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THURSDAY, OCTOBER 12, 2023

VOLUME 14 EDITION 41

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## Dancing for MMIWG2S+



RECORD PHOTO BY KATELYN BOULANGER

A jingle dress healing dance and ceremony were held at the Gaynor Family Regional Library as part of the National Day of Action for MMIWG2S+ event which was hosted by the MB MMIWG2S+ Coalition. Residents came to join in the event and walk to the Selkirk Friendship Centre afterwards. Pictured: Jingle dress dancer Jocelyn White performing. Learn more inside.

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# MMIWG2S+ event brings focus to healing on National Day of Action

Our community's advocates come together on Oct. 4

By Katelyn Boulanger

Emphasizing the need for healing and awareness the National Day of Action for MMIWG2S+ event at the Gaynor Family Regional Library last week showcased the many people in our community that won't let the missing and murdered be forgotten.

The event was called Ziibaaska'iganan Ga Gii Ge Shimoon or Jingle Dress Healing Dance and in addition to the dancing featured drums, a sacred fire, and discussions about the ways in which we as a community need to both heal and do more so that fewer people join the list of murdered and missing Indigenous women, girls and two-spirit people which is already too long.

The event started with Scabe/Fire Keeper Grey Wolf who explained the meaning behind the sacred fire and how to offer tobacco to the fire.

"My job is to be sure that this is tak-

en care of properly. So, nobody gets hurt as we walk out of here. As we see what goes on, we want to understand. As a Scabe, we do a lot of work to make sure that this line of work is our traditional way of life. A lot of this was taken away from us and we're fighting that back to get our spirit back," said Wolf.

Tammy Wolfe, co-chair of the MB MMIW2S+ Coalition then explained that Oct. 4 is both the provincial day of awareness and education and the National Day of Action for missing and murdered Indigenous women, girls, two-spirit, and gender-diverse people before the opening prayer.

Jaime Grasby provided the opening prayer explaining that by coming together today the memory of our ancestors will not be forgotten.

Grasby then explained that tobacco

Continued on page 7



RECORD PHOTO BY KATELYN BOULANGER

The National Day of Action for MMIWG2S+ event saw our community come together in support. Jocelyn White leads the crowd from sacred fire with a jingle dress dance.

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# Selkirk RCMP respond to stranded boaters on Hardmans Lakes

## Residents reminded of boating safety requirements

Submitted by Manitoba RCMP

On Sept. 30, at 5:30 p.m., Selkirk RCMP received a report of a stranded boat out on Hardmans Lakes, located on the south shore of Lake Winnipeg. The two boaters (81, 59), who were out fishing, advised police that their boat had run aground on a sand dune and they were unable to free themselves.

With daylight quickly fading, two vessels, one from the Selkirk RCMP Detachment and the other from the RCMP Marine unit, were launched in an effort to locate the stranded vessel.

The stranded boaters could only

say they were somewhere north of the Netley boat launch when their cell phone died.

RCMP contacted the Matlock Fire Department for assistance who provided additional vessels and volunteers to support in the search.

After 6 hours of searching, the stranded boaters were located and safely brought back to shore.

RCMP would like to remind the public for their safety that the minimum safety equipment requirements for a motorized craft, no greater than 6 metres (19'8") in length, are the following:

- An appropriately sized Canadian-approved personal flotation device or life jacket for each person on board
- A buoyant heaving line (15 metres in length)
- Manual propelling device or anchor with at least 15 metres of rope, cable or chain
- Bailer or hand pump
- Sound-signalling device
- Navigation lights if the craft is used between sunset and sunrise, or during periods of reduced visibility, i.e. mist and rain
- A class 5BC fire extinguisher for any craft equipped with an in-board motor or fixed fuel tank
- A waterproof flashlight or 3 Canadian-approved flares (Type A, B or C flares)
- A vessel license if your craft is outfitted, even temporarily with any motor of 10 hp (7.5kW) or more



RECORD PHOTO SUBMITTED

Responding RCMP vessels.



Red River

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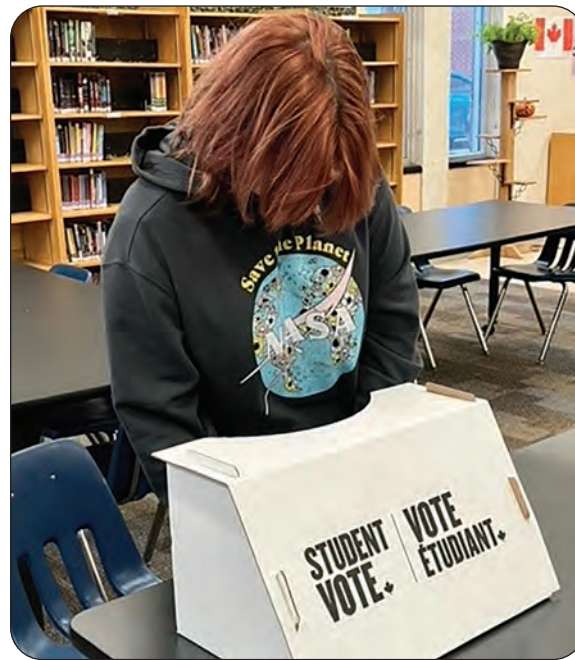
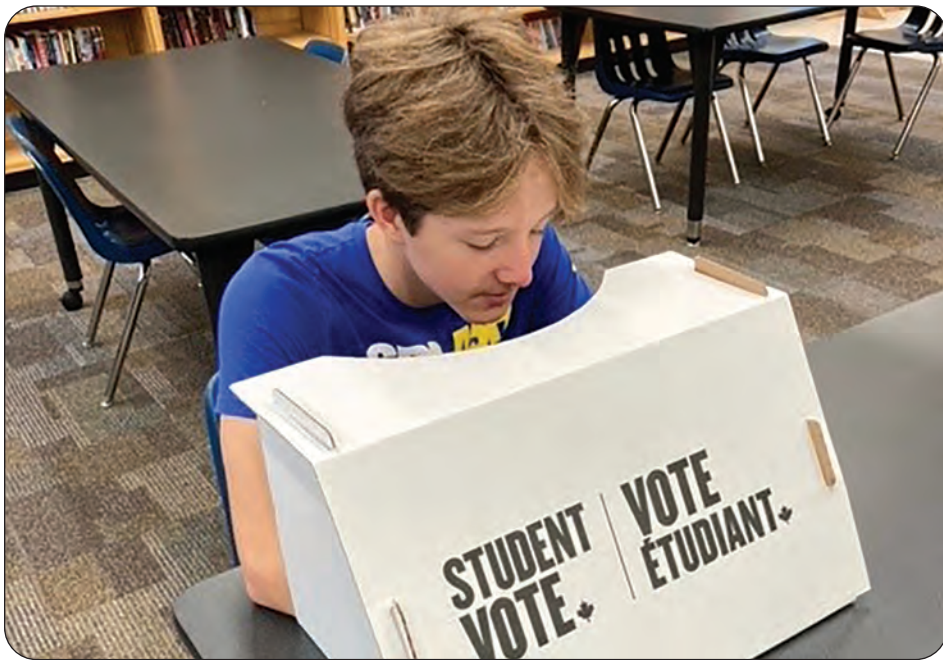
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# Students vote at École Selkirk Junior High



**RECORD PHOTOS  
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École Selkirk Junior High students participated in Student Vote on Oct. 2, one day ahead of the provincial election. Student Vote gives students across the province a chance to experience what voting is like their schools. This knowledge is an essential part of student's social studies curriculum and prepares them with knowledge and experience to vote in our future elections and practice the habits of active and informed citizenship.



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# Jeff Wharton returns while Richard Perchotte steps up



RECORD PHOTOS BY BRETT MITCHELL

Though the NDP emerged from the Oct. 3 election with enough seats to form a majority government in the Legislative Assembly of Manitoba, our area saw a majority of residents vote for PC representatives with Jeff Wharton being re-elected in the Red River North riding and Richard Perchotte taking on the Selkirk riding. Pictured left: Jeff Wharton (left) and Interlake-Gimli MLA Derek Johnson shaking hands. Right: Richard Perchotte and his wife Janice.


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> MMIWG2S+, FROM PG. 3

was the first medicine given to the First Nations people by the Creator and the significance of tobacco ties as part of prayer and ceremony. Participants were then given the chance to offer tobacco ties to the sacred fire.

Wolfe then spoke about her story of her mother's death 20 years ago and how that loss has affected her entire life and will continue to affect her future.

Jocelyn White, the granddaughter of the creator of the jingle dress dance Maggie White, then led the way from the sacred fire to the amphitheatre shaped sculptural mural, Manidoonsag Imaa Mikinaako-Minisiing Sacred Spirits Of Turtle Island where the rest of the ceremony took place.

Jeannie White Bird co-chair of the MB MMIW2S+ Coalition welcomed the group and thanked them for taking part in this ceremony. She then explained how the Manidoonsag Imaa Mikinaako-Minisiing Sacred Spirits Of Turtle Island came together and some of the many teachings that have been incorporated into it in order to honour MMIW2S+ people. This mural acknowledges their loss as well as ways that healing takes place in our local Indigenous culture.

After her teaching, she asked that

White be given the space to dance on her own around the circle of the amphitheatre as the jingle dress dance originated as a healing dance.

Lorie Fiddler, representing the City of Selkirk then said a few words. "Over the decades, there's been such a national tragedy. I think all of these events really lend to making a difference and taking action. Seeing everybody here today, it sheds a light, and it tells us we want justice, we want action, we want closure, and we want it to stop."

Speaker Courtney Bear then spoke about her direct experience of her family losing her aunt Kimberly Clarke to violence. She spoke of the trauma of that experience and how it affects not just their past but that the grief is now part of their lives.

"The grief and the sorrow have affected my family. It has everlasting effects," said Bear.

She emphasized that there is a lack of support for the families of the MMIWG2S+ community.

"I have questions that are still unanswered. How is that possible? We as a family have been re-victimized and had to deal with all that," she said.

She went on to explain that aspects of the justice system such as parole

hearings bring all of the grief back and that support for the families is greatly lacking.

"What about our victims? What about our families? What about our healing plans? What about the support?" said Bear.

Attendees then participated in a

friendship round dance before returning to the library for some kookum's blend tea from Three6Tea.

The event ended with a walk from the library to the Selkirk Friendship Centre where a meal was shared.



RECORD PHOTOS BY KATELYN BOULANGER

A group got together to create tobacco ties for the ceremony.



Jeannie White Bird co-chair of the MB MMIW2S+ Coalition (left) with event speaker Courtney Bear.


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**EDITOR**  
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**SALES**  
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**DISTRIBUTION**  
Christy Brown



**REPORTER/PHOTOGRAPHER**  
Patricia Barrett



**ADMINISTRATION**  
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# get informed

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## Manitoba releases second respiratory virus update

### Vaccination important for high risk group

**Submitted by the government of Manitoba**

Manitoba Health advises that the first shipments of updated COVID-19 and seasonal flu vaccines are now being sent throughout the province, beginning with high-priority locations such as personal care homes and hospitals. It is expected these vaccines will begin to be more widely available to members of the public in the next few weeks, though some sites may have stock earlier than others.

People can begin accessing the updated flu and COVID-19 vaccines as soon as they are available. The online vaccine finder at [www.gov.mb.ca/covid19/vaccine.html#finder](http://www.gov.mb.ca/covid19/vaccine.html#finder) will be updated with new locations and clinic details as they are submitted to the province. There are many ways people can access their vaccines, either by booking directly with a pharmacy or medical clinic, using the online booking tool at <https://patient.petal-health.com/login?groupId=6032>, calling 1-844-MAN-VACC (1-844-626-8222) or by looking for upcoming community vaccine clinics.

An advertising campaign encouraging Manitobans to stay on track with their vaccinations will launch province-wide shortly. Manitoba Health has also created a central online resource at [www.manitoba.ca/protect-MB](http://www.manitoba.ca/protect-MB) to help people find information about COVID-19, seasonal flu and pneumococcal vaccines, including how to book.

The updated Moderna vaccine is currently being distributed to vaccine sites. More COVID-19 vaccines will continue to arrive over the coming weeks to ensure sufficient supply for all Manitobans who want to be immunized.

The respiratory virus season last year affected many younger children.

Public health strongly recommends the seasonal flu vaccine for children aged six months to under five years old. Vaccination against both COVID-19 and seasonal flu is particularly important for people at higher risk of severe outcomes including:

- adults 65 years of age or older;
- residents of long-term care homes or other congregate living settings;
- individuals with underlying medical conditions that place them at higher risk;
- individuals who are pregnant or breastfeeding;
- individuals in or from First Nations, Métis and Inuit communities;
- members of racialized and other equity-deserving communities; and
- people who provide essential community services.

More detailed lists of people at risk from COVID-19 and seasonal flu are available at [www.gov.mb.ca/covid19/vaccine.html](http://www.gov.mb.ca/covid19/vaccine.html) and [www.gov.mb.ca/health/flu/index.html](http://www.gov.mb.ca/health/flu/index.html). People who have questions about COVID-19 or seasonal flu immunizations should speak with their health-care provider or call Health Links-Info Santé at 1-888-315-9257 (toll-free) or 204-788-8200.

Public health officials would like to remind Manitobans it is safe and effective to receive more than one vaccine at a time.

There are many ways Manitobans can protect themselves, their families and the community during the upcoming respiratory virus season including:

- choosing to be immunized against COVID-19 and the flu;
- staying home when you're sick,

until you feel better and no longer have a fever;

- choosing to wear a mask as an extra layer of protection;
- washing your hands or using hand sanitizer regularly;
- covering your coughs and sneezes; and
- regularly cleaning and disinfecting shared surfaces and objects.

Rapid tests and PCR testing are only recommended for people who are at high risk for serious outcomes as they need to know if they have COVID-19 to receive treatment options such as antivirals. Treatment must be started within days of symptoms appearing, so it is important to know if you are eligible and seek testing as soon as possible. For more information about accessing treatment, speak with your health-care provider or call Health Links-Info Santé.

