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THURSDAY, NOVEMBER 14, 2024

VOLUME 15 EDITION 46

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Marty Neal who was a member of the army core of engineers laid a wreath at the Remembrance Day Ceremony in Grand Marais on Monday. See more photos from local Remembrance Day Services inside.

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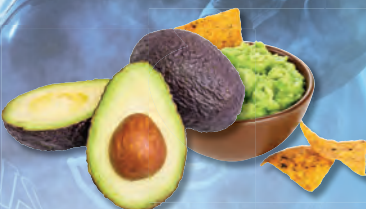
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Terry Gunter's story told in new video presentation

Inclusion Selkirk resident's story explains why living in community is important

By Katelyn Boulanger

Terry Gunter's family is continuing to share Terry's story as a positive example of why people with intellectual disabilities need, not only strong family supports, but also strong community support. Last week they joined the Selkirk Catholic Women's League Council at the Notre Dame Roman Catholic Church who hosted a showing of a video presentation called "Terry's Story" about Terry's life.

Terry Gunter was a Selkirk resident who passed away last year. Residents will likely remember his name as his family made a \$10,000 donation to the new Inclusion multi-use building which will be located beside their current Wishme business on Eveline St. Terry was a client of Inclusion and his siblings Linda Paluck, Merv Gunter and Tricia Geurts continue to advocate for care for people with intellectual disabilities that respects their wishes, keeps them part of their communities, and helps them along the way.

"We talked and tried to share our little brother's history. We had pages, and we did two and a half hours of videoing, and we have an 11-minute video for you. It's not very long, but it does really show our brother," said Geurts before the video was played.

The video told Terry's story and began by sharing his love of music and how happy his siblings were when he came home from the hospital. It also shared about his birth which was double breach with the umbilical cord wrapped around his neck which caused stroke-like symptoms in Terry.

He had difficulties communicating and with movement on one side of his body, and had intellectual disabilities.

Though doctors advised Terry's mother to institutionalize him from birth, as they already had five other children at home, his parents decided against this and brought him home to the family.

"How we came to treat Terry became kind of the norm for how everybody treated Terry," said Gunter in the video.

After Terry's father passed away when Terry was five-years-old his mother realized that she couldn't keep him at home anymore. He went to an institution and his family visited him every two weeks. In 1967 he was transferred to another institution, this time in Portage la Prairie. He didn't enjoy living there but the family was in a bind because there was no one to care for him at home.

After some time, Terry's mother teamed up with other parents in the same situation locally and they finally got Terry living, with care, in Selkirk. There were changes throughout his time in Selkirk but he lived his life in our community.

"Terry's story is one of setbacks, challenges, hurdles and barriers that he faced, and he always overcame all of these obstacles with his good-natured optimism, determination, perseverance and his amazing sense of humour, these qualities and his quiet acceptance defined who he was as a person, that while he was differ-

Continued on page 4

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> **TERRY'S STORY, FROM PG. 4**

ent, intellectually and physically disabled, he was indeed a very special and unique person," said Gunter in the video.

Terry's journey also inspired his brother to work with others to create Continuity Care a not-for-profit organization which helps families plan for the future of their intellectually dis-

abled family member.

Continuity Care and other organizations received a grant from the Manitoba Department of Families to create Terry's and other video presentations to share as resources.

After the presentation, Suzanne Swanton, the Executive Director of Continuity Care and Maria Freeman the Executive Director of Inclusion Selkirk joined Terry's siblings on stage.

Swanton started by explaining how this project came about.

"Continuity Care is part of a pilot project right now with four other organizations. We're all out of 120 Maryland in Winnipeg. So, there's us, there's Inclusion Winnipeg, Community Living Manitoba, Innovative Life Options, and the Family Advocacy Network. We did receive some money from the Department of Families, and this pilot project came out of a report that was done on the Vulnerable Persons Act," said Swanton.

The pilot project has a large scope that includes looking at developing support networks province-wide, looking at current legislation, and tying into this the idea of assisted decision-making which is somewhere in between independent decision making and substitute decision making

which is where a substitute decision maker is legally recognized to make decisions on their behalf.

Through this project, they were able to make resources like Terry's Story.

"We've created seven of these types of videos, each profiling different people's stories and circumstances. They just have different flavours to them, and they are all impactful. I still watch this one, it brings tears to my eyes. So, we're really proud of these," said Swanton.

She also thanked Terry's family for taking part in this project.

There was a brief question and answer session that ended the gathering.

The Selkirk Catholic Women's League Council at the Notre Dame Roman Catholic Church also invites residents to check out their Winter/Christmas Craft and Vendor Sale from 10 a.m. to 3 p.m. at the church on Nov. 23.

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RECORD PHOTO BY KATELYN BOULANGER
 Merv Gunter, Maria Freeman of Inclusion Selkirk, Linda Paluck, Suzanne Swanton of Continuity Care and Tricia Geurts presented at the Terry's Story event at Notre Dame Roman Catholic Church.

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Local artist Ela Wasney exhibited work at La Maison des Artistes Visuels Francophones

Winnipeg gallery hosted exhibit by local artist

By Katelyn Boulanger

Comp grad Ela Wasney has just finished exhibiting her work at the La Maison des Artistes Visuels Francophones. Her exhibit, called Motorvangelism, was inspired by her life growing up in St. Clements and the signs along the roads of rural Manitoba.

“Primarily I use found object photography and typography, which is working with text. My work typically reflects my upbringing in the rural Canadian Prairies. I grew up about 15 minutes outside of Selkirk off of the gravel roads. So, my practice itself, examines the church, its connection to social class, the masculine underpinnings of the rural West, cultural typecast, and pastoral esthetics,” said Wasney.

She says that her work has been very influenced by roadside religious advertising, which stereotypically is found in the U.S., but can also be found in our rural landscape.

“Specifically, just the concurrent messages of threat and hope that they present. So, I manipulate a lot of those found texts in a more humorous way

to kind of unveil the cultural underbelly of the rural communities around us,” she explained.

Wasney explained that the interpretation of his text is something that she’s very interested in particularly the text that can be interpreted in different ways.

“My pew that’s (part of) the show. It says, ‘God loves you and you can’t stop him.’ And, when I first saw that I thought it came off a little kind of threatening and almost scary, but at my grad shows some of the viewers, they loved it. They thought it was helpful and amazing. I think everyone’s lived experience goes into their interpretation of text,” said Wasney.

Wasney has a strong local connection having grown up in St. Clements. She was in the English-Ukrainian program during her time with the Lord Selkirk School Division and graduated from Lord Selkirk Regional Comprehensive Secondary School. She explained that her interest in art was present from a very young age spurred on by a creative family environment.

“The first time, actually, I had the choice to pursue art was in East Selkirk Middle School. We could choose between art and band which elective you wanted to do. So, I took all the art and drama classes there, and then once I got into the Comp, all my electives were visual arts,” said Wasney.

She attributes her confidence in her art to the teachers who supported her through her journey.

Though she was confident in her art, Wasney said that she decided to pursue a more stable path out of high

school. After a year in a science program, she took an art history class and realized that was the direction that she wanted to take her education.

“I graduated this spring, and now I have my first solo exhibition in St. Boniface, which is really amazing,” said Wasney.

She said that her artistic process starts with her collecting words and text.

“Once I have a good chunk of (options) to choose from, I put them to-

Continued on page 6

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> **ELA WASNEY, FROM PG. 6**

gether, tweak them, edit them a little bit, and then, I can begin creating something with it. Since I use cross stitch as my primary medium, I have to work backwards and be really set on

what I want to do before I even start because once I make my pattern, that's it," said Wasney.

Her advice to Comp students who might be in a position like herself where they want to pursue post-secondary education in art is to go for it.

"If you truly have the drive to be in the space and the art community, opportunities will present themselves to you. If you can volunteer at smaller artist run spaces in the city, there are plenty of internships available through the summer. I had an internship at Plug In Institute of Contemporary Art, and I never knew about any of these opportunities while I was in high school," explained Wasney.

She also said that art school itself is a great way to network and meet many wonderful, talented people who just

want to see you succeed.

Wasney hopes to spread her work to more spaces in the city.

"I think it's nice to see kind of like

representation of rural people in academic spaces. I didn't feel like I saw that a lot when I imagined being an artist," said Wasney.

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Ela Wasney with a pew that was part of her exhibit at La Maison des Artistes Visuels Francophones.

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Selkirk Community Pool hosting fundraiser in support of ALS

Dive in for Hope event takes place this month

By Katelyn Boulanger

The Selkirk Community Pool is making a splash with their Dive in for Hope Fundraising event which will support the ALS Society of Manitoba. The Fundraiser started on Nov. 1 and runs until the 30.

ALS is a disease that causes the loss of muscle control and gets worse over time. This nervous system disease affects the nerves in the brain and spinal cord. It's also referred to as Lou Gehrig disease after the famous baseball player who died from the disease.

The idea to run a fundraiser like this came from a successful fundraiser a few years ago.

"A few years ago, we hosted an event for cancer. It was in support of pancreatic cancer, and so this year, I was approached by the school board and was asked to renew engagement with the public by having another fundraiser. So, I decided to do one for ALS," said Michelle Stamm, Pool Manager at the Lord Selkirk Regional Comprehensive Secondary School.

She explained that although this is a rare disease there are a few connections within the school division's community to people who have gone through or are going through this disease so it seemed like a great way to raise some funds and to show support.

"People have an opportunity to collect donations. Anyone that's involved in swimming, whether it be open swim, swim class, aqua fitness or lap swim, they can get a donation sheet from the pool deck, or I have them. I think I have them posted on the website or they can register, or they can actually donate online through our school division online payment form. Anyone that collects or gives more than \$20 and wants tax receipts, the ALS Association will provide them with a tax receipt," said Stamm.

The fundraiser doesn't stop at collecting for the ALS Society of Manitoba, however, as to incentivise people getting together to raise funds they are planning a follow up event.

"In December, just because the facility is still busy in November. (Anybody) that donates more than \$20 will

get a free admission, single admission to a movie night," said Stamm.

The movie night will take place on Dec. 17 at 7 p.m..

She said that they are fundraising for the ALS Society of Manitoba as there are many things that ALS patients may need help with.

"The money goes directly to ALS Manitoba and supports those that are in need of services like breathing tubes, feeding tubes, and care supports. All funds are allocated to the people that are suffering and the families around them," said Stamm.

"THE MONEY GOES DIRECTLY TO ALS MANITOBA AND SUPPORTS THOSE THAT ARE IN NEED OF SERVICES LIKE BREATHING TUBES, FEEDING TUBES, AND CARE SUPPORTS."

She encourages those who would like to participate to grab a form or make a donation.

"If they want to participate, they can come down and pick up the donation form. They can contact me and I can send one.

They can donate online or directly through us at the pool. And, if they want to just come in and do an open swim and give a donation that would be wonderful," said Stamm.

Residents can get in touch with Stamm at mstamm@lssd.ca. You can also learn more about this event online at <https://selkirkcommunitypool.weebly.com/>.

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Submitted by Red River North Tourism

Holiday Yards of the Season is a collaborative program, sponsored by Home Hardware and *The Selkirk Record*, and supported by Communities of Bloom and Red River North Tourism and residents are invited in on the fun.

Residents of St. Andrews, Selkirk, and St. Clements who want to spread some holiday cheer with their dazzling decorations can take part. Everyone who has a yard, balcony, house, or business is invited to decorate their property from Dec. 1 through Jan. 3. You can register your display online at selkirkcommunitygardens@gmail.com and be automatically entered to win a prize.

Registration is open until Dec. 1. All registered properties are automatically entered in a random draw for a High Roller Prize Package from South Beach Casino & Resort — a one-night stay in the grand suite with Jacuzzi, plus a Stay and Play voucher. A winner will be drawn for each municipality and will be announced Dec. 12.

Red River North Tourism will publish a roster of all registered displays on their website and in the Dec. 12 edition of the *Selkirk Record*. Visitors and residents are invited to tour the region between Dec. 12 and Jan. 3 and vote for their favourite display.

