will elicit a relaxation effect. These techniques are generally long gliding motions or kneading.

### Is "Relaxation" Massage different than Massage Therapy?

Not when you receive a qualified and administered treatment by an RMT. An RMT will assess your situation and have the tools to create the best possible plan for you whether it is for relaxation or for something like pain relief from a muscular strain.

Buyer Beware: find out who is administering your massage. In some spas, salons and other settings, the person giving a massage may not be a Registered Massage Therapist. RMT's have a minimum standard of education and are bound to ethical and effective professional care. Others who do massage are not held to those same standards. So whether you need to relax or manage more specific pain, an RMT will assess your needs as it could be the case there is something more specific that needs to be addressed for you to reach that goal and that may require more complicated therapeutic techniques.

### What is "Deep Tissue" Massage?

The term "Deep Tissue" is often used by clients when communicating that they want something more than light touch or pressure. When you ask for "deeper" or more pressure, that is just one cue to a professional RMT that your needs may be more complex. A deep tissue massage will be determined after the health history and assessment reveal your specific health needs and potential risks. Not only will an RMT ask and be aware of cues for adjusting pressure, they will encourage you to express what you are feeling during the treatment with respect to pressure, discomfort or effect. Different people might request deep tissue massage, but their expectations will be completely different. This is something that needs to be determined with appropriate assessment and communication.

### Why is some massage accepted by my insurance health benefits and some not?

Most major insurance benefit programs will only approve massage therapy provided by a Registered Massage Therapist who has graduated a full program to al-

low the treatment to be billed under the benefit plan because it increases the effective health benefits AND reduces the injury risks when a minimum

standard of education has been achieved by the practitioner. This assures the insurers and the companies who provide your benefits that your

health care is being managed by someone with minimum competencies and who is held to a high standard of care.

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## Massage Therapy - What it Can do for You...

**Do you feel stressed, suffer from chronic pain/ headaches or feel stiff all over? Massage therapy can benefit you!**

Massage Therapy is the manual manipulation of soft tissue (muscle, fascia, tendons, and ligaments) to promote healing of tissue and restore wellbeing of the client. There are many massage therapy methods, most commonly known as modalities that can add to a massage therapists training. Myofascial release, remedial exercise, cupping, joint mobilization, pre and post sport massage, and kinesiology taping are some of the modalities our registered massage therapists are trained in at Steelcity Physiotherapy.

**FASCIA** is a three dimensional webbing of connective tissue that encases muscles, bones, ligaments, blood vessels, skin and visceral organs. Our massage therapists are trained in treating at a myofascial level, working with the soft tissue structures. If you're attempting to ignore your bodies injuries, have poor postural habits, or repeat the same movements all day long, your fascia will respond to these stresses on your body and can create dysfunctional movement patterns. Repetitive stress will ultimately predispose you to an injury cycle. Take care in the short to avoid setting yourself up for long term, chronic pain. When your muscles are chronically tight, the surrounding fascia tightens along with them. Fascia may become

rigid, compressing the muscles, vasculature and nerves. Massage therapy can help stop this vicious. Try it today!

**CUPPING** is one of the oldest and most globally practiced medical treatments in human history. Cupping massage is a modified version of this ancient practice. It works by creating a vacuum in the cup which draws the skin up, separating the layers of skin, muscles, and fascia. The suction brings blood to the surface of the skin, improving range of motion and can promote quicker healing.

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For more information on this, or any other service we offer, call to book your appointment at 204-785-2888. Or visit our website at [www.steelcityphysio.ca](http://www.steelcityphysio.ca)  
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# Getting goosebumps at the Marine Museum



**RECORD PHOTOS BY LIGIA BRAIDOTTI**  
More than 400 kids had fun at the Selkirk Marine Museum's Halloween event held on Oct. 23. Families came dressed up in costumes and gathered with friends to see all their favourite characters and ships.



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**Ian W**  
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a job well done!



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**Tag up to 3 friends to do the same**





# Embrace winter wellness, get your flu shot

Submitted by the Government of Manitoba

The province is encouraging Manitobans to embrace winter wellness as it launches a new flu vaccination campaign encouraging all Manitobans to stay well and get a flu vaccine to help protect themselves and their loved ones, Health and Seniors Care Minister Audrey Gordon announced Oct. 22.

“Overall health and wellness has never been more important than it is right now,” said Gordon. “I encourage all Manitobans, especially those at increased risk, their caregivers and close family and friends, to get their flu vaccine this fall. Getting a flu vaccine is the most effective way Manitobans can protect themselves and each other from the flu. It means fewer people getting sick, fewer people who miss work or school, and fewer people who need to be treated in a hospital.”

The annual influenza vaccination campaign has been redesigned this season and merged with the #ProtectMB website to encompass all vaccinations. The minister noted winter wellness encourages all Manitobans to commit to simple lifestyle activities that will help keep people active, eat healthy foods, reduce stress and get the flu vaccine.

“When Manitobans work together to stay healthy and get the seasonal flu vaccine, we see tremendous results. We need to look no further than last year’s flu vaccine uptake and the low number of influenza cases in Manitoba,” said Dr. Brent Roussin, Manitoba’s chief provincial public health officer. “When Manitobans stay healthy as well as stay home when they are sick, cover their cough, wash their hands and get the flu vaccine, we are a healthier community and enable the health system to care for those most critical in their time of need.”

A record-setting 31.5 per cent of Manitobans registered with Manitoba Health and Seniors Care received the vaccine last flu season. Manitobans who received the vaccine last year are encouraged to get it again, as are those getting it for the first time.

Roussin noted it is important for all Manitobans six months of age and older to get immunized against influenza. Once again, the 2021 campaign will be targeted to those most vulnerable and their caregivers, including specific outreach to the health-care sector and the public service.

In 2017, Manitoba became the first

province to offer a high-dose version of the influenza vaccine and many provinces have followed. The high-dose influenza vaccine is an injected flu vaccine formulated for people age 65 years and older. Evidence shows - the high-dose influenza vaccine especially protects seniors who are at greater risk of influenza and its complications.

Manitoba Health and Seniors Care offers a high-dose inactivated influenza vaccine (fluzone high-dose) to individuals 65 years of age and older who meet any of the following criteria:

- residents of long-term care facilities (LTCF) including chronic care residents;
- residents of supportive and assisted-living housing;
- clients in interim or transitional care beds, respite care clients and new, unimmunized residents admitted to a LTCF during the flu season;
- individuals in a provincial correctional facility including those who are newly incarcerated or transferred from other federal or out-of-province correctional facilities;
- receiving home-care services while on a waiting list for admission into a LTCF;
- living on a First Nation, remote or isolated community; and
- living north of the 53rd parallel of latitude.

The flu vaccine and Pneu-P-23 vaccine, which helps protect against pneumococcal disease and is offered free of charge to seniors anywhere flu vaccines are offered and can be administered at the same time, are available at local public health offices, nursing stations, doctors’ offices, community clinics and Access Centres. Pharmacists can also provide immunization services to people seven years of age and older. Manitobans interested in getting the vaccine should contact providers first to ensure availability.

Manitoba has already begun shipping vaccines to providers and is expected to receive the full provincial vaccine allotment over the next several weeks, barring any external supply or delivery disruptions.

The seasonal flu vaccine is available in many locations across the province. Manitobans can now find locations and book online at [www.ProtectMB.ca](http://www.ProtectMB.ca) or by calling call 1-844-626-8222 (1-844-MAN-VACC). Walk-ins are also available at many locations.

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*Thank you to Canvasback Pet Supplies for supporting our Pet of the Month Contest!*



# Ed Bergen inducted into credit union hall of fame

Submitted by Sunova Credit Union

Ed Bergen, President and Chief Executive Officer of Sunova Credit Union, has been inducted into the Credit Union Executive Society Hall of Fame. In an event held on Thursday, October 21, Bergen virtually accepted the award among colleagues, CUES members, friends, and family.

"To be honoured by my peers in the credit union industry is incredibly gratifying. As I prepare for my retirement, I think back on how rewarding the past forty years at Sunova has been," Bergen said on Thursday. "Working to provide exceptional services and products to our members, in addition to supporting our branch communities, has been an extraordinary and worthwhile experience. Thank you to all who have supported me throughout the years."

After graduating from Red River College and subsequently working his way up in the credit union system, Bergen became President and CEO of Sunova (known then as South Interlake Credit Union) in 1981.