Rapid test kits continue to be available at no cost at many locations across the province. For more information about testing, including an online map of locations where rapid tests may be available, visit: [www.gov.mb.ca/covid19/testing.html](http://www.gov.mb.ca/covid19/testing.html).

Supports and resources continue to be available for people with long COVID. If you continue to have COVID-19 symptoms, including fatigue, shortness of breath or brain fog, more than three months after being sick, visit <https://sharedhealthmb.ca/long-covid> for more information or contact your health-care provider. It is important to note that PCR or rapid test results are not required for a person to be diagnosed with long COVID or to be referred for follow-up care.

A weekly epidemiology update on COVID-19 and seasonal flu is posted every Friday at [www.gov.mb.ca/health/publichealth/surveillance/influenza/index.html](http://www.gov.mb.ca/health/publichealth/surveillance/influenza/index.html).

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**EDITORIAL**

**Katelyn Boulanger** 204-485-3337  
[news@selkirkrecord.ca](mailto:news@selkirkrecord.ca)

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# Selkirk talks truth and reconciliation and harm reduction

MHRN hosts event discussing ways that Truth and Reconciliation and harm reduction can come together in our community

By Katelyn Boulanger

On Sept. 29 The Manitoba Harm Reduction Network (MHRN) teamed up with knowledgeable panelists to present a conversation about the ways in which harm reduction efforts and Truth and Reconciliation can work together to create a safer community.

"We'll talk about the connections between harm reduction, and reconciliation. We'll talk a little bit about what reconciliation is, and to me a huge part of the reconciliation is action," said Tristan Dreilich, Network Coordinator Selkirk, for the MHRN at the opening of the event.

The panelists who fielded questions and gave their expert opinions were Chelsea Grove who is an advocate, community mobilizer and frontline harm reductionist, Jen Meixner an assistant professor and social worker and Jeannie White Bird a knowledge keeper and community mobilizer.

However, before the questions started flowing, White Bird led the discussion with a teaching.

She first shared her story of being taken from her family as part of the 60s Scoop. This left her disconnected from her culture and to regain that knowledge she as an adult immersed herself in traditional teachings.

She then spoke about tobacco and its story of disconnection from tradition.

"This is our traditional tobacco," said White Bird raising the tobacco plant she was holding. "It was manipulated and became toxic and poisonous," she said holding up a package of cigarettes. "The spirit was attempted to be removed by marketing by the government manipulating it," White Bird explained.

However, she ended her teaching by speaking about how we can go back to using tobacco as medicine as it was originally intended and encouraged those wanting to participate in reconciliation to grow it.

After the teaching the questions started and Dreilich opened up by asking about the connections between harm reduction and reconciliation and where to begin.

Grove spoke about her story and how reconciling and helping others is something that is very difficult to start.

"I think that we need to remember, that the intention is centered in ac-

tion, and acknowledging the truth, not just the truth of what happened as something that's happened in the past but that's something that continues to happen. The truth and the realities that we live with today, because there are people that are struggling today and we have to acknowledge the truth in that in order to move forward. Harm reduction is another one of those concepts again, that to me it's philosophy, it's a way of thinking, it can be a framework, but there has to be action to that, as well," said Meixner.

White Bird agreed with Meixner voicing some ways that we can make change. She suggested that approaching all of our political candidates to explain the importance of harm reduction as a start but also address the underlying causes of addiction such as poverty, hopelessness, racism, and discrimination.

The second question set to the panel was what role does community have in harm reduction and what role does community have in reconciliation?

Grove opened the answers by talking about the need for safe non-judgmental spaces on a community level.

"When I was doing supply distribution, as an example, I had people coming all the time to pick up supplies because they didn't want to go downtown. That office is a pretty cool, not judgmental place but some people don't want to go into that building because of the way they think it looks."

Meixner believes that we need to start by acknowledging our roles in our community – how we might be benefitting or perpetuating systemic problems – and then we need to take responsibility for our community.

"When you believe that your neighbour's wellbeing is your responsibility because we're connected because we're in the same community, you have an investment interest in that community. Everybody is healthy and that's your responsibility and that's your role," she said.

White Bird spoke about recognizing where we are and what tools we have. She said that sometimes substances are being used by people as a tool to get them through and that people need to understand that substance use is sometimes how people stay alive. Having a community that



RECORD PHOTOS BY KATELYN BOULANGER

Left to right: Jen Meixner, Chelsea Grove and Jeannie White Bird speaking at the truth and reconciliation and harm reduction event.

is understanding and doesn't give up on people is important.

As a final question, Dreilich turned to the future asking, "What does reconciliation and harm reduction need

to step up [and work on] to imagine a better place for all of us?"

White Bird started by saying it was

Continued on page 11

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# Selkirk Tire owners retiring, business becoming Fountain Tire

By Patricia Barrett

After decades of going the distance for their customers, the owners of Selkirk Tire have retired and sold the business to a partner of a large Canadian auto service company.

Mark and Sue Medock sold their business to Fountain Tire and celebrated the transition with the new owner a few weeks ago.

Selkirk Tire earned loyal customers from across the Interlake and has the distinction of being the oldest independently owned Goodyear dealer in western Canada. After 30 years of owning Selkirk Tire, Sue said their retirement is “super sentimental” and they’re going to miss their staff and all the customers who have become like family.

“We have amazing staff. We have some staff that have been with us since the beginning. It’s hard to leave now when everything is working like a well-oiled machine,” she said. “We’re friends with most of our customers; they become your friends.”

Mark said he has mixed feelings about retiring as Selkirk Tire has been a staple in town for so long, and they’ve created long-lasting relationships with three generations of customers.

“Selkirk Tire has been operating for 60 years. Everybody knows the business and our family. We’ve developed three generations of customers over the years,” he said.

Mark’s dad, Michael, founded Selkirk Tire in 1964 after he moved from Teulon where he owned a trucking business. There was no tire shop in Selkirk at that time and he became one of the first select dealers (in Manitoba) for Goodyear, an American company that offers a full range of tires for cars and trucks.

Mark took over Selkirk Tire in 1990 after his dad retired, he and Sue went on to purchase the business in 1993. They took it forward, diversifying by offering automotive repair and servicing and seasonal tire storage. With a reputation for honesty and reliability, they earned a large customer base across the Triple S region – Selkirk, St. Andrews and St. Clements – as well as other communities throughout the Interlake.

“I grew up in the shop and pretty much did tires for most of my life,” said Mark. “I moved to Calgary to learn the business in another city and worked for a big tire company out there for about two years. Then I moved back to Selkirk to take over the business.”

His best piece of advice regarding tires shouldn’t come as any surprise

to Manitobans.

“My best advice is to buy good winter tires. All season tires don’t cut it in this climate,” said Mark. “And you get what you pay for because there are so many cheap [inferior] products out there.”

The couple said some of the highlights over the years include Selkirk Tire celebrating 50 years in the community, getting to ride in Goodyear’s Blimp, and attending Goodyear’s annual conventions, which not only furthered their knowledge of the tire business, but also provided them with great entertainment from the likes of Tony Bennet, Huey Lewis and the News, Jerry Seinfeld, Tim McGraw and Faith Hill.

“We always found the convention very motivating. We would attend classes and learn about the new products and services and the things we could do. That always re-energized us and motivated us every year,” said Sue. “And they had amazing entertainment.”

Having lived in Selkirk their whole lives, the Medocks said their involvement in the community and their support for community events was as important to them as it had been for Mark’s dad. They would take part in events such as the Fair and Rodeo Parade and the Highland Gathering, support minor hockey including purchasing jackets for the kids, support the Huntington’s Ride, golf tournaments, Lobsterfest and the local food bank, to mention a few.

Some of the challenges they faced over the years included building up the business even though Mark’s dad was a “well known and honest businessman,” maintaining staffing with cyclical tire seasons, especially during the winter season, which was incredibly busy and accounted for almost half their annual business.

When big box stores such as Canadian Tire and Walmart moved into Selkirk, the Medocks said they thought they’d pose a challenge to their business. They actually boosted their business.

“In the end they helped us. They drew more people to Selkirk for shopping. We became more of a shopping hub for Interlake residents,” said Sue. “And when Walmart came, it stopped people from going to Winnipeg for shopping.”

Fountain Tire, which was founded in Alberta, is a Canadian auto service centre that focuses on tires but also offers vehicle repairs and servicing. It has centres across central and western Canada.

Casey Cook, manager and owner of



RECORD PHOTOS BY BRETT MITCHELL

Sue, Mark, Michael and Maggie Medock celebrate the almost 60 year history of Selkirk Tire being owned by the Medock family before Sue and Mark’s retirement.

the Warman Road Fountain Tire in Winnipeg is taking over Selkirk Tire, said the Medocks. And there’s an agreement to keep their existing staff on the roster.

“We connected with him well and we heard very good things about him. He’s well respected,” said Sue. “Part of our negotiations with Fountain Tire buying our business was that they were prepared to keep our staff. That was huge for us because we didn’t want to tell them, ‘You’ll have no job tomorrow.’ That would have been devastating.”

The other plus is that Fountain Tire is a Goodyear dealer and the transition will be smooth as the staff already knows that end of the business.

As for the future of the Medock’s retirement and with Mark’s history as a professional motocross competitor [off-road motorcycle racing] for about 15 years in his youth, then getting back into it later in life as it was a “pure thrill,” Mark confirmed he has

no plans to hop on a motorbike during his retirement years. But they did say he and Sue may be driving a side-by-side, doing a bit of travelling, golfing and spending time with friends and family.

Although Selkirk Tire will be taking down its sign, the Medocks said local and Interlake residents and businesses will not be bereft of auto service and the proper traction they need behind the wheel.

“There will still be a tire business here,” said Sue. “Fountain Tire is very well known and an amazing employer. I think it’ll be good for the town and it’ll be good for our staff.”

Mark said they appreciate what the community did for them over the decades.

“We’d like to thank the community for their support over the years,” he said. “We’re going to miss dealing with the next generation coming up.”



# East Selkirk gets much needed new daycare

## Growing community will continue to need more childcare spots

By Katelyn Boulanger

Parents and caregivers in East Selkirk will have some additional childcare options with the opening of the East Selkirk Early Learning Centre on Quarry Road.

"We are very excited to be here today for the grand opening of the East Selkirk Early Learning Centre. On behalf of our board, staff, families and myself, I would like to express our gratitude for being named the operator of this beautiful facility, said Laura Barthelette, director at Hand in Hand Daycare while opening the event.

This new care facility is very needed in the growing St. Clements community as is evident by their current waitlist of over 200 children before the facility has even opened.

"It's an exciting time to be an early childhood educator, the opportunity for growth within the sector is ever increasing and the recognition that families cannot work and our economy cannot grow unless we have trained, qualified and dedicated staff to care for the children is becoming increasingly evident. We have a ways to go yet but I believe the sector is finally on the right path," said Barthelette.

MLA Jeff Wharton then stepped up and acknowledged the importance of frontline staff in facilities like this one.

"This an exciting day for St. Clements and our community. And first of all, I wanted to thank you and all our frontline staff. As we talked about

earlier during the tour, it's important and you have the job to ensure our kids are looked after as we continue to grow our economy because we know a lot more families moms, dads and partners are working to ensure that they can continue to meet the affordability challenges that we face today," said Wharton.

Before discussing the history of this facility's construction Mayor Debbie Fiebelkorn said, "We built something beautiful for our children."

She said that the journey towards this facility began in 2021 when the Manitoba government and the federal government signed an agreement to provide affordable \$ 10-a-day regulated childcare spaces for children under six years old within five years.

"It's about providing our children with the best possible start in life. This project helps as we're contributing 74 new childcare spaces right here in our community. Our journey began on Sept.13, 2022, when we passed a resolution to provide two acres of service land for this childcare center," said Fiebelkorn.

She described the project as a shining example of what can be done if all levels of government work together.

"It was truly amazing to watch how quickly it was constructed and the quality of the work performed. On behalf of the RM of St. Clements and council, I would like to express my deepest gratitude to everyone who



RECORD PHOTOS BY KATELYN BOULANGER

The grand opening of the East Selkirk Early Learning Centre.

has contributed to this project. Your hard work and dedication have made this day possible. So please join me in celebrating our children's future. May this new center be a place where they learn, grow and thrive," said Fiebelkorn.

The center is still looking for employees who would like to be part of this new facility's future. To learn more about this opportunity visit <https://mccahouse.org/job/handin-hand-daycare-inc-east-selkirk-mb-ece-ii-or-iii/>.



### > HARM REDUCTION PANEL, FROM PG. 9

important for us to start seeing each other as more than passersby.

"Seeing me as your relative. Seeing me as an unconditional loving spirit. Because that's really what we came into this world as and that is what we are going to be moving in this world as. That's the way I want to be treated, that's the way I want to be seen and the way I want to continue my relationships," she said.

Grove spoke about how she would like to be seen the same way and that the reduction of stigmatization is so important.

"We have to look at our roles and responsibilities. I think that the responsibility needs to live with people who perpetuate and benefit from colonialism, oppression, and all those other things. I think that

those systems and individuals that are doing that work, trying to figure out what their roles and responsibilities are, have a lot to learn and can learn a lot from Indigenous ways of knowing. To me when I think about community, reciprocity, kinship, that is harm reduction, like Jeannie said, that's the original harm reduction. And those are things that all people can do. You don't have to be Indigenous to do those things to live your life with love and kinship and reciprocity and all those other things. So, I think that as we walk forward we need to learn from the people with the lived experience, people from the community, and people with those teachings and we need to have the courage to change the way that we do what we do," concluded Meixner.

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# Climbers fundraise for human trafficking intervention and prevention

## Joy Smith Foundation organizes climb up Mount Kilimanjaro

By Kaitlin Vitt

A group of people will climb Mount Kilimanjaro in Tanzania in the new year to raise awareness about human trafficking and to support a fundraising campaign for this issue.

The Joy Smith Foundation, an organization dedicated to the prevention and intervention of human trafficking, is putting on the climb, called Joyful Ascent. Seventy-seven-year-old David Wilson, a long-time supporter of the foundation, is leading the hike. Joyful Ascent will take place February 18 to 27, 2024, with the seven-day hike starting on February 20.

