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RECORD PHOTO BY BRETT MITCHELL

The St. Andrews Open House brought people together for some fun and information last week. The local RCMP's rigid hull inflatable boat was a hit at the event with D Division Marine Unit Sargent David Portelance showing it off to Aiden, Brayden, Bennett, Carmela and Candace.

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Overdose Awareness Day event at library discusses reduction of harm

Helping people in our communities keep safe

By Katelyn Boulanger

The focus of the Overdose Awareness Day event at the Gaynor Family Regional Library last week was discussing ways that everyone in our community can be a little safer. Posters with messages of 'Overdose is preventable' 'Too many have died' and 'In loving memory' set the tone of the event.

The discussion was kicked off by Tristan Dreilich, Network Coordinator - Selkirk, Manitoba Harm Reduction Network, who spoke about the importance of Overdose Awareness

"I just want to talk briefly about the importance of Overdose Awareness Day. We're talking about it because we are in the middle of a drug poisoning crisis in Canada right now and Selkirk is not immune to that. There's lots of loss that's happens across Canada. We often hear about the loss happening in BC, because there's a lot of

organizing that goes on around there. Selkirk is impacted as well. There's grief that happens here but there's also a bunch of good things to talk about [on] Overdose Awareness Day. Part of [this day] is coming together for openness or some is us remembering the connections that we have, remembering the connection to each other," he said.

Elder Carol Thomas-Stettinger then came up to give a blessing as well as share her experience of a family member who experienced addiction.

From there attendees placed tobacco in a sacred fire as this was a day of

To continue with the healing, Jeannie White Bird taught a short lesson about sacred medicine. She said that medicines like sage and cedar can be incorporated into healing and shared

Continued on page 4





RECORD PHOTOS BY KATELYN BOULANGER

People made memorial ornaments at the Overdose Awareness Day event at the Gaynor Family Regional Library.



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> OVERDOSE AWARENESS DAY, FROM PG. 3

about how some people use substances to deal with trauma and that those people need support, not judgment.

Dreilich then introduced Russell Abraham, peer coordinator for Fire with Fire. Fire with Fire is a harm reduction project from the South Resource Development Council. Through a peer-led group, they are a community overdose prevention project, focusing on removing stigma through language, widespread naloxone training and take-home kits, and the implementation of a community-based Quick Response Team led by peers who have lived or are still living the experience.

Abraham spoke about the CPR training that he's been involved with through Fire with Fire and the ways that the group is aiming to help reduce harm in our communities.

From there, the audience viewed two local documentaries about harm reduction in our province. The first to be shown was Jessica's story. It's the story of Jessica Pelletier. Pelletier was instrumental in encouraging local businesses to have naloxone, the medicine that reverses opioid poisoning, kits available. In the documentary, she tells the story of how naloxone kits are now available any time of

day from the local Shell gas station in Selkirk. The documentary is available for viewing at https://www.youtube.com/watch?v=hb1xDCwwVVM.

The second documentary was Peer Voices. This documentary specifically involved the peers and Manitoba Harm Reduction Network coming together to talk about how drugs have affected our communities, the reason for the opioid crisis not being the drugs themselves but how the drug supply has been tainted and how they are working together to keep more people alive with safety education and community connections. You can watch this documentary at https://www.youtube.com/watch?v=hhm5riqDagw.

The most honest part of the evening then came. A panel of four people with various connections to harm reduction efforts came together to honestly answer questions that attendees had about drug use and harm reduction in our community.

They started the discussion on the topic of why overdose and harm reduction is needed in Selkirk.

"The drug supply nowadays is poison. It's all random chemicals that some idiot mixed together in their kitchen and way too many people

suffer in silence," said Jeff Elder.

Jamey Duguid included that there are many people in our community that are closet users and you may not even realize that they are drug users.

He said, "We need to help get it taken care of so our kids don't die."

The group spoke about the need to stop the stigmatization of drug use as it stops people from accessing help and using resources that keep people alive. An example that was brought up was how doctors stigmatizing people who use drugs means that they will often attribute medical problems to the drugs when there could be other issues at play.

Something that was discussed that the government could help with is creating a safe supply chain for people who use drugs. The panel explained that with crack-downs on drugs coming in from other places, synthetic drugs are now the norm. Unfortunately, naloxone only works on opioid overdoses which means that with the tainted drug supply, this powerful reversal resource may not work in emergent situations.

"Our harm reduction responses need to adjust with that as well," said Dreilich.

The panel expressed that they would like the government to step up to save lives instead of cracking down with enforcement.

"The government needs to be aware that it's their fault. It's their clamping down and using an abstinence-based system that's causing the problem and they don't seem to understand that or care," said Elder.



RECORD PHOTO BY KATELYN BOULANGER

The Selkirk Watertower was lit purple for Overdose Awareness Day.





St. Andrews Open House open for fun







RECORD PHOTOS BY BRETT MITCHELL

The St. Andrews Open House at the St. Andrews Community Club was a fun time for all last week. Information about the community was abundant and kids had a great time.







Thousands of books for sale for a good cause in Selkirk

Proceeds of the book sale help support Gaynor Family Library's Children's section expansion

By Katelyn Boulanger

If you're a local booklover who hasn't gone to the Rotary Club of Selkirk's annual book sale, you need to make time to head down to the Agricultural Society Building in Selkirk Park to stock up on some good reads that support a good cause.

"It's one of our key fundraising events for the year and our key with it is to promote literacy across the region, to get people involved in the reading," said David Thorne the president of the Rotary Club of Selkirk.

This year is the 13th year this event will take place in our community and very luckily for our community the book sale has gotten even better with more days to stop by. The event will start on Sept. 26 with the first stretch going until Sept. 30 and then resume on Oct. 2 until Oct. 6. The sale starts each day

at 10 a.m. and closes at 6 p.m. and is a cash only sale.

"We wanted to get the people after work heading out to come on down and join us and it's going to be the same place last year, the agricultural building in the beautiful Selkirk Park," said Thorne.

All proceeds go towards fundraising for the \$100,000 donation that the Rotary Club promised to the Gaynor Family Regional Library last May which will support the new children's wing expansion.

"[The library's] just such a place of not only learning but a place of gathering. Especially because it's a non-shush library. People are encouraged to chat and learn about a bunch of different things. So, it's just such a wonderful place to go to. And again, fits nicely into our key

Continued on page 20



RECORD FILE PHOTO BY KATELYN BOULANGER

The Rotary Club of Selkirk will be hosting it's annual book sale at the end of the month. Don't miss out on filling up your to-read pile before the cold season hits.

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Holiday Alley expands Indigenous Programming to more students this year

Teachers advised to sign up before they run out of spots

Submitted by Holiday Alley

Last year's pilot project to create school field trips to Holiday Alley

was such a success that the program is being expanded with a focus to help more rural schools from K-12

but teachers need to book their spots soon as the program sold out in a week last year. The program coordinators, Knowledge Keeper Jeannie White Bird, elementary school teacher Kat Marsch, and Lead Teacher, Cultural Perspec-

bus in for the Indigenous teachings,

tives/Languages for the Lord Selkirk School Division Jacqueline Bercier know how important it is to share this knowledge, giving Indigenous students a gateway to connect with their culture and sharing Indigenous heritage with non-Indigenous students.

White Bird will be teaching tobacco tying including: where to source traditional ceremonial tobacco, how to make a tobacco tie, and when and how to offer one. Bercier will share drum teachings, teaching how the drum is often referred to as 'the heartbeat of Turtle Island.' Marsch is producing a teachers' guide that can further enrich classrooms throughout the school year.

Last year Holiday Alley produced four mini-documentaries on this programming which can be found on their YouTube channel at https:// www.youtube.com/channel/ UCu04NSVFBiLJMdW6VhqzHgw and are accessed by teachers far and

This November, in addition to expanding the school program to rural students living outside of Selkirk, Holiday Alley will offer this Indigenous programming to the public. A tipi village will be set up on Sat., Nov. 18, from 12 to 4 p.m. just off Manitoba Avenue for folks of all ages to interact with Indigenous Elders and Knowledge Keepers.

Four tipis will be set up, representing the four directions. Treaty One Knowledge Keepers, Elders and storytellers will liven up the warm tipis with winter stories, crafts and music, reminding attendees that pre-colonization winter was a time to come inside and share stories.

Food sharings will include pemmican, bannock, wild rice and we'll be partnering with local tea house Three6Tea to serve Kookums Tea, which White Bird helped create.

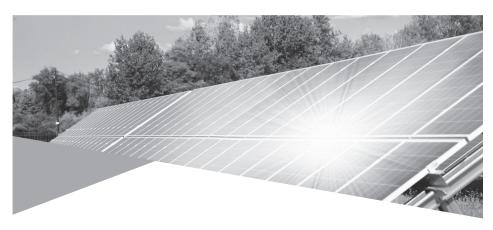
"We are excited to work as a curatorial trio for many reasons. Our individual commitment to community work spanning all ages and backgrounds including working with schools and artists, our passion for Indigenous knowledge sharing and our shared enjoyment of celebrating this community and all the people that make it up is why we do this," said



RECORD PHOTO SUBMITTED

Jacqueline Bercier led the drum teachings for Holiday Alley's education school trips. Teachers should sign up early to be part of this year's field trips as the 400 spots go quickly.





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EDITORIAL > VIEWPOINTS > LETTERS





letter to the editor

A proposed 60-meter-tall cell tower in close proximity to Whytewold in the Village of Dunnottar has evoked opposition and concern from many residents. Rogers has proposed this tower be located near Ponemah Road adjacent to the nature walk way and within 200 meters of residences. After submitting a petition signed by approximately 70 residents, MP James Bezan has supported those concerns in a letter to Minister Francois-Phillipe Champagne who is the final authority on approving cell

In a response received from the public consultation process held about the first proposed site, Rogers decided to relocate the tower. However, to our disappointment, we received notification that it will be moved only 175 meters away, a token distance.

On June 21, residents received notice from Rogers that "in the Public Consultation with the Municipality of St. Andrews, the Red River Planning District has determined no public hearing process would be required for the cell tower placement."

We posit that there should be a full public hearing process as the same

concerns about the first proposal have not been met or eliminated with the second location.

We, therefore, call for a public hearing on this second proposal as it is of the utmost importance for understanding the rationale for this site and for transparency of the process.

The risk to permanent residents has not been evaluated or mitigated. We will be exposed to a Class 2B possible human carcinogen, as determined by the World Health Organization's International Agency for Research on Cancer. Radiofrequency radiation is now on the high priority list for reevaluation because of recent findings of potential harm, including the 30 million dollar animal study by the USA National Toxicology Program which found "clear evidence of carcinogenicity" from exposures.

We will lose enjoyment of an unobstructed view and instead see this unsightly tower from our yards and homes, and risk a devaluation of our property values. The placement of an additional cell tower will forever change the landscape of the beautiful recreational area of the Village of Dunnottar.

We ask Mayor Joy Sul and St. An-

drews councillors to partner with us and Rogers to ensure a thorough process of location planning, safety evaluation and environmental impact of the proposed cell tower be completed. There is a viable alternative that we are currently discussing with a landowner. This would be further from homes and recreation space while satisfying the needs of the tower reception parameters. We simply require open communication.

We would appreciate any support in our request for a meeting with Mayor Sul and St. Andrews Council in addition to a full and proper public hearing with due consideration of the alternate site we have identified.

> Submitted by Sally Perchaluk Pat Brown, Nancy MacKenzie and Graham Cox Residents of Dunnottar

I am writing this letter to the editor for the sole purpose of the safety of the residents of Parkview Manor at 445 Eveline Street here in Selkirk.

