



The Selkirk Record

THURSDAY, OCTOBER 14, 2021

October
breast cancer

AWARENESS
MONTH

VOLUME 12 EDITION 41

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Residents at Woodland Courts enjoyed a Thanksgiving pumpkin decorating event on Wednesday, Oct. 6. Twelve residents and four staff members took part in the fun creating uniquely themed pumpkins.

RECORD PHOTO BY MICHELLE BALHARRY

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Dufferin Gang memorial to go up at Selkirk Legion

Selkirk's Legion among military memorial projects given provincial funding

By Katelyn Boulanger

Local politicians came to the Selkirk Legion on Oct. 8 to announce that \$10,000 has been allocated for the creation of a memorial for the many former Dufferin Avenue residents in Selkirk who served in the Second World War.

The memorial will be placed in the North-East corner of the Legion property taking the place of three trees that have to be removed as they have Dutch Elm Disease.

"It really is an honour to be here with all of you today, as we recognize the Dufferin gang and commemorate and memorialize the 36 men and women. All residents of Dufferin Avenue right here in Selkirk, Manitoba, all who valiantly stepped up to serve in World War Two, together to fight for our freedoms and rights," said Sport, Culture and Heritage Minister Cathy Cox.

She gave the first speech of the event thanking all of the volunteers who will have helped to keep the memory of these men and women alive for future generations and talking about former residents that will be honoured.

"Thank you to all of you for joining us here today, and especially to the legionnaires, and the families of the Dufferin Street Gang for just being diligent and not giving up," she said.

Local MLA Alan Lagimodiere also spoke talking about how he had to have his team do additional research when he made a private member's statement honouring the Dufferin Gang a few years ago to make sure that all of the many members were included as there were so many people who decided to fight for our freedom from Dufferin Street in WWII.

"I've seen luminary sketches of what

the monument will look like. It is so beautiful. It will bring tears to your eyes," he said.

Selkirk Mayor Larry Johannson also spoke thanking the men and women that work so hard in the background to make wonderful things like this happen in our communities.

"I'd just like to say thank you to the hard work that the committee and everybody on it put into getting this done. You take things for granted [in life] but in the business that I'm in now, in the political business, you don't because it's the volunteers and the committees that put in all the hard work that nobody sees [that make things like this happen]," said Johannson.

Work on the monument will begin very soon and will hopefully be completed before Remembrance Day.



RECORD PHOTOS BY KATELYN BOULANGER
Above: Minister Cathy Cox with Legion President Neil Zebinski making the announcement of provincial funds for the new Dufferin Gang monument. Below: Cox with the volunteers who worked to get this project done.



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BIG DOLLAR

Mugs and Dough is now serving up slices in Selkirk

New restaurant opened its doors on Oct. 8

By Katelyn Boulanger

Area residents now have a new restaurant option to choose from with the opening of Mugs and Dough, a restaurant originally from Alberta, who decided to make its first out of province venture right here in Selkirk.

The original Alberta business was started by husband and wife team Renier Gaboy and Jinky Gaboy in 2016. For this venture, they have recruited friends and now business partners Rose Grefaldo and Jorge Mogatas who are now both directors at the Selkirk business location.

They have opened their new restaurant, which primarily serves pizza but also has options such as chicken tenders, burgers, ribs, fish and chips, and chicken barbecue, which is a recipe from the Philippines, at the location of the former Barney Gargles restaurant at 185 Main St.

"I was involved with a different company before and I used to drive here almost every day. I kept seeing Barney Gargles closed closed and it's been closed for over a year. I said this would be perfect someday that place will be our restaurant," said Mogatas.

The menu is very similar to the menus of the other Mugs and Dough restaurants in Alberta. However, there are some additions to the Selkirk menu of primarily appetizers

that Gaboy included for this location.

People who have visited the Alberta locations will be pleased to know that the donair pizza, their most popular item, is on the menu in Selkirk. This pizza is a play on the Middle Eastern dish donair which is a sliced beef wrap with a sweet garlic sauce and vegetables.

In addition to continuing to keep old favourites, they will also be keeping their quality up to par with the Alberta locations by continuing to hand-make their dough in house.

"That's our secret. Because it's not frozen, it's on a first come first serve basis. If we made 100 dough and that's sold we're done for the day. That's it because we cannot compromise our work," said Gaboy.

Some recommendations from the owners are to check out the donair pizza which is Gaboy's favourite, and the chicken alfredo pizza which is also hit.

They are able to accommodate residents who would like a gluten-free pizza crust and also have the option of a cauliflower pizza crust for those that want to forgo the dough.

The restaurant is able to seat 86 patrons, however, they will still be adhering to provincial COVID-19 regulations which means that currently, residents will have to prove that they are double vaccinated unless they are not able to be vaccinated at this time and diners will have to wear masks unless they are seated at their tables.

"We're here to help the community and provide the community the best product we can give at the highest quality and also the highest level of service," said Gaboy.



RECORD PHOTOS BY KATELYN BOULANGER
Above: Mugs and Dough owners and their spouses outside of their new restaurant. Below: Mayor Larry Johannson trying his first slice of Mugs and Dough pizza.



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GLOW is the first to add Reformer Pilates in Selkirk

Reformer Pilates helps with body strength and injury rehabilitation

By Ligia Braidotti

GLOW Fitness for Women has a new addition to their wide range of options for women's fitness.

They are the first facility in Selkirk and the Interlake area to have reformer pilates machines available for strength training.

These new machines make a difference compared to floor pilates because the person performs pilates exercises with the aid of an instructor and the flat platform of the bed-like frame rolls back and forth. The springs on the frame provide resistance to get the muscles to lengthen and strengthen properly. The springs are used to adjust the amount of resistance applied to the flat platform, which will be pushed and pulled. On the carriage, there are also shoulder blocks that hold you in a stable position so that you don't slide off.

Peony Wolf, a certified Reformer Pilates instructor with GLOW Fitness, said they will always start with the person's body in neutral alignment so that the body's muscle memory is in that position.

"The great thing about this (Reformer Pilates) is that the exercises are all geared so that you strengthen your stabilizer muscles. So your stabilizer or supporting muscles are the ones that keep everything in place, and sometimes we don't engage them or we don't develop them enough. We just work on the big mobilizer muscles," Wolf explained. "The good news about the stabilizers is that we engage them with low loads. You actually think you are working less but you are doing more and changing your body to be healthier."

There is an adjustable foot bar at the end of the reformer that holds the springs. The person places their feet and hands on this bar depending on the exercise. There are also handles on the opposite side of the foot bar that is used to place hands or feet on

the reformer.

"We want to train ourselves to engage and use those muscles and use them when you're doing the exercises to create support and also help bring everything back into neutral alignment," Wolf added.

Both the foot bar and the handles can be adjusted to adapt the workout to different skill levels and body types.

Reformer Pilates improves posture problems, corrects muscle imbalances that lead to injuries, improves movement, balance, strength, co-ordination, flexibility, and performance in sports. It's easy on the joints because there's no impact and can be customized to meet all levels and assist with rehab patients.

These exercises are not only for people who want to strengthen their core but also for athletes and dancers who need training and injury rehabilitation.

Every client starts with a full assessment of their torso and posture. All classes are designed according to the clients' needs and physical limitations.

"Physiotherapists refer people to Reformer Pilates and the lady who is my teacher, she does rehabilitation for all the Royal Winnipeg Ballet dancers and she's had a lot of great stories of people who have different degenerative diseases like MS, and with this, you can slow the progression of it," Wolf said.

The exercises work to increase general strength, endurance, and re-patterning of any muscular-skeletal imbalances so that the body is reintegrated as a whole.



RECORD PHOTOS BY LIGIA BRAIDOTTI

Peony Wolf, a certified Reformer Pilates instructor with GLOW Fitness for Women, demonstrates a few exercises on the reformer machine.



