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VOLUME 13 EDITION 45

THURSDAY, NOVEMBER 10, 2022

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## Smashing pumpkins

RECORD PHOTO BY KATELYN BOULANGER

Five-year-old Rylee took her job very seriously at the Pumpkin Smash event at the Aki Centre in West St. Paul. Residents were invited to bring their pumpkins and smash them so that they could be used for composting.

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# Selkirk Biz is getting Back to Black Nov. 18 to 20 with holiday season event

## Chamber of commerce's holiday shop local initiative returns for weekend of fun

By Katelyn Boulanger

The Selkirk Biz is going to be busy on the weekend of Nov. 18-20. They are getting back to business after the COVID-19 pandemic with their re-branding of the former Selkirk Biz Black Friday Weekend. This time around the event will be called the Selkirk Biz Back to Black weekend and will be the weekend before the traditional Black Friday weekend in order to avoid conflicts with other fun holiday events.

"We first started back in 2013 and it was our version of Black Friday back then, only we decided to do an entire weekend and [invited] the entire community [in our] our serving area, which is St. Andrews, St. Clements, West St. Paul and the City of Selkirk. So, we went beyond that household understanding of Black Friday being one day and we really turned it into a community-wide weekend event. We had a contest around it and it exceeded our expectations. It was amazing, everybody loved it and we just kept going with it every year after that, until 2020," said Sheri Skalesky, Executive Director of the Selkirk Biz.

In 2020 the COVID-19 pandemic put a pause on the event for two years, however, this year with pandemic restrictions lifted, the event was able to come back to the community.

They also decided to rebrand the event this year with a new name to better reflect that it's not actually happening on Black Friday weekend. The name also reflects the fact that local businesses are getting back in the black after a couple of difficult years.

"We thought let's change, change the name, we'll have it [earlier] and get a head start on the holiday and the seasonal shopping rush," said Skalesky.

This is something that she says

they've been considering for a while in order to avoid the competition of other Black Friday events. It also fulfills the goal the event originally had in 2013 of keeping people shopping in town instead of taking trips away since they know they will be getting great deals right here at home.

For people in our community that may not have participated before,

the main event of the weekend is the passport contest. To participate residents will be able to go to many local businesses within the Selkirk Biz's coverage area and pick up a passport. Once you have your passport you'll need to get it stamped at other local participating businesses. When the passport is full of stamps it gets dropped off into the contest box and you are entered for a hefty prize. More details about the contest will be coming out in next week's edition of the *Selkirk Record* but residents should know that they do not have to make

purchases at any business in order to participate.

In addition, residents can use this as a way to explore businesses that they might not have visited before.

"It's very important to support the local businesses because they offer a lot of special offerings and customer service that really goes above and beyond the regular retail experience. So, it's quite possibly supporting somebody that you know, possibly your

Continued on page 4



RECORD FILE PHOTO

The drawing of the grand prize at the 2018 Black Friday Weekend Contest.

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# South St. Andrews Citizens on Patrol Program looking for volunteers

## Help to create a stronger community by looking out for your neighbours

By Katelyn Boulanger

After a monthly meeting, The South St. Andrews COPP has decided to put out the call that they are looking for new members to help to keep their neighbourhood a safer place.

"[The] Citizens On Patrol Program is a volunteer program. It's set up to make your community safer and all we are is extra eyes and ears for the police. We have absolutely no authority but we drive in pairs, and we drive around our community. We go from basically Lockport, south to the St. Andrews golf course," said Robert Jesson, Director of South St. Andrews COPP.

The idea behind the program is to have residents on the lookout for suspicious or criminal activity, document this activity and when appropriate report it to the police. Their presence in the community acts as a deterrent for criminals and created awareness for crime deterrence. In addition to

looking out for their neighbourhoods, COPP volunteers will sometimes chat with residents that they meet and coordinate regularly with local police officers to help keep crime prevention information flowing throughout their communities.

"We're looking for maybe somebody forgot the garage door open and there's no sign of anybody around. So, you might knock on the door just to let them know that the garage door's open. Or [we look for] suspicious people driving along. We've had to call the RCMP several times," said Jesson.

One recent incident where they helped a local business happened when a thief ran out of a store with some of their wares. Luckily, COPP volunteers saw what was happening and were able to follow the perpetrator from a safe distance in order to let the RCMP know where the person was.

Another incident that Jesson recalls was when a woman who the RCMP believed might have been suicidal travelled through the area. The police gave the COPP volunteers information about her vehicle

and then asked them to call should they spot her.

"One of our members just happened to be driving by and noticed the license number, called the RCMP, and they were able to intervene," said Jesson.

Most of the time, however, COPP volunteers are checking out their neighbourhoods to make sure that everything is as it should be.

"We're not trained police officers or anything. We're volunteers driving around and if there's something suspicious, we phone the RCMP and they check it out," said Jesson.

Because there is absolutely no confrontation between COPP volunteers and criminals, any resident who is interested in getting out and about in their community and has a little extra time to volunteer can participate in the COPP safely. To add an extra layer of safety, COPP volunteers also let their local police branches know when and where they are out so that the officers know to look out for them.

This is also a unique volunteer opportunity because residents can choose what times work best for them as volunteers, as patrolling can happen any time of the day.

Jesson says that he started the local COPP group and volunteered with the organization when there was a rash of break-ins in the community and he wanted to help make the area safer.

"I was principal at St. Andrews School and at the time, there were two community members that came in to

visit me. On St. Andrews Rd. there had been 10 break-ins that summer. [Those community members] came in and asked what I thought could happen. I said, 'Well, there's community watching, there's COPP' and so we decided at the time to form a COPP [group] in St. Andrews. That was back in about, I think [we've been here] for 25 or 30 years now," said Jesson.

He says he's continued to volunteer all of this time in order to give back to his community.

"I raised my son, and he went to St. Andrews school, and I was very fortunate to have the job I had and found that the community was a really, really positive community. And [this volunteering] it's just a way of giving back. I've got a good life in St. Andrews and I feel that I should, in some way, give back to the community that's provided for me," he said.

Jesson says that the best way to get in touch with COPP if you, like him, would like to give back to South St. Andrews by joining COPP, is to give him a call. From there, Jesson can tell you more about the program locally and let you know how volunteering works. His numbers are 204-338-9019 (home) and 204-396-9262(cell).

"It is actually a lot of fun. You get to see what they've got this in this yard, and that yard with all the decorating and that sort of thing. I've seen new homes going up, and so, you really do get to know your community," said Jesson.

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### > BACK TO BLACK, FROM PG. 3

neighbour, possibly a family member, or somebody that has been in the community for a long time, and is a familiar face. It's people that you know, and, it's just great to get out there and support the smaller businesses. Overall, supporting any business here in Selkirk [is important] because there's that notion that spending \$1 at a local business

stays in the community and is spent within that community, another six times. That is the power of shopping local," said Skalesky.

She is glad to finally be able to bring this event back to the area and encourages residents to participate.

"It's a good opportunity for the community to get out and do your shopping locally.

You're not having to spend a lot of expense just to go down to your local shop as opposed to travelling outside of your community. So, . . . it's a lot closer, and you get to just get out and support everybody," said Skalesky.

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# Selkirk Lions Autumn Market



RECORD PHOTOS BY KATELYN BOULANGER

The Selkirk and District Lions Club hosted their Selkirk Lions Autumn Market last weekend at the Selkirk Recreation Complex. Many residents filled the banquet hall and supported projects in our community.





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# Aboriginal Head Start Pie and Holiday Market



RECORD PHOTOS BY KATELYN BOULANGER

The Onashiwini Aboriginal Head Start program hosted its annual Pie and Holiday Market last weekend. The Selkirk Friendship Centre was packed to the brim with residents and vendors looking to help you stock up on local gifts this holiday season. Proceeds from the market go toward the Head Start program helping to offset the cost of program supplies and enabling them to take the children on field trips as well as family excursions.



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# Selkirkians helping to provide school supplies for Ukrainian kids

By Katelyn Boulanger

The war in Ukraine has continued on and many Ukrainian families have had to take refuge in Canada. When they come to this country kids need to get back to school to continue with their education but because of the circumstances of their arrival bringing their school supplies with them is unlikely to have been top of mind. Because of this, Manitoba Parents for Ukrainian Education has created their Backpack 4 Hope program and what started out as getting some supplies together for a few kids has morphed into an effort that has seen 1000 students sent off to school ready to learn.

"Backpack 4 Hope started out as a small initiative. It started off in the spring and as newcomers were starting to arrive in Manitoba, we [thought], 'How can we help,' being that our focus is education for children," said Karen Johnston, MPUE VP External (Manitoba Parents for Ukrainian Education) Backpack 4 Hope Project Lead.

They came up with the idea to create backpacks with school supplies, comfort and hygiene items to help kids that were entering the school system.

"Back in spring, we thought, okay, well, how many could that possibly be? We thought, oh, maybe we'd start with 50 to 100. Needless to say, that has skyrocketed, and we now have approximately, just under 1300 students registered," said Johnston.

To keep up with demand she has turned her garage into a backpack packing area so that every bag has the supplies the kids will need.

"Things that go into the backpack are a school kit for each child. This school kit contains scribblers, pencils, pens, a pencil case, glue, scissors, and all the typical things that you would see on a back-to-school list. It's scaled down a bit because we have big numbers, but it does kind of get them off

in the right direction. And then, we also provide them with a small hygiene kit [which could include things like] a bar soap, toothbrush, toothpaste, a comb, a little pack of Kleenex or a little bottle of shampoo," said Johnston.

No bag is the same, however, because the backpacks are made with donations and they use what they happen to have available to them. They also take into account what grade students are in so that they get age-appropriate supplies as well as a student's preference so that they get things that make their learning experience the best it can be.

"We are very deliberate in what goes in that backpack from that point forward because say, 'Little Sophia, likes ponies and the colour pink.' So then, the backpack that we actually grabbed from our inventory might be pink, and then we tag it with their names, we grab that backpack intentionally and then make sure that their individual items are very intentionally put in there for that child," said Johnston.

She says this initiative is important because children like to have things even if they are small that are their own.

"We get a lot of thank you notes and amazing pictures from parents and caregivers. Although it's just a backpack, it kind of goes back to our tagline 'Backpack 4 Hope'. It's a meaningful gesture," said Johnston.

The easiest way for you to donate would be to give a monetary donation. Johnston says that you can do this by visiting the Manitoba Parents for Ukrainian Education website at <https://mpue.ca/>. There you can click the donation button and give with a debit or credit card or PayPal account. Johnston also asks that when you donate you specify that it's for the Backpack 4 Hope program.



RECORD PHOTO SUBMITTED  
Some of the many backpacks filled by the MPUE.

If you would like to make physical donations Johnston says to email her at [externalvp@mpue.ca](mailto:externalvp@mpue.ca) in order to coordinate a time when she can pick up items.

Information about what types of items the project is in need of and more information about the Backpack 4 Hope Project can be found at <https://mpue.ca/mpue-projects/>.

# Nuit Blanche art installations come to Holiday Alley

By Holiday Alley

Holiday Alley is importing two, glowing art installations to Manitoba Ave. this November, which were hugely popular at Winnipeg's Nuit Blanche in Sept. and will be on display all night on Manitoba Ave. in downtown Selkirk on Nov. 25.

"The kids, and all of us kids at heart,



PHOTO SUBMITTED BY JENNIE O'KEEFE  
Bikes, Lights and Alleys! at the Forks in Winnipeg.

are going love the magic of light and art that these displays bring to downtown Selkirk," said Lois Wales, President of Red River North Tourism.

The first display, Kasuri, is an illuminated sculpture inspired by the brushed visual effect of Japanese kasuri fabric and mystical floating souls in Japanese folktales. Created by Takashi Iwasaki and Joe Kalturnyk, it is made of densely strung fluorescent-painted cords, suspended and rotated in the steel-tube structure. Everyone is invited to make the sculpture come to life by turning a large wheel.