Since the recent road construction to Eveline Street, and the removal of two of our loading zone signs the city has not returned them causing undue hardship for those needing street access for emergencies and/ or specialized transportation. Since

their removal, there are consistently vehicles parked all day in what should be our loading zone.

After speaking with a City of Selkirk official, I was instructed that the signs were not necessary and that vehicles emergency or otherwise could park further down the street or on a side street instead if front access is not available. However, I am curious as to why the area by Legion, has its signs back in place but we apparently as a senior's block do not require ours.

> Submitted by Derek Parkes Parkview Manor Tenant Advisory Committee (TAC) Selkirk

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

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EDITORIAL

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters or call our office at 204-785-1618 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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Christy Brown, Distribution Mgr.: 204-467-5836

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Marine Museum 50-50 draw helps support upkeep of ships

Residents can support this unique local prairie marine attraction by participating in their fall activities

By Katelyn Boulanger

The Marine Museum of Manitoba is now closed for the regular season but that doesn't mean that the fun is over for the year. There are still events that will take place in the fall and residents can continue to support the museum through their 50-50 Draw.

"The annual 50-50 Draw was a new format we started doing during CO-VID. As we couldn't do anything in person, we went online like many other businesses. It's basically taken over from our bi-monthly draws that we used to have and we now do one annual draw," said Shay Nordal, general manager of the Marine Museum of Manitoba.

This year tickets started selling in June and will continue to be for sale until Oct 31. The draw will take place

"[Residents] can phone the museum and set up a time with myself because as of [last] Monday, we close for the season, but I'm still around so they can call and set up a time to drop by and buy in person or if they would like they can buy off our secure website, which is marinemuseum.ca," said Nordal.

This 50-50 Draw supports the upkeep of the museum itself. As the museum is a unique experience where residents can actually board and explore historical ships, the ships themselves being outside need maintenance in order to continue to be in top shape for visitors. In addition, new exhibits and experiences are often made part of the museum's repertoire and so the fundraising helps to keep our maritime history growing.

"In the last year, the money went towards the restoration of the Keenora. We had a few provincial grants that were used for the restoration but a lot of them are 50-50 split where they will contribute 50 per cent and we have to fundraise the other 50 so all ticket sales last year went towards the restoration of the Keenora. [That project involved] painting and removing all the rotted boards and restoring. Looking forward we have restoration to do on the Bradbury next year and as for the other ships, it's a continual rotation. By the time we get finished with the Bradbury it's time to move back on to the lighthouse which will need painting and replacing of the shingle shakes," said Nordal.

Tickets go for 1 for \$10, 3 for \$20 or

10 for \$35.

John Buffie, Marine Museum board member and coordinator of the 50-50 Draw says that he believes people support this draw annually because of the direct results that they see in museum improvements.

"Our staff and the board have done a very good job of getting it out to people and letting them know about the museum and what the new things are. We've been constantly working at keeping it new and fresh with new exhibits and what have you. So, people know, they don't have to come just once and they've seen it. They can come back, over the years and see new stuff and that funding really helps us," he said.

In addition to the 50-50 Draw, there are a few activities on the horizon for the museum.

They are hosting a ghost tour event called Haunted Harbour Spirits of the Marine Museum Revealed. This tour initially sold out very quickly so they have brought on new days so that more people could enjoy the fun. Check out their website for tickets still available on Sept. 6, 7 and 10 before they sell out.

And, of course, the museum will be back with their Halloween Haunt this October. The Haunt is an event where the ships get a spooky makeover and residents get the chance to walk through and enjoy the chills and thrills during the Halloween season.

"This year, we're going back to the format where it's accessible to all ages. Last year, just coming back off a CO-VID, we did it where it was like a 15-16 plus event. This year, we're bringing it back so the whole family can come down and enjoy. In terms of the format, in the first amount of allotted time the young ones can come down, families and all the young kids, and tour all we have to offer with a flashlight and without people jumping out and scaring them. And then, after a certain time, we will have it where it's adults only and the full scare is on,"

The event takes place this year on the evenings of Oct. 19-21 and 26 to

Nordal encourages residents to purchase tickets to the 50-50 Draw and come out to all the fun fall events that will be taking place this year.

"There are a whole bunch of new exciting things happening here at the

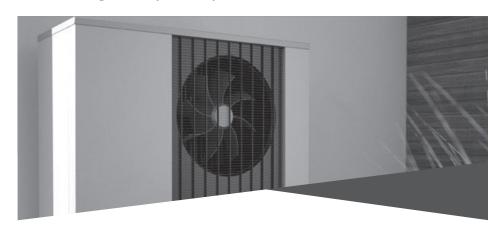


RECORD FILE PHOTO BY KATELYN BOULANGER

The Marine Museum of Manitoba is hosting their annual 50-50 draw. Grab a ticket before Oct. 31.

museum in terms of the restoration and exhibits. It's a lot of great family fun and a unique history that they can

explore and learn a little bit about our history here in Manitoba," said Nor-



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Who will be the 38th Citizen of the Year? Nominate someone today

Celebrating the citizens who make our communities a better place to be

Submitted by The Selkirk & District **Community Foundation**

There's a long list of past Citizen of the Year recipients - 37 names long to be exact – each of them unique in their story, but connected through their love and commitment to people and com-

The Selkirk & District Community Foundation is asking for nominations for this year's award.

Last year the award was presented to Milt Pedwell, a legend in the canoe and kayak community and a hero to the countless kids whose lives he touched while teaching them how to paddle.

Pedwell was shocked, and deeply touched when he was surprised by a group of family, friends and fellow paddlers who broke the good news to him at the Selkirk Canoe Kayak Centre (SCKC) last Oct. 15.

"Thank you all very much," a

teary-eyed Pedwell said at the

"Anything I've ever done for this club, I've always had a whole pile of people helping me. I've had a heck of a pile of fun and I'm gonna keep on doing it as long as you'll have me."

Well, they'd have loved to have him keep on doing it for years to come if they could have, but sadly, Pedwell passed away in December of last year.

Bonny Wynnobel, a board member with the Selkirk & District Community Foundation and a paddler who spent a great deal of time with Pedwell, said it was her honour and privilege to know Pedwell, and his absence is still felt.

"Milt was kind and caring and had a way of making every person he met feel special," Wynnobel said.



RECORD PHOTO SUBMITTED

Continued on page 12 The late Milt Pedwell with some of the many kids he inspired over the years.



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> 38TH CITIZEN OF THE YEAR, FROM PG. 10

"He was a teacher, and a fantastic one at that, but more than that he was a wonderful human being and it was my pleasure to be a part of the celebration that honoured him as the Citizen of the Year. His commitment to community, and the younger generation, was so authentic, so Milt. He is missed dearly."

Pedwell started the Selkirk Paddling

Club shortly after arriving in the city in 1991. The city was his retirement home, but his idea of retirement was to become immersed in his community and get folks – young and old – out on the water and active outdoors in the winter.

He succeeded wonderfully on both fronts and earned the respect of the hundreds, if not thousands, of people he touched over the years.

His daughter, Lynn Pedwell, says her dad was deeply moved by the Citizen of the Year award. It was overwhelming for him at first, but he came to embrace it and all that came with it.

Lynn says suffering through two years of isolation during COVID was tough on her dad, and the award, along with all the celebrations for the SCKC's 30th anniversary, brought great joy to him and he reconnected with at least 100 people through the

two events.

"I think he found it overwhelming, the scope of what it was and how important it was. Like, it was a big deal...he was very emotional a couple of times, giving speeches and thanking people," Lynn said, noting her dad always said he didn't do any of it alone.

"Because of the Canoe Club's 30th anniversary and the Citizen of the Year Award, his last two years were really amazing. I'm very grateful to Bonny [Wynnobel] nominating him because it was a huge deal to him. I miss him very much."

There was no doubt Pedwell could teach you how to paddle and how to stay safe on the water, but it's widely agreed as well that he had the ability to help guide others through life.

Corrine Johnson, President of SCKC, the group that nominated Pedwell, spoke on behalf of the club members who were there to celebrate with Pedwell last October. She started by calling him 'one of a kinď.

"I want for you to take a moment and drink this all in. Look around at some of the people whose lives you have so deeply impacted. Take a moment to realize the impact you have made," she said.

"This was your dream and you have made it an amazing reality. Over the years you created this beautiful place and taught so many people so many things. You created a safe place for all without judgment or prejudice. Your legacy will forever be known and associated with this club and every person and child that has had the privilege of meeting you."

Pedwell's name now stands alongside previous winners, including Jean Oliver, Rene Gauthier, Brett Mitchell, Michele Polinuk, Blake Burnett, Bob Hebert, Shirley Muir, the late Eva Hawryshko and the very first Citizen of the Year, the late Eileen Cyr.

The Citizen of the Year Award recognizes an individual, who through their own initiative, ability and effort has made an exemplary achievement in the area of the RM of St. Andrews, RM of St. Clements and/or the City of Selkirk.

Nominators should explain how the individual you are nominating has made the community a better place to live and work; provide a detailed account of the individual's volunteer contributions and/or professional accomplishments, as they relate to the community; and describe how the individual's actions have impacted and helped the community.

Written nominations are welcome from any individual, organization, business, association or institution and can be dropped off at the Selkirk & District Community Foundation office at 200 Eaton Ave., to the attention of the Citizen of the Year Selection Committee, or e-mailed to exdirector@sdfc.ca

For more information, contact 204-785-9755 or email selkirkfoundation@ shaw.ca

The deadline to nominate is Monday, Oct. 2.

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How the Selkirk Fire Department's personal safety equipment has improved

From beginnings using damp fabric to sophisticated pieces of apparatus used today

By Katelyn Boulanger

Have you ever wondered what firefighters of the past looked like? Ted Wozny, former Fire Chief of the Selkirk Fire Department, is passionate about fire safety and history and he has traced back the Selkirk Fire Department's equipment to the beginning so that we can all learn about the changes that have made our community a safer place.

He says that it all started with three fires that devastated the area in the late 1800s. After that 15 men volunteered to become the first fire department. The first fire department's equipment consisted of buckets and there is no record of any protective equipment for the firefighters them-

After the department acquired their first fire truck the first record of individual equipment for the firefighters themselves is found.

"In 1905, the fire department finally got seven rubber coats and two dozen wool mitts and three pairs of rubber mitts for \$42," said Wozny.

He noted that unlike modern firefighters there were no helmets for the volunteers at this time. This presented a danger as burning houses can be structurally unsound and collapse due to the damage created by the fire.

Luckily by the time that Wozny joined the fire department in 1959 helmets had become part of the firefighter's regular gear but he says they weren't able to take as much of a blow as modern fire helmets.

"They would stop some little things. It's better than nothing," he said.

When he first started they were still using wool mitts which are somewhat fire resistant because of the properties of wool but modern firefighters have clothing made of more effective ma-

"In early years, there was also no breathing apparatus only a damp cloth was used. Then we got filter masks, which were masks that were charcoal-filled and only took out smoke and some heat," said Wozny.

It was a very different time in the early part of the last century from a firefighting perspective. Many of the modern fabrics and materials used to create modern furniture and appliances were not yet available. This meant that when a fire burnt unlike now there was less risk that a toxic chemical would be released into the

"Today we have self-contained breathing apparatuses which carry your oxygen supply in tanks with safety tests for firefighters.. They're self-contained today because of the dangers," said Wozny.

This is why he says you might see firefighters going to a car fire for example and think that they are in a lot of equipment to deal with something outside but that equipment is protecting them from the chemicals that are released and are poisonous.