Wilson said participants need to be physically fit to complete the climb. The climb is difficult because it's physically taxing and because of the change in altitude. The group on the Joyful Ascent will take its time up the mountain to ensure people acclimatize and get used to the decreasing oxygen levels.

"It's not going to be a walk in the park," said Wilson. "Each climber, including myself, has to keep in mind we're actually participating in the real act of climbing. Any difficulties that arise, we need to think about the impact [on] a trafficked victim, what they suffer, is first and foremost what needs to be on our minds and how we can slow the spread of trafficking. Because I think it's spreading like wildfire."

Human trafficking involves luring people to exploit them, typically in the sex trade or through forced labour. The Joy Smith Foundation website states human trafficking can be described as modern-day slavery.

Joy Smith began the foundation in 2011 after, as a federal MP representing West St. Paul and East St. Paul,

she put forward motion C-153 which put a national action plan in place to combat human trafficking. This bill was voted in unanimously.

Currently, in addition to providing support to survivors of human trafficking all over Canada, the organization delivers community presentations and school programming with a recent presentation being hosted by the Selkirk Rotary Club at the Selkirk Golf & Country Club in March of 2022.

"This issue is something that happens in every community across Canada, and one of the common themes of the 7000-plus cases that we've worked on is people say they just didn't know that this could happen in their community, and they didn't understand how it happened," said Janet Campbell, Joy Smith Foundation president and CEO. "I think one of the biggest steps we can take toward prevention is awareness so that people have real information about how this plays out in their community."

The foundation offers free resources on its website (joysmithfoundation.com) that shares information about human trafficking, including signs to watch out for in possible human trafficking cases.

Signs among youth include a sudden interest in someone several years older than them; new and unexplained clothing, jewelry or gifts; and a sudden change in clothing style or makeup. Those who suspect a human trafficking case can call the confidential Canadian Human Trafficking Hotline at 1-833-900-1010.

The Joy Smith Foundation has worked on over 7,000 cases of human trafficking. The foundation offers a variety of supports, depending on the circumstances of the situation.

"What we look to do is provide help and support for that survivor



**RECORD FILE PHOTO BY KATELYN BOULANGER AND RECORD PHOTO SUBMITTED**  
Above: Joy Smith speaking in Selkirk about human trafficking prevention at a luncheon hosted by the Selkirk Rotary Club. Below: David Wilson, a longtime supporter of the Joy Smith Foundation, hiked the Prairie Mountain trail in Alberta in preparation for leading a climb up Mount Kilimanjaro next year.

to be safe and to heal and recover from their ordeal and reintegrate into their family," Campbell said. "The types of supports and services that each survivor gets would be tailored to their needs but is focused on having them reintegrate into their communities."

Each person who participates in the Joyful Ascent climb will hike in tribute to a survivor of human trafficking.

"Joyful Ascent is a symbolic representation of the journey that sex trafficking survivors undertake," states the Joyful Ascent website (joyfulascent.com). "Escaping the sex trade is not a one-time event, but rather a difficult and ongoing effort. It is a journey toward safety, freedom and hope. Joyful Ascent participants hike in solidarity with survivors every step of the way."

The climbers must fund their own travel and accommodation expenses, but the Joy Smith Foundation will support participants with fundraising and sponsorship advice. The goal is for each climber to raise \$10,000 for the Joy Smith Foundation's prevention and intervention of human trafficking programming.

People interested in learning more about or signing up for the climb can



visit the Joyful Ascent website or contact the Joy Smith Foundation (info@joysmithfoundation.com or 204-691-2455).

"Human trafficking occurs within a kilometre of where each one of us lives," Wilson said. "We need to raise awareness. We need to have prevention programs, intervention programs, to combat it as much as possible and work along with the law to slow up the tide."



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# Blacksmith art tours North America with support hopefully Holiday Alley

Submitted by Holiday Alley

Two local blacksmiths have taken an old-world trade and turned it into art that is touring North America while continuing to teach a new generation, including folks at Holiday Alley, about the beauty of pounding metal.

This year Matt Jenkins and Karen Rudolph, owners of Cloverdale Forge just outside of Selkirk, negotiated to have Jenkin's 366-Hooks project travel to four U.S. cities including — Tucson, Ariz.; Kearney, Neb.; Rapid City, S.D.; Farmington, Pa. and as well as Fergus, Ont.

In 2016, Jenkins challenged himself to design and forge a different hook for each day of the year which created a total of 366 hooks as it was a leap year. The project started as a personal challenge to get out of a creative rut but ended up as a twelve-month journey of deep exploration into the craft of blacksmithing. When completed the 366 days led to wildly different and creative hooks.

The hooks first went on display in Winnipeg in 2018 and this year the 12-board display went on the road made possible by funders Manitoba Craft Council, the Canadian Council of Arts and the Artist Blacksmith As-

sociation of North America.

It's been the long-time dream of Holiday Alley's to bring the 366 Hook project to downtown Selkirk, said festival organizer Jennie O'Keefe.

"It takes some effort and skill to set up the display with shippers, installers and a large venue space to see the hooks in their full glory," said O'Keefe.

"It's travelled 5 cities, it seems that local folks in this region should get to see it too and Holiday Alley is the perfect venue if only we had a sponsor to help fund the project," O'Keefe said.

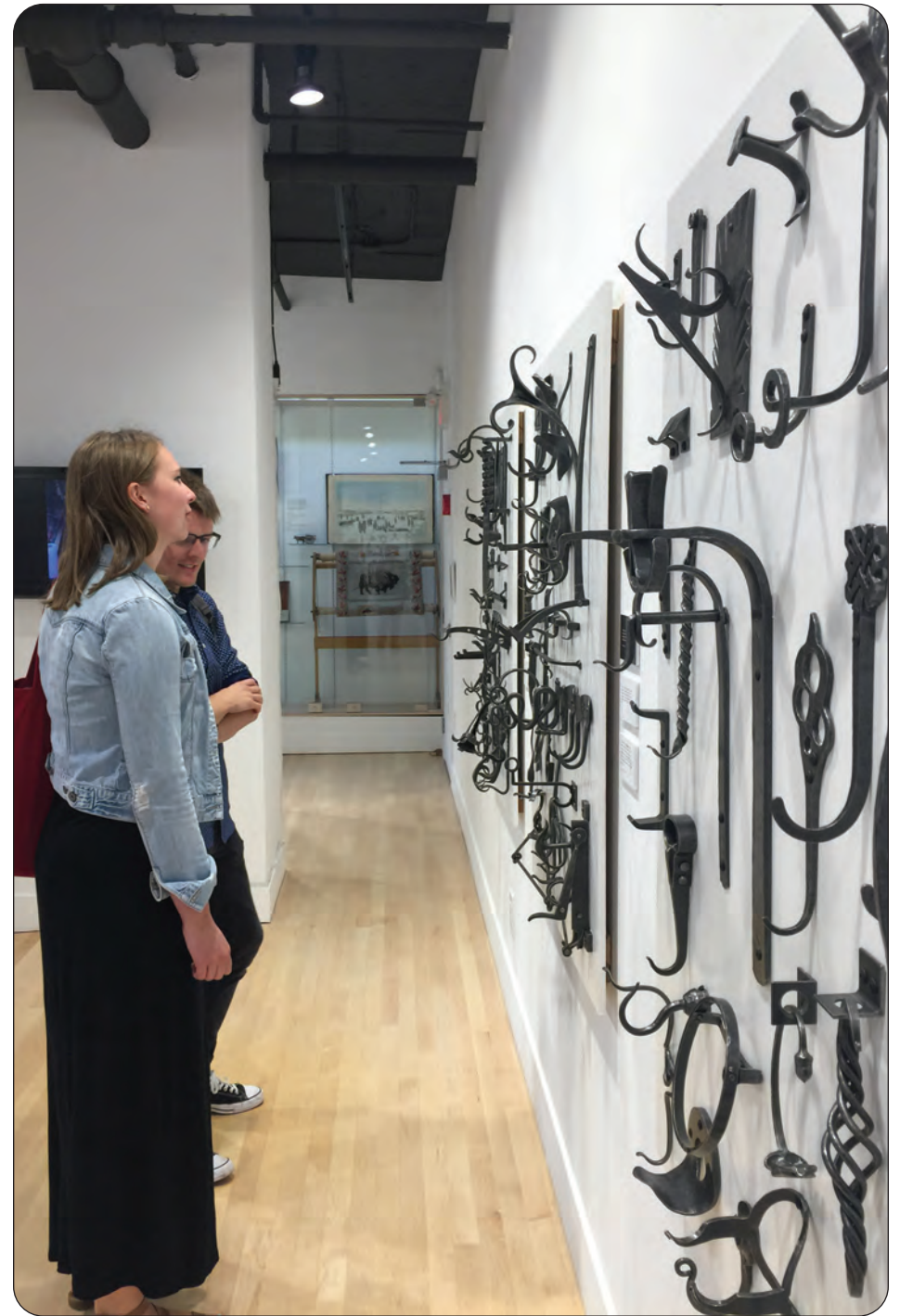
Hooks may seem like odd works of art until you see them for yourself, said Holiday Alley co-founder Shirley Muir

"The first time I saw it I was amazed at the creativity it took to think of a new design every single day for a whole year. It's complete artistry and skill that so few people have and [it was also] created right here in our region," Muir said.

Jenkins and Rudolph have been long-time supporters of Holiday Alley. In its first year, Cloverdale Forge hosted a forging competition on the street -- to see who could make the best soup ladle for the inaugural soup

cook off. This year they are back at Holiday Alley for Beer and Bending in the Merchant Hotel on Thursday, Nov. 16, from 7 to 9 p.m. At this event, the first 50 people who show up can learn how to bend metal into cool

Christmas decorations. Don't worry, no fire is involved, and you don't even have to be strong, all it takes is some finesse and a little bit of creativity.



RECORD PHOTO SUBMITTED Above: Beer and Bending will take place at The Merch on Nov. 16 and will teach residents to make holiday ornaments. Above right: The hook display that Holiday Alley hopes to bring to Selkirk this year. The display has toured all over North American and contains 366 hooks.

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# New pumper with latest technology helps Selkirk fight fires smarter

Submitted by the City of Selkirk

Almost everyone has a smartphone in their back pocket and now, the Selkirk Fire Department has what you might call a smart truck in its fire-fighting arsenal.

The Department's new pumper truck is loaded with technology that makes safety a priority and saves firefighters crucial time in emergency situations. The truck features SAM (Scene Apparatus Manager) technology, an integrated total water flow control system that manages the vehicle's pump, tank, intakes and discharges.

"The truck is designed to be safer. There's more comfort for the firefighters and the handling is way better," said Selkirk Fire Chief Dave Milner.

"This truck has a new SAM unit which means it's more computer controlled than just having basic handles and that makes it easier for the operator to control the water supply in the truck and out of the truck."

Milner says the operator works off a control pad, and the digital system is responsive, saving firefighters crucial time.

"There's more control, it's safer. If there's an issue with the truck or the water supply, the truck will actually stop, it'll switch over automatically to a different water supply instead of the operator having to do it manually, which takes time.

"The person that's running the truck can be on the outside helping others, moving equipment, or changing bottles, doing small things. They don't have to be inside all the time, they can be on the outside and be a quick set of extra hands if needed."

The pumper truck is equipped with a 1,500 gpm (us gallons per minute) pump and has an 800 imperial gallon water tank.

The SAM system was designed by Jason Cerrano, a firefighter and mechanical engineer.

According to Cerrano, the truck itself has the same trusted components from pump to valves to plumbing, but it's overlaid with technology to manage the pumping process for you.

"Every pump operator follows the same basic steps on a fire – put the

truck in pump gear, open the tank to pump and circulate water. When you put SAM in pump gear, it just automatically opens the tank to pump and recirculate water. SAM compresses your steps from three to one," Cerrano said.

"We follow the same steps for the rest of pumping fire too. That efficiency is especially crucial when you move to transition water sources and you need to do several things at once, like filling the tank while rebalancing hand lines. Put all this together and you get more time to do work, with less radio traffic in the first few minutes of the fire. A SAM truck is not a different fire truck, it's a better fire truck."

The new pumper will be Engine 16 and replaces Engine 11 from 2001. Engine 11 is still in good shape, but Milner says when you're responding to 300 calls per year, it's important the truck be ergonomic, which results in fewer injuries to firefighters.

Milner says firefighter safety and comfort factor in too, and the passenger seats in the back of the truck can warm firefighters up or cool them down, depending on the situation.

Selkirk Mayor Larry Johannson says the new technology is impressive and the men and women who dedicate themselves to keeping the city safe deserve the best.

"We have a fire department in Selkirk that is second to none and replacing an almost 20-year-old pumper with this new, state of the art unit is what we need to do," he said.

"We don't want our people fighting harder, we want them fighting smarter and this new truck makes that happen. Seconds are precious in a fire situation, and this new truck will let our firefighters do their jobs better."

Kristy Hill, Selkirk's Director of Protective Services says replacing Engine 11 was identified in the City's Capital Asset Management Program and is aligned with the City's Community Strategic Plan which makes having a safe and healthy community and more active management of capital assets a priority.

"Fire trucks are critical pieces of city



RECORD PHOTO SUBMITTED

The new Selkirk firetruck.

infrastructure. When they are needed, they simply must work. While a lot of resources go into good operation and maintenance of our fire equipment, timely capital replacement is also required. The replacement of this pumper represents not only an investment into Selkirk's volunteer fire department – but an investment into the security and safety of every citizen of Selkirk," Hill said.

The truck is so impressive that it was featured at the University of Manitoba's Vehicle Technology Centre for its 'This is How We Roll', vehicle and equipment showcase on Sept. 27.

The showcase highlights advanced technology and careers available to

students.

The truck was built by Winnipeg-based Fort Garry Industries, originally for meant to showcase new safety features and technology available for those departments looking to design and purchase a firetruck.

Prior to this truck becoming available, the city was already in the process of going through a Request for Proposal for the purchase of a new truck, however, the timeline to build a brand-new truck can vary between 18 and 36 months. Purchasing the demo truck allowed the Selkirk Fire Department to get the truck in just six weeks and greatly reduced the amount of staff time required for this project allowing them to focus on other activities in the city.