Four lucky property owners will win a \$50 Home Hardware gift card. Everyone who votes is entered to win Selkirk Biz Bucks. Those winners will



RECORD PHOTO SUBMITTED

A photo from 2021's Holiday Yards of the Season.

be announced Jan.3.

Go to www.redrivernorthtourism.com for registration details.

RCMP respond to multiple-vehicle collision on Highway 59

Submitted by Manitoba RCMP

On Nov. 6, at approximately 6:30 a.m., Selkirk RCMP responded to a multi-vehicle collision on Highway 59, that occurred on the bridge just south of Springhill Winter Sports Park.

The initial investigation has determined that a vehicle, heading south, lost control on the bridge. This resulted in a chain reaction of collisions that involved nineteen vehicles.

When officers arrived on the scene, they immediately began re-routing vehicles to avoid further collisions at the site.

Officers from Red River North RCMP detachment, along with other emergency responders including nearby fire departments and ambulances were all on scene to assist motorists with a variety of minor injuries.

A 55-year-old male from Tyndall was located deceased on scene.

It is believed that icy road conditions were a factor in the collision.

Selkirk RCMP are asking anyone who was travelling on Highway 59, heading in either the north or south-bound lanes between the hours of 6:30 and 7:00 a.m. and may have dash-cam footage, to contact the detachment at 204-482-1222.

Selkirk RCMP along with a Forensic Collision Reconstructionist continue to investigate.



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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.

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Grand Marais Remembrance Day



RECORD PHOTOS BY BRETT MITCHELL

Grand Marais Community Central hosted a Remembrance Day Service for area residents on Monday. Representatives from St. Clements including Mayor Debbie Fiebelkorn and Councillor Dave Sutherland represented the RM while local provincial MLA Jeff Wharton and federal MP James Bezan also attended.



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Selkirk Legion hosts Remembrance Day Service



RECORD PHOTOS BY KATELYN BOULANGER

Selkirk's Remembrance Day Ceremony took place at the Selkirk Recreation Complex and was hosted by the Selkirk Legion. Representatives from many local organizations laid wreaths and residents gathered through the arena space to recognize our veterans of the past and current Canadian armed forces members.



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Ace Burpee to host Holiday Alley's Street Party on Nov. 15

Submitted by Holiday Alley

The Manitoba Avenue Street Party returns to the heart of historic downtown Selkirk next week on Friday, Nov. 15, from 6 to 9 p.m., with Ace Burpee, the popular Virgin Radio host, bringing his signature energy to the night.

Holiday Alley got Burpee's at-

tention in 2022 when he hosted the Travel Manitoba Awards Night where Holiday Alley received Best Manitoba Event of the Year. From there, Burpee honoured three Holiday Alley leaders - Andraea Sartison, Jeannie O'Keefe and Shirley Muir in his Top 100 Most Fascinating Manitobans for 2022.

"How could we not invite him to

come on down and help us celebrate in 2024," said Muir, Co-founder of Holiday Alley. "This party just got a whole lot better with Ace Burpee joining us. The night brings light and joy to one of the darkest nights of the year, that's become a tradition not just for locals but attracts people from all around."

"The street party on the Friday night has been the crown jewel, but over the years volunteers, sponsors, Knowledge Keepers, community leaders, the City of Selkirk and the RM of St. Clements have helped us wrap more days around it to grow the festival to four days," said Sartison, the festival's producer.

At 6:30 p.m., Burpee, alongside Santa, and Selkirk's Mayor, will lead the Lights On! ceremony, powered by sponsor Manitoba Hydro, marking the official start of the night's festivities.

"Selkirkians who attend can expect an evening filled with festive magic," said Sartison. "From light creative installations and activities to live performances, the street party offers something special for everyone."

Activities for All Ages

The Manitoba Avenue Street Party is packed with activities and entertainment that would not be possible without leading business sponsors.

- Glow Hula, sponsored by Meridian Chiropractic
- Giant Connect Four, sponsored by CUPE Local 1522
- One Trunk Puppet Theatre,

sponsored by Gerdau

- Music is Medicine Caroling Pop-Up, sponsored by Easton Place Clinic
- Crafts facilitated by the Interlake Arts Board
- Street Hockey, sponsored by Fort Distributors
- Selfies with Santa, supported by Brad Hirst Royal LePage Realty
- Family Yoga Class with Glow Fitness
- Food Trucks from Cochrane Creek Farms and Blue Haze Barbecue
- Chainsaw Carving Demonstrations, sponsored by Black Cat Wear Parts
- Free Sparklers from Red Bomb
- The Orange Umbrella Project light installation, sponsored by Johnston Group
- Beverage sampling at Roxi's On the Rocks bar including Selkirk's new branded beer the Tower Tap Lager by Torque Brewing
- Live music on two stages outside and live music in Selkirk's historic Merchant Hotel
- Recycle all the way with Recycle Everywhere

A sacred Indigenous fire in one large tipi will serve as the focal point for Indigenous storytelling and cultural practices coordinated by Jeannie Whitebird and Survivor's Hope Crisis Centre. This cultural experience

Continued on page 16



Attention Kids... Write us a Christmas Story!

Write a story about your best Christmas ever! Use as many words from this list as possible.

| | | |
|--------------------|------------|---------------------|
| • Blitzen | • Prancer | • Santa Claus |
| • Milk and cookies | • Comet | • Elves |
| • Buddy the Elf | • Presents | • Sleigh |
| • Mrs. Claus | • Cupid | • Grinch |
| • Chimney | • Reindeer | • Stocking stuffers |
| • Naughty List | • Dancer | • Toy sack |
| • Christmas Eve | • Rudolph | • Jolly |
| • North Pole | • Dasher | • Vixen |
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**These stories will not be edited, they will run as they arrive for the full fun effect*



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All winning stories will be published in the December 19th Selkirk Record

Letters to Santa

Mail or email your letter to us by **THURSDAY, DECEMBER 5TH** and we will publish it in our special Christmas Editions on December 12th and December 19th

MAXIMUM 30 WORDS OR LESS

Please remember to include your first name and age on your letter!

Email to: ads@selkirkrecord.ca
Mail or drop off to: 215 Clandeboye Ave, Selkirk MB R1A 0X2




RECORD PHOTO SUBMITTED

Ace Burpee of Virgin Radio will host Holiday Alley's Friday Night Street Party.

West St. Paul hosts Remembrance Day ceremony



RECORD PHOTOS BY JOHN PUDWORNIUK

West St. Paul hosted its Remembrance Day Ceremony at the Access Centre last Monday. The West St. Paul community has strong ties to our armed forces, with the Rivercrest neighbourhood being developed under the Veterans Land Act. The ceremony honoured veterans of the past and present.



Development Plan Update lets citizens have their say at upcoming open houses, survey

Submitted by the City of Selkirk

Selkirk has begun the process of updating its Development Plan, a provincial requirement that municipalities in Manitoba must complete every five years.

Selkirk's Development Plan sets out land use and development standards which must generally align with Provincial Land Use Policies, to guide the growth of the city over the coming years.

Selkirk made the bold move of bringing planning and building permitting in-house in 2022 and has improved client relations substantially since. Erika Blackie, Urban Planner with the city, says updating the plan with a Selkirk-specific focus is an exciting opportunity.

"With planning and permitting services previously managed by a planning district, this is the first time since 1972 that we're updating the plan ourselves. We're taking the existing Development Plan, which served a larger region, and updating it with Selkirk specific objectives and policies," Blackie said.

"It's a refresh, we're looking at what the existing plan says then tailoring it to align more with our Strategic Plan and the meaningful input that we



RECORD PHOTO SUBMITTED

Residents are invited to share their ideas about Selkirk's Development Plan.

hear from residents."

Residents will have their say, and there are a couple of ways to accomplish that.

The city will host two open houses at the Garry Theatre. The first will take place Friday, Nov. 15 from 6 to 9 p.m. and the second will be the following day, Saturday, Nov. 16 from noon to 3 p.m. Both are come-and-go events.

Holiday Alley is taking place at the same time, so it's easy to pop in and

learn more about the development plan and its role in guiding land-use planning in the community.

You'll have the opportunity to speak with the project team and share your favourite things about Selkirk or your ideas for how you'd like to see the community change.

The other way you can have your say is to complete the short online survey that's available now to Dec. 3 through CitizenVoice. If you're al-

ready signed up for CitizenVoice you would have received an email with an invitation to take the survey.

If you're not signed up, missed the email or are looking to take part in a survey for the first time, head to MySelkirk.ca/DevelopmentPlanUpdate.

Paper copies are available at the Civic Offices at 200 Eaton Ave. and will be available at the open houses as well.

The survey asks questions about Sel-

Continued on page 15

Calling all Bakers and Cooks!

Do you have a family favorite Christmas recipe?
Would you like to be featured in our
2024 HOLIDAY FAVORITES RECIPE SECTION?

Our readership base has a wealth of knowledge and experience that we would love share.
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Please submit a recipe in one of the following categories:

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

Cutoff for entries is Thursday, December 5th

Selkirk Record

Send your recipe to ads@selkirkrecord.ca
or call 204-485-1419 for more information.

Film with local actor out soon



RECORD PHOTO SUBMITTED

Manitoba feature film, *Daughter of the Sun*, featuring local actor, Brian Eggleston from Selkirk is coming to theatres in Manitoba. *Daughter of the Sun* will screen Nov. 14 at the University of Winnipeg Asper Centre ahead of the Nov. 19 Canada-wide digital release on Apple TV+, Shaw, Telus, Bell, and more. Pictured: Eggleston (centre) popping a wheely on set.

> SELKIRK DEVELOPMENT, FROM PG. 14

kirk's downtown, established neighbourhoods and new neighbourhoods and how you feel they should look and evolve moving forward.

Blackie says the questions are designed to get input on what is important to citizens in their neighbourhoods. Are parks close by important to you? Is it important to easily and safely navigate throughout your community? Do you find it important to have small, local shops or services close to where you live?

There are also more open-ended questions, all with the goal of residents having a say in the updated development plan.

"Once the survey closes, we'll review the input and use what we hear from the community to help shape the policies and goals that go into the updated plan," Blackie said.

To learn more and to help shape the Selkirk Development Plan Update today, visit MySelkirk.ca/DevelopmentPlanUpdate.



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Help shape Selkirk's Development Plan Update

WHAT'S A DEVELOPMENT PLAN?
We're glad you asked! Development plans are provincially required long-term documents that guide community growth.



JOIN US AT THE OPEN HOUSE
GARRY THEATRE
November 15, 6-9pm & November 16, Noon-3pm

OR

TAKE THE SURVEY ONLINE HERE




MySelkirk.ca/DevelopmentPlanUpdate

> HOLIDAY ALLEY, FROM PG. 13

is presented by the Selkirk & District Community Foundation and Selkirk

Community Renewal Corporation.

Stage Performances:

- Selkirk Stage:**
- 6:30 p.m. - Lights On!: Ace Burpee, Santa, and Selkirk's Mayor light up the street, powered by Manitoba Hydro.
 - 6:40 p.m. - World's Largest Roundance -

- Holiday Alley's annual tradition
- 6:45 p.m. - Sandi Bay and The Rainbow Tornadoes: A high-energy dance performance featuring jiggling sensation Sandi Bay.
 - 7:30 p.m. - Pooch Parade, sponsored by Selkirk Animal Hospital: Dogs and their owners dress to impress in the "Frosty the Snow Dog" themed parade.
 - 8:30 p.m. - Pop-Up Dance: A family-friendly dance demo with the Selkirk Dance Association.
 - 8:45 p.m. - Choirs of Selkirk Sing-Along: Enjoy holiday classics with local choirs.
- Little Red Stage:**
- 6:00 p.m. - Had It Comin': A dynamic mix of blues, country, and

rock hits.

- 7:00 p.m. - Brandi Vezina: Award-winning Red River Metis artist with a country-rock edge.
- 8:00 p.m. - Double Bourbon Duo: A lively blend of country, pop, rock, and Christmas favourites.