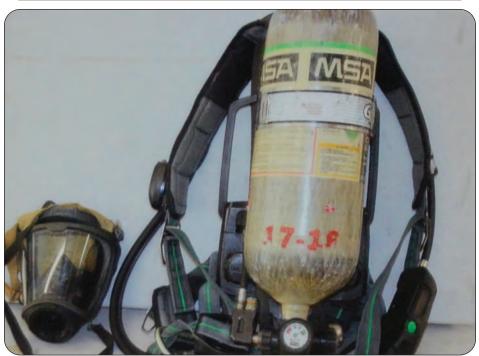
"You get a good couple of good waves of this stuff and you're done,"

In addition to the safety of having a self-contained breathing system, the firefighters in modern times all have radios and even cameras and of course, the units are able to sense atmospheric conditions that may be dangerous and alert firefighters.

This change in equipment and its history is something that not everyone knows about but is very important because it directly explains why when there is a fire in a house or building, even a small one, if it cannot be contained quickly, everyone has to evacuate because the dangerous chemicals can hurt you before the smoke would.

It's also a very good reason to get a smoke detector on every floor of your home because the earlier that you know about a fire the sooner you can put your evacuation plan into place





RECORD PHOTOS SUBMITTED BY TED WOZNY

(Top) Past breathing apparatus and (above) modern breathing apparatus.

and keep everyone safe.

Wozny is glad that our modern fire department is able to utilize this specialized equipment and stay safe while keeping others safe.

"The department today still has the enthusiasm that makes them a great department," he said.



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Le Burger Week kicks off Sept. 1 and there are lots of local options

Local restaurants are taking part in burger contest Sept. 1-14

By Staff

Le Burger Week is a great opportunity to get out and discover some new restaurants while indulging in specialty burgers for the next two weeks.

From Sept. 1 to 14, participants will be able to discover never tasted before, newly created burgers through Le Burger Week 2023.

There are 182 burgers to try throughout Manitoba.

The festival began in Montreal 11 years ago but has now expanded across Canada, generating over 150,000 participants in cities across the country.

Locally, from Kahleigh's Brew Barn in Riverton, for \$14.99 you can try their 'Loaded Pizza Burger', a beef burger topped with their house made aioli, pepperoni, bacon, Mozza cheese, marinara and mozzarella sticks.

In Sandy Hook, Carlo's Cucina will be serving 'The Magnifico' for \$18.95. It is specially made with an Arborg Bakery Focaccia Hamburger Bun, Si-

cilian Caponata family recipe, Bothwell mozzarella cheese, a smashed certified Angus beef patty, Soppressata, Carlo's Caucina's specially made in house roasted garlic parmesan aioli

topped with arugula tossed in olive oil with cracked black pepper and Himalayan salt served with handcut roasted garlic parmesan yukon gold fries served with in house roasted garlic Parmesan aioli dipping sauce All components are gluten free and they have gluten free buns available.

Something Beautiful Café in Stonewall will be serving their 'Duck Hunt' Burger for \$16.00. It is a homemade beef patty topped with BBQ duck breast, creamy brie cheese, crispy potato chips and butter leaf lettuce dressed with a citrus aioli on a black sesame Kaiser bun; and served with a smoked shotgun shell pinned on top

At Seagull's Hecla Island, for \$18.00 you can try their Butter Chicken Burger with a house-made, curry flavoured, ground chicken patty topped with an onion pakoda, turkey bacon, jalapeno jack cheese, dill pickles, tomato, red onion, lettuce, and housemade butter chicken sauce on a toasted brioche bun.

Smitty's Restaurant & Lounge Selkirk has created an 'Aloha' burger for \$18.49. This burger has a Hawaiian twist on a Swiss burger. Bacon and swiss cheese on a perfectly grilled

6oz burger patty, topped with caramelized pineapple that gives a taste of summer to the burger. Crispy lettuce, a slice of tomato, julienne red onion and a classic hamburger bun to seal the deal. You can add avocado to your burger to enhanace the southwest burger experience.

At the Thirsty Lion in West St. Paul, you can try the 'El Paso' burg-



'The Duck Hunt' is the burger of choice at Something Beautiful Café's in Stonewall.



Carlo's Cucina's in Sandy Hook is showcasing the Magnifico burger.



'The Loaded Pizza' burger can be ordered at Kahleigh's Brew Barn's in Riverton.



Smitty's Restaurant & Lounge in Selkirk created the Aloha burger.



Seagull's Restaurant in Hecla Island has the Butter Chicken burger on their





The Thirsty Lion in West St. Paul has the El Paso burger.

er for \$21.99. It has a juicy homemade beef patty, chili with a kick, melted cheese and tortilla strips served with your choice of side.

With restaurants across Manitoba putting forth their best burger creations, festival participants have the chance to vote for their favourite burger and take part in a new initiative, 'Hamburgames', an interactive gamified experience which allows you to earn Yums (points) and perks during the two-week long event via LeBurgerWeek.com.

At the end of the two-week festival, winners in each participating city will be announced

Be sure to get out and try one of these newly created gourmet burgers during the two-week festival and support local restaurants in your area.





'Lace Up' and support Diabetes Canada this September

Join the movement to End Diabetes and lace up with on Sunday, September 24

By Lorne Stelmach

January Regnier will be getting extra active this coming month for a cause that is personal for the Winnipeg resi-

She will be joining a team of coworkers to participate in the Lace Up Your Way challenge to raise funds and awareness for Diabetes Canada, and the Type 1 diabetic is wanting others to take it on in September.

"Spread the word. Get involved. There's so much you can do ... tell your family, your friends ... it all makes a difference," she said.

"We're hoping to get 2,000+ participants this year, which is a significant growth from 400 in 2020," said Kelly Lambkin, senior manager of community fundraising and events in Western Canada for Diabetes Canada. "Anybody anywhere geographically can participate, and it really is just movement that is meaningful for them, so wherever you are in your fitness journey, you can participate as well.

Every September, thousands of Canadians from coast to coast to coast take the #LaceUpYourWay challenge to raise funds and awareness for Diabetes Canada.

Anyone at any fitness level can participate, and you can join a distance challenge or start a daily streak in the Lace Up app. Share it with your circle and tell them why you Lace Up

to raise funds in support of Diabetes Canada.

Choose your favourite endurance activity and track how many kilometres you move on the Lace Up app, and you can join the 10K, marathon or 100K challenge. Match movement for dollars, and let your supporters set your pace. Commit to completing kilometres or repetitions for every do-

Every three minutes, a person in Canada is diagnosed with diabetes or pre-diabetes. It is estimated 11.7 million Canadians are impacted by diabetes and about 412,000 in Manitoba or about 30 per cent of the population.

There are 92 per cent with Type 2 diabetes and eight per cent with Type 1 and gestational diabetes.

"And unfortunately those numbers are on the rise, so that's why there's so much importance to creating awareness and community partnerships," noted Lambkin.

Regnier has been living with the disease for 38 years. There is a history of it in her family.

"It's very prevalent in our family on my dad's side," she noted.

"I want to help raise money for a cure and for more improved management options," Regnier continued. "There have been great strides. When I first started when I was first diagnosed, I tested my blood sugar four times a day and took my insulin twice a day ... that slowly changed over the years, and now the technology has improved so much.

"It's a complete game changer for me. I'm on the continuous blood glucose monitor and insulin pump, and they work together to keep my blood sugar in better control, and my blood sugar has never been so good," she said. "With diabetes, things just happen, though. Sometimes, you never have the same day, and it can be due to so many things ... there is still work

Lambkin noted that Lace Up originated in Manitoba and was an inperson event before going virtual as a result of the pandemic.

"It's one of the events that we felt was really relevant to keep our diabetes community together throughout the pandemic," she said.

"It's a national fundraiser ... and participants choose their activity, whatever's meaningful for them so they can walk, ride, dance," Lamkin said. "We just encourage them to move and it's at their own pace. Every distance and every dollar helps fund education and our support services, advocacy and diabetes research.

"It's really a good opportunity to challenge yourself or rally a team together," she added "We have a map which pinpoints participants right across the country," she noted. "It actually indicates some in-person walks as well."

There will also be a special virtual event on Sunday, Sept. 24.

"It's actually a cross country virtual relay ... we have an emcee who is going to be virtually in every province ... it's a really good connective piece

All MPI locations closed and scheduled appointments cancelled until further notice

Submitted by MPI

Due to continued Manitoba Government and General Employees' Union strike action, all Manitoba Public Insurance (MPI) locations will be closed and all scheduled appointments will be cancelled until further notice. This includes all driver testing, estimating, adjusting and driver fitness appointments. Affected customers will be contacted to reschedule at a later date. More information is available on

MPI has worked closely with its partners across the province to minimize the impacts customers may experience because of the strike action.

In collaboration with these partners, the following services will continue:

 Customers with general inquiries or front-end service transactions, including licensing renewal and insur-

ance payments can visit one of MPI's nearly 300 broker partners. Find a broker in your community using our Find a Service tool.

- The MPI Contact Centre will remain open for reporting personal injury claims, non-drivable collision claims, and total-theft claims. Customers reporting all other passenger vehicle (car, SUV and light duty truck) claims can go to directly to an MPI-accredited repair shop for vehicle estimates and repairs, without calling MPI first.
- Essential services, such as income replacement payments for personal injury claimants, will continue uninterrupted.

MPI will update its website daily to reflect the most up-to-date service impact information available.



Student cyber security precautions

security practices at home and in

Thanks to advancements in technology, students and educators are increasingly turning to birth, tablets and computers when working on

Students should implement cyber daily assignments and classroom activities. Students rely on the internet for research and keeping in touch with teachers and other students, and work is even assigned and completed via digital platforms.

Despite the upside of technology,

cybercrime is a potential pitfall of all that time spent online. The internet provides instant access, and that can put students at risk.

According to Verizon's 2016 Data Breach Investigations Report, the education sector ranked sixth in the United States for the total number of reported "security incidents." Schools are data-rich, meaning they give hackers access to information like identification numbers, birthdates, email addresses, financial data, medical records, and more.

Students must understand cyber security risks when working and sharing data online. The following are some tips students can follow.

- · Protect passwords. Students are urged to keep their passwords to themselves. This prevents others from using accounts maliciously or even in seemingly harmless ways that can put you in trouble, such as searching for inappropriate content in school. Choose complicated passwords that can't be easily guessed, and opt for two-step authentication whenever offered.
- Use secured WiFi networks. Free or open WiFi connections are not encrypted, meaning they can be accessed by anyone. Many cyber criminals gain access to information through these channels. Schools should have encrypted systems in place.
- · Limit what you share on the internet. Students are urged to be aware of what they share online. According to DataManagement, a computing service, information posted to social media is permanent, and deleted items

aren't necessarily gone. Exercise caution on social media. Don't post unless it is something you would be comfortable sharing in public.

- Watch out for phishing scams. Phishing usually occurs through fraudulent email messages that mimic the look of reputable solicitations. Scammers rely on these tactics to tempt people to click on links or download attachments that can put malware on a device and steal personal data. Exercise caution with all links and downloads.
- · Schedule routine backups. Data can be lost if a device crashes, so routinely back up personal devices and home computers. Backups can be stored on external hard drives or with cloud
- · Exercise caution when filesharing. UC Santa Cruz's information technology services says viruses and malware can be transmitted by filesharing software, and files offered by others may not be what they say they are. Only used school-approved filesharing options.

Cyber security is something students should prioritize this school year. The right security measures can protect students, their classmates and their schools.







registration

Extracurricular activities for non-athletes

High school sports garner significant attention in communities that want to support their student-athletes. But what about students who aren't inclined to compete on the field or in the gym? There are many more non-athletes than athletes, and the following are some extracurricular activities that might appeal to students who aren't interested in sports.