"Ed took one of the smallest credit unions in Manitoba, with only eight million dollars in assets, and built an organization with over two billion dollars in assets, and one that continues to be special to so many," said Curtis Fines, Vice President and Chief Operating Officer of Sunova Credit Union. "As we progress through the proposed merger with Access Credit Union and Noventis Credit Union, I am confident that under Ed's leadership, we will create a more sustainable and resilient credit union, while



RECORD PHOTO SUBMITTED

Ed Bergen, President and Chief Executive Officer of Sunova Credit Union.

keeping our members, staff, and communities top of mind."

In addition to being passionate about financial services, Bergen has been an active member of his community, participating in and chairing countless boards over the years, including the Stonewall & District Health Centre, Health Insurance Reciprocal of Canada, Canadian Health Association, Winnipeg Regional Health Authority, Manitoba Health Organization, and Interlake-Eastern Regional Health

Association. He is currently a Board of Director for Credit Union Central of Manitoba.

Bergen is set to retire in 2022.

Members interested in learning more about the proposed merger between Access, Noventis, and Sunova can visit [cusuccess.ca](http://cusuccess.ca).

## > HOLIDAY ALLEY FROM PG. 8

growing up so I'm glad to give back in that way," said Bell.

Anyone with a cell phone – from daycares to nursing homes, from musicians to mayors, from dancers to dentists, can submit their video by simply following the dance moves and submitting the video at <https://forms.gle/QGs2r4vLhdirEofq8>. Or by contacting Oksana, Holiday Alley's Festival and Communications Coordinator, at [coordinator@holidayalley.ca](mailto:coordinator@holidayalley.ca).

In 2020, Holiday Alley used this same video submission format to create a World-Wide Sing-A-Long, which brought in submissions from around the world from BC to Paris, and included videos from cities and towns named Selkirk in Scotland, Ontario, and New York. This year's "Dancing In The Street, Again" video hopes to see even more submissions from around the world.

The filming of this project is made possible with the support of the Manitoba Arts Council's Arts and Culture Sustainability Fund and Selkirk Crossing Dental is helping in making the fun happen by sponsoring this event.



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# Rediscovered item illustrates changes in community's values

## The Rawluk family have a myriad of historical items

By Ligia Braidotti

An East St. Paul resident unknowingly owned a historical item that had been repurposed for generations — when buying old farm items wasn't a decor fad.

Kim Rawluk recently found an old bread tray at the back of her dad's shed that belonged to former Winnipeg mayor Edward Parnell and his partner John T. Speirs who owned the Parnell-Speirs bakery in the 1920s. The item is a bread tray that features the bakery logo and a five-digit phone number that dates back to 1921-1922.

"I just took it for the aesthetic purpose of it. I wasn't sure exactly what I was going to do with it, but the sides are solid wood," Kim said.

The bread tray belonged to her grandmother, Anne Rawluk, who used the tray to start seedlings. The item was passed on to her father, Gordon Rawluk, who used it for the same purpose.

"Nothing was ever thrown away by granny or dad. Their refusal to discard and repurpose is how I acquired the tray at the back of dad's shed," Kim said.

Skeptical of what she had found at her dad's place, Kim made a request to John Cooper of Abbey Antiques in Winnipeg, who specializes in antiques over a century old. To their surprise, the bread tray couldn't be found anywhere on the Internet.

"He suggested I donate the bread/cake tray as it has significant historical importance as a part of Manitoba's history as well as the City of Winni-

peg," Rawluk commented.

According to the Manitoba Historical Society, Parnell was a baker born in England who moved to Canada as a boy and opened his first bakery in London, Ontario. Among his many memberships were ones to the Royal Society of St. George and the Sons of England. In 1918, he served as Chairman of the Canadian Manufacturers Association, and from 1920 to 1921, he served as President of the Winnipeg Board of Trade. He was also on the Winnipeg Foundation's founding Advisory Board. He was elected Mayor of Winnipeg in November of 1920, defeating S. J. Farmer, and was acclaimed to the position two years later.

His business partner, Speirs, was also a baker who had moved to Winnipeg when he was 21 years old. Initially, he worked in the wine industry but became burned out twice before going into baking. When he was young, he had a wagon and oven that he drove himself. The operation grew to become one of the largest bread manufacturers in western Canada. Edward Parnell joined him as a partner in 1910. Their bakery produced 100,000 loaves of bread a day.

"Your relatives should be pleased that such a pedestrian object can give delight to future generations of viewers. That is what our history is all about, making the connections between what we did and used in contrast to what we do and use today," Cooper told Kim in an email.

According to Kim, the bread tray



RECORD PHOTOS BY LIGIA BRAIDOTTI

Kim Rawluk recently found this old bread tray at the back of her dad's shed in East St. Paul and discovered that the item belonged to former Winnipeg mayor Edward Parnell and John Tully Speirs' business Parnell-Speirs bakery.

simply illustrates the contrast today as people live in a "plastic disposable society," she said.

"We receive our bread in plastic along with everything else we buy. No artisans today are required to work in wood or glass, iron, etc., to package or manufacture anything. Just by observing artifacts of the past, the quality of craftsmanship can be observed in various aspects to be admired and collected. This is proof as to why objects in granny's day survived. Values

of thrift, carried from the impoverished immigrants and their offspring to their offspring, were part of why things lasted."

Kim decided that the item would be better used by those who keep Manitoba's history alive, and she made arrangements with the Manitoba Museum to donate the bread tray so soon, everyone will be able to see how bread was delivered to clients in the past.





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# RM of East St. Paul recognized with national award

The Swistun Family Heritage Park is undergoing revitalization since 2020

By Ligia Braidotti

The RM of East St. Paul received the Canadian Communities in Bloom Butchart Gardens Land Reclamation Award for the Swistun Family Heritage Park.

Kurtis Johnson, assistant operations manager for East St. Paul said the award is a great recognition for the RM and Swistun Family Heritage Park and a reassurance that they are on the right path with improving the park and having a positive impact on the environment.

“(The park) is a great place for recreation. A lot of walkers, joggers, and bikers use the park. There are a lot of areas for folks to have picnics. There are lots of large open spaces, green spaces,” he said.

The area where the park is located was used by the Canadian Pacific Railway starting in 1870 to remove limestone for rail ballast from “The Pit”. It is now known as Swistun Family Heritage Park. Bill, Don, Henry and Mike Swistun owned Swistun Bros Ltd and purchased the Silverfox Ranch in 1970, where today’s subdivi-



The Swistun Family Heritage Park in East St. Paul received the Canadian Communities in Bloom Butchart Gardens Land Reclamation Award.

sion Silverfox and north pond are located.

It was then when Bill Swistun visited former limestone quarry Butchart Gardens in Victoria during a visit to British Columbia that he was inspired by the gardens and dreamed of creating a similar area to his family’s gravel pit in Manitoba. After his passing in 1988, his family then developed the park into what we now know it as to-

day.

In 1990, the Swistun family registered the property as a non-profit organization (Silver Springs Fish and Wildlife Heritage Park), setting the stage for the creation of a natural habitat. They planted trees and other plants through collaboration with community organizations and funding from non-profit organizations. As a result, the park features healthy

RECORD PHOTO SUBMITTED

stands of poplar, burr oak, white birch, green ash, sandbar willow, and white spruce.

On February 20, 1998, the RM of East St. Paul took over the management of the park. The RM has kept the park in good shape by maintaining the turf, trees, and weeds.

The Swistun Family Heritage Park has been in the process of naturalization and concept planning since the fall and early winter of 2020. Staff assessed the park and the results of the reduced mowing plan. As a result, RM staff have identified many native species emerging in these areas.

With input from ecological experts and their own background in horticulture, the operations department identified many areas in need of naturalization and beautification.

“This year, in 2021, we did some weed and turf control. We did some tree removals. We conducted overseeding with native grasses. We started some design work [along with] the quite extensive tree and shrub installations,” Johnson explained.

Planting a diverse population of trees will help the RM to protect the tree canopy from drought, disease, and environmental impacts. As well, creating a botanical garden with a diverse collection of trees rarely seen in Manitoba will act as an educational and inspiring part of the park.

“The work we’re doing will really contribute positively to those areas and make it an even more beautiful place to enjoy,” Johnson added.

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\* See clinic for details



# SDCF congratulates new Chairperson Shauna Curtin

## Welcomes new board member Bonny Wynnobel

Submitted by Selkirk & District Community Foundation

The Selkirk & District Community Foundation has a new Chairperson and a new Board member, both of whom are familiar faces with strong connections to the community and the Foundation.

Shauna Curtin is the new SDCF Chairperson and Bonny Wynnobel takes a seat at the board. Curtin joined the board in 2020 and was appointed Chair earlier this year following the departure of Chairman Aaron Martyniw due to a work relocation.

