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The Selkirk Record

THURSDAY, OCTOBER 19, 2023

VOLUME 14 EDITION 42

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Jim and Betty Anne Gaynor made a generous \$1 million donation to help support Inclusion Selkirk. Learn more about the project inside.

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Inclusion Selkirk plans major upgrade on Eveline with help from Gaynors

New multi-use space will help Inclusion Selkirk clients and be a great local space

By Katelyn Boulanger

The Gaynor family once again has made a generous donation to our community. Last week they gave \$1 million to support Inclusion Selkirk's new multi-use building which will be located beside their current Wishme business on Eveline St.

"We are very happy tonight to make an announcement of very generous support from two people who likely need no introduction, Jim and Betty Anne Gaynor. Jim and Betty Anne have supported many endeavours in the community and we were so excited to announce a \$1 million donation that is moving us along in our jour-

ney of Eveline phase 2," said Richard Hodges, chairperson of the Inclusion Selkirk Board.

At the same announcement event, the design for the building was explained to those in attendance. It will contain a café on the main floor that will be connected to Wishme which will be available to rent out to host community events. The second floor will host offices for the Inclusion Selkirk staff as well as a large accessible meeting space which again will be available for the larger community to

Continued on page 6



RECORD PHOTO BY KATELYN BOULANGER

The Gaynor family made a generous donation to Inclusion Selkirk.

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Who are you going to call? Crime Stoppers

A way to namelessly help pass along information about non-emergent crimes

By Katelyn Boulanger

If you have non-emergent information about a crime and wish to remain anonymous, Crime Stoppers is a way to get that information to law enforcement that is safe and confidential. Attendees at the Crime Stoppers presentation at the Gordon Howard Centre last week learned all about how Crime Stoppers helps our community and its members pass along these tips while keeping their identities private.

Rod Downey, a liaison for Crime Stoppers from the RCMP, made the presentation. He explained that Crime Stoppers is not actually a law enforcement organization but because of previous strong marketing campaigns sometimes people confuse the non-profit with law enforcement.

"It is completely a charitable organization run by volunteers, not associated with police. There's an independent board of governors. And, why am I here and not them? Each board has a police liaison or a police contact, typically, and that's my role in Manitoba Crime Stoppers and they ask for

the public's assistance in solving the crimes," he said

Downey explained that Crime Stoppers started in 1976 and it was actually started by a Canadian, Greg MacAleese, when he was working in the States.

The idea to create Crime Stoppers came from the understanding that people don't come forward to report or give information about crimes largely for two reasons. Either they are afraid that people will know that they are the source of the tip and fear for their safety stops them from reporting. The other reason is down to apathy. To combat this, Crime Stoppers allows tipsters in good faith to give tips anonymously so that even law enforcement doesn't know where the tip came from and they also offer cash rewards for certain information which can incentivize tips.

Manitoba Crime Stoppers is one of three Crime Stoppers groups in the province as Winnipeg and Brandon

Continued on page 5



RECORD PHOTO BY KATELYN BOULANGER

Rod Downey spoke to a group at the Gordon Howard Centre about Crime Stoppers.



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> CRIME STOPPERS,
FROM PG. 4

have their own groups. Manitoba Crime Stoppers covers the areas of Manitoba not covered by the other two city groups. These three groups are part of 80 groups that network in Canada.

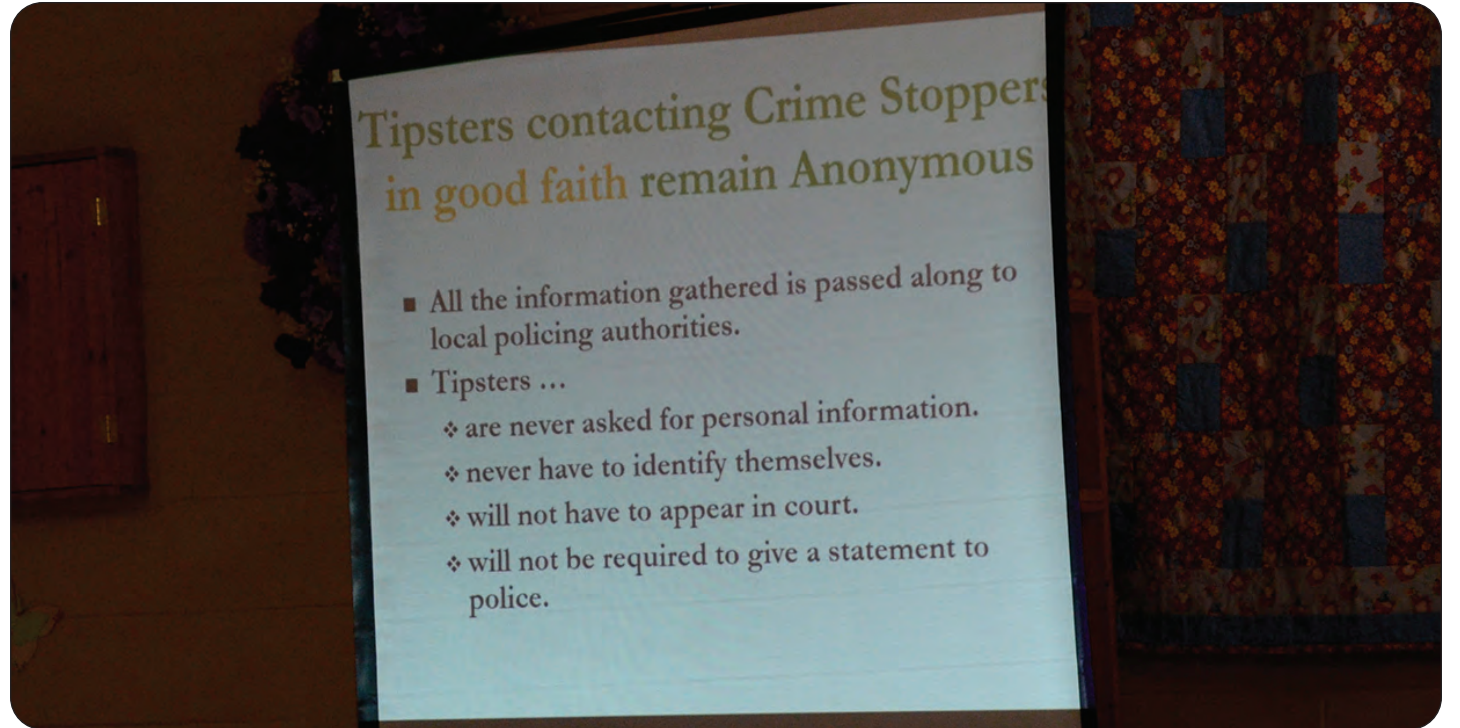
You can now go online to report to Crime Stoppers, however, for those who prefer, their phone number is still active.

“Manitoba Crime Stoppers uses a call center based just out of Toronto. The value to people calling in is that someone from Toronto they’re not going to recognize your voice,” said Downey.

When you submit a tip you will get a numerical code. Downey advises that you don’t tell anyone you’ve submitted a Crime Stoppers tip and keep that code private. If your tip is deemed to have been useful in the investigation, you can follow up using that code and there is a possibility that you will have received a reward for your tip. Retrieving his reward will also be based on your code so as to keep everything anonymous.

Because there is a delay in receiving the tips and getting them to law enforcement, Crime Stoppers should not be used in emergency situations. In emergencies, residents should call 911.

“Just in the last 12 months from Manitoba Crimestoppers over 1000 tips have come in. We’ve shared 291



RECORD PHOTO BY KATELYN BOULANGER

Crime Stoppers is a way that people can give information to law enforcement.

of them so almost 30 per cent,” said Downey.

He emphasized that even if you know of a crime that happened outside of our region you can share tips with Crime Stoppers because they have a network and can get the tips to the proper places even outside of our area.

To learn more about Crime Stoppers visit their website at <https://manitobacrimestoppers.com/>. You can also submit and follow up on tips there and over the phone at 1-800-222-8477 (TIPS).

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> INCLUSION SELKIRK DONATION , FROM PG. 3

rent. The third and fourth floors will have eight accessible suites. Finally, there will be a rooftop garden space for use by residents and available for events.

Maria Freeman, Inclusion Selkirk's executive director, suggested events like a rooftop jazz night where musicians played and attendees enjoyed the view of the new Eveline

streetscape as well as the Red River could be on the menu.

Inclusion Selkirk is an organization that walks alongside individuals with intellectual disabilities and their families to create an inclusive community.

At the meeting, Freeman explained a little bit more about the organization and how this building would add to the work they are doing in our

community.

"We are a large diverse group of people. We work with people from all over the Interlake area, and we're a large employer with over 125 staff," she said.

She then explained how as one of the largest non-profits in our region they are mainly funded by the Department of Family Services through the Province of Manitoba.

"Our funding does not cover capital projects. But if you've been around

Selkirk and Inclusion Selkirk for long enough, you'll know that we usually figure out a way to make things happen," said Freeman.

She attributes this success to a community that stands behind the work that they do.

"So, we like to make things happen in our community, by being active in our community. Building an inclusive community means that we need to look at the goal of an inclusive community. We know that the foundation of building an inclusive commu-

nity is relationships and belonging. Some of our services are invisible to the larger community, there is no signage on our homes, no signs on our vans telling you who we are, and staff do not wear identifying uniforms. We are in the community working alongside people, building relationships and connections," she explained.

This project is just that an inclusive space that will serve the community at large as well.

This announcement is actually phase two of the project as the renovations and improvements to the Wishme building were phase one.

In honour of the generous donation made by the Gaynor Family, the building will be named the Gaynor Family Inclusive Centre.

Jim Gaynor came to the front to explain why they wanted to make such a generous donation after being the owners of the grocery store that was where the Co-op is now.

"One of the reasons we're here this evening is thinking back to the warmth that we received and the support our business enjoyed over all those 24 years. I think it's reasonable and indeed the correct thing to do to come back to the community and see what we can do to assist in creating a better community, not that Selkirk isn't gorgeous already," said Gaynor.

There was also a second donation made by the family of Terry Gunter. To learn more about their generosity stay tuned as that story will be in a future edition.



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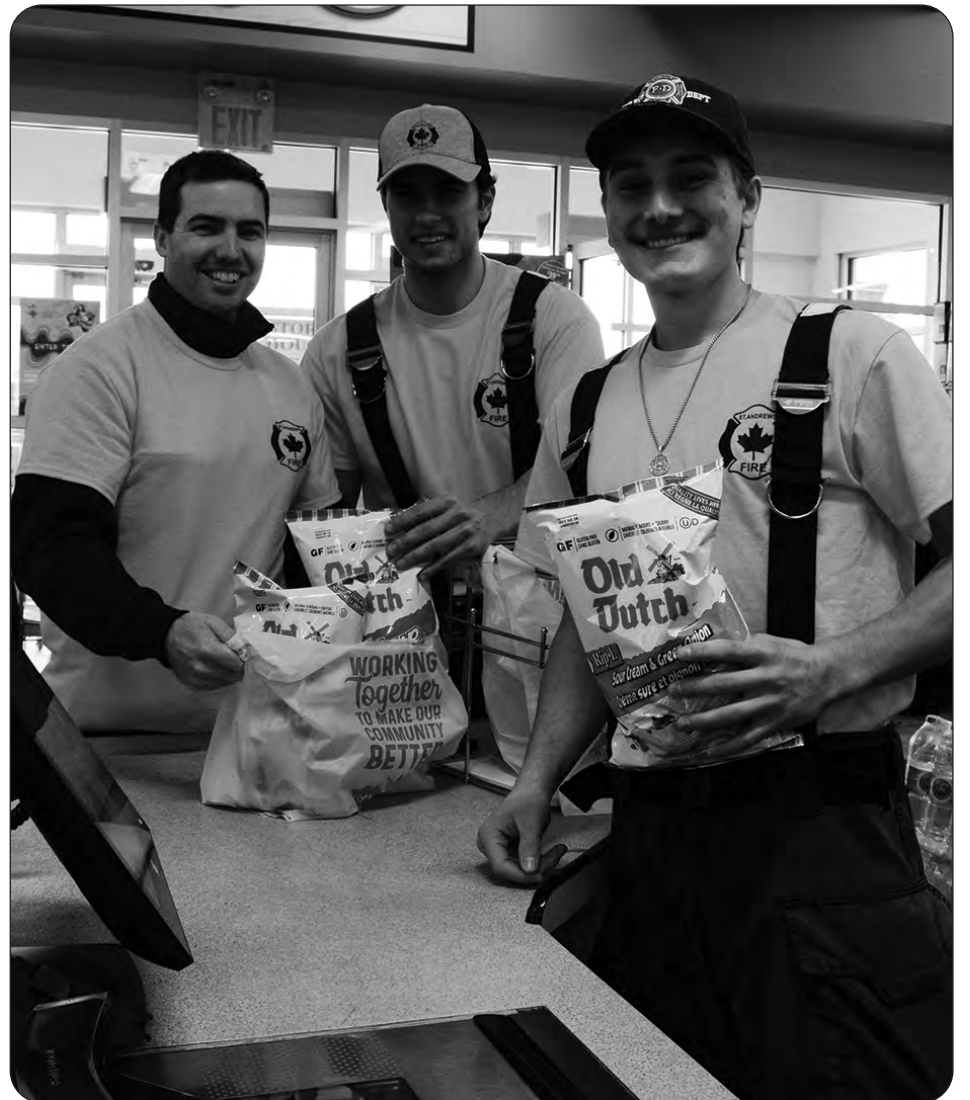
RECORD PHOTO BY KATELYN BOULANGER
Maria Freeman speaking about the new project.

