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THURSDAY, OCTOBER 31, 2024

VOLUME 15 EDITION 44

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Nutrition program expansion working to feed local students

Robert Smith School and Ruth Hooker School students part of new lunch program

By Katelyn Boulanger

The expansion to funding for school's nutrition programs has been successfully implemented in the Lord Selkirk School Division. All schools are now getting more funding from the provincial government for their snack programs and Robert Smith School and Ruth Hooker School now providing lunches for students three days a week.

The school division learned about this funding before the beginning of the school year and so they did some work over the summer in order to get ready for the September start-up.

"We had to do a lot of work over the summer months to figure out how we were going to bring this to fruition. We needed space. We needed to hire

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Josh Hogan making up a vat of bacon mac and cheese for the students of Ruth Hooker School.

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RECORD PHOTO BY KATELYN BOULANGER

Delivery Driver Kaylee Collins (centre) with Chefs Josh Hogan (left) and Paul Augst with the school division's delivery van after loading sandwiches and mac and cheese for the nutrition program.

> NUTRITION PROGRAM FROM PG. 3

chefs to come in. So, we actually stole these two from our high school cafeteria," said Lisa Chase, Executive Assistant to the Superintendent, LSSD..

That's how Josh Hogan became Nutrition Coordinator and Paul Augst took up a role as Chef working out of Christ Church in Selkirk to cook 146 meals for Ruth Hooker School and 275 meals for Robert Smith School three times a week.

"We've now incorporated some of our career development students. So, that's where we have them come in to help sort the food once it gets to the school and help deliver. That's great. We also have some students come and help sometimes prep the food incorporating them into this. It's been a bit of a challenge, but it's been really rewarding seeing the kids in the schools with their lunches and some pretty happy kids out there," said Chase.

Robert Smith School and Ruth Hooker School were determined to be in high-need areas and so the nutrition program being there made sense.

Hogan explained that he and Augst prepare food for the kids on Mondays, Wednesdays, and Fridays and their nutrition program cycles every few months. In this cycle the kids eat roasted chicken wraps one day a week, a croissant roast beef sandwich one day and bacon mac and cheese one day. Each of these meals also has a fruit component and a drink.

"Everything that we do, we try to make sure there's a balance of dairy, protein, fruit or veggies. We always give them —whether it be a cold

day or hot day — they're always going to have a piece of fruit or vegetables. They're always going to have a drink and we rotate between the yogurt drink, chocolate milk and juice boxes. For fruit we do apples, bananas, and oranges," said Hogan.

It's a tremendous effort to make meals for 421 elementary school students three times a week. On the day that the *Record* caught up with the chefs, they had cooked 25lbs of macaroni, 15 litres of cheese sauce, and 15lbs of bacon for just the students at Ruth Hooker School.

Hogan explained that sanitation and dietary concerns are top priorities for them when they are prepping meals for the kids. They, of course, account for allergens but dietary needs like religious requirements as well as choices like vegetarian or vegan options are also important. When accounting for these, they also make sure that the meals still look as similar as possible to the other kid's meals so that no one feels left out.

"We coordinate with the principals at the schools. They give us an updated list, as it changes, of any student's dietary needs, and then we just make those specific changes for those students and then label it and send it so there's no chance of confusion," said Hogan.

When the school division found out they were going to get the funding for this program they were excited to be able to bring this to students.

Continued on page 7

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Hallmark movie uses local home and business as set

By Katelyn Boulanger

Hawthorne Estates owned by Robert and Tammy Belanger is known in our community as a wedding venue but it recently was transformed into a ballroom for a Hallmark movie that is set to come out this holiday season.

Robert Belanger explained that after coming out to check out the venue the people from Hallmark not only wanted to film at Hawthorne Estates but used his home for a scene in the movie as well.

The movie is Beyond Yonder Star and is a Christmas movie that will be out on Dec. 15.

Though Hawthorne Estates is first and foremost a wedding venue, Belanger said that the idea of it being a movie set was something they were

open to.

"It was always in the back of our mind. If a movie ever wanted to shoot here, it could be any movie. It could be a horror movie. It could be, in this case, a ballroom scene. The venue is a timber frame building. It just lends itself to some real character," he said.

Though Belanger said that he wasn't able to get a full picture of the plot of the movie from the scenes filmed at Hawthorne Estates, he is looking forward to watching the movie.

He also said that the crew was fantastic to work with and he'd be open to renting out the space for future movies.

"As long as it doesn't conflict with any weddings," said Belanger.



RECORD PHOTOS SUBMITTED

Hallmark film Beyond Yonder Star features scenes from local Hawthorne Estates.

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Holiday Alley celebrates newcomers' stories



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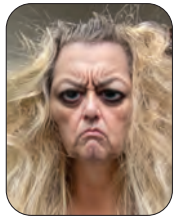
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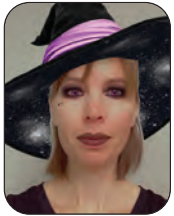
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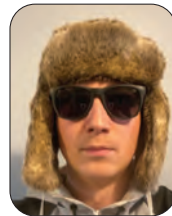
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Submitted by Holiday Alley

This year, Holiday Alley recognizes that our region is continuing to become a more diverse place and the festival of art, sound, light, creativity and culture wants to acknowledge this by celebrating its newcomers.

Delivering diverse experiences has always been a Holiday Alley goal but it grew this year when Tope Omoniyi, who came to Canada five years ago, attended a Holiday Alley public planning session. She moved to Selkirk from Brandon where she was also very impressed with the diversity in the "Keystone" City.

"Tope and her daughter Ara brought some new energy and ideas to the Holiday Alley table, and we started meeting about what we could do to engage and welcome newcomers to Holiday Alley," said Yemilo Audu, of Tukoda, who specializes in creating diverse event experiences.

Omoniyi, who works full-time in health care, said people in Selkirk have been very welcoming and friendly.

"I'm excited about how I can help other newcomers find their place here as Selkirk grows and that includes sharing our experiences at Holiday Alley," Omoniyi said.

Audu and Omoniyi, are excited that a storytelling workshop about the lives of newcomers is on the Holiday Alley schedule. It includes hearing stories from Ukrainian, Filipino and South Sudanese women who have immigrated to Manitoba over the years. They share their unique experiences at the workshop, which will be led by Amna Burki and Cate Friesen of The StorySource and Patlee Creary of Reyou Mindfulness Collective who offer storytelling training.

"The journeys that families take to travel thousands of miles across the world to make Manitoba their home



RECORD PHOTOS SUBMITTED BY HOLIDAY ALLEY

Tope Omoniyi attended the Holiday Alley community consultations in April as part of her plan to get fully engaged in making Selkirk her now home.

are incredible. They are filled with struggles, courage, loss and at the same time great joy and fulfillment," says Creary, who worked with eight immigrant women over three months to help them write personal stories about their journey to Canada during a program called "Pathways: Stories of How We Got Here."

"In that program, I asked these women, if you had to choose one object to tell your story, what would it be and what story would it tell? Each woman chose an object, and over the course of several weeks, they wrote about the object and the special meaning it holds within their immigration story," said Creary. The Pathways program

culminated with each woman sharing her written story live on stage at the Manitoba Museum in June this year.

Everyone is invited to join the Selkirk version of this workshop "Newcomers Storytelling Café" which will take place from 1:30 to 3 p.m., on Nov. 17 at Selkirk United Church. Registration is free at <https://tinyurl.com/mwdunzcp>.

Holiday Alley encourages everyone to come to hear the stories of newcomers and learn how to tell the unique story of your family's journey to Canada. This is a free workshop, welcomes drop-ins, and is sponsored by The PRHouse.

> Got something you want to get off your chest? How about an act of kindness to share?

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> NUTRITION PROGRAM, FROM PG. 4

"One of the first days when we started delivering to the schools, we were getting feedback from some of the EAs and teachers, that there were parents that were actually in tears because they were so happy that we were able to help with this. It saves them on their grocery bills not having to prepare lunches for their kids and knowing that their kids are getting nutritious lunches," said Chase.

The schools themselves are also noticing the benefit of this program on an individual level.

Kim LeMoine, Principal at Robert Smith School, said that she was very excited by the news that these kids were going to benefit from this nutrition program as their philosophy has always been to feed their students.

"The kids are able to be fed, and there's no sign-up. There's no calling out different families. It's equitable for all. The lunches go out, and if the kids don't want it, they don't have to have it, but it's there for everybody," LeMoine explained.

She said that the response from students has been overall favourable.

"They're always curious what they're going to be getting because this is so new for them," said Lem-



RECORD PHOTOS BY KATELYN BOULANGER

Students in Ms. Aiello's class at Robert Smith School devoured their croissant beef sandwiches, fruit and yogurt drink.

oine.

LeMoine also explained that this is something that can improve other aspects of their days.

"Children are not going to learn if their basic needs aren't being met. So, when you have hungry kids, we get a lot of 'hangry' kids. That's always been the first go-to when we have a student who's having a rough day, is to ask, 'Did you have breakfast or are you hungry?' And there's so many times where it's like, 'Yeah, I didn't have a chance to get a bite to eat.' And so, we feed them, and then it's a great day going forward. So, it is a game changer for a lot of our kids," she said.

Overall she says the program has been very beneficial to the school.

"We've worked hard at working out the kinks. It's a big undertaking for our school. We have about 270 kids and feeding every single one of them in the small window that we have, we thought it would take us a lot longer to get going, but we learn quickly. And so, I think we've got it down pat now, and we're able to get the lunches out really quickly," said Lemoine.



High School students Onyx McHugh and Kallie Samagalski help to deliver the food to the hungry elementary school kids.

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Gwen Fox Gallery brings variety and vibrance to November exhibit

Shelley Eros, Olivia Kruk, Gail Penner and Roberta Vyse show an array of mediums and inspiration at November exhibit

By Katelyn Boulanger

The Gwen Fox Gallery in Selkirk has artists and volunteers putting on monthly exhibits that showcase the vibrant art scene in Selkirk and the surrounding area. Until Nov. 23, the Gallery is going to be home to *Eclipsing Arcs* an exhibit with works by local artists Shelley Eros, Olivia Kruk, Gail Penner and Roberta Vyse whose works contrast and complement each other making for a collection worth checking out.

Shelley Eros

Eros is showing some of her paintings in this month's exhibit that utilize a variety of media including oil and cold wax, a variety of pastes including crackle paste, and the addition of many substances like coffee grounds or marble dust to add texture, to create mostly abstract work.

"Most of the pieces are non-representational. There will also be select florals and landscapes for diversity with the artworks combined with different medias," she explained.

Eros, who is from Gunton, explained that her work is influenced by nature.

"Lakes in Manitoba and Ontario's boreal forest and old growth forest. I spend so much time outside in my garden and hiking. It's the outdoors that I get it from," she said.

When she starts a piece, she says her initial inspiration comes from a feeling which leads her to a colour which prompts the beginning.

Eros says that she's been making art since she was very young.

"I've loved art since I was probably in grade three. It was in my high school

years in art class that (I learned) how to do different things, like drawing and all sorts of stuff. I always wanted to do oils, but really did not have the technique at that time. I also wanted to do abstract art that time, but knew I just wasn't there yet," she said.

After her time in school, she continued to have artistic pursuits in her life in many different ways from ceramics and sculpture, to flamenco dancing, to singing rock and blues music, but it was in 2020 after her husband passed away that she decided to try her hand at painting as he had been a visual artist.