Theater - School theater programs faced significant challenges during the COVID-19 pandemic, when indoor gatherings were limited if not outright restricted and students were forced to adapt to remote learning. But since COVID-related restrictions were lifted, many theater programs are back in full swing. In fact, the Educational Theatre AssociationTM notes that its programs were present in roughly 5,000 schools during the 2021-22 school year. Theater programs can expose kids to the performing arts but also teach youngsters who aren't interested in performing about backstage components, including set design and even script writing

Volunteering - Volunteering is another potential extracurricular activity high school students might want to consider. Volunteering can expose children to potential career paths and introduce them to people from all walks of

life. The vast majority of nonprofit organizations welcome and need volunteers, so students should be able to find an organization with a mission that aligns with their values. Schools also may sponsor volunteer programs, and that can be a great way for students to engage with their school community.

Clubs - High schools are home to clubs that cater to all sorts of interests. Foreign language clubs, gaming clubs, book clubs, and debate clubs are just some of the many non-sports-related clubs students can join to participate more fully in campus life.

Physical activities - Just because kids aren't interested in traditional scholastic sports doesn't mean they don't enjoy breaking a sweat or being part of a team. Local commu-

nity programs may offer club skiing teams, rowing clubs, hiking clubs, and other physical activities that are not affiliated with a school. Such options are great opportunities for kids to engage in physical activity and meet fellow fitness enthusiasts. One option kids may want to consider is a local recreational pickleball league. Pickleball has exploded in popularity in recent years and many communities now host competitive leagues for people of all ages. Students who don't want to compete in scholastic sports can still find a wealth of extracurricular activities that align with their interests and even others that may stoke newfound passions.



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Butterflies, benches and the Trans Canada Trail

So much to see and do by the lake this year

By Laura McCombe

Three or four mornings every week, we have the absolute pleasure of walking the Trans Canada Trail which crosses #12 highway, then winds through the grassy lawns of Grand Marais Community Central (GMCC) and into the forest on the south side of the RV park. The trail continues along Orvis and Matilda Streets where it converges with a packed gravel path that continues north, past the Recreation Centre, and slinks along the top of the man-made dike through another small forest that leads to the channel road between the East and West Gates of Grand Beach Park. From Spring until Fall, the path is bursting with flowers and foliage, birdsong, and the rustle of creatures in the hollows – nature in its glory.

Usually, we continue along the channel road through the Park, then along the Boulevard or Grand Beach Road to home

According to my tracker, it is about 6 or 7,000 steps, approximately 5 kilometres to complete the well-groomed loop that includes the GMCC grounds. The route is the result of foresight and planning by the Red River North Trail Association and its affiliation with the Trans Canada Trail also known as the Great Trail - along with support from the R.M.'s of St. Clements and the Province of Manitoba, Building Sustainable Communities branch plus the resident associations who contribute to the vision and viability of the trails including their safety and accessibility.

Locally our champion is Dan Lester who has been the Trail Representative in the East Beaches since 2004 – almost 20 years. It took over three years for Lester to negotiate with all the partners including the Provincial Park to extend the Trans Canada Trail through the town of Grand Marais.

He said, "It is my job to navigate the connectivity and the bumps. Older people, kids and young families are who I care about. I want to advocate for their enjoyment of the outdoors and make sure that those who use the trails are protected. I am eager to ensure that soon there will be a solar powered crosswalk on the highway between the GMCC and the culvert off Grand Beach Road that connects to Community Central. This is all about safety and that is one of the prime objectives with respect to planning the trails." Lester went on to add, "Along with the Eastern Beaches Development Corporation, I want to see the Grand Marais signboard at Vassar Lane restored. For a year now, it has been caught in political backfire, and community angst because it is located on crown land. That is just one of many bumps that slow down progress. The trail requires a legal footprint, and Red River North is unable to get liability insurance without it. We are all, as community members, stewards of the trails."

We do our walk early in the morning along the Trans Canada Trail with our three big rescue dogs. Occasionally we double back on the path before reaching the channel road just for the pure pleasure of the walk and for the natural environment that surrounds us. Once or twice, we retreated because there were coyotes - who call the marsh home, ruling the trail. No worries.

The return walk through the GMCC grounds provides the excuse to stop and admire the new garden called Butterfly Way. Now here is a lovely little story of community involvement and philanthropy.

In April of this year, Maggie Svaling of Winnipeg, who is a horticultural expert and member of the Manitoba Master Gardener Association, called Donna Whalley, the new manager at the Grand Marais Community Center and RV Park. Svaling was looking for a community garden project to work on while she was at the Lake this summer.

"I quickly offered up the teardrop garden we have at the entrance to the RV Park as it was in need of some love. When I met with her, she indicated that she really liked the spot and could create a native garden with plants from the area.

I spoke with Skyler Thomas from the Manitoba Métis Federation to see if we could get some info/plants, etc. for the garden as well. Skyler also liked the idea and reached out to her contacts. I also conscripted a neighbour in Lakeshore Heights who had some appropriate plants to share. Then, Henry Spreen our head groundskeeper at the GMCC & RV Park along with a member of the B59 Green Team (Beaches of 59 Green Team) rototilled the area to make it ready for Maggie's magic touch," said Whalley.

The designer of the project, Svaling, is a Manitoba Master Gardener and a Master Composter who currently sits on the board of the Riverview Garden Society as Secretary and is the past-Membership Coordinator for Gardens Manitoba. Svaling spends her



RECORD PHOTO BY LAURA MCCOMBE

Henry Spreen and Donna Whalley in the Butterfly Garden with the bench donated by Robert Unik

summers "tending to my many gardens both in Winnipeg and at the lake in Grand Marais. In 2018, my front yard garden in Winnipeg was featured in the Urban Retreats Garden Tour. As a seasonal resident of Grand Marais, I want to do my part to help beautify our little town. I feel there is a lot of potential to make Grand Marais a beautiful resort community. Flower gardens can do just that. I was inspired by David Suzuki's Butterfly Way Project and wanted to make this project happen in Grand Marais. My hope is that the garden at Grand Marais Community Central will inspire cottagers and residents to create their own Butterfly Way. We all need to do our part to protect the pollinators and help fight climate change; and who doesn't love flowers, bees, and butterflies (and all the other beneficial insects).'

The story gets even better.

Along with community volunteers, Svaling created a lovely garden that now teams with plants, butterflies, birds, and dragonflies. In mid-August master carver Robert Unik of Selkirk offered to donate a magnificent bench of his own creation to the com-

munity of Grand Marais. The work of art will reside within the Community Central Building at the entrance to the Heritage Wing for the winter months.

However, on the Labour Day Weekend, the colourful bench graced the new garden called Butterfly Way where it vied for attention among the butterflies who live there. Recently, Unik made an offer to non-profit groups in Selkirk, St. Andrews, and St. Clements to carve a bench, free of charge as a donation. He grew up in the area and wanted to give back.

The benchs are not to be sold or raffled to raise money. The expectation is that they be used. This is the first bench that Unik plans to donate. His generosity is much appreciated, not just by the community but also by the many, many guests who visit Grand Beach, the Grand Marais Community Center, and its gardens and by those like us, who walk the Trans Canada trail which winds through and past this lovely spot.

Cops on coins: RCMP the theme of Manitoba Coin Club's fall show

By Patricia Barrett

The Royal Canadian Mounted Police riding through history will be the theme of the Manitoba Coin Club's upcoming Coin, Stamp & Collectibles Show at the Access Centre in West St. Paul.

People who happen to own coins depicting an image of Canada's federal police service are encouraged to bring them to the show - along with other coins and bills (Canadian or foreign) they've got hanging around house - because they could leave the premises feeling quite flush.

The coin club's members are experts when it comes to determining the value of coins and bills, and visitors to the fall show can not only get a free evaluation of their money, but they can also learn how to carry out their own research to find out whether they've got money worth more than what's stamped on it.

One thing people shouldn't do is take old money to the bank because it could be worth a mint and they'll only get face value, said coin club member Larry Dalman, who will be at the show. Ditto for businesses that offer to buy coins based on weight; coins could be worth far more if they're rare, in excellent condition or have unique "flaws" or features that occurred during the minting process.

Dalman, who has about 50 years' experience valuing currency, said coins such as the Canadian quarter honouring the centennial of the mounted police could be worth hundreds of dollars depending on condition and if there are variations of the Queen's image (i.e., a small or large bust of the Queen).

"The most iconic coin was the 1873-1973 commemorative quarter showing a profile of a Mountie on horseback," he said.

This year the Royal Canadian Mint issued a commemorative \$50 silver coin weighing 158 grams to honour the 150th Anniversary of the service and which features six different images from previous coins. The service started out in 1873 as the North-West Mounted Police before being renamed in 1920 when the Dominion Police and North-West service were combined to form one national police service.

"The RCMP has been around for 150 years. This is first time that six different coins depicting the service have been put on one gigantic sliver coin," said Dalman. "The Mint made only 1,250 of them and they sold out immediately. It sparkles when you see

Down the road these coins, which feature images of Mounties from years including 1973, 2013 and 2020, will only will increase in value depending on how well they're preserved.

Other Canadian silver coins, such as Canada's centennial set (1867-1967) featuring animals such as the Canada goose, wolf, bobcat, mackerel, rabbit and dove, could fetch a higher price than selling them by weight. And by melting them down, Canada loses a piece of its history.

"A lot of our history is being melted down. All silver coins have been decertified. Companies are offering to buy them and pay people the current market value of silver by weight," he said. "But these coins could be worth far more."

Coin club members can provide current collectors and future collectors with valuable advice on what to do with their old – and new – money.

Dalman said he's been getting lots of inquires from people about coins and bills to see if they'll



RECORD PHOTO COURTESY OF ROYAL CANADIAN MINT

This year the Royal Canadian Mint issued an RCMP commemorative coin to mark 150 years of the service. The coin is made of silver and features six images of Canada's federal police service.

be worth anything in the future and what should they should do with them. Canadian fifty-cent pieces featuring the Queen, for instance, haven't been made in large quantities since 2004 when they made only for collectors. Those pieces could become very valuable.

With a new English monarch on the throne, Canada's money will eventually feature King Charles III. Dalman said people should hang on to the coins being issued right now which still have the Queen's image, as well as the "first evers" of new coins and / or bills that will feature the new monarch.

"We're in a transition period in history right now. We're going from a monarch who has been on our coins for 90 years," he said. "All the coins coming out of the Mint right now still have the Queen's image because we don't have a new image of the King. We're telling people that these are the last coins we'll see with Queen Elizabeth II. And people should hang on to the first evers of the new king."

For people just getting into collecting coins, the Royal Canadian Mint will be at the club's show on the Saturday from 1-3 p.m. to offer a coin exchange,

The Mint will be offering people a commemorative loonie honouring Elsie MacGill, a female aeronautical engineer who designed the Maple Leaf biplane and a process to produce a wartime plane called the Hawker Hurricane.

"MacGill is known as the Hurricane Queen. She's responsible for the development of a special aircraft for the Second World War," said Dalman. "People can exchange a few loonies or so for one of these collector coins. These coins come right off the Mint's table. We call them first strikes and they're all uncirculated."

In addition to coins, people are encouraged to bring stamps and other collectibles such as comic books to the show as experts in those fields will be on hand.

The coin club's show takes place on Saturday, Sept. 23 and Sunday, Sept. 24 at the Access Centre (formerly the Sunova Centre) on Holland Road just outside the Perimeter in West St. Paul.