Wishme Makers Market opens for a night market in the Gordon Howard Active Living Centre from 6:30 to 9:30 p.m. on Friday night and continues all day Saturday to get a jump on your Christmas shopping.

The complete program for the entire weekend - which includes many free activities - can be found at holidayalley.ca.

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Survivor shares story in support of Domestic Violence Awareness Month

November is Domestic Violence Awareness Month in Canada

By Becca Myskiw

**Names in this story have been changed to protect the identities of those involved.*

Almost half of all women in Canada have reported experiencing some form of abuse in an intimate partner relationship — chances are none of them thought it would happen to them.

Allison didn't.

Soon after she turned 18, Allison began a relationship with a man in his early 20s. Just two days in, he told her he loved her. A few months later, she graduated high school and left her community outside Winnipeg for a life within city limits. Her boyfriend, unable to keep a job and pay his bills, was soon kicked out of his apartment and moved in with Allison at her aunt's house.

That's when he shoved her for the first time. Until then, Allison's boyfriend had abused her emotionally — gaslighting her when she asked why he was pulling away and turning every problem into something she caused. She said he'd been

talking to other girls, but whenever she tried to bring it up, he told her she was crazy.

And she believed she was. Before the relationship, Allison had been clean of self-harm for a year, but mere months after meeting her boyfriend, she started cutting herself again. With his confirmations, she convinced herself her mental illness was back.

November is Domestic Violence Awareness Month in Canada — a time to promote awareness around the issue of domestic violence and the services and resources available for those in need of support because of intimate partner violence (IPV). The RCMP say IPV "refers to harm caused by an intimate partner," which can be in the form of physical abuse, sexual abuse, emotional or psychosocial abuse, financial abuse, and neglect.

A House of Commons brief from 2022 reports that 44 percent of women (6.2 million women) aged 15 or older have reported some abuse in an intimate partner relationship. Ac-

cording to the RCMP, women and girls have a higher rate of being subjected to IPV than men; Indigenous women are at a much higher risk of violence and homicide than non-Indigenous women, and non-heterosexual women are more susceptible to sexual violence than heterosexual women.

Only a few days after moving in, Allison's aunt kicked her boyfriend out, and the couple began couch surfing for weeks until finally finding an apartment Allison's mom co-signed for. Once they were on their own, the couple's fights got worse, often starting with Allison bringing up something that was bothering her and the argument escalating to her shoving him and him pinning her down, then strangling her.

Allison said she'd convinced herself she was the problem because everything started with her asking a question.

"He intended for me to lose my mind so much so I became the aggressor, so he had an excuse to be the aggressor him-

Continued on page 19

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

Hilda's Yard

By Canadian Playwright Norm Foster

Directed by Melanie Shumilak & Sara Welk



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

Theatre Only – Tickets \$25.00

Wednesday, November 20, 2024 - 7pm

Dessert Theatre – Tickets \$35.00

Friday, November 22, 2024 - 7pm

Saturday, November 23, 2024 - 7pm

Sunday, November 24, 2024 - 2pm Matinee

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New Local Café a Must Try

Nestled in the heart of Selkirk, a new gem has emerged for coffee lovers and community seekers alike. Opened in November 2022, this cozy cafe is more than just a place to grab your daily caffeine fix; it's a rustic, European-style heaven designed to bring people together. With its inviting ambiance and delightful menu featuring specialty drinks and custom desserts, there's no better spot to unwind or connect with friends. Whether you're craving hearty soups or scrumptious sandwiches, this local cafe has something special waiting just for you.

At this little cozy local café, they believe that community connections are just as important as great coffee. That's why they host a variety of special events designed to bring people together.

Join them for trivia nights where you can test your knowledge and compete with friends while sip-

ping on delicious brews. Our craft workshops offer the perfect blend of creativity and camaraderie, allowing participants to unleash their artistic side.

Looking for a unique date night? Their paint nights provide an enjoyable atmosphere for couples to bond over art and conversation. N-Joy even hosts speed dating events, creating opportunities for new friendships and romantic sparks in a relaxed setting.

Business meetings find a welcoming home here too. With their serene ambiance and friendly baristas on hand, they're ready to cater to your professional needs while ensuring everyone enjoys the experience.

Owner Julie always dreamt of having a cozy coffee shop to spoil people and host events. With a European background and the passion for coffee and delicious cakes plus helping make new connections in the community is what motivated her to open the coffee shop that Selkirk has always needed.

Check out these upcoming N-Joyable events happening in November and December at the café:

- 1) Holiday Alley participating in the soup cook-off Nov 15th -16th
- 2) Natural lipgloss workshop for all ages Nov 24th 5-7pm
- 3) Christmas themed trivia night Dec 8th 5-7pm

The N-Joy menu can be found on their website: www.n-joycafe.com

Contact them via email at: njoycafe2021@gmail.com to sign up or in person at the cafe or via Insta-



gram or Facebook

To help keep an eye on her coffee shop, the cafe is conveniently located beside Julie's mortgage brokerage office at 226-C Manitoba Avenue in Selkirk. To find out more about Julie Neiser and her team, read the article below :)



ADVERTORIAL



> DOMESTIC VIOLENCE, FROM PG. 18

self," she said, adding there's no such thing as a perfect victim. "Everybody loses their ability to regulate themselves in that situation."

Her lashing out twice sent the couple into a never-ending cycle of fights. He strangled her to the point of unconsciousness once, held her down and covered her nostrils and mouth

while putting pressure on her jaw, punched her square in the face, and dragged her along the carpet until her entire side was raw. He didn't allow Allison to have friends or go out with anyone. Outside of seeing him and going to work, she had no hobbies, interests, or anything to do. On one occasion, she fled the apartment

after a night-long fight ended with a bloody nose.

Walking in a daze down a Winnipeg street, her entire front streaked with blood, an off-duty transit driver helped her and called the police. After that, a no-contact order was put in place, but Allison's boyfriend moved back in a few days later, and

Continued on page 22



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A devoted mother of three, Julie transformed her passion for helping others into a successful career as a mortgage broker. Since moving to this vibrant community in 2010, she's dedicated herself to serving families across Canada. Licensed since 2014, Julie's local office, located conveniently next to N-JOY Cafe on Manitoba Avenue, goes beyond transactions—she's building meaningful relationships throughout the Interlake community and beyond. Connecting personally with each client, she finds unique reward in every interaction. Her

five years at Sunova Credit Union in Selkirk laid a strong foundation in lending and financial services that fuels her current work.

As the team continues to grow, so does their commitment to the Interlake community. Team members bring diverse backgrounds, adding depth to the understanding of clients' needs. To address language barriers in financial transactions, they offer services in English, German, Russian, Ukrainian, Hebrew, and Hindi/Punjabi, ensuring clients feel comfortable discussing their goals.

Mortgage brokers like Julie take time to understand each client's situation, whether they're first-time homebuyers or looking to refinance. The process involves analyzing income, expenses, and long-term goals to develop a personalized strategy that aligns with each client's dreams and bud-



get. With access to over 50 lenders across Canada, they present options that prioritize the client's best interest. Together, they explore various loan terms and rates to find the perfect fit, ensuring a supportive and empowering experience.

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National Addictions Awareness Week

November 24 to 30, 2024

Local harm reduction resources are available

Testing resources, naloxone kits and more can be accessed

By Katelyn Boulanger
The Manitoba Harm Reduction Network (MHRN) is an organization in our community that supports our local community with resources that aim to allow everyone to choose safer options. With National Addictions Awareness Week coming up from Nov. 24 to 30, the Selkirk Record spoke to local MHRN Network Coordinator for Selkirk, Tristan Dreilich about local resources and upcoming events to look out for.

"We call ourselves a network of networks. We're province-wide, and we host both networks of service providers and community volunteers who are active around harm reduction and mobilize around harm reduction in the communities. And then, we also host advisor councils which leverage peer leadership in the community about harm reduction knowledge and harm reduction tools, tips, and tactics," said Dreilich.

MHRN has been busy lately as last week they held three days of harm reduction training.

"We had approximately 30 attendees gathered to really deepen not just

our (area's) harm reduction knowledge, but some of our capacity and tools around harm reduction," said Dreilich.

He explained that the training wasn't just a how-to but also went deeper into the idea of how we can actively make changes that reduce harm for everyone.

As for upcoming events, Word HIV Day is coming up in December and the MHRN has previously held gatherings around this time of year to acknowledge the event.

"This previous year, we had a very informative (event) and there was a lot of learning about the facts of HIV, which was great. This year, we know that people are learning about the new medicines. We know that people are accessing testing, but there are still gaps," explained Dreilich.

That is why this year they are planning to have a casual event, with some food, to share and a focus on relationship building.

"We're just there to promote real casual conversations on health in general, but we'll have HIV information available if people want it. And really,



RECORD Naloxone kits are excellent harm reduction tools

what we want to showcase is not just the importance of relationships, but how to build those and how important they are in our health care," said Dreilich.

In general, increasing harm reduc-

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ness Week



RD FILE PHOTO BY KATELYN BOULANGER
n tools.

ion in our area is something that people in our community can all participate in.

“One thing I would really encourage folks to do is, if they’re not already, get trained on Naloxone. We distrib-

ALCOHOL, CANNABIS, TOBACCO, OPIOIDS Psychoactive substance use is a costly issue

According to the latest data from the Canadian Centre on Substance Use and Addiction, the total annual cost of substance use in Canada is just over \$49 billion. National Addictions Awareness Week (NAAW) takes place from November 24 to 30, 2024, providing an opportunity to increase awareness about the impact of this issue.

The costs and harms associated with alcohol, tobacco, cannabis, opioids and other substances like depressants and central nervous system stimulants can be categorized into four groups. They are, in order of significance:

1. Loss of productivity at work, including the value of lost work time due to premature death and short- or long-term disability
2. Health care costs, including

hospital stays, emergency room visits and prescription drugs

3. Costs related to the criminal justice system, including police interventions, court proceedings and correctional services

4. Miscellaneous direct costs, such as research and prevention, vehicle damage and workers’ compensation

As a member of society, it’s essential to educate yourself. Learning about addictions will help you break down stereotypes and provide much-needed support to individuals battling addiction and their families.

Are you struggling with addiction to a psychoactive substance? Talk to a healthcare professional to find out about the help available in your area.

ute it for free at 237 Manitoba Avenue, as well as, some other locations, but that’s the main one. If you’re interested in getting trained, the training is free, and we really view it as first aid. I don’t know if I’ve said that before, but it’s to us, it’s really a continuation of that,” he explained.

Something else that he feels that more people in our community should be aware of, is that, for a variety of reasons, the composition of substances in our region has been shifting.

“We’re actually seeing a few notable changes as of late. People are tracking drug alerts, (using resources like) safersites.ca. A lot of them are out of Winnipeg, but our supply is closely linked to the Winnipeg supply. We’re seeing some shifts, and one of those shifts has been the increased contamination or even lack of stimulant substances in what’s being sold as stimulants. So, things like the amphetamines, methamphetamine, speed, crack, and even cocaine are now having things cut into them,” said Dreilich.

Overall, there are things that residents can do to keep themselves safe like not using substances alone, carrying naloxone, and starting low and going slow

but in the broader context Dreilich explained that safety is also a community project.

“Our dream would be that everyone identifies as a harm reductionist in some way. We all do this work in one way or the other. For us, we want to encourage folks to be more intentional around it and how we increase that, not just awareness, but our ability and our focus around doing actual harm reduction work. So, that could be anything from distributing supplies, but also providing people with a safe place to be, providing people food, providing people shelter. Those are forms of harm reduction too,” said Dreilich.

For people looking for online harm reduction resources, they can check out safersites.ca to keep up to date with area drug contamination alerts. An anonymous way for people to get substances tested by mail to see what’s in them is at getyourdrugstested.com. If people are using alone they can also call the National Overdose Response Service’s line toll-free at 1-888-688-NORS(6677) which is a virtual safer consumption hotline. Dreilich can also be contacted to learn about local resources and naloxone training at tristan@mhrn.ca.