"We'd talk about how to mix certain colours for example. Our whole life was art, and it was during that time and during COVID, because I was isolated, [that] what I had to see me through was painting," said Eros.

Her advice for people on a creativity journey is to keep creating and don't let anyone stop you.

"Sometimes in life, crises happen but hopefully those are short. Sometimes you don't feel like creating either, but just showing up and doing just a small amount—a little sketch or doodle—can bring flow back with steady, perseverance," said Eros.

She wanted to be part of the Gwen Fox Gallery because of the community of artists that have come together around it.

"It's community-based and volunteer-based. You can be involved here and there are so many great exhibits. There's so many opportunities to exhibit art," said Eros.

She welcomes residents to stop by the gallery this month.

"It's totally eclectic. The art is very well done. I think our combination of (the people in) the group that I'm in here, it's all cohesive. Plus it's November and close to Christmas, and good shopping in the gift shop, not only the main gallery," said Eros.

You can check out Eros's work online on Facebook at <https://www.facebook.com/p/Shelley-Eros-100089265618071/> or Instagram at @sheleros.

Olivia Kruk

Kruk's art brings together elements of surrealism with a moody atmosphere and sometimes vibrant colours



RECORD PHOTOS BY KATELYN BOULANGER

Shelley Eros.



RECORD PHOTOS BY KATELYN BOULANGER


Olivia Kruk.

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Continued on page 9

> GWEN FOX GALLERY, FROM PG. 8

which brings out a nice contrast to the Gwen Fox Gallery this month.

"It's very abstract, I would say, and it's less of a process. My art comes in like waves," explained Kruk.

Kruk is a Selkirk-based artist and her paintings are made using acrylics.

She explained that her inspiration is hard to put a finger on as she's not sure what exactly sparks her creativity.

"Sometimes it can be little shapes that I see around the room. Sometimes it can be just brushing my fingers around the canvas until I see something, and then I just go in with what I see. It's not a lot of planning or thought that goes into the paintings. I just use my hands and see what I see," said Kruk.

As a younger artist, she decided that she wanted to be part of the Gwen Fox Gallery about a year ago because of the opportunities that it gives to local artists.

"I wanted to showcase my art to people. Maybe I could inspire them to do art that just forms in their brain, even if it doesn't turn out exactly how they believe it will turn out," she said.

Kruk explained that her artist journey began by creating art in school and drawing alongside her dad.

She encourages other artists who are younger to give the Gwen Fox Gallery a shot.

"The older folks are not as scary as you think. They're really nice and they're very supportive of the art that you do," she said.

Kruk encourages residents to check out this November's show.

"There's a lot of cool art and great people. The art that is shown in the show is very unique to each person. I think you can see for each painting, it's very distinct to the artist," said Kruk.

Gail Penner

Penner is from Landmark and is a multi-disciplinary artist with photography and reclaimed item pieces showing how creativity can come from very interesting places.

"I have photography in there, and my thing is rustic and rural, especially during winter storms," said Penner.

Her reclaimed art pieces, though some contain other reclaimed items like chandelier crystals, are primarily made of old cutlery that have been turned into modern jewellery.

"I've got bracelets, pendants, spoon rings . . . and earrings. I use semi-precious stones for embellishing and I think I'm going to be bringing Christmas tree ornaments, angels, gnomes and wise men or wizards," said Penner.

Her photography is inspired by the harsh winter that's part of our landscape.

"I love photography. I was a teenager when I was first doing photography. I love winter because of the light and because of the moodiness that you get in the photography," said Penner.

Her jewellery is a reflection of her love of handcrafting.

"The first thing I happened to see was a fork that had been bent into a grasshopper," she explained.

She says that she enjoys the fun of using these reclaimed materials.

Her advice for other artists who want to start their artistic journey is to not stop at learning how to do one thing.

"Learn everything you can do. I think most people, they have a hard time settling into one thing. So, I think most people are going to be learning and learning many different disciplines," said Penner.

Penner advises residents to go down to the gallery because you never know when you'll find something that you will love.

"Their shows are always really good and I think you just have to go and visit the gallery and see if there's something that strikes a chord with you," she said.

To check out Penner online visit Facebook at <https://www.facebook.com/throughglassimages/> and Instagram at @gailpenner.

Roberta Vyse

Vyse is a local painter who showcases the beauty and colour of nature with her



RECORD FILE PHOTO BY KATELYN BOULANGER

Gail Penner.

more realistic styled works.

It's "realistic, colourful and trying to make it really stand out and be bold," said Vyse.

She explained that to create her acrylic work she has a two-step process.

"I use mostly acrylics for painting. Quite often, I will sketch something that I'm going to paint first, so I'll use pencil and marker, and, when I'm finished, I'll have two pieces of artwork. One is a sketch, and the other is a painting," explained Vyse.

Her inspiration comes from landscapes but she doesn't really know what the spark is that makes one landscape click with her over another.

"When I see something out in nature or I see something that I think would make a really nice picture, then I will take photographs of that and see if I can make it work into a painting. I don't know. It's just something sort of says, I think this would be good," she said.

As a St. Andrews artist, she wanted

to become a part of the Gwen Fox Gallery to see if her art could stand beside other amazing local artists and it definitely does.

"I always liked art. I dabbled in art when I was younger and later on just after I got married, that sort of thing, but never really took it seriously. A lady from Miami, Man., got involved in oil painting when she was in her late 70s. And I thought, if she can do this, maybe I can. I got involved in this because I wanted to test out whether or not I had any talent or ability," said Vyse.

As someone who started taking their artistic talent seriously not long

Continued on page 10



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1 – J. Doe Trio band 8pm

3 – Ladies Aux Craft Sale 10-3

8 – Vinyl Revival band 8pm

11 – Remembrance Day Service 10:30

11 – Open 11:30-5pm

15 – Destiny band 8pm

22 – Ravin band 8pm

25 – No Bingo downstairs only

27 – Gen. Meeting & Nominations 7:30

29 – Geoff & The Rockets band 8pm

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Crib 1:00 pm	Member Pricing	Poker	Meat Draw & Chase	Bingo
Bingo 7:00 pm	Darts 7pm	7:00 pm	the Ace 4:30-8pm	1pm

All Welcome! - Ask about Member Specials

History and tradition on display as Manitoba RCMP recognizes Change of Command

Submitted by the Manitoba RCMP

While the new Commanding Officer of the Manitoba RCMP took office in May of this year, a ceremony steeped in history and RCMP tradition took place on Oct. 17, at Lower Fort Garry National Historic Site, to mark the symbolic passing of command from one Commanding Officer to the successor.

"The RCMP is a modern police agency that uses state-of-the-art technology and investigative methods, and we are also deeply woven into Canadian history," said Sergeant Major Bettina Schaible, the officer responsible for keeping and maintaining RCMP history and tradition in Manitoba. "The Change of Command ceremony is important as it allows the officers under the command as well as the community at large to bid farewell to their outgoing Commanding Officer and welcome in their new Commanding Officer. Ceremony is important to the RCMP. When we put on the iconic Red Serge, it means something special to each and every one of us. On this day, we wear it to honour the importance of a change in command and new leadership."

Assistant Commissioner Scott McMurchy accepted the RCMP D Division Ensign from RCMP Commissioner Mike Duheme after it was relinquished by outgoing Commanding Officer, Deputy Commissioner Rob Hill. Parchments were signed and bagpipe banners were exchanged to mark the beginning of a new command and a new path forward.

"Under my leadership, I want to develop concrete plans and strategies that will show how we get to the goal of wraparound care," said Assistant Commissioner McMurchy. "Police have a role to play in ensuring that frontline agencies are involved in providing all the supports people need, as it has been shown that this type of involvement can help reduce crime rates. Collaboration, at all levels, between all agencies and all leadership, is what is at the core of helping Manitobans and keeping them safe."

The Commanding Officer of the Manitoba RCMP recognized his wife and his daughter as his rock-solid supports through many moves and long shifts when he was away from home. Assistant Commissioner McMurchy also recognized that his parents supported his goal of becoming a Mountie.

"When I was young, my family and I saw the Mounties in my community of The Pas – they were always front and centre. It inspired in me a desire to serve."

In taking command, Assistant Commissioner McMurchy recognized the importance of Reconciliation.

"I am committed to the tenet of 'nothing about us without us,' and under my command, the RCMP will continue to listen and collaborate with Métis, Inuit, and First Nation people across Manitoba."

The ceremony included a troop of RCMP officers marching in Red Serge as well as the RCMP pipe and drum band.



RECORD PHOTOS SUBMITTED

Photos from the change of command ceremony.

> GWEN FOX GALLERY, FROM PG. 9

ago, her advice to people wanting to start is to take some lessons and get started.

"Get some art supplies and just get started, because it is a journey and you might not think you're getting better, but as you stand back and look at some of your work from a year ago (you'll see progress.) The journey is great even though you just make small steps," she said.

Vyse recommends that residents come to this and future exhibits at the Gwen Fox Gallery.

"The times that I've been here and to the different shows, there's some

amazing art that people, I think, would be surprised to see the quality of it. And there's diverse art, there's quilting, felting, there's all sorts of things. I think it's sort of a gem in Selkirk that everybody should make a point of coming here several times a year," said Vyse.

The Gwen Fox Gallery is open Tuesday to Saturday from 11 a.m. to 4 p.m. and late on Thursdays until 8 p.m. It's always free to visit the gallery and to check out their monthly exhibits. This is the last exhibit of 2024 with December being an all members show.



Roberta Vyse.

RECORD PHOTOS BY KATELYN BOULANGER



Interlake-Eastern
Regional Health Authority

Together, we can create healthier communities!

IERHA Strategic Focus Survey & Planning Session

As a key partner in improving the health of communities within the Interlake-Eastern Regional Health Authority (IERHA), your voice matters, and we want to hear from you!

As we develop a new strategic plan for the IERHA, we aim to understand your needs, concerns and ideas. Your feedback will play a vital role in shaping our priorities and future initiatives!

Ways to participate in the planning process:

1) Complete the survey

Survey closes 11:59 p.m. Tuesday, November 12.
<https://www.surveymonkey.com/r/FD7X765>

2) Join the one hour, virtual planning session

Thursday, November 21, 2024 from 9:30-10:30 a.m.
Meeting details: <https://tinyurl.com/IERHAPlanPartner>
Everyone welcome!

We are striving to host an accessible meeting. If you have recommendations as to how we can increase participation, please email info@ierha.ca



Bring your MLA to work day proves fun and educational

MLA Richard Perchotte visits Canadian Tire and the Selkirk Record

By Katelyn Boulanger

Last week Inclusion Selkirk and Connections to Employment welcomed local MLA Richard Perchotte to the workplaces of three of the individuals who have worked with their programs to find employment in Selkirk. The three individuals are Kaitlyn Foy who does reception work at the Selkirk Record and Dane Goodall-George and Devon Kuram who are trainees at Canadian Tire.

Cheryle Bacon, Director of Community Development at Inclusion Selkirk and Connections to Employment explained that this Bring Your MLA to Work Day event has taken place for several years in our community and we've had strong support from both current and past MLAs.

"It's about bringing to (our politicians information) about the disability community and the value of inclusion, and, of course, inclusive employment," said Bacon.

She explained that our politicians, like Perchotte, know about our local programming but it's about showing them the impact of what these programs really do.

"We really want to showcase the value and benefit of businesses doing this well, and how important it is and how valuable so many people in Manitoba living with disabilities who do not have this and they have a lot of value and a lot to contribute," said Bacon.