Firefighters lend a hand to support breast cancer



RECORD PHOTOS BY KATELYN BOULANGER

The St. Andrews Fire Department made a fashion statement in support of breast cancer research last weekend. The group wore bright pink shirts and hosted a BBQ outside of Harry's Fine Foods to raise funds as October is Breast Cancer Awareness month. The fun didn't stop there as the group also bagged groceries and donations were collected inside. In the end \$1256.45 was raised and then matched by Harry's Fine Foods to go to this worthy cause.



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Respiratory Virus season prompts mask requirements in health-care settings

Updated COVID-19 and flu vaccines becoming available

Submitted by the government of Manitoba

Manitoba Health and Shared Health will continue to use a clinically informed approach during the respiratory virus season to protect the province's most vulnerable populations, including those who may not be able to protect themselves from respiratory viruses while receiving care or support in a communal residence or health-care facility.

Effective Wednesday, Oct. 18, health-care staff working in Manitoba hospitals, personal care homes and other health-care facilities will be required to wear a medical mask during direct interactions with patients, residents and clients. Staff providing care services operated by regional health authorities, including services in the community such as home care, will also be required to wear masks when providing care. This approach will help reduce the risk of spreading a respiratory virus from a health-care worker to a vulnerable patient, resident or client, particularly those who are more at risk of severe illness.

Masks will continue to be optional but recommended for visitors to health-care sites. They will be available at sites for people who wish to wear one. However, masks may continue to be required for visitors and other staff in locations where care is provided to highly immunocompromised people, such as cancer units or within the transplant program. Signage will clearly indicate these requirements.

In an outbreak, health-care workers and designated caregivers will be required to follow existing protocols and procedures for use of personal

protective equipment.

Shared Health provided this updated guidance to health-care workers in a memo, which is available at <https://sharedhealthmb.ca/files/memo-updated-respiratory-virus-guidance.pdf>.

Public health officials note other community-based health settings, like doctors' offices or supportive housing, will continue to be able to decide how and when masks may be used based on the needs of their clients, patients and staff. Decision-making at the local level ensures organizations take an approach that works for their situation.

More broadly, businesses, organizations and facilities should consider the needs of their organization, clients and staff for this upcoming respiratory virus season. Additionally, public health encourages all employers to:

- support people to stay home when they're sick;
- have handwashing or sanitizing options available; and
- provide opportunities for their staff to be vaccinated.

All Manitobans have the tools they need to help protect themselves, their families and the community during the respiratory virus season including:

- choosing to be immunized against COVID-19 and the flu;
- staying home when sick until they feel better and no longer have a fever;
- washing their hands or using hand sanitizer regularly;
- covering coughs and sneezes;
- choosing to wear a mask as an extra layer of protection; and

- regularly cleaning and disinfecting shared surfaces and objects.

COVID-19 and seasonal flu vaccines continue to be distributed across the province. The updated COVID-19 vaccine has been formulated to protect against the XBB.1.5 strain and the seasonal flu vaccine is updated annually to provide the best protection against the strains expected to be circulating this year. It is expected that these vaccines will begin to be more widely available to members of the public in the coming weeks, though some sites may have stock earlier than others.

The online vaccine finder at www.gov.mb.ca/covid19/vaccine.html#finder is updated with new locations and clinic details as they are submitted to the province. There are many ways people can access their vaccines. Manitobans can contact many pharmacies and medical clinics directly to book an appointment or walk in. Vaccine clinics, including those operated by regional health authorities, generally use the online booking tool at <https://patient.petal-health.com/login?groupId=6032> or 1-844-MAN-VACC (1-844-626-8222) to book. Walk-ins may also be available at these clinics.

For more information about seasonal flu and COVID-19 vaccines, visit www.manitoba.ca/protectMB. 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.

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.

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

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View the Selkirk Record online at selkirkrecord.ca



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Christy Brown, Distribution Mgr.: 204-467-5836

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Getting back to basics to prevent fires and stay safe

Former Fire Chief reminds residents that many fires can be prevented before they start

By Katelyn Boulanger

With many of our local fire departments hosting open houses and fire prevention week having passed recently, retired Selkirk fire chief Ted Wozny went back to the basics of fire prevention to help prepare our residents before disaster strikes.

Smoke and carbon monoxide detectors

Smoke and carbon monoxide detectors are one of the first recommendations made by fire departments when it comes to keeping residents safe.

"[Without a detector] how are you woken up? You're woken up when the blaze wakes you up not because of the smoke," said Wozny.

Detector placement should also be a high priority. Smoke rises so detectors should be placed at the high points of the home. Wozny particularly recommends the ceilings and away from corners as smoke can swirl and miss the corners of a room.

Residents can also consider, depending on their situation, getting more than the minimum number of detectors for their home.

An example that Wozny gives is a teenager who uses heat hairstyling tools and likes to keep their door closed might be a good candidate to have a detector in their room to make sure that a potential fire is detected promptly. This is a recommendation he's given to his own family members.

He also reminds residents that they should make sure to change the batteries in their detectors if they haven't in the past six months.

In addition you can check your detector batteries using the test button.

Fire extinguishers

Residents should make sure that their homes are equipped with fire extinguishers so that a small fire can be dealt with before it becomes large.

Wozny said that previously the fire department actually had demonstrations where a small fire was set up and residents were instructed on how to use a fire extinguisher.

Though this isn't the kind of demonstration that we regularly see nowadays, Wozny says that fire extinguishers can be a bit tricky to operate.

"It's not a magic powder. It's a powder that separates the oxygen from the fire and smothers," said Wozny.

Standing back and sweeping the fire extinguisher over the fire instead of directly onto it are some of the tips that Wozny suggested but ultimately, he says that if you aren't able to use the extinguisher safely the best thing to do is to get out and call the fire department.

The placement of the extinguisher is also something that should be considered.

"[I've heard,] 'I bought my extinguisher and I got it right down by the furnace.' You're never to go into a burning house then downstairs and opening doors and giving the fire oxygen to flare up only to look for an extinguisher in a cupboard where you're not even sure which one. As far as I'm concerned, [if you don't have an accessible one] you don't have an extinguisher," Wozny said.

Kitchen Fires

Wozny says that many kitchen fires take place because of overheating and not paying attention while cooking can be a factor.



RECORD PHOTO BY KATELYN BOULANGER

Fire Prevention fun at a recent local fire department event.

"[I once told my mom] when you're on that stove, you don't go and sit in a chair like that lady down the hall did when we had to go and put out the fire in their house. You don't sit there because [you're nodding off in] 15 minutes. You sit at the stove," he said.

He also reminds people that even if they don't use all of their elements on their stove nothing should be put on them and you shouldn't store things in the oven. It only takes accidentally pressing the wrong knob for your cereal box to catch fire.

Escape plans

Escape plans are very important and all family members can be involved. Wozny says that one component of an escape plan that is essential is a meeting destination.

"Your kids run out and one goes one way, one goes another way, and you run out not in the same direction," he said.

This is more important than just not finding each other, however, Wozny said he's had situations where a family member went to a neighbour's home and another member thought they were still in their home which meant firefighters almost risked their safety going in to look for them.

With many years of firefighting under his belt, Wozny has a vast array of advice and fire prevention knowledge and he believes that our fire departments are incredibly capable of fighting fires but he also agrees that the best way to keep safe is to prepare before a fire starts.



DID YOU HEAR ABOUT SARAH?

Local author makes the longlist for the CBC 2023 Nonfiction Prize

Taylor Arnt recognized on national stage

By Katelyn Boulanger

An author from St. Andrews has made it on the CBC 2023 Nonfiction Prize longlist setting themselves apart on a national level.

"I wrote a piece called *The monarch and the matriarch*. My short-form description of it is that it's an intergenerational exploration of matriarchy," said Arnt.

Arnt writes under the penname Tay Aly Jade and a full version of the submission is available on their blog.

"My mom gave me a pair of Monarch butterfly earrings last year before beginning graduate school and she wrote a letter with it, explaining that the monarch butterfly goes on this amazing journey. It spans from Canada to Mexico. Along this journey are multiple generations of Monarch butterflies, who pass away along the way. But the fourth generation, that is the super generation and is the one that makes the last leg of the journey," said Arnt.

After the initial inspiration from their mother, Arnt learned more about the monarch butterfly and felt a connection between it and their own family's experience.

"[My writing] goes back and forth between metaphors around the monarch butterfly, but also telling the story of both sides of my ancestors. How my European ancestry got to Canada, but also my Anishinaabe ancestry that's been here since time immemorial, and talking about how these two worlds came together," they said.

Arnt says that they felt a calling to write from a young age.

"I remember being at St. Andrew's school in fifth grade, and we had a short story writing assignment and that was my most favourite assignment ever in class. I wrote this gender-bending fairy tale. I was very feminist. And then, in high school, I took on this big project. It was a journal that I wrote all about my experience of being 17 years old at that time. I was able to be very, open and honest and raw, in sharing the experience of what it was like to be a teenager going

to the comp. Then I put it away but it was always there in the background," said Arnt.

They picked writing back up in university, however, and have continued to write.

Arnt thought that submitting work to the CBC 2023 Nonfiction Prize was a long shot but thought they would try anyway.

"I really loved the piece that I had written, I think it was one of the best pieces that I'd written up to that point. And, I knew it was a really important story, one that needed to be told, because I don't think there are enough stories about mixed people, people who grapple with what it means to be Indigenous and White, or other ethnicities. And so, I think my story really is emblematic of the Canadian multicultural experience," said Arnt.

Though they are still at the beginning of their writing career they've already achieved a lot with this submission and plan to continue to write.

"Next year, I'm planning to write my first book, it's already in the works.

But I would love to get that out into the world. I think within the next couple of years, people can expect to see that on bookstore shelves and be able to buy it and support me as an author," said Arnt.

To read the *Monarch and the Matriarch* check out Arnt's blog at <https://www.tayalyjade.com/posts/the-monarch-and-the-matriarch>.



RECORD PHOTO SUBMITTED

Local author Taylor Arnt makes CBC 2023 Nonfiction Prize longlist.


Helping out the hockey rink




RECORD PHOTO BY KATELYN BOULANGER

The Manitoba Hockey Hall of Fame and Sigfusson Northern made a generous donation to the East Selkirk Recreation Association last weekend. The support will help the ESRA continue to upgrade the East Selkirk Arena's ice plant with new equipment. To keep up with the ESRA's fundraisers in support of the new equipment check out their website at <https://www.eastselkirkrec.com/> or Facebook page at <https://www.facebook.com/eastselkirkrec1/>.

EMPLOYEES OF THE MONTH
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At Selkirk's Tim Hortons
Congratulations!



Gagandeep
263 Main St, Selkirk, MB



Harleen
1041 Manitoba Ave, Selkirk

Consider becoming a palliative care volunteer

By Jennifer McFee

Oct. 14 was World Hospice and Palliative Care Day, which aims to celebrate and support hospice and palliative care around the world.

This year's theme is "Compassionate Communities: Together for Palliative Care."

For anyone looking to get involved, Interlake-Eastern Regional Health Authority's palliative care team is

seeking volunteers.

Education events will be offered at Gimli hospital in the multi-purpose room on Thursday, Oct. 19 and Thursday, Nov. 2 from 9 a.m. to noon.

In addition, an education event is coming up at Pinawa hospital in the conference room on Tuesday, Oct 24 from 9 a.m. to noon.

"There is no requirement to commit to being a volunteer," said Barb

Ramsay, palliative care volunteer co-ordinator.

"After the sessions, it is completely up to you if you would like to be a part of this valuable team."

To register, contact Barb Ramsay at bramsay@ierha.ca or 204-785-7542.



Barb Ramsay, IERHA palliative care volunteer co-ordinator

Seasonal Influenza Clinics will begin October 23, 2023

Book an appointment by calling 1-844-626-8222 between 9:00am and 5:00pm, Monday to Friday or by using the online booking system (visit www.ierha.ca and click "Annual Immunization Clinics" or visit www.manitoba.ca/protectmb).

Seasonal influenza, pneumococcal 23 and COVID MRNA vaccine will be available for those eligible as per Manitoba Health guidelines. The current COVID-19 vaccine that is available and that will be provided in Manitoba is the updated formulation that protects against the XBB.1.5 strain of the COVID-19 virus.

Below is the listing for the region.

Please note:

- Walk-ins are available. Appointments are welcome and encouraged.
- Please practice good hand-washing.
- Do not come to your appointment if you are experiencing flu-like symptoms.
- Please come right at your appointment time to avoid congestion.
- Bring your Manitoba Health Card, and wear a short-sleeved shirt.

	Dates	Time(s)	Location(s)
Grand Marais	November 8	1:00 pm - 6:00 pm	Grand Marais Rec Centre, 90 Matilda Ave
Matlock	October 25	10:00 am - 4:00 pm	Matlock Rec Centre, 77 Matlock Rd
Selkirk	October 25	1:00 pm - 7:00 pm	United Church Selkirk, 202 McLean Ave
	November 4	10:00 am - 3:00 pm	United Church Selkirk, 202 McLean Ave
	November 15	10:00 am - 3:00 pm	United Church Selkirk, 202 McLean Ave
	November 23	1:00 pm - 7:00 pm	United Church Selkirk, 202 McLean Ave
Victoria Beach	October 25	1:00 pm - 7:00 pm	East Beaches Social Scene, 3 Ateah Road

Private immunization clinics will occur in senior and other community housing facilities. Check your building bulletin boards for a poster with details.