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> DOMESTIC VIOLENCE, FROM PG. 19

they soon returned to how things were—many evenings ended with her pinned down on the carpet, struggling to breathe.

After another big fight, a neighbour called the cops, and after letting the couple know they did, Allison's boyfriend fled the apartment, and she covered for him when they came. He then moved back home, and she left for six months to heal with her parents. During that time, they were still together, but she returned to him in a relationship with someone he swore he wasn't seeing.

"I constantly was like, 'Number one, this is my fault, and number two, it's not that bad,'" she said. "He'd tell me it's not real abuse and it was partly like 'this isn't actually happening to me' or 'a lot of other people in other abusive relationships have it worse.'"

Allison's boyfriend was acquitted in court. Since then, she's done "a lot of radical self-acceptance", leaning into her Indigenous roots by shaving her head because her people believe hair holds memories. She started wearing heavier makeup and adorning her body more, fully leaning into her alternative tastes. Only now is she growing her hair back out since the end of her abusive relationship.

"It definitely accepted me for a long time," she said. "It still does. It's terrible, and it really feels like it's never going to end."

It took Allison more than six months to start seeing other people after the end of the relationship. Her current partner is her first one post-breakup, and they didn't start dating until more than a year later. After some searching, she's found a job helping women in similar situations to hers, and she's beyond fulfilled to be there.

The Interlake Women's Resource Centre (IWRC) serves those in Arborg, Balmoral, Dunnottar, Fisher Branch, Fraserwood, Gimli, Guntton, Hecla, Inwood, Matlock, Riverton, Stonewall, Teulon, and Winnipeg Beach. The organization offers a range of services and supports, all of which come with no fees and guaranteed confidentiality:

- Crisis intervention
- Information and referrals
- Child, youth, and parent counselling
- Individual counselling for women
- Individual child and youth counselling
- Group counselling
- Workshops and groups
- Public awareness and outreach
- In-office resources
- Volunteer opportunities
- More immediate support can be found at the following 24-hour call lines:
 - 24-hour domestic violence crisis line: 1-877-977-0007
 - Interlake-Eastern Regional Health Authority (IERHA) 24-hour crisis line: 1-866-427-8628
 - Manitoba suicide prevention and support line: 1-877-435-7170

"HE'D TELL ME IT'S NOT REAL ABUSE AND IT WAS PARTLY LIKE 'THIS ISN'T ACTUALLY HAPPENING TO ME' OR 'A LOT OF OTHER PEOPLE IN OTHER ABUSIVE RELATIONSHIPS HAVE IT WORSE.'"

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The elephant sneezed south of the border



Cam Dahl, General Manager
Manitoba Pork Council

By Cam Dahl, General Manager, Manitoba Pork Council

Pierre Elliott Trudeau once noted that living next to the United States is “like sleeping with an elephant. No matter how friendly and even-tempered is the beast, one is affected by

every twitch and grunt.” On November 5th, the elephant did more than twitch, it sneezed, and Canada is likely to catch a cold. The electorate south of the border has voted and the impact is going to reverberate throughout the Canadian economy, including or even especially, in agriculture.

In some ways it does not really matter which party won the White House and Congress. Protectionism is on the rise in the U.S., and I don’t see Canada being prepared to respond. President Trump called for massive tariffs on the campaign trail. In the past, he has threatened to rip up the Canada – U.S. – Mexico Agree-

ment (CUSMA, the former NAFTA). Vice-President Harris was one of only 10 Senators to vote against CUSMA when the agreement was ratified. She has stated that the CUSMA agreement made it far too easy for companies to outsource jobs and that she would use

the 2026 CUSMA review to address her concerns.

Now we know which version of protectionism we are facing. Mr. Trump will be President again. He has vowed

Continued on page 26

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- SATURDAY DANCES: 7:30 pm -
 - Nov 16 - Marvells
 - Nov 30 - River City Six
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Power of the PJ's returns for 6th year in Selkirk

Proceeds go to helping Nova House provide support in our communities

By Katelyn Boulanger

November is Domestic Violence Awareness Month and our local domestic and family violence shelter, Nova House is raising awareness and collecting PJs to show those in need of their services in our community that they are not alone.

This year's Power of the PJ's campaign is the 6th year that Nova House has run this annual event and Nova House's Executive Director, Viktoria Westgate explained that it's important to the work that they do.

"What the campaign does for us, specifically in the shelter, is it really has, for the past six years, supplied us with enough pajamas to last all year. (This makes it so) that every single family that comes into the shelter gets a fresh pair of brand-new pajamas, socks, and underwear, which sometimes means everything. They come here with nothing sometimes, and so, at least we can give them that to get started, and then we're able to provide them with everything else they need as well, but the only thing we keep here in the shelter are pajamas and undergarments, everything else we get through our thrift store," said Westgate.

Nova House itself is the only emergency residential shelter in

the Interlake and North Eastman region of Manitoba for individuals fleeing domestic and family violence. They also provide outreach services and transitional housing.

"All families that leave our shelter, we also follow up with and we stay connected to continue to provide counselling and programming. We're not a homeless shelter. So, staying in the shelter, we provide educational workshops, counselling, one-on-one counselling, there's group programming, there's art therapy, and different types of workshops. We also have guest speakers that come in. So, there's an array of services that we offer for in-house clients, and then we offer a lot of those services in our outreach program, which is expanding all the time," explained Westgate.

She explained that many people's journey start by accessing their emergency shelter services and sometimes people desperately need PJ's and other items to get them started on this new path.

"Imagine if you went somewhere and you couldn't even bring your toiletries or your hygiene items or your clothes. Getting something new and clean sometimes means everything. It's also kind of a wel-

coming, 'Here you go. You're safe now.' It helps to make them feel a little bit more, I don't want to say at home, but comfortable," said Westgate.

The Power of the PJ's campaign accepts PJs of all sizes as they have children from babies to teens who also come in needing help. They are also looking for underwear, sweats, socks, and slippers of all sizes, and financial donations are also accepted.

"Some people do financially contribute to the campaign, which is quite helpful because it's November, so we do tend to get a lot of fluffy, warm Christmas pajamas, which are not ideal (all year round) because we're not going to give someone reindeer pajamas in May. So, we hold off on those ones until the next winter. But with the financial support through the campaign, we go in the spring and buy more summer pajamas," said Westgate.

She explained that though Nova House is currently looking for PJs for this campaign, for people who want to support them all year round with items, there is also a section of their website under their 'how you can support' tab with current and immediate needs.

"The nice thing about our community here in Selkirk is that a lot of community members do reach out and help us," said Westgate.


In addition to these items directly helping members of our area ex-

Continued on next page

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Continued from previous page

periencing family or domestic violence, this campaign also creates awareness in our community which is helpful for people who don't know about Nova House yet.

"It helps to encourage people to take action or make change. It helps to let survivors and people who are in a domestic violence situation at this time to reach out for help. Maybe they didn't even know we existed, but they happened to be at one of the locations. Like, maybe they're shopping at No Frills, and they see our poster, (and think), 'Oh, there's a shelter.' It helps just bring that awareness all the way around," she said.

There are many convenient locations in our community where residents can drop off PJs and more as part of this campaign. They are: Twice Over Thrift Store at 214 Manitoba Ave., Selkirk, Packers Women's Fashion at 409 Main Street, Selkirk, Red River Co-Op at 335 Main Street, Selkirk, Aaron's No Frills at 366 Main Street, Selkirk, Harry's Foods at 37 St. Andrews Rd, St. Andrews, Bella Ragazza Boutique at 63-B Main Street, Selkirk, and Network4Change at 92 3rd Street, Beausejour.

Westgate encourages residents to support the Power of the PJ's.

"We all probably at this point, know someone or a family that has been affected by domestic or family violence or has been in an unhealthy relationship or an unhealthy situation, and this is a great way to show your support and help out without having to do much. We have six different locations this year to drop off, so we've made it very easy to drop off, and (community members) can also call us if they want to help in a different way," she said.

To learn more about Nova House

November is Domestic Violence Awareness Month

in Manitoba



Each year family violence shelters in Manitoba assist thousands of men, women and children who are fleeing domestic and/or family violence. Those in need sometimes arrive to the shelter with only the clothes on their back.

November 1- 30 we are asking for your support in our POWER OF THE PJ'S CAMPAIGN.

To help support our campaign please drop off new children and adult pajamas, socks, slippers, and underwear to any of the following locations:

- Twice Over Thrift Store: 214 Manitoba Ave., Selkirk
- Packers Women's Fashion: 409 Main Street, Selkirk
- Red River Co-Op: 335 Main Street, Selkirk
- Aaron's No Frills: 366 Main Street, Selkirk
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Provincial Crisis Line: 1-877-977-0077
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The Power of the PJ's campaign from from Nov. 1 to 30.

or the Power of the PJ's, visit their website at <https://www.nova-house.ca/>. For domestic and family violence crisis support, residents can call the Provincial Crisis Line at

1-877-977-0077 or the Local Crisis Line at 204-482-1200. If you are in an emergency situation, please call 911.

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> **THE ELEPHANT SNEEZED, FROM PG. 23**

to bring manufacturing back to the U.S. by applying tariffs to imported products. He is also tying political goals to U.S. market access. For example, increased defense spending by Canada is likely going to be a condition of ongoing Presidential support for CUSMA. Agriculture, particularly dairy, is going to be a target for U.S. negotiators. How is Canada going to respond?

The first step would be to have a strategic plan for agriculture and food trade going into the 2026 CUSMA review. I cannot find evidence of the existence of such a plan. The Government of Canada has a responsibility to call together farmers, processors, and provincial governments to develop a strategic response to U.S. policy makers who are calling for limits on agriculture and food trade. There can be no further delay.

What are the key elements that need to be included in this strategic plan for agriculture and food trade? The first component is that we must not be trading off one commodity group or region of the country to protect

others. We saw the potential for this to occur when the Chinese government instituted an investigation into canola exports from Canada, as a response to Canadian tariffs on electric vehicles, aluminum, and steel.

Second, Canada needs to stress the benefits to U.S. national security that are created by our open trade. In an uncertain world, agriculture and food trade can be used as a weapon in political disagreements between countries. Canada and the U.S. are each other's largest market for food and agricultural products. We need to be able to demonstrate to U.S. negotiators that this trade will not be threatened by diplomatic disputes, something that may happen when trading outside of North America. It is in the national security interest of both countries to secure trade between us and to limit any political uncertainty within the North American market.

Third, Canada needs to be ready to demonstrate the cost to U.S. consumers that will result from growing protectionism. For example, recent changes to U.S. country of origin la-

bellings regulations will discriminate against Canadian pigs, cattle, and red meat exports. This will introduce new costs into the North American supply chain, which in turn will raise the price for consumers and lower the return for farmers. Why is the Government of Canada not aggressively pushing back on this legislation? At a minimum, we should be advocating for alternative means of informing consumers while protecting the integrated North American market, "a product of North America" label for example.

Fourth, going into the CUSMA review, Canada must stress the importance of unified national standards. We have negotiated a trade agreement with the United States of America, not with 50 individual states. Recent actions from state governments have reached beyond their own ju-

risdictions. For example, Proposition 12 in California not only sets out the conditions under which animals will be raised in the State, but imposes conditions on other jurisdictions, including Canada. Other states are contemplating similar measures. Moving away from national standards will be a further fragmenting force on North American trade and will cost consumers and farmers on both sides of the border.

Finally, Canada must be speaking with a common voice across governments, industry, and farmers. Many voices delivering the same message to Washington and State Capitols throughout the U.S., which gets back to the importance of calling all stakeholders together to develop a national trade strategy for agriculture and food trade. Time is of the essence.



Bryan Trottier



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> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Fall Grain Bowl with Prosciutto

2 slices Prosciutto di Parma PDO, halved

In mixing bowl, toss arugula, olive oil, lemon juice and salt, to taste.