The second display, Bikes, Lights and Alleys!, hangs lit-up bikes upside down as repurposed chandeliers under the canopy of Selkirk's oldest hotel The Merchant. The creation was made possible by Sputnik Architecture (minds behind Winnipeg's annual Warming Huts competition on the Red River), in partnership with Plain Bicycle, Lights Unlimited, Boreal Tree Solutions, Anvil Tree and The Forks and is supported by The Downtown Winnipeg BIZ.

"We love that Nuit Blanche - which attracts thousands of people to downtown Winnipeg to celebrate culture and art - is just a couple months before Holiday Alley because our volunteers cruised Nuit Blanche for ideas we could re-mount or re-create in Selkirk. As Holiday Alley keeps growing, it is exciting to be able to attract artists from outside of our community to showcase their work for Selkirkians and to turn our streets into living art galleries," said Wales.

These exhibitions are just a small part of the Holiday Alley program this year. Four days of art, light, sound, culture and creativity are planned that are open and accessible to all ages. Favourites like the Wishme Makers Market,

Pooch Parade, Easel Wars and the Soup Cook-Off will return; as well as free concerts featuring over 60 local artists. The Nuit Blanche exhibitions are new additions to the program, as well as Giant Lite Brite, Glow Hula Hooping, and Glowing Mini Golf and much more.

Visit [holidayalley.ca](http://holidayalley.ca) for more information and for the full event calendar.



## Thank You

The Selkirk Rotary Club wishes to thank the Students and Staff of LSSD; local churches and community members for their support in collecting winter clothing to be sent to 5 Northern Fly-In First Nations. Special thanks to Darlene Swiderski, Judy Maryniuk, Don & Doris Gowryluk, Dorothy Gely, and Carter Goosen for assisting with sorting, packing and delivering the clothing to the city for shipping. As soon as winter roads are ready, two pallets of books will be sent to these same communities as part of the Share the Magic Reading program. Thanks to Matt Bialek of Red Bomb Fireworks for delivering the pallets to the city for shipping.





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# get informed

NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

## Twenty-one more Manitobans die from COVID

By Patricia Barrett

A substantial number of Manitobans died from COVID during the last week of October.

Twenty-one more Manitobans died from the virus over the period Oct. 23-29, bringing the provincial death toll to 2,232, according to the provincial government's COVID surveillance report for Week 43. The previous week's report showed a total of 2,211 fatalities.

Over the space of about a month (Oct. 2 to Oct. 29), 55 Manitobans died from the virus, according to the surveillance reports.

There were 116 people admitted to hospital for COVID during Week 43, including seven who required admission to the intensive care unit. The previous week's report showed 100 people hospitalized with 16 of them requiring ICU intervention.

The provincial government doesn't provide in its surveillance reports the numbers of people with COVID in hospital and in the ICU on any given day or week. It stopped providing in the report the names of personal care homes and hospitals experiencing COVID outbreaks.

There were 411 new lab-confirmed COVID infections reported for the above period, an increase of 49 new cases from the 362 reported the previous week. The corresponding positivity rate increased to 28.7 per cent from 24.0 per cent reported the previous week.

The government's data on new infections are an undercount as lab tests are restricted and rapid antigen tests aren't tracked.

Wastewater surveillance data for the city of Winnipeg shows increased activity of COVID since early October.

Other health news:

-A COVID outbreak at the Arborg hospital was declared by the Interlake-Eastern Regional Health Authority on Oct. 31.

-A COVID outbreak was declared at the Selkirk Betel Personal Care Home on Nov. 4.

-A COVID outbreak was declared at the Whitemouth Personal Care Home, in the eastern half of the IER-HA, on Nov. 3.

-The COVID outbreak at the Stonewall hospital was declared over on Nov. 1.

-There were 21,810 new cases of COVID reported across Canada over the period Oct. 16-22, according to federal government data.

There were over 2.3 million new cases reported worldwide and 9,300 deaths over the period Oct. 24-30, according to the World Health Organization. Globally, over 6.5 million people have died from COVID.

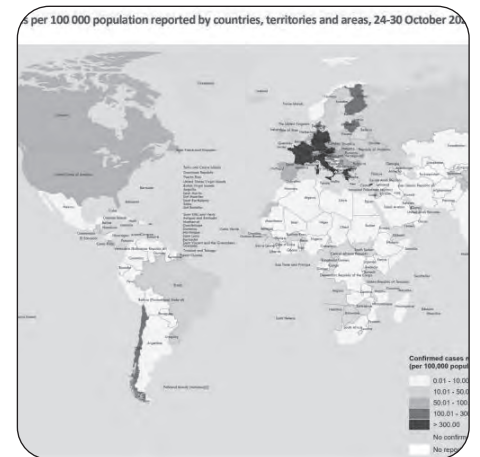
-In a bid to keep health-care workers on the job, the provincial government's Shared Health organization made changes at the end of October to its COVID protocols for staff who may have been exposed to or develop symptoms of the virus.

Health-care staff who live in a household with someone who has tested positive for COVID can continue to work as long as they themselves remain asymptomatic. And health-care workers who've had COVID in the past four months but who develop symptoms of the virus don't have to undergo testing.

"Health-care workers who've had a confirmed case of COVID-19 in the last 120 days (4 months) and who develop symptoms are not required to test for COVID-19," states an Oct. 27 memo.

Staff who've not had COVID in the past four months and develop symptoms are required to take a rapid antigen test. If they test positive, they should stay home for four days, returning to work on day 5 of the illness. Immunocompromised health-care workers can stay home for 10 days.

The easing of COVID protocols,



**WORLD HEALTH ORGANIZATION**

The COVID pandemic continues, with the highest number of reported infections coming from Europe, North America and a few other select areas of the globe for the period Oct. 24-30.

which took effect Oct. 31, is necessary to maintain staffing.

"These changes are primarily motivated by widespread staffing challenges being experienced across the health system as well as the risk that staff illness may pose to the continued delivery of vital health services," states the memo.

-Health Canada authorized on Nov. 3 the use of a second bivalent COVID vaccine, Moderna's Spikevax, which targets the original strain of the COVID and the omicron subvariants BA.4 and BA.5.

-The IERHA's hospital emergency room schedule for the period Nov. 16-31 shows significant unavailability at the Eriksdale and Arborg hospital ERs, a situation that has been ongoing for months. The schedule shows only six days on which the Arborg ER is available either for 24 hours or for 10 hours. There are only three days on which the Eriksdale is available either for 24 hours or for five and a half hours. The Pine Falls emergency department remains temporarily suspended.



> **CONTACT US**

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# Five new members on St. Andrews council



**RECORD PHOTOS BY KATELYN BOULANGER**

The St. Andrews Council celebrated its swearing in ceremony last week. Mayor Joy Sul as well as councillors Chris Mondor, Ken Doornbos, Tracy Slyker, Rob Mirecki, Justin Fiebelkorn, and Laurie Hunt were sworn in by Assistant Chief Administrative Officer, Colleen Sailor.





# West St. Paul council holds inaugural meeting



RECORD PHOTOS BY BRETT MITCHELL

West St. Paul Council was sworn in last week. Mayor Peter Truijen and councillors Peter Campbell, Giorgio Busceti, Mike Pagtakhan, and Dorothy Kleiber met for the Inaugural Meeting of Council on Nov. 1.





# Re-elected Selkirk Council to continue the city's forward momentum

Submitted by the City of Selkirk

After the votes were counted on Oct. 26 and the totals revealed the city's incumbent mayor and all six members of council had been re-elected there was little time for celebration – the new council was sworn in six days later in order to discharge their first legislated responsibility, holding the 2022 Board of Revision hearing on Nov. 3.

For Mayor Larry Johannson, who takes the seat at the head of council for the fourth consecutive term, it was a happy occasion, but also one that provided time to reflect.

"I'm so proud of all the people who put their names forward to seek a spot at the council table, to take that bold step of letting their name stand to work for their community and make our city a better place for everyone," Johannson said.

"This election had a very strong slate of candidates and it made for an interesting night and at the end of it all, I thank everyone who ran, and I'm sure all candidates thank the public for the discussions at [their]

doorsteps and for their support. This council has done good work over the last four years, during one of the most trying times we have experienced in generations, and I know we're all looking forward to putting in the hard work and meeting the challenges this next term will bring. Every one of the re-elected members of council is honoured and appreciative of the confidence shown in us and for the community's support"

Along with Johannson, Couns. John Buffie, Kelly Cook, Lorie Fiddler, April Hourie, Doug Poirier, and Darlene Swiderski were all re-elected.

"We've seen a lot of change in this election, in our region and throughout Manitoba. You can't take re-election for granted. You have to work to earn the voters' trust. Incumbents have to run on their record as well as their vision for the future. I think these results demonstrate that we have a strong record and people support the vision laid out in our community strategic plan. We have some very exciting projects underway," Johannson said.



PHOTO SUBMITTED

Selkirk Council was re-elected in full at the Oct. 26 election. Left to right: April Hourie, Darlene Swiderski, John Buffie, Larry Johannson, Lorie Fiddler, Doug Poirier and Kelly Cook.

## Selkirk RCMP donation



PHOTO SUBMITTED

On Oct. 24, Inspector Darryl Dawkins from the Selkirk and Area RCMP attended the Halloween parade night for the #96 Lord Selkirk Navy League Cadets. At the parade, Insp. Dawkins presented a donation of \$4500 to the Commanding Officer, Acting Sub-Lieutenant Kendra Martin for the Navy League of Canada. The donation was made from the funds of the annual Community Golf tournament the Selkirk and Area RCMP hosts every summer. Funds raised from this tournament are donated to local youth organizations. Pictured: Acting Sub-Lieutenant Kendra Martin (left), a bunch of cool kids and Insp. Darryl Dawkins (center).

He said the new council has lots of significant work to do over the next four years.

"We have to consult with the community and update our community strategic plan. We've completed a lot of the work that was set out in our original plan and we're continuing to work on some items. It's important that the strategic plan be updated and refreshed with the updated aspirations and vision for our community," Johannson said.

Johannson suggests that there are key development projects that this council expects to consider over the next four years.

"Implementation of the west end concept plan and continuing the implementation of our downtown renewal strategy will be high on the agenda for the new council. There is a new momentum in Selkirk and we must use that momentum to make our city stronger, for all citizens," he said.

Key issues the new council will have

to address include the continuation of the city's infrastructure renewal and maintenance through its award-winning asset management program and preparing the community for the impacts of climate change.

"We have invested a record amount of money into renewing our critical infrastructure, from the new wastewater treatment plant to renewing water lines throughout the city. We're reconstructing and resurfacing more roads than ever before," Johannson said.

"But we know there is a lot more to do. This past spring we had a glimpse of the chaotic weather events that the future climate has in store for us. Over the next four years, we have to continue our work to make Selkirk more resilient to the consequences of the changing climate. There is no shortage of work, but I know that this council, and our community are up for the challenge."

**The Selkirk Record**

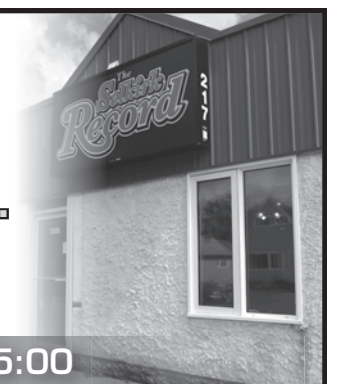
217 Clandeboye Ave., Selkirk

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Booking Deadline

**Mondays at 4 p.m.**

Office Hours: **Monday-Friday 9:30-5:00**





# Giving Challenge Week Nov. 14-20

## Refugee family perfect example of what your donations can do

By Selkirk & District Community Foundation

As the annual Endow Manitoba Giving Challenge approaches, a family new to Selkirk is perhaps one of the best examples of the good your kindness and generosity do in our community.

During the Giving Challenge, Nov. 14-20, your donations are stretched by The Winnipeg Foundation and the provincial government, increasing the amount the Selkirk & District Community Foundation receives.

The Foundation supported the Red River Churches Refugee Team in bringing the Nelson family safely to Canada and having the opportunity to live a life of freedom.

The Nelsons, Sohail and Sana, along with their children Ashley and Moses, were sponsored by the Red River Churches Refugee Team and brought to Selkirk from Thailand where they lived in hiding for eight years after fleeing their home country of Pakistan.