For more information, please contact your local community health office:

Selkirk: 204-785-7500

Any changes to this listing will be posted online at www.ierha.ca
Click on the banner "Annual Immunization Clinics" on the home page



Interlake-Eastern
Regional Health Authority

Burnstick and Hillbilly Burlesque kick off Holiday Alley

Slide into the Holidays with Burnstick and Hillbilly Burlesque

Submitted by Holiday Alley

If you loved when Holiday Alley brought you William Prince last year then you're going to really love the opening act this year - an evening of slide guitar and folk music with Juno-nominated Indigenous and Métis musical duo Burnstick and local Hillbilly Burlesque.

"Like the William Prince event, this is a rare 200-seat intimate concert - that is really hard to [find] these days. It felt so special to have such a small venue for William Prince that we knew we had to do it again this year and double down with two duos," said Holiday Alley planner Andraea Sartison.

Brought to you by N4 Construction, a social enterprise and affiliate of the Manitoba Métis Federation, tickets are already on sale.

The concert takes place at Christ Church in Selkirk on Thursday, Nov. 16, from 8 to 9:30 p.m. and launches the four-day festival of art, light, music and culture.

"Last year William Prince sold out in less than 48 hours and the Songs and Stories from the Inland Sea live concert with Daniel Jordan was packed.

What we heard from audiences was that they want more live music of this calibre as part of the Holiday Alley program. And so this year, we are excited to launch the festival with a headliner concert from another Juno-nominated Manitoban act Burnstick, teamed up with some incredible local talent," said Sartison.

Burnstick is folk music that's brimming with the kind of chemistry that could only come from a husband and wife duo. Nadia, a Francophone-Métis singer-songwriter, and Jason, a Plains-Cree guitarist, create an award-winning duo. Burnstick pushes the boundaries of contemporary folk music, weaving together the unique sounds of Weissenborn lap slide guitars with intriguing vocal harmonies, while allowing the beauty of simple melodies to shine through.

Sandmoen and Calnek, who are also married will also be returning. They have been performing for years, and combine old-fashioned blues and traveling-road-show sass.

"We are so excited to perform our music at Holiday Alley again," said Calnek. "It's one of the best community events that's ever happened to



RECORD PHOTO SUBMITTED

Jason Burnstick (left) and Darrell Sandmoen (right) of Hillbilly Burlesque team up for a live and intimate concert for the opening of Holiday Alley.

Selkirk, a great way to celebrate the start of our winter season and showcase the rich art and culture of our homeland," she added.

They will share the stage with local couple Darrell Sandmoen and Angel Calnek of Hillbilly Burlesque who

are often headliners in the Winnipeg Women in Blues events at the Park Theatre.

Tickets are limited and are \$25. Grab yours at holidayalley_burnstick.eventbrite.ca.

Thank you!



RECORD PHOTO SUBMITTED

Communities in Bloom thanked the hardworking volunteers who maintain our local parks with coffee and donuts last week. Alane Cason's group has done a wonderful job keeping the Veterans Memorial Gardens looking great and Selkirk & District Horticultural Society has taken on the task of beautiful Red Feather Farm, and the Main St. Perennial Garden. Pictured: (left) Selkirk Communities in Bloom Committee, volunteers from the Selkirk & District Horticultural Society, and Mayor Larry Johannson. (Right) Cindy Klassen, Member of Selkirk Communities in Bloom, with Alane Cason, and Lorraine Smith.

Interlake Artists Collective celebrates successful 16x20 Art Show



RECORD PHOTOS SUBMITTED

One hundred and twenty-two guests enjoyed the one day 16x20 Art Show hosted by the Interlake Artists Collective last weekend. Many pieces of art found there way to new homes and demonstrations and presentations were informative and well-attended. The group looks forward to hosting this event again next year.

Multi-Material Stewardship Manitoba launches Recyclepedia in Selkirk

Use app or web tool to find out what can be recycled and where

Submitted by Multi-Material Stewardship Manitoba

Selkirk residents can now take the guesswork out of recycling with Multi-Material Stewardship Manitoba's (MMSM) Recyclepedia. The web tool and mobile app inform citizens as to what can go in their blue bin and what to do with items that can't.

As of July 25, Recyclepedia shows whether to recycle, donate, or compost hundreds of common items, with instructions and recycling depot information specific to the Selkirk area.

"We're thrilled to provide the citizens of Selkirk, Man., with this incred-

ible tool that eliminates the guessing on what can be recycled in their blue bin," said Karen Melnychuk, executive director of MMSM. "Most packaging and paper can be recycled, but some packaging may lead to questions. A quick search in the Recyclepedia will provide relevant answers and up-to-date information allowing citizens to recycle with confidence."

Recycling not only reduces the number of materials that go to landfills, which account for 23% of Canada's methane emissions, but also the extraction of raw materials from the environment. These impacts aren't lim-

ited to blue bin materials, and many items that residents can't recycle at home have other options to be reused or recycled.

Selkirk has numerous depots and donation centres for residents to reduce waste when disposing of items that aren't accepted in their blue bins. Recyclepedia advises residents of these options when they look up common items like batteries, electronics, and household hazardous waste.

"What often stands between citizens and recycling is not knowing or having the resources to determine what is recyclable," said Vanessa Figus, the City of Selkirk's manager of citizen engagement. "We've already found that since the launch of the Selkirk Recyclepedia, citizens have been able to

find the information themselves and staff have been able to answer citizen inquiries when they call."

Citizens can download the Recyclepedia mobile app and access the web tool at SimplyRecycle.ca. It's also available at MySelkirk.ca.

Recyclepedia was launched in 2020 in Manitoba and is available in thirteen languages. Selkirk is the fourth Manitoban community to offer this tool. The mobile app has over 16,000 downloads, and Manitobans have searched over 135,000 times in 2023 alone. Plastic tubs and lids are the most searched materials, followed by Styrofoam, black plastics, and plastic bags.

Selkirk Steelers donate turkeys to families in need

By Becca Myskiw

The Selkirk Steelers spent their Thanksgiving weekend giving back.

On Thanksgiving, a few Selkirk Steelers hockey team players got together to donate turkeys to local families in need. Riesha Pattyn from the board took to social media that weekend to spread the word about their endeavour. There, they got suggestions on which families could use a turkey, and taking that information, they went to No Frills and bought six turkeys for six families.

Steph Pattyn, a Steelers board executive, said it's important for families to get together and spend time with one another no matter their circumstances. That's why the team donated turkeys: to give everyone in town a chance to be thankful.

Steph said they didn't incur any costs from the donations either as team sponsors paid for the turkeys.

"It was a really good experience for the players," he said. "It was fun to see them excited about it and not feel like it's a drag."

The Steelers posted a video to their social media of the players' journey from grocery store to home. In it, you can see the players walking into No Frills, filling their carts with turkeys (with smiles), shaking hands with the store manager, and handing the turkeys to each of the families. People graciously accepted the frozen birds with smiles from ear to ear, grateful for their thoughtfulness.

Two families who received turkeys weren't home, so the players left the package between their doors for when they returned. Steph said seeing the faces of the other four when they received their turkey was heartwarming.

Steph himself used to play in the Manitoba Junior Hockey League (MJHL) and said they were always involved in the community. He's hoping the current team can be as involved, or more so, in the community.

"It requires time and extra effort, but the players are young men who potentially just need to see and learn these types of things," he said. "Community contribution is overlooked a lot. The feeling of giving can really fulfill you."

The Selkirk Steelers have already completed a few other community initiatives, including repurchasing hockey equipment for a local teen who had his stolen.

"We want to show the team can do good in the community," said Steph.

On Oct. 28, the Steelers are having a Halloween night with a costume contest and candy. They're focused on making game days more family-oriented so the entire town can enjoy the team and what they offer.



RECORD PHOTO SUBMITTED

Several Selkirk Steelers delivered Thanksgiving turkeys to a number of families in need. The turkeys were all donated by sponsors.

Successfully planting hope



RECORD PHOTO SUBMITTED

Ava Fernandes, Olari Wachukwu, and Emma Weiss successfully completed their 2023 Caring for Our Watershed project, Planting Hope. This project was chosen as one of the top projects in the competition and the students were given funds so that they could expand the garden space at Lockport School. With the larger space they planted edible fruits and vegetables and then donated them to the Selkirk Food Bank and used some in the school's Home Ec. class to teach healthy eating. They harvested 60 lbs of potatoes, tomatoes, zucchini and orange bell peppers from the garden.

Your FARM



MB Farm Women's Conference is in Winkler Nov. 21-23

By Ashleigh Viveiros

The Manitoba Farm Women's Conference has been bringing women in agriculture together for three days of connection and education since 1986.

This year the conference takes over the Day's Inn Conference Centre in Winkler Nov. 21-23.

It's going to be a return to form for the event, notes spokesperson Cheryl Janzen, after a few years of scaled-down and virtual conferences thanks to the pandemic.

"We're trying to rebrand, be more relevant, reach new people," she said, stressing, however, that the conference's focus remains to educate, encourage, and empower women in agriculture.

"It's quite empowering to see these ladies in action," she noted of the event's organizing board, which includes members from across the province. "We're doing what we can to help women ... it's a little bit of fun, a little bit of learning, a bit of gaining pride in who we are as rural women in Manitoba."

"Sometimes, you're really alone on the farm. You have your little group, sure, but this gives you a feeling of being part of something bigger."

The conference kicks off on Tuesday, Nov. 21 with an evening of registration and social activities.

The meat of the event is on Wednesday, Nov. 22, and Thursday, Nov. 23, when participants will have their choice of guided visits to two local agriculture businesses (a combine clinic at Green Valley Equipment and a tour of Vanderveen Greenhouse), sessions on a variety of topics related to life on the farm (everything from stress management to farm safety to transition plans), and presentations from multiple guest speakers.

Cherilyn Nagel is the Wednesday keynote speaker. She was recently recognized as one of the top 50 most influential people in Canadian agriculture and will be talking about promoting the industry rather than

defending it.

"She is a dynamic speaker that really talks about amplifying your farmer's voice," Janzen said, noting Nagil is also known for her 'So ... Your Client is a Farmer?' online training program that seeks to help people build better relationships with farmers and increase the overall level of knowledge about agriculture and food. "She's speaking not only to the farmers but also if you work with farmers ... just to understand that we need to build relationships."

Thursday's keynote address, entitled "No Place Like Home" will be provided by Kim Ulmer, RBC regional president for Manitoba, Saskatchewan, Nunavut, and Western Ontario. Ulmer's presentation will share some of the life lessons she's learned as a rural Canadian.

"She's looking at, again, really celebrating who we are," said Janzen.

It's certainly going to be a busy couple of days, Janzen reflects, but she wouldn't have it any other way.

"This is an opportunity to meet, bring your girlfriends, and go out to

"IT'S A LITTLE BIT OF FUN, A LITTLE BIT OF LEARNING, A BIT OF GAINING PRIDE IN WHO WE ARE AS RURAL WOMEN IN MANITOBA."



FACEBOOK/MANITOBA FARM WOMEN'S CONFERENCE

The Manitoba Farm Women's Conference is back with a full-sized, three-day event this year. It takes place at the Days Inn Conference Centre in Winkler Nov. 21-23.

something that has some purpose."

For a full breakdown of the conference's sessions, head to mfwc.ca That's also the place to go to register for the event from now until Nov. 8.

You can sign up for the entire conference (\$200) or individual days and select which sessions you want to take part in.

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Your FARM



Automated systems boost efficiency at Halarda Farms

By Jennifer McFee

Mooove over manual milking — this Manitoba dairy farm is run by robots.

It's all in the family at Halarda Farms in Elm Creek, which has been operated by the Borst clan for nearly 40 years.

The entrepreneurial enterprise began with Hans and Dini Borst, who moved to Manitoba from Holland in 1984. They bought an existing 80-cow operation and named it Halarda Farms, incorporating the first initials of the names of themselves and their children — Hans, Anton, Lucie, Alex, Ralph, Dini and Adrienne.

The business continued to grow, and by 2008 they had acquired more than 600 milking cows.

Ten years ago, Anton Borst and his wife Cheryl officially took over the operation from his parents. The couple has nine children and nine grandchildren — with more on the way.

"When our kids are 12 years old, that's when they're officially on the chore list and on the payroll," Anton said.

"All our kids have to go off the farm for at least a year and do something else. Then they can decide if they want to come back to the farm. And if they want to have a job on the farm, that's always possible. If they want to be involved in ownership or management, it takes a totally different level of commitment."

Last year, their son Michael and daughter-in-law Janique joined as partners, representing the third generation managing the family farm.

"I like working with animals and I don't mind working hard," said Michael, a father of three wee children with a fourth expected to arrive soon. "I liked growing up working with my family — and I want that for my kids too."

The bustling business also employs 17 full-time staff members as well as some part-time workers.

About 15 years ago, when Halarda Farms' manual milking parlour needed to be replaced, they set out to explore new options — and they discovered innovations in large robot barns that ended up transforming the future of the family farm.