Transfer to serving bowl; if packing for lunch, transfer to plastic container.

In another bowl, combine cooked farro and pesto; toss to coat. Transfer farro to serving bowl or plastic container next to arugula.

Top farro with squash and mozzarella bocconcini balls. Drape prosciutto next to squash.

Servings: 1

- 1 cup baby arugula
- 1 teaspoon olive oil
- 1/2 teaspoon lemon juice
- salt, to taste
- 1 cup cooked farro
- 2 tablespoons pesto
- 3/4 cup cooked squash
- 4 mozzarella bocconcini balls, halved



Kale Grilled Cheese

4 slices sourdough sandwich bread
2/3 cup (about 2 ounces) finely grated Grana Padano PDO cheese, divided
2/3 cup shredded mozzarella cheese

In large skillet over medium heat, heat oil. Add garlic; cook until golden and fragrant, about 3 minutes. Add kale; cook and stir until slightly wilted and dark green, 2-3 minutes. Season lightly with salt, to taste, and lemon juice. Remove to plate.

Wipe skillet clean. Spread butter on one side of each slice of bread, dividing evenly. Place two slices, buttered sides down, into skillet over medium-low heat. Onto each slice, divide half the Grana Padano; top with half the mozzarella.

Cook until cheese is melted and bottom is golden, 6-7 minutes. Add half the kale to one slice and close sandwich. Repeat with remaining ingredients.

Servings: 2

- 2 teaspoons olive oil
- 1 garlic clove, smashed
- 4 cups (about 1/2 bunch) Tuscan kale, cut into ribbons
- salt, to taste
- 1/2 lemon, juice only
- 2 tablespoons salted butter, softened

BINGO

SUNDAY NIGHT BINGO
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4

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4

\$1,473 BONANZA

Southwest Salmon Patties

Serves: 4

- 1/2 cup mayonnaise
- 1/4 cup sour cream
- 1 teaspoon grated lime zest
- 4 teaspoons lime juice
- 3 tablespoons fresh cilantro, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cups panko breadcrumbs, divided

1 pound skinless, boneless salmon filets, chopped

4 ounces whole green chiles, drained and chopped

2 scallions, thinly sliced

1/2 cup vegetable oil

In medium bowl, whisk mayonnaise, sour cream, lime

Ask the money lady

Dear Money Lady, The stock market is so crazy right now and I am afraid to keep investing in it. Should I wait until after the USA Election or maybe next year. What do you think?

James



Christine Ibbotson

Dear James,

I understand your apprehension, however you must remember that we have seen the markets do this many times in the past. It is important to remember that what goes down, always comes right back up when you are looking at the stock market throughout history. The USA Presidential election will have an effect on the market depending on the candidate that wins. If Harris wins – things will likely stay the same; however, if Trump wins, Canada could experience new tariffs on imports. Many economists are uncertain on how another Trump administration could play out for Canada. We summarize that with Trump's tariff proposals, it most likely will trigger a global trade war in 2025.

But, what does that mean....what is a trade war?

A trade war is a "tit for tat" spat between nations. When the USA imposes tariffs on other countries, the other countries respond by putting high tariffs on their own exports. The problem arises because – tariffs are quite easy to impose, but then once executed, they are much harder to remove.

The stock market is very "aggressive-reacting" and "regressive-reacting" which means it swings excessively to one side or the other, in like what seems like, break-neck speed. Knowing this, we have observed in the past that the market has endured countless wars, epidemics, major shocks, and has always managed to reach significantly new highs over time, often with highs that we never thought possible. To put it bluntly, there may be a lot of money to be made here if you continue to invest when the market is down and during the first few months of the USA presidency.

Markets are very manipulated by world events and it is harder for the do-it-yourselfer to know how to invest, not to mention if they can trust what they read or consume

off social media and standard media. Of course, we all don't want to be short sighted when investing for the future but it's not easy. Consider the long-term advantages of buying into the market at low price points on large-cap blue chip stock picks to capitalize on future profit when the market turns again.

Here is a Trader's Tip: When you are looking to get into a very volatile, downward swinging market environment it is hard to know when it has bottomed out. Resist the urge to try and time the market. This is virtually impossible and extremely difficult even for the most experienced traders. If you do decide to buy in, and your portfolio goes down further – just leave it. It will come back up. Do not be too greedy here and be going in and out. Often times, this causes a lot more stress, mental anguish and actual true losses. If you want to know when to really get in, it is said that a "Trader's Tip" is to buy in when the stock market has three full consecutive increasing days. This will mark a shift in the sell-off momentum and although it may go down a little later, the three day uptick is usually viewed as a sure sign of improvement and recovery.

Good Luck and Best Wishes,
Money Lady

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

zest, lime juice and cilantro.

In large bowl, combine salt, pepper, 3/4 cup breadcrumbs, salmon, chiles, scallions and 3 tablespoons mayonnaise mixture. Form salmon mixture into four patties. Cover patties with remaining

breadcrumbs.

In skillet, heat oil. Add breaded patties and cook until golden brown, about 3 minutes on each side.

Serve with remaining mayonnaise mixture.

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Young Agrarians' mentorship program for young farmers gaining ground in Man.

Program aims to protect Canadian food security and sovereignty

By Patricia Barrett

Young farmers that could use some free seasoned advice on growing and operating an agricultural business can team up with an experienced farmer through a program offered by Young Agrarians, a farmer-to-farmer network that supports the agricultural industry.

Young Agrarians' Farm Business Mentorship Network program is gaining traction in western Canada, and the program is accepting applications from young farmers in the three Prairie provinces on an ongoing basis.

The program aims to help young farmers develop business skills and a create strong business foundation to operate a financially sustainable farm business.

Young Agrarians' Manitoba business Mentorship network coordinator Katheryn Loewen said young farmers can access mentorship and educational tools to help them operate their farm business.

"The mentorship program offers mentees 30 hours of mentorship over the course of a year, access to eight business-focused webinars that are all about farm financial management, opportunities to connect with other farmers and build community and loads of helpful resources," said Loewen.

Mentors are paid to help young farmers. If they're new to the mentoring process, Young Agrarians can provide them with training.

"It offers mentors \$50 an hour for their time, a Train-the-Mentor webinar series for those new to the mentoring process, opportunities to connect with other mentors and build community, and the opportunity to share their knowledge with the next generation of farmers," said Loewen.

Young Agrarians is a non-profit educational resource network that pairs young farmers in a specific agricultural sector with experienced farmers in order to provide supports and assistance with manage their farm business. The network receives assistance from the federal government, British Columbia, Alberta and several organizations and foundations in various provinces. It helps young farmers develop skills, know-how and confidence by pairing them with experienced farmers. Young Agrarians' programs support access to land, pro-

vide business mentorship, on-farm apprenticeships, community-building educational events and online resources.

This year the Farm Business Mentorship Network program can support up to 10 mentorship pairs from each province – Manitoba, Saskatchewan, Alberta and British Columbia.

The program originally started in 2013 in British Columbia and expanded in 2022 to Alberta, Saskatchewan and Manitoba. To date, it has worked with 163 farmers on 118 farms. They've been paired with 75 mentors, according to a Young Agrarians news release.

Business Mentorship Network Program manager Melanie Buffel said the network began recruiting mentees in Manitoba in 2022 and offered mentorships in 2023. It has worked with seven farmers to date, four of whom were focused on livestock and growing vegetables.

"The mentorship pairing considers their production focus and the business goals and needs the mentee have. Where possible, close geographic proximity is also a factor to enable them to meet in person and visit each other's farms," said Buffel. "It is nice to have but not an essential aspect of the program as the 30- 35 hours of mentoring happens primarily online and through phone calls."

The program's Business Webinar Series covers a wide range of business management, financial and marketing topics, she said. It includes live question-and-answer sessions with expert farmers, and on a regular basis, the network hosts Mentee Kitchen Table sessions to provide peer support.

It was important to launch the program because Canadian farmers are aging and the younger generation is leaving the industry for other careers; under 10 per cent of farmers are 35 years of age and younger. This has serious implications for food security and sovereignty in Canada.

"The motivation to offer this support lies in the reality that of the 1.7 per cent of the Canadian population that farm, just 9 per cent are 35 and younger, making up less than 25,000 farm operators," said Buffel citing Statistics Canada data. "Many farming families are seeing the younger generation leaving the farm for other career opportunities and each census we see the number of farmers decreasing in Canada. This is a threat to our food security and sovereignty and we are developing supports to encourage new entrants into the industry."

At the moment, Young Agrarians' programs are primarily focused on



FILE PHOTO BY PATRICIA BARRETT

Harvest time in the interlake.

western Canada, but staff are engaged in agricultural conversation at the national level. In addition to the mentorship program, Young Agrarians offers an on-farm apprenticeship program in regenerative agriculture in all four provinces with established farms.

Young farmers who've received help through the program have reported an average increase in revenues of 87 per cent, an increase in the volume of food produced by 65 per cent, and an increase of land in production by 42 per cent.

"Learning that I am not alone and that others are trying to contribute to and improve our local food system has had a significant positive impact on my energy and hope for the future," said 2023 mentee Terra Pombert of Sunflowers Urban Farm (Alberta) in Young Agrarians news release. "This experience has been important for better business planning, focus and confidence in my venture and skills. I have a better understanding of my strengths and weaknesses as a farmer."

To become eligible for the program, farmers must be located in one of the western provinces and have been in business for one to five years. They can be new to farming or are taking/have taken over a family farm. Priority is given to new farmers aged 18-35, but new farmers over 35 are strongly encouraged to apply.

For more information about the program and how to apply, visit the Young Agrarians website: youngagrarians.org. Please note, the website shows an application deadline of Nov. 15, 2024, but applications from the three Prairie provinces are being accepted on an ongoing basis.

Young farmers in Manitoba can also contact Manitoba business mentorship network coordinator Katheryn Loewen by email: katheryn@youngagrarians.org

Welcome aboard to new UNEs



PHOTO SUBMITTED

Holly Feschuk and Taylor Yankoski

By Jennifer McFee

Welcome aboard to two new undergraduate nurse employees who are getting a jump-start on their careers at Selkirk Regional Health Centre.

Undergraduate nurse employees (UNEs) work under the supervision of registered nurses or registered psychiatric nurses to gain experience and log working hours. Holly Feschuk and Taylor Yankoski started their stint in the surgery unit in September. They're both finishing up their studies at Red River College Polytechnic to become registered nurses, and they're looking forward to starting their senior practicums.

"I always loved to help people and make a change in people's lives, and I think this career 100 per cent supports that. I am looking forward to learning new things and being confident as a new grad nurse," Feschuk said.

"Being a UNE was a great opportunity for me, and I wish for people that are in nursing school to also try and become a UNE. You learn so much on the job and see things that you don't get to see during school. It was a great way for me to build my confidence before starting senior practicum."

Similarly, Taylor has always been passionate about helping others.

"Nursing offers unique opportunities to leave a positive impact on others lives' while offering meaningful, hands-on care," Yankoski said.

"I am looking forward to the ongoing learning and growth opportunities that will come with this fulfilling career — building strong patient relations and making a lasting difference in people's lives throughout my nursing career."

Chainsaw carver shares art, passion and experience

By E Antonio

Rick Hall, a chainsaw carver now living in Manigotagan, has transformed his former logging career into a new creative outlet.

His passion for creativity has carved out a niche that blends artistry with skilled craftsmanship.

"I have been carving on and off for about 18 years," said Hall, who's artistic hobby stemmed from a house logging course that he took many years ago.

"I saw a guy doing some carvings in a parking lot in Thompson and I figured I would give her a go."

Hall grew up loving to draw and paint, and once he started logging, he fell in love with the chainsaw.

"I decided to put all three together and then I started carving."

The local carver focuses primarily on carving wild animals with odd cartoon character designs. He centers many of his creations around the Seven Sacred Teachings and has carved many totem poles featuring several animals.

"I recently finished an eagle in flight," noted Hall, who is currently between projects.

