



The Selkirk Record

THURSDAY, NOVEMBER 9, 2023

VOLUME 14 EDITION 45

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What a ride!

RECORD PHOTO BY GREG MCKENZIE

Selkirkian Orville Marshall has done a lot in his 101 years. He's a Second World War Veteran and residents will know him as having worked in health care and at the steel mill. A few weeks ago, he found some new fun in our community. He took a ride in his niece Tina Stefanson's sidecar alongside supporters from 3rd CAV, Canadian Veteran of Manitoba and supporters, and UN/NATO Veterans.

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Everyone safe in unscheduled plane landing in St. Andrews

Pilot made emergency landing on rural road

By Katelyn Boulanger

It's not at all uncommon for planes to land in St. Andrews thanks to the St. Andrews Airport but last week an unscheduled landing on a rural St. Andrews road took place bringing a little bit of extra excitement to the community.

The six passengers were on their way back from Sachigo Lake First Nation which is a community in North-western Ontario and were headed to Winnipeg. Everyone on the plane got out safely.

Bryon Cassie, a St. Clements resident, was a passenger on the plane. He says that they encountered some inclement weather on the flight.

"There was some weather so the pilot tried going above. He went to higher elevation for a while, and it wasn't any better so he went back down lower," said Cassie.

The plane was a Piper Navajo which has two engines which keep it in the air.

"Ten or 20 minutes before we actually ended up landing, the left motor cut out. [The pilot] didn't say why but a couple of the other gentlemen with me actually had their pilot's license as well, and so were aware that these twin-engine planes can fly on one engine without any problems," said Cassie.

Continued on page 4



RECORD PHOTO SUBMITTED BY BRYON CASSIE

The plane after having safely landed on a St. Andrews road.

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RECORD PHOTO SUBMITTED BY BRYON CASSIE

The plane landed safely and then passengers were driven to Winnipeg to complete their journey home.

> AN UNEXPECTED LANDING, FROM PG. 3

At that point, Cassie said that he handed his camera to the passenger next to him to get a photo and that no one was particularly concerned at that point.

"I want to say about 10 minutes later, the pilot turned around and said make sure your seatbelts are fastened, 'Brace, brace brace,' and probably 10 or 20 seconds later, we were on the ground. It was a very smooth landing," said Cassie.

He says that he was just wondering what was happening when the pilot said to brace.

"I thought it was pretty cool actually. I fly a lot. I don't have any issues with flying. I enjoy it a lot. But in this case, this was just a new experience. The pilot was very calm. Everybody on the plane was very calm. So, it was just almost routine sounding," said Cassie.

Reflecting on the situation Cassie believes that it could have been a lot worse.

"Obviously, we were overwater for a percentage of the flight. [Had

the pilot] maybe tried to land in the field beside rather than on the road, the field looked very bumpy, so there could have been damage to the plane, or it could have had an impact where it was not a smooth landing and there could have been some injuries. But the way the pilot handled it was just perfect. As far as I'm concerned, he made the right choice and landed us all with very little fanfare and just a nice touchdown," he said.

Cassie said that his understanding of the situation was that the plane ran low on fuel but he is not an authority in the matter and is unsure as to the reason that this happened.

"[After the landing] we were all in good spirits. Everybody was joking," said Cassie.

The charter company sent out vehicles to pick up the passengers and everyone was able to complete their trip.

"Thanks to the pilot, everybody got home safely. He did a great job, and I would fly with him again," said Cassie.

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A spooky bit of fun



RECORD PHOTO SUBMITTED BY LINDA ROSSER

Teachers at Selkirk's Adult Learning Centre dressed up to spread the Halloween fun with their students this year.

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Christmas Belles to be performed at Comp later this month

Get ready for the latest Dessert Theater performance

By Katelyn Boulanger

Following up their comedic MASH performance, Selkirk United Church is bringing Christmas Belles by Jones Hope Wooten to the stage at the Lord Selkirk Regional Comprehensive Secondary School. The performance will be directed by Melanie Shumilak and is another comedy featuring squabbling sisters, family secrets, a surly Santa, a vengeful sheep and a reluctant Elvis impersonator.

"One of our actors had actually seen this done in Beausejour and she really enjoyed it," said Shumilak.

She explained that this play fit into all of the group's needs from fitting the stage properly, to being appealing to our local audience, and being something the actors really enjoyed.

"In the end, you have to go with what feels right for everybody. We landed on this one, it's family-friendly, there's nothing even PG in the play, and we just thought for Christmas this year, let's do something fun and Christmassy and silly," she said.

The play is set in Texas and Shumilak says that the actors have been working on their southern drawls.



RECORD PHOTO BY KATELYN BOULANGER

Christmas Belles Director Melanie Shumilak on the performance set.

"There are three sisters who are very colourful characters. They are real Texas women, but they have very dif-

ferent personalities. One is a pregnant mother of twins and this is their second set of twins. The oldest set being 20-years-old. We have a jailbird sister and we have a sister with a past with a reputation. She is directing this year's pageant to redeem her reputation," said Shumilak.

The idea for dessert theater came about 21 years ago. Back then it was a six-week sprint to get the production together. Now there is a great deal of planning, practice, and design work that the over 75 volunteers put into the production.

The play will have four different showings. One is their calorie-wise option on Nov. 22 at 7 p.m. Tickets to this performance are \$20 and there is no dessert included. The other three performances include the full dessert experience. Tickets are \$30 and they take place on Nov. 24 at 7 p.m., Nov. 25 at 7 p.m. and Nov. 26 at 2 p.m. for those preferring a matinee.

"We do the play, and then everybody

Continued on page 7

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Head Start's annual Pie and Holiday Market



RECORD PHOTOS BY KATELYN BOULANGER
No one was feeling crumbly at Head Start's annual Pie and Holiday Market last weekend. The crafts were upper crust and the pastries were flaky as people filled the Selkirk Friendship Centre to bursting.



> CHRISTMAS BELLES, FROM PG. 6

heads down to the cafeteria at the high school afterwards for dessert," explained Chris Yuzdepski, producer of Christmas Belles.

The desserts change every year and are high-end themed creations. Everyone's favourites including cheesecake and key lime pie will be there and there will also be a gluten-free optio as well an option for people with diabetes.

"Our audience comes out and they have coffee and cheesecake and the actresses and Madam Director come in and they get a chance to congratulate them and cheer them on. Then everybody gets to sit and visit with

their friends," said Yuzdepski.

She explained that they are about to break the 15,000 attendee mark for people who have come to the plays over the years.

"It's local. It's affordable. You're not going to the city and paying for parking. And, they're good. They're good quality. I've heard people say this is equal to what we would see on MTC. Not everyone [says that] but there's a talented bunch of people out here," said Yuzdepski.

Everyone is welcome to purchase a ticket and attend the performance. Tickets are available by calling 204-785-9614.

The Selkirk Record

217 Clandeboye Ave., Selkirk

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Call Katelyn Boulanger

To our community,

We would like to express our immense gratitude for the huge outpouring of support that we received for our son, Greyson.

Thank you to Wendy Meger, Linda Rosser, and the team of volunteers (The Grandparent Squad) that made the Bud Spud and Steak Fundraiser an overwhelming success. All of your

hard work has not gone unnoticed.

Thank you to all the individuals and businesses that donated the amazing silent auction prizes for the event. We are so appreciative for all the support.

A big thank you goes out to the Selkirk Royal Canadian Legion staff and volunteers for the awesome meal and for providing the venue.

Last but certainly not least, a huge thank you to everyone in the community that sold tickets, bought tickets, or made donations through friends, family, or at Home Hardware. The generous donations you have made will make all the difference in helping Greyson live his best life. Our family is eternally grateful to you all.

Submitted by
The Henzels



RECORD PHOTO BY BRETT MITCHELL

Keaton, Jillian, Scarlet, and Greyson Henzel as well as Wendy Meger and the Selkirk Legion's 2nd Vice Heather Austin celebrating the generous donation made to the Henzel family to help their son Greyson with his Spinal Muscular Atrophy treatment.



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

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You better watch out for all the craft sales coming to town



RECORD PHOTOS BY KATELYN BOULANGER

The holiday craft fair season has come to Selkirk. The Gordon Howard Centre hosted its Christmas Craft Sale last weekend. Both floors of the centre were packed with crafts of all sorts celebrating a vast array of the small businesses and organizations in our community.

Local Talent to Showcase Jazz Legend, Jennifer Hanson

Submitted by Little Britain Community Club Exceptionally talented local musicians Garrett Malenko and Jack Jehle will take to the stage on Nov. 18, at the upcoming Jazz Night Fundraiser at Little Britain Community Club. This memorable evening will feature Manitoba vocal jazz legend Jennifer Hanson.

The event aims to raise awareness and funds for upgrades to the Little Britain Community Club Hall.

"We are thrilled to have Jack and Garrett join us for this special evening. Their passion for music and dedication to our cause make them the perfect headliners for this event. We know their performance will leave a lasting impression on our guests," said Grant Jehle, board member of Little Britain Community Club Hall.

"To have them play with Jennifer is the greatest show we could ask for."

Hanson hardly needs any introduction. Her stellar reputation for great vocal chops got its start from singing national anthems at NHL games. Her torchy, seductive vocal style is among the finest in the current generation of

jazz singers, and her stage presence demonstrates she's not just another voice in the crowd.


Both Malenko and Jehle are graduates of the Lord Selkirk Regional Comprehensive Secondary School where they participated in the outstanding music programs offered at

the Comp.


Trumpet player, Malenko, of St. Clements, is a versatile musician. He earned a Bachelor of Jazz Studies from the University of Manitoba, receiving numerous accolades and

Continued on page 12

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Your donation can change lives

Giving Challenge Week Nov. 13 – 19

Submitted by the Selkirk & District Community Foundation

The annual Giving Challenge Week is just around the corner and Selkirk & District Community Foundation Chair Shauna Curtin is hoping the community will have the same response it has every year – over the top.

“Every year the community comes out in support of the Foundation and our donors give generously and from the heart,” Curtin said.

“Our donors really are terrific and they keep us in mind at all times. During Giving Week, we host a day at the Gaynor Family Regional Library so we can have a visit with them, a coffee and conversation, and really just say thank you for their incredible, undying spirit. We’ll do that again this year.”

Indeed, the one-day event at the library – this year Nov. 18 – is like a meeting of old friends.

The week itself is important to the Foundation, and to donors and local organizations, because donations during that week are stretched with funds from the Winnipeg Foundation and the Provincial Government.

And, donors are the heartbeat of the Foundation, enabling it to support non-profits that are doing good work in the community.

Donations really can change lives and a donation by the grandfather of a local educator years ago demonstrates beautifully the power of endowment and the power of love.

Steve Grahame is the Director of the Lord Selkirk Education Centre. His grandfather, Wesley McGill, didn’t donate to a foundation, but his gifts to Grahame’s brother had the same kind of life-altering effects that SDCF funds do today.

Mr. McGill’s story goes back to the 1930s, when he was a school principal working in Red Lake, Ont., and began saving for a future, he at that time, knew nothing about.

“My grandfather was a smart, smart man and very forward-thinking, a little bit ahead of his time. Just in his view of how society outta work, and how...we’re all in this together and those are important things. We have to take care of everybody and everybody rises up,” Grahame said.

“He was a real true believer in that.”

Red Lake had a gold mine, and that factored into Mr. McGill’s savings.

“Part of his paycheque at the time at the end of the school year he took home in gold. It was the ‘30s and banks were insolvent, and all sorts of

things were going on and people were worried about putting their money in banks so he took the payment home in gold.”

The lack of faith in banks prompted Mr. McGill to hold onto his gold.

“He didn’t put it in safety deposit boxes, he had it stored under the front porch of his house. He had a strong box that he could access from the basement and he pushed it under with a stick and he had a very small little piece of fishing line or something that he could pull the box out and get it. No one would know it was there,” he said.

Fast forward to the ‘70s and McGill is retired and he’s cashed in his gold – which was worth about \$35 an ounce in the 1930s and substantially more in the ‘70s – and invested it.

At that time, Grahame’s family was living in Crestview in Winnipeg, near his grandfather whose home was in Woodhaven. Grahame’s brother John had autism and they went against the societal norm of institutionalized living and John lived at home.

Mr. McGill’s first gift was time.

“My grandfather came to our house every single day and took my brother for a walk between 4 and 5 o’clock so that my mother could get dinner ready,” Grahame said.

“When you think about a commitment to every day, day after day, month after month, and this went on for years, from 1970 until the time my brother moved out in the mid-‘80s, 15 years. That’s a lot of walking.”

His next gift allowed John to live an independent adult life.

Grahame says his grandfather realized his investments, his endowment, were needed most by John.

“He could see that his other grandchildren, myself and my three cousins, were all on the road to get university educations and we would be able to provide for ourselves,” he said.

“His thinking was that my brother wouldn’t have those opportunities and wouldn’t be able to make his own money and fend for himself. My grandfather believed in being in the community and so he left part of his estate to my mother and my aunt, but also a large part to my brother so that things could smooth that over, there would be money to do some things, to help him along.

“The idea of building this endowment for my brother is really an act of love. It’s foresight that this would help him long term.”

And it did. John lived independently and at the time of his passing in the



RECORD PHOTOS SUBMITTED

Above: SDCF board and staff at last year’s Giving Challenge at Gaynor Family Regional Library. Below: Steve Grahame, in the field near his childhood home, says his grandfather’s many gifts changed his brother’s life. To watch a video on Grahame’s story go to the Foundation’s YouTube channel, SDCFtv.



late ‘90s he was the oldest person in Manitoba with autism who had never been in an institution.

Mr. McGill’s endowment looks a little different than today’s, but it served the same purpose.

“It’s a neat story about keeping it under the front porch in the strong box because that’s what you did,” Grahame said.

“When I think about those things now, and we have the Selkirk & District Community Foundation, you don’t have to keep it under your porch and that’s a good thing.”

To make a donation during the Giv-

ing Challenge, you can do so online at endowMB.org (click ‘Make a donation to my foundation’ to find SDCF; drop off a cheque at the City of Selkirk office at 200 Eaton Ave., in the outdoor drop box; call the Foundation at 204-785-9755 and a staff member will assist you; or visit the Foundation team at the Gaynor Family Regional Library on Nov. 18 between 10 a.m. and 1 p.m., make a donation and enjoy a cup of tea.

To watch a video on Grahame’s story go to the Foundation’s YouTube channel, SDCF TV.

Patti Grayson hosts author event at Library



RECORD PHOTOS BY BRETT MITCHELL

Author Patti Grayson recently launched her new novel, *The Twistical Nature of Spoons*. She hosted an event at the Gaynor Family Regional Library last week where she spoke more about this new book. Learn more about Grayson and her book at <https://pattigrayson.ca/index.html>.