Sana had converted from Islam so she could marry Sohail, who is a Christian, a choice that in Pakistan is punishable by death.

Dave Wilkinson, Chair of the Red River Churches Refugee Team, said they worked for three years to bring the Nelsons to Canada. The global COVID-19 pandemic made an already challenging task that much more so and threatened to derail the project, however, the Foundation was able to fund the Red River Refugee Team through the St. Clements Anglican Church and help ensure the Nelsons could make the move to Selkirk.

"It was difficult over the last few years to do fundraising because of the COVID pandemic and without the support we received from the Selkirk & District Community Foundation it

would have been very difficult for us to continue to support the family during the 12-month commitment that we've made to help them get settled in Selkirk," Wilkinson said.

Shauna Curtin, Chair of the SDCF, says welcoming the Nelsons to Selkirk and knowing the reasons for their relocation underscores the importance of the work the Foundation does.

"The Nelsons are a wonderful young family who came to Canada, to Selkirk, to live safely in our country and playing even a small role in that makes all of us at the Foundation so proud," Curtin said.

"But it's our donors who should take the credit. Without their commitment to the Foundation, we wouldn't be able to do this and I, on behalf of the board and staff thank each and every donor for their gifts and their kindness, as I know the Nelsons do too."

The Foundation supports non-profit, registered charities in Selkirk, St. Andrews and St. Clements.

Wilkinson says the Nelsons arrived in Selkirk last November and they've embraced their new home wholeheartedly.

"They're a great young couple with two small kids, they've been working very hard to get settled, to get some training and seek employment," he said during an interview in August.

Sana was working at Hearthstone and training to become a health care aide and Sohail, or Sonny, was working as a health care aide at Red River Care Home. Since then, Sana has completed her course and is working as an aide as well.

Wilkinson says there's more good news from the Nelsons – they've purchased a home in Selkirk.

"It's a big step forward for the family obviously, but they were able to find a place close to the kids' school,



PHOTO SUBMITTED

The Nelson family are enjoying life in their new community. A SDCF grant helped in their journey to their new life.

which they were hoping to do, and they're all moved in," he said.

"They're pretty thrilled to be taking that step. They moved in mid-September."

Wilkinson says he's thrilled for the family, but not surprised.

According to Immigration, Refugees and Citizenship Canada, Statistics Canada and United Nations HCR Canada, two out of three refugees buy houses after 10 years in Canada, almost half live in smaller towns and cities and one in four earn between \$40,000 and \$79,999, making them part of the country's middle class.

"It's very typical for immigrants, in general, coming to Canada but refugees in particular to have that kind of success," Wilkinson said.

"In a way, it's not surprising, they're obviously highly motivated to begin with, they want to build better lives for themselves and as a consequence of that they work hard."

To make a donation during the Giving Challenge and support many great initiatives in our community, you can go online to [endowMB.org](http://endowMB.org) (click 'Make a donation to my foundation' to find SDCF); drop off a cheque at the City of Selkirk office at 200 Eaton Ave., in the outdoor drop box; call the Foundation at 204-785-9755 and a staff member will assist you; or visit the Foundation team at the Gaynor Family Regional Library on Nov. 19 between 10 a.m. and 2 p.m., to make a donation and enjoy a cup of tea.

## RCMP Selkirk and area provide winter travel safety tips

By Selkirk RCMP

With winter fast approaching, Selkirk and Area RCMP have a few safety tips to help the transition to winter driving.

### Is your vehicle ready for winter?

Tires, battery, heater, block heater and engine starting ability. All these

things are crucial for your vehicle safely taking you where you want to go. Think of having your vehicle serviced before it gets cold to catch any problems you may have.

### Take your time.

Check the weather forecast before you head out on the roads. Will you

need more time to get from A to B? If a large weather system is moving in, can you change or alter your plans?

Pay attention to road conditions and if they worsen, slow down.

Before you set out on the road, clean the snow off your vehicle, particularly the windows and mirrors.

### Are you ready for winter?

Do you have a winter emergency kit in your vehicle in the event you need it? Are there warm clothes in that kit for everyone and you?

Selkirk and Area RCMP want you to have a safe winter driving season.



# Local family raises awareness about diabetes

By Jennifer McFee

November is National Diabetes Awareness Month, and this year marks an important milestone: the 100th anniversary of the discovery of insulin.

According to Diabetes Canada, diabetes or pre-diabetes affects one in three Canadians. It causes blindness, heart attacks, strokes, loss of limbs — and it can take lives, even with help from insulin. Although it can be life-saving, insulin is not a cure.

Stonewall mom Melissa Morden and her husband Jeff didn't know much about the disease until their son Julian was diagnosed with Type 1 diabetes three weeks before his fourth birthday.

"You hear about it, but we really had no idea what the disease entailed and how life-changing it is for the patient as well as the family involved — and, really, the small community around them," she said.

"Our life changed drastically the day he was diagnosed. It felt like we had to become medical professionals to keep our son alive. The first few days, we had to spend eight-hour days at the endocrinologist office to learn how to manage our son's new disease. We found out his pancreas had shut down with no explained reason why and that we would have to provide the insulin his body needs to survive."

A few weeks prior to his diagnosis, Julian had started doing a few things that were out of character for him.

"Julian had started to ask many times a day and night for plain water, which was very unusual for him as he really enjoyed milk over anything. Then he started wetting the bed many nights, which we couldn't understand as he had been potty-trained for quite a long time already. We assumed at the time he was wetting the bed because we were always giving him so much water every time he asked for it," she said.

"Thankfully, we didn't stop giving him the water as it is extremely dangerous for a diabetic when their blood sugars are high. Water can help bring them down."

Morden felt like she might look silly making a doctor's appointment for him for concerns that felt minor, but she followed her instincts and did it anyway. At the appointment, they discovered Julian had lost quite a lot of weight. The doctor did a blood sugar test and his reading was extremely high.

"After that, the day became quite chaotic. Doctors and an endocrinologist rushed to help us. It was a Friday,

late afternoon, and Julian had to visit the emergency room all weekend. He became very sick and doctors were trying to get enough insulin into him before he fully entered into ketoacidosis, which is deadly," Morden said.

"To this day, I am thankful I trusted my gut instinct, even knowing nothing about diabetes, and kept his doctor's appointment. His pediatrician told us one more day and Julian would have been admitted to the ICU. We learned that most parents find out their child has Type 1 diabetes because they've ended up in the ICU close to death. This is so scary as the signs can be so minimal, but the biggest signs are drinking or needing a lot of water, wetting the bed and losing weight."

Everything about diabetes is overwhelming for the entire family, she added.

"There are many ratios involved when figuring out the amount of carbs entering his body and the amount of insulin he will need. In a young child, it is very hard to keep a child's blood sugar stable when they have Type 1 diabetes," Morden said.

"Anything and everything in a child's life can affect their blood sugars, from sports and activities, weather, hormones, growth spurts, cold or flu, and even sleep. All this makes it very hard to stabilize his numbers with insulin. A lot of the time, it's a guessing game what the ratios should be, and they often change many times throughout the year."

They need to figure out every carb that Julian consumes, so they can provide enough insulin to break down those carbs.

"Our days consist of watching how high or low Julian's blood sugars go. He is using the Freestyle Libre 2 currently to help cut down on his finger pokes. It's a sensor that is a continuous glucose-monitoring device that is inserted into his arm with a small needle and stays on him for two weeks, then is replaced with a new one," she explained.

"We have a small scanner that scans the sensor to help us monitor his blood sugars many times throughout the day. It is dangerous for Julian to ever go too low, as this is when he could go unconscious and lead to more serious complications. It's also dangerous for Julian to go too high, as this is when his organs such as his heart, kidneys and eyes are being attacked. Being too high can lead to ketoacidosis, which leads many diabetics into the ICU."

Now that their son lives with Type 1 diabetes, the family's lives revolve around the disease since it's a matter

of life or death for him.

"This makes life much trickier for Julian than children living without the disease. Julian cannot just be dropped off anywhere or with anyone. There is so much involved and we count on a small little village to help us when needed as they have learned to manage Julian's diabetes as well," Morden said.

"We try to keep his life as normal as possible, but it is something that cannot be hidden or kept quiet. Each school year, it is a very involved matter with each of his teachers and his classmates who are also educated on his disease."

During sports and other activities, Julian must always have someone with him who is aware of his diabetes and educated about it.

"His numbers can drop drastically and quickly with physical activity. Coaches and others unfortunately must also take on the responsibilities of monitoring his blood sugars, and Julian must always have snacks and fast-acting sugars with him," Morden said.

"We, as his parents, often can feel how overwhelming it can be for teachers, coaches and his friends' parents as we try to give a crash course on this disease and what they need to know when he is in their care. There is nothing easy about living a life with a child who has Type 1 diabetes. Our lives have never been the same since the day we found out, but our lives have become accustomed to doing what we need to do to keep our son healthy and alive."

Nonetheless, Morden said Julian has adjusted well to everything. Now seven years old, Julian is a Grade 2 student at Ecole RW Bobby Bend School.

"The one good thing about being diagnosed at an early age, he doesn't remember not having diabetes. But that doesn't mean he doesn't find it hard leading a different life than his friends. Lots of days are OK, but there are many that he is sad or mad he has to deal with this," Morden said.

"Julian now starts to feel his lows, which is very helpful. As his parents, we can notice things in his appearance and his moods when he's high or low. For lows especially, we'll see sunken eyes and he becomes very emotional. It becomes hard for him to manage his emotions when his blood sugars are too low, and it can become difficult to get the sugars into him that he needs. Thankfully, now that he's starting to feel how different he feels when he's starting to go low, we can catch it even faster than waiting for him to be scanned or finger poked."



PHOTO SUBMITTED

Seven-year-old Julian Morden was diagnosed with Type 1 diabetes at four years old.

Besides his parents, Julian's three sisters have also become educated about what he needs to stay safe.

"Julian has a twin sister who has adapted to her brother not being able to eat whenever he wants or eat whatever he wants. She has done so well supporting her brother, such as helping him at school, being aware and helpful if he's feeling low. If Julian is feeling sad when he can't eat certain things at certain times, she will willingly not eat as well and wait for him, which has been very nice to see," Morden said.

"Our family, including grandparents and his aunt and uncle, have been very supportive and have learned to give needles when he is in their care. For the first year, it was all so overwhelming. We weren't sure how we could do this every day for the rest of our lives, but we've adjusted and adapted to our new lifestyle. It's definitely not easy managing diabetes and it's hard not being able to lead a normal life like we use to, but this has become our new normal."

At the same time, Morden hopes to counter some of the misconceptions about diabetes.

"A lot of people associate diabetes with having an unhealthy lifestyle. Type 1 diabetes has nothing to do with that. People often need to be told that it has nothing to do with their diet they had prior to being diagnosed. There is no known cause for Type 1 diabetes. A patient's pancreas just shuts down and will never work again," she said.

"There is nothing to do to prevent Type 1 diabetes. So even though the stigma is out there around diabetes,



# Manitoba Conservatives allow cosmetic pesticide use after years-long ban

By Patricia Barrett

The provincial Conservative government reversed last week a long-held ban on cosmetic pesticide use in Manitoba, going against trends across Canada and many European countries that are phasing out or banning the pervasive use of the chemicals.

The provincial government passed Bill 22, The Environment Amendment Act (Pesticide

Restrictions), on Nov. 3, reinstating the use of cosmetic pesticides.

Pesticides, a term that encompasses deadly substances such as herbicide, insecticide, rodenticide and fungicide, have been linked to cancer in humans, the death of non-target species and biodiversity loss.

Environment, climate and parks minister Jeff Wharton sponsored the legislation in March.

The Manitoba NDP – which had banned cosmetic pesticides in 2014 when it formed government – delayed the legislation in April.

National animal law organization, Animal Justice, and 10 other Manitoba animal protection and rescue organizations, including Wildlife Haven Rehabilitation Centre, said last month that Bill 22 is “dangerous and regressive” and will put both domesticated and wild animals at risk of illness and death.