He noted that the eagle in flight is one of his favourite things to carve, but he finds it hard to pick an overall favourite.

Earlier in the year, while living in



Selkirk, he carved a wooden bear, a wolf, and an eagle.

"From living out in the wilderness for most of my life, I know the anatomy of animals and their habitats. Everything I do has to do with wildlife. It comes easy to me to do wild animals and bird carvings."

Hall is able to execute his carvings on any piece of wood he can get his hands on.

He either uses a fallen down tree that he finds in the woods, or he buys his logs from a local harvester. "The tree may be dead when I get it, but I can bring it back to life again," said Hall.

He also uses several different chainsaws to carve out his designs.

"I start with a blocking chainsaw, then move to smaller ones like a chainsaw with a quarter tip bar that gets more detail."

Once his animal is carved, he sands the wood and preserves the design.

"I preserve it so you can get the minimum cracking you can."

It normally takes Hall two to three days for each design. The time spent carving varies based on the size and complexity of the carve.

If one of the carvings cracks a repair can be arranged.

For anyone looking for distinctive home decor or simply wanting to support local artistry, Hall's work offers something truly special. Whether it's an eagle poised in flight or a whimsical bear carving, these creations add character and warmth wherever they reside.

"With the chainsaw in my hand, I just do what it feels right to do."

The price of Hall's creations vary based on the overall size and carving process, but usually they start around \$150.

If interested in commissioning your own piece, don't hesitate to reach out through Hall's wife Lori at (204) 340-5391.



RECORD PHOTOS SUBMITTED

Rick Hall is a chainsaw carver who focuses many of his creations around wildlife and the Seven Sacred Teachings.



Teulon Winterfest Craft Sale to showcase 50 vendors

By E Antonio

The holiday season is just around the corner, and what better way to kick it off than by supporting local artisans at the Teulon's Winterfest Craft Sale.

The annual event showcases a delightful array of handmade treasures crafted talented Manitoban vendors on Nov. 22 and 23.

With 50 booths set up at the in the Rockwood Centennial Hall you're bound to discover unique gifts that will bring joy to everyone on your list. Whether you're hunting for that perfect present or simply looking to soak up some festive spirit, this weekend promises a warm community atmosphere brimming with creativity and holiday cheer.

For over 25 years, local artisans have come together to sell their products at the Winterfest Craft Sale. Darci Loehmer has been organizing the sale for over a decade and is looking forward to hosting another successful event.

"We are a juried event with all handmade items, so we do not have any direct businesses. It is so special that we are still an all-handmade craft sale," said Loehmer.

Over 90 vendors from across the province applied for one of the 50 tables at the Winterfest Craft Sale. Loehmer selected each vendor to ensure that patrons have a unique shopping experience. "We never know who is applying, so we try to have a good mix of people. Some apply who we have seen for many, many years, and there are some new ones who we have never seen before."

Seventy percent of Winterfest vendors are local to the Teulon area, and the remaining artisans are from other Manitoba communities, including Petersfield, Gimli and Winnipeg.

"It is a really great selection of makers this year. It is really exciting to see what they will bring," added Loehmer.

One Teulon business owner will be selling her products at Winterfest. Lisa Barnes will be set up with her Forest Mama products, a small business that sells all-natural body products. You can find magnesium sprays, body butters, bath soaks, herbal tinctures and more at Barnes' table. "I also have elderberry and natural cough syrups; those are really good for cold and flu."

Forest Mama was created in 2021 to stem from her family's admiration for using natural products.

"I decided to put my passion into helping out people with their different ailments that they have," said Barnes.

Ninety-five percent of Forest Ma-

ma's products are forged locally in Manitoba by Barnes herself. The remaining ingredients come organically from farms across Canada.

"This year my elderberries are from B.C. because I want to make sure my ingredients are organic to Canada."

Everyone can benefit from Forest Mama's natural remedies and body products.

"I have something for everybody," she exclaimed.

Whether you are a busy Mom with kids or someone looking to bring more natural products into your life, Forest Mama has a product for you.

"I am really excited to be a part of Winterfest," added Barnes. Make sure you swing by Forest Mama's table when you visit the Teulon Hall.

Loehmer also noted that several fan-favourite vendors are slated to return to Winterfest.

Madeline's Closet is also back with two tables of baking for both days. Unfortunately last year they only had one table and sold out quickly.

Another returning favourite to Winterfest this year is Santa photos taken by Sweet & Wild Photography. For \$10, you and your family can have your picture taken with Santa Claus, while the little ones share their wish list with him.

In addition to satisfying your holiday shopping needs, there will also be a canteen running throughout the two days. From Farmhouse to Yours Café will be bringing their freshly baked goods and tasty lunch options for you to indulge in when you get hungry from your shopping. A portion of canteen sales will be donated to the Teulon Christmas Cheer Board, an organization Loehmer enjoys supporting for the holiday season.

"We have always supported lots of community groups," said Loehmer. "Last year they (Teulon Cheer Board) helped 75 families and we are really happy to help out with their cause."

In addition to canteen sales, Winterfest will donate a portion of its admission fees and hold a 50/50 draw in support of the Teulon Christmas Cheer Board.

Every vendor attending the Winterfest Craft Sale will be open for business for both days.

"It is everyone's talent coming together over two days, and that is what makes it special."

A complete list of vendors attending the Winterfest Craft Sale is posted online at www.winterfestcraftsale.net.

Doors open at the Rockwood Centennial Hall on Nov. 22 from 2 to 8 p.m. and Nov. 23. from 10 a.m. to 3 p.m.



RECORD PHOTO SUBMITTED

Winterfest Craft Sale is back at the Teulon Hall Nov. 22 and 23. Fifty vendors will be selling their handmade products at the two-day event.

Cadets in the community



RECORD PHOTO BY BRETT MITCHELL

Our local Cadets have been out in force raising donations for our local poppy fund. These cadets took up the cause at Home Hardware in Selkirk.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Sharpe leads Fishermen past first place Comets

By Kieran Reimer

The Selkirk Fishermen returned to the win column with a 5-1 upset win over the league best Beausejour Comets on Sunday at the Sun Gro Centre.

Logan Saluk, Carter Courchene, Dawson Bergagnini, Ryland Schroeder, and Aidan Avanthay all scored for the Fishermen while Marcus Sharpe made 39 saves in net for his third win of the season.

Despite losing 4-2 to the Arborg Ice

Dawgs earlier in the week, with goals from Saluk and Ryan Dupont, the Fishermen are now 4-7-0-0-1.

Following the rest of this weekend's Capital Region Junior Hockey League games, the Fishermen remain in fourth place heading into a week with only one game on their schedule.

They play Saturday, Nov. 16 when they welcome the sixth place La Broquerie Habs to Selkirk Recreation Complex for a 7:30 p.m. puck drop.



Ice Dawgs goaltender Tristan Klatt makes a sprawling save to cover the puck as the Ice Dawgs and Fisherman players battle fiercely around the crease. The referee handed out 136 minutes in penalties Friday night.



The Fisherman's Ryan Dupont scored a power-play goal Friday night.



RECORD PHOTOS BY RAYME THOMSON

Selkirk Fisherman goaltender Johnny Enns-Demchuk slides across the crease to make a save against the Arborg Ice Dawgs Friday night. The Ice Dawgs won 4-2.



RECORD PHOTOS BY RAYME THOMSON

Selkirk Fishermans Logan Saluk takes a wrist shot Friday night. Saluk scored one of the two goals for the Fisherman.

The Selkirk Record

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk offering learn to curl for free in November

All ages welcome

By E Antonio

If you want to try curling, now is your chance!

Every Saturday in November, the Selkirk & District Curling Club (SDCC) offers free drop-in curling sessions from 12 to 1 p.m.

“For Learn to Curl Month we are opening our doors every Saturday this month until the 23rd and we are inviting the public to come down and try curling,” said Scott Szydluk, volunteer coach and curler at the SDCC.

You and your friends can come to the rink and experience what it feels like to throw a curling stone. Many experienced players will be wandering around the arena, happy to show you the proper techniques. Players of all ages and skill levels are welcome to join the SDCC for their drop-in sessions, and all you need to bring is a

clean pair of indoor runners.

“People are also welcome to tour the club and ask questions,” added Szydluk.

SDCC Learn to Curl Month sessions are an expansion of their Junior Learn to Curl classes. Fifty children ages 6 to 16 come together on Saturday mornings to learn the ins and outs of curling from a group of volunteer coaches.

Little Rocks, or curlers aged 6 through 10, will practice from 9:30 to 10:30 a.m. to work on curling drills, learn proper technique and finish their hour with a miniature game of curling.

Junior players (10-16) engage in a two-hour practice from 9:30 to 11:30 a.m. They will also cover the curling basics of techniques, strategies, and rules of the game; they, too, will end their class with a curling game of their own.

“We are also encouraging players to

Selkirk Curling Centre

JUNIOR CURLING

for info contact
selkirkcurlingclub@gmail.com

JOIN NOW SATURDAY MORNINGS

RECORD PHOTO SUBMITTED

The Selkirk & District Curling Club is offering fee drop-in curling sessions on Saturdays in November. They also have a Junior Curling Program on Saturday mornings until March to introduce youth the world of curling.

make some teams together for a bonspiel,” noted Szydluk.

If your child is interested in trying out curling, registration is still open for SDCC’s Junior Curling Sessions. You can register online at curling.io or in person at SDCC.

If anyone older than 16 is looking to join a curling league, Szydluk invites you to visit www.selkirkcurlingclub.com and visit their “League Information” page for more details.

“Curling is a wonderful sport for people of all

ages,” said Szydluk. “It is a lifelong sport, and it is something you can play at any age and at many different levels. I know someone who just finally hung up their curling shoes at 103!”

SDCC season runs until March, and you can contact the SDCC through their email at selkirkcurlingclub@gmail.com with any questions.



NEXT HOME GAMES
at the Selkirk Rec Centre

SATURDAY, NOV 16th
VS La Broquerie Habs 7:30 pm

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

NEXT AWAY GAMES

Sat, Nov 23 - vs St Malo - 7:30 pm
Tues, Nov 26 - vs North Winnipeg - 8:00 pm
Sat, Nov 30 - vs LaBroquerie - 7:30 pm

Meet the Fishermen 2024-2025

#2 Ty Johnson
Defence

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Learn to Curl Month
At the
Selkirk Curling Centre
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- FREE DROP IN
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dolphins swim past competition at Steve Molloy Invitational

By Kieran Reimer

Swim season has begun, and members of the Dolphins Swim Club are already making waves in competition.

On Nov. 3, the Dolphins had 10 competing at the Steve Molloy Invitational at Pan Am Pool for the second season meet, and five qualified for 2025 Provincials.

"It's pretty great," said Dolphins Swim coach Michelle Stamm on Friday. "The best part of it for us is since previous to COVID, we've had instability in our program due to pool closures. The pool had maintenance issues in the last couple of years, preventing us from getting a great

start in the season. This year, it's being maintained extremely well, and we are able to train pretty much how we're scheduled to train."

The Dolphin's provincial qualifiers included Everleigh Boerchers (Beausejour), Erin Garn (Cooks Creek), Claire Grant (Selkirk), Libbi David (Winnipeg), and Myla Volk (St. Andrews).

Garn's time of 3:26.27 in the 200-metre breaststroke was also fast enough to qualify her for ManSask Championships in 2025.

The 11-year-old from Cooks Creek is in her third year with Dolphins Swim Club and has quickly become one of the best for her age in the province.

"She's a very enthusiastic, hard-working young girl who has been swimming with me for three years now," said Stamm. "She's very determined to make her ManSask times for her age group. We're still working on technique and skills like starts, turns and breakouts so there is a lot of room for improvement once we start to get those skills better."

For team swimmers like Garn, they are often in the pool between six and nine hours a week, training with Stamm while also doing dryland training.

Stamm said her current crop of swimmers' dedication had made them easy to coach while also creating

a fun environment at the pool during every morning and evening practice.