Bacon explained that they have helped people in various industries pursue their goals and find employment and that that's important because it can allow them to reach bigger goals but also it can benefit their lives by developing other skills as well.

The first stop of the day featured an employee who fits well into her role. Foy who does reception work at the Selkirk Record office, alongside her supervisor Office Manager Lucy Kowalchuk, talked to Perchotte about her situation and how life has improved since finding employment.

Foy has been in her role since March of 2023.

"After I got out of high school, I really wanted to get into computer science and programming. I wanted to work as a programmer. But after going to college for a year and kind of looking into the work and how the environment is and the people, I realized that it wasn't really for me," explained Foy.

She explained that when that initial goal fell through she didn't quite know what to do next.

"Slowly I got a job working in Winnipeg at a call center, and it was a really scary job for me because, I'm not really good socially, but I somehow pulled it off," said Foy.

Unfortunately, the call centre was contracted to a company involved in the travel industry and when the pandemic happened her job there ended. It was also not a great fit for Foy to begin with.

"I wasn't sure where to go anymore at all, because I was so afraid of having a really bad experience with work again and I was really scared to look for another job," said Foy.

Luckily, she became involved with Connections to Employment and found her place at the Record.

Now she spends her days answering the phones and helping by passing along information about stories and advertisements. She also does some accounts work and helps with classified advertisement information.

Foy explained that having employment has helped her to reach her goals. Having the finances to afford driving lessons allowed her to eventually get her driver's license and she can now pursue her hobbies.

She also told a comical story about how, being a shy and quiet person, Co-owner of the Record Brett Mitchell encouraged her to learn to project her voice by having her shout across the parking lot to him.

Mitchell explained that the Selkirk Record has worked with Inclusion Selkirk from the very beginning working with people in their employment program to do local paper delivery.

With that connection established, having Foy join the team made sense.

The next stop of the day was to Canadian Tire where Goodall-George and Kuram spoke about their stories.

Goodall-George started the conversation off by explaining that he has worked at Canadian Tire for about a month now.

I work in the "hardware and tools (section) and the paint desk and I go into the warehouse and get what I need," he said.

In addition, his responsibilities include doing stocking work to make sure that the correct number of items are on the shelves and being respon-



RECORD PHOTOS BY KATELYN BOULANGER

Left to right- MLA Richard Perchotte, Record Reception Kaitlyn Foy, Record Co-owner Brett Mitchell, Andralyn Racine Employment Coordinator, Record Office Manager Lucy Kowalchuk and Record Sales & Marketing Coordinator Brittany Hiebert.



Left to Right: Canadian Tire Store Manager Jennifer Oram, Trainee Dane Goodall-George, Canadian Tire Manager of Logistics Teresa Gibson, Perchotte, Trainee Devon Kuram, and Canadian Tire General Manager Mick Walsh.

Continued on page 12

> BRING YOUR MLA TO WORK, FROM PG. 11

sible for helping customers retrieve items from areas that are locked.

Goodall-George explained that one day he would like to become a Red Seal Mechanic. And so, knowing that his end goal is to get into a position like this, the staff at Canadian Tire have put him in this initial position with the idea that once he's comfortable with this area, he could move into the parts department and then possibly move forward from there towards the auto department.

"What we really want to highlight about Canadian Tire and this location and the staff and management that they have is that they look at the big picture and the end goal," said Bacon.

After chatting with Goodall-George, Perchotte was then introduced to Kuram who has been working at Canadian Tire for about eight months.

Kuram works in what they call the logistics department which means that he's working throughout the store. In his role, once the trucks of products come to the store, he scans what has been received and puts the product out into the entire store.

Kuram demonstrated how he has learned to use a piece of equipment to bring products up to higher shelves and bring them back down when they are needed.

Kuram has also seen progress in his life since finding employment. He's gotten his driver's license and with that is able to have greater freedom.

Jennifer Oram, Selkirk's Canadian Tire Store Manager, explained that working with Inclusion Selkirk and Connections to Employment has not just benefitted the employees but is also a benefit to the business because they get to hire employees who want to be there.

"They come in and they're on time. They care about their job. They care about their people. Once you break through their shell, they are reliable, they are trustworthy, and they don't push things under the rug. They care passionately about their job," she said.

Oram says that they plan to continue to employ workers from Inclusion Selkirk and Connections to Employment and recommends that other businesses look into the opportunity.

Perchotte says that the day was quite eye-opening.

"I knew the important work that Inclusion did, but I didn't know the extent and their involvement in not just helping people with disabilities find employment, but making sure that they have driver's licenses and training. It shows a higher level of commitment on their part to make sure that full inclusion happens. And seeing all three employees in the different organizations today, you can see they found a home where they can be not just nurtured, but they can grow. Absolutely from Kaitlyn over at the Record, she did a wonderful

job explaining her background and the challenges that she had, but also talking to the two gentlemen here. There are definitely challenges that they face, but they have the support group there from Inclusion, not just to get them in the door, but through the follow-up and making sure that everything's going right," he said.

Perchotte says that this says not just good things about the businesses that he visited last week but also the many businesses in our community that are part of these programs.

"Everybody deserves to be treated with respect and have opportunities. And the fact that Selkirk, everywhere

I turn, I keep seeing these unsung heroes that go above and beyond. It's an incredible community that we have. The more that we make people aware that we have people that need these opportunities, the better community we become," said Perchotte.

Bacon encourages local businesses that might be interested in this program or would like to know more about hiring people in need of accommodations to reach out.

"Just reach out to the services in the community and supports to ask questions, if you're not sure about accommodations or how to do this and just build more awareness," she said.



RECORD PHOTOS BY KATELYN BOULANGER

Left to Right: MLA Richard Perchotte with Canadian Tire Manager of Logistics Teresa Gibson, and Trainee Dane Goodall-George.



Devon Kuram showing how to operate a piece of equipment that lifts objects to high shelves.



Kaitlyn Foy explaining to Cheryle Bacon, Director of Community Development at Inclusion Selkirk and Connections to Employment what her job entails.

Antique tractor plowing in St. Clements



RECORD PHOTOS SUBMITTED BY PHIL MCMURCHY, AINSLEY ANDREW, ANSON ANDREW, CLARK HNATIUK, AND TABITHA SHIPLACK-MCMURCHY
Yokimas Farms in St. Clements recently welcomed antique tractors to their farm. This fun annual event has local families and friends come together to ride their classic equipment and plow under this year's crop residue.

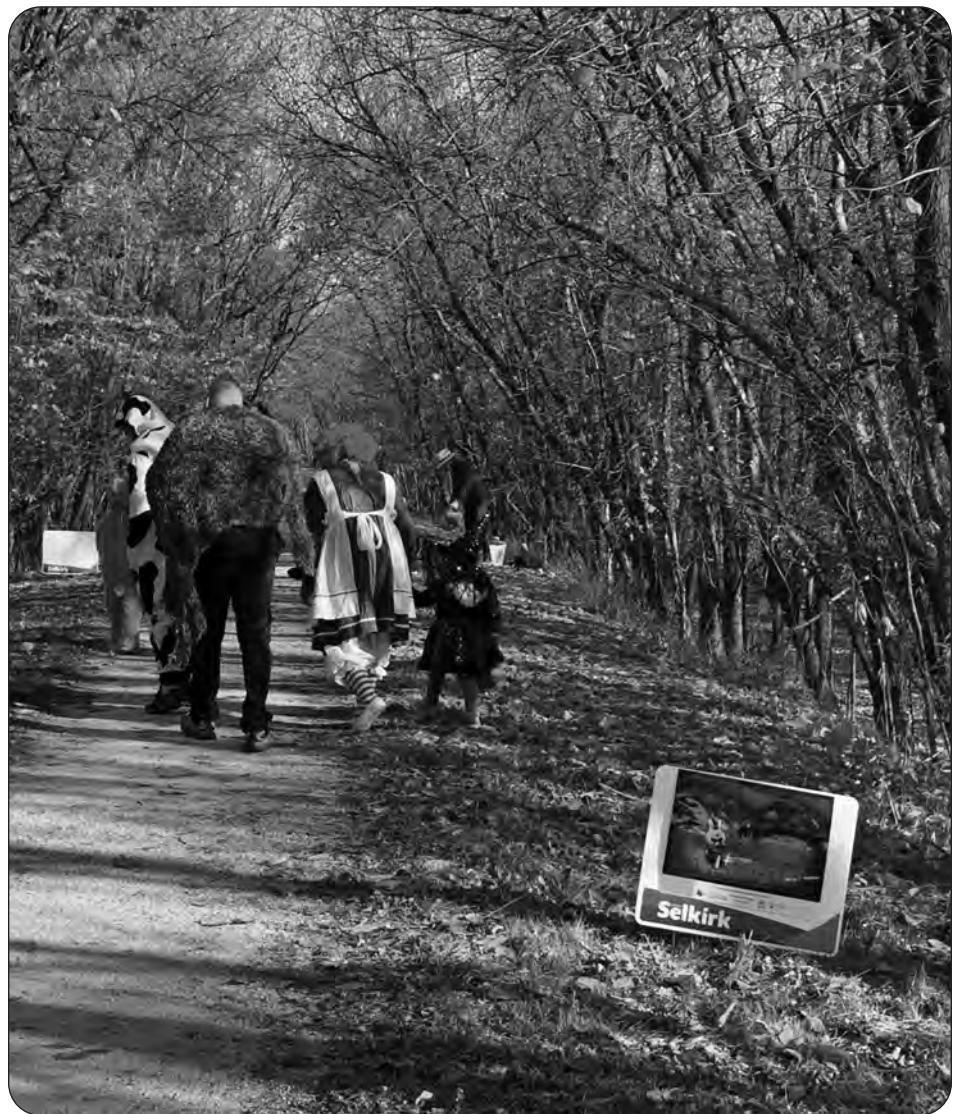


The Creepy Carrots featured at 4th Annual Halloween StoryWalk



RECORD PHOTOS SUBMITTED

United for Literacy, the Selkirk Friendship Centre and the Edge of Reading Book Club lit up Selkirk Park once again with the Annual Halloween Story Walk. This year's spooky story was *The Creepy Carrots* written by Aaron Reynolds and illustrated by Peter Brown. Over 60 kids attended the event in costume walking along the path in Selkirk Park to read the story, stopping at the nine activity stations and grabbing a free book to bring home.



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The art of giving during Endow Manitoba Giving Week

Submitted by the Selkirk & District Community Foundation

Every year when Endow Manitoba Giving Week rolls around, Janet Dornian and Miles Watts make sure they donate to the Selkirk & District Community Foundation.

This year, Giving Week runs from Nov. 12-17, and donations to the Foundation's Community Fund are stretched by funds from the Winnipeg Foundation and the Provincial Government.

Dornian and Watts like that aspect of it, and they like how the SDCF supports a wide range of community projects.

"When the community report comes out and lists all the grants

it blows my mind," Dornian said.

"For us, it's just being so aware of what's going on locally and all the really good stuff going on. And with the Foundation, you see where (your donation is) going."

Dornian and Watts are artists and their Steel Your Art Away studio in St. Clements is where they create the metal pieces that adorn not just their studio and home but the yards and homes of others around the world.

Dornian began working with steel years ago, at a time when the idea of a woman welding was an oddity. Watts is a carpenter, and together they cre-

ate impressive works.

