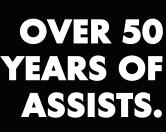


Witches, unicorns, and Curious George all came down to Manitoba Ave. in Selkirk last Thursday for the Halloween Trick or Treat Parade hosted by the Selkirk Friendship Onashiwin Aboriginal Head Start Program. See more inside.

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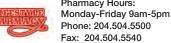


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Jim Gaynor acknowledged for contributions to Selkirk at Legislature

MLA Richard Perchotte recognizes businessman and philanthropist

By Katelyn Boulanger

On Oct. 16, Selkirk MLA Richard Perchotte acknowledged philanthropist and local businessman Jim Gaynor for his contributions to our community.

Jim Gaynor settled in Manitoba in 1954 and worked in the grocery industry. In 1975 he purchased the grocery store Gaynor Foods, which was located in Selkirk, and ran that business until his retired in 1999.

Though his reputation as a business owner was one of exceptional service, he and his wife Betty Anne are better known now in our community for the many ways they've supported our community. In Perchotte's speech at the Legislative Assembly of Manitoba, he described Gaynor as having, "created a legacy of connections, empowerment, hope, respect, generosity and philanthropy."

Perchotte continued saying, "Jim's unwavering dedication to the community has impacted all the people of Selkirk and the surrounding communities. Not just (through) the employment opportunities he gave the community, the respect he gave every single employee — treating them like family — or the affordable prices he ensured for his customers, he did

Continued on page 4



RECORD PHOTO BY BRETT MITCHELL Jim and Betty Anne Gaynor (centre), with Eileen Gaynor, Rikky Mraz, Tom Gaynor, Richiel De Guzman Custodio and MLA Richard Perchotte.





4 The Selkirk Record Thursday, November 7, 2024



RECORD PHOTO BY BRETT MITCHELL Jim Caynor was recognized by Richard Perchotte in the Manitoba Legislature.



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> JIM AND BETTY ANNE GAYNOR, FROM PG. 3

much more. He has donated millions of dollars to make life better in Selkirk. His generosity can be seen throughout the city including Selkirk's Library, appropriately named the Gaynor Family Regional Library. The Gaynors continue their generous support through the Selkirk Community Foundation. Recently they have donated one million dollars to assist in Inclusion Selkirk's dream of building a living centre for persons with intellectual disabilities to live independently."

Perchotte chose to acknowledge Jim Gaynor at the legislature because of the amazing difference that he and his wife have made in Selkirk.

"Jim Gaynor and his family have spent a lifetime improving the lives of everyone who lives and visits the beautiful city of Selkirk and surrounding areas. Heroes like Mr. Gaynor never ask for any attention but it is extremely important that we recognize that without the support of these heroes, we would be doing without some of the most important things in our community," said Perchotte.

Betty Anne Gaynor said that it was a great experience to see her husband honoured at the legislature surrounded by their family. "It was a really a great honour to be to be acknowledged like that. It was a really great experience," she said.

The Gaynors have been communityminded people from the beginning. Jim Gaynor says that they've always tried to support people in the community.

"Young people in particular. You'll see a trend. Through our fund at the Foundation, which is a million and a half, it's designed to assist young people in the in the region of St. Andrews, St. Clements and Selkirk," he said.

He explained that the reason that they've felt that they've wanted to give back to our community is twofold.

"We have the ability to do things, and if we were going to be helpful, we felt that the community that had supported us so well over 24 years should be the beneficiary of any philanthropy that we were engaging in, if at all possible," said Jim Gaynor.

The Gaynors recommend that if anyone wants to give generously to our community the Selkirk and District Community Foundation is a great place to start. They have many funds like the one that the Gaynors set up that contribute to many local organizations and people.



RECORD FILE PHOTO

Jim and Betty Anne Gaynor with Inclusion Selkirk staff at an event last year where they made a generous donation to Inclusion Selkirk's new building project.



Now is the time to help your community flourish forever!

Give to Selkirk & District Community Foundation between November 12-17 and help them reach their Giving Challenge goal. Every gift made during this week will be stretched by The Winnipeg Foundation and the Manitoba Government – increasing the amount your foundation receives.

Contact Selkirk & District Community Foundation for details and giving options at 204-785-9755 or fin.manager@sdcf.ca



The Selkirk Record Thursday, November 7, 2024 **5** Former judge, senator, chair of TRC Murray Sinclair has died

By Lana Meier

Murray Sinclair, a former judge, senator and chair of the Truth and Reconciliation Commission, or TRC, has died.

Sinclair was a member of the Peguis First Nation.

The father of five died peacefully Monday morning in a Winnipeg hospital, at the age of 73, according to a statement from his family.

According to his son Niigaan, a sacred fire will be lit on the grounds of the Manitoba legislature.

Sinclair had a long career in public service that started with his appointment to the bench as the first Indigenous judge in Manitoba.

He went on to chair the TRC, a look at Canada's residential school system that heard from survivors nationwide. The groundbreaking report issued 94 calls to action for Canadians to reckon with its past.

Sinclair was appointed to the Senate by Prime Minister Justin Trudeau in 2016. He served until 2021, when he returned to private practice.

According to his family, Sinclair had been sick for some time.

Born in 1951, Sinclair was raised on the former St. Peter's Indian Reserve north of Winnipeg. He was a member of the Peguis First Nation.

He was raised by his grandparents and graduated from Lord Selkirk High School, where he excelled in athletics.

Some of his earliest childhood memories were published earlier this year in his memoir, *"Who We Are: Four Questions for a Life and a Nation."*

In it, Sinclair described the discrimination he experienced being Anishinaabe in a non-Indigenous school.

"While I and others succeeded in that system, it was not without cost to our own humanity and our sense of self-respect. These are the legacies all of us find ourselves in today." In 1979, Sinclair graduated from law school at the University of Manitoba and later became the first Indigenous judge in Manitoba - the second in Canada.

He served as co-chair of the Aboriginal Justice Inquiry of Manitoba to examine whether the justice system was failing Indigenous people after the murder of Helen Betty Osborne and the police shooting death of J.J. Harper.

In leading the Truth and Reconciliation Commission, he participated in hundreds of hearings across Canada and heard testimony from thousands of residential school survivors.

The commissioners released their widely influential final report in 2015, which described what took place at the institutions as cultural genocide and included 94 calls to action.

"Education is the key to reconciliation," Sinclair said. "Education got us into this mess and education will get us out of it."

Two years later, he and the other commissioners received the Meritorious Service Cross for their work.

It was one of many recognitions Sinclair received over his career.

In 1994, he received a National Aboriginal Achievement Award, now the Indspire Awards, for his work in justice. In 2017, the organization awarded him a lifetime achievement award.

In 2016, Sinclair was appointed to the Senate. He retired from that role in 2021.

The following year, he received the Order of Canada for dedicating his life to championing Indigenous Peoples' rights and freedoms.

In accepting that honour, Sinclair said he wanted to show the country that working on Indigenous issues requires a national effort.

"When I speak to young people, I





RECORD PHOTO BY JUSTIN TANG/THE CANADIAN PRESS

Justice Murray Sinclair, who was Manitoba's first Indigenous judge, led the Truth and Reconciliation Commission and served as a senator, stands in the ballroom at Rideau Hall after being invested as a companion of the Order of Canada and receiving a Meritorious Service Decoration (Civil Division), in Ottawa on May 26, 2022.

always tell them that we all have a responsibility to do the best that we can and to be the best that we can be," he said.

Sinclair limited his public engagements in recent years due to declining health.

In his memoir, Sinclair described living with congestive heart failure. Nerve damage led to him relying on a wheelchair.

Sinclair's memoir was released in September. In it, he continued to chal-

lenge Canadians to take action.

"We know that making things better will not happen overnight. It will take generations. That's how the damage was created, and that's how the damage will be fixed," Sinclair wrote.

"But if we agree on the objective of reconciliation and agree to work together, the work we do today will immeasurably strengthen the social fabric of Canada tomorrow."

This report by The Canadian Press was first published Nov. 4, 2024.



6 The Selkirk Record Thursday, November 7, 2024 Celebrating 25 years and over a million pounds of garbage picked up

Red River Operation Clean up shows how a little effort makes a big difference

By Katelyn Boulanger

It's been 25 years since Robert Belanger started Red River Operation Clean Up (RROC). Since then, the project has grown and the results continue to impress. Throughout his time organizing clean up efforts on the Red River, Belanger and his team have managed to rid the river of over one million pounds of garbage that

INDOOR SELF STORAGE AND • RV • MARINE • OUTDOOR PARKING SECURE COMPOUND Storage Units \$120/month Outdoor Storage \$60/month Call 204-389-2023 to reserve your storage NOW would have otherwise ended up polluting the area around the river or moving downstream to pollute Lake Winnipeg.

"Red River Operation Cleanup was started by myself 25 years ago. I spent 33 years as a Conservation Officer in Manitoba, working all over the province. I was born and raised in Selkirk. Currently live in East Selkirk but at the time, I was working in Selkirk," said Belanger.

Walking the shorelines of the Red River having accomplished his dream of being a conservation officer, Belanger said that seeing the amount of garbage that littered the shoreline was mind-boggling.

He explained that items like garbage and picnic waste, lawn chairs, picnic tables, shopping carts, tires and refrigerators were all things he remem-





RECORD PHOTO SUBMITTED

Robert Belanger with his Red River Operation Clean up vehicle.

bers seeing.

He started the project on his own by approaching the local RMs and City and letting them know that there was a problem and that he was hoping to create an organization that could help clean the area around the river.

"You want to give back to your community, especially a community I grew up in," explained Belanger.

Though it was a tough start, the program slowly gained steam and Belanger was able to get help not just from the RMs and the City of Selkirk but from local organizations as well. Right now, the major sponsors of the program are the RM of St. Clements, The RM of St Andrews, the RM of East St. Paul, Manitoba Hydro, Gerdau Ameristeel, the St Andrews Loc and Dam and the federal government and the City of Selkirk. These donations allow Belanger to do some great work.

"We put out about 40 green barrels (for garbage) throughout the region, all the way up to the perimeter and all the way down to the end of Main St. north of Selkirk," said Belanger.

The barrels make their home around the river in the spring and summer months so that anglers have a place to put the items that they want to throw away. They also have workers who pick up garbage from the shoreline and collect the garbage from the barrels regularly during this time.

Unfortunately, not all of the garbage makes it into the Continued on page 7



> RED RIVER OPERATION CLEAN UP, FROM PG. 6

barrels and there is still a problem where people, mistakenly or intentionally, dump small and sometimes large items along the river.

"They are coming and dropping their couches. They're coming and dropping their refrigerators, propane bottles, construction waste — drywall, shingles. They look for a little nook and cranny or a little road going off to the river where it's shaded and they dump their truck out and they drive away," said Belanger.

This is not allowed as garbage needs to be brought to approved areas in our municipalities where it can be processed properly. This is especially important for hazardous items.

Though fishing waste and household garbage are common finds, there have been a few items that have surprised Belanger. A few years ago a whole cow skull was found near the water.

The weirdest thing that we've found is, "someone brought their dead twofoot iguana and threw it in the garbage can. When my workers went and lifted it up, they jumped," said Belanger.

In addition to RROC's summer employees keeping the area clean, they have also partnered up to run clean ups with businesses and organizations throughout the region.

Belanger has also spoken to the students in our local schools about what he does and the environmental impact that the garbage has on our area.

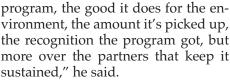
These efforts have resulted in recognition, not only from people who notice the river is looking cleaner, but also from groups like the Red River Basin Commission.

Belanger said that he didn't know when he started this project 25 years ago that it would become as successful as it has but he was optimistic.