"It's very satisfying," said Stamm. "It's easy. It's easy to come coach every night and three mornings a week because they are so interested, invested, and eager to learn. The dynamics are so positive right now. It's enlightening. It's really fun."

The Dolphins have three more meets coming up between now and the holiday break.

On Nov. 22-23, they will be back at Pan Am Pool for the Seals Last Chance Swim Meet hosted by the St. James Seals Swim Club.

Raiders score big in Morris, remain sixth in MMJHL

By Kieran Reimer

The Raiders Jr. Hockey Club put up a touchdown on the road in Morris to defeat the last-place Pembina Valley Twisters 7-1 on Friday.

Eric Kreklewitz, Lucas Desousa, Ryan Pellaers, Nate Goodbrandson, Ryan Cromie, Riley Kushnier, and

Ethan Geard scored a goal each in the victory as the Raiders moved into sixth in the Manitoba Major Junior Hockey League (MMJHL).

The Raiders then hosted the St. James Jr. Canucks on Sunday afternoon in a game that was back and forth from the start.

Despite goals from Jackson Zuk, Owen Lourenco, Riley Kushnier, and Ashton Henry, the Raiders came up a tally short as the Canucks triumphed 5-4.

Following the weekend, the Raiders remain in sixth place with a 7-6-3 record.

They play just once this week, a Friday night affair with the River East Royal Knights at Terry Sawchuk Arena.

The puck drop goes at 7:30 p.m. on Friday, Nov. 15.

Steelers no longer the MJHL's top squad

By Kieran Reimer

The Selkirk Steelers are feeling the heat as they find themselves in unfamiliar territory. After leading the MGEU East Division to start the season, a recent string of losses has seen them slide down to third place.

Their latest setback came in a tough 4-1 defeat against the Dauphin Kings, marking their fourth consecutive loss.

Luke McCarthy scored the lone goal in the Selkirk Steelers 4-1 loss to the Dauphin Kings on Sunday.

Playing in their first game in over a week, the Steelers gave up the opening goal just 14 seconds into the contest.

After McCarthy's 10th of the season cut the Kings lead to one in the third period, the Steelers gave up two more to lose 4-1 and extended their losing streak to four games.

The Steelers were outshot 38-30 in the game while Noel Olsonawski stopped 34 shots in the loss.

They currently hold a 12-6-0-1 re-

cord and sit a point back of the Portage Terriers and four points back of the Steinbach Pistons who lead the division.

UPCOMING

GAMES:

Wednesday, Nov. 13 at Waywayseecappo Wolverines, 7:30

p.m. at Waywayseecappo Arena Complex

Friday, Nov. 15 vs Waywayseecappo Wolverines, 7:30 p.m. at Selkirk Recreation Complex

To see more photos of your favourite Interlake Athletes

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STRAW FOR SALE

Small square wheat & flax straw, delivery available. 204-482-5101 or 431-275-9014.

Small square flax and wheat straw for sale on Rd. 77N in E. Selkirk. Text/call 204-492-0602.

Flax straw for sale, Stonewall. \$4/bale. Call Nick at 204-461-0706 or Bill at 204-461-1906, Monday - Saturday.

HAY FOR SALE

Round hardcore bales, 1st & 2nd cut, alfalfa & brome grass. Call 204-461-0722.

FIREWOOD

Birch, Tamarack, Ash, Poplar, Pine and Oak for sale. Call or text 204-904-8441.

APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

HELP WANTED

Galay Landscaping is currently conducting interviews for the position of landscape technician and labourer for the 2024-25 winter season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. Class 5 license and own reliable transportation is required. Please send resume by email to: info@galaylandscaping.com No phone calls.

Full time cashier needed at Teulon Esso. Apply within or email resume to 7service@mymts.net attn: Dave or Ann.

UPCOMING EVENTS

Ste Rita Annual Métis Supper, Sunday, November 17, 2024 at Dugald Community Club, Dugald, MB. Doors open at 5 p.m.. Turkey, ham & meatball supper. Tickets \$20, 6 and under free, available at Dugald Convenience Store & Anola Shell, or call 204-866-2813. Limited seating, so get your tickets early!

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WANTED

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

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Also offering gunsmithing services. Call or text 204-297-9223.

Wanted old advertising: dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

NOTICES

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NOTICES

HO HO HO! BOOK YOUR CHRISTMAS ADS RIGHT NOW! Do you take on-line orders in your business? Use the classifieds to your advantage! Let us help you advertise! Now booking advertising for the remainder of 2024. Plan your success! Have your blanket classified ads seen in the 31 Member Newspapers which are seen in over 368,000+ homes in Manitoba. Please call 2 0 4 - 4 6 7 - 5 8 3 6 or MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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1st: Andrea Bosko
2nd: Joy Sul
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BUNGE

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

Main Accountabilities:

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

Education / Experience

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

Please contact: james.doell@bunge.com

EMPLOYMENT OPPORTUNITY

Vac Truck Operator

Gimli Septic Service Ltd. has immediate openings for a vac truck operator for our Waste Water removal team. We currently have 1 full-time opening. The shop is located in Sandy Hook and will be the shift start location. Experience is welcome but willing to train the right candidate.

Starting wage for Class 3 w/air > \$25/hr with a per tank premium

Applicants must: Maintain a Class 3 w/air license - Demonstrate good truck driving ability with a clean driving record - Have the ability to lift 65lbs as the position requires some recurring physical labor - Ability to work independently - Be willing to work Saturday as part of regular scheduled shifts - Working cell phone for daily task updates - Other duties as assigned

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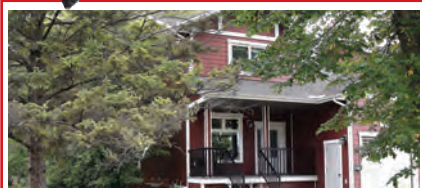


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NOTICE TO CREDITORS

In accordance with S. 41 (5) Trustee Act (R.S.M. 1987) IN THE MATTER OF the Estate of Guy Kjartan James Hutchison, also known as Guy Kjartin James Hutchison and also known as Guy Kjarten James Hutchison, late of the R.M. of St. Clements, in Manitoba, deceased. All claims against the above estate, duly verified by statutory declaration, must be filed with TRADITION LAW LLP, Estates & Trusts, at their offices at 701 - 310 Broadway, Winnipeg, MB R3C 0S6, Attention: John Delaney on or before December 16, 2024. DATED at the City of Winnipeg, in Manitoba, the 14th day of November, 2024. TRADITION LAW LLP Estates & Trusts Solicitors for the Executor

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ANNOUNCEMENT

BIRTHDAY



Victoria Strauss
Happy 99th Birthday on November 14th
Wishing you all the joy and peace you want out of life as you celebrate this wonderful birthday.
-With love from your family

ANNOUNCEMENT

BIRTHDAY



Happy 10th Birthday Harper!
Wow! Double digits already!
We love you so much!
You are incredible and smart and have a big beautiful heart!
-Love your family, Mommy, Omi, Afi, Nana, Abi, Aunty Jen, Aunty Steph, Aunty Sam, Haidyn, Halleigh and Nathan

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ANNOUNCEMENT

ANNIVERSARY



"Happy 50th Anniversary,
Adrian & Maureen De Boer!
-Love from your family and friends"

ANNOUNCEMENT

IN MEMORIAM



Ron McBride

March 30, 1954 - Nov 16, 2019

It's been 5 years since you've been gone,
My loving husband, my dear sweet Ron.
I know you're watching from heaven above,
Keeping me safe, sending me love.
I know one day we'll meet again,
I'll be OK up until then.
No longer by my side but forever in my heart.
Bye Buddy

-Lady Di

ANNOUNCEMENT

IN MEMORIAM

Peter Markevich

November 15, 1993

Time passes.

Memories remain forever.

-Sandra and Bob

*There is a link
death cannot sever,
Love and remem-
brance last forever.*

OBITUARY

Joseph Slogan

February 15, 1931 – November 3, 2024

Dr. Joseph Slogan (B.A., D.D.S.) passed away peacefully on Sunday morning November 3, 2024 at Selkirk Regional Health Centre with family by his side.

Dad will be lovingly remembered by his three children Mark (Sandra), Patti (Clark) Saunders and Jamie (Zobeida); his grandchildren Christina (Ian) Irwin, Dennis, Kiana and Skylar; great-granddaughters Mila and Maeve who he adored as they brought much joy and happiness to him; brother Steve Hawchuk (Esther) and numerous nieces and nephews.

Dad was predeceased by his wife Mary, parents George Slogan and Tekla Hawchuk, siblings Stephanie (Graham Morrison), Walter (Nellie) and Bill Slogan.

Dad was born at Sandwich (Windsor) Ontario on February 15, 1931. He had moved with his mother and step-father to Malartic, Quebec in 1937, and then they settled at the farm at East Selkirk area in 1938 where he was raised and when not doing his chores and studying, he spent a lot of time with his best friend Peter Chanas.



Dad received his elementary education at Patapun School. He attended Happy Thought School and then graduated from Selkirk High School in 1949, where he was on student council, editor of the year book and wrote for the local newspaper. After attending United College for one year, he attended the University of Manitoba where he graduated with a Bachelor of Arts degree majoring in psychology in 1952. While at the U of M he was active in debating and model parliaments. In order to pay for his education, he enjoyed working at the Selkirk Mental Hospital during the summer breaks.

As dentistry was not offered in Manitoba at the time, Dad was accepted to the Faculty of Dentistry at the University of Toronto and received a Doctor of Dental Surgery degree in 1956. He was president of his class, the Dental Student Council and served on the Students' Advisory Council for the University.

During Dad's time at school, he was awarded several scholarships and awards, highlighted by receiving the Richardson Scholarship upon graduating from high school. Upon graduating from Dentistry, he received the Wallace Seccombe Memorial Award for highest standing in preventative dentistry and the Harold Keith Box Silver Medal in periodontology.

Dad was a Licentiate of the Royal College of Dental Surgeons of Ontario and a member of both the Ontario and Detroit District Dental Societies. In 1957, he began practicing in Winnipeg and in 1960 opened his practice in Selkirk where he practiced for 45 years until his retirement in 2002. He was elected to the Board of Directors of the Manitoba Dental Association and served as chairman of the Public Relations Committee among others. He was also active in promoting for a children's dental health plan in Manitoba. In 1985 he was made a Fellow of the Academy of Dentistry International.

Dad was active in community affairs and served on the Council of the Manitoba Historical Society, he is a past president of the Selkirk Chamber of Commerce. He was an Advisory Board member of the Holy Family Nursing Home for seven years and was active in several other community organizations. He was a former President of the Holy Eucharist Ukrainian Catholic Church Council in Selkirk and in 1966, was made a Fellow of the Royal Society of Health, London, England.

Active in the Ukrainian community, Dad served as national vice-president on the Praesidium of Ukrainian Canadian Committee and was elected to the World Congress of Free Ukrainians. He served as president and vice-president of the Federation of Ukrainian Professional and Business Clubs of Canada and is a past-president of the Ukrainian Professional and Business Club of Winnipeg.

Dad was active during his school years in debating representing the University of Toronto in national and international debating tournaments. He had been active in politics, serving in many capacities including president of the University of Toronto Progressive Conservative Association, National President of the Progressive Conservative Student Federation in 1954. He had served on the Provincial Councils in Ontario and Manitoba and on the National Council of the Progressive Conservative Party of Canada as well as on the local associations.

Dad had run for parliament five times, first in 1953 at the age of 22. He served as a Member of Parliament representing Springfield (Manitoba) Constituency for three terms from 1958 to 1965. Serving on the House of Commons Committees on Finance, External Affairs, Indian Affairs, Northern Affairs and Tourism and Health and Welfare. His work included serving on the Special Committee on Research and on investigating the uranium industry. He was one of the moving forces that brought the Whiteshell Nuclear Research Centre to Manitoba. He was also instrumental in having the federal government take over Lower Fort Garry from the Hudson's Bay Company and making it into a national historic park. He served with the Canadian Parliamentary Delegation to the United Nations in 1960 where he participated on the Human Rights Committee. In 1964, he was a parliamentary delegate to the NATO conference in Paris, during which time he visited the Canadian Armed Forces in France and Germany.