For more information, visit the Manitoba Coin Club online www.manitobacoinclub.org

Raising funds for BC



RECORD PHOTO BY BRETT MITCHELL

Ava Fernandes from St. Andrews and her cousin, Hunter Page who was visiting from Calgary raised a total of \$365 from their Lemonade Stand/Bake Sale last month which was donated to helping with wildfire efforts in B.C. They are thankful to the staff at Harry's Fine Foods in St. Andrews who let them use their location for the sale.

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> ROTARY CLUB BOOK SALE, FROM PG. 6

initiative of literacy. We want to see the library grow for the young people. And that's why we focused on the new children's wing. We want to see that that next generation of readers really get to blossom and grow," said Thorne.

Promoting literacy is one of the key initiatives of the Rotary Club and this annual book sale has been very successful in our community with 17,000 books sold at last year's event. Thorne hopes to sell even more books this year.

"Much like last year, the books are going to be separated by genre to make it easier to search for that special book that you're looking for. And also much like last year, the amazing people at Red Bomb Fireworks, Matt and Brandi Bialek, I can't say enough about them. I don't think we'd be able to do this without them and they are a huge part of our success. They have collected the books throughout the year, they put them onto pallets, and then they deliver them to us. So, lots and lots of investment by Red Bomb Fireworks to help us out. They've been tremendous partners with our Rotary Club for years now and we're so happy to partner again with them," said Thorne.

This year they have received even more donations than last year and Thorne predicts that the volunteers will be very busy restocking throughout the sale.

"We're holding the prices the same as last year, where children's books are 25 cents paperbacks are \$1 and hardcover books are \$2. Our mission is really to promote literacy rather than make money which we do by keeping the prices super low. One

thing new this year is there's going to be a collection of coffee table books and some hardcover collections, entire [series] of books. They're going to be individually priced as we learned from last year that there was a big demand for those types of books," said Thorne.

He says that their donations are varied which means there will be a little something for everything. From romance to suspense to true crime, you name it and they've got it.

Something that residents should also note is that the volunteers are continuously bringing new books onto the floor so going back multiple times throughout the weeks is something that many of our community's readers end up doing.

They also have plans for books that they still have at the end. Books will be donated to Share the Magic and Feed the Body Feed the Mind in order to help spread literacy further.

As for volunteers for the event they are fully staffed when it comes to book sorting but there may be some spots open for interested residents in the community to help out during the sale. Volunteers will be sorting, cleaning, restocking and bringing new books out from the back. Contact the Rotary Club through their Facebook page if you are interested.

"I do encourage people to visit back two, three or four times. I know we had some of our most avid readers last year come every day and find treasures every day," said Thorne.



COVID on the rise in Manitoba, first West Nile case confirmed

By Patricia Barrett

With new COVID variants picking up steam across the globe, Manitoba is experiencing an increase in COVID infections and hospitalizations.

There were 80 new COVID infections detected from Aug. 20-26, according to the provincial government's respiratory surveillance report for Week 34.

"The number of reported cases and number of COVID-19 hospital admissions increased compared with the previous week," states the report.

Twenty-two people with COVID were hospitalized in Week 34, including two people who required intervention in the intensive care unit. There were no deaths reported.

The numbers are based on comparisons of total severe outcomes that are provided in the current and previous week's report.

Wastewater surveillance data up to Aug. 22 indicates increased COVID

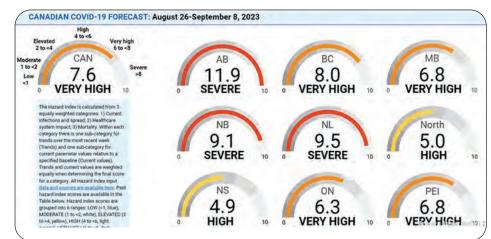
activity in Winnipeg and Brandon.

There have been 2,508 deaths from COVID in Manitoba and 53,345 deaths in Canada, according to federal government data as of Aug. 19.

OTHER HEALTH NEWS:

- COVID-19 Resources Canada, a group of health and data experts, issues a COVID hazard index for provinces and territories based on current infections and spread, health-care system impact and deaths. Its estimate for the period Aug. 26 to Sept. 8 shows Manitoba's COVID hazard at 6.8 or very high.

- In the World Health Organization's last weekly epidemiological update of Sept. 1 (the WHO is moving to a four-week epidemiological reporting schedule), there were more than 1.4 million new COVID cases (an increase of 38 per cent) and over 1,800 deaths



COVID-19 RESOURCES CANADA

COVID-19 Resources Canada's COVID hazard index rates Manitoba at 6.8 or very

(a decrease of 50 per cent) reported to the organization between July 31 and Aug. 27.

The reported cases "do not accurately" represent infection rates because countries have reduced testing and reporting, states the WHO. But the organization said it will use available sources to continue monitoring CO-VID and its impact on health systems.

"COVID-19 remains a major threat and WHO urges Member States to maintain, not dismantle, their established COVID-19 infrastructure," states the WHO. "It is crucial to sustain early warning, surveillance and reporting, variant tracking, early clinical care provision, administration of vaccine boosters to high-risk groups, improvements in ventilation, and regular communication."

The variant EG.5 is now the most prevalent variant of interest globally, accounting for 26.1 per cent of reported sequences from Aug. 7 to 13, according to the report. The variant BA.2.86 was classified as a variant under monitoring on Aug. 17, and as of Aug. 30, 21 sequences have been reported from seven countries.

As of Aug. 27, there have been over 770 million confirmed COVID cases and over 6.9 million deaths reported worldwide.

- Manitoba Health reported the first confirmed human case of West Nile Virus this year and another three probable cases are under investigation

"The confirmed case in 40 to 49 years of age and lives in the Winnipeg Regional Health Authority," states Manitoba Health in an Aug. 25 West Nile Bulletin. "The individual experienced neurological symptoms and was hospitalized."

In 2022 there were seven confirmed cases of West Nile, with five people requiring hospitalization.

Emergency department disruptions in the Interlake-Eastern Regional Health Authority continue. Ashern's ER availability has improved since last month: over the period Sept. 1-15, the ER is open 24-7 on 11 days of that 15-day period.

The Eriksdale ER, however, is closed for 12 days of that 15-day period and the Arborg ER is closed for 13 days. Gimli and Stonewall have two days each of ER closures.

The ER schedule is posted on the IERHA's website and is subject to

Thank you Oldtimers!



RECORD PHOTO SUBMITTED

The Clandeboye & District Recreation Association is thankful to the Clandeboye Oldtimers hockey team who recently made a generous donation of \$2000 to their outdoor rink programs in memory of their team's founding members, Ed Kamer and Tommy Simpson. The founding members first took the team to the ice in 1977 and they've iced a team every season until the pandemic in 2020. The legacy of this group of players lives on through this donation which will support kids' ice hockey and skating programs.



SDOPTS&recreation INSIDE > OUTSIDE > UPSIDE DOWN

Fossilized Anarchy win provincials

By Brian Bowman

Fossilized Anarchy are 55-plus slopitch provincial champions.

They did it with an impressive 23-11 win against a solid Bartons team (defending city and provincial champions) in the final at Little Mountain Park last week in Winnipeg.

"We played extremely well, for the most part, and the team came together when we had to," said Fossilized Anarchy's Gary Dear.

The team started off the provincials with a 27-15 win versus Prime Time but then lost a close one, 19-18, to the Bartons

From that point on, Fossilized Anarchy was in a must-win situation because the Maulers

(Brandon) were 2-0.

"We played them Tuesday morning and our team had its best performance of the season," Dear said. "We beat them 20-2 and then played Selkirk and won 19-4."

The Maulers then beat the Bartons and that made it a three-way tie for first place, but based on runs for and against, Fossilized Anarchy finished first followed by Bartons (second) and the Maulers (third).

Fossilized Anarchy's offence was

very potent throughout provincials.

"We scored a ton of runs in every game," Dear said. "Even in the game we lost, we still scored a ton of runs. The thing about this team is when batting 12 players, one through 12 it didn't matter who came up (to bat). There were four times where we had two outs and no one on base and we still managed to put five runs up on the board and the most that you can score in an inning is five."

Fossilized Anarchy had a fantastic season, posting an impressive 41-4 record and winning all five tournaments that they entered.

"It was our inaugural season, we just basically put the team together this year to see how we can compete with these guys and we did quite well," Dear explained. "It was a great year all around and it's a great group of people that we have on this team. It was the first time that I can recall playing on a team and there was never a disagreement between players all year. Everyone sort of knows their role and it didn't matter where they batted in the lineup. They did their thing and it was a lot of fun."

Dear would love to see more local players join the league. It is a 55-plus



RECORD PHOTO SUBMITTED

Fossilized Anarchy won a 55-plus provincial title last week after defeating Bartons 23-11 at Little Mountain Park last week. Local players on the team include Dennis Tucker, Paul Lee, Ross Penwarden, Roberta Dear, and Gary Dear.

league for the men and 50-plus for the women.

"I wish more people knew about this league," Dear said. "I know there are a lot of great slo-pitch players in Selkirk, Stonewall, and West St. Paul area. It would be nice if guys put a team together and get something going."

Anyone interested in playing in the league can contact Don Klym at Softball Manitoba via email at executive-director@softball.mb.ca or by phone at 204-925-5674.

get inspired > MEAL IDEAS RED (CO-OR) FOOD

Protein-Powered Chia Pudding 4 Ways

Prep time: 15 minutes Servings: 1 per flavor **Mixed Berry Blast:**

- 1 Chobani Zero Sugar Mixed Berry Drink
- 3 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- 1/4 teaspoon pure vanilla extract
- 1 cup mixed berries (blueberries, raspberries, blackberries or chopped strawberries)

Peaches and Cream Dream:

1 Chobani Zero Sugar Peaches & Cream Drink tablespoons chia seedsteaspoons manuka honey

1/4 teaspoon pure vanilla extract 1 peach, chopped

1 tablespoon sliced almonds

Strawberry Cheesecake Delight:
1 Chobani Zero Sugar Strawberry
Cheesecake Drink

- 3 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- 1/4 teaspoon pure vanilla extract
- 1 cup chopped strawberries
- 2 tablespoons low-sugar granola

Milk and Cookies Madness:

1Chobani Zero Sugar Milk & Cookies Drink

- 3 tablespoons chia seeds
- 2 teaspoons pure maple syrup
- 1 tablespoon unsweetened cocoa

powder

- 1/4 teaspoon pure vanilla extract
- 2 teaspoons cacao nibs
- 2 teaspoons chopped hazelnuts

To make Mixed Berry Blast: In small bowl, use fork to whisk mixed berry drink, chia seeds, maple syrup and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Stir in 1/2 cup berries and transfer to serving glass. Top with remaining berries.

To make Peaches and Cream Dream: In small bowl, use fork to whisk peaches and cream drink, chia seeds, honey and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Stir in half the peaches and transfer to serving glass. Top with remaining peaches and sliced almonds.

To make Strawberry Cheesecake Delight: In small bowl, use fork to whisk strawberry cheesecake drink, chia seeds, maple syrup and vanilla extract. Let mixture sit on 10 minutes to thicken then stir to distribute

seeds. Stir in 1/2 cup strawberries and transfer to serving glass. Top with remaining strawberries and granola.

To make Milk and Cookies Madness: In small bowl, use fork to whisk milk and cookies drink, chia seeds, maple syrup, cocoa powder and vanilla extract. Let mixture sit 10 minutes to thicken then stir to distribute seeds. Transfer to serving glass and top with cacao nibs and chopped hazelnuts.



Manitobans selected for Pan American Judo Championships

Judo Manitoba

Judo Manitoba is pleased to announce that two Manitoba judo athletes, Sarah Ekosky of the Selkirk Judo Club and Nicolas Villa, have been selected to attend the Pan American Judo Championships to be held in Calgary on Sept. 8-10.