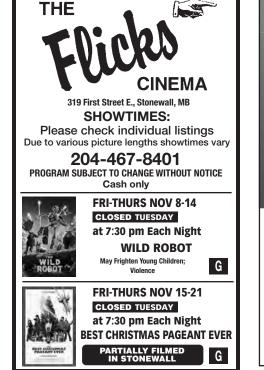
"When I start something, I stick to my guns. I'm a fully committed, passionate person and when I was told over and over and over that you're going to fail. I was told over and over and over that, this will never succeed. I was told you shouldn't be doing this. I dug in deeper and said, 'There's no way that I'm going to give in to anybody telling me that I can't do this.' I just had this gut feeling that this program was going to become something good," he said.

Belanger has since retired from his career in conservation and he attributes the success of this program to the generosity of the groups that sponsor his efforts and the people who have worked with him to clean up the river.

"It's not about me. It's about the



If residents or local organizations would like to make a donation to RROC or partner with Belanger to organize a clean up, he can be reached at robert@rmofstclements.com, as he also wears the hat of a St. Clements councillor.





RECORD FILE PHOTO One of the loads taken away by RROC a couple of summers ago.



Sellank Regord





Lana Meier



SALES

Brittany Hiebert





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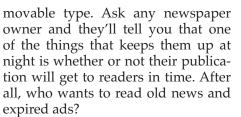
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Whatever happens, the newspaper will survive

To solve this problem, many newspapers, including this one, use Canada Post. On the surface it seems like an ideal situation - the publisher gives the papers to the post office who then delivers them to any address in Canada. Simple, right?

If only.

Set provide a set of the set of t

First of all, that level of service is expensive, with many publishers spending more on mailing their papers than they do in creating them. There are issues with papers not being delivered on time or even at all. Customer service can be poor and investigations into complaints often only consist of asking the postal worker if he or she did their job. Then there's the fact that newspapers and Canada Post are fighting for the same flyer customers, meaning that the crown corporation can decide on a whim that newspapers with flyers are now classed as junk mail.

With friends like that...

However, for all the headaches, de-

livering through Canada Post is often the only viable distribution option for what is often the only viable source of truly local news. Without that service, communities are much less informed than they should be. This is why both Canada Post and the Canadian Union of Postal Workers need to come to an agreement to avoid any prolonged shutdown. The health of democracy depends on it.

> Got news?

If there is a lengthy strike or lockout, newspapers will find a way to do their civic duty. They'll make greater use of their websites. They'll drop more copies at stores, libraries and community centres. They'll e-mail replica editions to subscribers and readers who request them. The news will get out. The ads will get out. Newspapers will not let their communities down.

However, both sides would be wise to remember that in an era of sharply declining mail volumes, local newspapers are often the largest and most reliable customer of the local post office. If that business was lost it would mean less revenue for Canada Post and fewer members for the union, which is something that neither side wants.

Your community newspaper

IIU concludes investigation into incident involving off-duty Winnipeg Police Service member

By Independant Investigation Unit of Manitoba

The pending Canada Post

could disrupt distribution,

Every week the team behind this

paper works tirelessly to provide

readers the latest about what's going

on in the community they call home.

There are late nights and early morn-

ings. There are countless interviews

and phone calls. There are hours and

hours spent writing and rewriting.

There are photos to take and edit.

There are pages to layout and proof-

read. There are deadlines that need

to be hit and then, like magic, words

and pictures that once existed only in

the journalist's mind are transformed

into something tangible – a printed

Readers can be forgiven if they as-

sume that once the paper has been

sent to press, that the whole process

starts over again. However, the great-

est newspaper in the world isn't much

good if it doesn't get into the hands of

Publishers large and small have all

grappled with how to efficiently and

those who want to read it.

newspaper, the weekly miracle.

but we will adapt

On May 23, the Winnipeg Police Service (WPS) and Royal Canadian Mounted Police (RCMP) notified the Independant Investigation Unit of Manitoba (IIU) of an incident that had occurred on May 21. According to the notification, at approximately 8:10 p.m., the RCMP detachment in Whitemouth received two calls for service regarding a vehicle being driven erratically. Shortly after, an RCMP officer patrolling Provincial Trunk Highway 44 saw a silver pickup truck, which matched the suspect vehicle description, cross the middle line. The officer activated the vehicle's emergency lights and conducted a roadside stop. The RCMP officer noted damage to the driver's vehicle. During the encounter, the driver identified himself as an off-duty WPS officer. The RCMP officer made a mandatory alcohol screening demand and the driver's breath sample returned a fail reading. The driver declined to provide a second sample. The driver was issued a penalty and driving prohibition in accordance with the immediate roadside prohibitions regime.

The investigation was completed prior to the IIU being notified of the matter but the civilian director deemed it was in the public interest to assume jurisdiction of the matter in accordance with Sec. 75(1) of the Police Services Act. The civilian director forwarded the investigative file to be reviewed by the Manitoba Prosecution Service for a Crown opinion as to whether criminal charges should be laid in this case.

Following due consideration of all the circumstances including the Crown's opinion that charges are not warranted in this case, the civilian director is not recommending charges against the officer. The IIU investigation is complete and the matter is now closed.

The civilian director's complete report is available at www.iiumanitoba. ca.

TROUBLE WITH PAPER DELIVERY? Christy Brown, Distribution Mgr.: 204-467-5836

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ADMINISTRATION Jo-Anne Procter



Holiday Alley hosts Orange Umbrella Project

By Katelyn Boulanger

Local students and their teachers are bringing a stunning new art and light installation to Holiday Alley this year, when they will hang 24 orange artful umbrellas in downtown Selkirk.

The installation, sponsored by Johnston Group Inc., was conceived by Shauna Cody as part of her personal commitment to truth and reconciliation, through "The Colour Orange," an inspiring evening she created dedicated to these themes. When she presented the idea to educators Jacqueline Bercier and Melissa Muir from Lord Selkirk School Division, they embraced it wholeheartedly, helping to bring her vision to life.

"Having many Indigenous family members, friends, and colleagues, it was essential for me to contribute to a meaningful initiative that honours both the survivors and those who did not return home. The goal was to create an event that fosters human connection, allowing us to learn from one another and build relationships as a way to move forward. This is the essence of The Colour Orange. By working with the colour orange, we pay tribute to nature, the warmth of fire, the beauty of prairie sunsets, the stunning autumn leaves and the many orange t-shirts that symbolize unity. It's remarkable because it all comes together through the heartfelt efforts of everyone involved," said Cody, who is employed with the Anish Healing Centre that commissioned the installation.

Anish Healing Centre purchased two dozen orange umbrellas for Ber-

cier and Muir who then led students through the art exercise.

Muir, who teaches Indigenous education through art at École Selkirk Junior High, said they decided that each umbrella would be a canvas for different Indigenous teachings and artwork. The umbrellas are then hung upside down with flashlights inside of them that highlight the artwork.

"The Grade 8 and 9 students and the student council of Promoting Aboriginal Student Success (PASS) chose the images and carefully applied them to every umbrella," said Muir.

The final product was first showcased at Pineridge Hollow in Birds Hill in September. The display at Holiday Alley is only the second time they have been seen. The umbrellas will be on display starting Friday night Nov. 15 to Sunday morning Nov. 17.

For Bercier, who is the Cultural Proficiency Lead Teacher at Lord Selkirk School Division, the project is another powerful example of how local teachers and students are embracing truth and reconciliation together alongside the Manidoo Mai'iigan Shkaabewaag Spirit Wolf Helpers.

"In addition, this will be the third year that we're working with Holiday Alley to host school field trips to bring children from across the division together to learn the powerful teachings of the hand drum, tobacco ties, Indigenous songs and rattle making. By the time Holiday Alley is over this year over 900 students will have made it to Holiday Alley for the teachings," she said.



RECORD PHOTO SUBMITTED

The Orange Umbrella Project by local students and teachers is the newest art and light installation on Holiday Alley this year.





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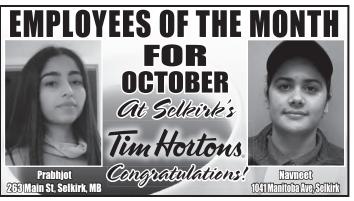
at a time. Getting the vaccine is the best way to protect

It was a craft market-palooza in Selkirk











November is here and so are the holiday craft markets. The city of Selkirk started the gift giving season with a bang as three local holiday markets took place. Residents were able to make a full day adventure of their early holiday shopping visiting local vendors at the Aboriginal Head Start Pie and Holiday Market, the Gordon Howard Centre Christmas Craft Sale and the Selkirk Lions Club Christmas Market.







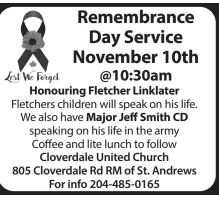












12 The Selkirk Record Thursday, November 7, 2024 A fairy enchanting time for Trick or Treat

By E Antonio

Anyone driving down Manitoba Ave. during the day on Halloween likely took a double-take when they saw a giant inflated unicorn making its way down the street, followed by some eerie-looking creatures. Luckily, there were no tricksters, only little ones and their families getting treats.

Ninety-five young Halloween fans put on their best costumes for Aboriginal Head Start (AHS) Selkirk's first Trick or Treat Parade.

Children ages three to five from AHS' morning and afternoon program, Growing Years, Selkirk Friendship Centre Daycare and Nova House came together on the bright and sunny Halloween afternoon.

The trick-or-treaters left the AHS building at 222 Manitoba Ave. and trick-or-treated at 24 different businesses on Manitoba Ave. between Main Street and Eveline.

"Everyone that participated was super excited to be a part of it," said AHS childcare aide and meal coordinator Ashley Baczewich.

"We are so proud of how it turned out. It was so rewarding to see the smiles on their faces," added Baczewich.

AHS's Trick or Treat Parade was inspired by a former event held by Growing Years. Kathy Duncan, Director of AHS, spearheaded the Parade because of the success of previous events held in the community.

Baczewich said, "It turned out way better than we had hoped. All of the families were super into it."

AHS had safety in mind for their Trick or Treat Walk. Selkirk RCMP Constable Paul Human helped keep the little monsters, superheroes and witches safe by controlling traffic so they could easily cross Manitoba Ave.

"It is a great thing when our younger trick-or-treaters can have fun and be safe in Selkirk," said Cst. Human.

AHS hopes to hold another Trick or Treat Parade in 2025 because this year's was a success.



RECORD PHOTOS BY KATELYN BOULANGER AND LANA MEIER Aboriginal Head Start Selkirk held a Trick or Treat Parade on Halloween afternoon. Trick or Treaters visited 24 different business along Manitoba Avenue to fill their bags with candy.









The Selkirk Record Thursday, November 7, 2024 **13 RCMP** investigating multiple grandparent scams and issue warning to all Manitobans

By Manitoba RCMP

On Oct. 30, Portage la Prairie RCMP received two reports of senior citizens within the community being defrauded of money after receiving a call from an individual claiming to be a lawyer.

One resident from Portage la Prairie and one from MacGregor, both stated the unknown male caller was claiming to be a lawyer for their grandchild. In both cases, the suspect would provide the victim with the grandchild's name, indicating that they were in jail and needed money for bail.

Both victims agreed to provide money to the suspect.

The incident in Portage la Prairie saw the suspect come to the house of the senior to retrieve the money. The incident in Macgregor had the suspect meet the senior at a location on Hampton Street.

Prior to these incidents, on Oct. 29, calls of a very similar nature were also reported to have occurred in Minnedosa and Kleefeld. In both cases, the victims gave the suspect a significant amount of money.

On Oct. 24, the RCMP detachment in East St. Paul was made aware of a senior citizen within the community who received a similar grandparent scam call. In this instance, the victim was picked up by the suspect and driven to the bank. The victim then withdrew a significant amount of money and gave it to the suspect believing her grandchild was in trouble. It is unknown at this time if all cases are directly related.