Bev Clegg, Executive Director for SDCF, said the Foundation is fortunate to once again welcome a board member with Wynnobel's qualifications and pleased to see Curtin accept the important role as Chairperson.

"We really do feel blessed at the Foundation to continuously have such wonderful people who want to work for the betterment of our community and who recognize the impact the Foundation can have," Clegg said.

"We thank Aaron for his outstanding contributions and wish him well in this new exciting chapter of his job and we are thrilled to have Shauna as our new Chairperson. She's been a great addition to the board. And, of course, we welcome Bonny, who has been a friend to the Foundation for many years."

Curtin said she's looking forward to serving in her new role.

"It's an honour to be on the board and to be appointed Chairperson," Curtin said.

"I'm really happy to do it and it's been lots of fun so far."

The Secretary of the Winnipeg Police Board since 2018, Curtin calls St. Andrews home and prior to her present position, she was the Assistant Deputy Minister for Manitoba Justice, Courts Division, and before that she worked for the Government of Yukon as the Acting Director, Women's Directorate and in the Department of Justice.

Curtin said that since joining the board she has been introduced to the community in a much deeper way. She said two events she attended recently - Heathstone Community Group's Imagine Canada Accreditation celebration and the opening of MANIDOONAG IMAA MIKINAAKO-MINISIING / SACRED SPIRITS OF TURTLE ISLAND MMIWG2S, an art installation at the Gaynor Family Library that remembers and recognizes missing and murdered Indig-

enous women, were interesting and inspiring.

"There are so many things great about being involved with the Foundation, you get a glimpse at so many of the wonderful organizations in the community," Curtin said.

"I've met all kinds of people in the community, some that I've known for many years but now I'm meeting them in their different roles. It's exciting and interesting."

When Curtin first joined the board, she cited the Foundation's Mind The Gap - Vital Signs Report, as being an influential document for her, calling it "a great document (that) really does serve to highlight what's happening in our community".

Wynnobel may be new to the board table, but she's no stranger to the Foundation.

A founding member of the Selkirk Canoe & Kayak Centre and current board member, coach and paddler, she's had an association with the Foundation through the Centre's involvement with the Western Canada Summer Games.

She said attending grant nights over the years really opened her eyes to all the good work the Foundation does in the community.

"When I would go to the award event, I got to see all the awards given out and I thought 'oh my goodness, this Foundation just spreads across the community and reaches many areas, especially areas of great needs,'" Wynnobel said.

"It's a great honour to be asked to participate in the Foundation."

Wynnobel is a retired registered psychiatric nurse with 39 years of experience in the field of mental health. She spent most of her career at the Selkirk Mental Health Centre (SMHC), where over the years she held positions including Coordinator



RECORD PHOTO SUBMITTED

Bonny Wynnobel, left, is the newest addition to the SDCF Board. Shauna Curtin, right, a member since 2020, is the new Chairperson.

of Training and Development, Coordinator of Continuous Improvement, Redevelopment Coordinator and Acting Operations Director. She was also seconded to Manitoba Health Policy and Planning Division for a time.

She's been on the Canadian Mental

Health Association/Interlake Eastern board for more than 15 years and is now a board member of Winnipeg/Manitoba. She's also been a member of the Registered Psychiatric Nurses Foundation from 2015-2021, including four years as President.

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# get inspired

> MEAL IDEAS



Recipe courtesy of the United Sorghum Checkoff Program, National Pork Board and USA Pulses

Prep time: 20 minutes

Cook time: 60 minutes

Servings: 6 (1 1/4 cup each)

1 1/2 tablespoons olive oil

1 onion, chopped

3/4 cup sliced carrots

3/4 cup sliced celery

salt, to taste

pepper, to taste

1 1/2 teaspoons minced garlic

6 cups no-salt-added chicken stock

1 1/4 cups green split peas

1 small ham bone

2/3 cup chopped ham

2/3 cup pearly sorghum



## Sorghum Split Pea Soup

4 sprigs thyme

2 bay leaves

1 1/2 tablespoons Worcestershire sauce

chopped fresh thyme (optional)

cracked black pepper (optional)

In 4-quart stock pot or large pot, heat oil over medium heat. Add onion, carrots, celery and garlic; season with salt and pepper, to taste, and cook, stirring occasionally, 10-12 minutes, or until onion is tender. Add chicken stock, split peas, ham bone, ham, sorghum, thyme sprigs and bay leaves. Bring to boil; reduce heat and simmer, covered, 45-60 minutes, or until split peas are soft and sorghum is tender.

Remove ham bone, thyme sprigs and bay leaves from soup. Remove ham from bone, chop ham and return to pot. Discard bone, thyme sprigs and bay leaves. Add Worcestershire sauce and season with salt and pepper, to taste.

Garnish with chopped fresh thyme and cracked black pepper, if desired.



## Grilled Turkey Club with Orange Juice-Infused Aioli

Spray grill pan, electric skillet or cast-iron skillet with nonstick cooking spray and warm over medium heat. When pan is hot, add sandwiches, cheese side down, and cook until bread is golden brown and cheese has melted, about 4 minutes. Gently flip and cook 2-3 minutes, or until bread is golden brown.

Serve with remaining aioli as dipping sauce.

Orange Juice-Infused Aioli:

1 cup mayonnaise

1/2 cup Florida Orange Juice

2 tablespoons chopped parsley

2 cloves garlic, grated

2 teaspoons Dijon mustard

Turkey Club:

8 slices multi-grain bread

1 cup watercress

8 ounces thinly sliced smoked turkey

4 slices provolone cheese

nonstick cooking spray

To make aioli: In small bowl, whisk mayonnaise, orange juice, parsley, garlic and Dijon mustard.

To make turkey club: Spread 2-3 teaspoons aioli on four bread slices. Spread watercress on top of aioli. Top watercress with turkey, cheese and remaining bread slices.

## Orange Cream Smoothies

1 1/2 cups Florida Orange Juice

2 cups ice

6 ounces non-fat vanilla Greek yogurt

1/2 cup vanilla almond or soy milk

In blender on medium speed, blend orange juice, ice, Greek yogurt and vanilla almond or soy milk until smooth and creamy.

Pour into two tall glasses.

## Easily end sugar cravings

Submitted by Julie Germaine

Hands up (me!) if you've been indulging more this month. We've all been faced with the boxes of snack-sized candy and chocolate bars since early September, and getting into the Halloween spirit eases the sting of impending winter. I'm all about moderation, but the challenge then becomes dealing with the regular sugar cravings that will surely follow.

It's entirely normal to experience sugar cravings, and though we are conditioned to believe they are worrisome, they really aren't. Let me share with you some simple ways to adjust your eating patterns, food choices, and overall mindset to overcome common struggles.

Be sure to choose healthy meals frequently throughout the day, and don't be afraid to have sit-down 'snacks', like a salad with chicken, rather than typical mid-morning choices, such as fruit. By fueling your body consistently, you will avoid a crash, which cues cravings for immediately energy that comes by eating sugar.

Carbs are good for you and part of a balanced diet. Don't get tricked into cutting them out completely, and instead consume whole grains, sweet potatoes, or other complex carbs throughout the day, tapering down into the evening when you are less active. Fruits are nature's candy, and are ideal first thing in the morning or immediately after physical activity, paired with a protein such as a protein shake, milk, lean meat, or eggs.

But sometimes, you deserve the sweet treat, so allow yourself to fully



Health and Wellness Fitness expert Julie Germaine

ly enjoy it, guilt-free. Keeping your relationship with food positive and healthy is extremely important. You could decide ahead of time that Friday night is dessert night, and having that to look forward to makes passing on the morning doughnut much easier.

Ultimately, keeping yourself full with nutritious foods will go a long way towards eliminating sugar cravings before they happen.

Would you like to connect with me to discuss your personal fitness goals and struggles? Visit [juliegermaine.com](http://juliegermaine.com) or schedule a free 15 minute diet consultation at [www.calendly.com/juliegermaine](http://www.calendly.com/juliegermaine)

Coach Julie Germaine is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.

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# Manitoba judge rules public health orders are constitutional

By Ashleigh Viveiros

A group of individuals and seven Manitoba churches, including those from Morden-Winkler, have lost their court battle in challenging whether the province's pandemic restrictions violate the Canadian Charter of Rights and Freedoms.

The group argued in court that elements of the public health orders (PHOs) put in place last year were unconstitutional, namely restrictions on private and public gatherings and places of worship.