"This truck has almost the same requirements as the one we were designing, so it saved us a lot of time in the design phase, and it's the truck we would have designed anyway. It is a demo, but it's a brand-new truck and it was just a six-week wait," Milner said.

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# Dufresne mural unveiled on National Day of Truth and Reconciliation



RECORD PHOTOS BY KATELYN BOULANGER

There is a beautiful new mural in Selkirk that recognizes the history of travel on the Red River. The unveiling of the mural courtesy of the Interlake Art Board happened on National Day of Truth and Reconciliation and makes it's home on the back of Dufresne's building facing the river. The celebration included the Flett-Roulette Family Dancers, the Walking Wolf Drummers, as well as presentations from many supportive local dignitaries, even four local eagles flew by to welcome the new mural.



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# Arnes was “living in a sewer” as algal bloom moved in, turned Drunken River green

By Patricia Barrett

As a severe algal bloom on Lake Winnipeg made a mess of Winnipeg Beach and Gimli a few weeks ago, a further mass of foul-smelling algae moved in to communities farther north, blanketing the shoreline around Arnes, inundating the Silver Harbour Marina and turning the Drunken River into a bright green slurry.

Arnes resident and Gimli councillor Andy Damm said the bloom started the weekend of Sept. 23-24 and only started dissipating last Wednesday. He and area residents thought they were “living in a sewer” with the noxious smell coming off the lake.

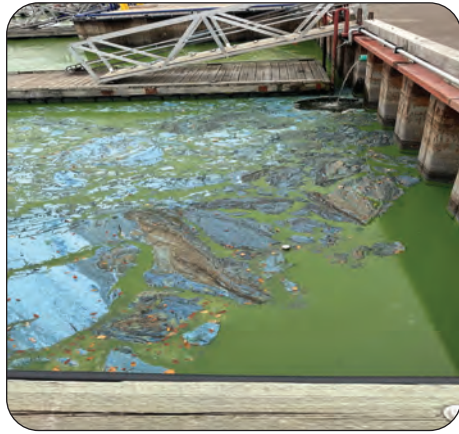
“The algal blooms just started to get progressively worse and didn’t dissipate,” said Damm. “It back-flowed all the way up the Drunken River [which drains farmland from the west] – probably because the lake was quite high – and also entered the Silver Harbour Marina,” said Damm. “At the same time the bloom was happening up here, it started in Gimli as well because I was in touch with people down there.”

Phosphorus and nitrogen loading to the lake exacerbate the growth of algae, and the with the fall a little warmer than normal, water temperatures were higher, causing the blooms to “more or less explode in this area,” he said.

The algal bloom problem isn’t new and it’s time for governments to take action to reduce phosphorus (the primary pollutant contributing to algae growth) loading to the 10th largest freshwater lake in the world, as well as address a “multitude” of other pollutants that get piped into the lake, which communities rely on for commercial fishing, drinking water and tourist-related activities, said Damm. Governments are very good at studying issues to death, but they’re way past the point of action.

“Scientists and governments have been studying this out here since 1980. That gives you an idea as to how slowly our province is acting,” said Damm. “There’s a multitude of reasons [algae] happens, but I think the biggest one is the treated and raw sewage coming out of the treatment plants in Winnipeg that go right in the Red and Assiniboine rivers and north into the lake’s south basin.”

It’s well known that Winnipeg’s North End Water Pollution Control Centre is not in compliance with phosphorus levels set by the provincial government, and that the government has given the city a pass. In addition to treated wastewater that contains phosphorus and other pollutants which aren’t removed by the



Silver Harbour

treatment process, the city’s combined sewers send raw sewage directly into rivers. That makes the problem worse as they release additional phosphorus plus bacteria and debris that eventually flow into Lake Winnipeg.

According to the City of Winnipeg’s untreated sewage webpage, the latest combined sewer overflow (CSO) sent about .03 megalitres of raw sewage into the Assiniboine River starting on Sept. 18 and lasting for approximately six days and eight hours. On Sept. 1, another .03 megalitres poured into the Assiniboine for about three hours and 50 minutes. And on Aug. 15, a further .17 megalitres spilled into the Assiniboine.

About a third of Winnipeg has CSOs, which were designed to prevent the flooding of city basements. There are about 22 combined sewer spills a year on average – at each outfall. The city has 76 outfalls.

In 2017 the provincial Conservative government gave the City of Winnipeg 27 years (until 2045) to reduce its CSOs by 85 per cent.

Damm said he and council have broached water quality issues with Selkirk-Interlake-Eastman MP James Bezan, showing him photos of algae and hoping “we can get some assistance from the federal government going forward.”

Canada and the U.S. have worked together on cleaning up Lake Erie, he said, yet residents along Lake Winnipeg are “pushing against our own backyard (Winnipeg)” and against the phosphorus and other pollutants coming up from the U.S. via the Red River.

“On top of that, our own agriculture industry adds to this problem. But the low hanging fruit is the sewer discharge out of Winnipeg,” said Damm. “Every time a toilet is flushed down there, we end up with it in our front yards. I’d love to take my garbage and dump it on city hall in Winnipeg every time this happens and see how they appreciate that.”

Damm said council would like to



RECORD PHOTOS COURTESY OF ANDY DAMM

Silver Harbour marina was saturated with an algal bloom a few weeks ago.



The marina at Silver Harbour



The Drunken River was full of algae. The river drains land to the west.

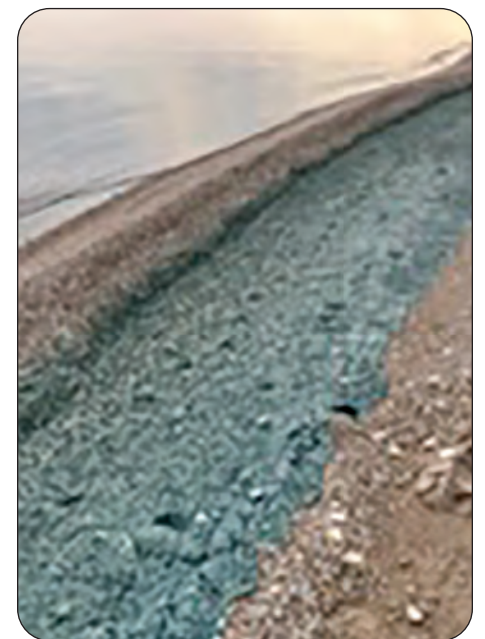
send a delegation to Winnipeg council to ask them why they’re “sitting on this” when they have money for other infrastructure projects.

“If they had to drink a glass of this water or go swimming or send their grandkids in the lake, I doubt they’d do it,” he said.

Gimli and other communities along the lake – including Indigenous communities – rely on commercial fishing, and Damm said he would not like to see a decline in that industry, in the recreational industry and a further decline in wildlife species because the “province can’t put laws in to protect this lake and enforce them.”

When asked last week if anyone from the provincial department of environment and climate would be testing the water in the Arnes/Silver Harbour area to see if human health could be at risk, a spokesperson for the department said no algae were found.

“Staff from the Department of Environment and Climate have investigated reports of an algal bloom on the west side of Lake Winnipeg. However, no algae have been present to be sampled. This is not unusual as algal blooms can form and then disperse



The Lake Winnipeg shoreline in Arnes.

quickly, especially with windy conditions and cooler temperatures,” said the spokesperson.

“When algal blooms appear during the recreational water quality season, samples are tested and results are compared to water quality objectives



# Alzheimers society has upcoming family conference

By Ty Dilello

The Alzheimer Society of Manitoba is back in-person with its annual Care4u Family Conference – a day of learning for family and friends caring for a person living with dementia, which falls on Oct. 28 from 9 a.m. to 3:30 p.m. at the Canad Inns Destination Centre Polo Park in Winnipeg.

This year's conference, 'Building a Community of Empowered Care Partners', will feature local and national health care and community professionals sharing the latest about dementia, caregiving strategies and

community resources while encouraging care partners to prioritize their well-being.

During this one-day educational event, an expected over 200 participants can choose from various breakout sessions to help them where they are in their dementia journey. Sessions range from topics such as legal situations, ambiguous loss and grief, medications, transitioning to long-term care and more.

"Our Care4u Conference is a great way for care partners to gather information and resources and bring

back tangible strategies that they can use when providing care," said Jennifer Licardo, Education Manager, Alzheimer Society of Manitoba. "Self-compassion and self-care are so important when you're caring for someone living with dementia, so we hope participants are empowered to take those steps after they leave. The goal is for them to not only feel more prepared in their unique dementia journey but more equipped to navigate through challenges that might come their way and to know they are not alone."

Currently, over 18,400 Manitobans have Alzheimer's disease or another form of dementia. This number is growing rapidly and by 2050 it is expected to reach over 39,100. Sixty-two per cent have experienced dementia with a close friend or family member diagnosed with the disease.

To learn more about the conference, its sessions and speakers, and to register, please visit the website at [Alzheimer.mb.ca/care4u](http://Alzheimer.mb.ca/care4u).

# Congratulations, now let's cut taxes

By Gage Haubrich, Canadian Taxpayers Federation, Prairie Director

The Canadian Taxpayers Federation is calling on Manitoba Premier-Designate Wab Kinew to follow through on his promises to provide tax relief after winning the Manitoba Election.

"Kinew needs to immediately follow through on his promised tax relief," said Gage Haubrich, Prairie Director

of the CTF. "Manitobans can't afford to wait any longer, so tax relief needs to be Kinew's day-one priority."

During the election campaign, Kinew promised he would cut provincial gas taxes for at least six months.

The provincial government currently charges drivers 14 cents per litre every time they fuel up. The average

family filling up a sedan once a week would save about \$215 over the six months of promised tax relief.

Kinew also promised to remove the provincial sales tax from new rental housing construction.

A Manitoba family making about \$75,000 a year pays \$6,925 in provincial taxes. That's \$2,802 more than

they would pay in Saskatchewan, \$4,322 more than in Alberta and \$3,907 more than in British Columbia.

"Manitobans pay too much tax and it makes life unaffordable," Haubrich said. "Kinew needs to get to work and help keep more money in Manitobans' wallets."

# Gaffers live music returns



RECORD PHOTO BY BRETT MITCHELL

DB + Deadbeats bounced the blues at Gaffers on Friday night. Gaffers is beginning to feature live music again and the blues quintet was the first on the slate. Future features include Fleetwood Mac tribute band Dreams and Rumours on Oct.21. Due to the popularity of this group it's recommended to get tickets early.

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# MAEC changing lives one diploma at a time

By Becca Myskiw

Syliva Worrell didn't see herself getting her high school diploma when she turned 60, but Midland Adult Education Centre (MAEC) changed that.

When Worrell was coming up to her 60th birthday last year, she knew she needed a new job. She'd been with her company for 26 years, but wanted more — the problem was, she never got her high school diploma, and without it, she wouldn't be able to get a job she wanted.

Worrell had her GED from 40 years prior, but as time goes on, GEDs need updating, and when she called MAEC, principal David Langill convinced her to go the extra mile and graduate high school.

"We have two broad categories of learners that come to us," he said. "Most of the learners are people that just want to finish off their high school credentials...the second learner is people who've graduated but need some upgrades for a college program they're interested in."

Students once needed 30 credits to graduate high school but now, they only need eight courses — four from the Grade 12 level, with two in math and English. Adult learners are also exempt from the Grade 12 provincial exams. Worrell just needed to take Grade 12 math and English to graduate.

"I thought, 'Oh Lord,'" she said. "But David walked me through it."

Worrell took six months to do her math course and another six for English. For the entirety of last year, she was waking up at 4 a.m., doing schoolwork until 6 a.m., doing housework, working out and then going to her job at the gym.

"My goal was to retire from my job when I turned 60," she said. "I turned in my final paper in November when I did."

Worrell used her new diploma to get a job as a support worker with St. Amant. Now, she spends her days at the houses of people with mental disabilities, helping them with whatever they need and taking them to appointments — she's never been happier. Worrell said as long as she stays able, she'll work until she's at least 70.

"Without school I couldn't have done that," she said. "Because if I had a high school diploma was the first thing they asked me. It literally changed my life."

MAEC is completely online, meaning students do the coursework on their own time. Langill said adult learners usually have more responsibilities and hurdles in the way of their education than high school students do. They have families, jobs and life standing in the way.

"It's a completely different kind of celebration than it would be for a traditional high school kid," said Langill. "As an adult learner, you're in a completely insular situation."

So, at MAEC, students learn when it works for them. And they get their diploma on their own time. Andrew Creasy took four years to get his diploma, taking math, science, biology, English and Phys Ed.

Creasy was working full time while he finished Grade 12. What prompted him to go for it was the need for a new, better job, that would allow him to grow. Once he finished high school, Creasy started a welding apprenticeship, and he said without his diploma, he never would have had

the opportunity to apply for the job.

Though most students go to MAEC so they can get a better job with higher pay, Magaly Vera went because her high school credentials from Columbia aren't recognized by Manitoba Education — forcing her to start from scratch.

Vera started with MAEC in 2020 and after completing eight courses, she graduated last June. Vera took Essential Math 20S, psychology, World of Religions, English, Essential Math 40S, Apply Info & Comm Tech 1 15F, Phys Ed, and Life/Work Transitioning 40S.

"I was checking online when I found the Midland Adult Education Centre," she said. "I could get my Grade 12 studying online and paying just \$35 for a registration fee, so I did it."

To register with MAEC costs \$35. While Vera got her diploma here, she was also working a full-time and part-time job and raising her family with her husband.

"It was perfect for me because I didn't have time," she said. "I was so

happy when I got my diploma. I had a moment to relax and enjoy my accomplishment."

Vera applied to Brandon School Division in July to work as a casual educational assistant. She just started the job last week and is ecstatic about the opportunity — one she wouldn't have without her diploma.

"Everybody's got a different story, a different place to start," said Langill. "It's just so exciting and so satisfying and so humbling when you see people who worked their way through and are on their way."