"These incidents are extremely concerning to the Manitoba RCMP. The criminals are using information obtained through various means, such as social media, to deceive and steal significant amounts of money from senior citizens. The fact that they are showing up at homes and even driving with the victims speaks to their ever-increasing confidence in carrying out these scams," Cst. Larry Neufeld of the Portage La Prairie detachment. "These criminals play on the emotions of seniors and their willingness to help a family member in need. The RCMP would like to remind the public that they should never give money to unknown individuals and to immediately report crimes of this nature to their nearest RCMP detachment."

Grandparent Scam - Tips from the Canadian Anti Fraud Centre

How to protect yourself:

If you receive a phone call claiming to be from a family member in an emergency situation, hang up the phone and contact them directly using a phone number you already have - not one provided by the suspected fraudster.

- If the caller claims to be a law enforcement official, hang up and call your local police directly, using a phone number from a reputable source - not one provided by the suspected fraudster
- Be suspicious of telephone calls that require you to immediately act and request money for a family member in distress
- Listen to that inner voice that is screaming at you "This doesn't

sound right"

- It is important to know the Canadian Criminal Justice System does not allow for someone to be bailed out of jail with cash or cryptocurrency
- Be careful what you post online. Scammers can get details that you shared on social media platforms and dating sites to target you or get names and details about your loved ones

Manitoba

Association of Watersheds

Don't trust caller ID names and numbers. Scammers use technology to disguise the actual number they are calling from and can make it appear as a trusted phone number, also known as spoofing

If anyone has any information about any crime, please contact your local RCMP detachment. Anonymous tips

Continued on page 14

Regenerative Agriculture Workshop

East Interlake Watershed District **East Interlake**

Quarry Park Heritage Arts Center

166 Main Street. Stonewall

Access Auditorium Room

Special Presenters: Paul Overby

Paul Overby is a leading edge regenerative farmer, along with his wife Diane, from Wolford, ND. They grow eight crops per year and are experimenting with polycropping. Their rotations are built mostly for ecological contributions along with economics. They began field zone management and no till in 2005.

Understanding Ag Blain Hjertaas

Blain is passionate about soil carbon sequestration, and has been measuring soil carbon for many years. On his farm they are sequestering more carbon than one Canadian individuals carbon footprint on every hectare. He has been doing regenerative farming for the last 20 years and finds it much easier, more enjoyable and more profitable.

East Interlake Watershed Funding opportunities.



Free to Attend! Lunch **Provided!**

November 14th 10:00 a.m.

Panel Discussion: Experiences with regenerative practices implemented on farm and how shelterbelts can benefit you!



Panelists:

Blair English - Agronomy and Agroforestry Specialist Scott Beaton - Farmer; Balmoral, MB Andrew Harris - Farmer; Stonewall, MB

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Hearthstone Halloween



RECORD PHOTO BY BRETT MITCHELL Hearthstone Community Group's Selkirk staff and clients got into the Halloween spirit by putting together a fantastically frightening display. Pictured: Lisa in the electric chair that was part of the Halloween display.

NOW ENGLINES / Book 22 Now 8 Now 8 Don't let this one Pass you by!

MAY 2.5 - JUNE 19, 202.5 Tour Includes: Niagara Falls Canada | 1000 Island Cruise | The Mount Washington Cog Railway (New Hampshire's most epic adventures)| Franconia Notch State Park | Cannon Mountain Aerial Tramway |Reversing Falls | Hopewell Rocks Provincial Park | Peggy's Cove | Lunenburg | Confederation Bridge | Prince Edward Island | Tour of Salem, Massachusetts | Iconic Plymouth Rock | Tour Mayflower 11 | Boston | USS Constitution (Ironside) | JFK Presidential Library | Picture Rock Cruise just to name a few of the events.



Note: For Insurance purposes for the first 5 days of the trip you are in Canada, you will not need to start your US insurance plan until May 30th.



> GRANDPARENT SCAMS, FROM PG. 13

Minnedosa and Kleefeld. In both cases, the victims gave the suspect a significant amount of money.

On Oct. 24, the RCMP detachment in East St. Paul was made aware of a senior citizen within the community who received a similar grandparent scam call. In this instance, the victim was picked up by the suspect and driven to the bank. The victim then withdrew a significant amount of money and gave it to the suspect believing her grandchild was in trouble.

It is unknown at this time if all cases are directly related.

"These incidents are extremely concerning to the Manitoba RCMP. The criminals are using information obtained through various means, such as social media, to deceive and steal significant amounts of money from senior citizens. The fact that they are showing up at homes and even driving with the victims speaks to their everincreasing confidence in carrying out these scams," Cst. Larry Neufeld of the Portage La Prairie detachment. "These criminals play on the emotions of seniors and their willingness to help a family member in need. The RCMP would like to remind the public that they should never give money to unknown individuals and to immediately report crimes of this nature to their nearest RCMP detachment."

Grandparent Scam - Tips from the Canadian Anti Fraud Centre

How to protect yourself:

• If you receive a phone call claiming to be from a family member in an emergency situation, hang up the phone and contact them directly using a phone number you already have – not one provided by the suspected fraudster.

• If the caller claims to be a law enforcement official, hang up and call your local police directly, using a phone number from a reputable source – not one provided by the suspected fraudster

• Be suspicious of telephone calls that require you to immediately act and request money for a family member in distress

Listen to that inner

voice that is screaming at you "This doesn't sound right"

• It is important to know the Canadian Criminal Justice System does not allow for someone to be bailed out of jail with cash or cryptocurrency

• Be careful what you post online. Scammers can get details that you shared on social media platforms and dating sites to target you or get names and details about your loved ones

• Don't trust caller ID names and numbers. Scammers use technology to disguise the actual number they are calling from and can make it appear as a trusted phone number, also known as spoofing

If anyone has any information about any crime, please contact your local RCMP detachment. Anonymous tips can also be made through Manitoba Crime Stoppers at 1-800-222-TIPS (8477), or by visiting www.manitobacrimestoppers.com.

Victims of Cybercrime or Fraud, can also contact the Canadian Anti-Fraud Centre at 1-888-495-8501.

The investigation continues.

MB Government grants capital region municipalities the freedom to choose

By Manitoba Government

The Manitoba government is announcing further changes to the Planning Act that would give municipalities the option not to join Plan 20-50 for the Winnipeg Metropolitan Region, Municipal and Northern Relations Minister Ian Bushie announced Nov 4.

"This is about giving municipalities the freedom to decide how best to work together on common priorities, rather than force them into a planning region that isn't working," said Bushie. "Now that we've heard what municipalities have to say, we can move forward with legislation so communities can grow and develop in ways that work for them." Plan 20-50, a long-term planning strategy for the City of Winnipeg and 17 adjacent municipalities, was mandated by the previous government's Planning Amendment and City of Winnipeg Charter Amendment Act (Bill 37), noted the minister.

These changes would make it possible for municipalities to have the freedom to choose to be part of the Capital Planning Region. The Manitoba government is continuing to review Bill 37, including looking at ways to speed up approval timelines and changes that would ensure local voices are respected, noted Bushie.

"Our government is taking a serious look at planning legislation to ensure that Manitobans have a say in the decisions that affect them," said Bushie. "Manitobans deserve development decisions that are fair, transparent and consistent and we seek to accomplish just that. We look forward to hearing more from the public, municipalities, developers/industry and planning districts as we work to improve this legislation for everyone."

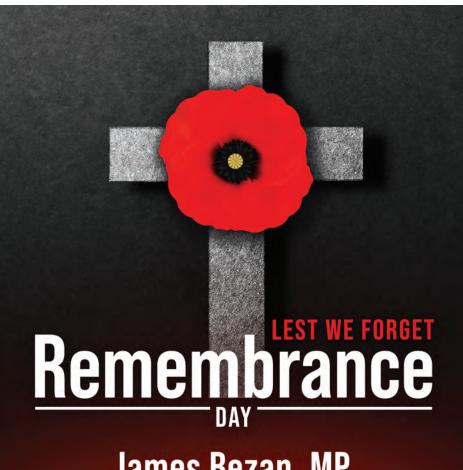
Amendments made to the Planning Act and the City of Winnipeg Charter (formerly Bill 37 and Bill 34) between 2021 and 2023 are subject to statutory review, and feedback from the recently concluded public consultations and engagements will continue to be considered prior to a report being tabled in the legislature next fall, noted the minister.



Fire Dept. donation



RECORD PHOTO BY BRETT MITCHELL The East Selkirk Fire Department (ESFD) had a very successful open house event and, last week, were able to present a donation cheque which will allow local Interlake athletes go to the Manitoba Special Olympics in June of next year. The ESFD has raised in excess of \$30,000 since the inception of their Pancake Breakfast Open House. Pictured left to right: Scott Kelbert, ESFD: Colleen Lowdon-Bula, Special Olympics Manitoba Director of Sport: and Kevin Zacharkiw, Fire Chief ESFD.



James Bezan, MP

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16 The Selkirk Record Thursday, November 7, 2024 St. Andrews resident recognized by Lieutenant Governor

By E Antonio

Randy Antonio of St. Andrews was among the esteemed Manitobans selected to receive The King Charles III Coronation Medal on Oct. 24.

Fifty-five Manitobans who have displayed exemplary contributions to the province or country were selected by The Honourable Anita Neville, Lieutenant Governor of Manitoba to receive the prestigious award.

Antonio received an anonymous nomination for the medal for his dedicated services to the Canadian Armed Forces (CAF) and Winnipeg Police Services (WPS). Now retired, he has over thirty years of work experience with the CAF and WPS and has been devoted to keeping Manitobans and Canadians safe for much of his career.

"I spent much of my work life in positions where I served the public. I can't think of a higher calling than working to make our communities safer," he said.

Despite being retired, Antonio has little time to rest. The busy retiree has continued to volunteer with Search and Rescue Manitoba for over 20 years.

He is also the proud founder of Winnipeg Search and Rescue and Project Life Saver Manitoba, two organizations that help return lost individuals home. "I have been very fortunate to have been in a position where I had both professional and family support for my volunteer activities. I have always felt obligated to show my appreciation for what has been given to me by volunteering to help others."

This is not the first time Antonio has been acknowledged for his tremendous efforts. He is the proud recipient of The Queen Elizabeth II Diamond Jubilee Medal, the Police Exemplary Service Medal, the Search and Rescue Award of Excellence for Innovation, the Excellence in Law Enforcement Medal and most recently the Premier's Volunteer Service Award.

However, the King Charles III Coronation Medal came as a complete surprise.

"I do not know the history of being nominated, but I am honoured to be amongst such a prestigious group of Manitobans and I am humbled by the experience," said Antonio.

Antonio was invited by The Honourable Anita Neville to attend the King Charles III Coronation Medal ceremony and reception. Neville gave him his King Charles III Coronation Medal and a special certificate to honour the event directly.

The event took place at the Government House in Winnipeg, and he met the other notable recipients.



RECORD PHOTO BY TRACEY GONCALVES PHOTOGRAPHY

Randy Antonio was selected to receive The King Charles III Coronation Medal by The Honourable Anita Neville, Lieutenant Governor of Manitoba on Oct. 24.

"It was a highlight getting to meet the other recipients and hearing their background that led them to receive

The King Charles III Coronation Medal," Antonio explained.

Other recipients of the medal include Olympians Iones and Desiree Scott, The Honourable Murray (Mizana Gheezik) Sinclair, and former Lieutenant Governors The Honourable Janice Clare Filmon, The Honourable Philip Siu Lun Lee, and The Honourable Pearl Kathryne McGonigal. He also noted that

He also noted that his evening was complete because his children attended the ceremony with him.

"That made the evening for me," said Antonio.