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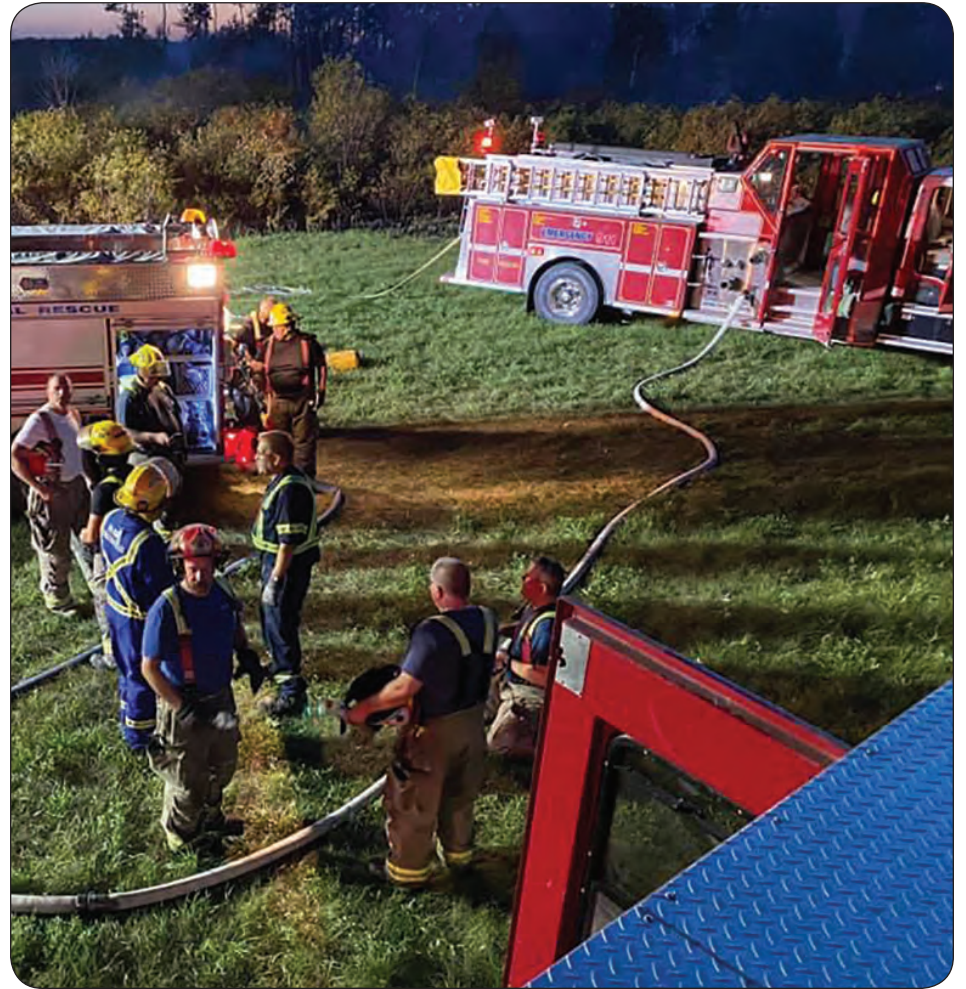
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Area fires take a toll on local firefighters



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There were big fires west of Selkirk and in Grand Marais last week. Several fire departments responded to put out the fires that lasted for many hours. The Selkirk Fire Department was one of the crews that were out on the scenes and spent two nights in the Calder Road area. "It has been a lot of teamwork from different departments working together to get and keep the fire under control," the department wrote on their Facebook page.

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New service offers help for people looking for work

Helping people who want work find work in our communities

By Katelyn Boulanger

When the Selkirk Community Renewal Corporation saw the need in Selkirk and area for a new program to help residents find work, they decided that they could be the ones to fill that need. The effort that they've put in since making that decision finally paid off when Selkirk Employment Services opened its doors a couple of weeks ago.

"This is a new program for us as well as the Renewal Corp. Right now, there are no programs in Selkirk like it. Our program is open to everyone," said Amy Walker, Selkirk Employment Service's program coordinator.

Walker says that SCRC has been working on this program since a request was sent out from Employment and Training Services this spring asking whether there was interest in creating an Employment Assistance Services program in our area.

The new office for Selkirk Employment Services is located at 339A Main St. in Selkirk and they are following all public health regulations which include wearing a mask when in the offices.

"We provide job search assistance, cover letters, resumes, career exploration, interview skills [help]. We're going to be hosting employability skills workshops, and computer training, as in setting up email, if somebody needs their email set up. Everything is online nowadays, right? So we're trying to help people adapt to the changes in the way you apply for jobs," said Walker.

In addition, they give people the opportunity to come in and discuss how to get from where they are now to their dream careers or even discuss what career options might work best with their lifestyle. They also have computers, a printer and scanner, and a phone line available so that people can come in and make career calls or check their email for job-related purposes.

"We try to help with all their employment needs. If they need to apply for a social insurance card, we give them the direction, if they need a birth certificate to get that social insurance, we are giving that direction as well," said Walker.

In the future, SES also plans to provide workshops for people to improve their skills to be able to be more employable, however, they are currently waiting to see what happens with

COVID-19 restrictions before moving forward with these plans.

"In the future, we want to have resume writing workshops and just workshops on different types of stuff, like getting the people familiar with computers and online applying [for jobs] and setting up emails, all those types of things," said Walker.

At SES, they are emphasizing digital skills that employees might need as applying for jobs has changed recently to be mostly online.

"From what I've found, a lot of organizations you only can apply online. You have to make a profile with these organizations and submit your resume. We help people make their profiles. We'll help them develop a resume. Send the resume. We have people coming in unsure of what to do with their resume or how to how to submit a resume. So that's where we guide them into what they need to do," said Walker.

She's also found that a large part of what they've been doing so far has been making sure that residents know what skills they have and how to highlight that on their resumes. Walker says that residents should not only look to previous employment for skills but also volunteer activities and even their personal lives for abilities that they've developed.

Both Walker and her colleague Cherylynn Scramstad, who is an employment counsellor for SES and has many years of experience as a career coach, feel that their services are very important to have in our community.

"It's not like the old days where it was who you know. You got a job through an aunt or an uncle. Everything's electronic," said Scramstad.

They want to encourage residents who are interested to come in to have a conversation with them about their situation and about how SES can help them find the employment there are looking for.

To contact them call 204-482-8290, email jobs@selkirkes.ca, stop by 339A Main St. in Selkirk between 9 a.m. and 4:30 p.m. Monday to Friday or check out their Facebook page at https://www.facebook.com/Selkirk-Employment-Services-105303858582442/?__tn__=k*F&tn-str=k*F.



RECORD PHOTO BY KATELYN BOULANGER

Amy Walker and Cherylynn Scramstad outside of Selkirk Employment Services, a new way residents can get help finding work in our area.

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PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Ligia Braidotti



SALES
Michelle Balharry



REPORTER/PHOTOGRAPHER
Katelyn Boulanger



REPORTER/PHOTOGRAPHER
Patricia Barrett



DISTRIBUTION
Christy Brown



OFFICE MANAGER/ADS
Lucy Kowalchuk



ADMINISTRATION
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Call Ligia Braidotti
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Call Katelyn Boulanger

MB vaccination doses now exceed 2 mil

By Ashleigh Viveiros

Manitoba hit a milestone last week in its COVID-19 vaccination efforts.

Dr. Joss Reimer, medical lead of the province's vaccination task force, announced Oct. 6 that the province has surpassed two million doses of the vaccine.

It's been a monumental effort for Manitoba's health-care workers, starting back with the very first dose administered in mid-December.

"From all of us on the vaccine task force, thank you," Reimer said. "There have been thousands of people involved in this campaign and we couldn't have done it without you."

She also thanked the more than 85 per cent of eligible Manitobans who have stepped up to receive at least one shot thus far, and the 81 per cent who are fully vaccinated with two doses.