Villa, a 17 year old member of the provincial team, competes in the under 73 kg weight division. His home club is the Nakamura Judo Club in Winnipeg.

Villa, a brown belt, has trained hard this season and his effort led to excellent results in the Canadian tournament circuit. His competitive results for the 2022-23 season include:

- Manitoba Open (October 2022) -Double gold medallist in U18 and Se-
- · U18 Elite 8 National Championships (January 2023) - Bronze
- · U18 Saskatchewan Open (January 2023) – Bronze
- · U18 Pacific International (March 2023) – Silver
- U18 Open National Championships (May 2023) – Silver
- · US Open (July 2023) Bronze in

Villa also competed in the 2023

Canada Winter Games held on Prince Edward Island in February, finishing fifth in the male under 73 kg division.

As a result of his performance this season, Judo Canada has selected Villa to compete in the 2023 U18 Pan American Championships in the under 73 kg weight division.

Ekosky, a 19 year old black belt, has been selected for the U21 Pan Am Championships to be held the same weekend in Calgary.

Fighting in the under 63 kg division, Ekosky's impressive competitive resume this season includes:

- · Senior Elite National Championships (December 2022) - Bronze
- · Saskatchewan Open (January 2023)
- Double gold medallist in U21 and
- · Senior Pacific International (January 2023) – Silver
- U21 Edmonton International (March 2023) - Gold
- Senior Edmonton International (March 2023) – Silver
- · U21 Open Nationals (May 2023) –
- · Senior Open Nationals (May 2023) – Silver

Ekosky currently leads the 2023 rankings for best performance in all



RECORD PHOTO SUBMITTED

Judo Manitoba announced that Sarah Ekosky of the Selkirk Judo Club has been selected to attend the Pan American Judo Championships to be held in Calgary on Sept. 8-10.

female divisions on the Canadian judo circuit of major national tourna-

U13, U15 AA Interlake Phillies compete at provincials

By Brian Bowman

The U13 AA Interlake Phillies posted a 3-3 record - and finished fourth at the 10-team provincials in Brandon last month.

Interlake played very well at the provincials.

"It wasn't too bad of a result," said Phillies' head coach Nick Germaine. "They gave it their all in the last game for the bronze medal. We were down three runs going into the last inning and we were away so we needed the runs, which we did and tied it with two outs."

The Phillies had a runner on third in an extra inning but could not cash her in. Interlake eventually lost the game 15-14 to Central Charge.

Interlake enjoyed a really good season, both on the diamond and away from it. The Phillies improved a lot over the course of the season.

"It was definitely a good group of girls. It was my first year coaching softball and I got to learn a lot," Germaine said. "I think the girls learned a lot about the game, game play, batting and throwing.

"We did some team-building stuff. We went to the movie Barbie in Stonewall so they all dressed up in pink and all of that stuff. We also did some

team breakfasts."

The U15 AA Phillies, meanwhile, finished with an 0-4 record at the provincials in Brandon.

"It was due to injuries, we had a lot of injuries on our team," said Phillies' head coach Carmen Germaine.

The experience of playing at provincials will help the players in future

"I think they learned a lot and learned what it takes to play at this level," Carmen said. "The drive they need to have and (what they need) to do to play at this level and compete at this level."

The Interlake players bonded very well throughout the season and at provincials. Players came from across the Interlake.

"The Phillies' program, I think, is doing a really great job," Carmen said, noting the Phillies now have three AA teams. "They're doing a great job making sure that ball is present in the Interlake. They're getting the word out there as much as they can and they are trying to host as many big tournaments as they can in the area, which is huge because it's a huge un-

Steelers started training camp this week

The Selkirk Steelers started training camp this past Tuesday.

Selkirk will hit the ice again on Wednesday (10 a.m. to 4:30 p.m.), Thursday and Friday (10 a.m. to 12:15 p.m and 2:15 p.m to 4:30 p.m.).

The Steelers' camp will take place at

the Seven Oaks Arena.

Selkirk's preseason schedule includes home games against the Niverville Nighthawks on Sept. 10 and the Winkler Flyers Sept. 16. Both games will start at 2 p.m.

The Steelers will hit the road for exhibition games against Niverville

Sept. 12 and Winkler Sept. 13. Puck drop for those games is 7:30 p.m.

Selkirk's regular-season opener is Sept. 22 (7 p.m.) at Niverville. The Steelers' home opener is Sept. 23 (7:30 p.m.) against the Steinbach Pistons.

In off-ice news, the Steelers traded 2006-born forward Tyler Bernier to the OCN Blizzard for a second round pick in the 2004 draft on Aug. 24.

Bernier, a Winnipeg product, played one game with the Steelers last sea-

He previously played two seasons of U18 AAA hockey with the Winnipeg Bruins.

Varsity Thunder to play Park West Outlaws on Friday

By Brian Bowman

The Interlake Thunder varsity football team is ready to open its Rural Manitoba Football League season in Shoal Lake.

Interlake will take on the Park West Outlaws this Friday. Kickoff is 5 p.m.

"The team and I are very excited to get this season going," said Thunder head coach Christof Hasselfield. "The players have been working hard all spring and fall camp. I think they're itching to finally line up across from someone else for a change. Plus, you never truly know what you have in a team until you actually test it in a regular-season game. We're ready for the test."

Interlake played Park West last season and it was a high-scoring affair.

"When we played them last year it was a bit of a shootout ending with a 71-42 victory for us," Hasselfield recalled. "Obviously, we'd like to contain their offence more effectively this year. As for what their offence will look like is hard to say, with graduation and general turnover from year to year in the league. Our game plan for Week 1 is simply to play fundamentally sound on both sides and start to find our identity on defence and offence.

"As we gather more tape and statistics on future opponents we will start to aim to shut down or exploit tendencies."

Starting the season on the road can be a good thing.

"I will have started all three of my years in the RMFL on the road now, including this year's season opener in Shoal Lake," Hasselfield said. "I think a road trip to start the season is a great chance for the team to come together and start to gel. The change of scenery will be nice as well. Regardless of where we play opening games it always comes down to how the team reacts to the change in pace and intensity. We're a young team this year but we started many Grade 9s last year so we're hoping that experience will be able to lead on the field and help weather the opening rush of a new football season.

This year's Thunder roster has a lot of speed and about half of the players are returning ones.

"Offensively, we're smaller than last year after losing an amazing senior offensive line but we have a lot of speed in space with multiple weapons who can take it the distance on any play. Offensively, I've also been impressed with the buy-in through camp. This year we expanded the playbook and tweaked some formations and motions from last year. Returning players, as well as rookies, have clearly bought in and put in the time mentally.

"Defensively, we have more upperclassmen and a lot of size in the defensive interior as well as safeties and outside backers who can run sideline to sideline. If we can play as a unit our hope is to spill offenses horizontally then run them down with our second level speed."

The Thunder have had a really good turnout of players this season that live all across the Interlake.

"I started with the Thunder the year after the cancelled Covid season. It's great to see the numbers continue to grow over the past two years," Hasselfield said. "Our team is made up of a healthy mix of players from Gimli, Selkirk and Stonewall as well as many towns between. This season will mark the first year we are using online meetings to review game tape as a team. This has so far been a very effective and accessible way to get the team together when we pull from such a vast area."

The RMFL has added two new teams - the Winnipeg Falcons and St.

Vital Mustangs - for the 2023 season.

"I grew up in Winnipeg playing football since I was nine years old. I've played the Falcons and Mustangs countless times in my career and it's exciting to have them added to the league," Hasselfield said. "I think any growth for the league is exciting. I got a chance to watch both teams in an exhibition game a few weeks ago. Both teams looked good for August football. I also appreciated how much both teams were willing to air the ball out. We're looking forward to getting to play both this season."

For Hasselfield personally, he will be making the transition from offensive coordinator to head coach.

"I'm extremely grateful for this opportunity, taking on the role of head coach. Mitch (Obach) let me know we'd likely be making the transition midway through last season. It helped to have a full offseason to prepare. I will retain offensive play-calling duties - a role I've had both my previous years with the Thunder," said the 30 year old. "So far, I'm really enjoying the role. Having a great support staff and parent group have made the transition with some of the duties outside of the Xs and Os very smooth."

Selkirk Jr. B Fishermen begin training camp on Monday

By Brian Bowman

The Selkirk Jr. B Fishermen are set to defend their three-time Capital Region Junior Hockey League title.

Selkirk will hold two tryout practices on Sept. 11 and Sept. 13 at 8 p.m. at the Selkirk Recreation Complex.

Registration, which costs \$50, will begin at 6:30 p.m. in the Fish office.

Players must provide their name, date of birth, hand of shot, preferred position, and last team played for.

Everyone is really excited to get out on the ice for another exciting season.

"Coming off a victory in a championship is always fun and we'll see if we can do it again," said

Fishermen head coach Chris Poponick last week. "I'm getting antsy after making lots of phone calls about hockey lately."

Selkirk has a tremendous core of players returning this season but both of the Fishermen goalies from last season have aged out of junior hockey.

"We're looking for a couple of goaltenders so we're hoping to get a bunch of goalies out at camp," Poponick said. "We're also hoping to get all of the APs that we had out last year come out as well. We're looking forward to a really good season."

Selkirk will be competing in a preseason tournament later this month, hosted by the Lundar Falcons. The Fishermen will play the Falcons on Sept. 23 (8 p.m.) and the St. Malo Warriors Sept. 24 (4 p.m.).

INFORMATION REQUIRED: 1. NAME 2. BIRTH YEAR 3. HAND 4. PREFERRED POSITION 5. LAST TEAM PLAYED FOR REGISTER: CHRIS.POPONICK@GMAIL.COM

RECORD PHOTO SUBMITTED

The Selkirk Fishermen will begin training camp on Sept. 11 at the Recreation Complex.

Strike Force shut out by Superbia FC

Staff

The Tri-S Strike Force was shut out 6-0 by Superbia FC on Aug. 28 in MMSL 5th Division action at the Selkirk Recreation Complex.

Abdurrahman Bekir (four) and Niki Broder (two) scored for Superbia FC.

The Strike Force, now 1-13-2, will play Crescentwood Saturday on Sept. 7 at Shaughnessy Park.

Game time is 9 p.m.

Selkirk FC, meanwhile, was blanked 2-0 by the Kildonan Cavaliers in Manitoba Major Soccer League 3rd Division action on Aug. 29 at the Selkirk Recreation Complex.

Teki Gebrehawaryat scored both Kildonan goals. Selkirk FC, now 4-7-2, will host the Hanover Sting on Sept. 10. Game time is 6 p.m.

Classifieds

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca

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Autos, farm scrap, brass, copper & batteries wanted, 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-

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GARAGE SALE

Garage sale of vintage radio collection, tubes. speakers, radio books. etc. Fri. & Sat., Sept. 8, 9. 9 a.m. -5 p.m. 7851 Henderson N.