The King Charles III Coronation Medal ceremony was followed by a reception featuring freshly catered appetizers from Bergmann's on Lombard.

Antonio thanks The Honorable Neville and other office staff for the memorable evening.

"I also could not have enjoyed my professional or volunteer career without my wife, Carolyn."

He ended off his celebratory evening with ice cream sundaes with his children.

A complete list of The King Charles III Coronation Medal recipients can be found online at www. manitobalg. ca under the "Awards" tab.



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The Selkirk Record Thursday, November 7, 2024 **17** PC Critic for Finance concerned with NDPs new high-cost budget

By Ty Dilello

Manitoba's Premier Wab Kinew and the NDP used their majority government last week to push through a \$24-billion omnibus budget bill and block Opposition amendments aimed at protecting Manitobans from overnight tax hikes and preventing the government from making decisions without public input.

"This budget is the NDP's blueprint for more taxes, fewer services, and less accountability over the next four years," said Midland MLA Lauren Stone, PC Critic for Finance. "Manitobans have every reason to demand better than a budget that will cost them jobs, raise their taxes, and fund the NDP's partisan agenda. We will continue to hold the NDP accountable and fight for the right of every Manitoban to affordable living and a transparent government."

During debate in the Legislature last week, Progressive Conservatives outlined several major concerns with the 2024 budget, emphasizing the new costs it puts on the backs of families, workers, and small businesses:

Fuel and property tax hikes: The budget grants the NDP authority to increase fuel taxes at the cabinet table without Legislative oversight and imposes a significant \$150-million property tax increase on all Manitoba homeowners, hitting those with cottages and rental properties the hardest.

Income tax hikes for skilled workers: Professionals like doctors, engineers, and tradespeople will see higher income taxes as the budget eliminates their basic personal exemptions, driving talent out of the province and making it more difficult for key industries to recruit skilled workers to Manitoba.

Higher energy bills: By eliminating legislated debt reduction targets for Manitoba Hydro, the NDP are opening the door for annual electricity rate hikes of up to 4%, raising energy costs for families and businesses, while the NDP's support of the carbon tax will see home heating bills rise by 23% this winter.

Restrictive labour laws: Banning replacement workers leaves businesses vulnerable to prolonged labour strikes, while eliminating the right to secret ballots undermines the democratic rights of every worker.

Partisan use of public funds: The budget doubles taxpayer-funded rebates for political parties, funneling more public money into partisan election advertising without voter consent.

Lac du Bonnet MLA Wayne Ewasko, Leader of the Official Opposition, also highlighted that the 2024 budget failed to allocate funding for new schools, daycares, or care homes, and slashed tens of millions in funding for community development and youth employment programs.

Midland MLA Lauren Stone, PC Critic for Finance, said that by pushing an omnibus budget bill through the Legislature without any chance for public hearings on significant changes to labour and election financing laws, the NDP are making Manitobans pay for a high-cost budget they had no say in.

"It's non-democratic and a non-transparent bill that they're doing," said Stone. "Not only are they introducing tax grabs on Manitobans, but they've stapled these five different pieces of legislation to the back of the budget bill. All of these should be standalone legislations as they're not minor changes or amendments. They should all go through a



Midland Manitoba Legislative Assembly Lauren Stone

public committee process, and the NDP are undemocratically stapling these to the back of the budget bill, which means that the public does not get a say in it."

Stone noted that the PC's tried to introduce a couple amendments earlier this week that reduces the amount that the NDP can bring the fuel tax back.

"They voted against our amendments, but we'll be asking more questions once we get to third reading, but the NDP are ramming this through. Manitobans are about to see the largest fuel tax increase that they've ever experienced on Jan. 1 once the rate goes from 0 to 14 cents. And other than that, the NDP have no affordability measures, and they are completely eliminating the Education Property Tax Rebate that Manitobans have enjoyed over the past few years."

The second phase of government denture funding for seniors started November 1st.

BY ELISHA VANDOR

Now is the time to schedule your appointment if you are requiring new partial dentures or new complete denture(s) with permanent soft-lining. These procedures are now available through your Canadian Dental Care Plan (CDCP) government benefits and do require us to submit a predetermination for approval. The standard time for insurance companies to respond with benefit information is approximately 10 business days. However, we are expecting the Sunlife/CDCP response time to be within 48 hours or 2 business, which means we can have your new partial dentures ready for you before the Holiday season this year!

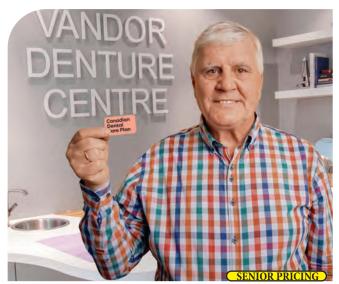
At Vandor Denture Centre, we offer a variety of different materials for partial dentures, each with different benefits depending on your unique situation. For example, a common issue patients come in with is that their partial feels too big and uncomfortable in their

choose a very thin Titanium material, which will feel much smaller and more comfortable. Another common room right away, and from there, issue is a partial that's too loose. The problem with a loose partial denture is that patients can't eat with them. The reason for being too loose could be because the metal clasps aren't shaped in the most ideal way around the natural teeth. The solution for this particular situation is to make a new partial denture with clasps that are designed to be much more effective at keeping the denture stable. Alternatively, the clasps can be made this actually happened. I am trying out of an entirely different material altogether to get that tight fit. At Vandor, all of our consultations

start with a sit-down conversation with your Denturist to determine your exact needs. Peggy made her consultation just a few weeks ago and here's what she said, "I made one of the very best decisions of my life when I made an appointment at Vandor Denture Centre. The whole experience was top notch. The friend- forward to hearing from you!

mouth. A good solution for them is to ly staff, when I walked in there for every appointment, always greeted me by name, and took me into the the Denturist Greg took over, with his smiling face Greg was always very polite, always asked how I was doing!!! And he was making sure the dentures he was making for me were going to fit. Greg is a miracle worker!!! I was struggling for years, and in the matter of a couple of weeks he made the dentures that actually fit me that I can wear with no problem. I cannot believe that to say this in the most positive way, Vandor Denture Centre and especially Greg have given me my life back."

> We want you to have a life changing denture experience, like Peggy did, too. Call us today to schedule your free consultation and learn how your government denture insurance can save you thousands of dollars for new dentures. We look



The Canadian Dental Care Plan's second roll out for partial denture funding and other denture services started on November 1st.











"Thank You, Veterans!"

With appreciation from our entire community, we salute Canada's veterans and fallen heroes for their courage, service and sacrifice.

WEST ST. PAUL











St Andrews On The Red Anglican Church Cemetery project recognizes local veterans

Hard work by Bains gives new life to stories of local military members

EAT

PLAY

STAY

By Katelyn Boulanger

Sharon A. Bain and Bruce King Bain have taken on a project to recognize military members buried in St Andrews On The Red Anglican Church Cemetery. This project involves putting flags on the graves of military members who have made their final resting place at the cemetery with the support of the No Stone Left Alone Memorial Foundation as well as the development of onepage stories detailing the lives of these veterans so that future generations can learn more about the contributions of community members of the past.

DRUG MART

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"It's a snapshot into life in St Andrews and the surrounding area, because these soldiers came from more than St Andrews, and the purpose of the project was twofold. One was to put flags on the grave sites for all of the soldiers, regardless of what war or what nonwar activity they did for the country," said Amateur Historian Sharon Bain.

She explained that these people used to be our neighbours and fellow community members and as we move farther away from these wars, those memories of their service get lost to time. Bearing that in mind, she decided to find out about 53 military members who are buried in the cemetery and write one-page summaries of their lives to keep those memories available to current and future residents of our rea.

"These people were people who w to the church or went to the grou store or were at the hospitals or old a homes, or had children who work while they were at war or had to d with health issues both before and at the wars that they were in," explain Bain.

She said that she learned many intesting stories throughout the creat of this project.

Though not a community memherself, Bain explained that dur COVID she and her husband decic to use their time to get some things order. The Bains purchased plots the cemetery as she wanted to rest a place that was an Anglican cemet and her husband, having grown up Nova Scotia, wanted to find a pl close to water. St. Andrews on the F fit their criteria perfectly.

The Bains then decided that the

THANK YOU TO ALL WHO SUPP





wanted to give a little back to the community that they would be a part of, with Bruce being a military member and both of them having military members in their families, this project made sense.

"Once we got the stone installed, we sort of wandered the gravesite and realized just how many military people were out there, and decided that we could create a connection with that community by doing this project because both of us feel strongly about supporting the military," said Bain.

There are 53 military members who are buried in the cemetery on the left side which is the more modern space. Bain joked that there was no way she could have finished the project if she had included the more historic side of the cemetery.

Some of the information that Bain wrote about each soldier included details like:

- the different experiences of soldiers depending on which theatre of war they were in
- the economic and social impact of child labour between the 1890s and 1930s and its impact on volunteers for military service
- the role the men of the Métis community played
- medical issues and support exfter perienced in war vs. back in Canada
 - newspaper reporting of the names of each WW1 soldier who was missing in action, injured, killed on foreign soil or while a prisoner of war
- the different army vs. airforce ex-; in periences (eg. pilot vs infantry vs engineer) in
 - volunteering to serve vs. being drafted under Canadian legislation

Something that Bain said came up ace again and again in her research was Red the strong Métis contribution to the ney military that came from our area.

ORTED THIS PAGE

ial Services





RECORD FILE PHOTO BY KATELYN BOULANGER St. Andrews is the oldest church in Western Canada in continuous use.

Another point that Bain found was that many of our community members volunteered for service.

"The number of people who enlisted for World War One before it was mandated. In Canadian history, for the World War One, there was no conscription initially. I only found one out of the 53 which was a required conscription. That, for me, was inspirational, that people felt compelled to help their country," she said.

The soldier's stories will be available in hard copy inside at the St. Andrews on the Red Church. To commemorate them further, flags will be placed on their gravesites starting Nov. 4 until Remembrance Day.

When Priest in Charge, Rev. Jim Kirkpatrick, learned about this project he was thrilled that the Bains were willing to volunteer their time and effort. He encourages community members

Main & Manitoba Ave.

SAFEWAY





METRO Susan Bain has put together a history resource detailing the lives of veterans at St. Andrews on the Red Anglican Cemetery.

to take the time to come to the cemetery and check out the graves.

"We certainly want people to know that the community of St Andrews was a major part of our military history. During the First World War, there were a lot more individuals, who went overseas and didn't come home. They're all listed on the arch, but these are all the ones who aren't listed there. These are just the ordinary men and women that served, whether overseas or in the military since the war," said Kirkpatrick.

There will also be a special service that will acknowledge this project and our local veterans at St. Andrews on the Red on Sunday, Nov. 10 at 11:15 a.m.



204-482-3183 or 204-482-5439



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We Remember

20 *The Selkirk Record* Thursday, November 7, 2024 Cadet Program Provides Opportunities for National Networking



RECORD PHOTO SUBMITTED

Zurielle Dignadice (left) of 77 Daerwood RCSCC, completed their Powerboat Operator training at HMCS Ontario Cadet Training Centre in Kingston, Ont., on July 19.

Submitted by the Regional Cadet Support Unit

Petty Officer, 2nd Class Zurielle Dignadice (left) of 77 Daerwood, Royal Canadian Sea Cadet Corps (RCSCC), completed their Powerboat Operator training at His Majesty's Canadian Ship (HMCS) Ontario Cadet Training Centre (CTC) in Kingston, Ont., on July 19.

Dignadice is a fourth-year cadet who just completed the Ship's Boat Operator course at HMCS Ontario CTC. Dignadice said, "Summer training was a really great opportunity. The people I met, and the experiences are something I won't ever forget. It was nice to create a network of other cadets throughout all of Canada. I'm excited to take all the seamanship and leadership skills I've learned back to my home corps."