The arts community is a giving one, Dornian says, and when there are things like golf tournaments and other fundraisers, local artists – themselves and others – donate their works to do their part. She says the people of St. Clements, St. Andrews and Selkirk are very giving.

"Everybody's skill set, not just artists, everybody does something amazing and when you pull in all those bits in a community...all those little bits are so powerful," she said.

"The Foundation brings it all to-

Continued on page 17



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> MANITOBA GIVING WEEK, FROM PG. 16

gether and disperses it back out, it's a fabulous thing."

With donating to the Foundation, they like that local organizations like Nova House, Inclusion Selkirk and the Food Bank, to name a few, are supported.

"When you see those little pockets,

things like Inclusion...you can see locally the effect it has and it trickles down to make the community so much better," Dornian said.

"When the community is healthy it's good for everybody."

Giving is in the couple's nature. When COVID hit and everyone was

in lockdown, they used their seamstress talents to help out where they could.

"When COVID hit and people couldn't find any PPE, we had two sewing machines going here and we were making masks and gowns for Inclusion," Watts said.

And later on, when they decided they didn't need the second sewing machine, they donated it to Nova House.

"A lot of stuff that we don't have use for anymore, we make sure it goes to Nova House because you can see everybody getting back on their feet," Dornian said.

David Thorne, Chair of the SDCF, says Dornian and Watts are typical donors – they care deeply about their community.

"I know Jan and Miles, we're friends, and I know their commitment to community," Thorne said.

"All of our donors are much the

same, they know that when we are able to support each other, we lift everyone up. Jan and Miles do their part year-round, and we're appreciative of the fact that they donate during Giving Week as well. I say thank you to them, and to all our kind and caring donors."

For Dornian and Watts, giving when you can just makes sense.

"You know what? It's community spirit," Dornian said.

To make a donation during the Giving Challenge, you can do so online at endowMB.org (click 'Make a donation to my foundation' to find SDCF); drop off a cheque at the City of Selkirk office at 200 Eaton Ave., in the outdoor drop box; call the Foundation at 204-785-9755 and a staff member will assist you; or visit the Foundation team at the Gaynor Family Regional Library on Sat., Nov. 16 between 10 a.m. and 1 p.m., make a donation and enjoy a cup of tea.



RECORD PHOTO SUBMITTED

Dornian and Watts with her latest piece in their home studio in St. Clements.

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As of Nov. 3 at 12:01 a.m. Canadians could be facing a full or partial shutdown of Canada Post unless the crown corporation and its main union, CUPW, come to terms on a new contract. If a labour stoppage does occur, the Selkirk Record has a select few towns that will be affected by the Canada Post contractors not delivering. If you live in a community where you pick your mail up at a group mailbox or have your mail delivered to the end of your driveway - your newspaper delivery will be impacted.

The Selkirk Record will do everything possible for you to continue receiving your newspaper in a timely fashion.

We will have free distribution boxes with the Selkirk Record and flyers available for pick up from our red or yellow distribution boxes at the following locations:

The Selkirk Record

- 1) The Selkirk Record Office (217 Clandeboye Ave)
- 2) RM of West St Paul Office (3550 Main Street)
- 3) Addis Ave @ Main Street (RM of WSP)
- 4) Maddox Ave @ Main Street (RM of WSP)
- 5) Riverglen @ Main Street (RM of WSP)
- 6) Harrys Foods (37 St Andrews Road)
- 7) The Boot Tavern (692 Colville Road in parking lot)
- 8) Lockport Grocery (Inside Store at 23029 Hwy 44)
- 9) Clandeboye (Clandeboye General Store)
- 10) Petersfield (Petersfield General Store)



Thank you very much!



RECORD PHOTO SUBMITTED

Aaron and Reid Hoium made a stop at Selkirk's Onashiwin Aboriginal Head Start Program with a spooky season surprise. Aaron Hoium is the owner of Aaron's No Frills in Selkirk and they donated pumpkins for all of the Head Start kids to take home and carve with their parents and caregivers this year. The kids were very excited. Pictured: Aaron and Reid Hoium with parents, a grandparent and staff at Head Start.

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SAFeway

Main and Manitoba Avenue, Selkirk

National SENIOR SAFETY Week

November 6 to 12, 2024

Aging with peace of mind

Stay safe as you age

An increased desire to prioritize your health and safety is a natural impulse as you get older, and it's also wise. From medical and mobility needs to an increased vulnerability to predatory tactics, your concerns are valid, but they don't have to undermine

your enjoyment of life. Here are a few tips to help you stay safe and well.



- **Home safety:** Consider your home, such as the bathroom. Non-slip doorways will help on your feet.

- **Personal safety:** Personal contacts have your refrigerator, cell phone. Add a medical alert device you need urgently.

- **Health and safety:** Health and safety medical check-ups, engage in low-impact activities, a pill organizer, your medication routines, a list of expired medications to prevent.

- **Technology:** Learn basic technology to stay connected with loved ones and use online resources to be vigilant against scams and avoid personal information over the phone. Consult the wellness professional in your area for

For Your Wellness

- Flu & Covid Shots
- Walkers
- Bathing Aids
- Blister Packs
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At this time, the expansion to administer vaccines down to age two (2) is only for Health Canada approved COVID-19 vaccines and flu vaccines that are part of Manitoba's annual Seasonal Influenza Immunization Program. For all other vaccines, the age of administration remains at age seven (7) years and older.

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Submitted by Steelcity Physiotherapy & Wellness Centre

“Approximately one in five individuals aged 65 and older experience a fall each year, which accounts for a staggering 85% of hospitalizations among seniors. Falls can lead to serious injuries, such as fractures or head trauma, significantly impacting quality of life and independence. As we age, maintaining body strength and balance becomes increasingly crucial as without regular exercise, we become more susceptible to falls. This risk is heightened during Manitoba’s icy winters, when slippery sidewalks and driveways pose additional dangers.

Fortunately, dedicating just a few minutes each day to strengthening and balance exercises can significantly reduce the likelihood of falls. Research shows that improving balance and strength not only enhances stability but also boosts confidence in mobility. A great workout would be to aim to complete two or three sets of the following exercises, performing 10 repetitions with a brief 30-second break between sets: assisted squats, step-ups, supported lunges, and supported side lunges.

Additionally, practicing balance for 20 to 30 seconds on each leg or in a tandem position can further enhance stability. It’s important to start slowly and gradually increase difficulty as your strength improves. By committing to this short daily regimen, you can help safeguard your health and maintain your independence during the challenging winter months. Remember, a little effort can go a long way in keeping you steady on your feet!”

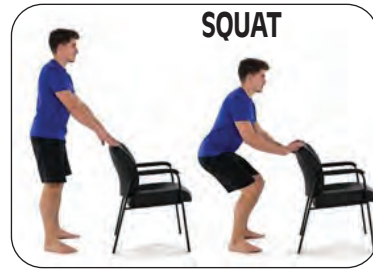
ty. To prevent falls and acci-
er making modifications to
uch as installing grab bars in
and improving overall light-
mats in the shower and near
l also give you extra stability

safety. Keep your emergen-
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or programmed into your
ditionally, invest in a wearable
evice to inform others should
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Run by the Canada Safety Council, National Senior Safety Week is a vital initiative aimed at enhancing the health and safety of older adults.

Taking place from November 6 to 12 every year, it’s an opportunity for all Canadians to think about how they can support the seniors in their lives.

For more information, visit canadasafetycouncil.ca.

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PET of the Month

Winner October 2024



Brady

Fun Fact:
This lil' dude is a 4 month old GSP. His first summer was filled with stalking grasshoppers and eating as many as he can catch! He also happens to be a cozy lil bedbug, and snoozes his nights away in bed.

CANVASBACK PET SUPPLIES

*Brady has won a prize from Canvasback Pet Supplies!
 To submit your pet for the Pet of the Month 2024 contest, send a photo and a fun fact to:
ads@selkirkrecord.ca*

Local author publishes fourth book inspired by Interlake



RECORD PHOTOS SUBMITTED

Karen Emilson has published her fourth book, *also known as Jaime Dorn*. Emilson's novel is set in a fictitious small town in Manitoba. Lundi, is inspired by the sites and features you can find in Lundar and Eriksdale.

By E Antonio

Karen Emilson has published her fourth book. The local author grew up in Ashern but now resides in Grunthal and has always yearned to be a writer.

"I got my start as a newspaper reporter," said Emilson. "While I was a reporter, I was approached by Dennis Pischke and he asked me to write a story about him and his brother's

abusive childhood."

Emilson instantly accepted the request and had her first short story published in the 1995 newspaper. She later published a novel version of her short story, *Where Children Run*, in 1996.

Nearly two decades later, Emilson has now published her fourth novel, *also known as Jaime Dorn*.

The local author explained that although her writing journey began with true stories, she always had a passion for fiction.

also known as Jaime Dorn is Emilson's second fiction piece and it is a companion novel to her other fiction novel, *Be Still the Water*.

"It is not a sequel to *Be Still the Water* but there are overlapping characters. It (*also known as Jaime Dorn*) solves a mystery that is at the end of *Be Still the Water*," Emilson explained.

Despite bringing *Be Still the Water's* mystery to an end, Emilson noted that you can read either one of her fiction novels first.

"I wanted to tell so much of the story to tell without spoiling *Be Still the Water*." Ultimately, Emilson explained that it depends on what genre of books you like to read to decide which of her novels to read.

also known as Jaime Dorn, follows the

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Where Adventures Begin

> ALSO KNOWN AS JAIME DORN, FROM PG. 22

story of a young woman named Jaime looking to move on from her troubled past. She plans to travel via bus from southern Ontario to British Columbia, but when she is in Winnipeg, Jaime accidentally boards the wrong bus and ends up in Lundi, Man.

Lundi is a fictional city inspired by two small Manitoba towns.

"It has all the amenities of Lundar and Eriksdale except everything is fictional," said Emilson.

The protagonist, Jaime, was named after Emilson's mom, who passed away 12 years ago.

"This is a highly exaggerated version of my mom's past. My mom would have really loved the antics this girl got herself into."

Also Known As Jaime Dorn combines romance, mystery and adventure into one story.

"It's a real small town read. People who have read it have enjoyed the nostalgia and the small-town antics," Emilson said.

Although Emilson is a full-time writer, she still finds time in her day to

spend with her family and friends and collect colourful rocks along Steep Rock's waters edge. She is also far from finishing her writing career.

"I am hoping in the future to be putting a book out every two years," said Emilson.