"This is really your story," Reimer said. "It's built around your decision to protect yourself, protect your loved ones, and protect our province."

Vaccination against COVID-19 has proven to be "incredibly effective," Reimer said.

"It's been remarkable to see in our personal care homes the just complete drop in outbreaks, and seeing how overwhelmingly higher the risk is if you're unvaccinated to end up in the hospital, to end up in the ICU.

"So while this vaccine is not perfect—no vaccine prevents infection 100 per cent of the time—it is dramatic," Reimer stressed. "And so I encourage people that even though it doesn't take you down to zero [risk], it takes you pretty close to zero when it comes to ICU admissions and it takes you way, way lower in your risk for even mild infection."

As the fourth wave gets underway in Manitoba, the province is expanding its recommendation for who can receive a third dose of the vaccine.

Individuals who have only received a viral vector vaccine, such as two doses

of AstraZeneca or a single dose of the Janssen (Johnson & Johnson) vaccine, can now book an appointment for a third shot of an mRNA vaccine, as long as at least six months have passed since their last shot.

This move impacts about 6,800 people who received those vaccines, which Reimer noted lose their effectiveness more quickly than the mRNA vaccines from Pfizer-BioNTech and Moderna.

Also able to get a third dose are health-care personnel who have direct contact with patients, residents, or clients.

Health-care workers—which number about 50,000 in Manitoba—were among the first to roll up their sleeves for the vaccine when it was released.

"For many health care workers, it has been quite a few months since their last dose of the vaccine," Reimer said, noting studies have shown the vaccines provide protection against severe illness due to COVID-19 for at least 20 weeks, but protection against mild infection does decrease over time.

"In general, if we weren't inside of a pandemic, we might be okay with a lower level of protection against mild infection, but when we are facing a fourth wave and we do know that every health-care worker is critical to being able to provide services to Manitobans, we want to offer this booster to use every tool in the toolbox to support the health-care system."

Receiving a third dose is voluntary and health-care workers who decide not to get it are still considered fully immunized, Reimer stressed.

The province is currently considering further expanding third-dose eligibility in the weeks ahead to older Manitobans, including those not living in personal care homes (who are already eligible) and those who live in other congregate living settings.

Reimer further said that it's likely

most Manitobans will have the opportunity to get a booster shot by year's end. She stressed again that two doses of the vaccine provide ample protection against severe outcomes for a long time, but a third dose in the months ahead would help with mild infections, especially if a great deal of time has passed since the second dose.

Asked how she responds to Manitobans who are fearful there will be no end to booster shots in the future, Reimer pointed out that's already how we deal with vaccinations for other viruses.

"We have an influenza or a flu season every year and people have to get a booster shot every year. That's certainly a possibility here as well that this might become something we have to do every year.

"As more and more of us become protected and the severity of infections goes down, it will become more and more like how we treat influenza," Reimer said. "And so even as people get infections, those who don't end up in the hospital, those who don't die, will also slowly have more and more protection as well even without the vaccine.

"So as a society together we [will] see decreasing severe outcomes and therefore be able to move away from all this emergency approach to managing the pandemic."

Heading into the long weekend, Manitoba was reporting 927 active cases of COVID-19, a provincial test positivity rate of 3.4 per cent, 90 total hospitalizations, and 14 ICU patients due to the virus.

A total of 1,217 Manitobans have died due to COVID-19. There have been 59,241 recoveries.



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or call our office at 204-785-1618

EDITORIAL

Katelyn Boulanger 204-485-3337
news@selkirkrecord.ca

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VE Vegan now in stores

Veena Nandan and Trina Mondal launched VE Vegan in 2020 and are now selling in grocery stores in Selkirk and Winnipeg

By Ligia Braidotti

The owner of Vinnies Hot Foods has launched a new line of products that is now for sale at some local stores.

Veena Nandan and her business partner Trina Mondal introduced their own plant-based vegan food line in 2020. VE Vegan is Manitoba's first gourmet plants-only line of products that are produced entirely at Vinnies Hot Foods restaurant in Selkirk. They are the first restaurant in Canada to be Whole Food Plant-Based certified and second in Canada to be Plant Pure certified.

"We are launching frozen and unique vegan products, which are kind of ready to eat, and ingredients people can use for cooking," Nandan said. "We are really happy to see the hard work pay off. We get that it still needs a lot more work to be done... because we are still establishing our brand, but it gives us immense pleasure to see people liking our products."

VE Vegan products are made with all-natural, non-GMO ingredients and use no MSG, artificial food colour or flavour, no preservatives, and are all gluten-free.

In 2018, Vinnies started offering weekly frozen and vegan meal plans to their customers and they had a great response, Nandan said. VE Vegan products came to meet a demand from customers who live outside of Selkirk — especially those from Winnipeg, where Nandan and her husband used to have a restaurant.

However, launching a new product in the middle of a pandemic hasn't been easy. Although they have been successful in placing their products in many stores, Nandan said they wish they could've done more tastings so that more customers know about VE Vegan.

VE Vegan currently has two frozen meals — Aviyal and Cabbage Carrot Thoran — that can be heated up or boiled. They are available in aluminum pouches, so they are even good for camping and road trips. All people have to do is put the pouch in boiling water and their meal will be ready in 10 to 15 minutes. They also have two dry products — Chai Masala and Golden Latte Masala which are caffeine-free.

"The Chai gives a hint of flavour with the benefits of ginger, cardamom, cinnamon, and black pepper on it. That's additional health benefits that you can get. You can add to your soups and you can also use it in your baking, like you would with your pumpkin spice mix," Nandan explained.

VE Vegan products are available in seven Vita Health stores in Winnipeg, Sobeys, Safeway, Nutrition Plus and even the Sugar Boutique in Gimli, and of course, at Vinnies Hot Foods at 420 Main St. They also sell their products online on Amazon.ca and Amazon.com, Etsy, Fetch Local, GoodLocal, Instagram, and Facebook Market.

"People can order from there, and two of those platforms are available both in the United States and here," she commented.

Nandan's goal for the future is to expand the distribution of VE Vegan to the United States and other stores across Canada. She also hopes to find a distributor who can do the work of contacting stores that might be interested in carrying their products.

To learn more about VE Vegan and the products they offer, go to <https://vinnieshotfoods.com/ve-vegan-retail>.



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The Chai Masala and the Golden Latte Masala are two products on the VE Vegan product line.



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Winnipegger's love for Selkirk has grown this year

Jessica Burke takes daily drives to Selkirk and Lockport with her sons

By Ligia Braidotti

The curiosity about Selkirk and the surrounding RMs has broken city limits and borders.

Jessica Burke is a Winnipegger who holds a special love for Selkirk. Since the pandemic started, she has been taking her sons, who are teenagers in the autism spectrum, to explore the roads and landscape of Selkirk, Lockport, St. Andrews and surrounding areas.

"We used to do a lot of road trips and hiking. We would just pick places in Manitoba that we hadn't ever been before to sort of explore together. Since COVID-19 hit, suddenly the parks that we used to go to were inundated with people who didn't really know how to act in parks, so it became difficult," she said. "It was confusing to the boys because they knew what to do but then seeing other people do things you were not supposed to. [It]

got a bit problematic. So I started focusing more on driving."

Burke is a fan of water towers and bridges and whenever she can, she takes routes that will show her these two things. Growing up she's gone to Selkirk and through the locks in Lockport.

"I've always been attracted to it," she added.

When she decided to take her sons for daily drives, she rediscovered the beautiful route that takes her up to Selkirk from Fort Richmond in Winnipeg.

"Depending on the traffic, you get to see a lot of history of Winnipeg and

Lockport, you know, other buildings. And then, going into Selkirk, just being at the Marine Museum with the ships on the grass... the first time I brought them, they really loved it," Burke commented. "I'm very enthralled with old history of Manitoba in general and the importance of waterways, and the blending between First Nations and European, and sort of the old Scottish history that is throughout our province and that is not always recognized."