Selkirk Record

Call 785-1618

THE INDUSTRIAL YARD SALE for Barney Osadchuk & Jim Airth, Lockport, Manitoba

Location: PTH 44 IXL Brick & Tile Building,St. Clements Industrial Park

Saturday September 16, 2023 10:00 AM - 5:00 PM All items sold in "as is" condition with no warranties implied 2014 Ford F150 4 wheel drive truck, excellent condition, only 171,000 km *Buhler- Farm King 480 seed cleaner *Radial arm saw* NH 1500 combine with melrose pickup *7 ft 3 point hitch snowblower *671 Detroit diesel on bearcat hammermill *Large gear drives *Great Dane 48 ft tandem (needs repair) *Stock tank heaters *Backhoe setup for skid steer *Hydraulic scissor lift table *3 PH motors *Self loading chain floor trailer *Tubs of new bearings *Radiator heaters *471 CCW Detroit diesel on frame *Pallets of chain binders *Tire chains *Hydraulic 30 ton press *Parts washer *Hydraulic arm lift *Forklift (parts) *Newer folding lift *Dual tire lift *Metal shelving *Tire inflator cage *1000L engine oil dispenser tank *2 - 205 drum dispenser stand *4ft x 8ft x 1/4 inch steel bench *4ft x 4ft x 1/4 inch steel bench (no vices) *Parts to Waukesha 6 cylinder motor *Bearing greaser *Pallet of Heavy electric cable AWG/3XLP Tek 90-400CA-400 *3 PH transformer, panels & breakers *New pintle hitches *Jackall *1979 Kiefer 18 ft tandem axle stock trailer *Heavy duty electric welders *Industrial commercial cabinet sandblasters *Electric fence charger *6 inch hand ice auger *Weed eater gas edger *Touch & glow 7000 BTU kerosene heater *10 inch ice auger *2 - screen doors *Miscellaneous metal corral panels *24 ft lengths of 1 x 1 x100 wall square tubing & much, much more. Terms of the sale: Cash, debit, MC, Visa accepted * Prior approval of cheques accepted* All item(s) must be paid for on day of sale * Once an item is sold the purchaser is responsible for the item(s) Item(s) may be added or delete before sale time All items sold must be paid for on the day of the sale * 3% merchant fee charge on credit cards. NOTE: This is a "must attend" vard sale as there is a very good selection of new and interesting items for sale. For further information contact Jim Airth 204-781-0782

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MISCELLANEOUS

Brand new Hoover upright household floor vacuum cleaner, exc. cond. \$150; BN men's size 9 buckle-up leather winter boots \$100; EC Men's blueish purple parka size XXL w/black woolen hood. fits a man's size XL \$100; BNC & EC pair size 9 men's work boots/safety shoes w/laces & steel caps over toes \$100; Sunbeam 2-slice toaster EC & EWC \$15. Phone 204-785-8598. telephone ring at least 10 times for an answer.

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MISCELLANEOUS

Canning jars for sale (made in Canada), 53 2 quart size, wide mouth Mason, 133 - 1 quart size GEM, 12 gallon size, glass (10 wide mouth & 22 narrow). Sell as lot \$225. Call 1-204-339-5072.

UPCOMING EVENTS

Sept 10 - Gospel Blue Grass music 10:30 a.m., Cloverdale United Church, followed by a BBQ/picnic. Sept 24 - Darrell & Angel bring you country blues, folk music, some familiar and some from a by-gone era. Lead Belly, Hank Williams, Neil Young and many more. We look forward to seeing you at Cloverdale Church, 10:30 a.m. 204-482-5359.

UPCOMING EVENTS

Clandebove United Church, Fish Fry, Friday, September 22, 2023, 5:00 p.m. to 7:00 p.m., Clandeboye Community Hall, 111 Main St., Clandeboye, MB. For Tickets call 204-785-8040 or 204-738-2368, or speak to a member of the Clandeboye United Church. \$25.00 per adult, \$12.50 children 2-12. 50/50 draw and cash bar.

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Duties include assisting the public, sorting and packaging recycling materials, daily house keeping and general clean up.

Please send resume to mikespropertygroup@gmail.com



RURAL MUNICIPALITY OF WEST ST. PAUL TENDER 2023-03

Supply of Track Loader with Five Foot Wide Sidewalk Plow

The Rural Municipality of West St. Paul is seeking tenders from qualified bidders for the supply of one (1) track loader with five foot wide sidewalk plow.

Specifications and Tender packages including submission documents are available online at www.weststpaul.com.

Sealed submissions clearly marked "Tender 2023-03 - Supply of Track Loader with Five Foot Wide Sidewalk Plow" will be received by the undersigned at the address below until 11:00am on September 21, 2023. Late submissions will not be accepted.

The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the Tender should be directed to Rick Friesen, Public Works Manager by e-mail rfriesen@weststpaul.com or by phone 204-334-0092.

Ms. Lainie Shaw, ACAO Rural Municipality of West St. Paul 3550 Main Street West St. Paul, MB R4A 5A3



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Want to learn how to fly? Interested in a career as a commercial pilot? LS Airways Flight Academy is the most affordable in Canada. We have students from all over the world. We offer flight training and ground school (air law, navimeteorology, gation, aeronautics general knowledge). Call 204-651-1402.

NOTICES

URGENT PRESS RE-LEASES Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna. com under the "Types of Advertising" tab for more details.

News Tips? Story Ideas?

call the Record 204-785-1618

Reporter/Photographer **Wanted**

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

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

Qualifications:

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

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

Email: news@stonewallteulontribune.ca



NOTICES

TAKING REGISTRA-**TIONS** FOR THE FALL? SOMETHING FOR SALE? HAVING AN EVENT? Let us help you with that. Book your Blanket Classified Ads NOW in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna. com

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NOTICE TO CREDITORS

THE MATTER of the ESTATE of HAZEL FRANCES THOMP-SON, late of the City of Selkirk, in Manitoba, deceased. All claims against the

above Estate, duly verified by Statutory Declaration, must be filed with the undersigned at: 374A Main Street, Selkirk, Manitoba R1A 1T8 within 30 days of the date of this publication.

DATED at the City of Selkirk, in Manitoba this 1st day of September, 2023.

Hnatiuk Law Attention:

**Andrew Hnatiuk Solicitor for the Executor

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RURAL MUNICIPALITY OF WEST ST. PAUL

PUBLIC NOTICE

In accordance with Section 194 of *The Municipal Act*, the financial report of the auditor together with the related Financial Statements for the year ended December 31, 2022, have been deposited in the office of the Acting Chief Administrative Officer at the Municipal Office, 3550 Main Street, West St. Paul. Manitoba.

Persons wishing to view the municipality's financial statements may view the documents on our website at www.weststpaul.com or by contacting our office at 204-338-0306 to make viewing arrangements.

Dated this 7th day of September, 2023.

Lainie Shaw, CMMA **Acting Chief Administrative Officer** RM of West St. Paul

Selkirk

PUBLIC NOTICE REGARDING REVISED WATER AND

WASTEWATER RATES In Order No. 95/23 dated August 16, 2023, the Public Utilities Board approved the revised water and wastewater rates as applied for by the City of Selkirk, Selkirk Water and Wastewater Utility effective October 1, 2023

The approved rates are:

	Current	October 1, 2023
Quarterly Service Charge	\$27.50	\$29.28
Water (per cubic meter)	\$2.44	\$2.59
Wastewater (per cubic meter)	\$3.07	\$3.26
5/8" Minimum Quarterly - Water & Wastewater*	\$104.64	\$111.18
5/8" Minimum Quarterly - Water Only*	\$61.66	\$65.54
5/8" Minimum Quarterly - Wastewater Only*	\$70.48	\$74.92
Bulk Water Sales (per cubic meter)	\$2.80	\$2.98
Wastewater Receiving Rates:		
Administration Fee (quarterly)	\$27.50	\$29.28
Volume Dumping (per cubic meter)	\$14.83	\$15.79
B.O.D. Surcharge (per kilogram)	\$0.51	\$0.54
S.S. Surcharge (per kilogram)	\$0.25	\$0.26
Untested Dumping (per cubic meter)	\$25.60	\$27.26

* Based on 14 m3

Details of other rates may be found in Schedule A of Board Order No. 95/23 and can be viewed on the City of Selkirk's website:

Classifieds Announcements

SelkinkRegord

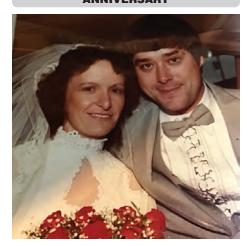
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ANNOUNCEMENT



Allen & Charlene Hocaluk
Happy 30th Anniversary Mom and Dad
September 4, 2023
May God bless you both
on this special day and
all the years to come!
-Love Caleigh and Brendon

ANNOUNCEMENT ANNIVERSARY



Happy 40th Anniversary
Bob and Heather Wensel
September 10, 2023
-Love your family

ANNOUNCEMENT

BIRTHDAY

Happy 80th Birthday! Nellie Anne Tepper (Rogers) September 8th



Happy Birthday to the Most Amazing Mom & Nanny! May all your Birthday Wishes come true! -Love, your family

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ANNOUNCEMENT

IN MEMORIAM



Dustin Miles Trainor
June 9, 1984 - September 6, 2008
-Loved and missed by
his brother Branson, Dad,
family and friends

ANNOUNCEMENT

IN MEMORIAM



Barbara Louise Niebel (nee Campbell)
March 2, 1957 - September 11, 2018
As precious memories fill our hearts
And tears come down our eyes,
We trust and carry on with faith.
Still waiting for that joyful day when we will be

-Love your family

CELELBRATION OF LIFE

Elsa Nellie Maria Frommelt Orvis March 22,1962 - August 26, 2023

Celebration of Life is planned for Saturday, September 9th, 2023, 1:00 p.m. at the Selkirk Friendship Centre.

OBITUARY

Janet (Cruse) Thompson August 29, 1942 - August 31, 2023 Thanks for all the memories.

Gilbart Funeral Home, Selkirk in care of arrangements.



RED RIVER PLANNING DISTRICT DEVELOPMENT PLAN BY-LAW AMENDMENT 285-23

PUBLIC HEARING

We are Listening.

Public
Hearing
Wednesday,
September 20th, 2023
5:30 PM
East St. Paul Council
Chambers 3021
Birds Hill Rd.
East St. Paul, MB

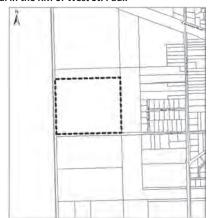
Phone:
(204) 669-8880
1-800-876-5831
Fax:
(204) 669-8882
E-Mail:
info@rrpd.ca
Website:
redriverplanning.com



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

What is Development Plan By-Law Amendment No. 285-23 about?

This application seeks to redesignate land along an undeveloped portion of Toshack Road from Resource and Agriculture to Rural Residential in the RM of West St. Paul.



Toshack Road (Roll #421000)

Any person wishing to make a presentation, ask questions, submit a written statement, register support or objection must register no later than noon the day before the meeting at hearings@rrpd.ca.

For more information, please contact the Red River Planning District.

Red River Planning District Mon-Fri*

2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm

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

Classifieds Salkate Record Announcements

OBITUARY

William Clark Linklater (Bill)

It is with great sadness the family announces the passing of Bill on Sunday, August 27, 2023.

Left to cherish Bill's memory are his sisters, Noreen (Nonie) Gudmundson (Merv) and their children Noreen (Warren), Tim (Andria) and Michelle (Neal); Barb Linklater (Stig Rensfelt) and their children Chris (Chantal), Laura, Karin (Dave) and Eric (Brittany); nieces and nephew Dawn (Donnie), Lisa (Ray) and Cody and (Brie); great nieces and nephews, Cassie, Brittany, Jayce, Joshua, Owen, Annalea, Ryan, Mia, and Patrick; great great niece Klayton.

Bill is now reunited with mom and dad Kenny and Noreen Linklater, brother Larry and his wife Brenda, and sister Bobie and her daughter Jesselyn.

ind ner daugnter Jesselyn. Bill grew up in Cloverdale and loved everything outdoors,

where he enjoyed dirt biking and his horses. He was also an avid hunter and angler, which led to many delicious Pickerel dinners. His lifelong job was working at Gerdau Manitoba which he thoroughly enjoyed and made many friendships. In the past few years, many health challenges were put in front of him, but he always looked forward to the day he could once again return to work.