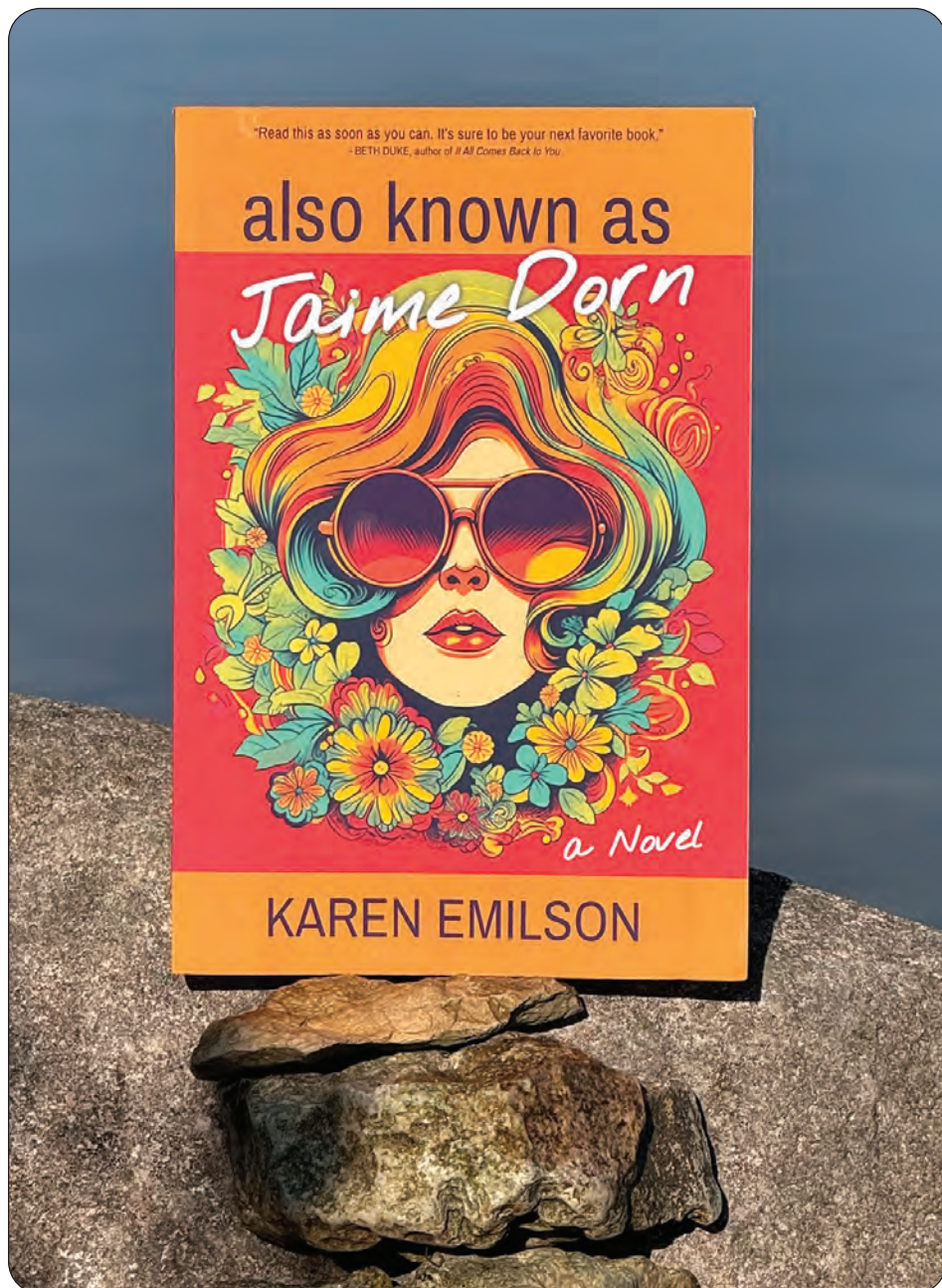
She explained that all the characters in *also known as Jaime Dorn* have been written to have continuing storylines for future novels.

The experienced author also sends a token of gratitude to her diverse reading audience.


Because of her readers, Emilson is holding a very special Winnipeg book launch for *also known as Jaime Dorn* on Nov. 29 at 7 p.m. in the McNally Robinson Booksellers store.

"Nov. 29 is the 28th anniversary of the launch of *Where Children Run*," she said.

If you want to get your hands on *also known as Jaime Dorn* today, you can purchase a copy of Emilson's book at H.P. Tergesen & Sons in Gimli, The Cozy Fox in Selkirk, and Amazon.



You can currently buy *also known as Jaime Dorn* at H.P. Tergesen & Sons in Gimli, The Cozy Fox in Selkirk, and on Amazon.



A Public Remembrance Day Service

**Will be held in the
Selkirk Recreation Centre
(Arena Entrance)**

Monday, November 11th, 2024 at 10:30 a.m.

The Annual Remembrance Day Service is jointly sponsored by the Royal Canadian Legion Branch No. 42 and the Army, Navy and Air Force Veterans Unit 151. A special invitation is extended to residents of Selkirk and District to attend the Remembrance Day Services.

ALL VETERANS ARE ENCOURAGED TO ATTEND REMEMBRANCE DAY SERVICE ON MONDAY, NOVEMBER 11TH

All Veterans and Official Party are asked to meet, 10:00 a.m. at the Recreation Centre. Please use Banquet Hall Entrance.

A free shuttle service for Veterans will leave the Selkirk Legion at 9:30am.

MASTER OF CEREMONIES
Allan Coumont – Poppy Officer of Selkirk Legion #42


SPECIAL THANKS TO THE FOLLOWING:

- Selkirk Community Choir • RCSCC Daerwood • NLCC Lord Selkirk

Wear a "Poppy"

Money donated during The Royal Canadian Legion's annual Poppy-Remembrance Campaign is placed in public trust funds. Some of the many ways this money is used to improve life for people in your community include:

- Providing assistance to ex-service members and their families
- Purchasing medical equipment and appliances for community health facilities
- Paying for medical research and training
- Building affordable housing for veterans and senior citizens
- Paying for bursaries for students
- Providing support services to senior citizens (meals-on-wheels, drop-in centres, etc.)



THIS ADVERTISEMENT IS SPONSORED BY THE ROYAL CANADIAN LEGION AND ARMY & NAVY AIR FORCE VETERANS

Local housekeeping aide earns national award



By Jennifer Mcfee

A local housekeeping aide is earning national recognition for doing a top-notch job in her role.

Alicia Fox is the recipient of the Award of Excellence from the Canadian Healthcare Housekeepers' Association, nominated by Interlake-Eastern Regional Health Authority's infection prevention and control team.

"As a housekeeping aide, Alicia consistently applies routine practices to her work, always has a positive attitude and did such an amazing job getting the new addition ready at Selkirk Regional Health Centre," said Amanda Preachuk, infection prevention and control co-ordinator.

"She led a team of environmental services workers that made sure the unit was ready and safe for patients on opening day."

Fox met the award criteria by demonstrating leadership and showing strength through challenges while providing support to peers. She also takes charge in difficult circumstances and demonstrates leadership qualities. Fox makes her facility a better place for patients and staff, while also contributing positively to the overall well-being of the organization.

She was initially drawn to the job since she had other family members working in the facility. After receiving on-the-job training, she has worked as a housekeeping aide for past 12 years. And for Fox, the best part of her role is being part of the team.

"I'm thankful for the award and to be recognized for my hard work," said Fox, who recommends the same career path to others.

This year, Infection Control Week ran from Oct. 14 to 18 with the theme "Prevent with Intent." It's an ideal time to remember the importance of infection prevention and control within the health system.

The Canadian Healthcare Housekeepers' Association offers opportunities for housekeeping management staff, lead hands and frontline staff through standardized educational programs and networking opportunities.

RECORD PHOTO SUBMITTED

Alicia Fox, housekeeping aide at Selkirk Regional Health Care Centre is the recipient of the Award of Excellence from the Canadian Healthcare Housekeepers' Association.

The Holy Hams of Selkirk United Church present the heartwarming comedy...

Hilda's Yard

By Canadian Playwright Norm Foster
Directed by Melanie Shumilak & Sara Welk



It's 1956 and the Flucks are finally relishing their empty nest. Suddenly their son flings himself over the garden fence on the run from the mob, followed by his sister who has just left her husband. As Hilda's yard fills with unexpected guests, the stakes and the laughs continue to grow!

Theatre Only – Tickets \$25.00

Wednesday, November 20, 2024 -7pm

Dessert Theatre – Tickets \$35.00

Friday, November 22, 2024 -7pm

Saturday, November 23, 2024 -7pm

Sunday, November 24, 2024 - 2pm Matinee

Choice of Theatre or Theatre with Desserts!

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We had so much fun it was SCAAARY!

Check out these spooktacular winners

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We had a lot of weird & spooky characters hanging around!

ON THE ROCKS BAR & NITECLUB

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New online feed sharing live streams of Interlake wildlife

By Becca Myskiw

Interlakers will soon be able to watch the lives of local wildlife any time they like.

An Interlake family is sharing their new favourite hobby: watching wildlife. They've set up cameras in and around the northern Interlake to see the natural world's goings-on. After sharing their livestream with friends, the family realized this type of TV was something more than just what they wanted to see.

"We thought, 'did we just turn into mega nerds?' but no, this is so cool," said Shawna, mom of the

family. "We thought maybe everyone else would like it."

The family got rid of regular television programming 18 years ago and has been using streaming services ever since. Shawna said they've started watching their wildlife livestream more than the streaming services now.

So, they've created the Interlake Critter Chronicles, an online presence that will share the live streams of Interlake wildlife. Currently, they have two cameras set up with continuous live feeds, but they can only actually live stream on YouTube once

they reach 1,000 subscribers. As of Oct. 19, they had 26 subscribers on the platform.

Shawna isn't worried about how long it will take to reach 1,000 subscribers, though. While they work to get there, the family will be sharing clips they gather from the live feeds they personally have right now. So far, they've shared videos of blue

jays, squirrels, eagles, a black bear, and more. "I don't know how this became a thing so quickly with us, but we just love it and we thought other people would," said Shawna.

She said the goal is to eventually have eight live-feed cameras on the channel at all times. Shawna hopes the Interlake Critter Chronicles grows so they can connect with people in all corners of the Interlake region and share videos from all parts.

"We want to show anywhere you can witness nature at its finest," she said. "Some animals live above the trees and some live in the trees and some are on the ground. We want to see all that."

Shawna said watching the live feeds is meditative for them.

"It's so interesting to see wildlife without going to the zoo," she said. "To see a blue jay finding that tricky way to get a peanut out of a container is amazing. To see them determining whether they prefer pumpkin seeds or peanuts."

As soon as Interlake Critter Chronicles has 1,000 subscribers on YouTube, their two cameras will go live immediately. From there, they'll keep adding what they can when they can.

To get in touch with the page, email interlakecritterchronicles@gmail.com.



RECORD PHOTO SUBMITTED

The Interlake Critter Chronicles will be live streaming Interlake wildlife 24/7 once their YouTube channel reaches 1,000 subscribers.

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Bryan Trottier

NOVEMBER 22, 2024

NHL ALUMNI GAME

Selkirk Recreation Complex

Game time: 7:00 pm

Rush Seating - Doors open at 5:45 pm

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To Purchase Tickets email: events@selkirksteelers.com

DON'T MISS THE HOME GAMES THIS WEEK!

- VS Steinbach Pistons, Fri, Nov 1st 7:30 pm
- VS Dauphin Kings, Sat, Nov 2nd 7:30 pm



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STEELERS**

**Celebrating
Selkirk Steelers
1973 - 1974**

**Canadian National Championship
CENTENNIAL CUP
CHAMPIONSHIP GALA**

**Held Thurs., Oct. 24, 2024
Selkirk Rec Complex**



get inspired

> MEAL IDEAS



Recipe courtesy of "Cookin' Savvy"
 Servings: 8-12
 1 can pumpkin
 1 can evaporated milk
 1 cup brown sugar
 2 eggs
 1 tablespoon pumpkin spice
 1 teaspoon cinnamon
 1 box cake mix (yellow, white or spice)
 3/4 cup chopped pecans
 3/4 cup chopped white chocolate chips
 1 1/2 cups melted butter

RED RIVER CO-OP FOOD STORE

Pumpkin Crumble

Whipped Cream:
 1 cup heavy whipping cream
 2 tablespoons sugar
 Heat oven to 350 F.
 In bowl, mix pumpkin, evaporated milk, brown sugar, eggs, pumpkin spice and cinnamon. Pour into greased 9-by-11-inch baking dish.
 In separate bowl, mix cake mix, pecans and white chocolate chips. Sprinkle over pumpkin mixture. Pour butter evenly over top. Do not mix or stir. Bake 1 hour.
 To make whipped cream: Using hand mixer, whip heavy whipping cream and sugar until thick.
 Serve crumble with whipped cream.