Lieutenant(N) Paul Human, Commanding Officer of 77 RCSCC located in Selkirk shared that the staff are "excited to continue offering local youth opportunities to learn seamanship skills, including navigation and how to sail, as well as offering additional marksmanship and leadership activi-



The 77 RCSCC staff have dedicountless cated hours to developing a dynamic training program for their 38 cadets. This dedication has resulted in a positive learning environment for all. "Cadet participation is what keeps the program fun and engaging. As the youth premier program in Canada, it only gets better the more youth there are involved," said Human.

Local Resident Honours Veterans, Continues War Amps Legacy



RECORD PHOTO SUBMITTED

As Remembrance Day approaches, Jayden Doner from Garson visited the local cenotaph to honour the sacrifices made by so many Canadians for our country. Jayden takes pride in her involvement with Operation Legacy, which encourages members and graduates of The War Amps Child Amputee (CHAMP) Program to participate in commemorative events and "take up the torch" of remembrance. The War Amps was founded over 100 years ago to support war amputee veterans returning from the First World War and has since expanded its programs to assist all amputees, including children.

Selkirk RCMP search for missing male

By Katelyn Boulanger

On Oct. 27, Selkirk RCMP received a report of a missing 32-year-old male.

Patrick Awa was last seen on foot, on Manitoba Avenue in Selkirk and hasn't been seen or heard from since.

The RCMP are concerned for his safety and well-being.

He is described as 5'7", approximately 180 lbs., with black and blonde hair. He was last seen wearing a green long-sleeve shirt, beige track pants with a green stripe and sneakers, and may be in Winnipeg.

The RCMP are asking anyone with information to call Selkirk detachment at 204-482-1222, call Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.



RECORD PHOTO SUBMITTED Patrick Awa.





Recipe courtesy of "Cookin' Savvy" Servings: 8-12

1 pound ground beef

6 medium potatoes, peeled 2 teaspoons thyme, divided

salt, to taste

pepper, to taste

- 1 tablespoon onion powder
- 1 can (6 ounces) tomato paste
- 1/2 cup beef broth



2cans (10 3/4 ounces each) Campbell's Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or Healthy Request)

1 cup milk

- 2 teaspoons soy sauce
- 1/4 teaspoon ground black pepper 8 cups cooked cut green beans



ww.quickstream.ca

FOOD STORE RED RIVER

Shepherd's Pie

1 tablespoon garlic powder

1/4 cup heavy cream 1 bag (12 ounces) frozen mixed veggies

Heat oven to 350 F.

In Dutch oven, brown ground beef and drain fat.

Boil potatoes until fork tender and mash them. Add 1 teaspoon thyme, salt and pepper, to taste, and set aside.

Place ground beef back in Dutch oven and mix in onion powder, tomato paste, beef broth, garlic powder, cream and remaining thyme. Season with salt and pepper, to taste. Mix in frozen veggies. Cover meat mixture with potatoes and bake 25-30 minutes.

Green Bean Casserole

2 2/3 cups French's Fried Onions, divided

Heat oven 350°F.

In 3-quart casserole dish, stir soup, milk, soy sauce, black pepper, green beans and $1\dot{1}/3$ cups fried onions.

Bake 25 minutes. Stir green bean mixture. Sprinkle remaining fried onions over casserole.

Bake 5 minutes, or until fried onions are golden brown.

Recipe courtesy of Campbell's.

Peanut Butter Chocolate Energy Bites



Expert patient here to help!



Susie Schwartz

By Susie Schwartz

After almost a month back in Canada, our flight from Winnipeg to Toronto was delayed. As we stood in the aisle after landing, we knew it'd be a mad dash if we were going to make our flight to London. If you know me, you know 'mad dashing' is not my strength. In fact, my muscle weakness not only holds me back, but when I exert myself past my limits, it gets worse - for days or months.

Here's two things my body forced me to do after the 'run'. (That looked so pathetic, that the transport dude waved me over to get a ride. I was shuffling barely faster than a walk, but with the look of a hungry tiger on my face and dripping with sweat. I had to make that flight. I had a sick puppy to get home to!)

It taught me (again) to pace myself and to look at the big picture.

My legs wouldn't work right for the next couple of months, and my energy levels were so low, like a limbo pole taking a nap on

Prep time: 5 minutes Servings: 8 (3 bites each) 1 cup rolled oats

- 1/2 cup ground flaxseed 1/2 cup nut butter of choice
- 1/3 cup maple syrup
- 1/2 cup mini chocolate chips or raw ca-

cao nibs In large mixing bowl, combine rolled

oats, flaxseed, nut butter, syrup and

the ground. Speaking of naps, m duvet became as loyal as my dog Cancelling plans became a regula item on my to-do list. When I tried t 'push through,' it just equalled ea lier nights and later mornings. (An mashed potato brain.)

I had two choices. I could host pit parties with frustration and disar pointment as my honoured guests c see this as strength training for m next (airport) marathon. I needed t be kind to myself and offer patienc for my healing.

The other thing this health-cras retaught me was to zoom out an look at my life. You know how the say, 'If you haven't got your health you haven't got anything?' (Not er tirely true.) Well, I didn't have m health at that moment, and I neede to do whatever it took to get it bacl What's the worst that could happe if I missed a meal out with friends c even a writing deadline? The worl keeps spinning, time keeps tickin and all that. What did count wa getting as much of my health bac as possible.

So, think: health first, rat race see ond. (Or sixth?) Think pacing an perspective.

(Oh, after getting to the gate, w found out they'd cancelled our fligh and we had to spend a night and da in Toronto. Sigh. Apparently, I nov need to learn another lesson: att tude adjustments. Double sigh.)

Less health stress, yes?

A published author and musician, Si sie currently lives in the UK. Find her o Instagram @authorsusieschwartz, an at www.lesshealthstress.com . (Emai info@lesshealthstress.com) If you lik her writing, find more on her Substac page: The Quest For Less Health Stress

chocolate chips; mix well using spoon mixer.

Using hands, roll mixture into balls, a proximately 1-inch each. Place balls c cookie sheet and chill in refrigerator un firm.

Note: Balls can be stored in airtight co tainer in refrigerator up to 1 week.



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November 14-17, 2024 Selkirk, MB

ART | LIGHT | SOU| CREATIVITY AND CULT IN DOWNTOWN SELKIR



THURS NOV 14



AMERO LITTLE CHRISTMAS | \$25

8-10PM | Selkirk United Church | 202 McLean Ave. Presented by Métis N4 Construction

3x Juno Award nominee Don Amero brings his popular holiday show Amero Little Christmas to Selkirk, with local opener Austen Crov.

THURS NOV 14/FRI NOV 15

INDIGENOUS TEACHINGS: SOLD OUT

9:30AM-2:30PM | Selkirk Friendship Centre | 425 Eveline St. Presented by Selkirk & District Community Foundation & Selkirk Community Renewal Corporation

Coordinated by Jeannie Whitebird, Jacqueline Bercier and Kat Marsch. Led by local Indigenous Knowledge Keepers, 400 students participate in a day of Indigenous cultural teachings and crafts.

FRI NOV 15

STREET PARTY ON MANITOBA AVENUE HOSTED BY ACE BURPEE 6-9PM Manitoba Avenue between Main and Eveline

• Glow Hula | Sponsored by Meridian Chiropractic

From Our Spirits Come Stories | Presented by Selkirk &

Renewal Corporation | Coordinated by Jeannie Whitebird.

• Family Yoga Class with Glow Fitness

• Family Movie Night | 397 Eveline St. | Facilitated

Beer & Wine Tasting | Roxi's / On The Rocks Bar

Chainsaw Carving Demonstrations & Display |

Sponsored by Black Cat Wear Parts

• Food Trucks: Cochrane Creek Farms

• Free sparklers | from Red Bomb

and Blue Haze Barbecue

Also on tap Selkirk's Tower Tap Lager by

by Total Look Salon & Spa | Sponsored by

District Community Foundation & Selkirk Community

Gidooiiiaakominaan oniii dibaaiimowinan –

Canadian Tire

Torque Brewing.

And more!

Jacqueline Bercier and Kat Marsch



- Giant Connect Four | Sponsored by CUPF Local 1522
- One Trunk Puppet Theatre | Sponsored by Gerdau
- Crafts | 383 Eveline St. | Facilitated by the Interlake Arts Board
- Open House and Hot Chocolate | Facilitated by The City of Selkirk
- Street Hockey | Sponsored by Fort Distributors
- Selfies with Santa | Sponsored by Selkirk Auto Dealers | Supported by Brad Hirst, Royal LePage Prime Real Estate

ON THE SELKIRK STAGE:

- 6:30PM | Lights On! | Powered by MB Hydro
- 6:40PM | World's Largest Round Dance
- 6:45PM | Sandi Bay and The Rainbow Tornadoes
- 7:30PM | Pooch Parade | Sponsored by Selkirk Animal Hospital
- 8:30PM | Pop Up Dance with Selkirk Dance Association 8:45PM | Music is Medicine Choirs of Selkirk
- Singalong | Sponsored by Easton Place Medical Centre

ON THE LITTLE RED STAGE:

- 6:00-6:25PM | Had It Comin'
- 7:00-7:25PM | Brandi Vezina
- 8:00-8:25PM | Double Bourbon Duo

holidayalley.ca



ANVIL TREE'S STRAW SCULPTURE OPEN HOUSE | FREE 10AM-12PM | Selkirk's Ag Building | 490 Eveline St. | Selkirk Park

Anvil Tree is back in Selkirk for the 2nd year in a row designing and constructing another sculpture to be lit on fire! Come and meet the artists and learn about the art of sculpting with straw, and see the final piece before the burn.

FRI NOV 15-SUN NOV 17

ORANGE UMBRELLA ART PROJECT

By École Selkirk Junior High School Students & Staff, Promoting Aboriginal Student Success Junior Council and Manidoo Mai'iigan Shkaabewaag Spirit Wolf Helpers. Originally funded by Anish Healing Centre. | Sponsored by Johnston Group Inc. Indigenous art and light installation created by youth, on display in downtown Selkirk.



SAT NOV 16



BREAKFAST WITH SANTA | \$7 kids, \$14 adults

9-11AM | The Mighty Kiwi | 386 Eveline St. Hosted by The Mighty Kiwi | Supported by Brad Hirst of Royal LePage Prime Real Estate Come to the pancake bar and visit Santa! Seatings at 9AM and

10AM. First come, first served. Unlimited coffee refills.

OPEN STREET

12-4PM | Manitoba Avenue between Main and Eveline

- Giant Games
- Gidoojijaakominaan onjii dibaajimowinan From Our Spirits Come Stories | Presented by Selkirk & District Community Foundation & Selkirk Community Renewal Corporation Coordinated by Jeannie Whitebird, Jacqueline Bercier and Kat Marsch
- Street Hockey | Sponsored by Fort Distributors
- Sheep Poetry | Presented by The RM of St. Clements
- Chainsaw Carving Demonstrations | Sponsored by Black Cat Wear Parts
- Food Trucks: Cochrane Creek Farms and Blue Haze Barbecue



FIRST ANNUAL BANNOCK COMPETITION | FREE 12PM - entries | 2PM - tasting | The Merch | 383 Eveline St. Facilitated by Interlake Arts Board

Join us for the 1st Annual Holiday Alley Bannock Competition! This event celebrates the rich tradition of Bannock making in our community. Gift Card prize and bragging rights for the winners. Don't miss your chance to be a Bannock Legend!

*To register: Please bring your Bannock to the Merchants Hotel between 12-1:30PM on Saturday. The tasting will commence at 2:00PM.

EASEL WARS | FREE 12-4PM | Gwen Fox Gallery | 250 Manitoba Ave.