"You've still got the winding roads heading up to Selkirk and around East Selkirk, and then over that really high bridge you get this beautiful vantage point of the nature, trees, the waters, those little mini islands, and it really reminds me of New England. It's got this feeling that it's still just this port town."

A few weeks ago, she had the opportunity to take one of her friends who is into genealogy and for the first time, Burke got out of her car and walked on Manitoba Avenue.

"We were like a little kid in a candy store," Burke described her experience exploring the streets of Selkirk. "I got to go to Roxi's and have an amazing takeout meal, and we saw the murals. It's just fantastically beautiful. I just love Selkirk because it's caught in that right period where...you can still see the history and you can still get that sense of what it looked like and how people lived. I really love seeing that."

One of her favourite things about Selkirk are the new pocket parks in between buildings like the one on Manitoba Avenue. She said Winnipeg should consider getting inspired by how Selkirk revitalized the space and do the same.

"I can see in Winnipeg so many missed opportunities based on how Selkirk is dealing with their landscape. That little green belt is so functional. It made this open space completely comfortable and it's such a good use of space. In Winnipeg, we have so many gaps between buildings now, and it's just been sitting for years like there's no vision."

"That little downtown area in Selkirk seems to have a good focus, a good vision to keep it vital and vibrant."



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Correction

By Staff

In an article last week we incorrectly reported that The Water Shop sells six different types of water. They only sell two types of water. We are sorry for the confusion.

New art gallery opens in Selkirk

Upstairs Gallery's first show a selection of Gabriel Gély paintings

By Katelyn Boulanger

Jewelry Arts Studio has expanded its offerings in Selkirk with the opening of the Upstairs Gallery which is a new art gallery for residents to enjoy.

The whole idea for this gallery came from Cochrane's previous business in Lac du Bonnet which also had a gallery where local artists displayed their work before she moved to Selkirk.

"Every month I'd have a different artist or if they wanted to stay two months, that would be good, too. The whole basement was an art gallery there," said Cochrane.

The name Upstairs Gallery actually was a joke at that location as the gallery was located under Cochrane's business, however, in the Selkirk location the artwork is actually a couple of steps above the primary business location.

"I had people coming from Winnipeg and all over just to see it. It was really, really neat," said Cochrane.

Cochrane says that it took a bit of time to turn the area of the store that was once a junk room and washroom into an art gallery but that effort definitely paid off in the final product which has many paintings for residents to choose from.

The current and first exhibition at the gallery is an assortment of work by Gabriel Gély, which Pat Cochrane owner of Jewelry Arts Studio, didn't expect to be able to display at the gallery as he's such a prominent art-

ist, however, a personal connection with his wife Dorothy Gély made the match which residents can now enjoy.

Gabriel Gély was an artist who spent his life painting the Canadian landscape with an emphasis on the north. He moved towards a more impressionist art style in his later years and in addition to Nunavut and Selkirk spent some time in the Maritimes. He passed away in Nov. 2020.

She feels that it's important to make sure that artists have the opportunity to show their work and encourages other business owners to also find small spaces to showcase art.

"It's very difficult to make a living out of it for one thing. I don't know if a co-op is the answer, but a lot of people that are artists, [and] they're sort of doing it part-time," said Cochrane.

In addition to Gély's work in the gallery in the back, there are many paintings by other artists mixed in with Cochrane's wares in her main business area.

She also appreciates having the art in her store on a personal level, finding inspiration in having it in her surroundings.

"I enjoy having it around, it's something that is extra for me and I know it's something I never expected. I feel privileged to have his work here," said Cochrane.

Cochrane is an artist in her own right making beautiful jewelry pieces in her shop, which she opened in 2017



RECORD PHOTOS BY KATELYN BOULANGER
Pat Cochrane in the newly created Upstairs Gallery which is located in her business Jewelry Arts Studio on Eveline St. in Selkirk.

in Selkirk. She also changes watch batteries and does repair work out of her business.

Residents who are interested in checking out the latest addition to Selkirk's art scene can stop by Jew-

elry Arts Studio at 365-A Eveline St. in Selkirk from Wednesday to Friday between 10 a.m. and 5 p.m. and Saturday from 10 a.m. to 4 p.m.



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St. Andrews' multi-sport athlete excels in many activities

Hayden Pearson is currently practicing BMX racing

By Ligia Braidotti

If there's one busy kid in the St. Andrews area, that would be Hayden Pearson.

The 11-year-old boy is involved in several sports — some of them are pretty unique and have given him many medals. Besides baseball, lacrosse and hockey, Hayden is also into some more radical sports such as wake surfing, snowboarding and BMX.

"I like the adrenaline," he said. "Because it's fun."

Hayden was preparing to get some more of that adrenaline in the next few weeks, but that might not happen due to COVID-19 restrictions. He was going to take part in the Fall Nationals BMX competition in Texas, but unfortunately, he might have to continue to practice here in Manitoba.

His dad, Chris Pearson, is also a multi-sport athlete and said he always encouraged both his kids to practice sports.

"I can't stand coming home and seeing them on the iPad or iPhones and stuff. I never grew up with that. So it's nice to see them getting out there," he commented. "Sometimes it takes a little pushing, but once they are out there, they are enjoying it."

For him, the most important aspect of sports is enjoying it. He spends a lot of time with his kids taking them to and from competitions and practices.

At one point, when Hayden won a lacrosse championship two years ago, they were racing in Grand Forks and had driven there on Friday morning, they drove back to Winnipeg Friday night, played lacrosse on Saturday morning and drove back to Grand Forks to continue racing.

However, in the near future, Hayden will need to narrow it down and pick just a few sports that he likes to continue practising because he won't have too much time on his hands anymore as he gets older.

"If he goes to the higher level, he can do probably a couple, winter, summer, because there might be a lot of conflict with dates," Chris explained.

Hayden, or as many may know him in the BMX community, Hurricane Hayden, is currently practising BMX at the Destination X BMX race track in Winnipeg. He used to go to Isanti, Minnesota every two weeks and trained there.

BMX is a cycle sport that uses BMX bikes and racers ride on tracks that are usually made of dirt and tarmac. The races are full of jumps, pump bumps, and tight corners.

However, since the pandemic hit, he hasn't been able to compete as much as he used to in the last two years.

"We were following the national circuit BMXing down in the States. We hit three races already and we were on our way to Louisiana and that's when they shut the borders down, shut everything down," Chris added. "It's

been hectic the last two years for any kind of competition."

Now, all there is to do is wait until the borders open up again and Hayden is able to hit the racing tracks.

"There's a lot of individual sports where he excels in, so we will see where the BMXing heads in the next year," Chris said.



RECORD PHOTO SUBMITTED
Eleven-year-old Hayden Pearson wake surfing in the summer.

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Local courier delivers the goods for past 30 years

In 2008, Darryl Kruk bought Red River Messenger/Courier from David T. Gibson

By Ligia Braidotti

Small business month continues and Red River Messenger/Courier has been a small business in our community for more than 30 years.

Established in 1991 by David T. Gibson, Red River Messenger/Courier is now owned by Selkirk's Darryl Kruk who started out as a driver in early 1996. As the company grew, Kruk started to progress as the company expanded and he soon became a general manager. When Gibson decided to retire, Kruk was ready to buy the business from him and has been the owner since 2008.

"In 2008 we were in a recession, so it was probably not the best time to buy a business, but that was when he wanted to get out. The first few years obviously weren't the greatest, but I mean, it's been good. I can't complain. The company still shows growth every year since I've taken over. So I mean, I must be doing something right," Kruk said.

Gibson started the business in Selkirk and that's where Kruk decided to continue to have its headquarters.

"Selkirk has been our cornerstone for our business, even though we have branched out to Stonewall, Steinbach and even Portage La Prairie, our main office is still based out of Selkirk. Nowadays with technology, cell-phones, and emails, you don't even need to be in Winnipeg or anywhere else. You can operate wherever you want and Selkirk is where we got our start and I see no point in leaving it," Kruk said.