They decided to build a new barn

equipped with Lely Astronaut A3 robotic milking systems. Over time, they continued to add more robots while also increasing the size of their herd and in 2019 upgraded the robots to Lely A5s.

Today, Halarda Farms is home to nearly 3,000 Holsteins, including 1,300 milking cows that are milked an average of 2.8 times per day at 20 robotic stations.

The cows are separated into multiple groups depending on their age and stage of life. They all wear computerized collars that monitor everything from the cow's movement to how they chew their cud.

"The infrared collars can calculate a chance that she's sick. Any cow with a 70 per cent probability of being ill will automatically be put in a separate pen. If she's in a sort pen, it will tell you the reason she's there. It also indicates when she's in heat and needs to be bred," Anton says.

"The robotic system saves a lot of work. It gives the farmer a more flexible schedule, and robotic systems collect a lot of additional data on the cows that can be used for management decisions. With a herd this size, we're trying to do management by exception."

On any given day, about 20 cows are in the separate sort pen for treatment or recuperation.

"If we have to treat them with any kind of antibiotic, then there is a set milk withdrawal after the antibiotic is used. The milk is not allowed to be shipped, and we take that very seriously," Anton said.

"We have a very close relationship with Morden Vet Clinic and they're here once a week on Tuesdays. They do pregnancy checking and we'll show them any cows that we're not 100 per cent sure about."

About 150 calves are born each month, with an average of five per day. The males are sent to Alberta while the females are raised on the farm for two to three lactation cycles. All the females undergo genetic testing so only the best are bred for replacement.

"Dairy cows are like high-end athletes," Anton said. "They're bred to give a lot of milk, so for them to be



PHOTOS BY JENNIFER MCFEE AND SAMUEL BURBANO MCFEE

Left to right: Jaclyn, Richard, Janique, Miranda, Michael, Alayah, Annika, Cheryl and Anton.

able to perform up to their potential, we need everything for their care to be right when it comes to nutrition and comfort."

Comfort is key for maximizing milk production, which averages 41 litres daily per milking cow. Each day, Halarda Farms ships out about 50,000 litres, and all the milk is sold through the non-profit Dairy Farmers of Manitoba, which also designates the destination. Most of the milk from Halarda Farms ends up being processed in Winnipeg or St. Claude.

The climate is closely monitored in the well-ventilated barns, which have plenty of natural light. Other comfort measures include an automated bedding system that deposits freshly chopped straw. In the main pens, cows enjoy lounging on waterbeds with a foam underlay.

The animals undergo automated hoof baths four days per week, and a professional hoof-trimmer visits the farm weekly. Automated brushes provide even more creature comfort for pregnant cows.

The Borsts also hire a nutritionist to determine the right ratio of ingredients to feed their cows to maximize milk production with the best possible components. They grow their own crops on 5,000 acres of farmland and try to keep six months of feed in reserve. Healthy food is always within reach for the cows, thanks to the Lely Juno automatic feed pushers. Houle



Six-year-old Richard represents the fourth generation on the family farm.

alley scrapers keep the barns clean by continually pushing manure to a channel under the floor. Eventually, the manure is used to fertilize their fields for a full-circle cycle.

Besides dealing with bovines, the dairy business involves many administrative aspects.

"On a farm our size, there is a lot of administration and data management, so there is a lot of office work. In addition, because there is some automation and equipment, there is also a lot of maintenance and repair work that needs to be done," Anton said.

"On top of that, all these animals need to eat so we plant and grow and harvest a lot of feed for the cows dur-



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Your FARM



Canterra Seeds board appoints new president and CEO

Submitted by Canterra Seeds

Canterra Seeds announces that Brent Derkatch has been named as its new President and CEO. Derkatch replaces David Hansen, who announced in April 2023 his intention to retire at the

end of the calendar year.

Derkatch has been with Canterra Seeds since 2001, and has served as the Director, Pedigreed Seed Business Unit for the past five years. Given his well-established career at the com-

pany, Derkatch will step into his new role immediately, as Hansen transitions to an advisory role until his departure in December.

"The board did a very robust search within the seed industry and beyond,

(LCRC) breeding program in Saskatoon, Sask. He grew up on a family farm near Russell, MB, and today volunteers his time educating the next generations through Agriculture in the Classroom -- Manitoba.

With Derkatch's appointment, Hansen is confident the company is in good hands.

"Canterra Seeds' culture has allowed for considerable growth and I'm proud to have been a part of Brent's transition to CEO," said Hansen. "He has continually impressed me with his commitment to the Canadian seed industry and his personal drive for excellence. I couldn't be happier for him."

Both Hansen and the board believe that Derkatch's operational and communication skills, and experience, combined with his strong leadership abilities, will position the company for continued financial growth in the future.

"I have been very fortunate to have spent over 20 years with a company and leadership team that has supported and encouraged my career every step of the way and am looking forward to taking on the responsibilities and opportunities as CEO," said Derkatch. "I am excited for the next chapter to begin."

and it became clear through the process who the next leader should be," said Lloyd Affleck, chairman of the board of directors and part of the selection committee. "While Brent's 20-plus-year tenure is a unique asset, he has proven to be a business leader with a vision for the future of the company."

Derkatch has been deeply involved in the company's growth, including the company's joint venture with France-based Limagrain in the Limagrain Cereals Research Canada

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Brent Derkatch has been named as President and CEO of Canterra Seeds.

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> HALARDA FARMS, FROM PG. 16

ing the summer and fall. Personally, I spend most of the time working in the office during the week with an occasional trip to barn. On weekends, when some of the regular staff are off, I will work in the barn and with the cows for part of the day.”

For Anton, the best part about being a dairy farmer is the opportunity to be his own boss.

“We enjoy the challenge and variety of the work. It takes a wide-ranging skill set to be an effective dairy farmer. You need to be able to understand cropping, animals, people and business,” said Anton, whose favourite dairy products are cheese and ice cream.

“We also enjoy seeing the industry evolve and change as technology evolves quickly in the dairy industry.”

And after a decade of robotic dairy farming, Anton doesn’t miss the manual method of milking.

“I have done it occasionally on a cow that was ill,” he said, “but it is a very inefficient way of harvesting milk.”

Looking ahead, the future is bright at Halarda Farms, which focuses on

lean management to maximize efficiency.

“We are always looking for ways to become more efficient, be it by saving labour or saving costs,” Anton said.

“As expenses and interest rates increase, we need to find ways to maintain our margins so we can be profitable.”



Halarda Farms has 20 robotic stations..



Cheryl and Anton Borst with daughters Jaelyn and Annika.







The automated feed pushers ensure food is in close reach for the cows.

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Design ideas that can create a peaceful feel

Homes are often characterized as sanctuaries for their residents. A calm place to come home to after a busy day at work or school is often just what people need to unwind.

Certain design components can help individuals turn their homes into relaxing respites from the daily grind. With that goal in mind, individuals can consider these ideas to create a peaceful feel inside their homes.

- Paint with neutral colors. Wall colors can define the mood in a given room, and neutral colors have long been linked to a calming effect. Subtle shades like beige, taupe and light gray are known to create a relaxed vibe in a room, so these colors can be a go-to choice. Some people consider neutral colors a tad boring, so individuals concerned by that impression can limit neutral colors to rooms designated as sanctuaries, like a reading room, a spa bathroom or a bedroom.

- Employ natural light. Natural light also can help to establish a serene setting at home. Large windows that let daylight in can improve anyone's mood. A 2022 study from researchers at the University of Chile in Santiago found that the more natural light that entered a home, the happier people said they felt. Study authors even noted that the largest uptick in well-being was found among participants who lived in homes in which windows covered



at least 40 percent of the dwelling's wall space. Opening blinds or curtains and, if possible, installing larger windows in a home can help to establish the relaxing, happy vibe individuals are aiming for.

that research has found that indoor plants can benefit psychological well-being. The RHS notes that improved mood and reduced stress levels are two benefits that indoor plants can provide. A good mood and less stress can help individuals establish the peaceful feel they're aiming for at home.

- Utilize plants to set a peaceful tone. The United Kingdom-based Royal Horticultural Society notes that research has found that indoor plants can benefit psychological well-being. The RHS notes that improved mood and reduced stress levels are two benefits that indoor plants can provide. A good mood and less stress can help individuals establish the peaceful feel they're aiming for at home.

Keep devices out of bedrooms. Watching television while lying in bed, scanning a smartphone before turning off a nightstand light and retiring for the night, or reading an e-reader instead of a print book at night can transform a bedroom from a serene setting into one that's overrun with stimuli. According to the Sleep Foundation, technology stimulates the mind, which can make it harder to fall asleep. In addition, blue light emitted by devices disrupts the natural production of melatonin, a hormone that makes it easier to fall asleep. That can negate any efforts individuals have undertaken to make their bedrooms as peaceful as possible. Designate bedrooms in the house as technology-free zones to ensure the peaceful vibe continues uninterrupted until everyone goes to bed.

A peaceful home makes for the perfect respite at the end of a busy day. Various design choices can help individuals establish a serene vibe throughout their homes.

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Transform your home into a haunted house



Many transformations occur during the month of October. Leaves begin to turn various shades of orange and red, while the weather gets decidedly cooler. In the meantime, neighborhoods across the country begin to look quite different, with many homes decked out in the garish garb of Halloween.

The National Retail Federation together with Prosper Insights & Analytics reports that decorating one's home for Halloween is the second most popular way to celebrate the holiday. Only purchasing and sharing candy beats out home decor. Individuals spend billions collectively on Halloween each year, and one of the ways they can have some frightening fun is by transforming a regular, unassuming home into a haunted house. There are certain necessities to turn a an otherwise typical home into a suddenly spooky abode.

· Scene setter: Start with a scene setter if you would like to decorate both inside and out. Scene setters are plastic or paper backdrops that can be tacked up on walls to make a house look completely different, particularly under low light. A scene setter is an investment of time and money, but it can be reused each year and really make a room take on a new look quickly.

· Lawn graveyard: Visitors to the home who have to step through a graveyard will know there are more scares ahead. It's relatively easy to make your own grave markers from wood or foam. If you're not handy, you can purchase them from a Halloween supply store. Disturb the earth by the markers to make visitors believe each grave is fresh. A bony hand sticking out of the dirt or some wilted flowers placed by the graves

also can set the scene.

· Floating candles: Simulate the look of levitating candles with an easy craft. Take toilet paper or paper towel cardboard tubes and use hot glue on the top to make it look like beads of dripping wax. Paint the tubes with white chalk paint, as this type of paint is thick and covers easily. Glue a battery-powered tea light to the top for the wick. Poke a hole through both sides of the tube and thread some fishing line through. Use your mounting device of choice to attach the fishing line to the ceiling indoors or outside to hang each candle. When the lights are dim, it's very difficult to see the fishing line and the candles will appear to be floating.

· Haunted archway: Make an arch using PVC pipes, and thread jack-o'-lanterns or papier mâché heads or masks through to create an ominous arch that greets visitors.

· Handprints: Use window-safe paint to create bloody handprints on the inside of windows. This is a design touch that will enhance both the interior and exterior of the windows.

· Fog machine: Use a fog machine to spread a creepy mist where you need it, whether on a front porch or indoors.

Haunted houses come together with various design touches that are easy to execute.



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SAFE Work Manitoba launches youth safety contest

Submitted by WCB

SAFE Work Manitoba has launched its 2024 Norm the Safety Contest. High school students across the province are invited to submit their projects for a chance to win one of three cash prizes. First place winners will also be submitted to the Canadian Centre for Occupational Health and Safety's national safety youth video contest.

This year, for the first time, there will be six student and six school prizes; three for each of the two submission categories. Students may submit a video or a poster to the 2024 Norm the Safety Contest.

"Safety is a shared responsibility, and we should encourage students to lead by example. Norm the Safety Contest is the perfect opportunity for students to tap into their creativity and create a project that inspires their peers to embrace a culture of workplace safety," said Dave Kramer, Vice President, SAFE Work Manitoba. "Young workers need to be aware of hazards they may encounter on the job and how to handle these situations. This project



gives youth a chance to be leaders in workplace safety and make a difference in our province."

This year's theme is "hand and finger injuries." Submissions should help raise awareness among young workers about the importance of preventing hand and finger injuries.

The following prize amounts will be awarded to the student (or group of students) and \$1,000 will be given to each of the winners' schools.

- First place: \$2,500 for video; \$2,500 for poster
- Second place: \$1,500 for video; \$1,500 for poster
- Third place: \$1,000 for video; \$1,000 for poster

The submission deadline is Friday, Feb. 2, 2024, at 11:59 p.m. CST. For more information about Norm the



PHOTO SUBMITTED

SAFE Work Manitoba is hosting a national safety youth video contest with a Feb. 2, 2024 deadline.

Safety Contest and to view previous years' winning entries, visit our resources page.

SAFE Work Manitoba, a division of the WCB, is dedicated to preventing workplace injury and illness. Working with our partners in the safety community, we provide prevention

education, safety programming, consulting and strategic direction to create a genuine culture of safety for all Manitobans.

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Correction

In last week's edition of the *Selkirk Record* Ken Kovalik was incorrectly identified as Ken Kovalikin. He is also one of six owners of The Cozy Fox. We regret this error.