Prep time: 10-15 minutes
 Cook time: 30-45 minutes
 Servings: 6
 Stuffing:
 1 small box biscuit mix
 1 stick butter
 2-3 stalks finely diced celery
 1 finely diced onion
 1 teaspoon poultry seasoning
 1-2 cups chicken broth
 1 bag cornbread stuffing mix
 2 eggs, beaten
 salt, to taste
 pepper, to taste
 6 Coleman Natural bone-in or boneless pork chops
 oil
 1 teaspoon minced garlic

Stuffing-Filled Pork Chops

1 teaspoon minced sage
 1 teaspoon minced thyme
 1 teaspoon minced rosemary
 To make stuffing: Bake biscuits according to package directions 1 day ahead. Dry biscuits will absorb more broth. Preheat oven to 350 F.
 In skillet, melt butter then add celery and onions. Saute until onions are translucent then add poultry seasoning and half the broth. Set aside to cool.
 In bowl, combine stuffing mix, crumbled biscuits and eggs.
 Add onion mix to bowl and mix well. Add leftover broth if mixture is too dry. Set aside.
 Slit each chop on rounded side, cutting almost through to bone, to create deep pockets for stuffing.
 Season chops with garlic, sage, thyme and rosemary. Fill each chop with stuffing mixture. Use toothpicks to keep chops closed.
 Preheat skillet with oil over medium-high heat and sear each chop 2-3 minutes on each side.
 Once chops are seared, add remaining stuffing to pan, cover with foil and bake 30-45 minutes until chops reach 140 F in center. Remove foil for last 10 minutes to brown top of stuffing, if desired.

Ask the money lady

Dear Money Lady, My adult daughter and her husband just moved back home to save money and pay off their debt. I was then blind-sided when they told me they were both quitting their jobs to go back to school. I don't know what to do here – some of my friends also have their adult kids still living at home. Suggestions?

Grace C.
 I feel for you Grace – as do many other parents like you !!

Unfortunately, we have done this to ourselves. Parents of millennials are still not able to stop the "helicopter parent syndrome" even for their adult children. Canadian parents are struggling to save and stay on track to becoming financially comfortable, but then are sidetracked with worry about their adult children. Many believe their adult kids are not going to attain the same level of comfort just on their own resources and will need continuous assistance.

Obviously, the demands now on parents are dramatically different than they were in the 60's and 70s. Our parents would never have dreamed of doing what today's parents do for their children. Many are willing to sacrifice all -- to financially support their adult children in what is believed to be an economic environment where young adults face higher unemployment rates, high housing costs and large student debt. Millennials today are now the smartest and most technically advanced generation of all time, yet feel they have more uncertainty, more stress and have more anxiety and depression than their parents ever did. This may indeed be true and could account for some of the reasons why so many parents are putting their retirement plans on hold to keep working.

While helping our children is something we expect to do as parents, at least until they are financially independent, it is important to realize the long-term cost this can have on our own futures. Many parents still have their adult children still living at home with no costs, free rent and the fridge full. Be careful parents!

At some point you will need to tighten up the spending and this should not be at the end when the day-to-day finances becomes unsustainable. Adult children must realize that they can no longer rely on the financial



Christine Ibbotson

support of their parents due to the inevitable limited resources and amount of time left for parents in their working years. Sometimes whether it is forced, planned or necessary, young adults need to experience things that allow them to handle challenges. This will help them build life skills and become more resilient in ways that financial support alone cannot provide. Although you may feel you are providing financial support out of love, most adult children don't see it the same way, but rather expect it now as something you're obligated to do as their parent. Tell me something..... were you financially supported when you were their age?

Why not create a long-term strategy, or at least have a frank discussion about financial circumstances on both sides? To your children, they may believe that you should support them financially forever, and that you as their parents, are well set for the future. Remind them of your goals and also get them to create some of their own goals. Create realistic timelines, budgets and let your children know you want them to get a good foothold on life – but that doesn't mean subsidizing their current adult lifestyle. As parents, we need to be independent and retire with dignity, and that means we need money to do so. Do not give what you cannot afford to be without later, when you retire. Remember, love is not something you buy.

Good Luck & Best Wishes,
 ATML - Christine Ibbotson

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and on CTV & BNN, syndicated across Canada. Send your questions through her website at askthemoneylady.ca

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A championship celebration 50 years in the making

By Kieran Reimer

It was an evening 50 years in the making at Selkirk Recreation Complex.

On Thursday, the 1973-74 Centennial Cup-winning Selkirk Steelers returned to Selkirk for an evening celebrating the greatest junior hockey team in franchise history.

The Selkirk Steelers Centennial Cup Gala saw nearly the entire 1973-74 team gathered at Selkirk Recreation Complex as they reminisced on their incredible playoff run through the Canadian Junior 'A' circuit.

"It was absolutely fabulous to have it 50 years later," said Owen Wilkinson, Steelers centreman in 1973-74. "The best part was for everybody to show up except for two who couldn't make it. Just to feel connected with everybody was absolutely wonderful and to be able to get the town in to recognize us after 50 years, that was great."

Wilkinson, now 69 and living in Clandeboye, said the Gala was the first time in over 10 years the entire team got together. The last time was their induction into the Manitoba Sports Hall of Fame.

On Monday, Wilkinson reflected on his time as a Steeler, from being one of their top penaltykillers to the moment the team rode into a crowded downtown Selkirk to celebrate after defeating the Smith Falls Bears in overtime of game seven of the 1974 Centennial Cup.

"The best part of my time was coming back into Manitoba, flying back into the airport, and the number of

people that were there celebrating us was absolutely amazing," said Wilkinson. "Then we get on a bus, we're coming into Selkirk, then we're on Main Street and people are waving and shouting. It was amazing how many people celebrated for us. That's the part I remembered the most."

With over 200 people in attendance on Thursday, some of those past fans and some current ones were able to give the team members one last cheer for the excitement they brought to the city.

The Gala included dinner, drinks, team trivia, and speeches including one from former Winnipeg Jets star Morris Lukowich.

In 1973-74, Lukowich was also playing at the junior level for a star-studded Medicine Hat Tigers team which helped him draw similarities to the 1973-74 Steelers in his speech.

"It was a true honour to be there as an outsider yet with many parallels drawn between it," said Lukowich. "I actually played against the Kaluzniak brothers when they were in Brandon. They beat us one time in Medicine Hat. It was very cool. Very well prepared by Jordan Fillion (Steelers President)."

Fillion is also preparing for the NHL Alumni Game coming to Selkirk Recreation Complex on Nov. 21.

Lukowich is among the NHL legends that will compete in the game. He will be joined by other greats such as Bryan Trottier, Billy Smith, Marcel Dionne, and many more for a two-day event featuring a dinner, a game, and an after party.



RECORD PHOTOS SUBMITTED

The police escorted arrival of The Steelers 1974 Centennial Cup Championship team.



RECORD PHOTO BY BRETT MITCHELL

The 1973-74 Selkirk Steelers team celebrating their Centennial Cup win from 50 years ago at a gala last week at the Selkirk Recreation Complex.

sports & recreation

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Thunder silenced by Mustangs for second straight year

By Kieran Reimer

The Varsity Interlake Thunder have been left with the same familiar sting that they experienced just one calendar year ago.

On Sunday, the Thunder suffered their second consecutive Rural Manitoba Football League Championship game loss at the hands of the St. Vital Mustangs, who also defeated them in last year's title game.

This time, the Thunder looked like they could have a chance after cutting it to a one-score game in the third quarter, but St. Vital's powerhouse offence once again showed why they haven't lost a game in over a year.

They went on to win 48-36 despite what ended up being the closest game in three meetings between the two teams this season.

"I was proud of the way we hung in there with them," said Thunder head coach Christof Hasselfield. "Obviously, I would've liked to come away with the win, but as far as moral victories go, I would chalk this one up as one. We got closer in the second game than the first, and then we got even closer in this one, so there was a definite improvement. You wish you had the win, but I was very proud of the way the guys fought for it."

One of the Thunder standouts in the game was junior running back AJ Nadon, who rushed for yet another touchdown to cap off his season-long touchdown streak.



Quarterback Jessie Batenchuk looks to make a pass.

Hasselfield said Nadon was the team's 'most dynamic offensive weapon' this season, as he helped drive the run game while also opening up play-action opportunities.

"Him and the offensive line, as we got later in the season, we shifted that offence because the run game was

Continued on page 30



RECORD PHOTOS BY LANA MEIER

Running back AJ Nadon, of Winnipeg Beach, was named the player of the game for the Interlake Thunder at the RMFL Championship final this past Sunday.



The Thunder's Jamie Dandeneau moved the ball up field against the Mustangs.



The Thunder's tight end Trevin Smith had a great game against the Mustangs.

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> INTERLAKE THUNDER, FROM PG. 29

definitely our strength, so we used that to open up the passing game with more play action, and I thought it worked," said Hasselfield. "By the end of the year, we ran a real system. He's the engine that makes our offence go, and I expect him to be the same next year."

Another player that the Thunder will be happy to have back in 2025 is Jessie Batenchuk, who just led them to the RMFL Championship in his first season as a quarterback.

After being the Thunder's top receiver in 2023, Batenchuk showed he might be an even better quarterback

by passing for multiple touchdowns almost every week this season.

Hasselfield said he also set an example off the field as one of the team's leaders.

"I was very proud and satisfied with what Jessie put in this year," said Hasselfield. "It's not easy to step in and play quarterback. There are certain things he'll be able to do next year now that he has the baseline experience of playing quarterback. The biggest thing I appreciate about Jessie was he kept an open mind and kept battling when it got tough. He kept his head up and did a good job of be-

ing a leader for the guys."

And despite having Batenchuk back as one of the leaders, the Thunder will need many more players to step up as their ten seniors are aging out.

Hasselfield highlighted four-year veteran Jackson Nichol as a presence they will miss on the defensive line.

He, along with many of the seniors, has also been around since Hasselfield was a team coordinator before he took the head coaching role two seasons ago.

"For those guys to keep coming back and stick with it, the other thing is that grade 12 class has a real range of roles on the team from a two-way starter and a team captain to a guy who is a special teams guy," said Hasselfield. "They all kept a good attitude throughout the year and the program doesn't function unless you have guys that stick with it."

The Thunder are eligible to return 32 players for the 2025 RMFL season, which is expected to begin again in late August.



RECORD PHOTOS BY LANA MEIER

The Thunders' Mario La Pierre catches a Mustang player.

Hat trick



RECORD PHOTO SUBMITTED

Selkirk Royals' Mindy Smith (15) was named player of the game after scoring her first hat trick at the Sturgeon Heights female hockey tournament this weekend at the Hockey For All Centre. Smith had three goals and added an assist for a game high four points leading her team to a 5-1 victory.

The Selkirk Royals Girls Hockey team is on a 5-game winning streak.

Warnick named to NHL Central Scouting players to watch list



Owen Warnick

By Kieran Reimer

Selkirk Steelers forward Owen Warnick has been named to the NHL Central Scouting's preliminary players to watch list ahead of the 2025 NHL Draft.