As a local business owner, Kruk said the business community in Selkirk and region is always thriving and that he likes to be involved and give back. He gets his decals from General Signs, buys his water locally, and hires locally.

"Most of my drivers that are running from Selkirk to Winnipeg are from Selkirk and (area)," he added.

Red River Messenger/Courier does deliveries daily within Winnipeg, Selkirk, Stonewall, Steinbach, Portage La Prairie, Carman, Morden, Winkler, Minnedosa, Gladstone, Neepawa, Petersfield, Gimli, Arborg, Riverton, and has recently expanded to Brandon.

"Expanding came through fruition. We had a driver move out to Portage La Prairie and he didn't want to leave us. Just from him driving back and forth we saw an opportunity there to grow and as the word got out...and

then just the word of mouth spreads out that Red River Messenger/Courier is going beyond Selkirk now," Kruk said.

"We're still trying to stretch ourselves as far as we can across the southern part of Manitoba to service people on a same-day basis while still maintaining our service levels everywhere else."

Red River Messenger/Courier have all sorts of truck sizes such as half-ton trucks, mini and cargo vans, 24-foot flat-deck, 24-foot cube-trucks, temperature-controlled trucks, and half-ton trucks with pipe rack that can accommodate most of their clients' delivery needs. Some of them can haul up to 24-foot material and 30,000 lbs.

Some people may ask themselves what is the difference between Red River Messenger/Courier and UPS or Purolator. Red River Messenger/Courier is a same-day service. Call them in the morning and you will receive or have your parcel delivered by the end of the day.

"UPS and Purolator are next day. They don't offer this type of service," Kruk added.

To contact Red River Messenger/Courier call their toll free line at 1-866-785-1051 or 204-785-1051 (Sel-



RECORD PHOTO SUBMITTED

Darryl Kruk is the owner of Red River Messenger/Courier.

kirk) 204-941-9063 (Winnipeg) or go to www.redrivermessenger.com.

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Your Health

Staying protected this cough and cold season

Don't forget to get your flu shot

COVID-19 has completely changed the way we think about germs. Common cold and cough symptoms we might have previously brushed off or ignored – like a tickly throat, sniffles or cough – are no longer simply a minor inconvenience or annoyance. Many of us are now more conscious when it comes to getting sick with visible symptoms.

A cough or cold can leave kids and adults alike feeling miserable. As we enter cough and cold season, I'm sharing a few of my top tips to help you and your family stay healthy, including how to treat and manage your symptoms if you do come down with a bug:

- **Wash up:** Washing your hands frequently is one of the best ways to remove germs and prevent the spread to others. Make sure you wash your hands for 20 seconds, with special attention to your palms, the back of each hand, between fingers, thumbs and under fingernails. A helpful way to keep track of time is by humming or singing the "Happy Birthday" song twice. If washing your hands with soap and water isn't an option, I recommend using hand sanitizer containing at least 60% alcohol. Make sure to keep some in your bag and your little one's backpack to help clean hands as needed.

- **Wear a mask:** The past year has shown us that wearing a mask is a simple yet effective way to keep germs away from your nose and mouth. Continue wearing your mask this cold and cough season, and don't forget to sneeze or cough into your elbow (not your hands).

- **Keep your cabinet stocked:** We've all been there – despite our best efforts, sometimes we find ourselves with a cough or cold. An over-the-counter medication can provide fast and effective relief to help you get back to normal. Your local pharmacist can help you find the right medication to address your symptoms. Keeping your medicine cabinet stocked will also ensure you're prepared to address any cold or cough quickly, so you or your loved one can feel better as soon as possible.

Taking these preventative health measures can help protect ourselves and our loved ones from getting sick this cold and cough season. Don't forget to visit your local pharmacy to get your flu shot this fall or winter—it's your best shot at preventing the flu this season.

Submitted by Carolyn Capell,
Selkirk Shoppers Drug Mart Pharmacist/Owner



PHOTOS FROM METRO CREATIVE

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Calling on Feds to cover increased policing costs

City of Selkirk and AMM want to see burden taken off municipalities

Submitted by the City of Selkirk

The City of Selkirk is among a long list of municipalities calling on the federal government to cover a 23.7 per cent retroactive increase in policing wages negotiated during a collective bargaining process they were not invited to participate in.

The increase is retroactive to 2017. Selkirk CAO Duane Nicol said the hike is substantial and would put a strain on the city financially.

"The City of Selkirk has a strong working relationship with local RCMP leadership and we get great service, our issue is not with the local detachment or the quality of service we receive. And it's certainly not an issue with the level of compensation for officers," Nicol said.

"Our issue is that we were not part of the process, and this is a very large financial hit to municipalities. Without some federal government support, this will put a lot of pressure on the city budget. It will mean either a tax increase or a cut to other services."

The agreement was negotiated between the federal government and

the National Police Federation (NPF). Municipalities were not invited to take part in the collective bargaining negotiations, despite being paying contract partners.

In Manitoba, there are approximately 40 municipalities with RCMP contracts via federal and provincial agreements.

The Association of Manitoba Municipalities, of which the City of Selkirk is a member, is encouraging its membership to contact the federal government directly to express their concerns about increased costs due to the unionization of RCMP members.

"Unionization-related costs coupled with rising policing costs overall could result in significant financial burdens for municipalities. That is why the AMM has been calling on the federal government to fully absorb all retroactive pay increases which were negotiated by the federal government," Denys Volkov, AMM Executive Director, said in a letter to members.

Not only were negotiations conducted exclusively between the federal government and NPF, but municipali-

ties also had no say in the collective bargaining process, and updates from the federal government were often irregular and did not include any detailed information to relevant stakeholders, including municipalities.

The AMM says passing the increased costs onto municipalities would be "unreasonable and unfair", especially as all municipalities are focusing on COVID-19 recovery efforts.

The city's budget is made up of two components: the capital budget which is dedicated to project-specific investments and the operating budget which is used to deliver programs and services to the community.

In 2021, \$2.92 million of the City's operating budget was dedicated to the RCMP. Last year just over 20% of the City's total operating expenses were policing costs. It's the single largest operating budget of any single service area.

The AMM is encouraging all impacted municipalities, regardless of the type of RCMP contract they may have, to share their concerns with Bill Blair, Minister of Public Safety and Emergency Preparedness.

Abundance from the land



RECORD PHOTO SUBMITTED

Service Above Self is the Rotary Club of Selkirk's motto, and the members have been hard at it again this year. From planting seeds, to weeding, to watering the garden every three days during the drought year, the Club is reaping the rewards of its hard work and dedication. The Selkirk Food Bank and the Soup Kitchen have been the benefactors of hundreds of pounds of fresh vegetables so far this year.

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Bezan ready to represent Selkirk-Interlake-Eastman for 7th term

By Jennifer McFee

For 17 years and counting, James Bezan has served the local community as a member of Parliament.

Bezan, Conservative MP for Selkirk-Interlake-Eastman, was first elected in 2004 and handily won his seventh election on Sept. 20. Bezan earned 57.1 per cent of the vote, with 28,308 constituents casting ballots for him. Similar to previous elections, Bezan remained a far stretch ahead of the other candidates — NDP candidate Margaret Smith earned 9,604 votes (19.4 per cent), Liberal candidate Detlev Regelsky had 6,567 votes (13.2 per cent), PPC candidate Ian Kathwaroon had 3,800 votes (7.7 per cent) and Green Party candidate Wayne James had 1,328 votes (2.7 per cent). Another 363 voters rejected their ballots.

"I'm incredibly honoured to receive the support of our constituents in Selkirk-Interlake-Eastman, to have their trust in representing them here in Ottawa," said Bezan by phone from Ottawa.

"Carrying the issues of our riding to Parliament is something I take very seriously and will humbly do as their federal representative."

It comes as no surprise that the pandemic was top-of-mind for many voters.