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Running with scissors: How a local woman makes positivity into a business

By Becca Myskiw

A Winnipeg Beach woman is running through life with scissors.

Heidi Hunter is a local mime turned artist turned therapist. She's always loved making things with her hands, whether it be sewing, crocheting, knitting, or embroidery, so after taking a quilting class in the late 90s, Hunter switched from miming to fibre art.

"I had written in my journal, 'I want to make colourful quilts and stand in a garden with mis-

matched socks,'" she said. "And then it all came true."

Hunter soon started working out of a home studio, hosting classes and events, one of which went on for five years before it got too large for her. Then, when COVID-19 hit, Hunter pivoted again.

"I've always been enamoured with the creative process," she said. "I love the creative process more than the product itself. I liked rehearsal more than performing, and now I call myself a creative flow facilitator."

Hunter now teaches creative writing and block therapy, relating everything to the idea of play. Block therapy helps people melt through restrictions in fascia tissue to help relieve pain. In her newest workshop, Writing from the Well, Hunter helps people access inner wisdom through art journaling.

"Kids are fearless on the playground," she said. "Play is intrinsically motivating. It's the same with art."

Hunter believes everything grows from a place of curiosity, so everything she does is about finding that curious place and using it. In her block therapy sessions, she uses the idea of play to help people learn and heal. She and a block therapist in Australia have created the app "Block Therapy Blockheads" for people wanting to try the practice.

"It all makes sense if everything comes from a play perspective," she said. "If you can find that playfulness and that place of curiosity, just to be in that curious place is the ticket."

Hunter's business name is Runs with Scissors, something she came up with years ago. It means to go through life breaking the rules,



RECORD PHOTO SUBMITTED

Heidi Hunter has made a business out of positivity. She teaches creative writing and block therapy among other things.

leaning into the unknown, running with scissors.

Hunter's newest endeavour is Showing Up Sundays, a subscription community-like service. For \$9/month, people can log into a Zoom call every Sunday and for one hour, everyone on the call gets things done they've been putting off. Some people fold laundry; others do a puzzle, and some complete late work. Whatever the task, everyone does it together. Hunter has around 40 people registered for Showing Up Sundays right now, with 18 showing up every week.

To learn more about Runs With Scissors, go to www.runswithscissors.ca or call 204-782-9863 To learn more about block therapy with Hunter, go to www.untilnow.ca.

"I call it putting the window in the wall," she said. "When we can see possibility, I think we can be kinder to ourselves."

Local patient stories of how their dentures fit so differently

BY ELISHA VANDOR

Today we are highlighting the denture stories of two patients, Ron and Sara, who happily shared their denture experiences with us at their most recent appointments last week. Both Ron and Sara have something in common that makes their dentures fit differently, so let's dive into their stories together.

Ron came to see us for a consultation earlier this year knowing he had to have his remaining 26 teeth removed. When he came in for the consultation with the Denturist Brock to discuss his teeth replacement options, he found out that his dentures could fit tighter with dental implants and the procedure would be done simultaneously with extractions. Right after Ron had the teeth extracted and dental implants placed, he was smiling with the same dentures you see in his picture. The only difference now is that his full lower denture clicks

into 4 dental implants, which was able to happen about 3 months after the dental implants were placed. We asked Ron what it's like having the lower denture with the dental implants and he said, "it's almost as good as my regular teeth. I've had no issues with them at all. They are very comfortable. I am very pleased with the bottom teeth. I've can chew steak, fish, potatoes, chicken, pizza, lasagna...no issues at all eating with the bottoms. The best thing I could have done for me, was getting the clip-in denture. The procedure, including the teeth extractions, and Brock doing his thing, it all worked out well for me. If you're thinking about it, then it's the way to go!"

Now, there is two differences between Ron and Sara. For Sara, she had two lower dental implants placed instead of 4, like Ron and she didn't need any teeth extracted since she was already wearing full dentures for many years prior. When we asked Sara about the procedure to have the dental implants placed,

she said, "My lower denture kept moving around, it didn't stay in place, so that's why I wanted to get the dental implants. Having the dental implants put in wasn't scary. In fact, I felt really good after. I could feel the drilling pressure into the bone, but it didn't hurt after, I went home and it felt good. On a scale from 1-10 for soreness afterwards I would say it was a 1, no problem, really. I just kept rinsing with warm water. Now having the denture clicked in feels right; it's not moving. For someone thinking about the dental implants for their denture, I would say, if it'll work for you, then why not, eh?"

Isn't it wonderful to hear real stories of people in your neighbourhood who have made the decision for dental implants? Ron and Sara improved their quality of life and we can help you can chew better with dentures too. Our consultations are free, so we look forward to hearing from you soon to book your appointment!



Recent patient of Vander Denture Centre, Ron shares his story of how he can chew everything with his dentures.

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Shear fun: Luckystone Acres Icelandic sheep farmers expanding agritourism opportunities

By Patricia Barrett

The owners of Luckystone Acres sheep farm just north of Gimli are not only supplying the market with speciality wool and pasture-raised lamb, but they're also helping expand interest in agritourism by offering farm tours and workshops.

Zoe and Craig Bailey specialize in raising Icelandic sheep, a hardy breed that grows thick, luxurious coats and whose wool is used to make Icelandic lopi yarn.

The couple's farm on the northwest border of Loni Beach is open (by appointment) to visitors curious about their small flock of breeding ewes, their wool and how they're raised. The farm is especially popular at lambing time in the spring.

"We do give tours when people come out," said Zoe. "We also have regenerative agriculture projects where we're constantly trying to improve our farming practice and add new designs and elements. We have a few on the go now. We want to make our farm more environmentally friendly."

The Baileys converted the front of their barn into a farm store where they can sell their own farm-produced goods such as sheepskins, felted crafts, yarn, produce and woodworking items.

"We sell lamb meat and we have the wool processed locally into yarn. We also sell wool batting and wool roving, as well as sheepskins and felt projects – items that have been turned into felt art," said Zoe. "My husband and a friend have a woodworking shop on the property and we sell wood turnings in the store."

Last Sunday the Baileys treated visitors to a sheep-shearing demonstration. Shearer Stacey Rosvold came out to show people how the sheep are sheared.

"It was amazing to watch Stacey handle the sheep. Traditionally, we only shear in the spring, but the wool of Icelandic sheep grows so quickly and so long that we can do it twice a year. We sheared off high quality wool which has not been spoiled from the winter feeding of dry hay," said Zoe. "We also skirted the fleeces, which means taking all the vegetable matter out of them and let people feel them. We trimmed hooves and answered questions."

The couple have started hosting felting workshops where visitors can learn how to make a decoration using a needle and felt. In September visitors got to make a pumpkin decoration out of felt. On Oct. 22 (Sunday from 1-3) they'll be offering their second felting workshop, teaching visitors how to make mushroom decorations.



RECORD PHOTOS BY ZOE BAILEY

Sheep shearer Stacey Rosvold showed visitors to Luckystone Acres sheep farm how to shear wool from Icelandic sheep.



The Baileys welcomed visitors to their sheep farm just north of Gimli last Sunday for a sheep-shearing demonstration.



The Baileys' farm was part of the Icelandic Festival this year for the first time, welcoming visitors from near and far to their operation during festival.

"We hosted a large event. We had almost 700 people on our farm over two days of the festival and it was super fun," said Zoe.

The farm store is open by appointment and during select weekends. Please call Zoe or Craig at (204) 990-4670. The farm is located at 90 Loni Beach Road.

Participants at the felt workshop. The Baileys are offering another felt workshop this Sunday, Oct. 22.

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> MEAL IDEAS



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Smoky Chipotle Pecan Burrito Bowls

- 1 cup vegan mayo
- 3 cloves garlic, minced
- 2 teaspoons vinegar
- 2 tablespoons plant-based milk
- 1 teaspoon agave
- 1/2 teaspoon salt

To make pecan "meat:" In bowl of boiling water, soak pecans, covered, at least 30 minutes, or overnight in room temperature water for softer texture.

Drain pecans and place in food processor with mushrooms. Pulse mixture to texture resembling meat crumbles. Avoid over-pulsing.

In pan over medium heat, add pecan mixture, taco seasoning, tamari sauce, minced garlic, liquid smoke and vegan Worcestershire sauce. Cook 7-10 minutes then add chipotle in adobo. Cook 3 minutes.

To make pineapple salsa: Combine pineapple, tomatoes, jalapenos, cilantro, red onion, lime juice and salt, to taste.

To make chipotle crema: Combine chipotle peppers, vegan mayo, garlic, vinegar, milk, agave and salt.

To assemble bowls, place pecan mixture in bowl followed by pineapple salsa and chipotle crema.

Recipe courtesy of Dominique Williamson on behalf of the American Pecan Promotion Board

- Prep time: 40 minutes
- Cook time: 15 minutes
- Servings: 2-3
- Pecan "Meat:"
- 2 1/2 cups water
- 1 cup pecans
- 1/2 cup portobello mushrooms
- 2 tablespoons taco seasoning
- 2 tablespoons tamari sauce or soy sauce
- 2 cloves garlic, minced
- 1 tablespoon liquid smoke
- 1 tablespoon vegan Worcestershire sauce
- 1 tablespoon chipotle in adobo sauce
- Pineapple Salsa:
- 1 pineapple, diced
- 2 Roma tomatoes, diced
- 1-2 jalapenos, diced
- 1 cup cilantro, finely chopped
- 1 red onion, diced
- 1/4 cup lime juice
- salt, to taste
- Chipotle Crema:
- 2 chipotle peppers in adobo sauce

Vegan Pecan Al Pastor Tacos

Recipe courtesy of the American Pecan Promotion Board

- Prep time: 35 minutes
- Cook time: 10 minutes
- Servings: 4-6
- Water
- 2 pounds chopped pecans
- 1 cup onion
- 8 cloves garlic, minced
- 8 dried guajillo peppers
- 2 tablespoons oil • salt, to taste

- pepper, to taste
- 7 ounces (1 can) chipotle peppers in adobo

Toppings and Garnishes:
flour or corn tortillas (6 inches each)
cilantro • diced onion
lime • pineapple

In bowl of boiling water, soak pecans, covered, at least 30 minutes, or overnight in room temperature water for softer texture.

Drain pecans. In food processor, pulse pecans to meat-like crumbles. Do not overprocess to pecan butter.

Finely chop onions, garlic and guajillo peppers.

In skillet over medium-high heat, heat oil and saute onions until transparent, 2-3 minutes. Add garlic and cook 1 minute. Sprinkle with salt and pepper, to taste, and stir to combine.

Add chipotle peppers in adobo and cook 1 minute. Add crumbled pecans and stir well to combine.

Remove from heat and serve on tortillas.

Serve with cilantro, onion, lime and pineapple.

Not feeling connected at work or home



By Gwen Randall

It's hard to admit we've made a mistake. The bigger the decision, and the more profound the consequences, the harder it is. If we've made a big investment in the square peg, and can't return it, then we may be tempted to try every possible way to get it into the round hole. Even if we are damaging the peg and the hole, we may still keep trying to force the situation. If we're in the wrong job, or working with people who frustrate us, or do not respect us, we may complain about the job, or try to change the people.

This can be very damaging to our self-esteem, self-confidence, and self-worth. The reason it can be damaging is because unless we are in a situation that is based on true cooperation, and in which our input is genuinely welcomed and appreciated, our efforts will have little impact. They may even meet with resistance, but either way we will feel negated, rejected or ignored. These are not healthy feelings. Either we accept the fact that we are not in a truly democratic environment, and live with the consequences of our choice, or we find somewhere else to be.

The third option is to be an agent of change, but this also must be a

conscious choice, because it is an extremely difficult path. It may or may not be an honorable path, depending on the situation, but for sure it will exact an emotional toll.

Now let's imagine the same scenario, but this time it's a marriage. Your spouse is just not acting the way you think a spouse should. He/she is not attentive, loving, interesting enough. He'd rather watch T.V. (always) than be with you. She'd rather be out with her girlfriends than to spend time with you. So you might rant and rage, nag, withdraw into silence, or distance emotionally. If this starts going on for years, any of the above responses may begin to become a way of life. You find yourself turning into a nag, or perhaps pulling back into your own little world.

At some point we have to ask ourselves how long we want to live our lives as the disgruntled employee, or the frustrated, alienated spouse. The problem is if we do it for too long, we lose the belief and confidence in ourselves, as well as the energy to do anything about it. And discouraging as it might seem, no one else can make it better. We must decide what we deserve and know that we are worth it. We can only make our needs and wishes known and see what the response is. If the pattern is that we don't count in the workplace, or in our own home, it may be time to count ourselves out.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Roasted Sweet Potatoes Brown Butter Pierogies

fresh thyme leaves, for serving
Preheat oven to 400 F.

Toss sweet potato cubes in olive oil, salt and pepper, to taste, and spread in even layer on baking sheet. Roast 25-30 minutes, tossing about halfway through, until potatoes are fork tender.

In medium skillet over medium heat, brown butter 5-10 minutes. Avoid smoking or burning. Remove from heat. Allow to cool about 5 minutes then whisk in balsamic vinegar and lemon juice.

In large saucepan, bring water to boil. Cook pierogies according to package directions, about 3 minutes. Drain and toss in brown butter sauce.

Add roasted sweet potatoes and pecans to brown butter pierogies and toss gently to coat.

Top with fresh thyme leaves.