Court of Queen's Bench Chief Justice Glenn Joyal handed down two decisions on the matter last Thursday.

Joyal ruled that while these restrictions do limit certain charter rights and freedoms, the Manitoba government was justified in enacting such limits to deal with the unfolding public health crisis.

In his 156-page decision, Joyal asserted the restrictions "are constitutionally justifiable as reasonable limits under s. 1 of the Charter."

Section 1 of the Charter states that the rights and freedoms laid out in it are guaranteed "subject only to such reasonable limits prescribed by law as can be demonstrably justified in a free and democratic society."

Joyal heard from experts on both sides of the matter but said he was persuaded by the evidence of the government's witnesses.

"I find that the credible science that they invoked and relied upon provides a convincing basis for concluding that the circuit-break measures, including those in the impugned PHOs, were necessary, reasonable and justified," he ruled.

Joyal's second ruling dealt with the legality of public health orders being

issued by the province's chief public health officer (Dr. Brent Roussin, an unelected official), instead of the Legislative Assembly of Manitoba.

He found the delegation of power in this situation to be a "constitutional and democratically legitimate means of ensuring that the public health measures that are stipulated are measures that are proposed by a qualified medical expert."

Joyal further noted he was persuaded by the government's argument as to the practical realities of overseeing a pandemic.

"If every public health order and subsequent modification had to be enacted by the Legislative Assembly, it could potentially handcuff and immobilize government's ability to act in a timely manner," he wrote. "That would certainly not be in the public interest. No other jurisdiction in

Canada so restrains its public health officials."

The Justice Centre for Constitutional Freedoms, which represented the applicants in this case, voiced its disappointment in the decisions "and in the unwavering deference accorded to public health officials," lawyer Allison Pejovic said in a news release. "We are carefully reviewing the decisions and are considering an appeal."

The applicants in these challenges included the Gateway Bible Baptist Church, Pembina Valley Baptist Church, Redeeming Grace Bible Church, Grace Covenant Church, Slavic Baptist Church, Bible Baptist Church, Christian Church of Morden, deacon Thomas Rempel, minister Tobias Tissen, and Winnipegger Ross MacKay

# Provincewide state of emergency expires

Staff

Manitoba has finally moved out of a state of emergency.

The province officially declared a state of emergency under the Emergency Measures Act in March 2020 due to the global pandemic, and has renewed that declaration every month since.

On Oct. 21, the provincial government let the declaration expire, with officials noting it is no longer needed to help protect Manitobans from the impacts of COVID-19.

"Nineteen months ago we declared a state of emergency to help protect

the physical and financial health and safety of all Manitobans and reduce the spread of COVID-19 in our hospitals and in our communities," said Premier Kelvin Goertzen.

"As we continue to move toward a post-pandemic Manitoba, we want to remind everyone, although the state of emergency is expiring, COVID-19 is still here," he continued. "With vaccination rates among the highest in the country with over 82 per cent of eligible Manitobans fully vaccinated, we can help control COVID, but it's important that all Manitobans continue to follow the fundamentals that

help us limit our risks."

Public health orders can continue to be issued through the Public Health Act without a declared provincewide state of emergency. The province can also declare a new state of emergency if required in the future.

The state of emergency allowed for a number of emergency orders to be made that were beyond the scope of the Public Health Act.

"Our government will continue to remain cautious and vigilant in efforts to stop the spread of the virus," said Ron Schuler, minister responsible for the Manitoba Emergency Measures

Organization. "Manitoba's Emergency Measures Organization provincial response team will continue to work with industry partners and experts in supporting programs and services to assist in Manitoba's COVID-19 response strategy."

Public health orders are still in effect and officials urge Manitobans to continue to follow public health guidelines around the use of masks and vaccinations to lessen the impact of a fourth wave.

# The RCMP is warning the public after two recent frauds

Submitted

Two people have been defrauded of over \$34,000.00 recently in southwestern Manitoba.

In one instance, a victim received a telephone call from a person claiming to work for the Canada Border Services Agency. The caller advised that they had intercepted a package addressed to the victim. They claimed the package contained drugs, money and fraudulent documents. The victim had recently placed some Amazon orders and was awaiting their delivery, which made it believable and concerning. Additional calls were then made to the victim from someone impersonating a police officer, and another call from someone from the Canada Revenue Agency. The victim was advised to send monetary

payments to settle the issue, which the victim did. In the days following, the victim continued to receive phone calls requesting more money and realized it was a scam and reported it to police.

In the second instance, a victim received a telephone call from someone impersonating a police officer, claiming that a family member of the victim had been involved in a collision and was now at a police station. The caller requested that the victim send money in order for the family member to be released from police custody. After the money was sent, the victim followed up with another family member and realized it was a scam and called police.

No police agency or other government agency will request you send

monetary payments to them by way of mail, wire transfers, cryptocurrency or QR codes. This is a scam, and the callers usually use pressure tactics and threaten the victim if they don't pay forthwith.

Here are some tips on how to avoid falling victim to a scam:

No information should ever be given to a person over the phone until you are satisfied they are who they say they are. Look up the phone number to the police agency/government agency they say they are calling from and confirm it by calling there yourself.

A real police officer would not ask to have money sent on behalf of your relative/friend.

Ask for help from a member of your family or a trustworthy friend if you

are unsure about a call or request received requiring payment.

Verify identities or whereabouts of the caller.

Don't feel pressured and do not send money before doing your own investigation.

Don't disclose personal financial information.

If you receive suspicious telephone calls requesting money, please hang up and report it to the Canadian Anti-Fraud Centre at 1-888-495-8501 or through their online reporting tool. If you have been a victim of fraud and have lost money, please report it to your local police.

Fraud: Recognize it. Report it. Stop it.



## Thunder tame Tigers 30-0

By Brian Bowman

After three consecutive losses, the Interlake Thunder are now on a two-game winning streak.

Interlake crushed the Neepawa Tigers 30-0 in Rural Manitoba Football League action last Friday in Stonewall.

What a turnaround to the Thunder season.

"It's a real testament to the hard work," said Thunder head coach Mitch Obach. "We really felt that when we lost that second game we had another good week of practice, it was kind of a stinker our third loss, but they came back and worked hard. Everyone was at practice giving it their all and they were learning and they're finally seeing results."

Interlake led 7-0 after the first quarter and 16-0 at the half. After a scoreless third quarter, the Thunder scored a pair of majors in the fourth.

Bryant Case was 4-for-4 on convert attempts.

Interlake dominated most of the game.

"We felt that we were in control the whole way through," Obach said. "They really couldn't do much of anything against our defence. If they got a

play on us, we just buckled down and stopped the next (play). When your defence is playing like that, and our offence is typically the ground game with long drives, it feels like we have the ball two thirds of the time and it's pretty nice."

Interlake quarterback Kaiden Kendel had another strong game with 24 carries for 222 yards and two touchdowns. He was 5-for-12 passing for 122 yards.

Thunder running back Lee LaPierre was also very good once again with 18 carries for 172 yards and two TDs.

Defensively, Alex Luke led Interlake with 12 tackles, four assisted tackles, and a fumble recovery.

Ryan Wilson and William Summers combined for a safety on a quarterback sack.

The Thunder (2-3) will play the Tigers (3-2) on Friday at the Neepawa Area Collegiate in their final regular-season game. Game time is 4:30 p.m.

Interlake has a shot at finishing the regular season at .500.

"We're really thinking about that as a possibility," Obach said. "If we can improve again and have another strong outing, then I think we have a chance.



RECORD PHOTO BY JO-ANNE PROCTER

The Interlake Thunder's William Summers (56) helps take down a Neepawa Tigers' player during Rural Manitoba Football League action last Friday in Stonewall. Interlake won the game 30-0.

The one thing that we have not done yet is win a game on the road so that's something that we have to figure out."

In playoff action last Sunday in Stonewall, the Thunder Atoms defeated the Falcons 50-44 in their semifinals and will now play St. James in the final on Saturday (9 a.m.) at Civic

Park (East Side).

Interlake's PeeWee team, meanwhile, beat Eastman 46-28 in their semifinal matchup and will now take on Eastside on Sunday (9 a.m.) at Civic Park (East Side).

## Manitoba loses bronze-medal game at WHL Cup

Staff

Team Manitoba lost 3-2 to Saskatchewan in the bronze-medal game of the WHL Cup on Sunday in Red Deer, Alta..

Cole Cairns and Hayden Moore scored for Manitoba.

Manitoba was shut out 2-0 by Alberta in a semifinal game on Saturday.

Team Manitoba started play with a 6-2 loss to Alberta last Wednesday.