Grab a paint brush and compete against your family, friends or fellow citizens to see who can paint the fastest. The subject? Whatever is drawn out of a hat!









holidayalley.ca

SAT NOV 16 | continued



SOUP COOK-OFF | Tickets: \$20 advance, \$25 day of 12-4PM | See locations on your ticket

Sponsored by Red River Co-op | Coordinated by Inclusion Selkirk Join in the yummy fun and become a citizen judge by sampling over 10 varieties of soup prepared by local chefs competing for bragging rights for the best soup.

Visit WishMe at 377 **Eveline to buy tickets** and for more information.

TIP: This is a fan favourite, so get your tickets today!!



WARM-UP OPEN HOUSE | FREE

12-4PM | Glow Fitness | 217 Clandeboye Ave. Free tours and hot apple cider!

CRAFTERNOON FOR KIDS (and the young at heart) | FREE

12-4PM | Aboriginal Head Start | 222 Manitoba Ave. Sponsored by Geller's Design Build Landscape | Facilitated by the Interlake Arts Board, Angel the Angel & Cheryl Alexander Join us for crafts including beading, silly hat making, reindeer ornaments and button making!

LIVE MUSIC ON THE LITTLE RED STAGE | FREE 12-4PM | Manitoba Avenue between Main and Eveline

- 12-12:30PM | The Herds
- 1-1:30PM | Jesse Bandura
- 2-2:30PM | Jovelle
- 3-3:30PM | Orvis Thomas



WELCOME WINTER CONCERT | Suggested donation \$10 4PM | Selkirk United Church | 202 McLean Ave.

Celebrate the season with the Interlake Choral Community at the Welcome Winter Concert! This choral concert will feature several choirs from across the region sharing winter music and holiday favourites.

Admission: Cash at the door or e-transfer to iychoir@gmail.com





For more info:



holidayalley.ca



SUN NOV 17

CRAFTERNOON ON CAMPUS | \$25/person 11AM-1PM | Red River College Polytech | 825 Manitoba Ave. Sponsored by RRC Polytech

Beading Workshop: with Cheryl Alexander. Choose between a beaded cedar pin or a snowflake pin!

Cyanotype Workshop: with Caroline Wintoniw. Make holiday cards using sunlight to create lasting prints in a stunning cyan blue colour

NEWCOMERS' STORYTELLING CAFE | FREE

1:30-3PM | Selkirk United Church | 202 McLean Ave. Sponsored by the PRHouse

Come to hear lived experiences and cultural stories that affirm the capacity and resilience of newcomers and displaced peoples. Led by Patlee Creary, Cate Friesen and Amna Burki of Winnipeg, who all work in the field of storytelling.





WREATH MAKING WORKSHOP | \$68/person

3:30PM and 5PM | Gwen Fox Gallery | 250 Manitoba Ave. Create your own holiday wreath in this workshop facilitated by Flora Culture. This is a fresh wreath, with an 18" grapevine wreath base. Fresh greenery, dried citrus, decor options, ribbon and tools are included. Everyone leaves with a finished wreath.

ON YOUR OWN

COMMUNITY CHALKBOARD | FREE 214 Manitoba Ave.

Stroll down the alley beside Twice Over and share your ideas on this season's community question: "What's your favourite Holiday Alley tradition?"



TREE IT YOURSELF (TIY) | FREE Manitoba Avenue East

Sponsored by Canadian Tire Selkirk

Take a walk down Manitoba Avenue and vote for your favourite tree decorated by local businesses and organizations. Submit your vote on our website and be entered to win a \$100 gift certificate from Canadian Tire Selkirk.

WARM UP WITH A CUPPA Three & Tea | 351 Main St.

Order a cup - or bag! - of special edition Holiday Alley tea during the winter season, and Three & Tea will donate a portion back to support Holiday Alley.



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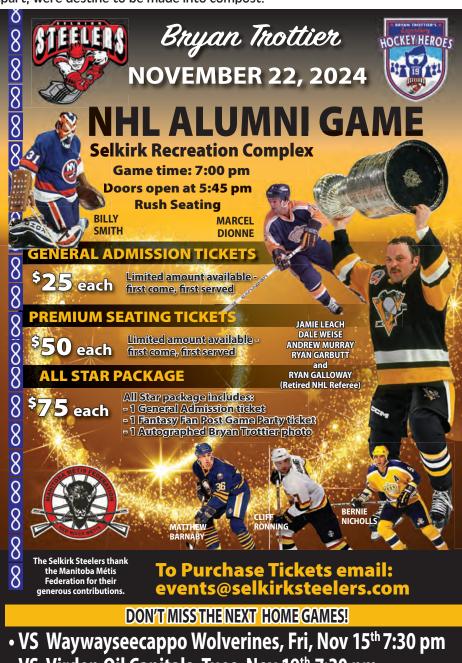


24 *The Selkirk Record* Thursday, November 7, 2024

They did the pumpkin smash, it was a gourd destroying bash



RECORD PHOTOS BY KATELYN BOULANGER It was smashing good fun in West St. Paul last weekend as pumpkins from all over the RM were dropped off at the Aki Centre and residents were invited out to participate in a Pumpkin Smash event. The pumpkins, after having been broken apart, were destine to be made into compost.



• VS Virden Oil Capitals, Tues, Nov 19th 7:30 pm







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Talented youth inspired by WAVE artists

By E Antonio

Studio 410 owner Gayle Halliwell has participated in the WAVE Interlake Artists' Studio Tour for over 15 years. This past September she recently offered a "Minis-in-a-Minute Challenge" to her 200 visitors, and one young artist caught her eye.

Halliwell is a visual artist from Winnipeg Beach who has always appreciated the opportunity to participate in the WAVE Studio Tour. "It is about allowing you to have a behind-the-scenes look at how many artists create, giving you an up-close and personal experience," she explained.

For September's tour, Halliwell challenged her visitors to try and create a miniature painting in sixty seconds.

Thirteen-year-old Ethan Olson eagerly jumped at the fun and produced an extraordinary mini-painting.

Olson is an aspiring artist from Winnipeg who frequently visits the Interlake to see her grandparents in Teulon or to visit one of her favourite towns, Gimli.

Olson discovered the WAVE Studio Tour through an online post, and at that moment, she connected to Halliwell for the first time during the "Minis-ina-Minute Challenge."

"It was a really great experience. I really challenged myself," said Olson. She continued to praise the importance of the first strokes for an artist. "I normally block my first strokes on a canvas, but in this challenge I just went with it."

Halliwell and Ethan immediately bonded over the young artist's talent, and they were inspired by each other's work ethics.

"That is the beauty of the studio tour. The artists and the public get to make these connections," said Halliwell.

Halliwell is a multi-medium artist who loves to learn from experience. She took her first art lesson when she was in grade four and has continued to mostly self-teach herself different techniques.

"I just want to soak up everything I can," she said. Halliwell has over 20 years of experience as a

working artist and wants to inspire young artists. Like Halliwell, Olson is a multi-medium artist who typically works with acrylics, sketch pencils, coloured pencils, and watercolours.

"Acrylic is my favourite because it is a very versa-







Thirteen-year-old Ethan Olson is primarily a self-taught artist who works with multiple art mediums.

tile medium," added Olson.

The young artist discovered her passion for creating art when her friend introduced her to chalk pastels when she was seven.

"He (Olson's friend) would show me really great perspectives on light and caricature. It sparked a fire in my head," she explained. Adding to that, she loved how the colours looked on the paper.

Since then, Olson has experienced working with multiple art mediums while she works to express herself colourfully. Though the young artist is primarily self-taught, she is extremely grateful to her former teacher and now art mentor, Barb Bottle, for guiding her along her artistic journey.

Along the way, Olson has met several working artists who have only inspired her to grow.

"I have made so many connections within the Interlake and I am very happy about that," noted Olson.



Studio 410 owner, Gayle Halliwell held a "Minis-in-a-Minute Challenge" at her studio for the WAVE Studio Tour this past September. Olson jumped at the challenge and impressed Halliwell with her skills.

When Halliwell participated in the recent 16x20 Show at the St. Andrews Community Centre, she was in for a surprise.

"While I was at the show, Ethan came through the door with her Dad again and she said, 'I have come to see you!""

Halliwell explained that Ethan began to follow Studio 410 on Instagram, and specifically came out to the 16x20 Show to chat with her.

"There were many artist talks held over the course of the show and she (Ethan) attended many of them. There were talks about installations, different art techniques, and more. She had the chance to talk about her ideas with working artist," said Halliwell. Adding on that the connections you make as an artist causes a ripple effect when inspiring others.

"The longer I am involved in the art process, the more I want to provide inspiration and information to younger people."

Halliwell wants everyone to know that both the artwork and the knowledge of art is intended to be shared, which is why it is important to her to keep inspiring others.

Olson has similar virtues, "I always love to inspire others and connect with like-minded people."

Olson's artistic journey is far from over. She hopes to one day be in an art show of her own, sell her paintings at a craft market, and eventually have an art studio of her own and be a working artist.

"That is what I was born to do. I was born to do art."

Both Halliwell and Olson invite you to follow them as they progress in their artistic careers. You can take a look at what Studio 410 has to offer on her website www.gaylehalliwell.com, and Olson posts all of her paintings on her Instagram page @ EthanOsArt.

Sportster Down Steelers losing control of first place after three-game losing streak

By Kieran Reimer

For the first time this season, the Selkirk Steelers have some company atop the Manitoba Junior Hockey League standings.

After holding sole possession of first place through the first six weeks of the season, the Steinbach Pistons have crept all the way into a share of the top spot with the Steelers, in part by their 5-1 triumph over the Steelers at Selkirk Recreation Complex on Friday.

The Portage Terriers have also joined the mix, in part due to an eight-game winning streak. They are now only one point back of the Steelers heading into Monday.

With the Pistons and Terriers, both MGEU East Division rivals of the Steelers, the Steelers' recent threegame losing skid has come at the wrong time. They now head into a seven-day break in their schedule.

"We had a little bit of a stumble this week and didn't play our best these last three games," said Hudson Friesen, Steelers head coach. "We've definitely got lots to clean up but for us, just our commitment to defending and playing team defence and playing with the detail we need without the puck has slipped a little bit these last few games. For us, just given the success we've had early on in the year we maybe thought things would come a bit easier now that we were having that success and got away from the things that were helping us get those wins."

til Sunday, Nov. 10 when they take on the Dauphin Kings on the road at Credit Union Place.

The Kings are another team that's been hot lately. They have won their last five, including a 6-4 win over the Steelers on Saturday.

For Selkirk, they intend to use practice this week to clean up some bad habits they've introduced over their last few games.

Friesen said he expects the team to look much better against Dauphin than they did during Saturday's loss.

"We're going to be getting back to the lab and a lot of areas in our structure that we've got away from," said Friesen. "We're going to clean that up, compete this week, and go to work. Guys will be pushing each other and we're definitely going to be a much better team come Sunday."

Some positive news for the Steelers this week was Owen Warnick being named Manitoba Pork Peak Performer of the Month by the MJHL.

Warnick had six goals and 10 assists in 11 games over October. He also announced his commitment to play NCAA Division One hockey for Northern Michigan University.

He has also been named to Team MJHL for the Western All-Star Showcase, which will take place on Tuesday and Wednesday in Warman, SK, against Team SJHL.

"Owen's had a really strong start to the year," said Friesen. "Getting his commitment to Northern Michigan was a huge thing to put in his back pocket and he's been driving the of-



RECORD PHOTO BY JOHN PODWORNIUK

The Steelers' Luke McCarthy looks to make a play around a Steinbach Pistons player. Selkirk lost 5-1 on home ice on Nov. 1.

fence and doing a lot of special things here for our group. He's taken such a big step here offensively this year. He's dynamic, can break a game open anytime, and he's been doing that for the first 17 games. It's been awesome to see his development and how far he's come here."