Holiday Alley scoops up best in province award for last year's event

Submitted by Holiday Alley

We always knew Holiday Alley was great but now it's confirmed. Travel Manitoba and Tourism Winnipeg gave Holiday Alley Best Tourism Event of the Year 2022 in Manitoba beating out about 100 applicants and shortlist nominees like Morden's Corn and Apple Festival and the Gimli Ice Fishing Village.

Holiday Alley partners with event producers Fete Jockey to help deliver Holiday Alley and Fete Jockey won Small Business of the Year 2022.

Interestingly, the award for best event in Winnipeg went to Boo at the Zoo, an event led by Assiniboine Park Conservancy's Community and Special Events Manager Joy Balmana who led Holiday Alley for the first few years before moving onto APC.

"Clearly Holiday Alley has tapped all the right people to make it the Best Event of the Year and yesterday they were recognized for being the best in Manitoba," said President of Red River North Tourism Lois Wales.

"I was honoured to pick up the award for all of our sponsors like our long-time lead sponsor Michael Buhr and Ron Knight of IG Wealth Management in Selkirk. Thanks to all of our funders who back us year after year; for all our volunteers who make this come alive and for our tiny handful of support staff who work all year around to bring art, light, sound, culture and creativity to the area. This award also acknowledges the contribution Holiday Alley has on economic development in our region which is a cornerstone of good tourism," said Wales.

Holiday Alley is still welcoming volunteers to join the newly anointed Best Event in Manitoba. Go to holidayalley.ca



RECORD PHOTO SUBMITTED

The Best Event in Manitoba for 2022 went to Holiday Alley at the Travel Manitoba and Tourism Winnipeg Tourism Awards ceremony Oct. 19, and there to witness it were Holiday Alley team (l to r) Belle Lourenco, Andraea Sartison, Lois Wales, Shirley Muir, Jennie O'Keefe and Kathleen McCallum.

New trees planted on Main Street Median enhancing Selkirk's downtown

Submitted by the City of Selkirk

More than 100 trees will be planted on Main Street medians between now and May 2024, providing numerous benefits to citizens, visitors and infrastructure for decades to come.

Mihali Schindle, the city's Urban Forestry and Naturalization Coordinator, says trees enhance and improve other infrastructure by providing shade, cooling, and helping to manage stormwater. Studies show that asphalt road surfaces that are shaded from direct sunlight last longer.

"Trees have a lifecycle just like all other infrastructure, including roads and buildings, which must be maintained or replaced over time," Schindle said.

"However, trees are unique because they are living infrastructure that requires special attention and care. They take years to reach their full potential, but how we manage our trees will create a safe and sustainable environment for citizens and future generations."

Mayor Larry Johansson says that the trees down Main Street are part of the street's character as well as providing important natural infrastructure services.

"The trees on Main are an important design element of the street and add to the beauty of our community. I can't imagine Main Street without them, so it's important that we do this work now to ensure that as the old trees require removal, we have maturing trees on the way to replace them. It's really about thinking long-term and having a vision for our city that extends into the future generations," said Johansson.

Planting of new trees aligns with Selkirk's Street Tree Policy and takes place annually, as budget permits. In total 126 new trees will be put into the ground between now and spring of 2024. But that's not all.

"The city plans to plant hundreds of additional trees on residential boulevards throughout the city in the spring of 2024 and beyond. The final quantities, species, and locations will be determined over the winter months using the city's street tree policy for guidance," Schindle said.

Street trees have a hard life and selecting the right type of tree is crucial to their long-term survival. They exist

in one of the harshest growing environments in the city due to poor water infiltration, salt accumulation, soil compaction and poor soil quality on medians.

The trees that are being planted along Main Street are Triumph and Brandon Elms, and Silver Maples. The two former varieties are Dutch Elm Disease resistant and all three have the ability to survive in the difficult conditions on the street.

The Main Street trees have been planted between existing trees strategically, as identified in our street tree policy and will eventually replace the existing ones.

"Many existing trees are reaching the end of their life on Main Street and will require replacement over the next decade. Old trees will be removed as needed in the coming years to allow the newly established trees to fill the canopy space. Planting them now helps to ensure they are more mature and can replace the service of the existing trees when the old trees reach end of life," Schindle said.

"The selected species are all considered large tree species with canopies that extend approximately 40-60 feet

high and 30-50 feet wide. These trees will provide ample shade to the roadway on Main Street for future decades and numerous other environmental benefits."

The importance of trees as part of the city's infrastructure is apparent in the inclusion of an Urban Forestry Program in Selkirk's award-winning Climate Change Adaptation Strategy. Trees are considered natural infrastructure assets and are managed as such through the city's Capital Asset Management Program as well. The city has inventoried its public trees and has set out standards for their maintenance and care along their entire life cycle from planting to removal.

Selkirk currently has 7,479 trees recorded, with 5,463 on public property and 2,016 in parks, and they represent 121 different varieties.

To learn more about the commitment to trees, visit MySelkirk.ca/UrbanCanopy.

"I CAN'T IMAGINE MAIN STREET WITHOUT THEM, SO IT'S IMPORTANT THAT WE DO THIS WORK NOW TO ENSURE THAT AS THE OLD TREES REQUIRE REMOVAL, WE HAVE MATURING TREES ON THE WAY TO REPLACE THEM."



RECORD PHOTO SUBMITTED

Trees being planted on Main St.

> JENNIFER HANSON, FROM PG. 9

awards, including the prestigious University Gold Medal from the Desautels Faculty of Music. Since graduating, Malenko has made waves in the local and national music scenes, serving as a trumpet player for the Winnipeg-based band Apollo Suns, and performing across Canada and the United States. He's a sought-after collaborator and extends his musical expertise through teaching, with students in both Winnipeg and rural Manitoba.

In 2019, Jehle was selected as the province's lead guitarist for the Jazz Honour Band. Jehle has developed his own jazz style and has performed locally, in British Columbia, and more recently in Barcelona, Spain while continuing his studies through the

University of Manitoba, Asper School of Business.

Joining Jahle will be several of his bandmates from the 2018 Winnipeg Jazz Festival: Josh Bonneteau on drums, Nolan Gottfried on sax, Evan Miles on keyboard, and bass player, Liam Allen.

The Jazz Night Fundraiser will take place on Nov. 18, at Little Britain Hall, located at 571 Little Britain Road, Lockport. Doors open at 7 p.m.

Tickets are \$30 and are available for purchase in advance.

In addition to the live music, attendees will enjoy hors d'oeuvres and (cash) beer and wine bar service.

For further information and tickets contact Maralee by email at mjoj@mts.net or phone at 204-291-9418.

Manitoba Ag Days gives back deadline approaching

Submitted by Teresa Vallotton

Manitoba Ag Days enters its second decade of investing in rural communities and agriculture education through the Ag Days Gives Back program. One hundred per cent of the funds raised through the Manitoba Ag Days 50/50 are used to support K-12 ag education, post secondary ag education and community organizations throughout Manitoba and Saskatchewan. This represents a commitment of over \$362,500 since the program's inception in 2013.

Thanks to strong public support, the 2024 Ag Days Gives Back community giving and scholarship programs have both been expanded!

"This year we have more than doubled the amount of community grants available, thanks to the generous support for our 50/50," said Hannah Minshull, Ag Days Gives Back committee chairperson. "We are excited to offer seventeen individual grants of \$2,000 to non-profit organizations to support their continued operation."

The scholarship criteria has also expanded and now includes any post secondary education and training related to agriculture.

"We wanted to recognize the wide

variety of jobs and career paths that contribute to the agriculture and agri-food sector, and this scholarship allows the applicants to explain how their training or studies, whatever they might be, connect to the ag industry," commented Minshull. Three scholarships of \$2,000 each will be presented at the 2024 show.

The deadline for both community grant applications and scholarship applications is Nov. 15.

Winners will be announced at the 2024 show in January.

For more information please visit <https://www.agdays.com/community-giving-program/>

The recipients of the 2023 Ag Days Gives Back Community Improvement grants of \$2000 each were:

Roblin Fire and Rescue, Glenboro South Cypress Fire Department, Ste Anne Fire Department, Whitemouth Fire Department, Edward Fire Department, St. Rose Fire Department, Clandeboye Fire Department, Ochre River Fire Department.

The recipients of the 2023 Ag Days Gives Back Scholarships of \$1000



each were:

- ACC Diploma Scholarship – Rhett Grieve
- U of M's Diploma Scholarship – Lacey Calder
- U of M's Degree Scholarship– Emily Rob

Manitoba Ag Days will also be providing the Education and Leadership Grant in the amount of \$10,000 once again to Agriculture in the Classroom – Manitoba.

Manitoba Ag Days show is an annual three-day exposition of agriculture

production expertise, technology and equipment that attracts exhibitors and visitors from across Canada and the United States of America held at the Keystone Centre in Brandon Manitoba. The 2024 show dates are Tuesday, Jan. 16 - Thursday, Jan. 18.

For more information or the latest updates please visit <https://www.agdays.com/> or follow us on

Facebook, Twitter or Instagram @mbagdays.

Elm Creek family one of the first in Canada to try Dexcom G7

By Becca Myskiw

The new Dexcom G7 is finally approved for use in Canada.

After being diagnosed with Type 1 Diabetes at three years old, Hayley Boyachek has spent countless hours pricking her fingers and then inserting her continuous glucose monitor (CGM) device, the Dexcom G6.

Before they had the CGM device, Heidi Boyachek, Hayley's mom, was waking up multiple times every night to check her daughter's blood sugar levels and spent most days anxious about it, not knowing if she was experiencing a low or high.

When a person with Type 1 Diabetes's blood sugar is too low, they can go unconscious, have a seizure, go into a coma, or die. If it's too high, they can go into diabetic ketoacidosis (DKA), which is when the body starts filling with acid and goes into a coma. This can also lead to death. Both extremes also come with their own mental side effects.

With the CGM device, Heidi can sleep through the night — and so can Hayley. The device is composed of tiny disposable sensors that sit just beneath the skin, attached to a small wearable pack. The unit measures the amount of sugar in the blood every couple of minutes and sends that reading to a smart phone app, letting the person in charge know if everything is OK. The CGM device also gives warnings when the person's blood sugar is too high or too low.

The new Dexcom G7 is a smaller sensor than

the G6. It still needs to be changed every 10 days, but unlike the Dexcom G6, which had a two-hour warm-up period after insertion, the G7 has a 30-minute warm-up period.

"That was always nerve wracking for us," said Heidi. "Hayley had lots of lows during [the two-hour warm-up period] because you don't get readings during it."

The Dexcom G7 is also an all-in-one device as opposed to the G6, which had a transmitter Heidi had to remove and replace every 10 days. This new design means the device costs less, as additional transmitters aren't needed. The new device is also 60 per cent smaller than the G6 and gives the family a 12-hour grace period for changing it.

The Dexcom G7 is approved for children to wear on the back of their arm. Though Hayley has worn hers there for a while, the G6 wasn't approved for that. Heidi said the arm is the best location — there, the device is out of the way and Hayley doesn't feel the prick as much as she does on her tummy.

"It truly is a lifeline for us to be able to get an update every five minutes," said Heidi. "We can see the trend in which way her glucose is moving. It gives Hayley more independence too not having to stop and check her blood sugar levels every 10 minutes. I really can't picture life without one."



RECORD PHOTO SUBMITTED
Hayley Boyachek with her brand new Dexcom G7, which is finally available in Canada.

Home sweet home

By Jennifer McFee

A Teulon woman's dream home became a reality by incorporating aspects that are both esthetically and environmentally appealing.

For the past five months, Donna Royer has been enjoying life in her brand new hempcrete home, built by Elm Natural Builders just outside of Teulon.

The 1,000-square-foot bungalow stands out from conventional builds for multiple reasons. To start, the hand-sculpted home is insulated with hempcrete, a natural mixture made by combining lime with the core of the hemp plant, also known as the hurd.

Francesco Zurzolo of Elm Natural Builders explained the benefits of working with hempcrete.

"It's different from a typical home in the construction materials, but the form is the same. We have a foundation, a wood-framed super structure and roof trusses, but the walls themselves are hempcrete," he said.

"Basically, it's solid hemp-lime insulation all the way through, 12 inches thick cast around the stud so there's no sheathing. There's no vapour barrier or air barrier. Everything is directly applied to the hempcrete."

With vapour permeability, hempcrete is a breathable material that regulates humidity in the air, thereby making it mould-resistant.

"It makes for a much more integrated wall system. You don't have places for condensation to occur on different building layers," Zurzolo said.

"The whole wall is vapour-open but air-tight so you get a very comfortable indoor environment. You're not using plastic, and all the hemp is from Manitoba."

At the same time, hempcrete provides thermal mass. It can absorb, store and release heat to keep the space cool in the summer and warm in the winter.

"The environmental impact is what draws people to consider this," he said. "But they're pleased when they learn that they're going to have R-50



walls and they can heat their home with a fraction of the energy of a regular house. The longevity is there to outlast pretty much all standard building materials."

The building material is also carbon-negative and fully compostable since hempcrete sequesters more carbon than is emitted from its processing and installation.

Adding to the appeal, most of the interior finishes use clay- and lime-based materials, including the walls, ceilings, floors and countertops. The waterproof surfaces in the bathroom are finished with a traditional Moroccan lime plaster technique known as "tadelakt."

"The home has in-floor hydronic heat, so hot water is heating in the clay-based floor. Clay, sand and flax fibre are the only ingredients in the floor, and then we seal it with linseed oil from Saskatchewan. Our walls can be fully wet. In fact, in the construction, we spray them down with a hose regularly. If that were drywall, you'd have mould," Zurzolo said.

"It's a way more durable way of constructing — and all the walls and the hempcrete can be tilled back into the ground and they will degrade over time. When you move in, there's no 'new house' smell. The only VOCs (volatile organic compounds) would be linseed oil curing, which is not harmful to your health. That's a significant benefit for people who have sensitivities."

As another benefit, the home is naturally fire-resistant and pest-resistant. In addition, it qualified for Efficiency



RECORD PHOTOS SUBMITTED

The hempcrete home.

Manitoba's performance building program, thanks to the natural building materials, high-efficiency windows and solar panels.

Beyond the environmental considerations, the new hempcrete home features an esthetic that's entirely different from standard homes.

"It's beautiful. Every layer gets hand-applied, so every surface has had our hands on it probably five or six times, at least. It's hard work, but it's also nice to be the person doing all the work," Zurzolo said.