- Prep time: 10 minutes
- Cook time: 30 minutes
- Servings: 4-5

1 bag (1.6 pounds) Mrs. T's Mini Classic Cheddar Pierogies

2 cups sweet potato cubes (approximately 1 large or 2 medium sweet potatoes, cut into 1/2-inch cubes)

1 tablespoon olive oil
salt, to taste

pepper, to taste
4 tablespoons salted butter

1 tablespoon balsamic vinegar
2 tablespoons lemon juice

water
1/2 cup pecans

BINGO

SUNDAY NIGHT BINGO
Pots are as follows:

\$7,000 JACKPOT
In 51 Numbers

\$5,808 + POKER FLUSH

\$1,440+ MINI LOONIE

\$1,693 BONANZA
In 52 Numbers

Born to help people: Chartrand details her life as a psychic

By Becca Myskiw

When Tara Chartrand was growing up, nobody else seemed to hear the voices whispering her name as she drifted off to sleep, or see the vibrant orbs flying across the room.

"I was always the weird kid in school," she said. "I didn't realize what it was until I started learning about psychics and mediums."

Chartrand got her first tarot card deck at 16. She started playing with the mystical cards, doing readings for herself, her family and her friends, but as she got more into the world of tarot and everything connected to it, she realized she wasn't weird — she was special. Though she'd never say that herself.

"It just gets to a point where you can't make this stuff up anymore," she said.

Chartrand is a psychic medium. She can connect with spirits, angels and "anything else with a consciousness." Chartrand also practices astral projection, meaning she can connect to someone's energy or the energy of their loved one.

"It's like how we're talking on the phone so far away but we hear each other," she said. "I can tap into someone's energy like that."

During a reading, she allows spirits to take over her body, turning off her brain and letting the spirits lead the way. She said often during this, her hand may do a weird motion, and though she won't realize what it means, her client understand.

"I can't control what comes through," she said. "They bring us what's meant to be said instead of what someone wants to hear."

Chartrand began doing readings and helping people full-time in January. For the last six years, she's been taking numerous courses, reading books and watching videos to hone her gift. It got to the point where she couldn't sleep anymore; she had to do this for a living.

Chartrand believes that as a medium, she has a sort of bat signal spirits can see, so they know where to find her. Because she can't exactly leave her work at home, when a spirit comes to her in public, she has to shut down her gift and carry on. The last thing she wants to do is ruin someone's coffee date with tears and talk of their loved one, she said.

Each reading Chartrand does is different; special in its own way. People come to her for a variety of reasons. They may need closure, peace, or answers they can't get elsewhere. She said often when someone has a big life milestone coming up like a wed-

ding, she can bring them evidence in a reading that their dead loved one will be present on their special day.

"It's the most amazing gift to see the shift that happens when a client comes to me versus when they're walking out," Chartrand said. "I'm often brought to tears as a client leaves."

While Chartrand deals with good energy, she can also get bad or negative energy. When those spirits come to her, she refuses them.

She is also able to remove negative energy from people and their homes if necessary, she said.

Constantly using your own energy to clear someone else's may sound exhausting, but, as Chartrand puts it: the energy she streams is from a higher source and because it's pure, it doesn't drain her.

"A lot of time spirit just wants to make you laugh," she said. "They want you to be happy."

For those wanting to learn more about Chartrand and her services or to book an appointment, visit www.tarachartrand.com.



PHOTO SUBMITTED

After a lifetime of channelling spirits and six years of honing her skills, physic Tara Chartrand is offering her services full time, providing tarot readings, cleanses and spiritual connection.

Music in Middlechurch



RECORD PHOTO SUBMITTED BY CHARLENE DUCHON

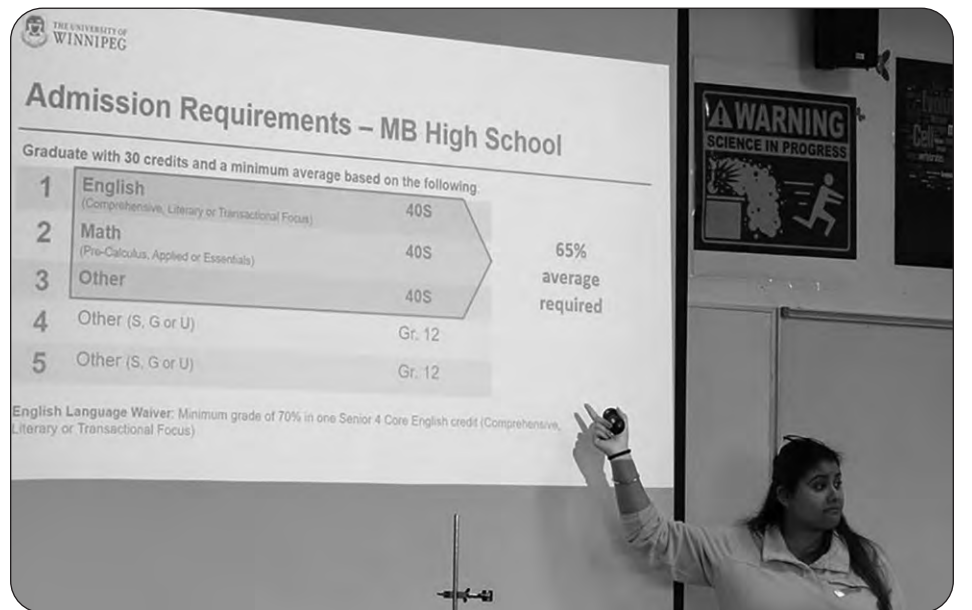
The residents of Middlechurch Personal Care Home enjoyed an entertaining performance by singer Cindi Cain on Oct. 11.

Students prepare for their futures



RECORD PHOTOS SUBMITTED BY LSRSSS COURTESY OF TJ BREWER AND TAEGEN LIPPOWAY

Lord Selkirk Secondary School students have some tough decisions to make about their futures in the next few years. To help them learn about their options the school hosted a career fair.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Fishermen knock off Comets twice last weekend

Staff

The Selkirk Fishermen defeated the Beausejour Comets twice in Capital Region Junior Hockey League action last weekend.

On Sunday, the Fishermen doubled the Comets 4-2 in Selkirk.

Aaron Meger and Kasen Andrushko scored to give Selkirk a 2-0 first-period lead.

After a scoreless second, Nikolas Bear cut the Fishermen's lead in half early in the third.

But Logan Saluk scored to regain Selkirk's two-goal advantage before Beausejour's Evan Leeson scored with 1:19 late in the third.

The Fishermen's Matt Brooks closed out the scoring with an empty-net goal.

Logan Moskal made 28 saves for the win.

Last Friday, the Fishermen doubled the Comets 6-3 in Beausejour.

Carter Courchene had a great game for Selkirk with a hat trick while Jordan Donald was also very good, scoring a goal and adding three assists.

Raymond Hefferman chipped in with a goal and an assist and Peyton



Carter Courchene

Moneyas also tallied.

Andrushko added a pair of assists.

Beausejour goals came from Tanner Amos (two) and Mason Dubberly.

Fishermen goaltender Marcus Sharpe made 28 saves for the victory.

Selkirk, now 2-1, will visit the Arborg Ice Dawgs on Friday (8 p.m.) and then host the North Winnipeg Satellites Sunday (3 p.m.).



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Fishermen's Jordan Donald had a good scoring chance in his team's 4-2 home win over the Beausejour Comets on Sunday.

Varsity girls rolling in KPAC volleyball

By Brian Bowman

The Selkirk Royals' varsity girls' volleyball team are a perfect 5-0 to start the six-team KPAC Tier 1 season.

They have only lost one set in those five games.

This team is really good. The Royals have a lot of depth and a great desire to be successful. Many of the athletes have aspirations to move on to the next level after high school.

"We've had a great start to the season," said Royals' head coach Chad Whiteside. "But we've certainly had some close sets. "Despite the great start, we know there are some challenging matches to come as those other teams get better."

Selkirk hosted Garden City in a KPAC game this past Monday but no score was available.

The Royals had a great performance at the MBCI tournament on Oct. 6-7,

losing 2-0 (25-19, 25-13) to the top-ranked Jeanne Sauve Olympiens in the championship game.

"They're very good. We've met them now in two tournament finals and we lost both," Whiteside said. "We have defeated them in round-robin play but they have taken us down in both tournament finals. The MBCI tournament was great, we played really well but we certainly ran out of gas at the end of the day. The final was probably one of our poorest matches of the weekend, unfortunately. We started making errors at the wrong time."

Selkirk reached the final after posting playoff wins over Maples Collegiate, Vincent Massey (Winnipeg), and Steinbach Regional.

In pool play, the Royals posted a stellar 7-1 record in sets.

Selkirk will visit Maples Collegiate in a league game on Wednesday for a

7:30 p.m. game.

The Royals' next home game is Oct. 23 when they play the River East Kodiaks. Game time is 6:30 p.m.

Selkirk will have two more league games after that.

The Royals' next tournament is at the St. Vital Invitational late this month.

It's going to be an important stretch of games for Selkirk to end October.

"We're six weeks in and we essentially have six weeks to go until we're into the most important matches of the season," Whiteside said. "We didn't play (last week) so this is a good opportunity to recharge and reset. You don't get a ton of practice time during the school season - you're pretty much thrown right into it."

The Royals have been enjoying great success despite losing Brooklyn Grobb-Prins, a talented 16-year-old left side, who has taken her elite

talent to Richmond, B.C., where she is training with Volleyball Canada's National Excellence Program. She's the lone Manitoban (one of 18 players in Grades 10-12) training five days a week with the women's national team coaching staff and support team.

She'll miss her entire Grade 11 season with the Royals, who are currently ranked No. 2 in Manitoba.

"There is no question that Brooklyn was an impact player for us as a Grade 10 athlete," Whiteside said. "I'm very excited for her to have the opportunity to go out west. There's no doubt there was some disappointment among the athletes on our team that we wouldn't have her on the roster this year. But it's an incredible opportunity for her. I was very fortunate to have worked with her."

Varsity Thunder tame Neepawa Tigers

By Brian Bowman

The Interlake Thunder varsity football team wrapped up its Rural Manitoba Football League season with a convincing 36-21 home win over the Neepawa Tigers last Friday in Stonewall.

With the victory, Interlake finished its regular season in second place in the 10-team league with a 5-1 record.

Interlake ended the regular season tied for first place with the St. Vital Mustangs and the Swan Valley Tigers.

St. Vital was awarded first place based on head-to-head matchups. The Thunder ended up second after a coin toss due to multiple tie breakers with the Tigers.

Saturday's win by Interlake over Neepawa was a great way to cap off a tremendous regular season.

"It's always good to wrap up the season with a win and I think 5-1 is a strong record," said Thunder head coach Christof Hasselfield.

By winning the coin toss, Interlake now gets a bye into the semifinals of the top tier Doug Steeves Trophy Playoff. St. Vital received the other bye.

The Thunder will have this weekend off and then host the winner between the Tigers and Winnipeg Falcons on



Thunder quarterback Benjamin Cook carries the ball upfield.

Oct. 28 in Stonewall.

Having a bye will give the Thunder a chance to work on different aspects of their game and, in some cases, give players a chance to rest or heal some injuries.

"I hope it's a good thing," Hasselfield said. "There's definitely some things that we need to focus on and polish up for the playoffs so we'll take it. We're in the semifinals so that's a



RECORD PHOTOS LANA MEIER

The Interlake Thunder's Quinton Favel chases down a Neepawa player during RRML action last Friday in Stonewall. Interlake won the game 36-21.

positive."

Another positive is being able to host a home playoff game. Hopefully, the weather cooperates and the Thunder can get a great crowd of supportive home fans.

"We get a nice turnout whenever we play at home and it always feels like

there's more time on game day when you're heading to your home field, instead of loading up on the bus," Hasselfield said. "The team is excited and the organization as well is excited that we get to host the semifinals this year."

Royals' varsity boys' volleyball team succeeding in league play

By Brian Bowman

The Selkirk Royals' varsity boys' volleyball team has gotten off to a really strong start in KPAC this season.

Selkirk was 5-1 in league play heading into this past Monday's league game with the Garden City Gophers.

"It's going good. We're always focused on league play, for sure," said Royals' head coach Mark Doornbos last week. "We're using our tournaments to understand where we can start exposing our weaknesses against some good, highly-competitive teams. We're using our tournaments for learning opportunities."

This year's edition of the Royals have a lot of height and athleticism which has resulted in strong blocking. The attitude from the players has also been great, Doornbos said.

"These boys love the game," he said. "They're at practice as much as they can be. They're just dedicated to the game and the sport of volleyball. It's great to have those players that have the love for the game. It makes my job a lot easier to have those players come and dedicate their time to practices and tournaments and those (league) games."

"They always want to learn and they

want to grow as a team and they're a great group of kids."

Selkirk will visit Maples Collegiate this Wednesday (6 p.m.) for a league match. The Royals' next league game at home is Oct. 23 when they host the River East Kodiaks for a 7:30 p.m. game.

As for tournaments this season, Selkirk has already played in four of them, most recently last weekend at MBCI.

Selkirk will be hosting the Royals Spike Off this Thursday through Saturday.

The Royals will also take part in the

St. Vital Invitational from Nov. 2-4.