They had written a letter to Wharton and health minister Audrey Gordon asking them to strengthen restrictions on pesticides rather than scale them back.

Kaitlyn Mitchell, Winnipeg-based staff lawyer for Animal Justice, said the government’s weakening of restrictions on pesticides was a political move and flies in the face of scientific findings on pesticides and their harmful effects on humans, animals and the environment.

“The Manitoba Government’s move to weaken restrictions on dangerous pesticides is irresponsible and puts the health and wellbeing of wildlife and companion animals across the province at risk. It will also harm the environment and health of Manitobans, including children and other particularly vulnerable residents of this province,” said Mitchell after the bill passed. “This decision to put animals, people and the environment at risk was a political one that is at odds with clear and compelling scientific evidence demonstrating that we need to drastically reduce the number of toxic pesticides that are released into the environment.”

Pesticides kill or injure non-target species and lead to declines in plant life, insects and bird populations. Scientific studies on pesticide poisoning events and deaths in bird populations, for example, found that birds can mistake certain forms of pesticide (e.g., pellets or seeds) for food. They can also absorb pesticide through their feet and skin and ingest it while preening. It accumulates in their body over time and can eventually kill them, according to Canada’s Hinterland Who’s Who website.

The State of Canada’s Birds 2019 report looked at 50 years of data to describe changing bird populations from pressures such as pesticide use and habitat loss. It found grassland birds, shorebirds and aerial insectivores having declined by 57, 40 and 59 per cent respectively since 1970, an indication of a stressed ecosystem.

The Manitoba government said a few weeks ago that cosmetic pesticides are federally approved by Health Canada and that the agency “ensures” they don’t present unacceptable risks to people, their pets and the environment.

Despite that, Bill 22 includes prohibited areas such as dog parks and provincial parks where pesticides can’t be used.

Manitoba NDP leader Wab Kinew said the party was proud to delay the pesticide bill. It heard from parents and health experts concerned about the effects pesticides could have on both human and animal health.

“We heard from so many health experts and parents who are concerned about the potential impacts on children and on animals. It’s disappointing to see the PCs [Progressive Conservatives] take this step backwards,” said Kinew. “The Manitoba NDP is focused on keeping families and communities healthy.”

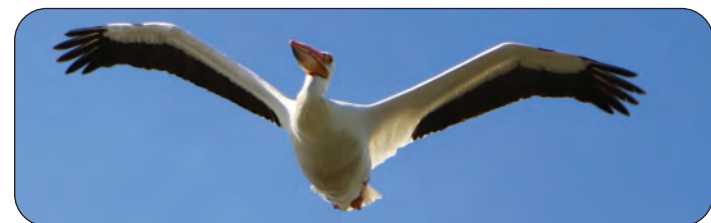


**Friday, Saturday & Sunday  
Nov 18, 19 & 20, 2022**

(The weekend BEFORE Black Friday)

Get the **JUMP** on Black Friday

Watch next week’s  
Selkirk Record for the  
**BIG Back to Black**  
pre-Black Friday Deals Section



FILE PHOTO BY PATRICIA BARRETT

American white pelican populations decreased in Canada from pressures such as pesticide use and habitat loss.



# Autumn-themed photo contest captures Interlake beauty

by Staff

The Sandy Hook Soap Factory announced the Top 3 winners of its Truly Awesome Autumn Photo Contest last week after receiving 26 entries.

The soap factory has been running photo contests on Facebook to encourage Interlake residents to capture and highlight the beauty of the region. The photos in the autumn-themed contest received 875 votes from the public, who were allowed to select their three favourite photos.

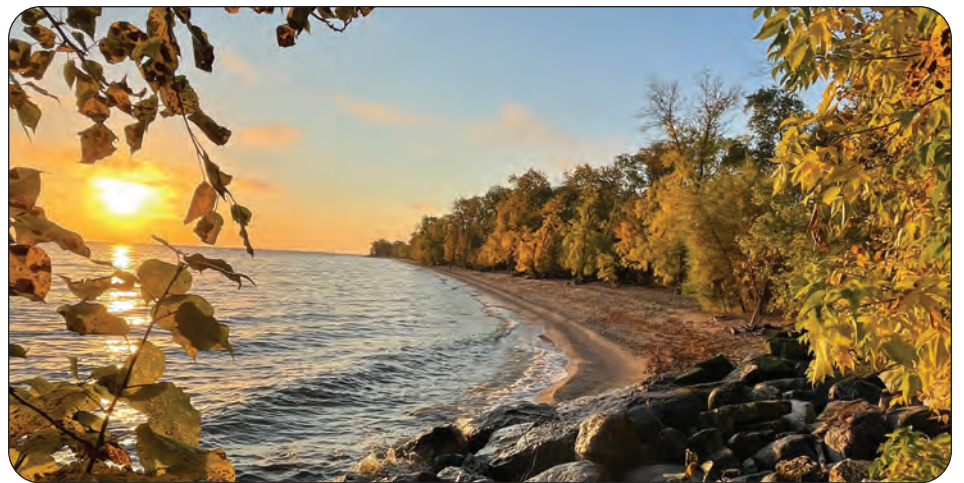
“With all of the exceptional entries, many [voters] commented on how very difficult it was to narrow it down to just three,” said Sandy Hook Soap Factory owner Pat Nuspl.

The winners received gift certificates for the Sandy Hook Soap Factory’s handmade, natural products which

include soaps, shampoos, lip balms and bath salts.

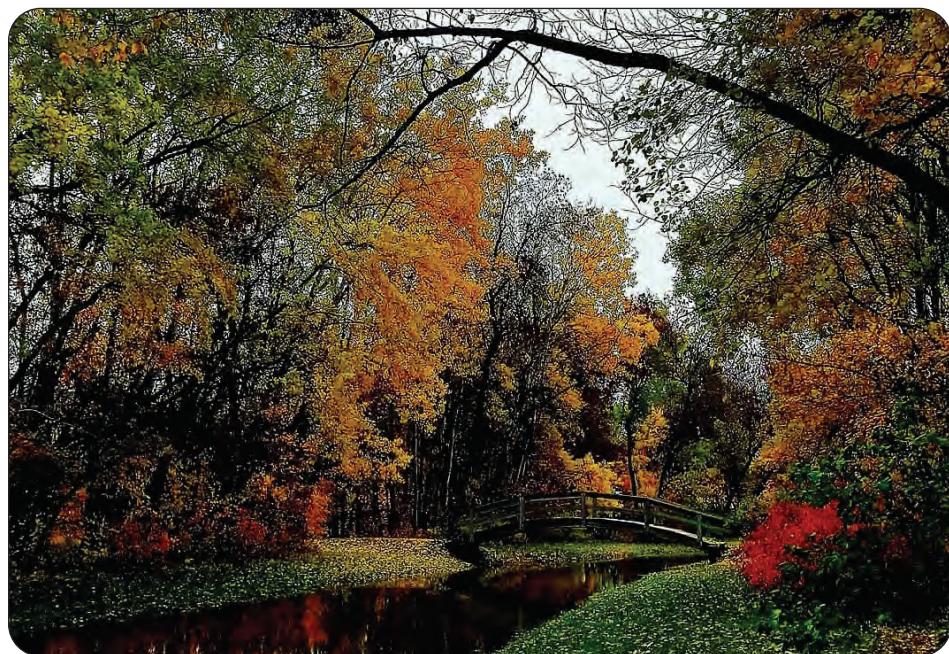
Pat Payjack of Winnipeg Beach won first place (\$100 gift certificate) for her spectacular photo Life’s a Beach. Kathy Magnusson was awarded second place (\$65 gift certificate) for her beautiful submission The Hidden Bridge taken at Tugela Creek in Whytefold, said Nuspl. And third place (\$35 gift certificate) went to Liz Hibbert of Winnipeg Beach for her mystical Foggy Day. The Judges Draw prize (\$50 gift certificate) went to Wendy Eade.

The contest opened in September and closed Oct. 31. The photos had to be taken by Interlake residents and couldn’t be altered. The winners were announced Nov. 4 after three days of judging.



RECORD PHOTOS COURTESY OF PAT NUSPL

Life’s a Beach by Pat Payjack placed first.



The Hidden Bridge by Kathy Magnusson placed second.

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Plan the ultimate staycation with these trip ideas.

Explore the best of Winnipeg and Brandon this season with an urban escape. Discover world-class attractions and ample options for shopping, dining and relaxing—a perfect mix for an unforgettable staycation.

↑ Thermëa by Nordik Spa-Nature

PHOTO: JP MEDIA WORKS

**EXPLORE CULTURE IN SOUTHWESTERN MANITOBA**

In Brandon, check out the Gallery of Southwestern Manitoba—a cultural hub which regularly features works of regional and national artists. Free and open to the public, it’s worth the visit to Manitoba’s second largest urban centre to view contemporary and local art. After, pop in at Chez Angela for fresh baked goods.

**VISIT TWO UNIQUE ATTRACTIONS IN ONE CITY**

Winnipeg Art Gallery’s new addition, Qaumajuq, houses more than 14,000 pieces of contemporary Inuit art and is the first art centre of its kind in the world. Nearby is another world’s first; the Canadian Museum for Human Rights stands alone as the only museum in the world dedicated to the topic of global human rights issues. Cap off your day with a stop at The Forks for a local brew and lunch.

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Looking for a little R&R? Relax and unwind at Thermëa, an outdoor oasis enjoyable any season of the year. The signature Thermal Experience is the ultimate way to relax and follows a hot-cold-rest cycle. Or try Ten Spa for their popular hamam ritual, purifying and cleansing the body and skin from toxins. Extend your relaxing retreat with an overnight stay at the nearby The Fort Garry Hotel, Spa and Conference Centre.



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# Happy Halloween from Inclusion Selkirk



PHOTOS SUBMITTED

Inclusion Selkirk once again took the time to make our community more festive for Halloween. The Inclusion Selkirk homes competed against each other to see who could make their houses the spookiest for the holiday. This year even the Day Program at 306 Jemima got in on the fun and not only decorated but dressed up. The judging was done by representatives from Cambrian Credit Union and fun was had by all.

## Calling all Bakers and Cooks!

Do you have a family favorite Christmas recipe?  
Would you like to be featured in our  
**2022 HOLIDAY FAVORITES RECIPE SECTION?**

Our readership base has a wealth of knowledge and experience that we would love share.  
Your family recipe could be a part of our special edition recipe feature!

**Please submit a recipe in one of the following categories:**

- Appetizers
- Beverages
- Soups & Salads
- Main Dishes
- Baking & Dessert
- Ethnic Favorites

Send your recipe to [ads@selkirkrecord.ca](mailto:ads@selkirkrecord.ca)  
or call 204-485-1419 for more information.

**The Selkirk Record** | **Tribune** | **EXPRESS**



## Thank You St. Clements!

To our residents ... thank you, for allowing your council to serve you for another 4 years. We all appreciate your support in getting our team re-elected!

### Mayor Debbie Fiebelkorn

#### Ward 1 Councillors

Glen Basarowich  
Scott Spicer  
Sandra Strang

#### Ward 2 Councillors

Rob Belanger  
David Horbas  
Dave Sutherland

Thanks to all those who came out to vote, and to all the candidates, who put their name forward in this election.





**Remembrance Day Tribute**



**REMEMBRANCE DAY**

**NOVEMBER 11**

**Honouring those who served and sacrificed**



# A Public Remembrance Day Service

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

**Friday, November 11<sup>th</sup>, 2022**  
at 10:30 a.m.

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

**ALL VETERANS ARE ENCOURAGED TO ATTEND REMEMBRANCE DAY SERVICE ON FRIDAY, NOVEMBER 11<sup>TH</sup>**

All Veterans and Official Party are asked to meet, 9:30 a.m. at the Recreation Centre. Please use Banquet Hall Entrance.