MAEC's math and English courses are already full for the 2023/2024 school year, but that doesn't mean people can't still register. There are two other schools in the province (Sunrise Adult Learning Centre and the Louis Riel Institute) who offer online adult learning and Langill will refer anyone wanting to get their diploma to them. To register with MAEC, people have to be at least 19 years old and be out of high school for at least a year.

## Cozy Fox Fall Market



RECORD PHOTO SUBMITTED

Mayors Larry Johannson and Joy Sul were out supporting our local businesses at the The Cozy Fox's 1st Annual Selkirk Fall Market on Oct. 1. The Cozy Fox is unique local opportunity for vendors to be able to come together to sell a wide variety of special items and is owned by Ken Kovalikin.



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Did you know that you can boost your local economy in myriad ways without putting a thing in your physical or virtual shopping cart? Consider these ideas:

- Do business with your local beauty salon, insurance broker or shoe repair shop
- Visit tourist sites and museums near you and attend shows at your local cinema or performance venue
- Advertise your business in your local newspaper rather than getting lost in the internet wilderness
- Attend festivals and other special events taking place in your area
- Use your investment wealth to back local businesses

Every little bit adds up to a robust local economy. Try to spend locally in any way you can.

## Test your knowledge about buying local



Buying local is more important than ever before. How much do you know about supporting your regional economy? Here's a fun quiz to test your knowledge.

### TRUE OR FALSE

1. Buying local is good for the environment.
2. Buying local is more time-consuming.
3. Buying local empowers your region.
4. Buying local is more equitable.
5. Buying local is more expensive.

### ANSWERS

1. True. In addition to reducing transportation and greenhouse gas emissions, local products often require less packaging and therefore generate less waste.
2. False. Shopping closer to home saves you travel time. You can also find lots of local products online.
3. True. When you opt for local products and services, you help create and sustain employment in your area. This, in turn, stimulates your local economy, making it more attractive to other businesses and investors.


4. True. Buying locally enables you to learn more about the producer's working conditions and support an equitable environment for those who produce the goods and services you consume.
5. True and false. Some local products are more expensive to buy, but often last longer. Moreover, you can save money by buying in-season products and taking advantage of promotions.



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# Your Health

## Breast Cancer support group helps people in Selkirk and area

### Survivors and newly diagnosed welcome

By Katelyn Boulanger

The Selkirk and District Breast Cancer Support Group has been a caring collective of people who have breast cancer and who have survived breast cancer. They have been a support system for members who have been there the entire 24 years since the group came together as well as those who have come and gone over the years and with October being breast cancer awareness month they remind residents that they are open to helping regardless of where you are in your breast cancer journey.

"We're a peer support group. We meet monthly and what we do is we share our diagnosis with new members and we get together and try to support one another wherever we're at in our journey with cancer. Hopefully by doing that people will get some benefit from it," said Wendy Mcleary, co-chair of the Sel-

kirk and District Breast Cancer Support Group.

Mcleary and co-founder Tannis Barker started the group in 1999 which was a year after Mcleary herself was diagnosed.

"I was diagnosed on September 9 of 1998 and I had gone to an all-cancer group at the Selkirk hospital. I'd gone for a few sessions and then I'd received a call from the facilitator, and she asked me if I could speak to another lady who has just been newly diagnosed with breast cancer. At the time, I was a little reluctant, because that was only two months into my diagnosis. But I spoke with her, her name was Tannis Barker, and we actually spoke to each other on the phone

for a few months. Then we met, and it was in the fall of the next year in 1999 and it was Tannis's idea, she said, "There's two of us. There's got to be more of us," said Mcleary.

The idea for the support group came about that day and shortly thereafter they put an ad in the paper looking for others and hosted their first meeting in November of 1999.

The way that their meetings work is that they first go around and talk about their lives. These updates can be about their breast cancer journey, but since they also have long-term members who have been in remission, they can also include personal life updates too.

"A lot of our members are 20 to 30 years cancer-free so it's different [for everyone]. Some are new members, who are just newly diagnosed, of course, they would want

to share, what's been going on with them. The older members are there more to support them. So, we go around and then we have a snack. Then we have our business meeting because we do outreach in the community, we do events, and we have celebrations throughout the year. This month is one of them for Breast Cancer Awareness Month," said Mcleary.

This format allows newly diagnosed members to share their stories but also the members who are farther in their journey can talk to them about what life is like even years after diagnosis. For members who have been in remission or farther away from their initial diagnoses, this is a way to give back to our community but also to continue the long-lasting friendships that have developed from this group.

For people who might not feel comfortable going to a meeting or might not have the ability to, the

*Continued on next page*



## Awareness's in October

- Breast Cancer Awareness Month - Canadian Cancer Society
- Children's Vision Month
- Mark it Read for Dyslexia Awareness Month
- Occupational Therapy Month
- Rett Syndrome Awareness Month
- Sudden Infant Death Syndrome (SIDS) Awareness Month\*
- National Breastfeeding Week - October 1 to 7\*
- World Cerebral Palsy Day - October 6\*
- World PANS/PANDAS Awareness Day - October 9
- World Mental Health Day - October 10\*
- World Sight Day - October 10\*
- World Arthritis Day - October 12\*
- World Thrombosis Day - October 13\*
- World Hospice and Palliative Care Day - October 14
- Pregnancy and Infant Loss Remembrance Day - October 15\*
- Invisible Disabilities Week - October 15 to 21
- RSV Awareness Week - October 15 to 21
- World Spine Day - October 16\*
- National Pharmacy Technicians Day - October 17
- Sudden Unexpected Death in Epilepsy (SUDEP) Action Day - October 18
- National Psoriatic Arthritis Day - October 19\*
- Purple Thursday - October 19\*
- International Stuttering Awareness Day - October 22\*
- Canadian Intensive Care Week - October 22 to 28
- Respiratory Therapy Week - October 22 to 28
- Brain Cancer Awareness Day - October 24\*
- World Amyloidosis Day - October 26
- World Psoriasis Day - October 29\*

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# Your Health



RECORD PHOTO SUBMITTED  
The Selkirk and District Breast Cancer Support Group recently celebrated with Wendy Mcleary as she passed the 25 year milestone since her cancer diagnosis.

*Continued from previous page*

group can also connect you to a member with a similar diagnosis who can give you a call and chat or you can be looped into their newsletter which can keep you up to date with the group.

"Some people just want to receive the newsletter, or they may just come to one or two meetings, and then that's maybe all that they need. Sometimes if they're on a long-term treatment plan, it may not be feasible for them to come. I send out regular emails and we can put them on a group list, and

they would receive all our emails so the group keeps them informed on what is going on with the group. Then if they haven't been to our meetings for a long time, they can feel comfortable coming back, because they are connected," she said.

Residents who would like to support a Breast Cancer Awareness Month fundraiser in our community can go to Packers Fashions who have a couple of options to support. Learn more on their Facebook page at <https://www.facebook.com/packersfashions/>.

In addition to Packers, Mcleary thanks all those who have supported the group throughout the years

including Gerdau who recently gave them a wonderful donation which will help them to continue to offer this support in our community

Mcleary invited residents in need of support to reach out.

"We are a welcoming, caring, sharing and supportive group," she said.

If you are interested in becoming part of this group Mcleary asks that you give her a call at 204-785-2456 or email her at [mcleary@mymts.net](mailto:mcleary@mymts.net) so that she can chat about what kind of support you'd prefer.

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- 1 lime, juice only
- salt, to taste
- pepper, to taste

Drain and rinse corn and black beans; dry well.

Finely chop and dice cilantro, tomatoes, jalapenos, onion and bell peppers.

To make dressing: Combine olive oil, red wine vinegar, honey, paprika and lime juice. Season with salt and pepper, to taste.

Mix vegetables with dressing. Serve with tortilla chips.

- 1 can (15 ounces) sweet corn
- 1 can (15 ounces) black beans
- 1 bunch cilantro
- 3 Roma tomatoes
- 2 jalapenos
- 1/2 red onion
- bell peppers (mix of green, red, orange and yellow, as desired)
- tortilla chips, for serving

## Parmesan Chicken and Rice with Spinach and Artichoke

Prep time: 5 minutes  
Cook time: 5 minutes  
Servings: 1

1 Minute Chicken & Herb Seasoned Rice Cup

- 1 tablespoon olive oil
- 1 cup spinach, stems removed
- 2 ounces chicken, cooked and shredded

1/4 cup canned artichokes, drained and quartered

1/4 cup shredded Parmesan cheese  
Heat rice according to package directions.

In medium saute pan over medium heat, heat olive oil. Add spinach and saute 1 minute.

Add chicken and artichokes; saute 2 minutes, or until heated through.

Add cheese and rice; stir to combine until heated through.

# Wellness Check In!

## Mental Health Week Oct. 1-7



Fitness and Nutrition expert  
**Julie Germaine Coram**

By Julie Germaine Coram,

Just checking up on you, because, well... life can be tough for everyone at times. And because this is Mental Health Awareness Week. Not only is the cost of living at all-time high, but healthy foods and spare time to exercise can be difficult to fit into the budget. We are going through a lot together!

The key word I want you to take away from my sad intro is "together". You are not alone in your struggles. The good news is that there are many ways to interact with others and help yourself cope with circumstances to improve your mental health and overall wellness.

Taking just thirty minutes a day so get moving will release endorphins into your system that will elevate your mood and reduce cortisone stress levels! Glute bands and mini exercise bands are available on my website. If you book a free call with me, I may even end up sending you a freebie ;)

**10 Repetitions Each, Repeat 3x**

Lower Body:  
Squats with Band, Step-Ups onto a Stable Chair, Bridge Top Taps, Band Kneeling Glute Kickbacks, Stand-

ing Calf Raises

Upper Body:

Push-Ups, Chair Dips, Single Arm Pull-Downs using Mini Band, Concentration Curls with Band, Bicycle Crunches with Band

Don't feel like exercising today? No worries – rest days are important! I would suggest soaking in a hot bath and then taking fifteen minutes to stretch out your body, focusing on leaning forward from a standing position to ease back pain and reverse the tension that can occur in your butt and legs from too much sitting. Some simple reverse arm circles and forward neck rolls are super effective to promote better posture.

Proper nutrition is absolutely vital to optimal health, so here are some easy-to-follow tips to boost your energy, help you resist high-calorie temptations, and enhance your quality of sleep.

- Drink plenty of water! Sip on sugar-free fluids all throughout the day to help your body function at full capacity.

- Ensure your protein intake is adequate. I recommend eating a gram of protein per pound of body-weight.

- Have a bedtime snack. When you are at rest, this is when your body needs calories to perform muscle repair to keep your body healthy! Choose low-carb, high protein options, like non-fat cottage cheese with berries, an egg white omelette, or a chocolate protein shake and a handful of nuts.

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit [juliegermaine.com](http://juliegermaine.com) or [www.caleadly.com/juliegermaine](http://www.caleadly.com/juliegermaine)

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# Leo's the first in Canada to show first of its kind Case IH tractor

## Case IH Steiger Quadtrac delivers huge power with 715 HP engine

By Becca Myskiw

It's the most powerful tractor ever produced by Case IH, and a local dealership had the first look of the the Steiger 715 Quadtrac last month.

The new Steiger tractor with more power and speed leads the 2024 Case IH lineup as the machinery manufacturer looks to deliver more purposeful design, technology, and performance. Case IH recently released the Case

IH 715 Quad Trac. Rated for 715 horse power with a power boost of 778 horse power, the new Steiger 715 is the company's — and Canada's — most powerful tractor yet.

Leo's Sales & Service was able to secure the tractor for a couple weeks starting Sept. 12, and in the time it was here, they got it in the field and had local farmers get behind the wheel.

"A lot of farmers had been asking for more power so that's what [Case IH] brought to market," said Jena Stewart, part owner of Leo's.

The Steiger 715 is built with a 16-litre FPT Industrial twin-stage turbine engine and a 16-speed PowerDrive powershift transmission, hitting top speeds of around 43 km/hr. The tractor also has a higher capacity 520-gal-

lon fuel tank with a hitch lift capacity of 22,250 lb.

According to Case IH global product manager for Steiger, Tom Curley, the new tractor is built for farmers pulling large disk rippers or large high-speed tillage equipment and the company had demand for a tractor that could climb the hills of Western Canada.

"[The farmers] are definitely happy that the manufacturer is listening to what they want," said Stewart. "It was overall a good response."

She said Leo's would have liked to get more farmers behind the wheel of the Steiger 715. For those wanting a chance, it's continuing to be shown across the country.

"For us, it's something that we can

now finally offer our customers that they've been looking for and offering," she said.

The powerhouse tractor weighs over 61,000 lb with a maximum weight of 72,000 lb. It has Quadtrac, a four-track undercarriage that increases traction and flotation, with an axle width of 88 inches and a wheelbase of 154 inches. The trac is maneuverable with a turning radius under 22 feet too.

The Steiger 715 is currently on the market and available for farmers to order. Leo's, one of the only family-owned dealerships left in the country, can help anyone with more questions about the machine. To contact the dealership, go to [www.leoscaseth.com](http://www.leoscaseth.com).

## Celebrating Steelers win!



RECORD PHOTO BY BRETT MITCHELL

An enthusiastic crowd enjoyed a big win Friday night as the Selkirk Steelers scored a 1-0 win over the 2023 Turnbull Cup champions, the Steinbach Pistons.



RECORD PHOTOS BY JENA STEWART

The Steiger Quadtrac 715 made its debut in Canada at Leo's Sales & Service last month. The tractor is the most powerful tractor ever produced by Case IH and has up to 778 hp peak power, improved engine performance, increased torque, enhanced track system and hydraulics.

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

GO TO **Stonewall Teulon Tribune | flickr**

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Atom action



RECORD PHOTO JO-ANNE PROCTER

Interlake's Jaxx Wilson makes a tackle during the Thunder's 37-7 home loss to the East Side Eagles in Atom action last Saturday in Stonewall.

## Mustangs down Thunder



RECORD PHOTO JO-ANNE PROCTER

The Interlake Thunder were defeated 46-21 by the St. Vital Mustangs in Rural Manitoba Football League action last Saturday in Stonewall.