"The biggest issue was dealing with COVID and the pandemic. Door to door, street to street, town to town, it was everybody's top priority," he said.

"Either they were wondering how do we get the economy going again and how do we get more people vaccinated or the other side of it was people who don't want to be vaccinated. So it was a polarizing debate and one that unfortunately is dividing communities and families and pitting neighbours and friends against each other."

At the same time, Bezan was able to discuss other timely topics with residents in his riding.

"We still were able to talk about some of the bigger issues such as the health of Lake Winnipeg and the drought that our farmers and ranchers went through this summer, as well as the shortfalls in hay and feed for their livestock or having very low yields on crop land," he said.

"Those issues were often front and centre and on the minds of a lot of our constituents."

As a member of Parliament, Bezan aims to continue championing local issues that impact the riding.

"Over the years, I've been a strong voice for rural Canada, for our rural communities and fighting for things like better farm programs and getting money for the Lake Winnipeg Basin Initiative and the stewardship fund," he said.

"I want to ensure that we're taking more measures and increasing public awareness about the nutrient load in Lake Winnipeg and trying to reduce those nutrients that are flowing from a number of different sources including municipalities, the City of Winnipeg in particular."

In addition, Bezan continues to work hard in his national portfolio as shadow minister of National Defence.

Dealing over the last 12 months with the sexual misconduct crisis that has faced Canadian Armed Forces is something that I've been very much occupied with," he said.

"It has been front and centre in a lot of the work I've done in Ottawa and virtually as well through virtual Parliament."

Looking ahead, Bezan sees several significant subjects that remain on people's minds.

"I think there is still a lot of concern about some of the mandates that are coming both federally and provincially that revolve around COVID and how it's going to impact individuals and their families. I know that's something I'm going to be occupied with as we move forward with these new federal mandates in these areas of my jurisdiction," he said.

"People who work for the federal civil service have questions and have been contacting our office, as well as people who want to travel. People are now going to be required to show proof of vaccination to be on planes and trains. Those are things that will more than likely raise a number of red flags for some individuals."

Issues in agriculture will also remain at the forefront for Bezan.

"We have to get the improvements made to the farm support programs to help our farmers and ranchers get through this fall and winter. We need to ensure that we try to protect as much of our cattle,



PHOTO SUBMITTED

Selkirk-Interlake-Eastman
MP James Bezan

horses and bison that are in feed-deficient areas," he said.

"I will continue to work with our municipalities as they start making application into federal and provincial infrastructure secretariat so they can receive dollars to improve community infrastructure, whether that's in roads, sewer, water or recreational facilities," he said.

"We'll always work with our municipal leaders in ensuring that their priorities are also my priorities and reflecting that by advocating for those investments in our riding at a federal level."

Bezan looks forward to working hard to represent his riding for his seventh consecutive term.

"Even though this was a costly and unnecessary election because we ended up with the exact same result at the end of the day, I will continue to work hard on behalf of the great people of Selkirk-Interlake-Eastman," he said.

"I will make sure that I'm carrying their interests and ideas and concerns into the federal legislative and policy arena — and I'm proud to do that for them."

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The Selkirk Record

Incredible creatures: fall-flying leaf mimicking moths

By John Gavloski

In late-summer or fall, some moths emerge that may look a bit confusing. With all the dead leaves around that time of year, what better disguise than to look like a dead leaf, which is what several species of moths do. In this month's Incredible Creatures we will explore the lives of two of these moths, with similar sounding names, the maple spanworm and the large maple spanworm.

Fooling Foes in Many Ways

There are many insects extremely good at mimicking leaves. Katydid often do this extremely well, but as we get into late-summer and fall, some moths are very good at mimicking dead leaves. Two that can be seen in Manitoba that are good at this are the maple spanworm (*Ennomos magnaria*) and the large maple spanworm (*Prochoerodes lineola*). Although the names sound similar, and both are dead-leaf mimics, their appearance is quite different.

The maple spanworm has a few characteristics that help it mimic a dead leaf. The wings are a bright yellow-orange, speckled with dark brown. Aside from the colour, which resembles a yellow leaf, note the unevenly shaped edges to the wings. Also note the posture with which it is holding the wings. They rest with their wings raised about 30 to 45 degrees above horizontal. The combination of traits makes them an effective mimic of a dried, curled leaf.

There's a lot of variation in colour in the large maple spanworm. The forewings can be straw yellow to brown, depending on the individual moth, but the dark line that divides the wings is diagnostic. It also has a sharp angle near the tip of the wings.

Twig mimicking larvae

The caterpillars of these moths are masterful mimics as well. Caterpillars of the maple spanworm are a superb twig mimic. The body is green, brown, or gray, dappled with minute white spotting. They also have markings on their body that look like buds on a branch. The head is flattened and directed forward. Caterpillars of the large maple spanworm are a slender twig mimic, abdomen brown above, yellowish below.

You may think that based on the names the caterpillars of these moths eat mainly maple leaves. But that is not the case. Large maple spanworm caterpillars feed on the leaves of a wide range of plants, including maple, oak, poplar, willow, apple, birch, blueberry, cherry and currant. Host plants of the maple spanworm include maple, oak, poplar, alder and basswood.

Both maple spanworm and large maple spanworm belong to a family of moths known as Geometrid moths (family Geometridae). They are named for the way their caterpillars walk. Geometrid means "earth measurer," and the caterpillars are often nicknamed "inchworms," "loopers," and "spanworms" because of their gait. Butterfly and moth caterpillars have three pair of "true" legs in front, on their thorax (caterpillars are divided into three sections, just like the adults). The abdomen contains prolegs, which look like stubs tipped with hooks (called crochets) for gripping the surface. A full set of prolegs is five pairs, the hindermost being a pair at the tip of the abdomen called anal prolegs. Geometrid caterpillars are missing two or three pairs of prolegs between the true legs and the anal prolegs. This results in Geometrid caterpillars walking by arching to pull the rear end up to the front end, then reaching the front end forward.

If something catches your eye this fall that looks like a dead leaf that's out of place, such as on the side of a building, have a closer look. It could be one of these maple spanworm moths.



Maple spanworm

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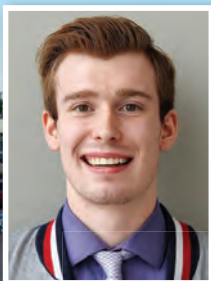
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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Strike Force wins MMSL 5th Division championship

By Brian Bowman

The Tri-S Strike Force were the best team in the Manitoba Major Soccer League 5th Division during the regular season.

And they were clearly the best team in the playoffs.

Tri-S capped off a tremendous season with an impressive 2-0 victory over Argentinos FC in the division final last Friday evening.

"It was a long time coming. I don't think Selkirk has won a playoff championship since 2014, which is what I was told," said veteran Strike Force player/coach Kris Pellaers. "It was awesome. I can't say enough about the guys that committed this year."

Mahamet Khamiss Abdallah scored both Strike Force goals in the second half.

"Mo really made us a complete team this year," Pellaers said. "Him and Yaya (Ramadam Adam) really held it together up front."

On the back end, Tri-S did a fantastic job shutting down Argentinos FC's offensive attack. Argentinos FC led the 10-team division with 35 goals scored during the regular season and then added five more in a semifinal win over the Purple Cobras.

But they couldn't muster much of an attack against the Strike Force.

"We dominated them in every aspect and we played our hearts out," Pellaers said. "I can't be more happy for our team. Our team gelled really well and played really well together."

Tri-S reached the final after defeating BFR Ac 3-1 in a semifinal game on Oct. 5.

The Strike Force finished the regular season with a 7-2 record and only allowed 12 goals, which was the lowest in the division.



RECORD PHOTO SUBMITTED

The Tri-S Strike Force capped off a tremendous season by winning the MMSL's 5th Division championship after shutting out Argentinos FC 2-0 in the league final last Friday.