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

**MASTER OF CEREMONIES**

Wayne Bird – Past President of Legion #42

**SPECIAL THANKS TO THE FOLLOWING:**

- Selkirk Community Choir • RCSCC Daerwood • NLCC Lord Selkirk

## Wear a "Poppy"

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

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



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**Honouring those who served and sacrificed** **Remembrance Day Tribute**

**Indigenous war veteran Tommy Prince honoured with new stamp**

Submitted by Canada Post

Tommy Prince travelled to Buckingham Palace in 1945, where King George VI presented him with the Military Medal. Two months later, he received the Silver Star (a U.S. medal) from Brigadier-General E. F. Koenig. He just was one of three Canadians to receive both honours during the Second World War.

The awards recognized Prince's courageous service – and set him on course to be one of Canada's most decorated Indigenous war veterans and a prominent Anishinaabe activist.

"All my life I had wanted to do something to help my people recover their good name. I wanted to show they were as good as any white man," he once remarked.

**Marksman and tracker**

Born on St. Peter's Reserve, Manitoba, into the Brokenhead Ojibway Nation, Prince first learned shooting, hunting and tracking skills from his father. After attending residential school, he took an interest in the military, but was initially rejected in his attempts to join. He later enlisted with the Royal Canadian Engineers after the start of the Second World War.

In 1942, Prince joined the 1st Special Service Force (FSSF), a joint Canadian-U.S. reconnaissance and raiding unit

that became known as the Devil's Brigade. Prince also established himself as a top soldier known for his marksmanship, stealth and scouting skills – not to mention sheer nerve.

**Farmhouse scout**

A reconnaissance sergeant (or scout) in the FSSF, Prince spent 24 hours in February 1944 observing and reporting from an abandoned farmhouse near Latina, Italy. Situated just 200 metres from enemy lines, he communicated with his unit about German movements and their artillery positions.

When his 1,400-metre telephone line was severed by shelling, Prince stepped out from the house disguised as a farmer tending the land. In full view of German soldiers, he stooped as if to tie his shoelace, fixed the wire, and made his way back to the house to resume reporting. Prince's reports resulted in the destruction of four German posts.

**Behind enemy lines**

In September 1944, Prince and a private scouted deep behind enemy lines near L'Escarène, France, spending as many as 72 hours without food, water or sleep, and walking between 70 and 80 kilometers across rugged, mountainous terrain. Their efforts paid off. They located the encampment of a

German reserve battalion, along with its gun sites.

On their way back to report to their unit, Prince and his fellow soldier came across a squad of the French resistance surrounded by Germans. The two men joined the fighting, killing and wounding so many that the Germans withdrew. After returning to the FSSF, Prince led the unit back to the German encampment. The ensuing battle resulted in the capture of the entire German battalion of some 1,000 soldiers.

**After the war**

Prince, a decorated soldier, returned home after the Second World War to face stark racism and discrimination. As an Indigenous person he did not have the right to vote in federal elections. He also did not have access to many of the generous benefits afforded to white veterans.

To speak for the rights of his people, Prince took on the role of vice-president of the Manitoba Indian Association. A spokesperson for the group, he testified before a special parliamentary committee in 1947, where he advocated for the abolition of the Indian Act and respecting existing treaties.

**Re-enlistment**

After the start of the Korean War in 1950, Prince re-enlisted, serving with

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**REMEMBRANCE DAY**  
 NOVEMBER 11




Thomas Prince



PHOTOS SUBMITTED

One of Canada's most decorated Indigenous war veterans Tommy Prince was honoured on Oct. 17 as Canada Post unveiled a new stamp to commemorate his life.



In 1942, Prince joined the 1st Special Service Force (FSSF), a joint Canadian-U.S. reconnaissance and raiding unit that became known as the Devil's Brigade.

"Death of a Warrior" as his casket was lowered into the ground.

Prince was awarded a total of 11 medals, including one posthumously, for his service during the Second World War and the Korean War. The Canadian Forces named several buildings and units after him. Among other honours in his name, a statue was erected in the Brokenhead Ojibway Nation and a monument was built in Winnipeg's Kildonan Park.

dian Forces named several buildings and units after him. Among other honours in his name, a statue was erected in the Brokenhead Ojibway Nation and a monument was built in Winnipeg's Kildonan Park.

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We Remember







# Local Orval Marshall tells his experience in WW2

By Katelyn Boulanger

Remembrance Day was first observed in Canada and throughout the British commonwealth in 1919. This day originally was called Armistice Day and commemorated the armistice agreement that ended the First World War. Unfortunately, the end of the first world war didn't mean the end of all wars and Canadian veterans and current military members have gone overseas multiple times to continue the fight for our freedom. Luckily, we have veterans in our community, like 100-year-old Orval Marshall, who shared his experience fighting in World War Two. By remembering stories like Marshall's and other veterans in our community on Nov. 11, we are able to pay tribute to the people who have sacrificed so much for us.

"I was born in 1921 [I'll be 101 in a month]. My father was a lumber

salesman, and he bought and sold [lumber] at the time of the Depression. Terrible it was just terrible. I just think back and it's difficult for me to believe," said Marshall.

He was living in Ontario at the time he signed up to join the Canadian Armed Forces at the age of 18.

At first, he stayed in Canada living in Ontario for a time before being deployed to western Canada as there was concern that the Japanese, who were part of the axis powers at that time, might invade.

Once it was determined that that was unlikely, he and many other soldiers were sent to England and then made the journey to Italy via ship. This was not without risk as he remembers one instance where they were being threatened by a submarine.

"We were just getting through Gibraltar and the alarm went off. We all had to go to the bottom and stay



RECORD FILE PHOTO BY KATELYN BOULANGER

Orval Marshall on his 100th birthday.

down there," he said.

Luckily for Marshall, their weapons hit the submarine and it was no longer a threat.

Once he arrived in Italy it was tough going as the troops had to walk to the front in mud that Marshall described as right up to your ankles.

"We moved up the front a bit," said Marshall.

"I got hit twice that afternoon. I got hit in the eye and I couldn't see the blood all over. Anyway, I remember them coming with a jeep and they had a frame built on there with little pipes. They put me on the stretcher up on that and had to go about three or four miles back," he said.


After getting patched up at a house

along the way Marshall ended up in a hospital where he was treated for the injuries to his eye and hip.

He was injured enough that he couldn't go back to the front to fight any longer but was not injured enough that they wanted to send him home. An opportunity came up for him to become a truck driver and he continued to serve in that capacity until the end of the war.

He says that it felt pretty good to eventually come back home.

He said that he has great respect for the Canadian soldiers who are serving now throughout the world and appreciates everyone who attends Remembrance Day services.



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# School of Rock gives high school students creative freedom and practice space

By Patricia Barrett

A newly formed free-of-charge rock school is providing high school students from Gimli and other Interlake communities with an opportunity to develop their musical and performance skills.

The Siglavik-based Interlake School of Rock is an informal space where students can get together and choose and learn songs, practice their instruments and singing and hone their public performance skills.

It was created by Anders Kuusselka, a retired Gimli High School teacher who used to oversee the now-defunct Gimli-based Garage Band. The goal of the rock school is to not only to provide students with space to pursue their musical interests, but to also build self-confidence and leadership skills.

With a lack of after-school space where kids can hang out and take part in activities, Kuusselka turned his heated garage in Siglavik into a music studio. He made a stage area with colourful lighting to give it an atmospheric rock 'n roll feel, and he'll be bringing in recording equipment so that the students can review and fine-tune their sound.

The first session was held last Friday night. It turned out to be primarily a girls' school of rock as girls vastly outnumbered the two or so boys who showed up.

"This year we thought we'd call the group the Interlake School of Rock because it's a cool name and because we've got students coming from quite a large area including Gimli, Fraserwood, Arborg and Riverton," said Kuusselka, who is the current director of the Gimli Wave Youth Club. "We also had some of our Ukrainian newcomers join us. The former Garage Band group was made up of students who are now in Grade 12 and they just have no time, so I wanted to get a new group going. We've got a lot of Grade 9 and 10 kids. They're really excited about this."

The few boys who showed up eventually joined in with the girls, but Kuusselka said they'll be creating three sub-schools to meet everyone's needs: an all-girls' school will take to the stage from 6 p.m. to 7:30 p.m., an all-boys' school will play from 7:30 p.m. to 9 p.m., and a mixed school will run from 9 p.m. to 10:30 p.m. The sessions will be held every Friday night.

Kuusselka said the students are essentially free to choose what songs they want to play but he'll ensure no inappropriate material is chosen. Students of any musical ability are welcome to join the school.

"We want to give students a really



good experience in a non-intimidating environment. Whatever musical level they're at, we'll encourage them to work on that. Some are beginners but we want them to feel that they belong," he said. "We also want to give all the students an opportunity to find new friends."

There are a range of instruments students can use, including a flute and a trumpet that people donated, said Kuusselka.

After receiving a lot of positive feedback, Kuusselka said he'll be holding a meeting this week at Gimli High School to get the word out about the rock school. And he and the students are planning to hold a coffee house where they can perform for the public.

"Since we just started, we'll probably hold a coffee house in the new year," he said. "I'm looking forward to the kids having the experience of performing in public because that's where they really develop their skills."

In addition to running the rock school, Kuusselka and his volunteers run the Wave Youth Club (for kids in middle school), which is currently operating a free drop-in centre on Tuesdays and Thursdays at Dr. George Johnson Middle School in Gimli.

Many of the Gimli High School students who've joined the Interlake School of Rock are also part of the Gimli Rotary service club's Interact Club [a leadership-building club for students]. They also volunteer their time organizing activities for younger students who participate in the Wave.

"Both the Wave and the rock school are in need of a dedicated public space," said Kuusselka. "Using my garage for music practice is not ideal. It would be nice to have a central place in downtown Gimli."

Students can follow the Interlake School of Rock on Instagram.



RECORD PHOTOS BY ANDERS KUUSSELKA

The newly formed Interlake School of Rock enables high school students from Interlake communities such as Gimli, Arborg, Riverton and Fraserwood to try out and polish their singing and instrument skills and prepare for performance.



The Interlake School of Rock will hold practice sessions every Friday evening.

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## Incredible Creatures: Summit Disease: A behaviour modifying, grasshopper killing fungus

By John Gavloski

One of my more interesting insect encounters this summer was witnessing a canola field where lots of dead grasshoppers were at the tops of the plants with their legs grabbing tightly around the stems. The corpses of the grasshoppers were so thick that in some areas of the field everywhere you looked the field seemed covered with them, and at times there were dead grasshoppers clinging to other dead grasshoppers. This phenom-

enon is called summit disease and caused by a fungal pathogen specific to grasshoppers. It occurs when grasshopper populations are high and the right environmental conditions are present. This article explores this pathogen, and how it alters grasshopper behaviour to help it spread.

### Summit Symptoms

Summit disease is caused by a naturally-occurring fungal pathogen called *Entomophaga grylli*. The genus name *Entomophaga* describes the focus of these fungi: "entomo" refers to insects and "phaga" means "to eat". Different species of *Entomophaga* are pathogens of aphids, grasshopper and moths. Grasshoppers infected with *Entomophaga grylli* exhibit a peculiar behavior of climbing to the top of the plant canopy and firmly holding the plant before they die, giving the name summit disease to this infection. This ensures widespread dispersal of the fungal spores.

Grasshoppers become infected from spores, which stick to the bodies as they seek food. These spores germinate and penetrate the insect cuticle. The fungus then multiplies in the blood and grows on internal organs.

Disease symptoms normally do not appear until the disease is in its advanced stages. Prior to death there may be a general restlessness, feeding may stop, and coordination may be reduced. Infected individuals tend to climb upwards on vegetation just before death and die with their heads pointing upward and with their legs wrapped tightly around the plant. At about the time the grasshopper dies, its body is full of several million resting spores.

Following death there may be a swelling of the abdomen to almost twice its original size. The grasshopper body becomes soft and pulpy and is easily broken up if disturbed. At this time the abdomen often curls upwards and forwards to the extent that it almost touches the thorax (middle segment in insects). About one hour after death there may appear a white, furry growth covering the insect's body. The corpse remains attached to the plants for several days until their bodies dry out and fall apart after having been digested and consumed by the fungus. As the grasshopper disintegrates, millions of fungal spores are spread on the ground, germinate, and produce more sticky spores, thus spreading the disease.