# Royals' runners head to MHSAA cross-country provincials

By Brian Bowman

The Selkirk Royals will be sending a strong contingent of athletes to the MHSAA cross-country provincials this Wednesday at the Asessippi Ski Area and Resort.

A total of 23 Selkirk runners will be making the trip.

"It's a big group. We're usually under 20 but a lot of this group was sort of the holdovers from Brandon last year at the outdoor track championships," said Royals' cross-country coach Scott Gurney. "This group loves to be together. They love cheering for

each other and supporting each other and competing together. I've got kids this year that are running cross country that were jumpers and sprinters - not the kids that I would have picked for a 5k. It's been really great having this group stick together like this and they are just pumped to get to indoor and outdoor track. It's been really nice."

The Royals competed at three KPAC meets this season. Gurney said the Selkirk runners have improved quite a bit during the short season.

"They should feel really good about what they have accomplished and I'm sure that they will run really well (this week)," he said. "It's always fun to go to provincials and you're racing against 200 kids. That's a real adrenaline rush."

Kyle Zorniak and Max Jehle, in particular, have had very good cross-country seasons.

"They have had a really good season. Both of those guys are first-year finds and I have to count Mrs. Gurney's recruiting skills on this one

with these two," Gurney said. "She's found some good ones for us. Max is sort of doubling up with volleyball and he's had a great outdoor season. Third place a couple of times and he's got a talent for this distance running and Kyle is a mountain biker. He's a cyclist and he's got the gears, boy, he can go. He was chomping on the heels of the second-place guy all the way into the chute (last Thursday) and I thought he was going to get him. He just ran up a little short."



**SELKIRK STEELERS**

NEXT AWAY GAMES

**CATCH THE EXCITING NEW TEAM FOR THE 2023-2024 SEASON**

**NEXT HOME GAMES**

- VS OCN Blizzard Fri, Oct 20<sup>th</sup> 7:30 pm
- VS Winnipeg Blues Sat, Oct 28<sup>th</sup> 7:30 pm

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- VS Swan Valley Fri Oct 13 7:30pm
- VS OCN Sat Oct 14 7:00pm
- VS Swan Valley Mon Oct 23 5:00pm



[www.selkirksteelers.com](http://www.selkirksteelers.com)

the Steelers Box Office is open 1 hour before game time  
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THE STEELERS BOX OFFICE**



# Steelers doubled by Flyers on Sunday

By Brian Bowman

The Selkirk Steelers were doubled 4-2 by the Flyers in Winkler on Sunday.

Winkler's Isaiah Peters and Selkirk's Joel Purdom traded first-period goals and then the Flyers went up 4-1 after 40 minutes as Lucas Ens, Tanner George, with a pair, tallied.

The Steelers' Aiden Anderson closed out the scoring in the third.

Selkirk was 1-for-7 with the man advantage while Winkler finished 0-5.

On Friday, the Steelers were outstanding in a tight 1-0 win over the Steinbach Pistons at the Selkirk Recreation Complex.

Anderson scored the game winner at 6:55 of the third period.

Noel Olsonawski stopped 32 Steinbach shots for the shutout.

Last Wednesday, the Steelers were downed 3-1 by the Pistons in Steinbach.

Wyatt Mattfield and James Fuchs scored for Steinbach in the first period and then Fuchs tallied early in the second.

The Steelers' Mathieu Catellier closed out the scoring midway in the



Aiden Anderson scored the game winner in a 1-0 game against the Steinbach Pistons last Friday.

third.

Selkirk goalie Jack Hodgins made 40 saves in the losing cause.

Selkirk (2-5) will hit the road this weekend (yes, they are on the road again) when they play at the Swan Valley Stampede on Friday and the OCN Blizzard Saturday. Both games start at 7 p.m.

Selkirk's next home game is Oct. 20 when it hosts OCN at 7:30 p.m.



RECORD PHOTO BY BRETT MITCHELL

Mathieu Moreira and the Selkirk Steelers shut out the Steinbach Pistons 1-0 last Friday at the Recreation Complex.

## Manitoba student-athletes, coaches awarded \$22,500 in sport scholarships

Submitted by Sport Manitoba

Sport Manitoba awarded \$22,500 in academic scholarships to 14 high school students, eight university students, and six Manitoba coaches.

The awards included the Manitoba Foundation for Sports Scholarships, Sport Manitoba Coaching Bursaries,

Fleming Family Hockey Coach Scholarship supported by Jennifer Fleming, and Princess Royal Pan Am Scholarship Endowment Fund.

Awarded a \$1,000 university scholarship were Selkirk's Sarah Ekosky (judo, Universite de Saint Boniface) and Annika Goodbrandson (basket-

ball, volleyball University of Winnipeg).

East St. Paul's Shay Edgeworth was awarded a \$500 Silvio Sbotto Memorial Rural Coach Award.

"For my future career in judo, I plan on continuing to train full-time and compete at national and international

level tournaments. After nationals, my goal is to qualify for the national team and compete at the Pan American Championships and Junior World Championship," said Ekosky.

# Raiders beat Vics, lose to Hawks

Staff

The Raiders Jr. Hockey Club lost 6-3 to the Charleswood Hawks in Manitoba Major Junior Hockey League action on Sunday afternoon.

It was the Raiders' first loss of the season.

Raiders' goals were scored by Samuel Semchuk, Tyler Kupchak, and Jack Oleksiuk while Cam McDoanld (three), Jeremy Klimchuk, Matt Carlson, and Wylie Garchinski replied for the Hawks.

Last Thursday, the Raiders downed the St. Vital Jr. Victorias 3-2 in overtime.

Oleksiuk scored the game winner in overtime.

St. Vital took a 2-0 first-period lead on goals from Tyler Rubigny and Connor Mitchell (power play).

But the Raiders roared back with a second-period goal by Brody Melsted and then Devon Whiteside tallied in the third.

Owen Savoie made 25 saves for the win.

The Raiders (3-1) will visit the Ft. Garry/Ft. Rouge Twins on Friday (7:30 p.m.) and then host

the River East Royal Knights Sunday (2:30 p.m.).

**NEXT HOME GAMES**

**SELKIRK REC CENTRE**

**SUNDAY, OCTOBER 15<sup>th</sup>**  
VS Beausejour 3:00 pm

**SUNDAY, OCTOBER 22<sup>nd</sup>**  
VS North Winnipeg 3:00 pm

**NEXT AWAY GAMES**

Fri, Oct 13 - vs Beausejour - 8:00 pm

Tues, Oct 20 - vs Arborg - 8:00 pm



**Meet the Fishermen**



**#2 Ty Johnson**  
Defence



# Classifieds



Book Your Classified Ad Today - Call 785-1618 or Email [lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

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## AUCTIONS

"A Dispersal" AUCTION SALE for Hillbillys Recycling, Tyndall, Manitoba Saturday October 21, 2023 10:30 A.M. (rain date: Sunday Oct 22nd)  
Location: From PTH'S 12 & 44, 8 miles north on R36E to lot 80112  
Ranger tower station Cabana, '97 Jeep full powered white doors \* 89 Jeep 4.2 Wrangler (SB\$1000) \* Aircraft motor winch \* Dock cart\* 72 Fargo 1/2 ton charger orange truck, 318, floor shift, rally rims (SB\$1000)\* 2004 Ford F150 4 doors for crew cab, tailgate, rust free \* 1941 IH truck cab c/w clips (SB\$500) \* 1967 Pontiac Parisienne 2 door hardtop (SB\$1800)\* Steel rack\* 2000 Honda Prelude left & right fenders, rust free \* Blue & white shed\* 3 cylinder Detroit supercharged 3 phase / 220 gen, turns over (SB\$750)\* 2-Echlin tune up shop cabinets \* White truck tool box \* Truck doors\* 53 ft C-Can (SB \$2500) \* Commercial expo display case \* Electric motors\* Commercial coca-cola & Cop half fridges, working order (SB\$200 each)\* Coca Cola vending machine\* Pontoon/Building moving trailer \*Culvert Cap\* 14 ft fiberglass boat & 50 hp outboard, trailer (SB \$1500) \* Bird feeder Assort of boats \* Air compressor \* Mix Mill & motor \* 26 Patio blocks\* Portable dog kennel cages \* 4 Safari STR Kelly tires & rims\* cinder blocks\* 53 ft Day/Ross C-Can (SB\$2500) \* Punch Press \* Stainless steel smoker\* Variety of auto body parts \* 66 Ford 1/4 panels \* North Star & BA Drums\* Fencing pellets \* 68 Mercury rear 1/4 panel \* Shop cabinets \* Hitch\* 7up vending machine (SB \$1000)\* Coats tire changer (SB \$1000)\* Gilbert & Barker commercial air compressor (SB\$750)\* Truck fuel tanks\* Candy vending Machine (SB\$250)\* Delta commercial table saw\* Barrels\* Pellet stove feeder\* Apostle barrel stove\* Cast iron water heater \* Empire & Ackland shop cabinets\* Assort of bldg material\* Storage Tank\* Truck rack & tool box\* Closet doors \* Multiple pieces of irrigation piping and much, much more

Approx. 1:30 P.M. A storage war type of "auctioneering" on 11 containers  
Note: Items can be viewed October 19th & 20th between 11:00 AM - 4:00 PM  
Terms of the sale: Cash, debit, MC, Visa accepted \* All item(s) must be paid for on day of sale \*Any statement made by the auctioneer on item(s) or lot(s) before being sold shall take precedence over any other advertising \* Once an item is sold the purchaser is responsible for the item(s) \* Items may be added or delete before sale time \* GST and PST applied \* All items sold must be paid for on the day of the sale \* Not responsible for errors in advertising\* Food available for sale (SB is starting bid)  
For further information contact Wendy at 1-431-733-6710  
The sale is conducted by Rent-A-Auctioneer, Beausejour MB 204 268 6650  
Items can be viewed on [www.rent-a-auctioneer.ca](http://www.rent-a-auctioneer.ca)

## METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

## SCRAP METAL

Buyer for all farm-yard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

## BOAT FOR SALE

Fishing skiff for sale in Gimli. 22 foot aluminum ZAG FAB Skiff with floatation and 135HP Evinrude etech motor, depth sounder, radio plus a 2-way radio, GPS plus an electric net lifter on a double axle trailer. Phone Gord at 204-642-3355 or 204-642-4453.

## STRAW FOR SALE

Flax straw for sale, Stonewall. \$3.50/bale. Call Nick at 204-461-0706 or Bill at 204-461-1906, Monday - Saturday.

## SUPPORT LOCAL BUSINESS



Manitoba Beef Producers invite you to attend your local fall district meeting. In-person sessions will be held in Rosa, Arborg-Bifrost, Oak Lake, Baldur, Ste. Rose du Lac, Swan River, and Neepawa beginning at 4:30 PM with a free meal to follow. Advance registration is appreciated - visit [www.mbbeef.ca/news](http://www.mbbeef.ca/news) for dates & information.

## APARTMENT FOR RENT

Rule Apartments located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1,250/month & \$1,150/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more! Sorry, No pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

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

For rent, just south of Lockport, entire first floor, marvelous river views, big windows, private entrance, 1,046 sq. ft., gas heat, fireplace and central A/C. 3 piece washroom, 1 bedroom, kitchen, family and dining rooms, 1 garage parking space. 6 month lease. For more info call 204-904-9012.

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**SUN - Oct 15, 2023**  
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Admission: \$5.00  
Caboto Centre  
1055 Wilkes Ave, Wpg.  
For info:  
**204-255-3463 or 431-374-6925**

## R.M. of St. Clements

### PUBLIC NOTICE - BOARD OF REVISION

Notice is hereby given that the Real Property Assessment Roll of the Rural Municipality of St. Clements for the year 2024 has been deposited in the office of the Rural Municipality of St. Clements and will remain open for public inspection during regular office hours (8:30 a.m. to 4:30 p.m., Monday to Friday). The 2023 Supplemental Bills for added and reduced taxes have also been mailed out. Applications for revisions may be made in accordance with Section 42 and 43 of the Assessment Act.

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under subsection 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, or the assessor may make application for the revision of an assessment roll with respect to:

- liability to taxation;
- amount of an assessed value;
- classification of property; or
- a refusal by an assessor to amend the assessment roll under subsection 13(2).

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by delivering it or causing it to be delivered to the office indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board as indicated in this public notice:

Board of Revision  
Rural Municipality of St. Clements  
1043 Kittson Road  
Box 2 Grp. 35 RR 1  
East Selkirk, Manitoba R0E 0M0

The Board of Revision will sit on **Wednesday, November 22<sup>nd</sup>, 2023 at 1:30 PM** in the Council Chambers of the Rural Municipality of St. Clements to hear applications for revision.

The final date on which applications may be received by the Secretary of the Board is **Tuesday, November 7, 2023 at 4:30 p.m.**

Dated at East Selkirk, Manitoba this 5th day of October, 2023

1043 Kittson Road  
Box 2 Group 35 RR1  
East Selkirk, Manitoba R0E 0M0  
Telephone: Selkirk 204-482-3300  
Winnipeg: 204- 474-2642  
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## Construct Pedestrian and Bicycle Paths at the Access Centre Recreation Site

The Rural Municipality of West St. Paul is seeking tenders from qualified bidders for the construction of pedestrian and bicycle paths at the Access Centre Recreation Site.

Specifications and Tender packages including submission documents are available online at [www.weststpaul.com](http://www.weststpaul.com).

Sealed submissions clearly marked "Tender 2023-04 - Construct Pedestrian and Bicycle Paths at the Access Centre Recreation Site" will be received by the undersigned at the address below until 10:00am on October 23, 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 [rriesen@weststpaul.com](mailto:rriesen@weststpaul.com) or by phone 204-334-0092.

Mr. Dave Wardrop, CAO  
Rural Municipality of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3



# Classifieds



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

**HELP WANTED**

Hiring: Medical Office Receptionist/Assistant. Full-time position Monday-Friday with good salary. Qualifications: past Medical Office Receptionist/Assistant experience is preferred. Location: we are located in Selkirk. Submit your resume/cv to hiringselkirk@gmail.com Only candidates chosen for an interview will be contacted. Thank you.