"With us, we do 90 per cent or more of the work ourselves. We do everything except plumbing and electrical, and we really like that. We like having the control, responsibility and ability to design on the fly. You don't have that flexibility when you're dealing with many different people. We enjoy having that level of intimacy with the home."

As for Royer, she couldn't be more pleased with her new home.

"It has exceeded all of my expectations to the positive. It's all I dreamed of and then some. It's been great," she said.

"I love the fact that it reflects my personality. It's handcrafted, and I love the organic movement in it. I love the fact that I know the people who built it, and I got to help build it. I know all the blessings that friends wrote on the walls underneath the plaster. All of those things are important to me."

Before moving to her Teulon-area home, Royer lived in Winnipeg's Wolseley neighbourhood.

"I've been interested in alternative building for a long time — tiny houses, yurts, van life. When we got to the point where I was going to have a house built, I came up with a list of some things that were important to me," she said.

"The ecological sustainability of the build was important, as was a small dwelling. But if I was going to invest

in this, I also needed someplace where I could age in place and I needed it to meet legality. So I began to look at having a custom house."

Initially, she was considering a straw-bale structure. Then a friend put her in touch with Zurzolo, who suggested a hempcrete home.

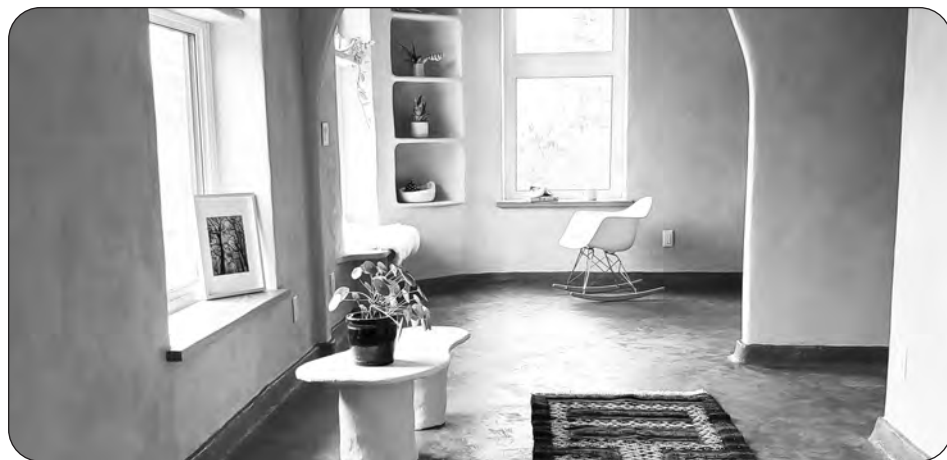
"I very quickly found that it was going to be the best solution to address the issues that I wanted to focus on. The hemp was available in Manitoba. Francesco had used hempcrete before, so he had worked with the city and other municipalities around how to meet code requirements, which was important. It let us move forward," Royer said.

"I really love the fact that the materials were available locally. It was something that we could physically make on site, and it was going to give me a massive thermal mass. In the summer, my house didn't get above 22 degrees inside on the hottest day with no air conditioning. In the winter, I'll have the heat on, but it will heat up the building as opposed to the air in the building. Once I began to understand those properties and mechanisms, I kind of fell in love."

At the same time, Royer also enjoyed the hands-on approach of Elm Natural Builders.

"Francesco and two employees built it and I was able to work alongside them every day. It's a very different construction material and it allowed us to put organic shapes into it, which has been a real gift to me. It's a different feel. My walls have a curve that goes into the ceiling, so there isn't a 90-degree joint there. My floors come up onto the walls ever so slightly to form a baseboard, so there isn't a 90-degree turn there. When I sweep my floors, it's a whole lot easier," she said.

"I have a built-in niche that is hand-



> HEMPCRETE HOME,
FROM PG. 14

formed and I have really deep window-sills. It really has suited me beautifully. They are definitely artisans and professionals who understand the material, which allows things that just aren't possible with traditional building materials. They cared about it and wanted to teach me about it. They have made this a very doable project and became my friends in the process. It's been great."

Elm Natural Builders completed Royer's home on schedule within two per cent of the estimated costs, ringing in at about \$415,000 (excluding the well, septic system and solar panels).

"I honestly can't name any part that I regret, which is really nice. When plans needed to change, we could talk about them. They gave their ideas, and I could change my mind at appropriate spots in the build. There were a number of changes that really improved the house — some of them at their suggestion," Royer said.

"I didn't need to have everything nailed down right from beginning, and that was really nice too. It made a big difference in terms of the usability because I designed the space. All of those pieces have been important and made a huge difference to me."



The hempcrete home's kitchen.

RECORD PHOTO SUBMITTED



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Youth choir shares talents with ISD schools

By Becca Myskiw

The Interlake Youth Choir (IYC) spent an entire day singing to the students of the Interlake School Division (ISD).

Seventeen singers from the region make up this year's choir. The students are in Grades 9 to 12 from Stonewall, Warren, Selkirk, St. Andrews, East Selkirk, Riverton, Fraserwood, and Libau. Choir director Kendra Obach said this year's choir comprises excellent singers.

"This year's IYC was goofy and creative," she said. "They worked super hard, took on musical challenges, and built a tight-knit community in a short time."

As many regions in the province host fall Regional Youth Choir Programs, the Interlake region joined the charge in 2016, when they began building a similar program. Since then, each fall, IYC has joined other music programs in bringing guest conductors to teach the students.

This year, IYC met from Oct. 13 to 15 at Camp Arnes, where they rehearsed 10 songs under the direction of guest conductor, GiUng Lee. GiUng is a Korean-Canadian music educator. Based



RECORD PHOTO SUBMITTED

The Interlake Youth Choir toured around the region last week sharing their passion of music with Interlake and Lord Selkirk schools.

in Winnipeg, GiUng teaches Grades 6 to 12 music at St. John's-Ravencourt School, where he's designing and implementing a project-based music curriculum rooted in cultural relevance and student creativity.

GiUng previously served as artistic director and conductor of Prairie Voices, the award-winning youth/young adult community choir and he is best known for his ensembles'

"dynamic and innovative" delivery of choral music.

"GiUng is an incredible human and leader," said Obach. "GiUng brought a beautiful balance of musical guidance with high expectations along with the the priority of building the character and life skills of the singers."

After learning 10 songs with GiUng on the weekend of Oct. 13, IYC then rehearsed the music on Sunday, Oct. 22 to prepare for a school tour on Monday, Oct. 23.

"Singers build a strong community over a weekend of singing together and they will stay in touch," said Obach.

Oct. 23 took IYC singers to Teulon Collegiate, Stonewall Centennial School, Walter Whyte, and ended at Selkirk United Church. Obach said the schools were incredibly sup-

portive in making the arrangements for the tour and enjoyed the performances.


"School tours allows us to promote the program and choral singing while giving the choir an opportunity to continue building performance skills," she said. "Singers were well prepared for the final concert where they sang for family, friends, and community supporters."

Previous conductors of the IYC fall program have been Scott Reimer, Justin Odwak, Alisa Wiebe, Leanne Cooper-Carrier, and Sonya Williams. IYC's accompanist is Beth Emmers.

Applications for IYC 2024 will open in the spring. For more information, people can email iychoir@gmail.com.

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Winnipeg Beach Snowshoe Club getting ready for 2023/24 season

Local group eagerly awaiting fresh powder

By Becca Myskiw

Snow has fallen and not far behind it will be the sound of snowshoes falling atop.

The Winnipeg Beach Snowshoe Club is gearing up for their third season of snowshoeing. The group started during the COVID-19 pandemic as a way to get active, get fresh air and socialize safely. Since then, it's continued on under the leadership of founder Pat Nuspl of Sandy Hook.

Every Sunday during the winter, the snowshoe club gets together. Usually eight to 15 people head out to trudge through the fluff at a time.

Snowshoeing allows people to stay atop the snow instead of sinking into it as they would with boots on. The traditional winter shoes have been around for thousands of years, being common gear for trappers, traders and people living in the north.

The pastime offers an excellent workout — it's estimated snowshoeing expends 45 per cent more calories than walking or running. And, because it's a low-impact activity, it is gentle on joints.

Snowshoeing is the perfect way to stay active in the winter. Anyone who knows how to walk will be able to snowshoe, Nuspl said.

To do the activity, participants need winter clothes, snowshoes, and poles (optional). If people want to try snowshoeing with the Winnipeg Beach Snowshoe Club but don't have a pair of their own, Nuspl has plenty pairs for people aged 12 and up to borrow at no cost.

Once there's enough snow on the ground, the group will get going. Light, fluffy snow makes for the best experience, as wet, dense, hard snow is heavy and sticks to the snowshoes. The group meets at the boardwalk entrance in Winnipeg Beach at 1 p.m. each Sunday and then works their way through the beautiful park.

The park in Winnipeg Beach offers trails for people of all skill levels, being challenging at some points and easier to navigate at others.

Nuspl said the entire group will split into three smaller groups, the leading group being the most experienced snowshoers, the back group being the beginners. All skill levels are welcome — Nuspl and other group members are happy to help people learn the activity.



RECORD PHOTO SUBMITTED

The Winnipeg Beach Snowshoe Club is getting ready for another season of snow walking.

Snowshoeing with the Winnipeg Beach Snowshoe Club is a no commitment activity, too. If people show up one week, they don't have to show up again if they don't want to, but are always welcome to join.

Along with offering the winter activity, the Winnipeg Beach Snowshoe Club is a welcoming group of people who have fun together. When the group is out on a beautiful winter day, they'll have campfires and roast bannock on a stick.

For those wanting to try snowshoeing, all they have to do is be at the boardwalk entrance at 1 p.m. on Sundays this winter. To know when the group is starting, follow their Facebook page at Winnipeg Beach Snowshoe Club.

Nuspl said people needing a pair of snowshoes to rent can contact her by messaging the Facebook page or calling (204) 389-2303. She asks anybody who borrows gear to show up 15 minutes early on the Sunday they are heading out.

A man with grey hair and a mustache, wearing a blue long-sleeved shirt, blue jeans, and a bright yellow high-visibility safety vest, is operating a piece of machinery. He is looking towards the camera with a slight smile. The background is a blurred industrial setting.

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Local nurse volunteers on Mercy Ships

By Jennifer McFee

A local nurse took her skills to the seas to serve on board a hospital ship filled with volunteer medical professionals.

On Sept. 7, Sarah Gillon travelled to Freetown, Sierra Leone, to serve with Mercy Ships for four weeks as an operating room nurse.

Founded in 1978, Mercy Ships is a Christian organization with a mission to bring hope and healing to the world's forgotten poor and provide surgical care to people living in Africa who might not have access otherwise, she explained. At the same time, the organization focuses on strengthening the local health-care infrastructure.

"It was so exciting to learn from and be mentored by health-care professionals from around the world," said Gillon, a project lead for surgical services at Selkirk Regional Health Centre.

"I left Sierra Leone with a heart that was so full. I had experienced so much joy and purpose, and it truly reminded me of why I chose nursing in the first place. We have this beautiful privilege to help others through the raw, vulnerable human experiences of life, to offer compassion and support and to advocate for the best possible care."

As an operating room nurse, Gillon was a part of the maxillofacial, reconstructive plastics and general surgery teams that provided life-changing surgeries for many people.

"Access to safe, timely and affordable care is near impossible for many of these patients and, as a result, very



Sarah Gillon



treatable conditions lead to a devastating loss of function, disfigurement, community ostracization and even death," she said.

"These people were so grateful and showed such resiliency and strength. Despite complicated reconstructive surgeries, skin grafts, wires in their bones, being cooped up on a ship for weeks, taking time to heal both physically and emotionally, they were still laughing and smiling. Caring for these people truly served as a reminder of how much we have to be thankful for."



RECORD PHOTOS BY MERCY SHIPS COMMS TEAM

Sarah Gillon, a project lead for surgical services at Selkirk Regional Health Centre travelled to Freetown, Sierra Leone to serve with Mercy Ships as an operating room nurse for four weeks.



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Matlock Recreation Club volunteers serving up fun and Christmas cheer

By Patricia Barrett

The Matlock Recreation Club and its volunteers will be hosting some fun-filled events to keep the community entertained and get them stocked up with gifts and fed in the lead-up to Christmas season.

The club will be holding four major events in the upcoming weeks ranging from Quiz Night and craft vendors to family holiday photos and chats with you-know-who from the North Pole.

"We have lots going on," said rec club coordinator Crystal Thordarson. "We want to try to keep people in our community by offering them local options for Christmas gifts and letting the kids meet Santa and have their photo taken with him. To pack up your kids and drive them all the way to Winnipeg for a picture with Santa takes more than half a day. We want to try to offer as much as we can to our community."

The club is inviting people to form teams and brush up on trivia that will include current events, general knowledge and music for the upcoming Quiz Night on Saturday, Nov. 18. It will be hosted by Winnipeg-based Quizmasters and include a cash bar and food platter.

Thordarson said Quiz Night will not only entertain people, but will also help the club raise funds for the gen-

eral upkeep of the building.

"The funds we raise through events such as Quiz Night stay directly in the club and go towards the operation and renovations. We want to maintain the building and keep it upgraded," said Thordarson. "We also apply for grants. We just received a grant which was used for new flooring on one side of the club as part of that grant money. Our club is growing and over the past year we added a lot of different events. It's important to keep the club maintained, including our kitchen which is used every Friday night during our Bingo games."

Quiz Night teams have to pre-register for the quiz and to order food platters.

People wanting to shop locally for Christmas gifts will have lots to choose from at the club's Christmas Craft Sale on Nov. 25 from 10 a.m. to 3 p.m.

It will feature over 20 craft vendors and have photographer Sara Uruski on hand to take family photos. Petersfield-based Cochrane Creek Farm will be bringing its hotdog cart and the club's canteen will also be open.

"Our craft sales are really popular. We get a really good number of people coming here to shop," said Thordarson. "Most of the vendors are from the Dunnottar and Gimli areas. We try to get as many local handcrafters as

possible. We'll have just about everything including homemade preserves, baking, sewing, quilting, Norwex products, Santa trays (for kids to put out on Christmas Eve), upcycled art signs, paintings and bath bombs."

The club will also be selling perogy platters during the event.

The club's free Breakfast with Santa is a huge draw. Santa and Mrs. Claus will be at the club on Saturday, Dec. 2 to meet the kids and let them have their photos taken, as well as distribute gifts.

"The free Breakfast with Santa is a long standing tradition at our club," said Thordarson. "Anyone can attend but they have to pre-register. We've had people from Fisher Branch, Teulon, Stonewall, Matlock Gimli, Winni-

peg and Selkirk come to our breakfast. Everybody will get a free pancake and sausage breakfast with fruit and coffee, tea or juice. All the kids will get a free gift and a goody bag, as well as a free picture with Santa and Mrs. Claus."