Those interested in watching the Western All-Star Showcase can find the games on FloHockey.

They go at 7:30 p.m. on Tuesday and 11:30 a.m. on Wednesday and feature the top 40 19U prospects from both the MJHL and SJHL.

The Steelers won't play again un-

Raiders pick up three of four points in weekend games

By Kieran Reimer

The Raiders Jr. Hockey Club had their share of close MMJHL games over the weekend, with both Friday and Sunday contests reaching over-

time.

On Friday night, the Raiders took the first place Charleswood Hawks to the extra frame after Ashton Henry tied the game for the Raiders with just

18 seconds left on the clock.

After trading opportunities in overtime, the Hawks' Cole Penner was the hero as he beat Evan Banera to win it 5-4.

> Then, on Sunday afternoon, the Raiders completed the same act by reaching overtime, with the St. Vital Jr. Victorias tied at three.

After just 56 seconds of threeon-three, Raiders top scorer Nate Goodbrandson ended it with his 11th of the season to give the Raiders their second overtime win.

Following the weekend, the Raiders are up to 6-5-3 and sit sixth in the Manitoba Major Junior Hockey League.

Their attention shifts to next weekend now, with two games on the schedule against the Pembina Valley Twisters and St. James Jr. Canucks.

The Raiders take on the Twisters on Friday at 8 p.m. at Morris MultiPlex, then on Sunday afternoon, they host the Canucks at 2 p.m. at Seven Oaks Arena.





Vets lead Royals women's hockey team to a perfect start

By Kieran Reimer

The Lord Selkirk Royals women's hockey team has a lot going right early in the season.

On Monday, they outscored the Lorette Scorpions 3-1 to continue their undefeated start to the season. With a 4-0 record, they have moved into first place in Division 2 of the Manitoba Women's High School Hockey League.

The Royals were led by a pair of goals from Liberty Aime and a 27save performance in net by Megan Pellaers as they continued to lead the team early in the campaign.

This season, the team includes seven grade 12s who have helped the Rovals get through the past two seasons of last-place finishes and goal-scoring struggles.

Once again coached by Trevor Churchill, the Royals are suddenly emerging as a team that could be vying for the championship in late February.

"Systems are clicking to start off," said Churchill on Wednesday afternoon. "We've struggled in the past with scoring goals but we've come out of the gates with our offence on the upswing. A combination of 2009s that have come into the building and that combination of core grade 12s making sure everyone is playing the right way has benefited us. We've had some hot goaltending which has led to our 4-0 start."

The Royals have outscored their opponents 18 to 9 throughout the opening four games.

Most of that scoring has been the cocaptain duo of Liberty Aime and Serena Reeb.

The two have a combined nine goals

and 13 points in the early going, while Aime leads Division 2 in goals (7) and points (8) through three games.

"They lead on and off the ice," said Churchill. "Liberty does a lot for this team. She also plays for the Winnipeg Avros, so she's bouncing back and forth but tries to be at every practice and function. Serena Reed is our spark plug. She sets the pace. Other teams have keyed in on her, but she's still successful on the ice and works hard every shift. She leads by example and kind of drives the bus, her and Liberty. They are the heart and soul of the team."

The two will carry their hot starts into a Monday afternoon clash with the Sanford Sabres, one of only two other teams still perfect this season at 2-0. This means one of them will be leaving the game with one in the loss column.

In two preseason meetings between them a month ago, each team picked up a win and a loss.

Following Monday's game, the two won't meet again until the second last week of the regular season in February, giving Monday's winner at least four months of bragging rights.

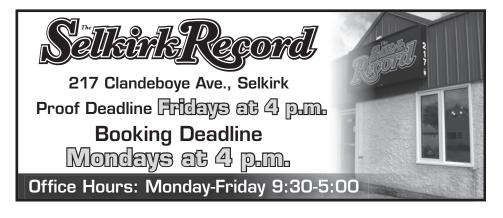
"Sanford will be a tough one," said Churchill. "They are a big, strong team and will probably be one of our rivals in Division 2, and we'll be battling them for first place all year."

The puck dropped on Monday at 4 p.m. from Selkirk Recreation Complex, but due to our press schedule, the score was unavailable at the time. The Royals play on Friday, Nov. 15 against the River East Kodiaks at 3:30 p.m. at the Gateway Recreation Centre.



RECORD PHOTO BY BRETT MITCHELL

Royals captain Liberty Aime goes on a rush that resulted in a Royals goal in a 3-1 win over the Lorette Scorpions last Monday. Aime currently leads the MWHSHL in goals (7) and points (8) while her Royals are off to a 4-0 start.



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Sportside > UPSIDE DOWN All four Royals volleyball teams taking winning records into playoffs

By Kieran Reimer

The Varsity Girls volleyball team picked up their ninth win of the season against the River East Kodiaks on Wednesday night to finish the regular season with a 9-1 record.

After splitting the opening two sets, the Royals battled to win in the following two sets to defeat the Kodiaks three sets to one.

With the win the Royals finished first place in KPAC Tier 1 and earned a bye in the first round of the playoffs.

Their playoff opponent will be determined later in the week following Wednesday's first-round playoff games featuring the Garden City Gophers, Maples, Mennonite Brethren Hawks, and River East Kodiaks.

On Wednesday night, the Varsity Boys volleyball team concluded their regular season with a three-to-one loss to the undefeated River East Kodiaks.

With the loss, the Royals finished fifth place in KPAC Tier 1 with a 7-4 record and will play their first-round playoff matchup against the 12th-ranked Murdoch MacKay Clansmen.

In their lone meeting this season, the Royals defeated the Clansmen in three sets on Sept. 18.

They are now set for a 6 p.m. matchup this Monday, and a spot in the second round is on the line. Due to our press schedule, the score in Monday's game was unavailable at the time.

On Tuesday night, the Junior Varsity Boys volleyball team capped off a perfect regular season with a three-to-one victory over Murdoch MacKay.

After dropping the third set, the Royals battled to a 25-22 victory in the fourth set to defeat the Clansmen who entered the game as the only other undefeated team in KPAC Tier 1.

With the win, the Royals finished first place with an 11-0 record and are now set for the playoffs.

The Mennonite Brethren Hawks and Kildonan East Reivers play the final game of the regular season on Monday night before the playoff schedule is released.

The Junior Varsity Girls volleyball team rounded out their regular season with a three sets to none victory over Murdoch MacKay on Tuesday night.

The win moves the Royals up a spot into sixth place in KPAC Tier 1 with a regular season record of 7-4.

With their finish in the league's top half, the Royals are expected to get a home playoff game with their opponent yet to be determined.



RECORD PHOTOS BY BRETT MITCHELL

Royals' Georgia Dufault spikes a ball in the JV Cirls three sets to none victory over the Murdoch MacKay Clansmen on Tuesday, Oct. 29. Dufault and the Royals finished the regular season in sixth place and now wait to see who their opponent will be in their first-round playoff matchup.



Royals' Troy Trylinski tips a ball in the JV Boys three sets to one victory over the Murdoch MacKay Clansmen on Tuesday, Oct. 29. The Royals took first place with the win and finished the regular season with an undefeated record.

Fishermen miss on powerplay in loss to Falcons

By Kieran Reimer

at the Selkirk Rec Centre

SUNDAY, NOV 24th

VS Lundar Falcons 3:00 pm

NEXT AWAY GAMES

Fri, Nov 8 - vs Arborg - 8:00 pm

Sun, Nov 10 - vs Beausejour - 2:00 pm

Sat, Nov 23 - vs St Malo - 7:30 pm

making it two in a row on Saturday The Selkirk Fishermen's hopes of were put to rest by the Lundar Fal-

cons at Lundar Arena. After a scoreless first period, the

> Falcons took over with three unanswered goals in the second period, while the Fishermen failed to capitalize on three powerplays and a brief five-onthree.

The Fishermen got a glimmer of hope with a goal midway through the third period, but the Falcons ultimately held on for a 4-2 win.

Marcus Sharpe stopped 35 of 39 shots in the loss, and the Fishermen now drop to 3-6-0-0-1 on the season and remain fourth in the Capital Region Junior Hockey League.

They now get set for next weekend's slate with games against the Arborg Ice Dawgs and Beausejour Comets.

On Friday, the Fishermen head to Arborg & District Arena for an 8 p.m. puck drop against the Ice Dawgs.

Then, on Sunday, the Fishermen head to the Sun Gro Centre for an afternoon affair against the Comets at 2 p.m.





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Sudoku Answer

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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

S L N 3

Crossword Answer

more numbers you name, the easier it gets to solve the puzzle!

L

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6 5

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- **CLUES ACROSS**
- 1. Absence of effort 5. Preserve a dead body
- 11. Gratitude
- 14. The act of coming together
- again
- 15. Simpler
- **18. Visionaries**
- 19. Large, fish-eating bird
- 21. Indicates near
 - 23. Former CIA agent and critic
 - 24. Icelandic poems
 - 28. Pop
 - 29. "Hammer" is one
 - **30. Senses of self-importance**
 - 32. Thyrotrophic hormone
 - 33. Not around
 - 35. Electronic data processing
 - 36. Licenses and passports are two types
 - 39. Snakelike fish
 - 41. Air Force
 - 42. Popular computers
 - 44. Of a withered nature
 - 46. Winas
 - 47. Used in combination
 - 49. Laid back
 - 52. Jeweled headdress
 - 56. In slow tempo
 - 58. Falls

A L A

APPRECI

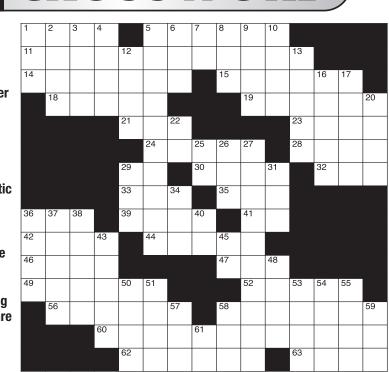
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A M

- 60. Assertions made again
- 62. Periods of history 63. Hyphen

CLUES DOWN

- 1. Body part
- 2. Mimics
- 3. Expel large quantities
- rapidly
- 4. Sea eagle
- 5. A type of subdivision
- 6. Variety of Chinese



- 7. Mr. T's name on "The
- A-Team"
- 8. Consumed
- 9. Chinese dynasty
- **10. NFL great Randy**
- 12. Ireland
- 13. Palm trees with creeping roots
- 16. Fungal disease
- 17. Impressionable persons
- 20. Affirmative! (slang)
- 22. Instinctive part of the
 - mind
- 25. "The First State"
- 26. A way to develop
- 27. Fraternities
- 29. Woman (French)
- 31. Sunscreen rating
- 34. Beer

- 36. Spiritual leader
- 37. Indigo bush
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Ray-finned fishes
- 45. Morning
- 48. Line passing side to side through the center (abbr.)
- 50. Double curve
- 51. A small bundle of straw or hay
- 53. Got older

product

61. It cools a home

54. Crater on Mars 55. Humanities

57. Relating to the ears

58. "To the degree..."

59. Residue of a burned

30 The Selkirk Record Thursday, November 7, 2024





EMPLOYMENT OPPORTUNITY Casual Equipment

Operator II

Job Type: Start Date: Salary:

To be determined

Casual

As per Collective Agreement between the RM of West St. Paul and IUOE Local 987

Closing Date: Open until filled

Under the direction of the Public Works Foreman, an Equipment Operator II operates both heavy and light equipment to perform and assist in repairs and maintenance of municipal infrastructure with a focus on, but not limited to, roads, sidewalks, pathways, parks, and signage. This position runs equipment such as graders, front-end loaders, sanding/plow trucks, and snow blowers. An Equipment Operator II may also oversee or supervise small projects or tasks with a limited scope.