Graveside funeral services will be held on Thursday, September 7, 2023 at 1:00 p.m. in the Cloverdale United Cemetery.

We will miss you Bill and you will forever be in our hearts.

Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY





Lilly Rose Cawson (nee Herde)

Peacefully, on Friday, September 1, 2023 at the Tudor Personal Care Home, Selkirk, Lilly Cawson, aged 102 years of Selkirk, MB passed away.

She was predeceased by her husband Frank; brother and sister-in-law George and Margaret Herde; brother-inlaw Joe Mitru; sister-in-law Muriel (Don) Court; sister-in-law Mary (Leverne) Williams and brother-in-law Charlie (Florence)

Cawson.

She is survived by her sister Evelyn Mitru and nieces, nephews, great-nieces and nephews.

Lilly was born in Switzerland and the following year her parents immigrated to Canada and settled on a farm in Saskatchewan. It was under the pioneering conditions of those days that her love of all things in nature developed and grew.

In 1943, she enlisted in the Canadian Women's Army Corp (CWACS) Signals Division in Regina and served overseas in England until 1946.

In 1950, Lilly owned a Hair Salon in Moosomin, SK until she married Frank and then came to Winnipeg and Selkirk in 1961.

Funeral service will be held on Friday, September 8, 2023 at 2:00 p.m. in the St. Clement's Church.

We would like to thank all the friends and family that visited Lilly over the years. We would like to extend a huge thank you to Cathy and Helmuth Janke and their families, also Derek and Brenda Cawson and their families for their love and continued support. Also thank you to the Tudor House staff.

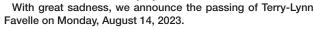
Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY





Born Terry-Lynn Ferguson on Monday September 17, 1956 in Selkirk, MB. Always an adventurer, Terry had a long career as a singer/entertainer under the stage name Terry Peters. Her voice would carry her from MB, through Toronto and surrounding southern ON, Ottawa, and Thunder Bay.

Terry would finally settle on her husband's reserve near Dryden, ON. She would earn a degree, and establish a successful career as an economical development officer.

Terry had a friendly personality, with a kind and generous soul. She was a great friend with a lot of great friends. Terry was a daughter, sister, niece, aunt, wife, mother and grandmother. She was loved by many, and her loss will be felt by us all. As she

joins her predeceased husband, and others she loved who passed before her, she will be loved, remembered and missed.

Funeral Services will be held on Friday, September 15, 2023 at 11 a.m. at Wabigoon Lake Ojibway First Nation, ON

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

OBITUARY

Anne McRae

Anne McRae passed away at the age of 102 on August 29, 2023, at Red River Place in Selkirk, MB.

Anne was predeceased by her parents, Nicholas and Annie Kreviazuk, son Bobby and husband Melville (Dumpy), three brothers and four sisters.

She was cherished by her daughter Arlene Sutherland, granddaughters, Corinne and Jodi (Dennis), great-granddaughter Samantha and many nieces and nephews whom she loved dearly. Family and friends are invited to attend a celebration of life gathering on Tuesday, September 5, 2023 at 11:00 a.m. at the Knox Presbyterian Church. 341 Eyeline St. Selkirk. MB R1A 1N1.

In lieu of flowers, donations may be made in Anne's memory to the Knox Memorial Fund. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Bert (Geurt Bartus) Vanderhart

With great sadness, we announce the passing of Bert (Geurt Bartus) Vanderhart on August 28, 2023 in Petersfield, Manitoba at the age of 74.

Bert is predeceased by his siblings Engelina, Herman, Cor, and Aart, and his parents Barteld and Janna.

Bert's life will continue to loom large in the minds of his children Tessa (James) and Jesse (Carly), his wife Connie, his beloved niece and nephew Robin (Jason) and Jason (Evelyn) and his grandnephews and nieces. He will be remembered as a great friend by so many, especially Penny and Evan, Dale, and neighbours Henri and Katie.

Bert was born in the Netherlands on July 11, 1949. His family immigrated to Canada, eventually settling in Selkirk, Manitoba. There, he and his brothers developed a deep appreciation for

Manitoba's waterways, particularly the slough, Netley and Wavey creeks — where he could pass a perfect day swimming or fishing with a cold beer in hand.

Bert's work at the Selkirk Mill and his decades at Manitoba Hydro introduced him to countless buddies all across the province, including Gillam, Kelsey, Grand Rapids and Pointe du Bois. He was proud to have never taken a sick day, leaving a year of paid sick time before his retirement officially began.

A celebration of Bert's life will be held at the creek at a later date; a private family interment will take place.

In lieu of flowers, donations can be made in Bert's memory to Save Netley Marsh. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Karl Heinz Friedrich Schalk

On August 28, 2023, Karl Schalk of Petersfield, Manitoba passed away at Deer Lodge Centre in Winnipeg.

Left to cherish his memory are his loving wife Ada; daughters Elaine and Wendy (Neil); son Ronald (Audra); grandsons Bryce (Rebecca), Evan (Sarah), Travis, and Owen (Beka); greatgrandchildren Adilyn, Jameson, and Camden; and his brother Alfred. Karl is also survived by sisters-in-law Betty Schofield, Peggy Janisch and Barbara Fisher, brothers-in-law Jim Fisher and Joe Fisher, and numerous nieces and nephews.

He was predeceased by his father Karl Sr., mother Anna, sister Irene Rosser, sister-in-law Faye Schalk and nephews David Schalk and David Schofield.

Karl was born on August 16, 1936 and lived his entire life on the family farm in Petersfield. He married Ada Fisher in 1958

and they built a beautiful life together raising their children and farming the land. Karl and Ada would have celebrated their 65th wedding anniversary on September 6 this year.

In addition to farming, Karl worked many different jobs over the years. As a young man, he drove a milk truck and worked construction but spent most of his time working on his father's mixed farm. After he bought his dad's farm, he also worked at the Selkirk Rolling Mills and as a school bus driver. Any student lucky enough to be on Karl's school bus route would have experienced many fun antics over the years.

Karl was proud to be an active community member and a good neighbour. He was a member of the Petersfield Community Club, president of the Petersfield Curling Club, and sat on the council of the Good Shepherd Lutheran Church.

Karl had a lifelong love of curling, and played until he was 80 years old. He loved his dogs, spending time with family and friends and attending his grandsons' sporting events. He was particularly happy that he was able to travel Canada, the US, and Germany, but he was equally content hosting family for Sunday dinner on the farm or chatting with people in the community.

As family members can attest, Karl couldn't go anywhere without bumping into a friend. He had a great sense of humour and you knew there was a good story coming when he got a grin on his face and a mischievous twinkle in his eye. Karl's smile, gentleness, and warm presence will be missed by all who were close to him. How lucky we are to have had someone who makes saying goodbye so hard. He was loved so much and will be missed every day.

Memorial service will be held on Friday, September 8, 2023 at 11:00 a.m. in the Good Shepherd Lutheran Church.

In lieu of flowers, donations may be made in Karl's name to the Petersfield Curling Club. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



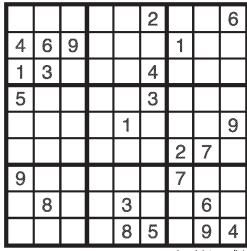
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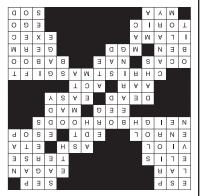
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\forall	6	3	G	8	L	9	_	2
2	9	G	ŀ	ω	6	\forall	8	۷
8	ŀ	L	9	7	2	3	G	6
3	۷	2	6	G	8	ŀ	7	9
6	G	9	۷	_	abla	8	7	ε
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9	ε	abla	2	6	T	G	L	8

Sudoku Answer

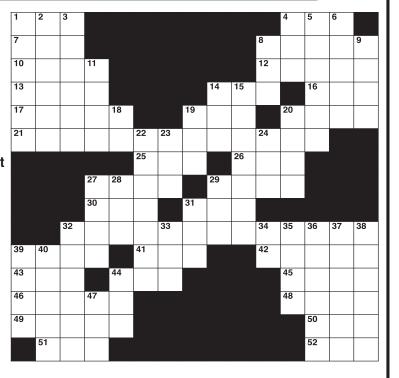


Crossword Answer

CROSSWO

CLUES ACROSS

- 1. Second sight
- 4. Standard electrode potential
- 7. Type of gibbon
- 8. John Joseph __: American industrialist
- 10. Manning and Whitney are two
- 12. Abrupt
- 13. Baroque musical instrument
- 14. Post-burning residue
- 16. When you hope to arrive
- 17. Sign up (Brit. Eng.)
- 19. Sun up in New York
- 20. Employee stock ownership plan
- 21. Where people live
- 25. Method to record an electrogram
- 26. Angry
- 27. No longer living
- 29. Simple
- 30. Swiss river
- 31. Portion of a play
- 32. It's under the tree
- 39. Wood sorrels
- 41. No (Scottish)
- 42. Dialect of English
- 43. Former Steelers' QB
- 44. Popular beer
- 45. It can make you sick
- 46. Tropical tree and fruit
- 48. Company officer
- 49. Contact lens term
- 50. Your consciousness of your 11. Walk heavily own identity
- 51. "Ghetto Superstar" singer
- 52. Piece of turf



CLUES DOWN

- 1. Number of players on each side in a football game
- 2. Containing salt
- 3. Reasoning or knowledge: a
- 4. Car mechanics group
- 5. Leave a place
- 6. Southern Colombian capital
- 8. Old English letter
- 9. Tide
- 14. Chemical compound (abbr.)
- 15. Artificial openings
- 18. Luteinizing hormone
- 19. Unit of energy
- 20. Circular movement of water
- 22. A way of holding
- 23. Popular book of words

- (abbr.)
- 24. States' group
- 27. Dashes
- 28. Body part
- 29. Electronic countermeasures
- 31. Consumed
- 32. Small bird
- 33. Unhappy
- 34. Football's big game (abbr.)
- 35. Valued object offered in good faith
- 36. Wild goats
- 37. Precede in place
- 38. Small edible fish
- 39. Notice of death
- 40. Body cavity of a metazoan
- 44. Partner to cheese
- 47. Not around



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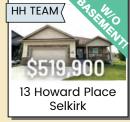
FEATURE OF THE WEEK!





ONE OF A KIND property & opportunity! With two heritage buildings on a ¾-acre lot bordering Selkirk Golf Course in central Selkirk this property is a dream! Heritage home has been exceptionally well taken care of & upgraded, offering the look of charming character from the 1800's yet with all of the modern conveniences of 2023. Main home is 1,729 SF & features 3 bedrooms, 1.5 bathrooms, fantastic layout, Hi-E furnace, C-Air, 200A Service, Sump pump, 8' basement w/sprayfoam insulation, many newer windows, plus an amazing outdoor courtyard with summer kitchen, sunshower sprinkler system, storage sheds & is lush with beautiful flower beds, vegetable gardens, raspberry canes & fruit trees. The Carriage House currently known as Hook & Tassel will be your perfect Air BNB, guest house, or granny suite. This 750 SF 1.5 storey has a large loft-style bedroom with room for 4 to sleep, full kitchen, laundry, 3pc bath & private wrap around deck with incredible views. Hook & Tassel Brand, glowing reputation & contents not included in list price but can be purchased for an additional amount. Please contact us for details!

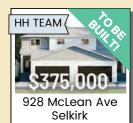


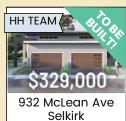






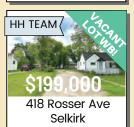






















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