### Different Summits for Different Grasshoppers

Not all species of grasshoppers are equally susceptible to *Entomophaga grylli*, and different groups of this species of fungus, called pathotypes, are known. One of these pathotypes infects grasshoppers belonging to a group called the



PHOTO SUBMITTED

Grasshoppers infected with summit disease.

band-winged grasshoppers. Another specifically infects grasshoppers belonging to a genus of grasshoppers called *Melanoplus*, which includes many of our pest species of grasshoppers. A third pathotype was introduced from Australia into North America and infects both groups of grasshoppers. The pathotype that infects *Melanoplus* species only has one cycle of summit disease per year. The other two pathotypes can have multiple summit disease cycles per year. With all pathotypes, overwintering resting spores are produced at the end of the season.

Summit disease can help control grasshoppers under warm, humid conditions. It is capable of causing high mortality in grasshopper populations, but these outbreaks of the disease are usually sporadic and localized and generally occur late in the season after economic damage from grasshoppers has occurred. Regardless, the reduced grasshoppers, and reduced grasshopper egg laying caused by summit disease can be an important component reducing high populations of grasshoppers.

You may wonder, could this fungal pathogen of grasshoppers be mass produced and used as a biological insecticide. Unfortunately, it cannot be mass produced, and it is weather-dependent. But nature has its way of regulating outbreaks of grasshoppers and other animals when populations get too high.

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# get inspired

> MEAL IDEAS



## Barbecue Corn and Potato Chowder

2 cups)  
 4 cups water  
 1 cup milk  
 salt, to taste  
 pepper, to taste  
 shredded sharp cheddar cheese, for garnish

In large soup pot over medium-high heat, heat oil. Add onion, garlic and potato; saute 2 minutes. Add cumin and paprika; cook 5 minutes, stirring occasionally. Add salad greens from kit to pot and cook 2 minutes, or until lettuce is wilted.

Add corn and water to pot and bring to boil. Reduce heat; cover and simmer gently 10 minutes. Add milk and dressing packet from kit; season with salt and pepper, to taste. Simmer uncovered 5 minutes.

Ladle into bowls and garnish with shredded cheese and chips packet from kit.

Prep time: 15 minutes  
 Cook time: 25 minutes  
 Servings: 5  
 2 tablespoons olive oil  
 1 large Dole Onion, chopped  
 2 garlic cloves, minced  
 1 medium Dole Russet Potato, peeled and diced  
 1 teaspoon ground cumin  
 1/4 teaspoon smoked paprika  
 1 package (14.4 ounces) DOLE® Chopped BBQ Ranch Salad Kit  
 2 ears corn, kernels cut from cob (about

## When is the best time to take vitamins?

By Health Expert Julie Germaine Coram

Choosing to include vitamins in your healthy routine has many benefits. The essential nutrients obtained through foods are not always enough to support optimal bodily function, which can leave one at risk for developing a weak immune system, leading to disease or infection.

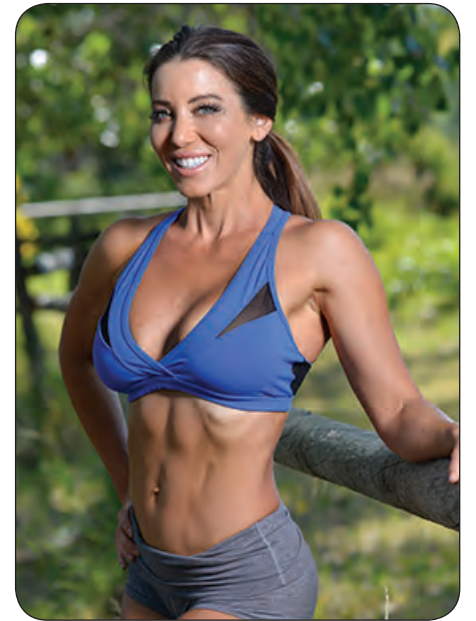
It is not enough to pop a pill with breakfast, however, as vitamins are absorbed by the body in unique ways, making the foods that you pair them with equally as important. I'm referring to water-soluble vs. fat-soluble vitamins, and here is a crash course with all you need to know.

Water-soluble vitamins, such as riboflavin, thiamin, B6, B12, C, folic acid and biotin, cannot be stored within the body, and need to be consumed in larger quantities daily to bless you with their advantages. These vitamins aid metabolism, help to convert foods into energy to keep you cruising through life feeling good, and also include antioxidants to protect cells.

The best time to take water-soluble vitamins is with a big 'ol glass of water during breakfast or lunchtime. (You'll never go wrong starting the day with water!) Choose one and be consistent to help you remember it within your routine. Avoid having coffee, milk, or beverages high in calcium within an hour, to ensure there are no issues with the absorption.

Fat-soluble vitamins, such as Vitamin A, D, K, and E, are in fact stored within the body and work to maintain strong bones and promote cardiovascular health.

It will be easy to remember to pair these vitamins with foods high in fat (aka fat-soluble vitamins), to guarantee your body makes the best use



Health and Wellness Fitness expert

Julie Germaine Coram

of them and effectively shuttles the nutrients to where they are needed. Think of taking these pills with meals containing avocado, nuts, whole eggs, or foods cooked in oils.

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

Coach Julie Germaine Coram is a Certified Nutrition Coach, Registered Personal Trainer, 2x International Pro Fitness Champion, Miss Fitness Manitoba, and just a regular fit Manitoban mom! She has helped tens of thousands of men and women improve their health since 2005.

## Sweetpotato Foil Packet Tacos

Recipe courtesy of the North Carolina SweetPotato Commission

Servings: 6  
 1/2 pound ground turkey  
 3 tablespoons taco seasoning  
 1/2 cup tomato sauce  
 1 can (15 ounces) black beans, rinsed and drained  
 nonstick cooking spray  
 2 pounds North Carolina sweetpotatoes, peeled and cut into 1/2-inch cubes  
 2 tablespoons butter  
 3/4 teaspoon salt  
 1 1/2 cups fresh chopped spinach  
 1 1/2 cups shredded cheddar cheese

sour cream (optional)  
 guacamole (optional)  
 Preheat oven to 425 F.

In skillet over medium-high heat, brown ground meat. Stir in taco seasoning, tomato sauce and beans; set aside.

Lay out six 12-inch aluminum foil pieces; spray each with nonstick cooking spray. In center of each foil piece, place 1 cup sweetpotatoes, 1 teaspoon butter, 1/8 teaspoon salt, 1/4 cup spinach, 1/3 cup taco meat and 1/4 cup cheese.

Fold foil sides in over mixture; fold top and bottom foil ends inward and seal.

Place packets on rimmed cookie sheet; bake until sweetpotatoes are tender, about 25 minutes. Serve with sour cream or guacamole, if desired.



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# \$1.5 million committed to support first-of-its-kind virtual production training studio

## Project will create jobs, establish Manitoba as industry leader

### Submitted by Manitoba government

As part of the Manitoba government's effort to make the province more competitive and spur economic growth, a \$1.5-million investment is being made in the development of StudioLab XR, a 5,000-sq.-ft. virtual production training studio in Winnipeg, Economic Development, Investment and Trade Minister Cliff Cullen announced Monday.

"Our government is proud to make strategic investments to continue supporting the growth of the interactive

digital media and film industries, which are among the fastest growing sectors of the provincial economy," said Cullen. "This project will create good paying jobs, establish Manitoba as an industry leader in Canada, and attract new domestic and international productions to the province."

The Manitoba government is entering into a three-year contribution agreement with New Media Manitoba (NMM) to provide nearly \$1.5 million for the studio to support operating costs, capital purchases, courseware and other learning support, Cullen noted.

Developing StudioLab XR will ensure Manitoba remains competitive in the interactive digital media and film sectors by creating technical jobs, providing specialized training and addressing labour market shortages, said Cullen.

StudioLab XR will be a first-of-its-kind training facility on the Prairies. It will include production space and a classroom featuring industry-leading technologies and expertise. The minister noted virtual production, which seamlessly combines physical and virtual elements using a suite of software tools, is changing the way content is being produced.

"Manitoba's interactive digital media sector continues to push the boundaries of innovation and is growing exponentially, and New Media Manitoba is excited to launch StudioLab XR, the province's first facility dedicated to providing extended reality technology," said Louie Ghiz, executive director, NMM. "This project is a testament to our belief in the incredible things they will produce with cutting-edge tools and industry-leading training. The future opportunities created by this studio will result in hundreds of new content creation

jobs and we are thrilled to be training Manitobans for the techno-creative careers of the future."

The virtual production training studio will support economic recovery and growth in Manitoba's interactive digital media and film industries, the minister noted, adding it is expected to create 100 net new indirect jobs, provide industry training to over 250 individuals and generate an estimated \$3.1 million in revenue over the three-year project.

"The development of a virtual production studio aligns with our government's Skills, Talent and Knowledge Strategy and reflects our commitment to partnering with post-secondary institutions and industry to address labour market needs," said Cullen.

For more information on NMM, visit <https://newmediamanitoba.com/>.

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## > DIABETES AWARENESS, FROM PG. 13

there are differences between certain diabetes — and no diet, exercise or medication can take Type 1 diabetes away. People with Type 1 diabetes will be insulin-dependant for the rest of their lives until a cure is found."

That's why National Diabetes Awareness Month is so important. Throughout this month, the Mordens plan to actively post on social media to help raise awareness about people living with diabetes. They will also wear shirts stating that they're parents of a Type 1 child.

"Often, we'll have strangers

come up to us asking questions about Type 1 diabetes, which can lead to us helping inform more people about the disease," Morden said.

"Raising awareness for diabetes and raising money to find a cure is the most important thing in our lives and should be so important to many people."

The cost of diabetic supplies is astronomical, she added.

"These supplies are life-saving supplies. People living with Type 1 or Type 2 diabetes depend on these supplies to stay alive, yet many people can't afford them, which can cost them their lives. A cure is

our biggest wish and dream in life. People need to be aware of how important it is for diabetics to have their supplies, as well as how people are truly affected by this disease," she said.

"We're so thankful that, over the years, technology has evolved to make it easier to live with the disease. This has only happened because of the funds raised to come out with these new things to make life easier. We're hoping, as the years go on, things will just keep getting better — and one day there will be a cure."

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### NEXT AWAY GAMES

- VS Neepawa Titans Sat, Nov 12 7:30pm
- VS Niverville Nighthawks Fri, Nov 18 7:30pm



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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers defeat Dauphin Kings

By Brian Bowman

The wins have been rare for the Selkirk Steelers this season but they picked one up on Saturday.

Selkirk played very well in a hard-fought 2-1 home victory over the Dauphin Kings.

"It was probably the first game all year that we played 60 minutes, defence-first hockey," said Steelers' head coach Hudson Friesen. "We really took care of things in our own end (Saturday) night and really used our speed to our advantage. It was definitely our best game of the year."

Peyton Hinkel-Lysak scored the game winner at 11:33 of the third period. It was his second point of the game.

"He had a great game," Friesen said. "He was coming off a bit of an illness and he came back into the lineup and injected a lot of speed and physicality. He's not afraid to go to the hard areas and on the game-winning goal he got rewarded. It was a big goal for the group."

Myles Yearwood gave Dauphin a 1-0 first-period lead and then the Steelers'

Ethan Brown tallied in the second.

Josh Kirton stopped 22 Kings' shots for the win.

On Friday, the Steelers lost 5-2 to the Kings in Dauphin.

Selkirk's Lucas Brennan opened the scoring just 1:25 into the game.

But Dauphin came back with two goals from Deepkaran Hans and a single from Aidan Brook before the first period ended.

"Our first period wasn't great and we got behind the eight-ball with some mistakes with just being a little bit loose with our structure," Friesen said. "After the first, in the second and third we were dominant but just had a hard time finishing."

The Kings' Mathew Gough and Thomas Stewart made it 5-1 before Brennan closed out the scoring late in the second.

Cartier Cormier assisted on both of Brennan's goals.

Kirton stopped 29 Dauphin shots in the losing cause.