Brycen Gair and Josh Fluker scored 40 seconds apart in the third period to pull Manitoba to within a goal.

Manitoba was then blanked 5-0 by B.C. on Thursday before defeating Saskatchewan 3-2 on Friday.

Lockport's Cole Bilous, Petersfield's Ian Lavallee, and Clarke Caswell scored for Manitoba.

Ethan McCallum made 22 saves for

the win.

Team Manitoba's U16 roster also includes West St. Paul's Carter Bear and East St. Paul's Merrek Arpin and Jackson Kostiuik.

## Raiders split MMJHL weekend games

Staff

The Raiders Jr. Hockey Club split a pair of Manitoba Major Junior Hockey League games last weekend.

The Pembina Valley Twisters scored four second-period goals in a 7-2 road victory on Sunday.

Jayde Kennedy and Juliano Garcea scored for the Raiders.

Tristan Day, Merck Degraeve, TJ Matuszewski, Travis Penner, Riley Goertzen, Nico Vigier, and Jacob Carels replied for the Twisters.

Jeremy Pikel made 37 saves in the loss.

On Friday, the Raiders edged the Stonewall Jets 6-5.

Jaden Shumilak (two), Travis Dech,

Kennedy, Chase Barkley, and Levi Thiessen scored for the Raiders. Kennedy finished the game with three points.

The Raiders' Riley Barroso had three assists while Alex Loschiavo added a pair of helpers.

Tyler Van Deynze scored three goals, including a pair in the third period, to pull Stonewall to within a goal.

Daniel Paseschnikoff and Nick Finnson also tallied for the Jets.

Zach Skyba made 28 saves for the win.

The Raiders, now 4-6, will visit the Charleswood Hawks on Friday (7:30 p.m.) and the Jets Sunday (2 p.m.).



RECORD PHOTO BY LANA MEIER

The Raiders Jr. Hockey Club's Juliano Garcea flies past the Stonewall Jets' Kyle Van Deynze during MMJHL action last Friday in Stonewall. The Raiders won the game 6-5.



# Steelers have a super weekend against the Blues

By Brian Bowman

The Winnipeg Blues had just one loss heading into last weekend's home-and-home series with the Selkirk Steelers.

Now, they have three.

Selkirk capped off a super weekend with a 3-2 home win over Winnipeg on Saturday.

"We're really ecstatic with the way we played," said Steelers' head coach Hudson Friesen. "Even last weekend when we lost both games, we were still fairly happy with our game. We were just struggling offensively and then we broke through Friday night putting up six (goals). The guys really came together all week and they really understand the work that we have to put in to get better and improve. I give the guys a lot of credit for digging in here and responding very well this weekend."

Quinton Hill scored the game winner on Saturday at 8:55 of the third period on the power play.

Connor Tyhy gave Selkirk a 1-0 first-period lead with a power-play goal but Winnipeg tied the score as Mathieu Moreira tallied at 18:57 of the second.

The Steelers' Nate Hinds and the Blues' Caden Zaplenty traded goals just 28 seconds apart early in the third.

Cole Plowman stopped 28 Winnipeg shots for the victory. On Monday, he was named one of three MJHL stars of the week.

The Steelers, meanwhile, blitzed the



Steelers' goaltender Cole Plowman was named one of three MJHL stars of the week.

Blues 6-1 at the Rink Training Centre on Friday. Selkirk scored three shorthanded goals in the game.

The lopsided win was a big one for the Steelers.

"It is definitely huge for the group," Friesen said. "We'd been playing well but we weren't getting rewarded with wins and I think when you get rewarded with these wins, the way



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Steelers' Mathieu Catellier celebrates a goal against the Winnipeg Blues on Saturday at the Recreation Complex. Selkirk won the game 3-2 and swept the weekend series.

we've been playing defensively, it just kind of reinforces the confidence and belief in the room. It's going to be huge for us going forward."

Jordan Hughesman gave Selkirk a 1-0 first-period lead and then Deshon Friesen, Matthew Gerke (shorthanded), and Sheldon Howard tallied to make it 4-0 by the 12:24 mark of the second period.

Eric Fawkes put the Blues on the

board just 31 seconds later before Hinds and Gerke scored shorthanded goals 30 seconds apart in the third.

Plowman earned the win in goal. He is now 5-3 with a 2.88 goals-against average this season.

Selkirk (5-6-0-1) will host the Portage Terriers (2-9-1-0) on Friday and then the two teams will play on Saturday at Stride Place. Start times for both games are 7:30 p.m.

## Hockey Manitoba announces launch of the 2021 Western Regional Women's U18 Championship

By Hockey Manitoba

Hockey Manitoba, Hockey Saskatchewan, Hockey Alberta and BC Hockey announced the launch of the 2021 Western Regional Women's U18 Championship which will take place Nov. 1-6 at Stride Place in Portage la Prairie.

Following the cancellation of the 2021 National Women's U18 Championship, which is a key part of the development process for Canada's high

performance U18 female athletes, Hockey Canada's four western provincial hockey branches agreed it was important to hold an event for these athletes. The goal of this event is to provide an elite development opportunity while also furthering the development of female hockey in western Canada.

Planning and coordination has been a collaboration between the western branches, with welcomed support,

guidance, and funding from Hockey Canada.

The 2021 Western Regional Women's U18 Championship is a four-team tournament consisting of a three-game round robin, semifinals, bronze-medal game, and a gold-medal game.

Games will be open to the public based on the most recent public health orders with admission being charged at the gate.

Schedule and event information will be available soon on each of the western branch websites.

The Female Program of Excellence is designed to provide high-performance female players with the opportunity to develop advanced skills as well as an introduction to the concepts needed to play at an elite level. Players from the Program of Excellence go on to play at the USport, NCAA, and international level.



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# Fleury captures second slam

By Ty Dilello

East St. Paul's Tracy Fleury captured her second Grand Slam of Curling event over the weekend as they defended their title at the Masters in Oakville, Ontario.

It took an extra end battle with fellow Manitoba rink Jennifer Jones in the final. But in the end, Fleury made a double with her final rock to win the game 9-7.

"We're really excited," Fleury said. "That was quite the battle, a really exciting game. We're very happy."

Skip Tracy Fleury, third Selena Njegovan, second Liz Fyfe and lead Kristin MacCuish earned \$33,000 for their efforts. They are now poised as one of the favourites to look out for at next month's Olympic Trials.

"We've been working really hard just trying to get ready for the Olympic Trials next month," Fleury said. "It's definitely a big confidence boost heading in."

Gimli's Kerri Einarson qualified and reached the quarterfinals of the event before falling to the eventual winner Tracy Fleury by a 6-2 scoreline.

West St. Paul's Mike McEwen and

Morris' Jason Gunnlaugson competed on the men's side at the Masters, but both failed to reach the playoffs.

Kaitlyn Jones of the Assiniboine Memorial Curling Club in Winnipeg (with Marquette's Sara Oliver at lead) travelled to Saskatoon, Saskatchewan last week and competed at the Sask-Tour Women's Nutana event. It was an excellent weekend for Jones as they reached the final after winning five straight games. However, they unfortunately lost the final to Regina's Jessica Mitchell 6-2.

In other curling-related news, the Olympic Pre-Trials are being held this week in Liverpool, Nova Scotia, and a handful of Manitoba teams have made the flight over to the east coast to compete.

On the men's side, there is Winnipeg Beach's Pat Simmons (featuring the Lott brothers and Stonewall's Emerson Klimpke), Morris' Jason Gunnlaugson, Assiniboine Memorial's Braden Calvert, and Deer Lodge's Sean Grassie. While the women have Altona's Mackenzie Zacharias, Beth Peterson and Darcy Robertson (both out of Assiniboine Memorial) com-



RECORD PHOTO BY GRAND SLAM OF CURLING

Team Tracy Fleury out of the East St. Paul Curling Club took home the Grand Slam of Curling Masters event over the weekend in Oakville, Ontario. Pictured left to right, Tracy Fleury, Selena Njegovan, Liz Fyfe and Kristin MacCuish.

peting.

The event began Monday and will go on until the finals on Sunday. The men's and women's teams both feature 14 teams from across Canada competing for two berths to the main Olympic Trials, which will take place in November in Saskatoon, Saskatchewan.

The 14 rinks are split into two pools

of seven where they compete in a single round robin. From there, the top three teams in each pool advance to take part in a modified playoff format to play down for the two Olympic Trials berths.

Every draw at the Pre-Trials will be streamed online on YouTube, while the playoffs will be broadcasted later in the week on TSN.