**HELP WANTED**

Yard staff needed for Winnipeg Livestock. P/T leading to F/T. Includes weekdays, evenings & weekends. Cattle experience an asset but not necessary. Willing to train. Ph Melissa at 204-299-7509.

**HELP WANTED**

Petersfield Garage requires tire and lube technician. Also some minor mechanical repair work. Wage dependant on experience. Will train right applicant. Call Terry, 204-738-2552.

**HELP WANTED**

The Window Factory is accepting resumes for production/manufacturing staff, also an installer assistant who must be able to work in heights, on ladders and work outdoors in all forms of weather. Please bring in resume into the office located at 605 Mercy St, Selkirk.

**HELP WANTED**

Galay Landscaping is looking for help with our snow clearing operations in Selkirk. We need people on shovels and snow blowers as well as experienced operators on skid steers, loaders and class 3 truck drivers. Must have a class 5 drivers license or ability to get to sites within Selkirk independently. Starting wages \$18 - \$30 per hour depending upon experience and qualifications. Apply by emailing resume to info@galaylandscaping.com

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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **16th** day of **November, 2023**, at the hour of **2:00 PM**, at Rural Municipality of St. Clements, 1043 Kittson Rd., East Selkirk, MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
457300	LEGAL SUBDIVISION 2 OF SECTION 16-14-6 EPM EXC FIRSTLY: DRAIN PLAN 2442 WLTO AND SECONDLY: WATER CONTROL WORK PLAN 7336 WLTO - 32101 RD 80N	L -\$91,000 B -\$71,900	\$5,471.27
747400	LOT 13 BLOCK 5 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 63 CEDARVALE AVE	L -\$40,800 B -\$127,300	\$5,651.82
752000	LOT 11 BLOCK 7 PLAN 2639 WLTO EXC THE SLY 10 FEET PERP IN SE 1/4 24-18-6 EPM - 120 GRAND BEACH RD	L -\$29,900 B -\$0	\$3,938.93
752100	LOT 12 BLOCK 7 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 116 GRAND BEACH RD	L -\$38,200 B -\$172,200	\$13,429.89
754300	LOT 19 BLOCK 8 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 59 CEDARVALE AVE	L -\$33,800 B -\$56,000	\$4,863.00
760300	LOTS 5 AND 6 BLOCK 11 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 42 PARKVIEW AVE	L -\$54,200 B -\$154,300	\$15,978.57

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RURAL MUNICIPALITY OF ST. CLEMENTS as follows:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 5th day of October, 2023

Managed by:

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

**NOTICE OF PUBLIC AUCTION**  
**SALE OF LANDS FOR ARREARS OF TAXES**  
**RURAL MUNICIPALITY OF ST. ANDREWS**

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **15th** day of **November, 2023**, at the hour of **02:00 PM**, at Rural Municipality of St. Andrews, 500 Railway Ave., Clandeboye MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
23490	LOT 19 PLAN 21436 WLTO IN RL 48 TO 50 PARISH OF ST ANDREWS - 5 DAVIS PLACE	L -\$116,600 B -\$443,600	\$22,619.61
204900	ALL THAT PORTION OF THE N 1/2 OF RL 78 PARISH OF ST ANDREWS PLAN 3404 WLTO WHICH LIES TO THE WEST OF A LINE DRAWN NLY AT RIGHT ANGLES TO THE SOUTHERN LIMIT OF SAID N 1/2 FROM A POINT IN THE SAME DISTANT ELY 2400 FEET FROM THE WESTERN LIMIT OF SAID LOT - 541 MCPHILLIPS ROAD	L -\$137,800 B -\$255,200	\$15,414.91
222300	LOT 25 BLOCK 2 PLAN 1489 WLTO EXC ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN RL100 PARISH OF ST ANDREWS, LOT 26 BLOCK 2 PLAN 1489 WLTO IN RL 100 PARISH OF ST ANDREWS - 28 STEVENS AVENUE EAST	L -\$94,900 B -\$21,800	\$5,955.55
326700	RL 33 PARISH OF ST PETER PLAN 2468 WLTO EXC 1STLY: MAIN HIGHWAY PLAN 3098 WLTO 2NDLY: WLY 5465.79 FEET PERP 3RDLY: ALL THAT PORTION OF THE SLY 198 FEET PERP WHICH LIES TO THE EAST OF A LINE DRAWN WEST OF AND PARALLEL WITH THE WESTERN LIMIT OF SAID HIGHWAY FROM A POINT IN THE SOUTHERN LIMIT OF SAID LOT DISTANT WLY THEREON 440 FEET FROM SAID WESTERN LIMIT 4THLY: DRAIN PLAN 7758 WLTO 5THLY: WATER CONTROL WORKS PLAN 13209 WLTO AND 6THLY: ROAD PLAN 33486 WLTO - 1087 BREEZY POINT ROAD W	L -\$80,600 B -\$317,600	\$11,144.57
527700	S 1/2 OF SE 1/4 26-15-4 EPM EXC RLY PLAN 8366 WLTO - 1716 GIMLI ROAD	L -\$248,600 B -\$142,700	\$11,299.98

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

- The purchaser of the property will be responsible for any unpaid municipal utilities and any property taxes not yet due.
- The Municipality may exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the RURAL MUNICIPALITY OF ST. ANDREWS as follows:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
  - A fee in the amount \$498.75 (\$475 + GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 4th day of October, 2023.

Managed by:

Managed by:  
 Brent Olynyk  
 Chief Administrative Officer  
 RURAL MUNICIPALITY OF ST. ANDREWS  
 Phone: (204) 738-2264  
 Fax: (204) 738-2500



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



## PUBLIC NOTICE

### REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2023-11 IN THE AREA KNOWN AS HIAWATHA AVENUE, MINNEHAHA AVENUE, KENABEEK STREET, NYE AVENUE, BALDOCK STREET AND EVELYN AVENUE

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 2nd day of November, 2023 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2023-11:

Installation of wastewater sewer pipes, lift station and forcemain, including surface restoration in the areas known as Hiawatha Avenue, Minnehaha Avenue, Kenabeek Street, Nye Avenue, Baldock Street and Evelyn Avenue in the RM of West St. Paul. The lift station and forcemain service the Hiawatha Avenue, Minnehaha Avenue, and Kenabeek Street catchment area.

The cost of the project is \$6,157,756.00. The Municipality has secured 50% funding from the Manitoba Water Services Board up to \$3,600,000.00, estimated to be \$3,078,878.00 for the project.

The Municipality will allocate \$512,316.63 of provincial funding from the Strategic Infrastructure Basket to the project.

The Municipality will allocate \$51,209.39 of interest the Municipality earned from the Manitoba Water Services Board advanced funds to August 31, 2023.

Council is proposing that the Municipal costs of \$2,515,352.00 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.775% with an annual payment of \$251,919.52. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

#### Per Parcel Rate Hiawatha Avenue, Minnehaha Avenue, Kenabeek Street

- Cash option of \$26,701.35 per parcel, or
- Finance option of \$2,674.22 per parcel to be levied annually for 20 years.

#### Per Parcel Rate Evelyn Avenue, Nye Avenue, Baldock Street

- Cash option of \$16,912.41 per parcel, or
- Finance option of \$1,693.83 per parcel to be levied annually for 20 years.

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on November 2, 2023. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2023-11 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: [www.weststpaul.com](http://www.weststpaul.com).

Dated at the Rural Municipality of West St. Paul this 12th day of October A.D. 2023, and issued pursuant to Section 318 of *The Municipal Act*.

Dave Wardrop, FCPA, CPA, P.Eng.  
Chief Administrative Officer  
RM of West St. Paul 204-338-0306 [info@weststpaul.com](mailto:info@weststpaul.com)

#### MISCELLANEOUS

Saturday, October 14 2023, Steinback Gun & Collectable Show at Friedensfeld Hall (From Steinbeck 4 miles south on hwy 12, then 1 mile east on 303). BUY-SELL-TRADE. Open 10 AM - 4 PM. For info ph. Sheryl 204-250-8766 or Carol 204-242-2320.

Knight BP 50 Cal with scope, fling and all accessories. Possession license required. \$360. Call 204-807-9540.

ADVERTISE IN THE RECORD

#### 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. Let telephone ring at least ten times for an answer.

#### UPCOMING EVENTS

Saturday, October 14 2023, Steinback Gun & Collectable Show at Friedensfeld Hall (From Steinbeck 4 miles south on hwy 12, then 1 mile east on 303). BUY-SELL-TRADE. Open 10 AM - 4 PM. For info ph. Sheryl 204-250-8766 or Carol 204-242-2320.

HONOUR YOUR LOVED ONES WITH AN ANNOUNCEMENT IN THE RECORD

#### UPCOMING EVENTS

Cloverdale United Church, 805 Cloverdale Rd., Saturday, October 14, 7 p.m. - featuring Harmony Band. Talented & teasing, a little bit Holy and a whole lot hilarious. Some of this crew was formally with Sisters of the Holy Rock. Tickets \$10 each. Call Ishbel 204-482-8271 or Nonnie 204-482-5359. Also don't miss our Presentation on European Churches on October 22nd at 10:30 a.m.

#### WANTED

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

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



## PUBLIC NOTICE BOARD OF REVISION

Public Notice is hereby given that the 2024 Assessment Roll of the Rural Municipality of West St. Paul has been delivered to the Municipal Office at 3550 Main Street, West St. Paul, MB and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Sections 42 and 43 of *The Municipal Assessment Act*. Forms are available at the Municipal Office.

#### APPLICATION FOR REVISION

42(1) A person in whose name property has been assessed, a mortgagee in possession of property under Section 114(1) of *The Real Property Act*, an occupier of premises who is required under the terms of a lease to pay the taxes on the property, the authorized agent of the person, mortgagee or occupier, or the assessor may make application for the revision of an assessment roll with respect to:

- (a) liability to taxation;
- (b) amount of an assessed value;
- (c) classification of property; or
- (d) a refusal by an assessor to amend the assessment roll under subsection 13(2).

#### APPLICATION REQUIREMENTS

43(1) An application for revision must

- a) be made in writing
- b) set out the roll number and legal description of the assessable property for which a revision is sought;
- c) set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- d) be filed by delivering it or causing it to be delivered to

#### BOARD OF REVISION THE RURAL MUNICIPALITY OF WEST ST. PAUL 3550 MAIN STREET, WEST ST. PAUL, MB R4A 5A3

or serving it upon the Secretary at least 15 days before the scheduled sitting of the board as indicated in the public notice.

The Board of Revision will sit to hear complaints and revise the said assessment roll, on the Wednesday, November 1, 2023 at 5:00 P.M. in the Municipal Council Chambers, 3550 Main Street, West St. Paul, MB.

Appeals received after 4:30pm October 16, 2023, will not be considered.

DATED THIS 12th DAY OF OCTOBER, A.D. 2023.

Crystal Shuhyta, CPA, CGA, B. Comm (Hons)  
Secretary to the Board of Revision  
RM of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3  
[accounts@weststpaul.com](mailto:accounts@weststpaul.com)

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Gold, Silver & Platinum!!



Cash Paid For Coins, Coin Collections, Bullion, 999 bars, Ingots, Rounds, Jewelry, Watches, Nuggets, Scrap, Gold Dust, Sterling Silver, Sterling Silverware plus anything Gold, Silver or Platinum.

Also purchasing Old Money, Royal Canadian Mint Coins, Franklin Mint, Coin Sets, etc. **Wanted:** USA, Canada and World Coin Collections, coin sets & old money. Buying Entire Collections!

Todd The Coin Guy  
250-864-3521

## RENTAL SUITES

2 bed/2 bath suite available November 1, rent is \$938/month plus cable, sector, garbage, parking if req'd

2 bed/1 bath suite available December 1, rent is \$898/month plus cable, sector, garbage, parking if req'd

55+ Seniors Building in Teulon, close to grocery store, pharmacy, post office, restaurants, banks, seniors council

Contact Andrea at 204 886-2760 or [farview@mymts.net](mailto:farview@mymts.net) for more info



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**NOTICES**  
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**NOTICES**  
SEASONAL HIRING? REGISTERING PEOPLE FOR FALL/WINTER PROGRAMS? SOMETHING FOR SALE? HAVING AN EVENT? 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](http://www.mcna.com)

**BUSINESS SERVICES**  
Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 [www.firststandsecondmortgages.ca](http://www.firststandsecondmortgages.ca)

**FLIGHT ACADEMY**  
Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. LS Airways Flight Academy 204-651-1402.

**HEALTH**  
Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonywoodelkranch@mymts.net](mailto:stonywoodelkranch@mymts.net)

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> GAMES

## SUDOKU

			1	7	8	6	
8			6				9
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				1		7	3
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Level: Intermediate

**Fun By The Numbers**

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

**Here's How It Works:**

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

## CITY OF Selkirk NOTICE OF PUBLIC HEARING

### ZONING BY-LAW AMENDMENT

The City of Selkirk, under the authority of *The Planning Act*, will hold a public hearing to receive representation from any persons in respect to **By-law No. 5384** being an amendment to Zoning By-law No. 4968. Any person wishing to make a representation to Council can do so during the public hearing.

**APPLICATION DETAILS**

Civic Address: 233 Eveline Street  
Selkirk, Manitoba

Lot 3 Plan 9327 WLTO (L DIV)  
Exc. Plan 18359 WLTO in RL  
40, 41, and 42 Parish of St. Clements



**Proposal Intent:**

The purpose of this zoning by-law amendment is to re-zone the shaded area as shown on the map from "R" Residential General to "R3" Residential Multi-Family Dwelling to enable the construction of a multi-family housing development.

A copy of the above proposal and supporting material may be inspected and copied by any person from 10:00 AM to 4:00 PM, Monday to Friday, at 200 Eaton Avenue, Selkirk, MB.

**PUBLIC HEARING DETAILS**

**Date & Time:** 6:00 PM, October 23, 2023      **Location:** 200 Eaton Avenue (Council Chambers)

We ask that anyone wishing to submit advance written statements to do so prior to 2:00 PM on Friday, October 20, 2023. Materials can be sent by email to [citizensupport@cityofselkirk.com](mailto:citizensupport@cityofselkirk.com) or by regular mail.