Last year's breakfast had 303 people attend over the course of three hours. The breakfast is divided into three time slots between 9 a.m. and noon in order to manage the numbers of participants in the club at one time.

The club is able to provide the breakfast and gifts free of charge thanks to the donation of items from community members and area businesses. The items become part of a draw

Continued on page 23



The Matlock club will be holding a Christmas Dinner & Dance on Saturday, Dec. 9. The turkey dinner will be catered by the Winnipeg Beach Legion and includes meatballs, cabbage rolls, perogies, mashed potatoes, vegetables, coleslaw, buns and dessert.

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Remembrance Day Tribute

A Salute to
Their Courage, Service and Sacrifice



Many

Local Poppy Officer feels people should need no encouragement to attend

There are many local Remembrance Day ceremonies all over the area that residents have the option to attend on Nov. 11. Selkirk, Grand Marais as well as both East and West St. Paul are hosting events which should make getting out to show our thanks accessible for many this year.

Wayne Bird, the Selkirk Legion's poppy officer, says that the Remembrance Day ceremony in Selkirk has been taking place for many years. Originally, the ceremony took place at the Veterans Memorial Gardens where the cenotaph is, but many years ago moved into the Selkirk Recreation Complex as it has the ability to host many more people.

"When [residents] come, if they don't have a poppy, we'll have cadets outside the doors with poppies and the program. People come in and take their seats wherever they want, in the

audience. There are no special seats assigned to anybody. It's first come first serve [for attendees] but down in the Rec. Complex, that's where the people that [are part of the ceremony gather.]

We form up and bring everybody out there [on the ice when the ceremony starts]," said Bird.

The ceremony includes a Colour Party as well as speeches from local dignitaries, the cadets take part and traditional ceremony music is played.

Bird will be MCing the event.

"[The ceremony is] solemn, because of what we're trying to remember. And, hopefully, that'll continue on. Everybody seems to be pretty respectful. Everybody seems to like the program that we put on," said Bird.

Bird says that this creates a community togetherness because everyone is there to Remember those who have served, are currently serving the armed forces, or have made the ultimate sacrifice for our freedom.

The Selkirk Remembrance Day cere-

"IF YOU DON'T REMEMBER HISTORY, YOU'RE GOING TO REPEAT IT. I THINK YOU ALWAYS HAVE TO REMEMBER WHAT ALL THESE GUYS WENT THROUGH,"



mony is an important annual tradition which has continued every year.

"[It's important] to always keep that in the forefront. So, hopefully, we can make this world what [the veterans] wanted it to be — free and to give everyone peace," said Bird.

Everyone is welcome to the Remembrance Day ceremony.


"If you don't remember history, you're going to repeat it. I think you always have to remember what all



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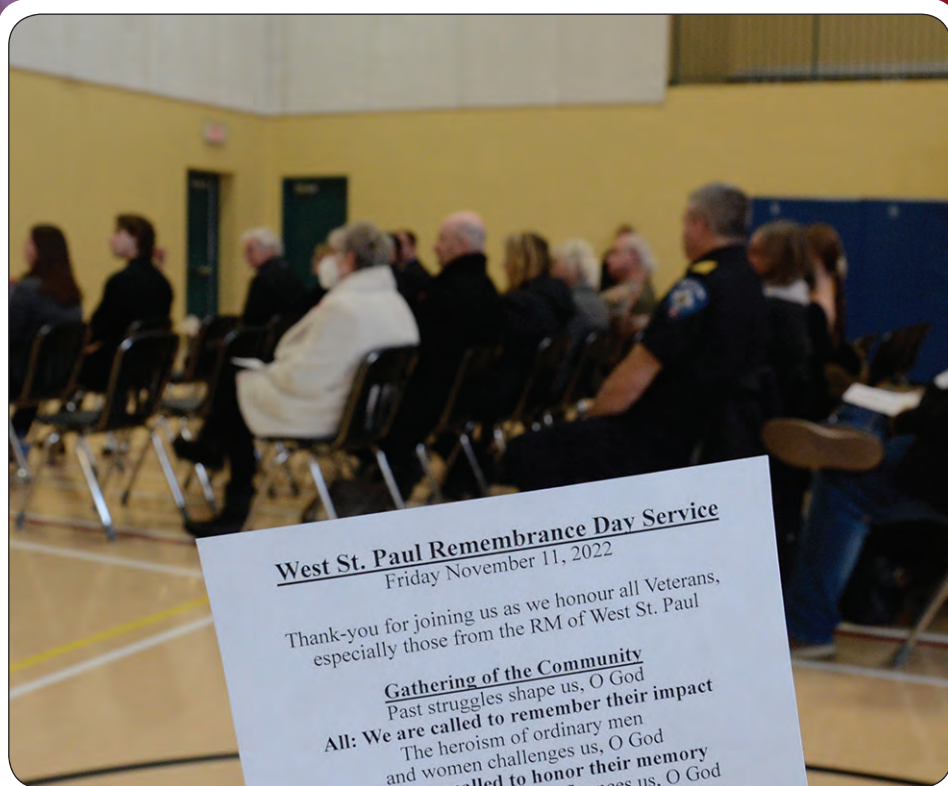
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Thanks to a

Local Remembrance Day ceremonies to welcome guests on Nov. 11



West St. Paul Remembrance Day Service
Friday November 11, 2022

Thank-you for joining us as we honour all Veterans, especially those from the RM of West St. Paul

Gathering of the Community
Past struggles shape us, O God
All: We are called to remember their impact
The heroism of ordinary men and women challenges us, O God
Called to honor their memory

RECORD FILE PHOTOS BY KATELYN BOULANGER AND BRETT MITCHELL
Last year's Remembrance Day ceremonies in Selkirk (left) and West St. Paul (right).

these guys went through," said Bird. He invites everyone to participate in their local Remembrance Day events. "I can't say enough about Selkirk and the [surrounding] communities, they seem to always be involved with us through the Remembrance Day Ceremony, the Poppy Drive, or anything that the Legion does. I can't say enough about our community," said Bird. Selkirk's Remembrance Day Cer-

emony will start at 10:30 a.m. on Nov. 11 at the Selkirk Recreation Complex. Doors will open at 10 a.m. The Grand Marais Recreation Centre will host a Remembrance Day Ceremony on Nov. 11 starting at 10:30 a.m. West St. Paul's Day Service will take place on Nov. 11 at the Access Centre. The ceremony starts at 10:30 a.m. and

doors open at 10 a.m. The Henderson Highway Legion in East St. Paul will be hosting its annual Remembrance Day Service at Eastview Community Church. The event will take place on Nov. 11 and the service will start at 10:50 a.m.

All who supported this page.

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> MATLOCK CHRISTMAS DINNER, FROM PG. 19

that's held at the club's October and November Bingo games, which are coordinated by volunteer Denyse Stewner.

"All the money raised from the Bingo prize draws go towards our Breakfast with Santa. There are so many great people and businesses in our area that have generously donated items so that we can raise money to hold our free breakfast," said Thordarson. "If we didn't have them donating items, we wouldn't be able to do this.

This is a huge thing."

Lastly, the club will be holding a Christmas Dinner & Dance on Saturday, Dec. 9. It's being organized by a committee of volunteers.

The club opens at 5 p.m. with a cash bar, and dinner will be served at 6 p.m. The turkey dinner will be catered by the Winnipeg Beach Legion and include meatballs, cabbage rolls, perogies, mashed potatoes, vegetables, coleslaw, buns and dessert.

Thordarson said the club's commu-

nity volunteers and the people who sit on the club's volunteer board of directors work so well together. They've been indispensable in running events at the club and contributing to the enhanced quality of life in the community.

"We have volunteers at every single event, which is amazing. We wouldn't be able to run these events if we didn't have these volunteers from the community," she said. "They do so much for the club. We wouldn't have this club without them. They are so important and we really appreciate

them."

Anyone wishing to volunteer with the Matlock Recreation Club is welcome to join, she added.

For more information about the Matlock Recreation Club's events and ticket information, contact Crystal at (204) 798-6276 or visit the club on Facebook (Matlock Recreation Club - MRC). The club is located on Matlock Road beside the St. Andrews Fire Hall.



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Your Health

Cars from around the Interlake in new book supporting Parkinson's research

By Katelyn Boulanger

St. Andrews author Steve Van Vlaenderen has had a very busy life. He's raced cars, participated in competitive kayaking, and tried his hand at bodybuilding on top of running two different businesses in Selkirk. In 2011, he was diagnosed with Parkinson's disease and though the disease has affected his life, he's continued to keep busy now with the job of advocating for the need for research to be done into finding a cure.

"The neurologist did some basic tests and just advised me that I had Parkinson's disease. I have to admit that I had no knowledge of what Parkinson's was. I was taken aback. But when I started researching Parkinson's, I realized that it was more than me having Parkinson's and, at the risk of sounding altruistic, I just had to do something. I didn't want Parkinson to define me," said Van Vlaenderen

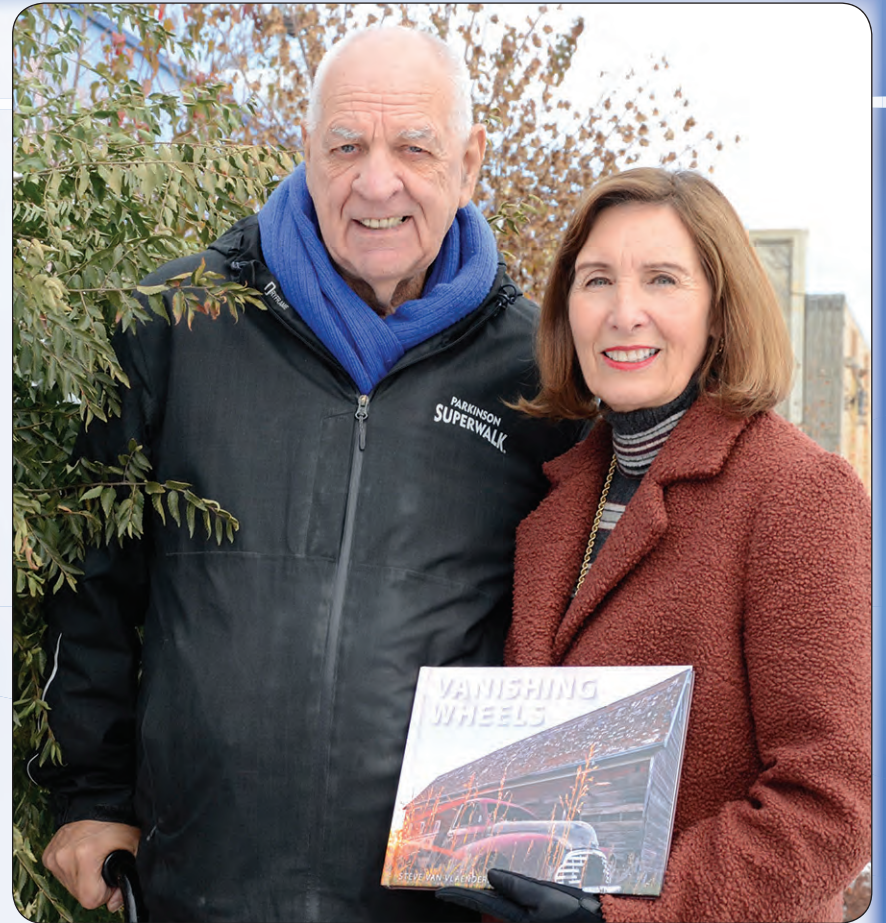
Residents in the region will probably know Van Vlaenderen as the former owner of Stronghold Self Storage in Selkirk with his partner Darlene Hildebrand.

Prior to his diagnosis, he and Hildebrand planned to sail on their, at the time, newly acquired sailboat, Cloud.

"It had been his dream to sail and I had never sailed in my life. He taught me how to sail. We had spent 2010 learning to sail on our new boat. We sailed out of Gimli on Lake Winnipeg and in April 2011, he got this diagnosis," said Hildebrand.

Parkinson's disease understanding has come a long way since Van Vlaenderen's diagnosis. Many people associate Parkinson's with the tremors that are a well-known symptom of the disease but it's much more than that. Van Vlaenderen and Hildebrand explained that Parkinson's affects a person's whole body. There are mental health changes that take place, the

Continued on next page



RECORD PHOTO BY KATELYN BOULANGER
Steve Van Vlaenderen and Darlene Hildebrand with Van Vlaenderen's book *Vanishing Wheels*. Proceeds from the book go to Parkinson Canada.

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- Crohn's and Colitis Awareness Month
- Eczema Awareness Month
- Fall Prevention Month
- Indigenous Disability Awareness Month
- Lung Cancer Awareness Month
- Movember
- National Pain Awareness Week - November 5 to 11
- National Domestic Violence Awareness Month
- Osteoporosis Month
- Pulmonary Hypertension Awareness Month
- World Neuroendocrine Cancer (NET) Day - November 10
- National Nurse Practitioner Week - November 12 to 18
- World Pneumonia Day - November 12*
- World Diabetes Day - November 14*
- World Prematurity Day - November 17*
o Préma-Québec
o Canadian Premature Babies Foundation
- World Antibiotic Awareness Week - November 18 to 24*
- National Enteropathic Arthritis Awareness Day - November 19*
- National Child Day - November 20*
- National Kinesiology Week - November 20 to 26
- International Day for the Elimination of Violence Against Women - November 25*
- Stomach Cancer Awareness Day - November 30*

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Your Health

person's movement is slower than it was before, and they can also lack expression on their faces. Every person with the disease experiences it differently.

Van Vlaenderen was advised to stop sailing when he was diagnosed but he says that because he was still feeling well, he wanted to continue and sailed for seven years on Lake Winnipeg.

"On Lake Winnipeg, the dream of many sailors here in Manitoba is to sail the Great Lakes. So after being involved in things like the Parkinson's Super Walk, Steve said, 'We're going to sail the Great Lakes and make it an awareness and fundraiser for Parkinson's disease.' So that's what we did," said Hildebrand.

They called their journey Sail On with Parkinsons and with the help of Parkinson Canada gave presentations throughout the Great Lakes region. Their journey started in the spring of 2018 when they went from Duluth to Sault St. Marie and then to Sarnia Ont. They left Cloud for the winter and then started up again in 2019 in Sarnia. They travelled to some ports in Pennsylvania before heading to Toronto and then up the St. Lawrence. They returned to Sarnia and expected to start their journey again in 2020.