"We've been busy all season," Doornbos said. "We've been at tournaments pretty much every weekend and we've had league games so it's been really busy. There's a lot of learning opportunities for these boys to develop. We're a younger team this year, mostly made up of Grade 11s. It's an awesome opportunity to just grow and learn on the court and learn the game."

"Learn how to win at this level."

Raiders defeat Royal Knights on Sunday

Staff

The Raiders Jr. Hockey Club defeated the River East Royal Knights 4-2 at home in Manitoba Major Junior Hockey League action on Sunday afternoon.

The Raiders, which led 1-0 after the first period and then 4-1 after 40 min-

utes, received goals from Samuel Senchuk, Ryland Kuczek (power play), Nate Goodbrandson, and Alex Loschiavo.

River East goals were scored by Kalen Reynolds (power play) and Cole McCullough (shorthanded).

Evan Banera made 30 saves for the

win.

Last Friday, the Raiders lost 6-1 to the Ft. Garry/Ft. Rouge Twins at Century Arena.

Jack Oleksiuk scored for the Raiders while Sam Mitani (three), Carter Halamandaris, Dean Gorchynski, and Eric Voth answered for the Twins.

Five of Charleswood's goals were scored with the man advantage.

The Raiders, now 4-2, will visit the St. James Jr. Canucks on Friday (7:30 p.m.) and the Transcona Railer Express Sunday (2 p.m.).

Selkirk hosts Manitoba Curling Tour Shootout

Submitted

The first-ever Manitoba Curling Tour Selkirk Shootout event was held last weekend.

Teams were playing for provincial berths for either the provincial women's Scottie's in Morden or the Viterra men's championship in Stonewall.

The Jolene Campbell team from the Assiniboine Memorial Curling Club defeated Team Kristy Watling from the East St. Paul Curling Club 6-1.

Team Jordan McDonald from the Assiniboine Memorial Curling Club defeated former two-time Canadian junior champion and one-time world junior champion Braden Calvert from the Fort Rouge Curling Club 7-1.

Fun news from the event - we had one team come out from Whitehorse, Yukon to play.

During the event one of their players was hurt and couldn't play so local Selkirk curler Michelle Polinuk stepped in to play with them.

In other curling news, Selkirk's next major events are Dec. 1-3 for the annual Selkirk Manitoba Junior Curling Tour event and we are also hosting the Asham Under 18 Manitoba Curling provincials at the club Jan. 3-7.



Sarah Pyke delivers a rock during the Manitoba Curling Tour Selkirk Shootout event.

The club is also working on a Halloween Curling event for kids Oct. 28 and we are working to squeeze in a curl with Santa during that MJCT event Dec. 1-3.

PeeWee Thunder knock off Nomads



RECORD PHOTO BY LANA MEIER

The Interlake Thunder's Brock Kramble (55), Fyn Moore (14), and Evan Brown (80) in action against the North Winnipeg Nomads during a PeeWee game Sunday in Stonewall. Interlake won the game 46-21.

Anderson named an MJHL star of the week

Staff

Selkirk Steelers' forward Aiden Anderson was named one of three MJHL Original 16 stars of the week, the league announced on Oct. 10.

Anderson had an assist in a tight 3-1 loss to the Steinbach Pistons on Oct. 4 before he scored the game winner late in the third period two nights later in a solid 1-0 home win against Steinbach. He cashed in on a rebound at the mouth of the goal crease to help

Selkirk to a big MGEU East Division win.

On Oct. 6, Anderson scored a goal and added an assist in a 4-2 road loss to the Winkler Flyers.

The other two stars of the week for the period ending on Oct. 8 were Winnipeg Freeze forward Elliot Perreault and Portage Terriers' defenceman Parker Scherr.



RECORD PHOTOS SUBMITTED

Selkirk Steelers' forward Aiden Anderson was named one of three MJHL Original 16 Stars of the Week, the league announced on Oct. 10.

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Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337



NEXT HOME GAMES

SELKIRK REC CENTRE

SUNDAY, OCTOBER 22nd

VS North Winnipeg 3:00 pm

SUNDAY, OCTOBER 29th

VS Arborg 3:00 pm

NEXT AWAY GAMES

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

Fri, Oct 27 - vs St Malo - 8:00 pm



Meet the Fishermen



#9 Nick Magwood Forward

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals win bronze at MHSAA provincials



RECORD PHOTO BY MATT PEARSON

The Selkirk Royals' varsity boys won the bronze at the MHSAA cross-country provincials last Wednesday. Pictured, left to right, Niklas Sieberer, Jakob Dainard, Damon Chura, John Hayden-Petrucka, Rain Flett Bird, Lucas Stadnyk, Wesley Hiebert, Kyle Zorniak, Max Jehle, Elliot Ferreira, Adam Armstrong, Justin Cabaneros, Parker Carels, Easton Woloski, and Ryan Marowitch.

St. Clements Gators lose inaugural HTJHL regular-season game

Staff

The St. Clements Gators made their Hanover Tache Junior Hockey League regular-season debut on Saturday.

St. Clements was defeated 7-2 by the Comets in Lorette.

Darien Meyer (power play) and Daemon MacDonald scored second-period goals for the Gators.

Lorette, which built period leads of 2-0 and 6-2, received goals from Matt Ramsay (four), Liam Foster (two), and Hunter Mangin.

St. Clements will continue on the road again this weekend with games against the Landmark Blues on Saturday (8 p.m.) and the Springfield Xtreme Sunday (6 p.m.).

Steelers lose pair of weekend games

By Brian Bowman

The Selkirk Steelers suffered a 4-0 road loss to the OCN Blizzard on Saturday evening.

Riley See and Sam Zagari scored for OCN in the first period and then Keenan McNeill tallied twice in the second.

The Blizzard outshot the Steelers 33-22. Selkirk was 0-for-8 on the power play while OCN was 1-for-7.

Last Friday, the Steelers were defeated 4-3 in overtime by the Swan Valley Stampeders.

Jakob Jones scored the game winner 56 seconds into overtime on the power play.

Swan Valley's Ashton Fishley tied the score at 3-3 at 18:01 of the third.

Mathieu Moreira and Colton Crysler scored for Selkirk with the man ad-

vantage while Nick Giasson tallied at even strength.

The other Stampeders' goals came from Griffin Ayote and Jones (short-handed).

Selkirk, now 2-6-1 and in fifth place in the seven-team MGEU East Division with five points, will host OCN on Friday (7:30 p.m.) at the Recreation Complex and then take on Swan Valley Monday (5 p.m.) at the Seven

Oaks Sports Complex.

On Oct. 25, the Steelers will play the Waywayseecappo Wolverines at the Seven Oaks Sportsplex. Puck drop is 5 p.m.

The games at the Seven Oaks Sportsplex are part of this year's MJHL Showcase.



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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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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:
 (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 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 22nd, 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
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 East Selkirk, Manitoba R0E 0M0
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 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 for dates & information.

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Join our team! Bartenders wanted, Army Navy & Airforce Veterans unit 151. Please apply in person with resume at 231 Clandeboye Ave. Selkirk. Or online at anavets151@hotmail.com

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ADVERTISE YOUR UPCOMING EVENTS 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. 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

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.

UPCOMING EVENTS

Lasagna Dinner and Time/Talent/Treasure Auction, Saturday October 28, 6 p.m. at Little Britain United Church, 5879 Hwy 9, Lockport. Tickets \$25/pp, call 204-981-2433 to reserve.

WANTED

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



**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
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 FR 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 12th 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



**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

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

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NOTICES

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NOTICE TO CREDITORS

In the matter of the Estate of GILBERT LEIGH WILSON, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amanda Adam, Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 18th day of December, 2023. Dated at Winnipeg, Manitoba, this 12th day of October, 2023. JANA TAYLOR Deputy Public Guardian and Trustee of Manitoba

Let your family and loved ones know that you are thinking of them at their time of celebration with a message in the Record

Do You Have a News Tip? or a Story Idea? call the Record 204-785-1618

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PUBLIC NOTICE NOTIFICATION DU PUBLIC

PROPOSED ROGERS 60 METER WIRELESS TELECOMMUNICATIONS SELF-SUPPORT TOWER INSTALLATION

The proposed installation is composed of a 60 meter self-support telecommunications tower.

Location: 628 Ponemah Road, RM of St. Andrews, MB

Objective: To improve wireless coverage to your community, within the Ponemah area in rural Manitoba, and to meet rising demands for wireless services.

Details: An equipment shelter will also be installed at the base of the proposed tower and the entire site will be surrounded by a security fence with a locked gated access point.

The public is invited to provide written comments by end of business day on **November 19, 2023** to the contact information shown below. Please include a return address.

Tower Installation Project
Projet d'installation de communication sans fil
Reference: W6716B Ponemah
Rogers Communications Inc.
c/o Evolve Surface Strategies Inc.
Karen Patterson, Municipal Affairs Specialist
Unit A, 2151 Portage Avenue
Winnipeg, MB R3J 0L4
Toll Free: 1-888-912-2640
E: comments@evolvesurface.com

Land Use Authority contact:
Rural Municipality of St. Andrews
Lisa McLean, Deputy Chief Administrative Officer
Box 130, 500 Railway Avenue
Clandeboye, MB R0C 0P0
T: 204-738-2264
F: 204-738-2500
E: dcao@rmofstandrews.com

EMPLACEMENT PROPOSÉ PAR ROGERS POUR L'IMPLANTATION D'UNE TOUR AUTOSOUTIEN D'ENVIRON 60 MÈTRES DE HAUTEUR

L'installation proposée est composée d'une tour de télécommunications autoportante de 60 mètres.

Lieu : 628, chemin Ponemah, MR de St. Andrews, MB

Objectif : Pour améliorer la couverture sans fil de votre communauté, dans la région de Ponemah, dans la région rurale du Manitoba, et pour répondre à la demande croissante de services sans fil.

Détails : Un cabinet d'équipements sera aussi aménagé à la base de la tour et l'ensemble du site sera ceinturé d'une clôture de sécurité et d'une entrée verrouillée.

Les citoyens sont invités à faire part de leurs commentaires, avant la fermeture des bureaux de Rogers le **19 novembre 2023**, soit à l'adresse indiquée (avec une adresse de retour).



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102086 Hwy 9, Wpg Beach, MB

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Winnipeg

TF 1-877-775-8271
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ANNOUNCEMENT

IN MEMORIAM



Susan Halipchuk (nee Lowrie)
January 22, 1964 - October 16, 2019
Words alone cannot begin to express just how much you are loved and missed. Your presence we miss, Your memory we treasure; Loving you always, Forgetting you never.

-Forever in our thoughts,
Love Mom and Dad

Announcements

ANNOUNCEMENT

IN MEMORIAM

Beverly Massey
December 7, 1947 - October 18, 2020
Forever in our hearts,
Sadly missed and remembered every day.
-Love Orville, Tracey, Jeffrey, Jason and family

ANNOUNCEMENT

CARD OF THANKS

Thank you to all who attended and supported our St. George Wakefield Anglican Church Fall Tea & Bazaar, September 24, 2023. Special thanks to all who organized, volunteered, donated baking, harvest items, preserves, crafts, prizes, and luncheon items. Congratulations to the winners Raffle: 1st Godfrey Mawejje; 2nd Grace Buh; 3rd Roberta Geall. Special draw: 1st Wendy Brigden; 2nd Janice Katolin-sky; 3rd Lorraine Thurston.



AVIS PUBLIC

PROJET DE TOUR DE TÉLÉCOMMUNICATION DE BELL MOBILITÉ

Bell MTS s'engage à fournir aux communautés canadiennes des services sans-fil pour le cellulaire et le transfert de données à haute vitesse. Afin d'améliorer la qualité de son service dans la municipalité rurale de St Laurent, Bell MTS propose la construction d'une tour en treillis de 45 mètres en hauteur, ainsi qu'au pied de la tour, un abri mesurant approximativement 9 mètres carrés pour les équipements auxiliaires. Le périmètre du site sera clôturé afin de limiter l'accès au public. Dans le cadre du processus de consultation établi par l'organisme fédéral nommé Innovation, Sciences et Développement économique Canada (ISDE) et du cadre réglementaire de Bell en vertu de la Loi sur la radiocommunication, Bell invite le public à transmettre ses commentaires sur l'emplacement proposé avant le 17 Novembre, 2023. La tour proposée est conforme à l'ensemble des directives du ISDE contenues dans la circulaire des procédures concernant les clients CPC-2-0-03.

EMPLACEMENT DE LA TOUR : 3426 rue Birds Hill, Saint Paul Est, MB R2E 1C2

COORDONNÉES : 49.983467, -97.001887

DESCRIPTION LÉGALE : All that portion of RL 87, Parish of St. Paul which lies East of the Eastern limit of the Road Allowance East of and adjoining the R/W on RLY Plan 79 WLTO (S Div) Exc Firstly: Road, Plan 5999 WLTO Secondly: all mines and minerals vested in the Crown (Manitoba) by the Real Property Act, and Thirdly: all mines and minerals as set forth in the Manitoba Telephone System Reorganization and Consequential Amendments Act.

TOUTE PERSONNE PEUT : soumettre leurs commentaires relatifs à ce projet avant le 17 Novembre, 2023.