Pictured, back row left to right, Adam McDermid, Mensur Hussein, Tanner Markevich, Alek Rzeszowski, Spencer Golden, Mahamet Khamiss Abdallah, Stefan Koenig, Garion Lefteruk, Jairo Barrios, Habib Ramadam Adam, Yaya Ramadam Adam, Awad Ramadam Adam, and Mark Malowski. Front row, left to right, Kris Pellaers, Jeremy Burda, Tanner Berube, and Dexter Racicot.

It was a major reason for Tri-S' success this season. "A special thanks to my center defence and center mids - Tanner, Tanner, Stef, and Garion," said Pellaers, adding he wanted to thank teammate Dexter

Racicot for helping him run the team this year. "Defence wins championships and we have a solid defence. Be proud boys for what we've done here. Over the moon proud of all of you."

get inspired
MEAL IDEAS

BLT Wrap with Avocado Spread

RED RIVER CO-OP FOOD STORE



- Servings: 4
- 8 slices cooked bacon
 - 1 avocado, peeled and pitted
 - 1/4 cup sour cream
 - 1 lime, juice only
 - 1/2 teaspoon hot sauce
 - 1/2 teaspoon Worcestershire sauce
 - 1/4 teaspoon salt
 - 4 flour tortillas

- 4 large red leaf lettuce leaves
 - 2 large tomatoes, cut into 1/4-inch slices
 - Spanish rice (optional)
 - banana peppers (optional)
- In large skillet, cook bacon until crispy. Drain on plate lined with paper towels. Set aside.

In medium bowl, mash avocado, sour cream, lime juice, hot sauce, Worcestershire sauce and salt with fork until combined and smooth.

Spread thin layer of avocado mixture over tortillas. Layer with lettuce leaves, tomatoes and bacon. Fold sides up and roll.

Serve with Spanish rice and banana peppers, if desired.

SELKIRK STEELERS

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INSIDE > OUTSIDE > UPSIDE DOWN

Fredborg wraps up successful Mackenzie Tour season

By Brian Bowman

Travis Fredborg's first full season on the Mackenzie Tour was a very good one.

Fredborg wrapped up the season by finishing in a six-way tie for 32nd at the Reliance Properties DCBank Open presented by Times Colonist in Victoria, B.C. that wrapped up earlier this month.

Fredborg fired rounds of 67, 71, 72, and 71 for a one-over par 281.

"I got off to a good start but I didn't shoot the numbers that I wanted (during the final three rounds)," said the 25 year old Fredborg last week. "But, overall, it was a solid end to the season making six putts in a row to move up in the money and the points race."

A highlight for Fredborg was his third-place finish at the Elk Ridge Open in Lake Waskesui, Sask. back in early September.

"That was nice, I had a birdie, eagle, par finish to jump into the top three," Fredborg recalled. "I really got my name out there and I wasn't just there

as a joke. At the end of the day, that's what we all work for is to be there at the end of the week lifting that trophy. Obviously, I'm very happy with that third-place finish because it proved that I could really compete with these guys and I'm one of the best players in Canada.

"It makes me hungrier to go out there and win a trophy next time."

Fredborg really enjoyed the experience on the Mackenzie Tour. He finished 29th overall in the points standings and has attained status on the Mackenzie Tour for next season.

"It was an awesome experience," said Fredborg, a former Selkirk Royal. "I got to meet a lot of great guys, travel the country, and see some cool spots. It was fun and nice to get a taste of touring golf, travelling week to week and not being at home and basically living out of a suitcase. It was so much fun and I'm really looking forward to my next opportunity out there."

The competition on the Mackenzie Tour is very stiff. Everyone out there



RECORD PHOTO SUBMITTED

Selkirk's Travis Fredborg had a very successful 2021 season on Canada's Mackenzie Tour.

competing is a great golfer.

"It's fun being around them and testing your game," Fredborg said. "Competing with the best of them week in and week out, it builds your confidence."

Fredborg is currently taking a break from golf and is back home in Selkirk.

"I've finished up the season so it's kind of nice to have a little down time now, just relaxing, and hanging out with friends," Fredborg said. "Just giving my mind a break from golf a little bit."

Fredborg plans to go down south to Arizona soon and is contemplating

heading over to South Africa for the Sunshine Tour Qualifying School in March.

He is also looking to earn a spot on the European Tour and join Stony Mountain's Aaron Cockerill.

"(Aaron) has nothing but good things to say about (the European Tour) and every time I see him he can't wait to get back over there," Fredborg said. "Once COVID shuts down a little bit, the first thing that I'll be doing is going over there to join him and hopefully play on that European Tour and really make a name for myself."

Swinging hard



RECORD PHOTO BY DAVID LARKINS/WESMEN ATHLETICS

Former Selkirk Royal Nigel Nielsen and the University of Winnipeg Wesmen finished with a 3-1 record at a Brandon University tournament earlier this month. The Wesmen are back in action Oct. 29 when they host Brandon.

Transcona tops Raiders in MMJHL action

Staff

The Raiders Jr. Hockey Club was blanked 5-0 by the Transcona Railer Express in Manitoba Major Junior Hockey League action last Friday.

Evan Leeon and Conner Grunsten scored first-period goals and then Conrad Solypa, Joel Delorme, and Michael Todoruk tallied in the third.

Transcona was 2-for-6 with the man advantage while the Raiders were 0-for-3.

Raiders' goaltender Jeremy Pikel made 54 saves in the losing cause.

The Raiders, now 1-4, will host the River East Royal Knights on Friday (7:30 p.m.) and the Charleswood Hawks Sunday (2 p.m.).

Fishermen fly past St. Malo

By Brian Bowman

A strong third period on Saturday evening allowed the Selkirk Fishermen to remain undefeated this season.

Leading 2-1 in the third, Selkirk scored three unanswered goals in a 5-1 home victory in Capital Region Junior Hockey League action.

Selkirk dominated the game from start to finish.

"Their goaltender really stood on his head," said Fishermen head coach Chris Poponick. "He did a great job and made some outstanding saves. We took the play to them for most of the game. The shots they had, a handful came on one power play, and the rest of the evening it was sporadic."

Reece Tessier, Dominic Suhr, and Marcus King scored for Selkirk in the third.

St. Malo's Teagen Fillion opened the game's scoring in the second period. But the Fishermen replied with power-play goals by Tessier and Matt Brooks.

Selkirk finished the game 3-for-4 on the power play.

"It's a lot of fun right now because (the power play) was clicking the other night as well in Lundar," Poponick said. "I think we're 50 per cent on our power play so far this season which is fantastic. I have two different units. The first one is all veterans and the second one is almost all rookies so it's a nice little mixture."



RECORD PHOTO BY JOHN PODWORNIAK

Selkirk Fishermen forward Reece Tessier (5) scored twice to lead his team to a 5-1 home victory over the St. Malo Warriors in Capital Region Junior Hockey League action last Saturday. The undefeated Fishermen will host the Lundar Falcons this Sunday at 3 p.m.

MJHL Stars of the Week



RECORD PHOTO BY MJH

The Manitoba Junior Hockey League Stars of the Week for the period ending Oct. 3 included Steinbach Pistons' forward Nate Goodbrandson, left, and Selkirk Steelers' defenceman Eric Krywy. Goodbrandson, a St. Andrews product, scored three goals and had four assists in two games while Krywy collected four assists in two games.

Selkirk outshot St. Malo 51-17 as Owen Derewianchuk earned the victory in goal.

With the win, Selkirk is now 3-0 and has outscored its opponents 18-3. The Fishermen have clearly been the best team in the CRJHL so far this season.

"We wanted to take over from where we were last year and hopefully we can keep this thing rolling and see

how far we can take it," Poponick said.

The Fishermen have a great combination of speed and size this season. They also have a really good mix of veteran and rookie players that bring a strong work ethic to the rink, said Poponick.

Selkirk's next game is Sunday when it hosts the Lundar Falcons. Puck drop is 3 p.m.