This allowed Van Vlaenderen to speak to many people about not letting Parkinson's disease define you. "We raised almost \$15,000 For Parkinson Canada through Sail On," said Hildebrand.

They were also awarded the Sailors of the Year Award from Sail

Manitoba in 2019 for their efforts.

The pandemic caused Van Vlaenderen to have to shift his attention to an activity closer to home in 2020. Luckily, he was able to jump into an old hobby in which he's found renewed passion.

"I've been a hobbyist photographer for 50 years. I love taking photos. I experiment with different lighting. I always have a camera in hand when we're traveling, snapping pictures," said Van Vlaenderen.

At first, he left the house and Hildebrand said that she assumed he'd take photos of birds or landscapes but then Van Vlaenderen found an old car.

"I came across this car sitting in the treeline and I looked through the lens, looked beyond the patina and the car was layered in stories and it got an emotion started. I started thinking about who drove this car, how it got here, and what was it like back then. The more questions I asked myself more interested I got, so, I started looking for cars," said Van Vlaenderen.

He finds cars to be incredibly fascinating. Van Vlaenderen speaks about how industries like gas stations, modern roads, car dealerships, drive-in movies and even fast food as we know it is all thanks to how we use cars. He feels that vehicles represent the triumph of the human spirit.

From then on, he decided to find vintage vehicles that had been left in place and take photos of them. At first, he was driving around looking

for them but eventually, he found a car enthusiast who sent him to others who had more cars that he could photograph.

"As he got into this and decided he wanted to do more than just take photos for himself. That's when he decided I want to publish a book," said Hildebrand.

That started a 16,000km road trip from our area to Banff, Alta. which had him take the 115 photos of vintage vehicles that are in his new book *Vanishing Wheels*.

Once the pair made it back home, the book was written and it's now available for purchase with all proceeds going to Parkinson Canada.

He dedicated the book to people living with Parkinson's disease and their caregivers as well as his partner Hildebrand.

"I really want to create awareness because not very many people know what Parkinson's is. They think it's an old age disease. A few tremors and what's the big deal? It's much more than that and there has to be funding for research to find a cure," said Van Vlaenderen.

He is currently working on a second photographic homage to vehicles sitting in what might be their final resting places.

His book *Vanishing Wheels* is available at the McNally Robinson bookstores in Winnipeg as well as through Van Vlaenderen's website <https://www.vanishingwheels.com/>. They offer delivery to Winnipeg and Selkirk residents and more information can be found on their website.

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get inspired

> MEAL IDEAS



Recipe courtesy of Meredith Bernard of "This Farm Wife" on behalf of the North Carolina Sweetpotato Commission

- Servings: 6
- 2 medium sweetpotatoes
 - 3 bell peppers (combination of red, yellow and orange)
 - 1 small onion
 - 2 tablespoons olive oil or butter, divided
 - 2 garlic cloves, minced
 - 1 pound lean ground beef
 - 1/2 cup beef broth
 - 1 can diced tomatoes
 - 8 ounces tomato sauce
 - 1 can Mexi-corn or Southwest corn
 - 1 tablespoon Southwest seasoning salt, to taste
 - pepper, to taste



Tex-Mex Sweetpotato Beef Skillet

Rinse and scrub sweetpotatoes to clean. Chop into 1/2-inch cubes. Dice bell pepper and onion. Set aside.

In skillet over medium heat, heat 1 tablespoon oil or butter.

Add garlic and saute until fragrant, being careful not to burn.

Add ground beef, breaking apart and stirring until cooked through, 5-7 minutes. Remove garlic and beef to covered bowl or plate; set aside.

In same skillet, add remaining oil or butter. Saute peppers, onion and sweetpotatoes until slightly tender.

Pour in broth, diced tomatoes and tomato sauce; cover and simmer 12-15 minutes.

Stir in cooked beef and corn. Cook until liquid reduces and mixture thickens slightly. Add seasoning and salt and pepper, to taste.

Expert patient here to help!

By Susie Schwartz

Ever feel like a problem? Even if you're not the problem?

There are better and worse ways to get the desired result.

I recently found myself at the pharmacy at my doctor's office 5 days out of 7. I'm in a gastroparesis relapse and a specialist, Dr. Walker, shot out a barrage of meds and medical supplies like a semi-automatic aiming at a can of worms. (Worms = symptoms.) Some relief was in sight. (Site? This simile just doesn't stop.)

Over here in England, a specialist sends an instruction letter to your GP, and then they sign off and get the meds dispensed in their pharmacy. Dr. Walker laid out the instructions in the letter – take med 1 for five days, then med 2 for one week, and then med 3 for a month, rinse and repeat. Also, up the dosage of med 1a (I was already on it). Then, do a phosphate enema every three days. Okay, I need a three hour nap after data processing this.

Apparently, the dispensary staff also needed a nap or two, because it took those five aforementioned trips to get the order right.

But it was not really dispensary's fault, nor the front staff. The doctor sighing off kept missing details.

So, I decided, instead of complaining, I would instead thank dispensary and the front staff for the 'extra care' they'd been giving me. Sometimes, when I am there often, I can sense their frustration with my needs. (No shoot, Watson. You think I'm not frustrated?!)

So, by thanking them, I believe they will continue to try to be helpful, rather than roll their eyes or



Susie Schwartz

take an early, extra-long lunch break when they see me coming. I think it worked. They looked very grateful for my gratefulness.

And to be clear, if the rigamarole had gone on much longer, I would've put in a formal complaint to the managing doctor, because all the delays and their mistakes were adding to my suffering. There is a time and place to speak up about the negative. I just think sometimes, we jump to that too quickly.

Desired result. What will get us there? That is the question.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com where you can sign up for 'Convos with Carlos'. Her book, 'Help the Doctor Help You – 32 Secrets and Tips for Self-Advocacy to Get the Best from Your Appointments' is now available on Amazon!

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 - 1 1/2 cups raw pumpkin seeds
 - 2 teaspoons sea salt, plus additional for seasoning (optional)
 - 2 teaspoons salted butter, melted
 - 1 teaspoon garlic powder
 - 1 teaspoon paprika
- In pot over high heat, bring water to boil. Add pumpkin seeds and 2 teaspoons salt; boil 15 minutes. Drain water and spread seeds evenly

on paper towels to dry.

Preheat oven to 350 F. Line baking sheet with foil or parchment paper.

In medium bowl, toss seeds and butter until coated well. Sprinkle with garlic powder, paprika and additional salt, if desired. Spread seeds evenly on baking sheet.

Bake 25-30 minutes, or until golden brown and lightly toasted. Stir every 10 minutes.

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Stonewall comedian hosts fundraiser for Zach Hunter

By Jennifer McFee

Cancer is no laughing matter, but a local comedian is using humour to raise money for the cause.

Brady Holm will be sharing his comedic skills on Nov. 9 and 10 in support of his friend Zachary Hunter, who was diagnosed with bone cancer and lung cancer last year.

The 18-year-old comedian did a similar fundraiser in March at Rumours Restaurant and Comedy Club — and he ended up selling out the venue on a Tuesday evening.

“I’ve known Zach from school, hockey, soccer and work. I ran it past some of his close friends and his Uncle Chris and they all said it was a great idea,” said Holm, who graduated from Collège Stonewall Collegiate as valedictorian in 2022.

“It went well, so I figured it doesn’t hurt to do it again at The Basement, which is a really nice speakeasy on

the close side of the city.”

In addition to Holm, other comedians will take the stage for the fundraiser. The Nov. 9 will also feature Pat Gagne, Dewey Parker and Jordan Welwood, while the Nov. 10 show will feature Jeff Gobeil, Spencer Adamus and Rollin Penner.

“It’s a showcase of some of the best comedians working right now in Winnipeg and even nationally right now. I’ve booked the lineups based on what I think people from Stonewall would like to see, knowing that will be a majority of the crowd,” Holm said.

“There’s two shows and two different great lineups. As long as people show up and support, that’s more than I can ask for.”

Besides these fundraising comedy nights, Holm takes the stage for open mic comedy nights several times each week. And on most weekends, you can catch him as part of a comedy

showcase at Silver Heights Restaurant or The Basement Speakeasy.

“My friends are terrible influences,” he said, explaining how he got his start in comedy.

“About a week after I graduated, being valedictorian, a good buddy of mine and I went out one night and ended up at Wee Johnny’s, where they host an open mic that I ended up on — and I’ve been going up ever since.”

Brady Holm’s fundraising comedy shows are set for Thursday, Nov. 9 and Friday, Nov. 10 at The Basement Speakeasy and Comedy Lounge, located at 3740 Portage Ave. Doors open at 7 p.m. and the show starts at 8 p.m. Tickets cost \$25 each and are available through The Basement’s website at basementwpg.com. All proceeds from ticket sales will support Zach Hunter and CancerCare Manitoba.

To help raise funds for the cause,

Holm is also seeking prize donations. To make arrangements, email brady-holm87@gmail.com.



RECORD PHOTO BY ABBY SARGENT

Local comedian Brady Holm is hosting a cancer fundraiser for his friend Zachary Hunter in Winnipeg on Nov. 9 and 10.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk Royals’ hockey teams in action

By Brian Bowman

The Selkirk Royals were defeated 3-2 in a shootout by the River East Kodiaks in Manitoba Women’s High School Hockey League Division 1 play last Friday in Winnipeg.

Liberty Aime scored Selkirk’s lone goal in the shootout while Cherine Nichols and Vanessa Moreira replied for River East.

In regulation time, Aime scored a first-period goal and then teammate Serena Reeb tallied in the third.

Moreira and Nichols potted third-period goals for the Kodiaks.

On Halloween, Selkirk was stopped 5-3 by the CJS Olympiens at the Recreation Complex.

Cadence Kibbins scored for CJS in the first period and then Payton Durano, Jeri-Ann Lafleche, and Jordan Dick made it 4-0 heading into the third.

But the Royals didn’t quit.

Selkirk stormed back to make it a one-goal game as Rebecca Wager, Elara Nazimek, and Delaney Kitley tallied.

Durand closed out the scoring with a late power-play goal.

Aime and Nazimek each finished the game with two points.

Selkirk will play the St. Mary’s



Serena Reeb carries the puck into the CJS zone.

Academy Flames this Wednesday at the Hockey For All Centre. Puck drop is 4:15 p.m.

In Winnipeg High School Hockey League Platinum Promotions Division action, Selkirk defeated the Steinbach Regional Sabres 2-1 in a shootout last Wednesday.

Parker Carels scored a first-period goal for Selkirk and then Steinbach’s Preston Perrault tallied in the third.



RECORD PHOTOS BY BRETT MITCHELL

Elara Nazimek led the Selkirk Royals with a goal and an assist in a 5-3 home loss to the CJS Olympiens on Oct. 31.

Jonny Enns-Demchuk earned the win in goal.

No goal scorers from the shootout were listed on the league website.

The Royals played the St. Paul’s Crusaders this past Tuesday in a battle of the division’s top two teams but

no score was available.

Selkirk will take on the Beliveau Baracudas this Friday (4:15 p.m.) at the Southdale Community Club and then host the Dakota Lancers next Monday at 4 p.m. at the Recreation Complex.

Cadger places second in Open Division at Strongman Nationals

By Brian Bowman

Dan Cadger has only been involved in Strongman competitions the past two years.

Let's just say he's a natural in the sport.

Cadger, who lives in Sandy Hook and grew up in Selkirk, placed second in the Open Division at the Strongman Corporation Canada Nationals, which were held at the Minto Armoury in Winnipeg on Oct. 21.

"It was nice because I had to travel last year. I had to go to Thunder Bay so it was really nice to have that home advantage and not having to be in a car for a bunch of hours," said Cadger last weekend.

Placing second in a division that featured 21 athletes is really impressive.

"I'm happy with second. I was on the podium this year and I finished seventh last year," said Cadger, who stands 5-foot-10 and weighs 275 pounds. "There's no other way to put it, I'm very small for the Open Division. It was cool to see someone twice my size and I beat them."

Besides placing second at nationals, Cadger also received his pro card in the sport and is now one of only two in Manitoba. The 29 year old, who has a lot of great years ahead of him in the sport, also received an invite to the Canadian World Strongman circuit.

"When I started this (getting a pro card) wasn't something on my mind. It was just something to do but then I was 'Hey, I'm decent at this, maybe I can pull it off,'" said Cadger, who trains out of Iron Age Strength in Winnipeg. "It's an invite to the Canadian circuit."

Cadger has always liked watching the strongman competitions on T.V.



and the Internet.

"I come from a martial arts background," Cadger said. "I had a pretty significant knee injury in 2018 so I kind of put a stop to the martial arts and then I found this. It may seem that this wouldn't be any less risky than martial arts and it is but I feel like I have more control over what I'm doing because I'm not against another person. It's a super hard sport but it's super rewarding."

In the sport of strongman, strength training is obviously involved but technique and the mental aspect also play very important roles in the success of an athlete.

"(The mental aspect) is a huge component. There is an art to competing," Cadger explained. "There are guys out there that are really strong in the gym and then they get out in front of a crowd and they just fall apart. The mental game is a huge component. Having a pain tolerance and being able to block that out is a huge factor.



RECORD PHOTOS SUBMITTED

Dan Cadger, who lives in Sandy Hook and grew up in Selkirk, placed second in the Open Division at the Strongman Nationals last month in Winnipeg.

There are some events out there that are just there to punish you - they just hurt," he added.

Cadger is coached by Tyler Sigurdson (also a pro strongman) while Chris Schwindt is his nutrition coach. Cadger has been invited to compete at the Arnold Sports Festival in Columbus, Ohio in March and the Official Strongman Games in Florida next December.

"I would like to do one of those so that's on my mind," Cadger said. "I'm just ready to get back into training."

Events at the Strongman Corp Cana-

da Nationals for open men were:

330lbs per hand farmers carry
Goal is 100' as fast as possible (Cadger finished around 70')

340lb Viking press for reps in 60s (Cadger did 10 reps)

710lbs axle deadlift for reps in 60s (Cadger did seven reps)

Sandbag toss 30,35,40,45,50lb bags over a 15' bar as fast as possible (Cadger got got bags over)

330lb keg over 56" bar for reps in 60s (Cadger completed seven reps)

Dolphins Swim Club wins awards

By Brian Bowman

The Dolphins Swim Club had three winners at the annual Swim Manitoba Awards banquet held at the Victoria Inn in Winnipeg.

Coach Michelle Stamm was honoured with a Swim Manitoba award for her hard work developing the racing league program for the development of younger swimmers into a pre-competitive swim program.

"It's something new. I have not heard of it before but I haven't attended any banquets recently," Stamm said. "I think it's basically for recognizing individuals who are contributing to the sport's development in swimming."