# Hockey Manitoba announces U18 Team Manitoba female roster

By Hockey Manitoba

Following last week's announcement of the 2021 Western Regional Women's Under-18 Championship in Portage la Prairie, Hockey Manitoba is very excited to announce the roster for the 2021 U18 Team Manitoba that will compete in the regional event from Nov1 -6.

The roster for Team Manitoba includes 11 forwards, seven defencemen and two goaltenders that were

selected following the U18 POE Summer Camp that took place Aug. 13-15 at the Bell MTS Iceplex. Athletes participated in team practices and intersquad games over the course of the weekend and were evaluated by the U18 POE coaching staff.

In early September, Team Manitoba participated in an exhibition series at the Wayne Fleming Arena against the University of Manitoba Bisons women's hockey team. Team Manitoba

finished the weekend with a 1-2 record, including a 5-0 victory over the Bisons. The exhibition series was an excellent test for Team Manitoba and both athletes and coaches felt very positive moving forward.

Goaltenders: Grace Glover (Boissevain), Sidney McMullan (Brandon)

Defence: Makenna Beard (Boissevain), Louise Fergusson (Alexander), Presleigh Giesbrecht (Winnipeg), Quinn McLaren (Roland), Avery Pick-

ering (St.Adolphe), Glory Plett (Winnipeg), Ali Staples (Winnipeg)

Forwards: Oceane Asham (Portage la Prairie), Courtenay Bayes (Winnipeg), Danika Botterill (Portage la Prairie), Abbey Bourdeaud'hui (La Salle), Charlotte Buffie (Winnipeg), Norah Collins (Winnipeg), Maia Ehmann (Winnipeg), Dana Goertzen (Winnipeg), Keara Parker (Winnipeg), Morgan Smith (Winnipeg), Kara Yackel (West St.Paul)

# Ingram named to NHL Central Scouting's preliminary players to watch list

Staff

Six players with MJHL experience were named to the NHL Central Scouting's preliminary players to watch list released on Oct. 19.

The list is a compilation of top prospects from all the major development leagues throughout North America and Europe and will be updated throughout the season as scouts evaluate the players.

Former Selkirk Steelers' forward

Adam Ingram (03) was one of those players. The West St Paul product played for Selkirk during the shortened 2020-21 season where he scored twice and had seven points in eight games. The St. Cloud State Huskies' commit is currently playing with the USHL's Youngstown Phantoms.

The other five players include Ryder Thompson (04), Reid Dyck (04), Denton Mateychuk (04), Conor Geekie (04) and Eric Alarie (03).

# Royals ice the Fighting Gophers

Staff

The Selkirk Royals defeated the Garden City Fighting Gophers 3-2 in Winnipeg High School Hockey League action last Friday at the Seven Oaks Sportsplex.

Selkirk's Clint Thomas scored in the second period and then Ashton Henry and Brennan Feschuk tallied in the third.

Nathan Ens and Brett Gascoigne replied for Garden City.

Brendan Berrington was the winning goaltender.

With the victory, Selkirk is now 2-1 in Platinum Promotions Division play.

On Oct. 19, Selkirk surrendered four first-period goals in a 7-1 road loss to the St. Paul's 1 Crusaders.

Devon Whiteside scored the Royals' lone goal in the first period to cut into a 2-0 deficit.

Dylan Moon (two), Jonah Norman, Austin Manaire, Jack McFeetors, Luke Gard and Dario Macchia tallied for St. Paul's.

Selkirk played at River East this past Tuesday but no score was available. The Royals will host the Westwood Warriors this Thursday in their regular-season home opener at the Selkirk Recreation Complex. Game time is 4 p.m.



# Selkirk struggles at varsity boys' home volleyball tournament

**Staff**

The Selkirk Royals lost to MBCI in the fifth-place game of their six-team Royals Spike Off 2021 varsity boys' volleyball tournament last Saturday.

MBCI won 2-0 by scores of 25-16, 25-17.

In pool play, Selkirk finished with an 0-2 record after 2-0 losses to the Miles Macdonell Buckeyes (22-25, 22-25) and the Dakota Lancers (21-25, 27-29).

Last Wednesday, Selkirk slipped past the Transcona Titans 3-2 by scores of 14-25, 23-25, 25-21, 25-21, 16-14. The victory improved the Royals' KPAC record to 6-0.

On Oct. 18, Selkirk swept the

Kildonan East Reivers 3-0 (25-19, 25-13, 25-10).

The Royals hosted the Garden City Fighting Gophers on Monday but no score was available at press time. Selkirk will travel to Springfield on Wednesday to play the Sabres.

Meanwhile, the Royals' varsity girls' volleyball team also improved their KPAC record to 6-0 after a pair of victories last week.

Selkirk swept Kildonan East 3-0 (25-13, 25-11, 25-7) and Transcona 3-0 (25-13, 25-11, 25-17).

Selkirk hosted Garden City on Monday and then will visit Springfield on Wednesday.

**RECORD PHOTO BY BRETT MITCHELL**

The Selkirk Royals' Brennan Feschuk watches the ball go over the net against MBCI during the fifth-place game of their home tournament on Saturday.



# Fishermen put the freeze on the Ice Dawgs

**Staff**

Sunday's matchup between the Selkirk Fishermen and the Arborg Ice Dawgs was a battle between the Capital Region Junior Hockey League's top two teams.

And Selkirk left Arborg with bragging rights after a 6-4 victory.

Travis Spratt had a tremendous game for Selkirk with three goals while Raymond Hefferman, Kyle Folhoffer, and Nolan Milgaard also tallied.

Spratt leads the league in goals (eight) and is second in points (nine).

Kalen Guimond (two), Jack Einarson, and Austin Adair replied for Arborg.

Owen Derewianchuk made 46 saves for the victory.

Selkirk will host Arborg this Saturday at the Recreation Complex. Puck drop is 7:30 p.m. The Fishermen have 12 points while the Ice Dawgs have nine. Selkirk will then visit the North Winnipeg Satellites next Tuesday.

# Royals reach semifinals of JV girls' volleyball tournament

**By Brian Bowman**

The Selkirk Royals reached the semifinals of the Oak Park junior varsity girls' volleyball tournament last Saturday.

College Jeanne Sauve defeated Selkirk 2-0 by scores of 25-18 and 25-15 in the semifinal match.

The Royals finished second in pool play after sweeping Dakota 2-0 (25-7, 25-17), losing 2-0 (22-25, 19-25) to Oak Park, and splitting with Sturgeon Heights (25-18, 20-25).

Last Thursday, Selkirk defeated the Transcona Titans 3-1 (23-25, 25-6, 25-15, 25-16) at the Comp.

With the win, Selkirk improved to 6-0 in league play heading into this past Tuesday's road game with the Garden City Fighting Gophers.

"We've been really fortunate that the girls have really stayed disciplined through our games and they're having fun, too, which is important," said Royals' coach Maddi Minarik. "But they're very disciplined and hungry for those wins."

The Royals are a very determined group, said Minarik.

"We are not the strongest, we are not the tallest, but the girls all work very well together," she said. "They all get along on and off the court which is playing into our success early on. I'm really proud of how the girls have come back after almost two years of not playing due to COVID."

The Royals are getting better and better on the court each week.

"The girls have shown a lot of growth already from the start of the season to where we are now," Minarik said.

"They've been working really, really hard at practices and it's paying off for us on the court."

On Oct. 19, the Royals swept the Kildonan East Reivers 3-0 by scores of 25-6, 25-9, 31-29.

Selkirk will host the Springfield Sabres on Thursday with the game starting around 7:15 p.m.

The Royals are then hosting an eight-team Royal Rumble tournament this Friday and Saturday.

Selkirk will play Brandon's Vincent Massey on

Friday at 4:30 p.m. and then Winnipeg's Vincent Massey that evening at 6:30 p.m.

The Royals will wrap up pool play on Saturday at 9:30 a.m. against River East.

In junior varsity boys' action, Selkirk defeated Transcona 3-1 (25-19, 24-26, 25-19, 27-25) last Thursday.

The victory improved the Royals' KPAC record to 5-1.

Selkirk played Garden City on Tuesday and then will host Springfield on Thursday at 6 p.m.