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

Hours will be scheduled on an as needed basis to respond to snow events as required.

For a full list of responsibilities and qualifications please visit www.weststpaul.com.

Applications should be marked "Application for Casual Equipment Operator II". References shall be required upon request. If you have any questions regarding the posting please contact Rick Friesen, Public Works Manager at 204-471-4283. Apply to:

Lainie Shaw, CMMA Municipal Legislative Officer RM of West St. Paul 3550 Main Street West St. Paul, MB R4A 5A3 Email: admin@weststpaul.com

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

Call 204-941-3650. **EMPLOYMENT OPPORTUNITY**

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position will lead or assist in the delivery and expansion of recreation and leisure services in the municipality including programming, registration and payments, promote municipal and community programs via social media, organizes summer and student staff programs, as well as provide administrative assistance and perform other related duties as required for culture, heritage and tourism initiatives and the RM of St. Andrews administration office.

To find more details, including qualifications please go to: www.rmofstandrews.com/p/job-opportunities

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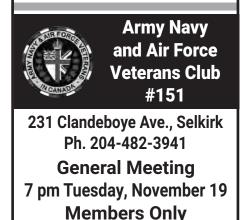
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MORTGAGE SALE

The building and land known as 417 Moore Road, West St. Paul, MB, as described in Certificate of Title No. 2748082/1 will be sold by public auction by a Licensed Auctioneer on November 27, 2024, 2024 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in- person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Katharina Kirienko at either 204-957-4810 or kkirienko@mltaikins.com.

The Vendor is informed that the property consists of a single family dwelling, built in 1997 approximately 1385 square feet, full basement partial finish, double attached garage, located on a 3.72 acres lot.

Realty taxes (excluding any accruing water charges) are paid to December 31, 2023. The property is sold subject to taxes and penalties accruing after that date Prior charges: Caveat No. 1435432/1.

TERMS OF SALE

Deposit of \$57,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not exceed \$7,500.00) and the balance according to conditions to be announced at the sale.

The property will be sold subject to a Reserve Bid of \$391,000.00 plus such other additional and incidental costs which may be incurred by the Vendor from the 31sT day of October. 2024 to the date of the auction and which costs will be announced prior to the commencement of the sale.

The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

. Should the successful bidder have attended by teleconference and/or video conference, the bidder will have 24 hours to execute the Auction Sale Conditions and to provide them together with the deposit to our office as set out below. Further information may be obtained from:

MLT AIKINS LLP Barristers & Solicitors

30th Floor, 360 Main Street, Winnipeg, MB R3C 4G1

Attn: Katharina Kirienko (204) 957-4810 kkirienko@mltaikins.com

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> BŪNGE Instrumentation, Controls & Electrical Specialist or Engineer

The Instrument, Controls and Electrical Engineer or Specialist will work with the Plant Manager to lead all ICE - related efforts at the site. This role owns electrical safety compliance at the site for all internal and external resources, in accordance with Bunge requirements and all federal, state and local regulations.

Main Accountabilities:

- Ownership for safety related to all ICE efforts, assets and systems.
- Ensures safety of all internal/external resources in daily operation of site, troubleshooting efforts, and in all project phases with special focus on installation, commissioning, startup, maintenance and operations.
- Ownership for site compliance to BNA Electrical Safety Policy, timely responses to ICE related safety requests, and site support in creating safe work plans - often driven by un planned events in off-hours.
- Design, implement, maintain and improve instrumentation, control and electrical distribution systems.
- Develop and manage plans that resolve system obsolescence, spare part availability issues and ensures Critical Path spares are in stock at all times.
- Where possible, leverage proven technologies, adhere to Bunge design standards and leverage existing suppliers.
- Ability to identify/develop new technology to gain ground and support to initiatives like Industry 4.0.
- Manage efforts related to manufacturing, construction, installation, maintenance, support, documentation and testing related to ICE efforts in compliance with specifications, applicable codes and all BNA requirements.

Education / Experience

- Engineering Bachelor's in one of the following (Instrumentation, Controls, Electrical) is preferred. Two-year diploma or Trades background will be considered. Experience in each of these areas is preferred, with preference given to electrical and power distribution.
- Minimum 8-years multi discipline ICE experience.
- Effective collaboration with procurement throughout project life cycle.
- Excellent project management skills and ability to control scope, cost, schedule and benefits delivery on all projects.
- Experienced applying risk management methodology at key points in project lifecycle. Experience applying HAZID and HAZOP, as well as Hazardous Location rating
- assessments.
- Team player, excellent communication, skills and time management, ability to influence others to right outcomes regardless of level or position in business.

Please contact: james.doell@bunge.com

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ANNOUNCEMENT

CARD OF THANKS

Tobin - Thank you to our families and friends, near and far, for your phone calls, prayers, kind expressions of sympathy, floral arrangements, and for honouring Ben's life by your attendance at his funeral. Your support and love throughout our challenging journey provided us strength and comfort.

Thank you to Kim for sharing her fond memories of Uncle Ben, Reverend Beth for her comforting service, and Erin of Gilbart's Funeral Home for her patience and guidance through this difficult time.

We are truly blessed to have shared our lives with Ben

-Fran,

the Tobin and Panting families

ANNOUNCEMENT

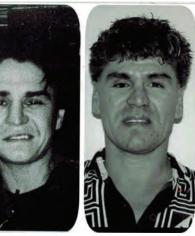
CARD OF THANKS

The family of Thomas Hiebert thanks everyone for hospital visits, cards, flowers, food and hugs. Thank you to the staff of Gilbart Funeral Home for their exceptional service. Peter Dyck, chaplain thank you for your support during this difficult time.



ANNOUNCEMENT

Stella Pilat Happy 90th Birthday November 13, 2024 -With love from your family and friends



ANNOUNCEMENT

IN MEMORIAM

November 3, 2014 November 6, 2004 George Frost **Glen Frost** They sped away like a shooting star, Their light now twinkles from afar; Though their voices we cannot hear, In my heart they'll always be. -Love Cherri and family



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William Kenneth Huculak 'Hootsie' We shared our lives these many years You held my hand, you've held my heart So many blessings, so many tears of missing you - yet for the moment we must part

-Love Donna Dad - Everyday I find myself wishing I could turn back time, just to spend one more day with you.

Missing you endlessly.

#1 and baby Robert and Nikki

ANNOUNCEMENT IN MEMORIAM



Glen Edgar Frost July 15, 1965 - November 6, 2004 As he exited the back door He calls, "Ma, see you later' Her youngest son "Glen" Was a precious gift from the Creator, Self-taught, guitar and drums Loved music, heavy metal, rock and roll, A special person with unlimited potential Was talented and kind... a gentle soul, Left the comfort of the family home Responding to a call... to help a friend, At a party an altercation Tragically his life would end, That morning the horrific news No parent ever wants to hear, About the brutal death of her beloved son The youngest child that she held so dear, Gone too soon.... so unfairly Her pain and agony are beyond compare, Only in her heart will she find him there. Many years have come and gone But our mother's grief goes on and on..... Ten years later, almost to the day On November 3rd her son, George, passed away. They are sadly missed and lovingly remembered "NO TOMMOROWS" Sharing our mother's (Dairdrie Frost)

grief and sorrow Siblings: Audrey Laye. Dairdrie Ludwick, Garry Frost, Geoffrey Frost





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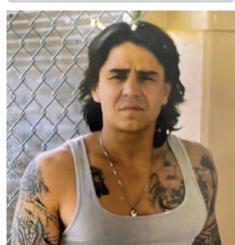
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The Selkirk Record Classified and Announcement booking deadline is Monday at 4 p.m. prior to Thursday's publication Please Call 204-785-1618

ANNOUNCEMENT





George David Frost September 27, 1957- November 3, 2014 Our beloved Dad Miss you more with every passing day Your loving memory will never fade away, Wishing you could still be here To celebrate our birthdays year after year, But up there no troubles do you see Just a world of peace is where you'll be, To meet us again another day.

-Love daughter Chelsey Easter, son Kelsey Frost grandson, Xander "George" Frost



ANNOUNCEMENT

In Loving memory of Uncle Glen Frost July 15, 1965 - November 6, 2004 We miss your smile Your joking ways, The funny things You used to say, And when old times We do recall, It's when we miss you Most of all. Uncle Glen keep on "Rockin" At that big concert in the sky! -Love Vicki and David Strick,

Christine and Bobby Ludwick, Chealsey and Kelsey Frost

ANNOUNCEMENT IN MEMORIAM

Glen Edgar Frost July 15, 1965 - November 6, 2004 George David Frost September 27, 1957 - November 3, 2014 "Gone" are the days we used to share, But in our hearts you are always there. Family gatherings Never the same, With tender love And kind regret, Your brothers and sisters Will never forget you. -Sadly missed, lovingly remembered Sisters: Audrey Laye, Dairdrie Ludwick Brothers: Garry and Geoffrey Frost ANNOUNCEMENT



Glen Frost July 15, 1965 - November 6, 2004 Heard you had a great sense of humor And a kind and caring nature, Wish I had the chance to get to know you But you died so young, so unfairly. Missing your love and support for 20 years -Your loving daughter, Shay Rhiannon Frost

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



OBITUARY

Alice Irene Watters October 27, 1925 – October 24, 2024

It is with profound sadness that the family of Alice Watters announce her peaceful passing on October 24, 2024 (just days shy of her 99th birthday) at Pine Falls Hospital.

Mom was born in Selkirk, MB and grew up in the Gunton area. Later she moved to Winnipeg where she was a proud member of the St John's Ambulance during the war years.

She dedicated her professional life to the Greater Winnipeg Gas Company where she worked until her retirement in 1988. Following her retirement Mom made the cottage at Hillside Beach her permanent home, where she created countless cherished memories. She became an active member with the Merry Makers and the EB Social Scene at Victoria Beach. Mom also enjoyed spending winters on the desert in Arizona where

she made many lasting connections. Mom enjoyed visiting with people and cherished family gatherings and celebrations.

She will be deeply missed by husband Grant; daughters Pat (Danny), Cathy (Glenn); grandchildren Lisa, Cynthia (Coert), Jennifer (Dave), Keri (Al) and Trevor as well as by her six great- grandchildren and four great-great-grandchildren. Mom is also survived by numerous nieces and nephews.

Mom was predeceased by her first husband Les, son-in-law Ted, parents Jean and Jim Wallace, brothers John and Dave, sisters Elsie and Belle along with many friends.

In accordance with Mom's wishes, cremation has taken place and a family interment will occur at a later date.

The family would like to thank the nurses and staff at the Pine Falls Hospital for their excellent care and compassion of our mom.

She will always be remembered for her warmth, kindness and the love she shared with all who knew her.



OBITUARY

Marilyn Joyce Sidlar Peacefully, on Sunday, November 3, 2024, Marilyn Sidlar, aged 76 years, of Selkirk, MB, passed away.

Full obituary to follow in the next Selkirk Record.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Raymond George Settee

Peacefully, on Sunday, November 3, 2024 at the Red River Place in Selkirk, Mb, Ray Settee, aged 85 years, beloved husband of Elsie, passed away.

In keeping with his wishes, cremation has taken place, and a memorial service will be held on Friday, November 8, 2024 at 2:00 p.m. in the Gilbart Funeral Chapel, Selkirk, Mb. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

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OBITUARY



Diane Marie Allain January 4, 1961 – June 25, 2024

Peacefully at her residence, Diane passed away at the age of 63 years.

SellsinkRecord

A Celebration of Life will be held on Tuesday, November 12, 2024 at 1:00 p.m. at the Selkirk Bethel Church, 200 Main Street, Selkirk, MB.

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

Arrangements entrusted to:

0

Interlake Cremation & Memorial Services 204.482.1040







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