The program is unique and an extremely great idea. It creates a really

fun environment for the kids and the swimmers make a lot of new friends.

The idea is to build the skill level of each athlete throughout the season after each meet.

"It's not such a judged sport with disqualifications and things like that," Stamm explained. "It's more of a learning racing environment - there's no failure."

There's no doubt that this type of program will encourage more kids to join the Dolphins' swimming program.

"I think it's a fabulous idea. The kids get to try it out and try out racing," said Stamm, noting that this level of competitors will be Manitoba Games ID kids for the Summer Games in

Dauphin. "Some of them don't like it and that's fine - no pressure. But there's lots of fun involved."

Meanwhile, twin sisters Cate and Alexis Liebrecht of the Dolphins Swim Club won an award of excellence which was based on performances at the Man/Sask Championship last year.

It's really cool to have two sisters from our area represent Manitoba against Saskatchewan.

"Cate had won numerous medals and Alexis was on the provincial relay team with Cate," Stamm explained. "The two girls were two of the four on the provincial relay team and their provincial relay team won the race between Manitoba and Saskatchewan."



RECORD PHOTO SUBMITTED

The Dolphins Swim Club's Cate Liebrecht, left, Michelle Stamm, middle, and Alexis Liebrecht were honoured at the Swim Manitoba Awards banquet.

Thunder bucked by Mustangs in RMFL championship game

By Brian Bowman

A great season by the Interlake Thunder Varsity football team ended with a disappointing loss.

Interlake was defeated 34-8 by the St. Vital Mustangs in the Rural Manitoba Football League's Doug Steeves championship game last Saturday in Winnipeg.

The Thunder lost to a very good team.

"They were well coached, well prepared, so hats off to them," said Thunder head coach Christof Hasselfield. "I think it was still a very successful season for a young team and we had a lot of development and growth, for sure. I think the season was a success even though it didn't end the way we wanted it to."

St. Vital, a first-year team in the RMFL, jumped out to leads of 14-0 and 20-2 and the Thunder could not recover.

"It's tough to come back down 14-0 but after talking to other coaches, I was very proud that our guys played hard right to the end," Hasselfield said. "Some other teams might have tried to dirty the game up or taken out frustrations. Other than a couple of bad penalties at the start, I thought we played with pride and played hard right to the end even though the game got away from us early."

Despite the defeat, the Thunder had a fantastic season, finishing with an overall record of 6-2. Both Interlake losses came against the Mustangs.

The Thunder's future looks very bright as the team will lose just five players (which all contributed significantly this past season) to aging out of the league. Interlake is looking forward to being successful once again in 2024.

"We're definitely excited for next year. We retain a lot of talent," Hasselfield said. "We were very Grade 10 heavy, so it wasn't like we had a few Grade 12s and a bunch of Grade 11s. We were like a JV team, by all accounts, with Grade 9s and 10s. The future is definitely very bright and I'm super excited, especially for the (offensive) line. I feel like I say it every



The Interlake Thunder's Tyler Yourchenko (4) and Jamie Dandeneau (9) go up for the ball against the St. Vital Mustangs in the RMFL championship game last Saturday in Winnipeg.



RECORD PHOTOS BY LANA MEIER
Interlake's AJ Nadon carries the ball against St. Vital.



The Interlake Thunder's star player Jessie Batenchuk was injured in the first five minutes and had to leave the RMFL championship game against the St. Vital Mustangs.

week but we have (a very good offensive) line. Our entire (offensive) line, it was their first year playing football. They were all in Grade 9 or 10.

"I don't think you could undervalue playing (just) one season of football especially with the way we went all



The Thunder's Jake Rogoski (62) and Kash Antoniuk (68) were in action against the Mustangs.

the way to the championship. Playing those reps in that environment, I don't even have the words to say how much that will help when we start next year."

Raiders Jr. Hockey Club trounces Victorias

By Brian Bowman

The Raiders Jr. Hockey Club blasted the St. Vital Jr. Victorias 8-2 on Sunday afternoon at the Seven Oaks Sportsplex.

Raiders' goals were scored by Nate Goodbrandson (four), Brennan Feschuk, Owen Lourenco, Davis Koga,

and Alex Loschiavo.

Ryland Nechwediuk and Tyler Rubigny answered with goals for St. Vital.

Evan Banera made 30 saves for the win.

Last Friday, the Raiders were out-

scored 7-5 by the Pembina Valley Twisters in Morris.

Raiders' goals were scored by Devon Whiteside (two), Owen Lourenco, Loschiavo, and Jack Oleksiuk.

Slade Sotheran (two), Mike Hepner, Derek Wiebe, Alex Vandenyze,

Caelan Russell, and Brett Bergman replied for the Twisters.

The Raiders will host the Charleswood Hawks this Friday (7:30 p.m.) and the Ft. Garry/Ft. Rouge Twins Sunday (2:15 p.m.).

Gators lose pair of HTJHL games

Staff

The St. Clements Gators lost 5-2 to the Niverville Clippers in Hanover Tache Junior Hockey League action last Saturday evening.

Nick Lacasse gave Niverville a 1-0 first-period lead and then Brett Clausen and Caiden Britten put the home side up 3-0 heading into the third.

Teo Lambert made it 4-0 early in the third before St. Clements got back in the game with goals from Kaiden Sichevski and Caleb Hofer (shorthand-ed).

Lambert closed out the scoring at 14:56 of the final frame.

On Oct. 31, the Gators were defeated 7-1 by the Lorette Comets.

Trailing 7-0, Reiden Bunting scored St. Clements' lone goal in the third period.

Liam Foster and Hunter Mangin scored for Lorette in the first period and then Tyler Van de Velde, with a hat trick, and Trey Dixon tallied in the second.

Mangin made it 7-0 in the third.



The St. Clements Gators' Darius Meyer carries the puck up ice against the Lorette Comets.



RECORD PHOTOS BY BRETT MITCHELL

The St. Clements Gators hosted their inaugural HTJHL home opener on Oct. 31 in East Selkirk. Taking part in the opening ceremony puck drop were, from left to right, the Lorette Comets' Ben Grift, Peter Tomko, St. Clements' Mayor Debbie Fiebelkorn, St. Clements' councilor David Horbas, and the St. Clements Gators' Luke Tyslau.

St. Clements will host the Red River Mudbugs on Nov. 18 at the East Selkirk Arena. Puck drop is 7:30 p.m.

Canadian Junior Hockey League makes neck guards mandatory

By Brian Bowman

The Canadian Junior Hockey League (CJHL) has made neck guards mandatory after the tragic death of Hibbing, Minnesota's Adam Johnson's death during his Nottingham Panthers' game in England on Oct. 28.

Johnson was carrying the puck into the offensive zone when he took a skate blade to the neck during a game against the Sheffield Steelers.

The Elite Ice Hockey League game was called off and the arena was cleared after the incident.

The CJHL announced the following statement last Friday:

Effective immediately, the use of certified protective neck guards during all on-ice activities, including games and practices, for each of its 122 teams, has now become mandatory, based on equipment availability.

All nine CJHL-member leagues unanimously

approved the decision.

Before that decision, the Western Hockey League announced the adoption of mandatory neck guard protection for all players, effective last Friday or as soon as the protective equipment is available to the teams.

Teams across Canada, though, anticipate challenges in the delivery of protective neck guards from licensed suppliers due to a major increase in demand.

Manitoba Junior Hockey League commissioner Kevin Saurette said their league has adopted mandatory neck protection going forward.

Players have worn them their entire careers prior to junior, he said.

"In Canada (they have worn them) until they get to junior when it was an option to wear them or not," Saurette said last Friday. "For whatever reason, players have chosen not to - that's just

been the norm for a number of years. Obviously, with a tragedy like this it creates conversation and it's unfortunate that the situation is as terrible as it is (but) it creates necessary conversations. For us, these are young players and young men and the more protection, the more safety we can provide, I think it's always something that you are going to look at.

"For us, it was an easy decision to move to neck protection especially after the incident that took place (Oct. 28)."

Fishermen, Comets' game last Sunday was postponed

By Brian Bowman

The Selkirk Fishermen's home game against the Beausejour Comets last Sunday afternoon was postponed due to road conditions.

Selkirk, currently in first place in the six-team Capital Region Junior Hockey League, will host the St. Malo Warriors this Sunday at 3 p.m.

In off-ice news, the Fishermen traded the playing rights to 2004 forward Nick Magwood to the Lundar Falcons in exchange for the playing rights of 2006 goalie Jordan Armstrong, the league announced on Oct. 25.

NEXT HOME GAMES

at the Selkirk Rec Centre

SUNDAY, NOVEMBER 12th

VS St. Malo 3:00 pm

SUNDAY, NOVEMBER 26th

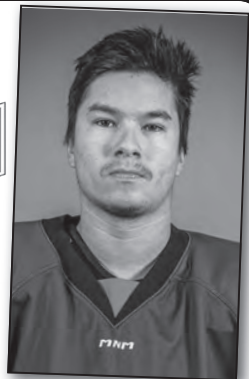
VS North Winnipeg 3:00 pm

NEXT AWAY GAMES

Sat, Nov 18 - vs Lundar - 7:00 pm
Fri, Nov 24 - vs Arborg - 8:00 pm



Meet the Fishermen



#25 Anthony Bruyere
Forward

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers win pair of home games last weekend

By Brian Bowman

The Selkirk Steelers played some really good defensive hockey last weekend - and it resulted in a pair of home victories.

Selkirk capped off a great weekend with a solid 2-1 win over the Niverville Nighthawks in Manitoba Junior Hockey League action last Saturday at the Recreation Complex.

Mathieu Catellier scored the game winner at 12:26 of the third period. It was his team-leading fifth goal of the season.

Niverville's Michael Tanchak, on the power play, and Selkirk's Nick Giasson traded goals late in the first period.

Noel Olsonawski stopped 29 Nighthawks' shots for the win.

Last Friday, the Steelers shut out the Swan Valley Stampede 2-0 at the Recreation Complex.

After a scoreless first period, Mathieu Moreira gave Selkirk a 1-0 lead with a wicked blast from the top of the slot for a second-period goal.

Giasson then sealed the win with an empty-net goal at 19:09 in the third.

Jack Hodgins made 26 saves for the shutout.

Selkirk, now 5-9-1-0, played the Winnipeg Blues this past Tuesday at the Hockey For All Centre but no score was available.

The Steelers will host the Waywayseecappo Wolverines on Friday (7:30 p.m.) and then visit the Steinbach Pistons Saturday (7 p.m.).



RECORD PHOTO BY BRETT MITCHELL

Selkirk's Nick Giasson scored an empty-net goal in the Steelers' 2-0 win over the Swan Valley Stampede last Friday at the Recreation Complex.

MJHL Stars of the Week



RECORD PHOTO BY JONATHAN KOZUB

Selkirk Steelers' netminder Jack Hodgins was named one of three MJHL Stars of the Week this past Monday. Hodgins made 26 saves in a 2-0 win over the Swan Valley Stampede last Friday.

U18 AAA Winnipeg Thrashers win pair of games

By Brian Bowman

The Winnipeg Thrashers defeated the Southwest Cougars 5-2 in Manitoba U18 AAA Hockey League action on Sunday afternoon.

Thrashers' goals were scored by Crosby Harrison (two), Ben Brambilla, Lincoln Black-Greaves, and Ryden Duchon.

Kelby Diehl and Tyson Draper replied for Southwest.

Taye Timmerman stopped 32 Cougars' shots for the win.

Last Saturday, Winnipeg defeated the Interlake Lightning 4-3 in Teulon.

Thrashers' goals were scored by Maddox Malmquist (two), Brambilla, and Brandon Corda.

Interlake's Lucas Spencer had a strong game with two goals and an assist while James Franklin added a goal and a helper.

Winnipeg's Austin Kindrat made 41 saves for the win.

The Thrashers will visit the Eastman Selects on Wednesday (8 p.m.) before hosting the Norman Northstars Friday (7:30 p.m.).

On Saturday, Winnipeg will hit the road to play the Winnipeg Wild. Puck drop is 7:15 p.m.

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NEXT HOME GAMES

- VS Waywayseecappo Wolverines Fri, Nov 10th 7:30 pm
- VS Portage Terriers Tues, Nov 14th 7:30 pm

NEXT AWAY GAMES

- VS Steinbach Sat Nov 11
- VS Neepawa Fri Nov 17

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UPCOMING EVENTS

November events at Cloverdale United Church - Whist resumes Nov. 3rd at 12 noon; Remembrance Day service Nov. 12 at 10:30 a.m. Presentation by: Moar, Grieve and Harriott families; Nov. 26, 10:30 a.m., entertainment by musician Wayne Wozny.

Fundraising Dinner - Cuisine of Pakistan, Friday, November 24, 5 - 6:30 p.m. at Little Britain United Church, 5879 Hwy. 9, Lockport. Tickets \$25/pp. Call 204-757-2489 or 431-735-8995 to reserve.

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Request for Quotation 2023-03

SNOW CLEARING

December 2023 to Spring 2025

The Rural Municipality of West St. Paul is seeking quotations for snow clearing from December 2023 to Spring 2025.

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

Sealed submissions clearly marked "RFQ 2023-03 - Snow Clearing December 2023 to Spring 2025" will be received by the undersigned at the address below until 11:00am on November 23, 2023. Late submissions will not be accepted.

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

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

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



NOTICE OF PUBLIC HEARING

West St. Paul Municipal Office, Council Chambers
3550 Main Street, West St. Paul, Manitoba
THURSDAY NOVEMBER 23rd, 2023 AT 6:00 PM

The Council of the Rural Municipality of West St. Paul, pursuant to Section 290(2) of The Municipal Act will hold a Public Hearing to consider Road Closing By-Law 2023-09. At which time and place the Council will receive representations, questions and register any objection from any persons who wish to make them in respect of By-Law 2023-09, being a By-Law to close an undeveloped Municipal Road referred to as Rosewood Bay, shown as Parcel 'A' in the sketch below.



Information and documents concerning the matter and the procedures to be followed at the hearing are available at the RM of West St. Paul office, located at 3550 Main St. West St. Paul, Manitoba between 9:00 am and 4:30 pm, Monday to Friday.

For more information contact:
Pam Elias, Director of Planning & Economic Development
RM of West St. Paul, Manitoba, R4A 5A3
Ph. (204) 338-0306 Email: edo@weststpaul.com

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PUBLIC NOTICE

The Rural Municipality of St. Clements Municipal Office and Public Works Department will be closed on November 17, 2023 between 11:45 a.m. and 1:15 p.m.

Landfill and Clarke and Grand Marais Transfer Stations will be closed on November 17, 2023 between 11:00 a.m. and 2:00 p.m.