## Next Home Games

**SATURDAY, OCTOBER 30<sup>th</sup>**  
vs Arborg  
7:30pm at the Selkirk Rec Centre

**FRIDAY, NOVEMBER 12<sup>th</sup>**  
vs Arborg  
7:30pm at the Selkirk Rec Centre



Meet the Fishermen



#8 Kasen Andrushko  
Defence

Next Away Game

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						9		
1				6				
				5			3	2
			9			6		
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5		7	3					
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	6	2	5			8		
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Equipment Operators WANTED for commercial snow clearing in Selkirk and surrounding areas for the 2021/2022 winter season. Must be reliable, responsible and have experience clearing commercial properties. Must have valid class 5 license and reliable transportation (class 3 and trailing experience would be an asset). Must be available to work random shifts on short notice. Wage is dependent upon your operating experience, variety of seasonal positions available Those interested please send resume to: [mikespropertygroup@gmail.com](mailto:mikespropertygroup@gmail.com)



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The Municipality of Alexander is looking for individuals who would be interested in assisting in the removal of problem beavers throughout the municipality, following provincial and municipal guidelines. Contact the Public Works Manager at (204) 367-6186, for more information.

**The Selkirk Record Classified and Announcement booking deadline is Monday 4 p.m. prior to Thursday's publication. Please Call 204-785-1618 or email: [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)**




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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **24th day of November, 2021**, at the hour of **2:00 PM**, at Rural Municipality of St. Andrews, 500 Railway Ave., Clandeboye MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
46800	LOT 4 BLOCK 10 PLAN 1966 WLTO EXC ALL THAT PORTION TAKEN FOR SAINT ANDREWS AVENUE PLAN 10178 WLTO IN RLS 63 TO 66 AND OTM LOTS 64A TO 66A PARISH OF ST ANDREWS - 3 CAPTAIN KENNEDY ROAD	L -\$81,300 B -\$176,800	\$18,102.48
216500	LOT 9 BLOCK 1 PLAN 1489 WLTO EXC ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN RL 100 PARISH OF ST ANDREWS - 55 STEVENS AVENUE E, R M OF ST ANDREWS	L -\$70,600 B -\$25,200	\$5,164.32
337200	SP LOT 4 PLAN 18692 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN TRANSFER NO. A17946/1 WLTO IN N 1/2 OF 36-13-3 WLTO. - 659 EARL GREY ROAD, R M OF ST ANDREWS	L -\$156,000 B -\$85,900	\$4,869.64
644900	LOT 27 BLOCK 4 PLAN 1809 WLTO SUBJECT TO THE RESERVATIONS PROVISIOES AND OTHER MATTERS RESPECTING MINES MINERALS AND MINERAL OILS AS THE SAME ARE MORE FULLY SET FORTH IN AN INSTRUMENT REGISTERED IN THE SAID OFFICE UNDER THE OLD SYSTEM AS NO. 132674 IN SW 1/4 OF SECTION 27-17-4 EPM - LOT 27, BLOCK 4, PLAN 1809	L -\$13,000	\$4,754.00

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

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of St. Andrews as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 6th day of October, 2021.

Managed by:



Danny Jo Sigmundson  
Chief Administrative Officer  
Rural Municipality of St. Andrews  
Phone: (204) 738-2264  
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Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
27000	THE SLY 208.7 FEET OF THE ELY 208.7 FEET OF THE WLY 608.7 FEET OF THE SE 1/4 OF SECTION 8-17-8 EPM SUBJECT TO THE RESERVATIONS PROVISOS AND CONDITIONS RESPECTING MINES MINERALS MINERAL OILS AND OTHER MATTERS AS THE SAME ARE MORE FULLY SET FORTH IN INSTRUMENT NO. 645296 WLTO - 43096 ROAD 97N	L -\$9,100 B -\$5,600	\$3,749.69
65142	LOT 4 BLOCK 2 PLAN 15201 WLTO EXC ALL MINES AND MINERALS TOGETHER WITH THE RIGHT TO ENTER, LOCATE, PROSPECT, MINE FOR AND REMOVE MINERALS AND ALL OTHER ESTATES, RIGHTS AND INTERESTS RESERVED TO THE CROWN UNDER THE CROWN LANDS ACT IN NE 1/4 21-17-11 EPM - 70 POPLAR AVE	L -\$7,400	\$4,071.75
265200	LOT 3 PLAN 17341 WLTO EXC ALL MINES MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT IN FRAC SE 1/4 12-17-13 EPM - 57 CRANE DR, CROWN SUBDIVISIONS	L -\$132,300 B -\$157,200	\$11,787.97

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- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 18th day of October, 2021

Managed by:



Don Dowle  
Chief Administrative Officer  
Rural Municipality of Alexander  
Phone: 204-367-6170  
Fax: 204-367-2257

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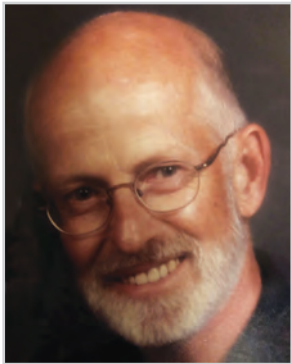


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## OBITUARY



**James Ellis Shippam**  
(April 11, 1943 – October 13, 2021)

Peacefully at his residence in Selkirk, MB, Ellis passed into the arms of his Savior, Jesus Christ.

He leaves behind his beloved wife Geri McDonald of 25 years as well as his step-mother Betty; daughter Kristy Proutt (Russell) and grandchildren Ethan, Chelsea, and Carson; son Greg (Beth) and grandchildren Amelia, Elliot, and Harriet; brother Brain, and sister Bev Inglis (Bob). He was blessed as well with Geri's children Kent, Casey (Ton), grandchildren Justin (Karsen), Christian, Kyla, Alex, Sam, as well as great-grandchildren Bodhi and Lindon. He will be greatly missed by their unofficial adopted son Kai Ming Guo (Yan Lin) and daughter Danica, sisters-in-law Esther Ann and Denise, along with many nieces, nephews and friends.

Ellis was predeceased by his infant sister Ethel Karen, his parents Stanley and Lillian, nephew Randy, sister-in-law Geri, and stepson Todd.

Ellis was born in Winnipeg and attended Daniel McIntyre Collegiate. He was a graduate of United College with a degree in Commerce, leading to a lifelong career with the Government of Manitoba. Throughout this time, he demonstrated his gift of approaching all things methodically and, in the words of this father, successfully. Geri and Ellis both had a passion for ballroom dancing which is how they met. It must have been love at first dance! Upon retirement, they spent their winters at their home in Mesa, AZ and their summers in Spruce Sands, MB developing many lifelong relationships that they cherished. Their greatest common bond was the love they shared for their two dogs Sarah and Sassy.

Due to failing health, Ellis spent endless hours on his computer, whether it be researching or playing games for entertainment. Most of his time though was spent pursuing his family's ancestry, which was of great value to him. Files, files, and more files!

Thank you to Selkirk Community Church for their prayers and support throughout the years. Gratitude goes out to Gilbert Funeral Home for their personal heartfelt service and guidance we have experienced throughout the years.

A celebration of Ellis' life will take place at a later date.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Judy Mureen Sinclair**  
January 10, 1949 -  
October 20, 2021

Beloved mother, wife, daughter, sister and aunt, Judy Mureen Sinclair, passed away.

Predeceased by her father Stanley and mother Freda (nee Goveau).

Survived by husband Ron; daughter Jodi (Ron), son Barclay, and daughter Heather (Ian); grandchildren Tyson (Cassie), Micheal (Destiny), Tara (Robert), Colin, Kevin, Alyssa, Aylah, Phoenix, Raylin, Jessica, Ian and Natasha; great-grandchildren Zofia, Kaydance, Chevy, Myia, Dante, Jayvon, Seraphina, Hailey, Kendrick, Ryleigh, Elijah and Zepplin.

Mom was born in Teulon, MB. She had several careers in her lifetime. Mom being the first. She worked as a switch board operator at Health Sciences Center then for Manitoba Telephone Service as an operator until we moved to Matheson Island, MB in 1984. Frontier School Division was her next stop. Here she was able to travel to lots of interesting places, Vancouver for Expo 86, Iceland, New Orleans and Niagara Falls. There were also countless trips in Manitoba and a few to other provinces and North Dakota and Minnesota for our infamous casino trips.

Mom then moved to Winnipeg and went to the University of Manitoba and obtained her degree in Occupational Therapy. She started working for Community Therapy Services which took her to many of Manitoba's small towns, Selkirk, The Pas, Portage la Prairie and Pinawa. While in these towns, Mom could enjoy her love of driving. She wouldn't think twice about driving into the city from The Pas for the weekend. In her final years of working as an OT she returned to Winnipeg, where she retired.

Mom loved to cook and bake. She was always trying out new recipes and hoarded many recipes and magazines with recipes she thought of trying. Mom loved her gambling and we took a few trips to the Shooting Star Casino. As well as spending many a late night at the casinos in Winnipeg.