In business, Dad was one of the founders and executive vice-president of Settlers Savings and Mortgage Corporation prior to its sale. He was also part owner of Paddlewheel Riverboats Ltd., the Gray Line bus tours bringing the double decker buses to Winnipeg and part owner of the M.S. Lord Selkirk cruise ship amongst being involved in other family businesses.

Among all of Dad's achievements, family was still the most important. In 1958, he met our mother, Mary Hrynchshyn, at her place of work, she was a legal secretary and he was a client. They were married in 1960. Mark was welcomed in 1961, Patti in 1964 and Jamie in 1971. Dad and Mom were always there to support us. We enjoyed many family vacations throughout Canada, often wherever the Canadian Dental Association Conventions were being held and throughout the USA eventually settling in Florida as their winter home. Our parents travelled worldwide, including China, Thailand, India and Europe. After Mom's passing, Dad traveled to Ukraine and was thrilled to meet many relatives some still who resided in our family's villages.

Dad always kept busy around the house and yard tending to his flowers and fruit trees which gave hours of enjoyment. In the fall, he would harvest the fruit and make his wine which he happily offered to anyone that would come by to visit. He enjoyed duck and goose hunting with his friends and later involved Mark and Jamie.

For the last 20 years, Dad enjoyed spending his retirement in Grand Cayman. Where we came to visit in the winter months and he would travel back to his favourite place, his home in Selkirk to spend his summers with family and friends. As a result of declining health from dementia, he moved back to Selkirk. During visits, family were struck by his sense of humour and his storytelling remained strong.

Prayers will be held at Gilbert Funeral Home, 309 Eveline Street, Selkirk on Friday, November 15th at 7:00 p.m. Funeral Mass will be celebrated Saturday, November 16th at 10:30 a.m. at Holy Eucharist Ukrainian Catholic Church, Sophia St. at Pacific Ave., Selkirk with Father Walter Dudych officiating. Lunch to follow at Holy Eucharist Hall. A private family interment will follow at a later date in the family plot at All Saints Cemetery, Rivercrest.

In lieu of flowers, those wishing to honour his memory may donate to the Alzheimers Society of Manitoba, Selkirk Regional Health Centre Foundation, Manitoba Lung Association or a charity of one's choice.

The family extends gratitude to the Comforts of Home – Care and all the caregivers that attended to him which enabled Dad to remain in his home, the paramedics, emergency ward, Medicine 3 and palliative care at Selkirk Regional Health Centre for their kind, compassionate and excellent care of our Dad and Father Walter Dudych for his spiritual guidance.

*Vichnaya Pamyat
Everlasting Memory*

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements *The Selkirk Record*

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OBITUARY



Marilyn Joyce Sidlar (nee Reminek)

Marilyn Sidlar passed away peacefully at Health Sciences Centre in Winnipeg on November 3, 2024 at the age of 76.

She was born in Kamsack, SK on June 17, 1948 and grew up at the family farm near Pelly, SK. She attended university in Saskatoon for three years, taught for one year in Moose Jaw, SK then moved to Thompson, MB where she finished her 30 year career of teaching. She met her husband Mitchell and got married in July 1975.

She is survived by husband Mitchell; sons Cory (Crystal) and Aaron (Lindsay); grandchildren Cassidy and Charles; sisters Linda and Cheryl (Bernie); sisters-in-law Elsie, Leona, Lorraine and Barbara; brothers-in-law Tony and Larry; as well as numerous nieces and nephews.

She was predeceased by her parents Mike and Pauline Reminek; brother Reg; in-laws Joe and Stella Sidlar and brother-in-law Fred.

Marilyn loved to cook and bake and was happiest surrounded by family, especially around the holiday season. She had the biggest heart, and loved her dogs like they were her children. She always looked forward to her Sunday drives through the country.

Cremation has taken place and a private gathering will be held at a later date.

In lieu of flowers, a donation to the Winnipeg Humane Society can be made in Marilyn's memory. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Gwendolyn Lydia "Gwen" (Grove) Gowerluk

Gwen passed away peacefully Sunday, November 3, 2024 at home with her daughter Colleen by her side in Windsor, Nova Scotia. Born August 22 1936, she was a daughter of Lorna (Chastelaine) and Bill Grove of Selkirk, Manitoba.

She is survived by her son, Robert MacDonald; daughter, Colleen (Robert) Conrad; grandson, Arthur; her Gowerluk family, Betty, Cathy (John), and Kelly (Laura); grandchildren, Lindsay, Danielle, Rebecca, Holly, Adam, Josh and Jarrett.

Beside her parents, she was predeceased by her first husband, Ronald Begg; daughter, Rhonda; son, Gordon Begg; her second husband, Harry Gowerluk; brothers, Ken, Ted, David and Dennis; sisters, Lorraine and Joan; sister-in-law, Donna; brothers-in-law, Dennis and Donald.

Gwen had many different journeys throughout her life. She trained as an LPN nurse, a profession she loved. She was an amazing cook, seamstress and maker of crafts. Gwen loved life, she loved to dance and her Harry would take her dancing every Saturday night. With Harry, she learned to play golf, curl and make wine.

We will miss Gwen's wonderful infectious laugh and family spirit.

Arrangements for cremation have been entrusted to DeMont Family Funeral Home & Cremation Service, 419 Albert St., Windsor, Nova Scotia (902-798-8317).

A funeral service will be held at St. Clements Church in Selkirk, Manitoba at a later date.

Donations in memory of Gwen may be made to a charity of your choice. Messages of condolence may be sent to the family by visiting: www.demontfamilyfuneralhome.ca

OBITUARY



Raymond George Settee

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

He is survived by his wife Elsie of 49 years; siblings Marian (Mike), Arlene (John); children Karen (Andy), Ron (Lindsey), Jamie (Vicky), Darryl; step-children Rick (Friederike), Roxy (Linda) and Robert (Shane); special daughter-in-law Kathy; along with numerous grandchildren and great-grandchildren.

He was predeceased by his siblings Jean (Roy), Shirley (Don) and Robert.

Raymond was born on June 14th, 1939 and grew up on Matheson Island; a fishing community of around 120 people on Lake Winnipeg. Raymond George Settee grew up with five siblings. He was the third child of Gilbert and Eva Settee. Since fishing was the center of the community and the family,

Raymond helped in every aspect of family life. Raymond cut and hauled wood, lifted and checked nets, packed and hauled fish, and all other chores related to fishing. He also trapped and fed the animals, such as dogs, horses, cows, pigs, and chickens. Raymond drove everything from dog teams and packs of horses to boats and Cadillacs.

As a young man, Ray was involved in many activities of island life. He helped build the final leg of the road which started at Pine Dock and ended at the dock where you crossed by boat to go to the island. He worked with his father cutting cord wood to sell to the community. For those of you that may not know, there is about 1 km of water between the mainland and Matheson Island. One night his mother happened to be looking out the window and noticed lights on the lake in the distance. The ice had not long frozen over. Eva was heard to say, "some silly person is driving over on the ice". It turns out that silly person was Raymond. He had purchased a car in Riverton without his parents' knowledge and was bringing it home.

After leaving school Ray got a position with the government, surveying and mapping lake Winnipeg. Since he knew the lake so well, he became captain of the boats. He worked several summers on Lake Winnipeg, and on Great Slave Lake, NWT. During this time in his young career, Raymond married and had four children, he eventually moved with his children to Selkirk where he met the love of his life Elsie, they got married, combined their families, and together raised seven children in their modest home on Breezy Point Road.

He eventually got a position with the ministry of transport, looking after the marine division headquarters at the Selkirk Coast Guard Base. Raymond worked for the Coast Guard for more than 30 years. This was when Ray decided it was time to retire which he did with recognition from the Province of Manitoba. The province was not only grateful for his years of service and dedication, but also recognized his efforts during the 1997 Flood of The Century.

Upon retirement, Raymond fulfilled a life-long dream of becoming a pastor and preaching his ministry, he founded the Selkirk Aboriginal Redemption Centre Church in 1999, alongside his wife Elsie. The couple led their congregation for over 25 years. One of his great joys was to perform weddings and provide counselling to all who came to the church in their time of need.

Dad related to people from all walks of life. He often said, "I care for those who nobody else wants to care for". Whether they were patients from the Mental Health hospital or those struggling with the everyday challenges of life. No one was ever turned away from the church. Raymond was kind hearted and always helped those in need.

In keeping with his wishes, cremation has taken place, and a memorial service was held on Friday, November 8, 2024 at 2:00 p.m. in the Gilbert Funeral Chapel, Selkirk, Mb. The service was livestreamed via the following link: <https://youtube.com/live/-jrvGCQN8ww>

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Sharon Semenka

Now rejoicing in the presence of her Saviour but greatly missed by all who knew her, Sharon Leah Semenka (nee McLeod) died on Monday, November 4, 2024 at the Betel Home, Selkirk, at the age of 80.

Sharon loved her family, friends and church, but most of all she loved the Lord Jesus Christ. She was devoted to studying her Bible, teaching Sunday School, and serving on her church's missions committee. She was known as a prayer warrior, a faithful letter writer, and a great listener. She also enjoyed Scrabble, jigsaw puzzles, needlecrafts, picking blueberries, babysitting, and completing the daily New York Times crossword puzzle.

Sharon's deeply cherished hope is expressed in Jesus' words, "Let not your heart be troubled: ye believe in God, believe also

in me. In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also" (John 14:1-3).

She is survived by her husband of 58 years, Larry; five daughters: Lisa (Mark) Plourde, Rhonda (Kevin) Pratt, Lorri (Nathan) Rages, Kelly-Ann (Will) Tallman and Kimberly (Kevin) Guille; 11 grandchildren: Nathan, Nick (Stephanie), Taylor, Jeffrey (Janessa), Julia, Hudson, Kayla, Zach (Shania), Brad, Kate, Leah; four great-grandchildren: Beckham, Lennox, Chayce, and Sadie; one brother: Steve McLeod; four sisters-in-law, and many nieces and nephews.

She was predeceased by her parents, George Keith and Lenora (Soderholm) McLeod and three brothers: Gary, Rod and Doug.

A celebration of life was held on Saturday, November 9, 2024 at 11:00 a.m. at Grace Baptist Church, 479 Eveline St. Selkirk, MB. Interment will be at Stonewall Cemetery.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Norman Frederick Sitka

Peacefully, at Selkirk General Hospital, Norman Sitka passed away at the age of 82 on November 3, 2024.

Norm will be deeply missed by his wife of 61 years Nadia (Hope); children Dean (Rhonda), Shelly; grandchildren, Danielle (Bob), Kendra (Sheldon), Brendan, Isabella; great-grandchildren, Robert and Ashlynn.

The family would like to thank all the healthcare providers who helped Norm so much over the past few years.

Cremation has taken place and a private service will be held at a later date.

Your memory will live forever Engraved within our hearts

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OBITUARY

William John (Jack) McBride
March 14, 1933 – November 8, 2024

It is with heavy hearts that we announce the peaceful passing of our beloved father, grandfather and great-grandfather, William John McBride, on November 8, 2024 at the Selkirk Regional Health Centre at the age of 91 years.

He was predeceased by his loving wife Pearl McBride. His memory will be cherished by his daughter Diana Field (Don); sons Darren (Karen), Jack (Charlotte) and Mark (Carolyn); grandchildren Brandi (Jim), Ryan (Stefani), Scott (Jordyn), Ashley, Alyssa, Cale (Emily), Joshua and Hope (Casey); great-grandchildren Nolan, Madeleine, Hunter and Rayne.

He will be greatly missed by his family and all who knew him. A memorial service will be held on Monday, November 18, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk.



In lieu of flowers, donations can be made to the Palliative Care Unit care of Selkirk Regional Health Centre.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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