Deepak Joshi
Chief Administrative Officer

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

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **6th day of December, 2023**, at the hour of **10:00 AM**, at Rural Municipality of Alexander, 1 Bouvier Trail, St. Georges, 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
165600	W 1/2 OF NE 1/4 28-19-7 EPM, EXC PLANS 19560 AND 38892 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN - 38085 HILLSIDE BEACH RD	L -\$113,600	\$12,028.78
201312	LOT 3 BLOCK 2 PLAN 46669 WLTO EXC ALL MINES AND MINERALS AND OTHER MATTERS AS SET FORTH IN THE CROWN LANDS ACT IN SE 1/4 OF SECTION 35-19-7 EPM - 40142 TRAVERSE BAY RD E	L -\$35,200	\$3,397.78
204702	LOT 2 BLOCK 1 PLAN 19833 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 36-19-7 EPM - 8 REISSWOOD DR	L -\$16,400	\$7,997.39
205400	THE FRAC SE 1/4 OF SECTION 2-19-8 EPM SUBJECT TO ANY SUBSISTING RESERVATIONS CONTAINED IN THE CROWN LANDS ACT	L -\$24,600	\$4,122.50

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 Alexander as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - iii) A fee in the amount \$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 1st day of November, 2023

Managed by:



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

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MORTGAGE SALE

The land and building known as 417 Moore Road, West St. Paul, MB, as described in Certificate of Title No. 2748082/1 will be sold at a public auction on the 29th day of November, 2023 at 9:30 A.M. The auction sale will be held by video or teleconference. There will be no in-person attendees at the auction, in order to participate you must pre-register at least 24 hours prior to the auction by contacting Jo-Anne Degagne at either 204-957-4808 or jdegagne@mltaikins.com.

The Vendor is informed that the property consists of a single family dwelling, built in 1997, approximately 1385 square feet, full basement partial finish, double attached garage, located on a 3.72 acres lot.

Property taxes (excluding any accruing water charges) are paid in full to December 31, 2021. The property is sold subject to taxes and penalties accruing after that date. The prior encumbrances which will remain on title after the auction are: Caveat No. 1435432/1

TERMS: Deposit of \$53,000.00 by way of certified cheque or bank draft payable to MLT Aikins LLP, or cash (the cash component of the deposit not to exceed \$7,500.00) and the balance according to conditions to be announced at the sale. Sale is subject to Reserve Bid which will be announced at the auction. If the highest bid does not meet the Reserve Bid then there is no sale. The auction sale will be conducted pursuant to an Order for Sale issued by the District Registrar. Certain parties may be prohibited from purchasing the property, including but not limited to, parties who by virtue of their employment or relationship to a person involved in the sale process would have special knowledge of the circumstances pertaining to the sale. For more information and a list of prohibited purchasers please visit: www.teranetmanitoba.ca

Further information may be obtained from:
 MLT AIKINS LLP
 Barristers & Solicitors
 30th Floor, 360 Main Street, Winnipeg,
 MB R3C 4G1
 Attn: Jo-Anne Degagne (204) 957-4808
jdegagne@mltaikins.com

NOTICES

East Selkirk Cemetery Cash Draw winners are- 1st prize: Jo-Anne Tittlemier, 2nd prize: Gary Lihach, 3rd prize: Christine Tataryn.

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

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Contact agents:
Sheldon Froese 204.371.5131
Stacey Hiebert 204.371.5930
www.farmdivision.ca



ONLINE ONLY FARM AUCTION SALE

For the Estate of Tony Yurchi, Arborg, MB
 Sale starts online:
Monday, November 8, 2023 at 9:00 a.m.
Closes: Soft close starting at 9:00 a.m., Saturday, November 18, 2023

To register: go to: www.apro.bid (Bidding site)

Over 300 lot items for sale – Tractor, Truck, ATV, Wood, Tools, Shop equip, some household

Check websites for full listing and your mailbox

Viewing by appointment only Monday, November 13 & 14th.

From Arborg – 4 miles south on Hwy #7 to 125NE (Silver). Turn west for 4 miles.

Lots will be sold in order listed. Please note that some lots are blank (no item)

Pickup Monday, November 21 & Tuesday, November 22nd starting at 9:00 a.m.

Contact Buddy for viewing arrangements.

Lorne (Buddy) Bergner & John Lamport, Auctioneers

Box 1, Ashern, MB R0C 0E0
 Ph: (204) 768-2669 or cell (431) 253-0327
 Email: bergaut@mymts.net
www.apro.bid
www.globalauctionguide.com

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF SUSAN KATHLEEN DANARD, also known as SUSAN KATHLEEN CAMPBELL-PIKE, late of the City of Selkirk, in the Province of Manitoba, deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main St., Selkirk, MB, R1A 1R5, on or before the 16th day of December 2023. DATED at the City of Selkirk, in Manitoba, this 6th day of November 2023. PKF LAWYERS- Selkirk Office Eric S Freedman Solicitor for the Executor

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Online Patient Support Group

Saturday
November 25,
2023
10:30AM CST

Topic:
Sharing Our Lived Experiences

To register:
sclerodermamanitoba.com

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

Selkirk NOTICE OF PUBLIC HEARING

ZONING BY-LAW AMENDMENT

The City of Selkirk, under the authority of *The Planning Act*, will hold a public hearing to receive representation from any persons in respect to **By-law No. 5385** being an amendment to Zoning By-law No. 4968. Any person wishing to make a representation to Council can do so during the public hearing.

APPLICATION DETAILS

Civic Address: 301 Morris Avenue and one lot without a civic address on Morris Avenue Selkirk, Manitoba

Legal: Lots 39, 40 and 41 Block 2 Plan 15747 WLTO in Lots 58, 59 and 60 Parish of St. Clements

Proposal Intent:

The purpose of this zoning by-law amendment is to re-zone the shaded area as shown on the map from "R" Residential General to "C2" Central Commercial to enable the redevelopment of an adjacent commercial property.



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

PUBLIC HEARING DETAILS

Date & Time: 6:00 PM, November 20, 2023

Location: 200 Eaton Avenue (Council Chambers)

We ask that anyone wishing to submit advance written statements to do so prior to 2:00 PM on Friday, November 17, 2023. Materials can be sent by email to citizensupport@cityofselkirk.com or by regular mail.

INFO ON CONTACTING US

CitizenSupport@CityofSelkirk.com

204-785-4900

MySelkirk.ca/PublicHearing

R. M. OF ST. CLEMENTS ZONING BY-LAW 5-2002 ZONING BY-LAW AMENDMENT 12-2023

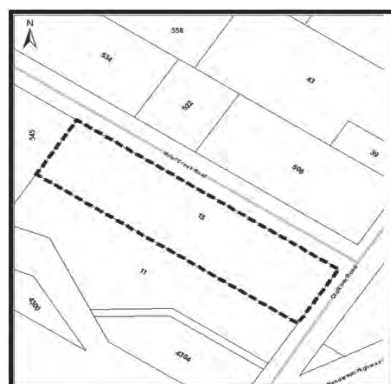
PUBLIC HEARING

We are Listening.

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

What is BL 12-2023 about?

To rezone the subject property from "RR" Rural Residential zone to "RS" Serviced Residential. The rezoning is associated with Subdivision file S22-2970.



15 Old River Road) (Roll No 35500)

Seating at the public hearing will be limited to accommodate social distancing. We ask that you contact the municipal office at 204-482-3300 or info@rmofstclements.com to register your attendance so that we can ensure adequate physical distancing seating. Alternatively, you can contact the R.M. of St. Clements to receive an invitation to public hearing remotely through Zoom, submit questions or concerns in writing or visit the municipality's website for the link to live streaming with interactive chat.

For more information, please contact the Red River Planning District.
Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm
*excludes all statutory holidays

*NOTE: Property owners are responsible for notifying "Tenants"

Public Hearing
Tuesday,
November 21,
2023
6:30 PM
Council Chambers
1043 Kittson Rd.
East Selkirk, MB

Phone:
(204) 669-8880
1-800-876-5831

Fax:
(204) 669-8882

E-Mail:
info@rrpd.ca

Website:
redriverplanning.com



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ANNOUNCEMENT

ANNIVERSARY



Lois and Bob Mabee
1973 - 2023
Cheers to 50 Years on November 3rd!
Congratulations!
-Love from your family

ANNOUNCEMENT

ANNIVERSARY



Bob and Wendy McLeary
Happy 50th Wedding Anniversary
A Perfect Match
November 10, 2023
-Love Rob and family

ANNOUNCEMENT

IN MEMORIAM



Lorne Wilfred Frost (Lornie)
February 19, 1955 - November 8, 2022
We, the family of Lornie, received the most devastating news that a family could receive, that he passed away suddenly in Surrey, BC, with his family by his side, due to a stroke. Lorne is survived by his wife Gloria, son Jason, daughters Mandy and Gisele, step-daughter Selena, his grandchildren and also his wife's family. Sadly, his son Dwayne passed away unexpectedly on January 1, 2023. Also mourning his loss are his siblings Sharon (Richard), Stanley (Tracy), Susie, Robbie, Gigi, Greg and Wendy (Johnathon) and their families. Lorne was predeceased by his father Lorne, mother Judy, most recently step-father Billy Sanderson and also family members Natalie, Danielle, Greg, Victoria, and grandson Cassius Braxton Jr. Lornie was born and raised in Selkirk, but had been living in Surrey for over 40 years. Lornie was a people person and made friends no matter where he went. His door was always open for family and friends. Lornie, you are missed more than words can express and we will miss your calls with "Hi, Lornie here".
Rest in peace, Lornie and Dwayne.

ANNOUNCEMENT

IN MEMORIAM

Peter Markevich
November 15, 1993
I will always be proud that you were my Dad.
Memories are forever.
-Sandra and Bob

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

ANNOUNCEMENT

IN MEMORIAM



Wesley William McRae
July 19, 1988 - November 10, 2018
Five years ago, our lives were turned upside down with the sad news of your passing. We still miss you everyday,
And always will.
-Love Jeremy, Mom and Dad

ANNOUNCEMENT

BIRTHDAY



She's 88 and feeling great!
Happy birthday to our sweet
mom, mom-in-law and grandma,
H.M. "Peggy" Davies
on November 15th
We wish you all good things in the year
ahead.
Love you!
-Wayne, Jo, Tess, Spencer,
Kendall, Cooper, Finn and Clyde xoxo

OBITUARY



Richard Michael Pellack
It is with profound sadness that the family of Richard Pellack announces his passing following an accident on October 19, 2023 at the age of 56 years. Richard was my loving and devoted son. He will be forever loved by his soulmate and best friend, Charlie. She was the love and light of his life. He was a wonderful friend to all who knew him, Richard was generous and kind, and always ready to help anyone needing a hand. He also had a special love of animals and his sense of humour was apparent to all who knew him. Richard will be deeply missed by his family and many wonderful friends and neighbours. His memory will live on in those who loved him.
You were my Pride
You were my Joy
You were my Life
You were my Boy.
Mom
Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

George Michael Pihulak
It is with heavy hearts we announce that George Michael Pihulak, of Selkirk and Gonor, Manitoba has passed away peacefully in his sleep at the age of 67 on October 2nd, 2023. He leaves to mourn his daughters Dana (Dallas), and Jaime; his son Shane; his grandchildren Tatym, Brody, Isabella, and Lauren; along with his devoted nieces, Janice and Cheryl; as well as many friends. He was predeceased by his mother, Helen and father, Michael Pihulak and his sister, Elizabeth and her husband Paul Hunter. In his younger days, he spent his time working on cars, hunting wild game, and fishing. As a steelworker and power engineer by trade, he had an eye for detail and knew how to build things to last. So, in his later years, he bought the Lockport property he grew up on after his dad passed away. He built his own house there and tried his hand at gardening, just like his dad used to do. Even though he wasn't as successful as his dad at it, he still had fun giving it a try. He spent many years there until his health issues took over. He spent his remaining years surrounded by friends and family. In accordance with his wishes, cremation has already taken place and there is no viewing or service. Private interment will take place at a later date.

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OBITUARY



Elsje Roels
March 28, 1929 - October 26, 2023

It is with great sadness that the family announces the passing of Elsie Roels peacefully in her sleep at Selkirk Red River Place. She has left us now to be with the Lord.

She was predeceased by her son Paul in 1966 and her husband Jacques in 2005.

She leaves to cherish her memory sons Robert (Alejandra), Jack (Vicky) and Randall; grandchildren Robbie, Roanne, Rory, Kristen, Jordan, Amanda, Marina (Nick), Kyle and great-grandchildren Chloe, Emma and Oliver.

Mom was born and raised in Apeldoorn and later Roosendal, Netherlands. She met and married Jacques and they immigrated to Canada in 1957 with two sons Robert and Paul. Mom worked as an accountant for various businesses over the years, was

very involved with the Knox Presbyterian Church in Selkirk and was an elder for a number of years. In her younger years she enjoyed camping with family and friends in the Whiteshell, and enjoyed our hobby farm with horses in East Selkirk. Over the years she had won numerous awards for her African violets. Mom was a wonderful homemaker and mother who remained strong in her faith despite many setbacks in life. She had a great love for her family and was always concerned about those who needed help. We know that Mom is at peace in heaven and she will forever live in our hearts and our memories.

Thanks to her caregivers for looking after Mom these last few years.

Cremation has taken place and a memorial celebration will be held on Saturday, November 18th at 11:00 a.m. at Knox Presbyterian Church, 341 Eveline St.

In lieu of flowers, donations are gratefully accepted to Salvation Army, or the Selkirk Food Bank.

Arrangements entrusted to:
Voyage Funeral Home Crematorium

OBITUARY



Arnold (Ron) Furdyk

It is with a heavy heart that I announce the sudden passing of the love of my life Arnold (Ron) Furdyk on October 31, 2023.

He leaves to mourn his loving wife Beatrice (Bea) of 40 years; his sister Cindy Hoogervorst; his two daughters Rhonda Furdyk and Laurie (Robin) Massey; his three granddaughters, one grandson and great-grandchildren; his sisters-in-law Madeline, Mary, Sharon and brother-in-law Clarence Hood and his favorite niece Val Olson plus numerous nieces, nephews, great nieces and nephews and great-great nieces and nephews; two godchildren Terry Waterman and Adrianna Hoogervorst, many friends, and his coffee buddies at MORI.

He is predeceased by his parents Anne and Jozef, his brother Joe and Gail, sister Leona and Reggie Waterman, Adele and Dale Tyler, mother of his daughters Mariette, his brothers-in-law Cornell Hoogervorst, Orton Cochrane, George Ferris, Pierre Rivard, Peter Doell and Henry McDonald, sister-in-law Leona Doell; uncles and aunts and nieces and nephews.