CONTACT CHEZ BELL-MTS :
Marshall Rasmussen
Medallion Wireless
Consultants pour Bell MTS
2417 Main Street
West Kelowna, BC, V4T 2H8
Fax: 604-469-6838
Courriel : feedback@Medallionwireless.com



PUBLIC NOTICE

PROPOSED BELL MOBILITY RADIOCOMMUNICATIONS FACILITY TELECOMMUNICATION TOWER

Bell MTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, Bell MTS is proposing to construct a 45 metre self support tower with ancillary radio equipment including an equipment shelter approximately of 3m x 3m at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development (formerly Industry Canada), Bell MTS' regulator under the Radiocommunications Act, Bell MTS is inviting the public to comment on the proposed tower location before November 17, 2023 in compliance with ISED's telecommunication policy. This tower is fully compliant with ISED guidelines, as found under the CPC 2-0-03.

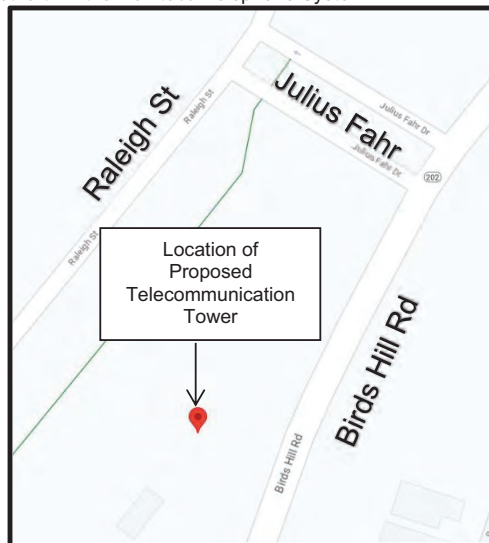
TOWER LOCATION: 3426 Birds Hill Rd, East Saint Paul, MB R2E 1C2

COORDINATES: 49.983467, -97.001887

LEGAL: All that portion of RL 87, Parish of St. Paul which lies East of the Eastern limit of the Road Allowance East of and adjoining the R/W on RLY Plan 79 WLTO (S Div) Exc Firstly: Road, Plan 5999 WLTO Secondly: all mines and minerals vested in the Crown (Manitoba) by the Real Property Act, and Thirdly: all mines and minerals as set forth in the Manitoba Telephone System Reorganization and Consequential Amendments Act.

ANY PERSON MAY comment by close of business day on November 17, 2023 with respect to this matter.

BELL MTS CONTACT:
Marshall Rasmussen
Medallion Wireless
Consultants for Bell MTS
2417 Main Street
West Kelowna, BC, V4T 2H8
Fax: 604-469-6838
Email:feedback@Medallionwireless.com



Announcements



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OBITUARY



Barbara Kim Single (Grimolfson)

Born in Selkirk, Manitoba on December 30th, 1965. After a short courageous battle with stage four cancer, Barb passed peacefully in her sleep on October 8th, 2023.

Barb leaves to mourn her husband, Darren; daughter Marla (Barret); granddaughters Avery and Willow; mother-in-law Iris; sisters Charlyne, Beverley, Lois; brothers Lance (Corrine), Brent (Karen), Chug (Pat); many nieces, nephews, cousins, and close friends.

Barb was a very strong, independent women, who enjoyed the simple pleasures in life. She had many loves which included fishing, hunting, camping and became very skilled at painting rocks. Barb looked forward to every fall hunting season with her husband Darren. She was a devoted mom to her kiddo, Marla and strived to provide her with valuable life lessons. One

of Barb's biggest joys in her life were her grand babies Avery, and Willow. She loved to spend as much time as possible with them and spoiled them constantly. Barb got to do many first with them over this summer. These memories will last forever in their hearts.

A special thanks to her husband who always stayed by her side, son-in-law Barret, her brother Brent and many friends that helped make her lake life come true. An additional thank you goes out to the doctors and nurses at Selkirk General Hospital for their compassionate care.

A celebration of life will be held on Friday October 20, 2023 at 11 a.m. at the Holy Eucharist Parish Hall, 500 Pacific Avenue, Selkirk, Manitoba.

OBITUARY



Edward Albert Kendall

On October 2nd, 2023 at the age of 83, Edward Albert Kendall passed away peacefully with family by his side.

Ed was born in Winnipeg on June 24, 1940 to Frances and Edward Kendall (Sr) of West St. Paul.

Ed grew up on the farm and followed in his father's footsteps and began farming at the age of 16. He operated bulldozers and snowblowers for his dad, building and maintaining the roads throughout West St. Paul. Ed continued his entrepreneurial spirit beyond the farm, running his own heavy equipment rental business to keep busy during the winter which led to excavation and landscaping projects and gravel hauling in the summer.

Ed met the love of his life in 1960 and married Nettie Cockerill in November 1962. An avid hunter and fisherman, he also enjoyed curling and travelling. A true family man, Ed enjoyed taking his family on numerous summer vacations in the US and at Big Whiteshell Lake. Ed and Nettie continued their travels almost yearly, going on cruises and trips to Hawaii, Mexico, Switzerland and England to name a few.

Ed is predeceased by his parents Ed (Sr) and Frances. He will be deeply missed and is survived by his wife Nettie, sister Myrna (Deagnon), Aunt Roz Oddy, children: Darrin Kendall, Cheryl (Chris) Hahn, Doug (Robin) Kendall and grandchildren: Sabrina, Dexter, Roxanne, Lynsey and Jesse.

A Celebration of Life was held on October 6, 2023, at Stony Mountain and a private family committal will take place at a later date.

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

OBITUARY

Maryanne Gail Peters (nee Starodub)

It is with great sadness that the family of Maryanne Peters announce her passing on Tuesday, October 10, 2023 at HSC at the age of 74 years.

Maryanne was predeceased by her husband Louis Smelsky, her mother Pauline, her father Peter and her brother Mark.

She is survived by her sister Joanne, her brothers Peter (Jacquie) and Greg (Lorraine), sister-in-law Charlene, nieces Elizabeth (James), Caitlin (John) and Georgia (Luke).

Maryanne lived in Gonor and Toronto, and then settled back in Winnipeg. She worked at Regent Press, along with doing government surveys and then worked at the Manitoba Nurses Union until her retirement.

Even though she suffered a stroke 12 years ago, she was able to keep working and enjoyed her simple life with her beloved dogs. Cupcake and Cookie meant the world to her. During her stay in hospital all she wanted was to get back home to her doggies.

Cremation has taken place. At Maryanne's request, the ashes of her beloved dogs who passed before her, will rest beside her.

A memorial service will be held on October 24, 2023 at 1 p.m. at the Notre Dame Church, 269 Jemima Street, Selkirk, MB.

As per Maryanne's wishes, donations may be made in her memory to the Boston Terrier and Pug Rescue of Southern Manitoba.

OBITUARY



Donald Paradoski (nee: Romano)

Mom passed away peacefully at the age of 93 on October 3, 2023 at Betel Home in Selkirk.

Mom will be dearly missed by her sons, Donald (Gertrude), Richard (Patti) and Russell (Trudy); grandchildren, Maria (Omar), Crystal, Jennifer (Dennis), Lindsay (Kyle), Brandon (Cassie), Aaron, Stephanie (Rory), Samantha (Evan) and Trevor (Katie) and 10 great-grandchildren.

She was predeceased by her husband Stan in 2020, her son David in 2011, seven brothers and five sisters, and her parents William and Alexandra.

Donald was born September 4, 1930 in Winnipeg, Manitoba and raised on a farm in Gonor. She married Dad, a St. Andrews boy from across the river on May 23, 1953 and they were blessed with four sons.

Mom was a loving mother and grandmother and she was very proud of all of her children and grandchildren. Her greatest pleasure was spending time with all her family. She worked for Eaton's Mail Order when all four boys were in school and she enjoyed gardening, canning, pickling, cooking, baking and reading.

Grandma, you will be dearly missed and our memories with you will be cherished forever.

Our family would like to acknowledge and thank the nurses, care workers and all the staff at Betel Home who took very good care of Mom for the past three years and who kept Mom comfortable the final weeks of her life.

A private family service and burial will be held at Glen Eden Funeral Home. Family and friends may sign a Book of Condolence at www.glenedenmemorial.ca



Glen Eden Funeral Home
204-338-7111

OBITUARY



Gordon Donald (Radar) Recksiedler December 31, 1955 - October 12, 2023

Peacefully on October 12, 2023, Gordon "Radar" Recksiedler was called to his heavenly home to be with the Lord Jesus Christ while lovingly surrounded by his family.

Left to mourn are his children, Lisa, Crystal (Rob) MacLean, Kimberly and Gord Jr.; grandchildren, Bailey (Zach), Gabrielle, Christian and Kadence; great-grandson, Atlas, mother of their children, Linda Wise, sisters Janice (Richard) Hnatiuk, Sharon and brother, Edmund Jr.(Jacky) as well as aunts, uncles, cousins, nieces, nephews and friends.

He was predeceased by his parents, Edmund and Pearl and by his son-in-law, Barry Titus.

Gordon was born in Beausejour on December 31, 1955. He grew up on the family farm in Jackfish Lake where he helped making hay stacks the hard way, one at a time. As a teenager, he enjoyed driving his car and hanging out with his cousins and friends. It was said that if you saw Gordon you would also see his cousins, Arther and Richard.

In 1975 Gordon and Linda were married and together they built a wonderful family. He worked as a truck driver with a safety award winning driving record. A fellow truckdriver said that he looked like Radar from the show MASH and the nickname stuck. 1985 was the year that Gordon fell to his knees and gave his heart to the Lord. That was when he taught himself to play guitar and with the gifts given to him by God, became a very anointed singer. Gordon felt drawn to bring people to the Lord through sharing his story and worshipping through music. His love for the Lord was very deep and so exciting that he became known to some as PRAISE THE LORD GORD. He had an unbreakable faith and he blessed many. He will be missed dearly.

The family would like to thank the staff at the Tyndall building and at the Betel Home in Selkirk for their care and compassion.

In lieu of flowers please make a donation to Our Daily Bread Soup Kitchen.

Funeral Services will be held at Gilbert Funeral Chapel in Selkirk MB on Thursday, October 19, 2023. Viewing is at 10:00 a.m. with the service to begin at 11:00 a.m. A light lunch will be served after the service with interment to follow at Jackfish Lake Cemetery. All are welcome.

Tributes: www.gilbertfuneralhome.com

Gilbert Funeral Home, Selkirk in care of arrangements.



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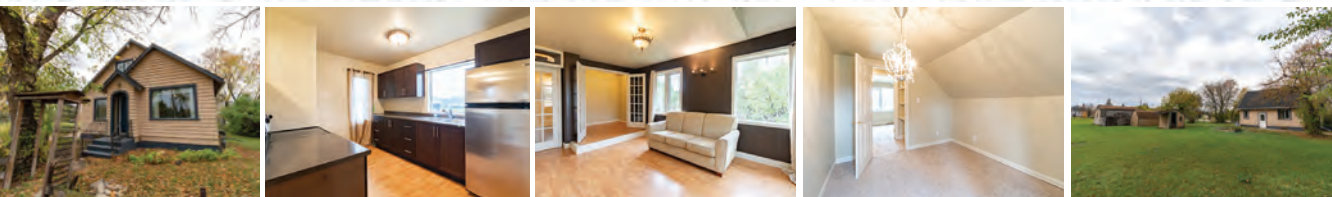
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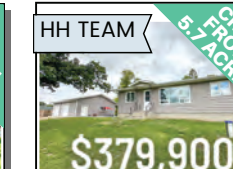
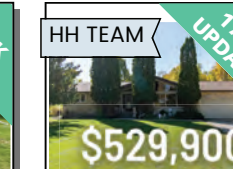
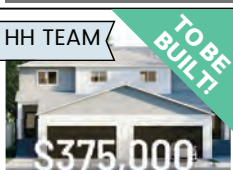

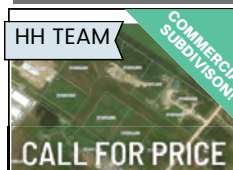
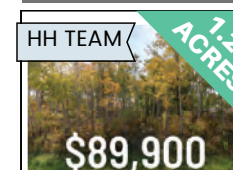
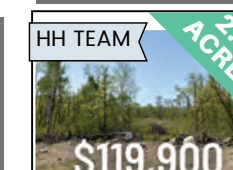
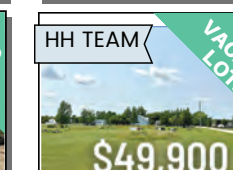
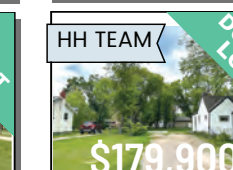
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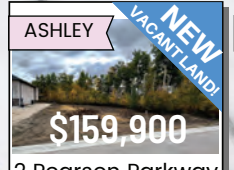
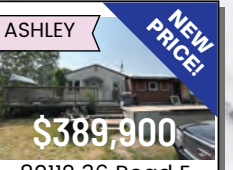
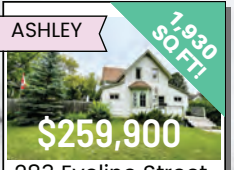
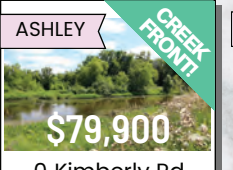
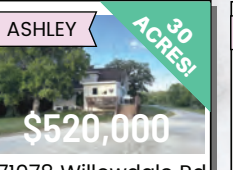


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