The Winnipeg native was ranked as a W Prospect, which projects him as a potential sixth—or seventh-round pick in next summer's draft.

Warnick currently leads the Manitoba Junior Hockey League in scoring with nine goals and 13 assists for 22 points in 15 games.

He also announced his commitment to play NCAA Division 1 hockey at Northern Michigan University last Thursday.

Warnick is one of eight Canadian Junior Hockey League players named to NHL Central Scouting's watch list.

The only other MJHLer on the list is defenceman Avery Laliberte of the Niverville Nighthawks.

The Selkirk Record

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INSIDE > OUTSIDE > UPSIDE DOWN

Raiders fifth in MMJHL after weekend split

By Kieran Reimer

The Raiders Jr. Hockey Club split their Friday and Sunday games for the second consecutive weekend.

On Friday, the Raiders lost 2-1 to fifth-place St. Boniface Riels, recording only 10 shots on goal.

Despite losing, Evan Banera made 31 net stops for the Raiders and kept the game within reach up until the final buzzer.

The Raiders' lone goal in the loss came from Lucas Desousa, who scored his eighth of the season midway through the third period.

On Sunday evening, the Raiders' 3-2 win over the Stonewall Jets in Stonewall put them on the other side of the scoreboard.

Desousa opened the scoring for the Raiders, while Ryan Cromie and Ashton Henry scored the other two. Henry's score was the game-winner

midway through the third period.

Despite being outshot again, Owen Savoie's 44 saves resulted in his second win of the season and a big boost to his save percentage, which is now at .924.

The weekend takes the Raiders to sixth place in the Manitoba Major Junior Hockey League with a 5-5-2 record.

With October in the past, the Raiders are now set for November with nine games on the schedule, three of which are at home in Seven Oaks Arena.

UPCOMING GAMES:

Friday, Nov. 1 at Charleswood Hawks, 7:30 p.m. at Eric Coy Arena

Sunday, Nov. 3 vs St. Vital Jr. Victorias, 2 p.m. at Seven Oaks Arena



RECORD PHOTO BY LANA MEIER

The Raiders' goaltender Owen Savoie made 44 saves in his team's 3-2 victory over the Stonewall Jets in Stonewall last Sunday.

Gators lose home opener



RECORD PHOTO BY BRETT MITCHELL

The East St. Paul Gators fell to the Springfield Xtreme 6-0 in their Hanover Tache Junior Hockey League home opener last Sunday. The Gators will host St. Anne Aces Nov. 3 at 7pm.



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Steelers win 'great for the vibes' heading into six-day breather

By Kieran Reimer

The first-place Selkirk Steelers got their revenge on the Neepawa Titans on Tuesday night.

After the Titans ended Selkirk's 10-game season-opening wins streak two weeks ago on Oct. 12, the Steelers happily returned the favour with a 5-2 win on Neepawa's home ice.

The Steelers were led by a three-goal eruption in the first period which proved to already be enough for the Steelers despite adding another goal in the second and third periods.

Additionally, the Steelers proved that even with three injured players out of the lineup, they can still pick up decisive wins.

"It speaks to the culture and how tight-knit this group is," said Steelers head coach Hudson Friesen. "It's next man up mentality and guys understand that if there's guys not playing and there's more minutes that the guys can step up and elevate in those situations. Our group's done a great job of that so far."

One of the players making the most of the additional ice time is Steelers newcomer Wyatt Witham.

Witham, who spent the previous two seasons in the North American 3 Hockey League before joining the

Steelers this season, is quickly becoming one of the team's biggest offensive weapons.

Now up to 18 points on the season, Witham provided both the game-winning goal and the insurance marker on Tuesday night and now has four points in his last two games.

Friesen is also seeing the Roseville, MN product emerging as one of the team's leaders both on and off the ice.

"Wyatt's been a great addition to our group," said Friesen. "He does a lot more than just score goals. He's a dog, he's a battler, he brings his compete every night whether it's practice or games, and he's a guy that just drive the team game for us. He leads by example, being an older guy with his details and his commitment to playing the right way. Now that he's getting more confidence offensively, it's been great to watch him blossom into the player he's become."

Witham's contributions have been key recently but all season long in helping the Steelers to a 12-3 record and their current spot atop the Manitoba Junior Hockey League standings.

The win on Tuesday brings them to a timely six-day break after playing on nine of the past 18 nights in a stretch that started off with four con-

secutive wins but tailed off toward the end when they dropped three of their last five.

Friesen said the win over Neepawa has helped boost the team's morale heading into the six-day breather, which will allow them time to get healthy and review the game film.

"It's great for the vibes and the spirits to end off on that win, and getting some revenge on Neepawa was definitely on our minds after what wasn't our best game at home when they broke our winning streak," said Friesen. "The boys played a pretty great complete game and it was great to get those two points. There are areas in our game we feel still need improvement, so over the next week, we're definitely going to hone in on that in video and in practice to clean some stuff up. We've still got a ways to go to be the team that we want to be so definitely room for improvement and growth here within our group."

The Steelers return to game-action on Tuesday night for round three of the season series with Neepawa.

They will play three times this week before getting another breather the following week, a seven-day stretch without games.

Friesen expects to see some of his

injured players back in games sometime during the week. He was still determining whether it will be Tuesday night in Neepawa or one of their home games Friday and Saturday at Selkirk Recreation Complex.

UPCOMING GAMES:

Tuesday, Oct. 29 at Neepawa Titans, 7:30 p.m. at Yellowhead Centre

Friday, Nov. 1 vs Steinbach Pistons, 7:30 p.m. at Selkirk Recreation Complex

Saturday, Nov. 2 vs Dauphin Kings, 7:30 p.m. at Selkirk Recreation Complex

"IT'S GREAT FOR THE VIBES AND THE SPIRITS TO END OFF ON THAT WIN, AND GETTING SOME REVENGE ON NEEPAWA WAS DEFINITELY ON OUR MINDS AFTER WHAT WASN'T OUR BEST GAME AT HOME WHEN THEY BROKE OUR WINNING STREAK,"

Fishermen finish October with weekend split

By Kieran Reimer

A weekend split has the Selkirk Fishermen in fourth place in the Capital Region Junior Hockey League heading into November.

They lost Friday night 6-2 at home to the St. Malo Warriors before bouncing back with a 4-2 win over the Arborg Ice Dawgs the following evening in Arborg.

The Fishermen held in with the Warriors through the fourth minute, taking the lead twice. They entered the third period tied at two.

Despite outshooting the Warriors in the third, a four-goal St. Malo outburst and a 43-save performance in net from Jozse Gauthier-Urmos proved too much for the Fishermen's hopes of upsetting the league's second-best club.

The Warriors moved to 5-2-0-0 with the win, then won again

later in the weekend.

The Fishermen got their third victory of the season in Saturday's triumph over the Ice Dawgs.

This time, the Fishermen had a sudden offensive outburst, scoring three unanswered goals in the second period to ice the game.

In net, Marcus Sharpe improved to 2-0 with a 37-save effort to help the Fishermen wrap up October with a 3-5-0-1 record.

November will see the Fishermen play eight times with only two home games at Selkirk Recreation Complex.

They take on the Lundar Falcons this Saturday, Nov. 2, with their sights set on cutting into the Falcons' five-point lead in third place.

Puck drop goes at 7 p.m. from Lundar Arena.

NEXT HOME GAMES

at the Selkirk Rec Centre

SATURDAY, NOV 16th
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SUNDAY, NOV 24th
VS Lundar Falcons 3:00 pm

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Fri, Nov 8 - vs Arborg - 8:00 pm
Sun, Nov 10 - vs Beausejour - 2:00 pm



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Todd 306-774-2420

PUBLIC NOTICE

The Rural Municipality of St. Clements Municipal Office and Public Works Department will be closed on November 6, 2024 between 11:45 a.m. and 1:15 p.m.

Landfill will be closed on November 6, 2024 between 11:00 a.m. and 2:15 p.m.

Deepak Joshi
Chief Administrative Officer

1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: Selkirk 482-3300
Winnipeg: 474-2642
Toll Free: 1-888-797-8425
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To find more details, including qualifications please go to: www.rmofstandrews.com/p/job-opportunities



take a break

> GAMES

SUDOKU

7				1				
6			8		9			
3						6		5
5	8							6
			2					
	4							3
4	2	5			6		9	
				3	7	1		4

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Intermediate

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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

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- Encouraging local merchants teaches your children the importance of community
- Buying local means spending less money on gas, you spend less time travelling and more time with the people you love.

8	9	5	4	2	6	3	7	1
4	2	1	7	3	5	6	9	8
7	6	3	9	8	1	5	2	4
3	5	6	8	9	7	1	4	2
1	7	8	4	5	2	9	3	6
9	4	2	1	6	3	7	8	5
5	1	9	2	7	4	8	6	3
2	3	7	6	5	8	4	1	9
6	8	4	3	1	9	2	5	7

Sudoku Answer



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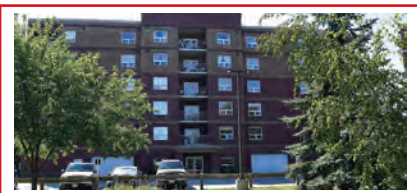
519 Moody Ave - \$279,900



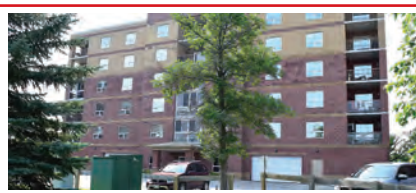
1239 Breezy Point Rd. - \$574,900



238 Colcleugh Ave. - SOLD



2303-6940 Henderson Hwy - \$285,000



3502-6940 Henderson Hwy - \$249,900

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R.M. OF ST. CLEMENTS EAST SELKIRK SECONDARY PLAN BY-LAW AMENDMENT 7-2024 PUBLIC HEARING

We are Listening.

Public Hearing
Tuesday,
November 19,
2024
6:00 PM
Council Chambers
1043 Kittson Road
St. Clements, MB

Phone:
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1-800-876-5831

Fax:
(204) 669-8882
E-Mail:
info@rrpd.ca
Website:
redriverplanning.com

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As per *The Planning Act*, any person can make representation on the matter at the meeting.

What is BL 7-2024 about?

This application is to re-designate the subject land from "Institutional Policy Area" to "Emerging Neighbourhood Policy Area" in order to allow future multi-family development.



1043 Kittson Road (Roll # 442500)

Please be advised that Public Hearing will be conducted in-person at the Council Chambers. Participants must register at the entrance on the day of the Public Hearing. If you require further information about attendance, please contact the municipality at info@rmofstclements.com or by phone at 204 482-3300.

For more information, please contact the Red River Planning District.
Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm

*excludes all statutory holidays
*NOTE: Property owners are responsible for notifying "Tenants"

Announcements



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ANNOUNCEMENT

IN MEMORIAM



Ron Furdyk

In loving memory of my
Husband and Best Friend

who passed away October 31, 2023

One year ago today was the worst day of my life.

You never said I'm leaving or good-bye,
You were gone before I knew it.

I remember the day I met you,
I remember the day I lost you and will to the end of time.

We made our vows together and said
Till death do we part,

And when I look back on our life,
The one thing that makes me glad
Is that you chose me to share with you
40 wonderful years of joy and happiness.
You lit up my life, my hopes and dreams.
I miss your presence, holding my hand, your
hugs, kisses and love.