**INFO ON CONTACTING US**

[CitizenSupport@CityofSelkirk.com](mailto:CitizenSupport@CityofSelkirk.com)      204-785-4900

[MySelkirk.ca/PublicHearing](http://MySelkirk.ca/PublicHearing)



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The successful applicant must be able to diagnose and repair a vehicle, which includes A/C, Transmissions, Braking Systems, Differentials, Suspension and Steering, knowledge with scan tools and experience with diesel engines would be also a definite asset.

The applicant must also own their own tools.

**Contact: Warren Lahaie, Service Manager - Gimli Auto Ltd.**  
**Ph: 1-204-642-5137 Fax: 1-204-642-9890**



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- CLUES ACROSS**
- Information
  - Seaport (abbr.)
  - Agricultural disease (abbr.)
  - Riding horses
  - Boxing's GOAT
  - Hurt or discomfort
  - A small sharp knife to trim vegetables
  - A beaver builds one
  - Horizontal passage into a mine
  - Self-immolation by fire rituals
  - Chain bar with lots of games (abbr.)
  - Goo Dolls' hit
  - Agreeable
  - In an early way
  - In a way, struck
  - It's there in the morning
  - County in the S. Pacific
  - Central Florida city
  - Numbers cruncher
  - Mexican beers
  - Lawyers say you can indict one
  - Capital of South Australia
  - Wings
  - Drug used to treat HIV/AIDS
  - Fencing sword
  - Capital of Qatar
  - Portable bed
  - Afflicted
  - Lying down
  - Midway between northeast and east
  - Spiritual leader of a Jewish congregation
  - Inflamed
  - Soviet Socialist Republic
  - Impudence

- CLUES DOWN**
- A way to fish
  - Greek mythological figure
  - Scarlett's home
  - Assist
  - More doleful
  - Premeditated
  - Dish featuring minced food
  - San Diego ballplayer
  - Eight
  - Unwelcome picnic guests
  - Human gene
  - Bucket
  - Make full
  - Dirt
  - Person cited as ideal example
  - A part of (abbr.)
  - The 17th letter of the Greek alphabet
  - Very long period of time
  - Gas usage measurement
  - North American native people

1	2	3	4		5	6	7		8	9	10	
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55					56				57			58
59					60				61			
62					63				64			

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20 acres right across from Lake MB & sandy beach at Sugar Point. Many possibilities! \$80's

Lundar \$239,900.  
Compl reno, 1296 sf divided into 2 suites (studio & 1 br). Treed lot, gar

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**LAKEFRONT PARADISE**  
4 Bdrm, 2 bath, huge kit. wood stove, laminates, Dbl Gar. huge treed lot  
**Chris Neufeld** 204-641-1727

**GRANT HJORLEIFSON** 204-641-6400  
3 Bdrm Lakefront Cottage in Johnson Beach in St. Laurant. \$349,900

Gorgeous 3 Bdrm/2bath Executive Home in Gimli's Loni Beach. 9 Colonization Close \$562,500

Gorgeous New Homes in Sandy Hook's Newest development- Samfelag. \$399,900 GST included

**New build St Clements**  
3200sf+ finished living space. 4bd/3bth, oversized att. garage, 4 acres. \$679,000!  
**Mike Juba** 204-588-7967

**1st Ave. Sandy Hook**  
Prc reduced for quick sale. 3 br. on dbl. lot. Lots to the west also avail. \$188,700  
**Dave Humniski** 204-642-8501

**3+BR 1 bath LAKEFRONT,**  
well treed lot, OS DBL GARAGE. Move in ready! Quick PD poss. \$399k  
**Jasmin Theobald** 204-642-8501

**KATHY MARKS** 204-642-8501

**Price reduced on this family home on large lot in South Beach**  
3 bdr, 2 bath. \$280,000  
**Ingrid Bennett** 204-642-2089

**NEW BUILD 1195 sqft.**  
3 bed 1.5 bath dbl att gar. Ask about October Special!  
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Price reduced! 2 bdrm home w/ large yard, garage, move in ready! \$215,000  
**Laurence Humniski** 204-642-8501

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**CLANDEBOYE AVE in Selkirk**  
For information please contact:  
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email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)

**Sudoku Answer**

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

**Crossword Answer**

S	S	V	S		H	S	S		D	E	R	
I	B	B	R		E	N	E		D	E	V	
D	E	T	I	V		T	O	C		V	H	O
					S		T	Z	V	L	V	
					E	D	I	V	L	E	V	
H	O	I	W	D	N	V	S	W	H			
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V	A	P			T	P	S		V	A	T	D



**ANNOUNCEMENT**

**IN MEMORIAM**



**Les Clifford (Dryden)**  
 January 3, 1975 - October 8, 2014  
 Loved with a love beyond all telling.  
 Missed with a grief beyond all tears.  
 -Love Mom and Dad (Al),  
 brothers Dean, Kevin and Jordan  
 and families

**ANNOUNCEMENT**

**IN MEMORIAM**



**John W. Oliver**  
 March 21, 1936 - October 18, 2019  
 Though your smile is gone forever,  
 And your hand we cannot touch;  
 Still we have so many memories,  
 Of the one we loved so much.  
 Your memory is our keepsake,  
 With which will never part;  
 God has you in his keeping,  
 We have you in our hearts.  
 -Lovingly remembered  
 your wife Wendy and family

*There is a link death cannot sever,  
 Love and remembrance last forever.*

**OBITUARY**



**Betty Doreen Wallace**  
 Peacefully, on Wednesday, October 4, 2023 at the Selkirk Regional Health Centre, Betty Wallace, aged 92 years of Petersfield, Mb, passed away.  
 She is predeceased by her husband Earl; parents Charlie and Ethel; and brother Glen.  
 She is survived by her children Sharon (Rick), Wendy (Rick), and Carter; grandson Alex (Cassie) and great-grandson Nickolas.  
 As per her wishes, cremation has taken place and a private service will be held.  
 The family would like to thank the staff at the Selkirk Regional Health Centre.  
 Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



# Announcements

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**ANNOUNCEMENT**

**IN MEMORIAM**



**Michele Meger**  
 October 6, 2022  
 A year ago, you left this world,  
 but your love and memories  
 still live on in our hearts.  
 We miss you dearly, Mom.

On this first anniversary of your passing,  
 we honour your beautiful soul and the  
 everlasting impact you had on our lives.  
 Not a day goes by without thinking of you Mom.  
 The moment that you died,

Our hearts were torn into two;  
 One side filled with heartache,  
 The other died with you.  
 We often lie awake at night,  
 When the world is fast asleep;  
 And take a walk down memory lane,  
 With tears upon our cheeks.  
 Remembering you is easy,  
 We do it every day;  
 But missing you is heartache,  
 That never goes away.  
 We hold you tightly within our hearts,  
 And there you will remain;  
 Until the joyous day arrives,  
 That we will meet you again.  
 Mom, we miss you and love you.  
 It's not goodbye, it's see you later.

-Love Vanessa and Ashley  
 XOXOXO

**OBITUARY**



**Brett Aaron Atkins**

It is with heavy hearts we announce the passing of Brett Aaron Atkins on October 1, 2023.

He leaves to mourn his parents Brian and Dolly, loving sister Crystal and nephews Layne and Kaysen, numerous aunts, uncles, cousins and friends.

Brett will always be remembered for his big smile and sense of humour. His love of sports which started at a young age and how he loved watching all sports with his dad.

Brett had so much love for his family and he made sure to tell them daily.

Thank you to everyone for the visits, phone calls, cards, flowers and food.

Special thank you to Cathy for all your help, his work partner and friend Curtis Kalyta, the Crate family and Fisher River First Nation.

A private family and friends burial will take place at a later date.

Donations can be made to Addictions of Manitoba.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Gregory Victor McBean**

Sadly, the morning of September 29, 2023, with his wife and children by his side, Gregory Victor McBean passed away peacefully at the Selkirk Regional Health Centre, he was 79 years old.

Greg is predeceased by his parents Mary and Victor McBean, sister-in-law Patricia Lehman, brother-in-law Peter Winning, great nephew Anderson Sturm, and his beloved cats Tippy, Sammy and Lillie.

Left to cherish his memories, his loving wife of 49 years Evelyn; his son Ian (Natasha) and daughter Gillian (Brian); grandchildren Ella, Monroe, Livia and Maverick along with Tyler, Brendan, Rianna and Ivan. Greg's laughter will also be missed by his sister Anne (Rance), sister-in-law Diane (Don), brother-in-law Dave and his many nieces and nephews in Manitoba,

Alberta, and British Columbia.

Greg was born and raised in St. Vital, and at six years old he beat polio with help from the constant care provided by his mother. After high school, Greg enlisted in the United States Marine Corps, referring to it as "something to do" and was assigned to the 7th Naval Construction Regiment as a Seabee. He was sent to Vietnam for a three year tour of duty and returned state side and left with an honourable discharge as a Petty Officer 3. Shortly after discharge, he bought himself a brand new 1969 Camaro Z28.

After returning home, he later met Evelyn's sister while camping at Betula Lake with friends. When shown a picture of Evelyn he was persistent in getting an introduction. They married in 1975 and remained in St. Vital until 1979 when they left the city and moved to Petersfield where Greg built their home and raised their children. In 2022 they moved to Selkirk to be closer to services to help with Greg after suffering a stroke in 2019. Evelyn and Greg were dubbed the "Notebook" couple by the wonderful individuals that helped Evelyn care for Greg after his stroke.

When Greg retired after 26 years at the Royal Canadian Mint, it brought him many home projects in Petersfield. From rebuilding trucks to feeding half the Interlake bird population with the feeders in his yard, he always kept himself busy and happy. He loved to travel across Canada with Ev, Pat, Dave, Dianne, and Don. His happiness grew larger with the birth of his first grandchild Ella Mary Stearns (on his birthday), followed by Monroe Joan McBean, Livia Patricia Stearns, and Maverick Gregory McBean.

Greg had a beautiful and infectious smile, an unforgettable laugh and a love for his family and friends that was immeasurable. He was happiest at home with the sounds of his grandchildren around him, there was nothing that Papa wouldn't do for them.

A heartfelt thank you to all those that assisted with Greg over the years including the staff at Selkirk Regional Health Centre, Dr. Alexander, and especially the staff and team and Centered Care Inc. We are forever grateful for the genuine compassion, comfort and care he received.

In lieu of flowers, a donation can be made to the Manitoba Heart and Stroke Foundation in Greg's honour.

Cremation has taken place, and private family gathering is scheduled for a later time.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

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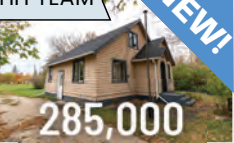
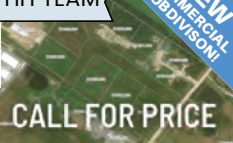





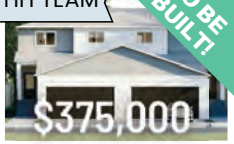

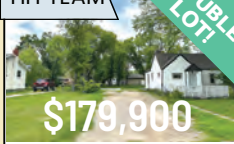
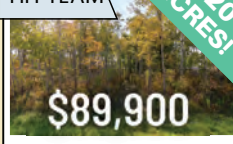
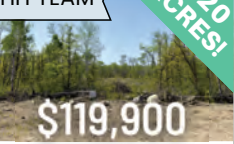
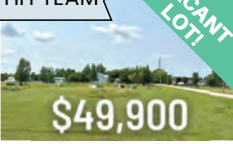
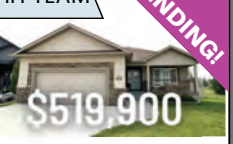


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<p>HH TEAM <b>TO BE BUILT!</b></p>  <p><b>\$375,000</b></p> <p>928 McLean Ave Selkirk</p>	<p>HH TEAM <b>TO BE BUILT!</b></p>  <p><b>\$329,000</b></p> <p>932 McLean Ave Selkirk</p>	<p>HH TEAM <b>DOUBLE LOT!</b></p>  <p><b>\$179,900</b></p> <p>418 Rosser Ave Selkirk</p>	<p>HH TEAM <b>1.20 ACRES!</b></p>  <p><b>\$89,900</b></p> <p>14 Laurelyn Cove Petersfield</p>	<p>HH TEAM <b>2.20 ACRES!</b></p>  <p><b>\$119,900</b></p> <p>9 Fuller Road East Selkirk</p>	<p>HH TEAM <b>VACANT LOT!</b></p>  <p><b>\$49,900</b></p> <p>9 Houghton Bay Rd Petersfield</p>	<p>HH TEAM <b>PENDING!</b></p>  <p><b>\$519,900</b></p> <p>13 Howard Place Selkirk</p>

**ASHLEY DOUGLAS** REALTOR®



Contact me for all of your Real Estate needs! **204.485.4051** ashley.douglas@century21.ca

Follow me on Social Media! @ashleydouglasrealtor

<p>MASTERS 2022</p> <p>ASHLEY <b>NEW VACANT LAND!</b></p>  <p><b>\$159,900</b></p> <p>2 Pearson Parkway Creekside Estates</p>	<p>MASTERS 2021</p> <p>ASHLEY <b>NEW PRICE!</b></p>  <p><b>\$389,900</b></p> <p>80112 36 Road E, Brokenhead</p>	<p>MASTERS 2020</p> <p>ASHLEY <b>1,930 SQ FT!</b></p>  <p><b>\$259,900</b></p> <p>283 Eveline Street Selkirk</p>	<p>ASHLEY <b>CREEK FRONT!</b></p>  <p><b>\$79,900</b></p> <p>0 Kimberly Rd East Selkirk</p>	<p>ASHLEY <b>30 ACRES!</b></p>  <p><b>\$520,000</b></p> <p>71078 Willowdale Rd Creek Property!</p>	<p>ASHLEY <b>SOLD in 1 DAY!</b></p>  <p><b>\$620,000</b></p> <p>440 Phelan Rd St. Andrews</p>	<p>ASHLEY <b>SOLD!</b></p>  <p><b>\$440,000</b></p> <p>118 Shepton Bay Winnipeg</p>
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