The Steelers, now 2-11-3-1, hosted Niverville this past Tuesday but no



RECORD PHOTO JOHN PODWORNIAK

Selkirk Steelers' forward Peyton Hinkel-Lysak scored a goal and had an assist in his team's 2-1 win over Dauphin.

score was available at press time.

Selkirk will play Neepawa on Thursday at the Recreation Complex and then the two teams will battle two

nights later at the Yellowhead Centre. Puck drop for both games is 7:30 p.m.

## Selkirk edges Steinbach Regional in boys' hockey

By Brian Bowman

The Selkirk Royals had trouble scoring in a pair of Manitoba Women's High School Hockey League games last week.

Selkirk was shut out 7-0 by the Sturgeon Heights Huskies last Thursday and then blanked 4-0 by the Oak Park Raiders the following day.

The Royals (1-3) played JH Bruns this past Monday and the Beliveau Barracudas on Tuesday but no scores were available.

In Winnipeg High School Hockey League action, the Royals defeated

the Steinbach Regional Sabres 2-1 in a shootout last Wednesday.

Mikey Monchak scored a power-play goal in the second period for Selkirk.

Lucas Jolicoeur replied with a short-handed goal in the third period for Steinbach.

The Royals (2-1) hosted the Oak Park Raiders this past Monday but no was available.

Selkirk will battle JH Bruns on Wednesday (4:15 p.m.) at Southdale Arena.



RECORD PHOTO BRETT MITCHELL

Selkirk Royals' goaltender Sarah Ernstberger makes a save in a home loss to Sturgeon Heights last Thursday.

**To see more photos of your favourite Interlake Athletes**

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fishermen reeling in CRJHL victories

By Brian Bowman

The Selkirk Fishermen continued their winning ways last week.

Selkirk won all three of its games after a solid 5-0 shutout over the Lunder Falcons on Sunday.

Guy Rozin led the Fishermen with a goal and two assists while Matt Brooks, Carter Courchene, and Peyton Moneyas each scored once and had an assist.

Julius Guimond scored Selkirk's other goal.

Brendan Hocaluk stopped 13 Lunder shots for the shutout.

Last Saturday, Selkirk slipped past the Ice Dawgs 2-1 in Arborg.

Courchene scored both Fishermen goals, including the game winner on the power play midway in the third period.

Arborg's goal was tallied by Jake

Plett in the second period.

Owen Derewianchuk stopped 31 shots for the win.

On Nov. 1, the Fishermen edged the North Winnipeg Satelites 3-2 at the Billy Mosienko Arena.

Rozin scored the game winner on a penalty shot with just nine seconds remaining in the third period.

Selkirk's Jordan Donald tallied a first-period goal on the power play and then Kasen Andrusko made it 2-0 with a second-period marker.

But the Satelites came back in the third with goals from Damian Aikman and Elie Schart.

Hocaluk made 22 saves for the win.

Selkirk, now 7-0-1 and in first place with 22 points, will visit Arborg on Saturday and then host North Winnipeg Sunday. Puck drop for both games is 7:30 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Fishermen's Peyton Moneyas had a goal and an assist in Selkirk's 5-0 home win on Sunday afternoon.



## Bear named player of the week

PHOTO SUBMITTED

The Manitoba U18 AAA Hockey League announced that Carter Bear of the Winnipeg Thrashers was the CCM Player of the Week for the week ending Oct. 30. He picked up three goals and two assists in the Thrashers' two victories over the Parkland Rangers.

Bear attends Grade 11 at West Kildonan Collegiate in Winnipeg and lives in West St Paul. He was drafted by the Everett Silvertips of the WHL and the Waywayseecappo Wolverines of the MJHL.

## Thunder lose in RMFL championship game

Staff

The Interlake Thunder's offence was potent all season.

But the Moosomin Generals had an answer to stopping that great offence last Saturday afternoon.

Moosomin shut down Interlake in a 16-12 comeback victory to capture the Rural Manitoba Football League's Doug Steeves Trophy.

Interlake led 6-0 after the first quarter and 12-8 at half-time. But Moosomin shut out the Thunder in the second half while scoring two points in the third quarter and six more in the fourth.

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# The Selkirk Record

### Next Home Games

**SELKIRK REC CENTRE**  
**SUNDAY, NOVEMBER 13<sup>th</sup>**  
vs North Winnipeg 7:30pm

**SUNDAY, NOVEMBER 27<sup>th</sup>**  
vs St. Malo 3pm

**SATURDAY, DECEMBER 3<sup>rd</sup>**  
vs Beausejour 7:30pm

### Next Away Games

Saturday, Nov 12 - vs Arborg - 7:30pm  
Friday, Nov 18 - vs St. Malo - 8pm



Meet the  
**Fishermen**



#10 Gaige O'Neill  
Forward



# East St. Paul Skating Club hitting the ice



Amy Borysowich placed 3rd in her Bronze Artistic event in the ISU Adult International competition in Ottawa last month.

**Submitted**

The East St. Paul Skating Club is off to a fantastic start to our season.

With over 140 CanSkaters, plus groups including CanPower, STAR 1 Figure Skating, STAR 2/3 Figure Skating, Adult learn to skate, Adult advanced and our STAR 3+ and competitive skaters, our club is bursting at the seams.

Our CanSkate programs were so popular, they filled in just two weeks after opening registrations. We were lucky to be able to secure another day



RECORD PHOTOS SUBMITTED

East St. Paul Skating Club CanSkate kids celebrated Halloween with dress up days.

of skating on Mondays, to offer more CanSkate.

ESPSC team of Skate Canada NCCP Certified Coaches are excited to wel-

come all the skaters back to the ice, and we look forward to all their skating successes this season.

We welcome anyone interested in

joining us, to contact the club to assist in finding the right program. We offer something for everyone.

## Royals' JV girls spiking the competition

**By Brian Bowman**

The Selkirk Royals junior varsity girls' volleyball team has done a lot of winning this season - and they hope to continue that success in the upcoming KPAC playoffs.

Selkirk was a perfect 10-0 in league play heading into this past Tuesday's regular-season finale.

The Royals also won three tournaments this season, lost in the final of another, and then were beaten in a quarter-final match of their home tournament.

That's a lot of winning.

"The girls are having a lot of fun and

having a lot of success," said Royals' head coach Maddi Minarik. "I think our biggest strength right now is our physical skill. We have a really strong skill base and a lot of these girls have played together before, too, and that could be a big challenge at this age - getting to know your teammates."

This year's team has a lot of depth. All the players add something to the team.

"We have some role players that can go in and help fill in those gaps when we're struggling," Minarik said. "We've been able to find a role for everyone on the team which is re-

ally nice."

Winning those three tournaments gave the Royals a chance to compete in a lot of games with a lot on the line.

"I think it's crucial to have that experience with that pressure but also to win," Minarik said. "When we lose, it's important to know how that feels because you don't want to feel that way again."

The dates for the KPAC playoffs are Nov. 10 (quarter-final), Nov. 15 (semi-final), and Nov. 17 (final).

In junior varsity boys' volleyball action, Selkirk reached the final of a River East tournament on Saturday.

The Royals were defeated 2-0 (11-25, 15-25) by Glenlawn in the championship game.

Earlier in the playoffs, Selkirk defeated Sisler 2-0 (25-16, 25-16) and then River East 2-0 (25-21, 25-20).

The Royals finished first in its four-team pool with a 5-1 record in sets.

Selkirk swept St. Paul's (25-15, 25-17) and Glenlawn (25-20, 25-23) but split with Miles Macdonell (25-20, 15-25).

Selkirk played Miles Macdonell in league play on Tuesday but no score was available.

## Royals reach quarter-finals of St. Vital tourney

**Staff**

The Selkirk Royals reached the quarter-finals of a 16-team St. Vital Invitational varsity boys' volleyball tournament last Saturday.

Selkirk lost 2-0 (21-25, 19-25) to

Steinbach Regional and was eliminated from the tournament.

In an earlier playoff game, the Royals beat Garden City 2-0 (25-16, 25-19).

Selkirk finished its four-team pool with a 3-3 record in sets. The Royals

beat Jeanne Sauve 2-0 (25-16, 25-21), split with Dakota (21-25, 25-21), and lost 2-0 (21-25, 20-25) to River East.

Selkirk, which has a 9-2 record in KPAC Tier 1 play, will visit Garden City on Wednesday.

Selkirk's varsity girls volleyball team, meanwhile, is 9-0 in league play heading into Wednesday's game against Garden City.



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Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **29th day of November, 2022**, at the hour of **11:00 AM**, at Rural Municipality of St. Andrews, 500 Railway Ave., Clondeboye MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
222300	LOT 25 BLOCK 2 PLAN 1489 WLTO EXC ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN RL 100 PARISH OF ST ANDREWS, LOT 26 BLOCK 2 PLAN 1489 WLTO IN RL 100 PARISH OF ST ANDREWS - 28 STEVENS AVENUE E	L -\$91,200 B -\$20,700	\$5,256.85
620800	E 1/2 OF NE 1/4 4-17-4 EPM EXC FIRSTLY: PUBLIC ROAD PLAN 10457 WLTO AND SECONDLY: ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - 9920 HIGHWAY 9	L -\$68,700 B -\$101,300	\$6,494.49
621650	W 1/2 OF SW 1/4 4-17-4 EPM SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN - 2525 MCKENZIE ROAD N	L -\$69,800	\$3,345.53

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

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- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RURAL MUNICIPALITY OF ST. ANDREWS as follows:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - A fee in the amount \$367.50 (\$350 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Danny Jo Sigmundson  
Chief Administrative Officer  
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Any personal information provided including employment equity declarations will be used for employment and/or statistical purposes and is protected by The Freedom of Information and Protection of Privacy Act.

Alternate formats available upon request



## STATEMENT OF OFFICIAL RESULTS

### RURAL MUNICIPALITY OF ST. CLEMENTS

I, Sue Sutherland, Senior Election Official for the Rural Municipality of St. Clements, certify that below is an accurate summary of the votes counted for each candidate in respect of this election of the Mayor and Councillors held on October 26, 2022. I hereby declare the following candidates elected:

Mayor Debbie Fiebelkorn - ACCLAIMED

#### Ward 1 Councillors

Councillor Glen Basarowich - ACCLAIMED  
Councillor Scott Spicer - ACCLAIMED  
Councillor Sandra Strang - ACCLAIMED

#### Total Number of Votes

#### Ward 2 Councillors

SUTHERLAND, David (incumbent)	726	- ELECTED
NEPLYK, Terry	422	
BELANGER, Robert (incumbent)	626	- ELECTED
PIKTA, Maria	497	
LEVIN, Cheryl	395	
HORBAS, David (incumbent)	600	- ELECTED

I also certify that there were 16, declined, rejected, spoiled or taken from the voting station.

Dated at the Rural Municipality this the 27th Day of October, 2022.

Sue Sutherland  
Senior Election Official  
Rural Municipality of St. Clements



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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **8th day of December, 2022**, at the hour of **1:00 PM**, at Rural Municipality of Brokenhead, 72013 Road 42 East, Beausejour, Manitoba, proceed to sell by public auction the following described properties

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
401478	UNIT 29 CONDOMINIUM PLAN 27691 WLTO TOGETHER WITH AN UNDIVIDED 2.857% INTEREST IN THE COMMON ELEMENTS AS APPURTENANT THERETO SUBJECT TO ALL ENTRIES SET OUT ON TITLE OF WINNIPEG CONDOMINIUM CORPORATION NO. 326 - 49 HUMMINGBIRD LANE	L -\$20,800 B -\$122,700	\$6,157.23

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Brokenhead as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$367.50 (\$350 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 1st day of November, 2022.

Managed by:



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

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204 510-2855

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#### NOTICES

The EH Team Cash Calendar Draw Winners, held Oct 29/22. \$50 winners: B. Wechenko, T. Hart, L. Lloyd, T. Helgason, K. Donald, A. Zebinski, M. Baldwin, D. Haney, E. Williamson, M. Lacroix, S. VanBeveren, G. Jenkinson, V. Zebinski, T. Grove, M. Gnutel, S. Monkman, D. Scramstad, D. Bedard, S. Proulx, N. Grove, R. Perry, D. Kushner, E. Harris, E. Hauber, D. Lussier, M. LeCompte. \$100 winners: D. Filion, P. Drummond, C. Schneider, C. Balmer. \$500 Winner is T. Grove.