No one knows my heartache that I try so hard
to hide as I walk through life alone.

And when days are sad and lonely and I break
down and cry,

I hear you whisper, cheer up and carry on.
And when my life is through I pray to God to
take my hand and lead me straight to you.

-Forever loved and miss you so much,
your loving wife Bea

ANNOUNCEMENT

IN MEMORIAM

In loving memory of
Daisy Yakimchuk
September 29, 1933 - November 1, 2023



Feels like yesterday when you left us.
You are constantly in our thoughts and will
forever be remembered.

-Allan, Wendy, Trish
and family

ANNOUNCEMENT

IN MEMORIAM



Stella Annie Kubic

We are sad within our memory,
Lonely are our hearts today;
For the one we loved so dearly
Has forever been called away.
We think of her in silence,
No eyes can see us weep;
But many silent tears are shed,
When others are asleep.
Always never forgotten.
Always remembered.

-Husband Bob
daughters Shirley, Brenda and Cindy,
grandchildren and great-grandchildren

OBITUARY

Brandon Graham Dean King/Rerie

With sadness and heavy hearts, we announce the untimely passing of our loving husband, dad, son, brother, and uncle, Brandon Graham Dean King/Rerie on Friday, October 18th, 2024 at the age of 47 years. He passed away with his family by his side after a brief but harsh battle with cancer; a true fighter he always was in so, so many ways.

Brandon is survived by the love of his life Melanie, and precious daughters Lyric and Nova. He will also be very deeply missed by his beloved father Lyle (Brenda), mother Valerie (Grant), sister Angela (Lyle), brother Jeff (Kendra) and sister Jessica (Dan), along with numerous nieces, nephews and many many friends.

Brandon was predeceased by his grandfather Robert Dillworth Graham, grandmother Ethel Joyce Graham and grandmother Rosella Jane King.



Brandon was born in Winnipeg, Manitoba on May 6th, 1977; he grew up mostly in the Winnipeg area and as well spent some of his childhood growing up in East Selkirk, Manitoba. If you knew Brandon, you'd know he had the most unique, wild and contagious personality, a zest for life like no other. He enjoyed most of his time being outdoors, going from creating beautiful landscapes, patios, fences, to completing stunning home renovations and so much more for himself, his family, friends and all his wonderful clients, not to mention all the flip houses with great buddy Rob. Brandon and Melanie supported each other's business journeys fully and worked tirelessly alongside one another to make these dreams come true, from completing reno's moving locations three times for their hair salon and spa and landscaping and contracting together, they were a true team right till the very end with Brandon's last job which he was so very excited about and took so much pride in, Melanie has continued to work hard at finishing the project to honor his legacy and undeniable talent and love of his job.

Summers with a good bonfire and jam, especially out at the new property in Gimli always put him in a great mood, something about the serene nature always 'fed his soul' as he liked to say. You would often find Brandon going for a rip on his motorcycle and travelling far and wide with Melanie, cruisin' on the bike to many destinations with recent wedding anniversary memories made on journeys to Tofino, Niagara Falls, Banff, Jasper and Halifax just to name a few as well Portugal last year for their 20th anniversary. You might also have seen him randomly with a new vintage car, as he had an extreme love for old cars and restoring them with all their 'character'.

Brandon adored trips to the beach, Grand Beach to be precise, grandma and grandpa Graham camping trips were some of his favorite childhood memories as well as Seven Sisters memories at granny and gramps Rerie's. Tropical vacations were a newfound joy as an adult for him with his three favorites, Melanie, Lyric and Nova as well as multiple memorable trips with his sister Ange, brother-in-law Lyle and many amazing friends. Brandon and Melanie had hoped to retire one day and enjoy their winters away in Mexico.

'The Rockstar' Brandon, was an unbelievably talented musician with an immense passion for music dedicating his Tuesday and Sunday evenings completely to jam practices for at least the past 25 years, most recently with his greatly talented friends/bandmates Jordan Gentle along with Brennan Saul. He had numerous bands/bandmates throughout the years but his current focus was on his newest band KingGentle. He loved nothing more than when his oldest daughter Lyric would join in on jams as their unspoken language and bond entirely thrived off of it, they had a truly beautiful connection with music together; Lyric's younger sister Nova also recently joined in showing her interest and hidden little voice. She got to spend time especially this past summer singing some of the family's favorite Chris Stapleton songs at the multiple backyard karaoke jams with loved ones, and those memories we will forever cherish.

During COVID, Brandon and Melanie dedicated their time to Lyric and Nova, making it their all time mission to get the girls on to trying new things and making memories every single day, spending time in their new hot tub and doing new family hobbies like snowboarding and off roading with the quads in Gimli and Richer and a trip to Banff and Aseissippi. Brandon also took up golfing with Melanie, first as a joke but then got in competition with himself and literally became obsessed.

Brandon was a firm believer in living life to the absolute fullest as no one is guaranteed anything and that he did very vivaciously, making certain that he never limited or denied himself the possibility of picking up a new interest or hobby and putting his mind to it. He was always one to keep his mind wide open and be flexible in all his interests/hobbies, just so that he could surprise himself enjoying it and connect with all the different kinds of people in his life that he cared so, so deeply for; it was all in the moments for him, the full moments in life that meant the most to him, and that he never ever stopped living by. He wanted everyone around him to be strong in all areas of life; always enriching themselves, changing for the better and living life to its fullest because you never know when your last moment will be, when you're out of time.

He wants everyone to keep on givener.

In true Brandon style, a shindig will be held next summer for all to attend and celebrate his life. Details to follow.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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Love and remembrance last forever.*

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wishes to your
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Announcements



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OBITUARY



Thomas Kachur

Peacefully, at Tudor House Personal Care Home, with his family by his side, Thomas Kachur, passed away at the age of 88 on October 22.

Tom will be deeply missed by his daughter Cary (Philip); grandchildren Christopher, Kimberley (Shane); great-granddaughter Lily; sister-in-law Gail and many nieces, nephews and friends.

He is predeceased by his wife Shirley; parents Nick and Caroline; step brothers Mike and Bill (Alice); in-laws Mike and Ann; brothers-in-law Ron (Rose), Mike (Ruthy) and Walter; nephew Darren and niece Leanne.

We want to give special thanks to the staff at Tudor House for the amazing care they gave, they went above and beyond! Gege considered them his second family.

A memorial service will take place at Gilbert Funeral Home, Selkirk, MB on Saturday, November 2, 2024 at 11:00 a.m.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Marilyn Erna June Patzer

It is with great sadness that we announce the peaceful passing of Marilyn Erna June Patzer at her residence at the age of 85. Marilyn was born on January 22nd to Bert and Ruth Thomas.

She is predeceased by her son Garry (1973); husband Bert (2002) and her sister Judy (2011).

She is survived by her daughters Karen (Don), Shelly (Randy) and Shannon; sons Rory (Angela), Bentley and Jody; numerous grandchildren and great-grandchildren.

Although Marilyn had a few jobs, it was the Grand Beach Provincial Park office that she faithfully worked until retirement, not missing a day.

Mom volunteered in the community especially being involved with the Ladies Bonspiel, partaking in the skits. She loved it. She was a star.

Services will be held on Friday, November 1st, 2024 at the Trinity Lutheran Church, 42153 Rd 94 North, Thalberg, MB at 1:00 p.m. with Pastor Gallivan officiating.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Henry John Moroz
August 17, 1932 – October 20, 2024

On October 20, 2024 Henry John Moroz peacefully passed from this world surrounded by his loving family.

Henry was predeceased by his wife Ann (Mikolajek); his brothers Jules, Edward, and Walter and sisters Olga, Sophie, Stephanie, Mary, and Helen; as well as his parents, Joseph and Rose.

He is survived by his children Cindy Harris (Mike), Raymond (Shelly), Bob (Christine), and Michael (Meagan). Also left to cherish his memory are his grandchildren Colin (Melissa), Jillian (Erik), Andrew (Nicole), Ryan (MacKenna), Matthew, Quinn (Gian), Cage (Kenzie), Jasper, Brady, and Claire, along with great-grandchildren Brody, Brooklyn, Arlo, and Sam.

Henry was born in 1932 and grew up on the family farm just north of Winnipeg, where he developed his incredible work ethic. As a young man he began his own company, Henry Moroz Construction then eventually partnered with his brother-in-law Albert in Planet Construction.

On June 27, 1959 he married a beautiful young woman named Ann. They were together for more than 59 years until her passing. They raised their family, first in Winnipeg and then in St. Andrews. To his family, he modelled his values of family, hard work, having good fun, and that Sunday Mass was not optional.

Henry loved weekend camping trips with the Wawryks, the Haikos, and often the Stangls. There would be good food, a little good rum, horseshoes, and plenty of sing-alongs around the campfires. He was a proud member of St. Joseph's Club where he loved bowling with his brothers and buddies, the Selkirk Knights of Columbus, and Little Britain's Schutzenverein.

Dad was an extraordinarily kind-hearted and loving man. He demonstrated his love for others by becoming an Extra-Ordinary Minister of the Eucharist and would celebrate Holy Communion at the homes community members who could not attend Mass.

The family would like to thank all the health care providers who helped Henry so much over the past few years, especially the health care aides and nurses at Middlechurch Home of Winnipeg.

In lieu of flowers, donations can be made to Heart and Stroke Foundation.

A service will be held on Sunday, November 3, 2024 at 2:00 p.m. at Glen Eden, 4477 Main St, West Saint Paul, MB.

Family and friends may sign a Book of Condolence at www.glenedenmemorial.ca



Glen Eden Funeral Home

OBITUARY



Gwendolyn McRae (nee Schneider)

It is with overwhelming sadness that we announce Gwendolyn McRae passed away suddenly on October 18, 2024.

She will now join her beloved husband, Garry McRae, and will enjoy hearing his many one liners he has been saving for her.

Gwen is survived by her siblings Randy (Betty) and Georgeann (Ron); her children Curtis (Nancy), Macklin (Melissa) and Kathryn (Jim); and her many grandchildren that she loved and adored so very much.

Born in 1953 in Minnedosa, Manitoba minutes apart from her twin brother, Gwen was raised on a potato farm in Wellwood by her parents John and Eleanor Schneider.

After finishing school in Carberry, Gwen went on to nursing school in Winnipeg before switching careers to become a devout farm wife.

Gwen loved having a house full of people and making sure no one left hungry. She lived her life to the fullest on the farm she built with her husband for her family. She made many long lasting friendships through her love of the farm and her family.

Gwen was well known for being an avid gardener. When she was not in the garden she loved books, music, and especially live entertainment. She loved going out and making small trips with friends and family then coming home to the place she loved.

Gwen would have her home decorated for every occasion and the grandkids were always excited to see what Grandma was cooking. She made every visit a special one.

We will host a Celebration of Gwen's Life later in the year when all of her family can be together.

Tributes: www.gilbartfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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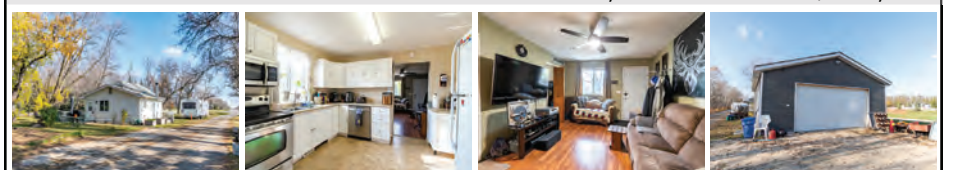


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