Mom's favorite pass time though was driving, she would just drive anywhere and often just drive by our houses late at night to check up on us. Mom you are missed and loved. Although we all had Mom live with one of us at times, we want to thank my Aunt Susie for caring for her and my sister Heather who cared for her for the last several years.

Donations can be made to Canadian Diabetes Association.

Condolences may be left on her tribute wall and a link is available on her obituary to watch the service at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

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The day God took you home.  
If tears could build a stairway,  
And heartaches make a lane;  
We'd walk our way to heaven,  
And bring you back again.  
In life we loved you dearly,  
In death we love you still;  
In our hearts you hold a place,  
No one could ever fill.

20 years of missing you,  
Forever loved.

-Amanda, Dustin and Melissa

## ANNOUNCEMENT

### IN MEMORIAM

**Bernice Tassano**

July 6, 1945 - October 30, 2020

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We miss your smile, your laugh and your hugs.  
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Mom...love you to the moon and back. - Loni

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## OBITUARY



### Joyce Marian Chwartacki

After a lengthy illness, Joyce passed away peacefully on Sunday, October 17, 2021 at Pine Falls Hospital at 88 years of age.

Joyce joins her predeceased parents Rose (Zawacki) and Anthony; her baby sister; brothers Joe, Bill (Felicia), Ralph (Barbara); sister Mabel Zaborniak (Walter) and sister-in-law Jeanne.

She is survived by her siblings, Mel, Tony (Vi), John (Joan), Rose Ann (Jim); sister-in law Adele; and her many nieces and nephews all of whom she cherished very much.

Joyce was born on August 13, 1933 in Winnipeg Beach. She often reminisced about the many fond memories she had of the early years spent there. She told many stories of the hard but yet very happy times growing up in a large family. She later moved to St. Andrews and then spent her last 50 years at her home

in Selkirk. Joyce was extremely proud of both her home and yard and spent many happy hours maintaining both. She was an avid reader and enjoyed making special birthday cards for the family. Joyce worked for the Province of Manitoba in Winnipeg until her retirement in 1993.

Special thanks to Dr. Gendy and all the staff at Pine Falls Hospital for their compassionate care in Joyce's final weeks. A special thank you to Georgina Rolof for her kindness and the generous amount of time she spent with Joyce.

Cremation has taken place and a private family service will be held at a later date. In lieu of flowers, donations may be made in Joyce's name to Association for Community Living, Beausejour Branch, PO Box 1015, Beausejour, MB, R0E 0C0.

Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever Engraved within our hearts

## OBITUARY



### Thomas Bruce Tataryn 1956 - 2021

With profound sadness, we the family announce the passing of Tom on October 5, 2021, at the Selkirk Regional Hospital.

Predeceased by his parents Walter and Louise, his brother Paul and his wife Inez (nee Wilkinson). Tom leaves to cherish his memory his sisters Val and Doug Shale, Margaret and Darwin Donachuk and brother Stan and Patti, as well as the Wilkinson family, Murray (Joan), Owen (Marilyn), Betty Anne (Ken), Daniel, Rita (Herb), Neil (Kristin), Eric (Jen), along with many nieces and nephews.

Tom grew up in a semi-rural environment just south of Selkirk, Manitoba, and from an early age he and his friends enjoyed exploring the riverbank, woods and fields in the area. This evolved into a lifetime passion for hunting, fishing and walks through the woods for the simple pleasure derived from being with nature. Tom, never having children of his own, was a father figure to many. He is remembered by a simple phrase: "I'll help you with that!" Tom was an electrician by trade and an employee of Gerdau Steel for 41 years, retiring in the position of Co-chair of Safety. He was First Vice-President of The Royal Canadian Legion Branch 42, where he held a membership for 45 years. Tom was devoted to fundraising, organizing many Mug, Spud and Steak events, and was a poppy officer.

An outdoor service was held on Wednesday, October 20th at 11:00 a.m. in the St. Clements Church Cemetery, officiated by Rev. Mawejje, with a reception following at the Legion Hall, Selkirk. Due to COVID restrictions, it was required that those wishing to attend wear a mask and be fully vaccinated.

At this time, we would like to acknowledge our sincere appreciation to the staff at Betel Home, Selkirk, who cared for Tom with kindness, dignity and respect.

In lieu of flowers, donations may be made to the Heart and Stroke Foundation, 1379 Kenaston Boulevard, Winnipeg, MB R3P 2T5.

Family and friends may sign a Book of Condolence at [www.glenedenmemorial.ca](http://www.glenedenmemorial.ca)



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204.485.5303

VICTORIA  
204.619.3955

HUNTER  
204.813.8091

Based on 2020 MLS R14 cross-property sales.

**FEATURE OF THE WEEK!**  
723 EDITH AVENUE, PETERSFIELD

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F E A T U R E D P R O P E R T I E S



**BUILD YOUR DREAM HOME HERE!**

**\$53,900**

Great 2.27 acre building lot ready for your new home! Close to beaches, fishing, golf, rec centre, and stores, but is private as well. Great community and community spirit. Highly rated schools, new homes nearby, quality sub-division. Zoned RA/Suburban Residential which provides for the establishment of single family dwellings & related compatible uses. Conditional approval may also be given for multiple family housing developments. Call today!

<p>ASHLEY <b>4 ACRES!</b></p> <p><b>\$675,000</b></p> <p>25 McFee Place East Selkirk</p>	<p>HH TEAM <b>PENDING!</b></p> <p><b>\$394,500</b></p> <p>113142 Rd 13E Fraserwood, MB</p>	<p>HH TEAM <b>SOLD!</b></p> <p><b>\$549,900</b></p> <p>769 Meadowdale Rd St Andrews</p>	<p>ASHLEY <b>NEW!</b></p> <p><b>\$114,900</b></p> <p>22 - 55 Invicta St Warren</p>	<p>HH TEAM <b>MOVE IN READY!</b></p> <p><b>\$349,500</b></p> <p>8-320 Pearson Pkwy Selkirk</p>
<p>HH TEAM <b>SOLD!</b></p> <p><b>\$223,900</b></p> <p>88 Stevens Ave Lockport</p>	<p>HH TEAM <b>PRICE DROP!</b></p> <p><b>\$199,900</b></p> <p>1565 Hartley School Rd Petersfield</p>	<p>ASHLEY <b>CREEK!</b></p> <p><b>\$225,000</b></p> <p>Byers Drive East Selkirk</p>	<p>HH TEAM <b>PRICE DROP!</b></p> <p><b>\$178,500</b></p> <p>316-1671 Plessis Rd Transcona, Wpg</p>	<p>HH TEAM <b>PENDING!</b></p> <p><b>\$269,900</b></p> <p>8156 99 Road N, Rockwood</p>
<p>HH TEAM <b>.73 ACRES</b></p> <p><b>\$59,500</b></p> <p>1 Tamarack Lane Clandeboye</p>	<p>HH TEAM <b>2.4 ACRES</b></p> <p><b>\$84,900</b></p> <p>1 Fuller Road St. Clements</p>	<p>HH TEAM <b>2.2 ACRES</b></p> <p><b>\$84,900</b></p> <p>7 Fuller Road St. Clements</p>	<p>HH TEAM <b>PRICE DROP!</b></p> <p><b>\$399,900</b></p> <p>51 Peltz Road St. Clements</p>	<p>HH TEAM <b>SOLD!</b></p> <p><b>\$234,900</b></p> <p>704 Ashburn St West End, Winnipeg</p>

**YOUR HIGHEST RETURN ON INVESTMENT IN RENOVATING** written by George Hacking

When our team does market evaluations, one of the most common questions is "What should we do to get the best price for our home?". All things being equal the best answer is kitchens & baths. I mean, if the roof is curling & the windows are broken aluminum sliders we have bigger problems, but sometimes even those things can be washed over with a quartz countertop & a soaker jacuzzi. Kidding aside, according to the appraisal institute of Canada these are the Top 5 Renovations with the Highest Return on Investment - the bold script is my commentary on their recommendations. **1) Kitchen - renovation or update with quality of materials & workmanship consistent with the area - This # 1 for me too, especially if you don't have a master ensuite or another feature space. You want to have some feature that separates your home from the pack if possible, while maintaining budgetary & style balance. Usually a \$10,000 investment will yield a \$19,000 value increase.**

2) Bathroom - renovation or addition with quality materials & workmanship .... Continue reading at [hackingteam.ca/blog](http://hackingteam.ca/blog)