#### NOTICES

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## NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ALEXANDER

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **30th** day of **November, 2022**, at the hour of **10:00 AM**, at Rural Municipality of Alexander, 1 Bouvier Trail, St. Georges, Manitoba, proceed to sell by public auction the following described properties

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
146650* See note below	THE SE 1/4 OF SECTION 34-18-10 EPM EXC ALL MINES, MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT - 34-18-10	L -\$48,100	\$5,262.08
161847	LOT 49 BLOCK 3 PLAN 32528 WLTO EXC ALL MINES AND MINERALS AS SET FORTH IN INSTRUMENT NUMBERS 645297 WLTO AND 1931626 WLTO IN NW 1/4 23 AND SW 1/4 26-19-7 EPM AND CLOSED GOVERNMENT ROAD ALLOWANCE - 40 GRAND PINES DR	L -\$19,900	\$3,401.54

**\*Roll 146650 is known to be an environmentally impacted site and the purchaser assumes all liability and responsibility for investigation, management and remediation of the site, including both land and buildings.**

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

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of Alexander as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$367.50 (\$350 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 24th day of October, 2022.

Managed by:



Gisele Smith  
Chief Administrative Officer  
Rural Municipality Of Alexander  
Phone: (204) 367-6170  
Fax: (204) 367-2257



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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **30th** day of **November, 2022**, at the hour of **2:00 PM**, at Rural Municipality of St. Clements, 1043 Kittson Rd., East Selkirk, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
747400	LOT 13 BLOCK 5 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 63 CEDARVALE AVE	L -\$37,300 B -\$100,100	\$7,157.26
760300	LOTS 5 AND 6 BLOCK 11 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 42 PARKVIEW AVE	L -\$49,500 B -\$149,000	\$14,602.12

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

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RURAL MUNICIPALITY OF ST. CLEMENTS as follows:
  - i) The full purchase price if it is \$10,000 or less; OR
  - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - iii) A fee in the amount \$367.50 (\$350 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 4th day of November, 2022

Managed by:



Deepak Joshi  
Chief Administrative Officer  
RURAL MUNICIPALITY OF ST. CLEMENTS  
Phone: (204) 482-3300  
Fax: (204) 482-3098



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

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> GAMES

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

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

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

### Qualifications:

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

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

Lana Meier  
Email: [news@stonewallteulontribune.ca](mailto:news@stonewallteulontribune.ca)  
Deadline to apply is Friday, November 25, 2022.

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**STANDARD**

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**Remembrance Day November 11, 2022.**  
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# Announcements



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**ANNOUNCEMENT**

**CARD OF THANKS**

Clandeboye United Church thanks everyone who donated and supported our November fundraiser.

**ANNOUNCEMENT**

**IN MEMORIAM**

**Peter Markevich**  
**November 15, 1993**  
 Time passes,  
 Memories remain forever.  
 -Sandra and Bob

**OBITUARY**

**H. Laurel Richert**

It is with sadness the family of Laurel Richert announces her passing on October 31, after a brief illness which was complicated by COVID 19.

Laurel lived her entire life in Selkirk, Manitoba and was predeceased by her parents Gordon and Catherine Richert (nee Goodman).

Laurel bravely faced many challenges in her life with very little complaint and was fortunate to have a few good friends over the years.

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

Those wishing to make a donation in her memory can do so to a charity of their choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Derek Praznik**



It is with heavy hearts we share that Derek Praznik suffered a heart attack on October 27, 2022 and died peacefully later that day with family at his side.

He is survived by his spouse Marietta Rewucki, daughter Krizsia Praznik (Jeff Bunce), stepdaughter Laura Rewucki (Mackenzie Warren), grandchildren Jackub and Zalina Bunce, siblings Wendy Toews (Donnie), Ron Praznik, Dean Praznik (Mary), Gary Praznik (Lorilee), in-laws Susan Musulak (Steve), Christine Rewucki, Patricia Sas (Michael), Teresa Fandysh (Dolf), Karen Guzzi (Frank), Andy Rewucki (Linda), Janet Rewucki (Randy), and James Rewucki. He is also survived by Krizsia's mother Sonia Jablonski-Praznik as well as numerous Praznik, Rewucki, and Jablonski nieces, nephews, and great nieces and great nephews. Derek will be greatly missed by his beloved dogs, Piper and Stormy.

He was predeceased by his mother Isabel Praznik, father William Praznik (Marilyn), father-in-law Joe Rewucki, mother-in-law Geraldine Rewucki, brother-in-law Gerald Rewucki, nephew Graham Praznik, great nieces Saylor Funk and Grace Musulak.

Derek was raised in Selkirk where he enjoyed the close-knit life of a small town. After high school he worked in the printing industry for many years, and had a varied work career which included working alongside Marietta at Eastern Chrysler. In 2014 Derek retired and had more time to enjoy the game of golf, as a single handicap player. He was especially proud of his caddying days on the Canadian, PGA and LPGA golf tours. An avid outdoorsman who loved to hunt and fish, he especially loved his many adventures with his brother Gary, brother-in-law Andy, and buddy Rae Christensen. Over the years, Derek travelled with Marietta and their girls to many parts of the world. He was especially grateful for their post retirement trips spent in Arizona. In the past few years he was able to spend precious time with Krizsia and Jeff on their summer visits. He particularly loved watching his grandson Jackub learn to swim. In recent weeks he was blessed to be able to meet his new granddaughter Zalina.

The family would like to thank the Grand Forks police, the Fire and Paramedics first responders, and the doctors, and nurses at the Altru Hospital, especially paramedic Janie, nurses Jakob and Duane, and Chaplain John, who took care of him in his hours of greatest need. Their kindness and gentle caring was so incredibly appreciated.

A Celebration of Life with reception to follow will be held at Gilbart Funeral Home in Selkirk at 11:00 a.m. on Saturday, November 12, 2022. The celebration of life will be livestreamed via a link in his obituary at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

In lieu of flowers, donations may be made in Derek's memory to the Motor Vehicle Industry of Manitoba Scholarship Fund at [mvim.ca](http://mvim.ca), or the Heart and Stroke Foundation, or a charity of your choice.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Wallace Bradley Hourie**



It is with heavy hearts that we announce the passing of our brother, Bradley Hourie at the age of 61.

Left to treasure his memory are his sisters, Darlene (Mike) Harris, Sheila (Carl) King, and Susan (Ed) Freeman, their families, and his many friends.

As per his wishes, cremation will take place and there will be no formal service.

A private family burial will be held at St. Jude's Cemetery in Grand Marais at a later date.

We will cherish our memories and will miss you. Love you brother.

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

Arrangements entrusted to:



**OBITUARY**

**Florence Belyk**

**June 5, 1930 – October 28, 2022**



It is with deep sadness we announce the peaceful passing of our dear Mother Florence.

She left this world surrounded by love.

She leaves to mourn her six children, Frances (Henry), Annie (Ken), Stefan (Betty), Holly, Wanda (Harold), Tracy (Duane) as well 12 grandchildren and 10 great-grandchildren. She is survived by sisters, Annette, Laura and brother Russell as many nieces and nephews.

She was predeceased by her husband Mike in 1969, her partner John Hlatkey in 2015 and sons-in-laws, Tom Leeson in 2018 and Tom Troche in 2004.

Our mother's unconditional love for us will be forever remembered and cherished. We were her world.

Mom was a professional bingo player. She spent many days playing her favourite game at McPhillips Street Station.

We gratefully thank the Kildonan Personal Care Home for taking such good care of Mom.

A private service will be held.

Friends and family are invited to visit Florence's memorial page @interlakecremation.ca, where memories and condolences may be held.

Arrangements entrusted to



**OBITUARY**

**James Alan Schneider**

**Born August 8, 1954 - Died October 26, 2022**



With great sadness we are announcing the passing of James (Jim) Alan Schneider – beloved husband, father, grandfather, and brother.

Jim was born, grew up and spent his childhood in the Kirkfield Park area of Winnipeg. Headed west on the rodeo circuit in the late 70s, where he met his wife, Marilyn. They settled in Grand Marais, where he joined the family business (Schneider's Septic Service) and raised four children.

He is survived by his wife Marilyn; children Morgan (Donald) Hallett, Christopher (Crystal) Schneider, Dana (Andrew) Hlatky and James Schneider (Allie); five grandchildren (Alan, Avery, Peyton, Maurice and Ivan); siblings Maxine (Donnie), Barbara (Gill, d.), and John (Leslie); mother-in-law Maureen Hoogeveen;

sisters-in-law Donna (Dennis), Della (Dana) and numerous nieces and nephews.

He is predeceased by his parents Doreen and Maurice Schneider.

Jim was known for his love of his family, his ability to make a joke at both the best and worst of times, fishing, and hunting. In our hearts he is still reminding kids to wipe off the snow fleas before they come inside, convincing them to glue the leaves on trees to stop winter, and asking who broke the school during breaks. From wherever he is watching us – we hope the coffee is always hot and black, the fish always bite, and we know you are still giving us the best of advice.

A Celebration of Life will be held November 12, 2022, at the Grand Marais Rec Hall located at number 90 Matilda Ave. Grand Marais, MB 2 p.m. to 4 p.m.



204-268-3510 or MB Toll Free 1-877-776-2220  
[www.soberingfuneralchapel.com](http://www.soberingfuneralchapel.com)

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# Announcements *Selkirk Record*

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**OBITUARY**



**Larry Woycheshen**

Peacefully at Red River Place on October 31, 2022, Larry Woycheshen was called to the angels.

Larry Woycheshen was predeceased by his parents, Francis and Frank; brother, Bernard (Aleida); brothers-in-law, Allen and David Zinnick; sister-in-law, Doreen and his grandson, Jordan Griffin.

Left to mourn is his wife, Audrey; sons, Jan (Denise) and family; Jody (Cara) and family; daughter Jennifer (Rob) and family; brothers Ronnie and Dennis and sister Lorraine and families.

Larry was a hard worker, he worked at Abex/Amsco for most of his working career in Selkirk, MB. Never taking any time off he was one of the hardest workers we knew. Larry was an avid hockey fan and volunteered many hours to the local hockey teams and the kid's hockey and ringette games.

Spending time camping and fishing in his early years Dad always loved his time with friends and family.

In lieu of flowers, please donate to The Parkinsons Foundation.

In keeping with his wishes, cremation has taken place and no service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Valarie Anne Jones (Hall)**

**February 21, 1956 to October 31, 2022**

After a long battle with pulmonary fibrosis, Val passed away peacefully with her loving family by her side at Selkirk Regional Health Centre on Monday, October 31, 2022.

She will be sadly missed by her husband Herb of 42 years; children Carlyle (Mika) and Tyler (Carly) and her precious granddaughter Ainsley; brothers, Glen (Sharon) and Gary; sisters Donna (Elwin) and Judy (Malcolm); sisters-in-law Debby, Dianne and Darlene and brother-in-law Bob as well as numerous nieces, nephews, cousins and friends.

Val was predeceased by her parents Gilbert and Annie Hall and her brother Ray.

A Celebration of Life will take place on Saturday, November 12, 2022 at 2:00 p.m. at the Clandeboye Community Club. Interment

will be held at a later date.

In lieu of flowers, a donation can be made in Val's name to the Palliative Care Wing at the Selkirk Regional Health Centre.

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

Arrangements entrusted to:



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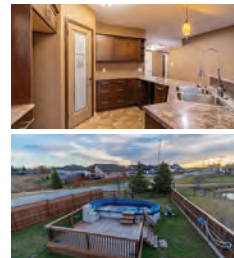
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NEW: 9	NEW: 16	NEW: 20
PENDING: 3	PENDING: 0	PENDING: 3
SOLD: 8	SOLD: 4	SOLD: 12
AVG SALE: \$405,544	AVG SALE: \$191,333	AVG SALE: \$329,200
MAX SALE: \$815,000	MAX SALE: \$235,000	MAX SALE: \$580,000

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