Ron was born in Sioux Lookout, Ontario on April 23, 1938. He moved to Selkirk at an early age where he attended school. After high school he went to work with CPR Railway and for brief time at Merchant Hotel as bartender. He attended Red River College where he obtained his Welders Certificate. He then went work for AMSCO (ABEX) where he was promoted to Personal Director where he held this position until he retired in 2001. Ron served also on the Union at AMSCO as President, was a member of Royal Canadian Legion in Selkirk, Mb. and was President of Over 60 Club. He enjoyed going to Forbes Lake for fishing with the Watermans.

After he retired Ron enjoyed his vacation to Mazatlan, Mexico with his wife and friends Sharon and late Lorne Thorvaldson, Cheryl and late Mervin Sinclair, Sharon and late Henry McDonald. After Mazatlan he spent winters in Bullhead, Arizona where he spent time golfing with his wife and friends Dennis and Ruth Stewart. Ron loved his casino trips to USA and South Beach. He enjoyed his trips by car and loved to meet people on his travels. Ron was a kindhearted person and was a friend to all who knew him.

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

A celebration of life was held on November 4, 2023 at 2:00 p.m. at the St. Clement's Cemetery Columbarium, Selkirk, MB, with The Ven. Godfrey Mawejje officiated. Lunch and coffee followed at the St. Clement's Hall.

Thank you to all for your support, cards, and phone calls at this difficult time especially to sister Mary Rivard, brother Clarence Hood and niece Val Olson.

In lieu of flowers please give to St. Clements Church funds.

Rest In Peace my Darling I am sure going to miss you.

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Lee Pearson

It is with heavy hearts that we announce the sudden passing of our mom and grandma, Lee Pearson, surrounded by family on October 29th, 2023.

Lee leaves to mourn her daughter Karen (Chris Reynaga), her favourite son Eric (Crystal Pescitelli), daughter Lisa Noble (David); her beloved grandchildren Fynnley (Carly) and Petra, and their mother Meagan Fiddler; Crystal's daughters Isabelle, Ava, and Lainy; brother Rick McMichael, niece Samantha, and great nieces Charlotte and Matilda; nieces Megan Chute (Dave) and Janet Martin (husband Jon, sons Max and Luke); special cousins Janice (Paul) McAlister, Kathy (Doug) Smallwood, and Jane McMichael; as well as cousins and friends too numerous to mention.

Lee was predeceased by her husband Ivan, parents John and Viola McMichael, sister Clare McMichael, brother Chuck McMichael, brother Ronald McMichael and sister-in-law Catherine McMichael, sister-in-law Helen McMichael, father-in-law Robert Sedgwick, and best friend since high school Wendy Brodack.

Carolyn Lee Ann McMichael was born in Port Arthur, Ontario on October 14th, 1946. She graduated from Hillcrest High School in 1964, returning to complete grade 13. After high school, she apprenticed with Paul Anttila to learn the accounting business. She said she learned more from Paul than she ever would have at school.

It was while doing work for one of Paul's clients in 1969 that Lee met Ivan Pearson (she said she always had a weakness for blue-eyed blondes), and they married November 28th, 1970. Lee and Ivan had three children: Karen, Eric, and Lisa. Lee's children were extremely important to her, and she was a stay-at-home mom until 1981. She took great care of us, and we were truly blessed to have her as a mom. Mom tirelessly drove us to baseball games, Scouts, Girl Guides, and visits with friends. She was always the loudest one cheering on Fynn and Petra at swim meets and water polo games.

In 1976, Lee and Ivan moved to Selkirk, Manitoba with Karen and Eric. On her very first day in town, she met Pat Narynski, and a few days later, Lindsay Timlick. They instantly became life-long friends. It was always a riot to listen to the three of them together. In 1981, Lee went to work with Coopers and Lybrand (which became PWC) and worked there until she retired in 2011. After retirement she continued to do contract work for PWC and also started her own accounting business. She worked until the time of her passing.

Mom's faith was very important to her. She was a member of Notre Dame parish for 47 years, serving as an usher at Saturday mass for many years, and sitting on the parish finance council for the last 14 years up until her passing.

Nothing was more important to Mom than her family. Even though her kids and grandkids were all grown, she still worried about us all and showed her love by looking after us. One of the best examples of that was one particularly icy January when her kids all mysteriously had new winter tires after taking vehicles for an oil change. She denied having anything to do with it and said the tire fairy must have paid us all a visit. She always hugged everyone, made sure we never went hungry, asked if we had enough money, and made us take a sweater if she was cold. Mom was known for always cooking enough food for twice as many people as were expected and made a point of making everyone's favourite dishes. Her meatballs were famous. Ross Williamson, whom she considered her second son, always half-jokingly said that he wouldn't show up unless there were meatballs. At Thanksgiving and Christmas, everyone ate as little turkey as possible in order to leave more leftovers for her legendary turkey pies.

Lee treasured the gifts she received from her family. The walls of the house are a testament to how important her family and friends were to her, with every available surface displaying 20+ years' worth of photos, and particularly the artwork made by her grandchildren and extended family. She was especially proud of the artwork made by talented Petra, such as the portrait she painted of Gramma and the bookmark she drew and painted in a few hours on Gramma's birthday last year.

Lee loved her extended family as well and was often the instigator of trips to surprise family members on their birthdays or making up reasons to get together with her cousins and other family members.

Lee loved travelling and took many trips over the years with family and special friends.

Thank you to the paramedics and the staff in the emergency department at Selkirk Regional Hospital, especially nurse Rex and Dr. Costa Danakas. Their kindness and compassion during those difficult few hours were greatly appreciated. A huge thank you to Father Gerald Langevin for visiting the hospital and providing comfort to the family in Lee's final moments.

In keeping with Lee's wishes, the family kindly requests no flowers, please. If you so desire, please make a donation to a charity of your choice or use the money to help someone in need.

Funeral mass was held Saturday, November 4th, 2023 at 11:00 a.m. at Notre Dame Parish in Selkirk, Manitoba. Father Gerald Langevin presided. Following the funeral there was a private family ceremony to inter the ashes. Lunch and coffee followed.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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Announcements

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OBITUARY

David George Parliament
December 16, 1944 - October 24, 2023

It is with great sadness we announce the passing of David Parliament. Survived by his wife Linda, his two children Christine and Rob and his two grandchildren Brooklyn and Jake. Cremation has taken place and a Celebration of Life will take place at a later date.

Arrangements entrusted to:



CELEBRATION OF LIFE



Timothy Dell Oldham
1947 - 2023

It is with heavy hearts that we announce the passing of our father, husband, Papa, and hero.

Tim Oldham passed away peacefully in the night at Riverview Health Center on the first of October, 2023 at the age of 76. He is survived by his wife Glenda; his children Jeremy (Angela), Kathryn (Derek) and Leslie (Rob); and grandchildren Nolan, Drayson, Molly, Sam, Chuck, and Sock.

Tim was born in Hamilton and raised in southern Ontario where he began his lifelong career with Home Hardware in his teen years. He then relocated to Brandon, Manitoba in 1981 with his young family in order to grow with the company.

Tim was an active church member and volunteer attending Knox United in Brandon, Selkirk United, and briefly at Westworth United in Winnipeg. He formed many cherished friendships and developed a chosen family through his church communities.

Tim was famous for his easy charm and sense of humour, his love of card games and magic tricks, Dad jokes and amusement parks. Singing all the time. Fixing or building pretty much anything. Go karts. Skiing. Laying down on his back to lift his kids up with his feet for an airplane ride. Cannon balls in the pool and getting right down on the carpet to build a castle with wooden blocks. A child's heart to the end.

Celebration of Life will be held at Westworth United Church, November 13th at 1 p.m. All friends and family are welcome.

The family asks that donations to the Alzheimers society be made in lieu of flowers or other gifts. <https://alzheimer.ca/en/take-action/make-your-donation-today>

Tim's family would like to extend their sincerest gratitude to the congregation of Knox United for their support through the years of raising children into adults, Selkirk United for being there after Tim's difficult diagnosis, and Riverview Health Centre for caring for Tim through his final stages of life.

OBITUARY



Daisy Yakimchuk (nee Bruce)
September 29, 1933 - November 1, 2023

It is with great sadness that the family announces the passing of our beloved mother, grandmother and great-grandmother, Daisy, at the age of 90 on Wednesday, November 1, 2023 at the Red River Personal Care Home.

Left to cherish her memory are son, Al (Rose) Yakimchuk; daughter, Wendy (Randy) Wesley; and daughter, Trish (Terry) Fey; grandchildren, Chris (Jessica) Wesley; Quin Fey and Terra Fey; and her most precious great-grandchildren, Tahlia and Ezra Wesley. Also mourning her loss are sisters-in-law Helen Bruce and Mary Bruce; and brothers-in-law Jim Robinson and Henry Riege.

Mom was predeceased by our Dad, Peter (2013); her parents James and Emily Bruce; sisters Doreen Eastman (Hunt), Jean Robinson and Betty McDonald; brothers Don, Bob and Dave Bruce; brothers-in-law Stewart McDonald, Wilfred Hunt and Dori Eastman; and sister-in-law Grace Bruce.

Mom was born and raised in Clandeboye, MB., a place that was always close to her heart, and the place where she and Dad returned to and built their retirement home.

Mom worked in the health care field for over 35 years, starting at the Selkirk Mental Hospital as a nurse's aide, and retiring from the Selkirk & District General Hospital in 1990 as a pharmacy technician.

Mom and Dad loved to travel, from their annual camping trips to B.C.; summers at Lee River; bus tours crisscrossing the States; vacations in Mexico; and finally her dream vacation to Hawaii with her daughter, Wendy.

Mom's gift in life was a wise and gentle wisdom that she was able to share; it enriched all our lives. She had a loving, positive and peaceful outlook on life. She will be greatly missed by all who knew her.

The family would like to thank the staff at the Red River Personal Care Home for the compassion and comfort Mom received during her time there.

In keeping with Mom's wishes, cremation has taken place and a private family service will be held at a later date.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Walter Cheslock
November 4, 1944 - October 31, 2023



Walter passed peacefully after a short battle with dementia and a 40-year fight with heart disease.

He will be missed immensely by his daughter Jennifer (George Buri) and sister Bev (Mike Lesiuk) along with niece and goddaughter Katy and nephew Alex, as well as brothers and sister-in-law and their families.

Walter is predeceased by Lynne, his wife of 45 years, older brother Don, and parents Anne Popowich and John.

Walter was born in Selkirk and grew up on a farm in Cloverdale. His passion for education led to a career as a school principal with over 30 years of teaching in Ninette, Amaranth, Minnedosa, and finally Oak Lake, MB where he and Lynne lived most of their lives. An active member of the community, Walter volunteered

with the Oak Lake Lions' Club, the ambulance service, and served briefly as mayor. His love of gardening and rototilling for neighbors kept him connected to the land, as well as helping his brother Don with farming. He spent summers working as a crop hail adjuster and made wonderful friends across the prairie provinces. In 2008 he and Lynne moved to Cloverdale where he enjoyed hobby farming, but after Lynne's passing in 2013, life was lonelier. Good times with family and neighbors and winters spent in Arizona brought him great happiness. In 2020 he finally "retired" to a lakeside cottage near Lac du Bonnet to enjoy relaxation and fishing. He will be remembered for his friendliness, generosity and hospitality.

A Celebration of Life will be held on Friday, November 10 at 11:00 a.m. in the Gilbart Funeral Home in Selkirk, MB. For those unable to attend, the service will be livestreamed with the link available at gilbartfuneralhome.com

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

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Ken (Hootsie) Huculak



On November 3, 2023, Ken (Hootsie) passed away peacefully after battling dementia.

Much loved, Ken will be forever missed by his loving wife Donna, son Robert (Suzanne), daughter Nikki and sister Lanette (John).

Ken grew up and lived his life in Lockport, MB. Donna and Ken were married in 1966, welcoming Robert in 1967 and Nikki in 1972. In 1973, Ken and Donna built their dream home along the Red River. This was their little piece of paradise. Ken was always so very proud of their home and yard. He loved planting trees everywhere - even in Donna's flower beds, which drove her crazy.

Ken's career was at the Selkirk Generating Station, as Stationary Engineer. He enjoyed his job and coworkers, many

who became lifelong friends. He loved recalling the stories of the pranks they played on each other, fondly enjoying these memories.

Ken was an avid outdoorsman, with a love of fishing and hunting. He was well known along the Red River for his fishing skills, almost always sharing his catches with others. He made many lasting friends locally and from other parts of the world while fishing.

After his retirement, Ken found passion in building beautiful birdhouses and birdfeeders, many of which adorn the yards of every family member, friend and so many others from all over the place. Ken was incredibly artistic and took pride in his creations.

Ken was strong willed and stubborn at times, but he also had an enormous heart and wicked sense of humor. He loved to tease, sometimes a little too much, although he never meant to hurt anyone's feelings. Ken loved spending time with family and at gatherings, he was quick to join his nephews in a friendly wrestling match. Lots of laughs, shared amongst all. He was very social and lots of fun to be with, making friends everywhere he went. It was amazing to see how many of the younger generation gravitated towards Ken, looking up to him as a trusted mentor and friend.

He was clever and determined, always there to lend a hand to anyone who needed it. He enjoyed volunteering at the Selkirk Food Bank for over 10 years, even as health was declining. He cared for others, often going out of his way to deliver care packages to those in need.

We would often tease Ken about his love affair with his riding lawnmower. As his health deteriorated, this became his main mode of transportation around the yard and down the highway. He was constantly fixing that lawnmower. As his dementia progressed, Ken sometimes lost his lawnmower driving privileges. He was only "allowed" to ride to his shop and back, although we have since heard he was quite sneaky and still on the go all over the neighborhood.

We would like to thank our families for their love and care. Ken deeply treasured you all. Special thanks for Dr. Sathianathan and Dr. Shenouda for your care for many years. Thank you to the nurses aides and nurses at Tudor Home for your care and kindness. He called you "his girls" and you really were his highlight in the place he never wanted to be. Thank you for being his Angels and also our support.

Respecting his wishing, cremation has taken place and there will be no formal service.

In lieu of flowers, donations in his memory are welcomed to Alzheimer Society of Manitoba. Dementia is such a devastating disease that robs people of their minds and body. We pray for a cure.

Tributes: www.gilbartfuneralhome.com

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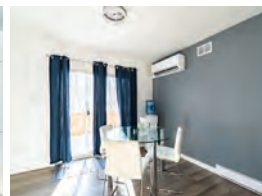


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