Ingram off to a great start with Youngstown

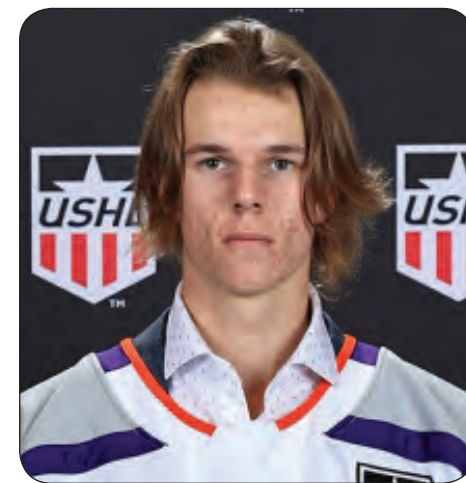
Staff

Former Selkirk Steelers' forward Adam Ingram is off to a great start with the United States Hockey League's Youngstown Phantoms.

Ingram had three goals and three assists in his team's first four games heading into last weekend's two-game series with Madison.

His six points had him tied for the team lead with Adam Fantilli and Scout Truman.

The Phantoms were 2-2 and in third place in the Eastern Conference after their



RECORD PHOTO BY YOUNGSTOWN PHANTOMS

West St. Paul's Adam Ingram is off to a great start this season with the Youngstown Phantoms. The former Selkirk Steelers' forward had three goals and three assists in his team's first four games.

first four games.

Ingram, who will be 18 years old on Oct. 14, has already committed to play NCAA Division I hockey with the St. Cloud State Huskies.

He played eight games with Selkirk last season, scoring twice and collecting five assists.

Next Home Games

SUNDAY, OCTOBER 17th
vs Lundar

3:00pm at the Selkirk Rec Centre

SATURDAY, OCTOBER 30th
vs Arborg

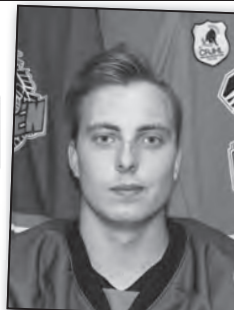
7:30pm at the Selkirk Rec Centre

Next Away Game

• Sun, Oct 24 - vs Arborg - 2:30pm in Arborg



Meet the Fishermen



#4 Braeden Wryha
Defence

All Spectators must show proof of double vaccination with ID and must wear a mask in the Arena

Steelers put the Freeze on Winnipeg

By Brian Bowman

The Selkirk Steelers earned three out of a possible four points against the Winnipeg Freeze last weekend.

Selkirk had a solid performance in a 5-1 road victory over the Winnipeg Freeze on Saturday evening.

"We had a really good weekend overall," said Steelers' head coach Hudson Friesen. "We're taking steps in the right direction and we're playing the right way. Guys are coming together and (Saturday) night it was a great all-around performance from every guy for 60 minutes. Things are starting to come together nicely for us."

Jordan Hughesman led Selkirk with two goals and an assist while Mathieu Catellier and Tristan Thompson each added a goal and an assist. Sheldin Howard scored the Steelers' other goal.

Quinton Hill and Ryan Ostermann chipped in with a pair of assists apiece.

Nathan Driver scored for Winnipeg as Steelers' goalie Cole Plowman made 29 saves for the win.

On Friday, Selkirk ran into a hot Freeze goaltender in a 4-3 shootout loss at the Recreation Complex.

"Their goalie definitely played well," Friesen said. "Any time you have 55 shots or whatever it was, you're pretty happy with the offensive output. But we did make it a little bit easier on him at times. I thought we were kind of shooting right at the chest and weren't getting the best look at times. He definitely had a good night and we just couldn't seem to finish on Friday."

Presley Lester stopped 53 shots while Driver scored the lone goal in the shootout.

Keagen Abbott, Ostermann and Howard scored for the Steelers.

Ethan Raduy (two) and Aden Saworski replied for Winnipeg as the Freeze recorded its first win in franchise history.

The Steelers will host the Winnipeg Blues this Friday (7:30 p.m.) at the Rec Complex and then the two teams will hook up Saturday (7 p.m.) at the Rink Training Centre.

The Blues have been very good to



RECORD PHOTO BY JOHN PODWORNIAK

The Selkirk Steelers' Jared Chapel is stopped by Winnipeg Freeze goaltender Lester Presley during MJHL action last Friday at the Recreation Complex. Presley made 53 saves in a 4-3 shootout victory.

start the season.

"They're playing some really good hockey right now so we're going to have a good week (of practice) ahead of us here to prepare for them," Friesen said. "We're going to do the necessary things to shut them down and

figure out what's making them tick. Obviously, they have some guys there that are putting up big points right now so we have to find a way to shut them down and play some good defensive games this weekend."

Selkirk varsity volleyball teams 3-0 in KPAC

Staff

The Selkirk Royals varsity girls' volleyball team improved their KPAC record to 3-0 after a dominating road sweep over Murdoch MacKay last Wednesday.

Selkirk won 3-0 by scores of 25-19, 25-13, and 25-6.

On Oct. 4, the Royals swept the Cal-

vin Christian Eagles 3-0 (25-14, 25-10, 25-14).

Selkirk will host the West Kildonan Wolverines in league play on Wednesday. The game will start at approximately 7:15 p.m.

In varsity boys' action, Selkirk defeated Murdoch MacKay 3-0 (25-17, 25-17, 25-16).

On Oct. 4, the Royals beat Calvin Christian 3-2 by scores of 25-23, 15-25, 22-25, 25-21, 15-12.

Selkirk will host West Kildonan on Wednesday at 6 p.m.

The Royals' junior varsity girls volleyball team, meanwhile, swept Murdoch MacKay 3-0 (25-11, 25-7, 25-13) on Oct. 5.

Selkirk will host the Miles Macdonell Buckeyes on Thursday at 7:15 p.m.

The Royals' JV boys' team defeated Murdoch MacKay 3-1 (25-14, 25-12, 16-25, 25-19) on Oct. 5.

Selkirk is at home on Thursday against Miles Macdonell. Game time is 6 p.m.

Royals complete third KPAC cross-country meet of the season

Staff

The Selkirk Royals completed their third KPAC cross-country meet of the season last Wednesday at Bird's Hill Park.

The Selkirk Royals' Keenan Allen

placed third in the varsity boys' race with a time of 19:07.6. Other Selkirk runners included Parker Carels (11th, 22:33.9), Asahi Suzuki (12th, 22:36.0), Lucas Stadnyk (14th, 22:48.9), Ian Gurney (18th, 25:10.9), and Zachary

Caslake (25th, 29:44.3).

In the varsity girls' race, the Royals' Elina Samuelsson finished 17th with a time of 21:23.6. She was closely followed by teammates Annessa Stasiuk (18th, 21:28.5) and Katie Wallmuth

(19th, 21:37.9).

The fourth and final KPAC cross-country meet will take place Wednesday at Bird's Hill Park.

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- VS Winnipeg Blues Saturday, Oct. 23rd 7:30 pm



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www.selkirksteelers.com

NEXT AWAY GAMES

- VS Winnipeg Blues Sat, Oct 16 7:00 pm
- VS Winnipeg Blues Sat, Oct 22 7:15 pm

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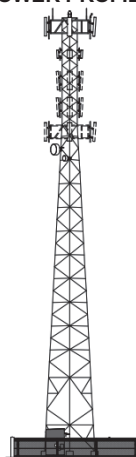
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Community Planner
806-A Manitoba Ave.
Selkirk, Manitoba
R1A 2H4
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E: deno@rrpd.ca

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R.M. OF ST. ANDREWS RFT 2021-03

WASTE DISPOSAL GROUND OPERATORS

The Rural Municipality of St. Andrews is accepting tender quotations for the following contracted positions:

- Landfill Operator - Clandeboye Waste Disposal Ground (Class 2 Facility)
- Landfill Operator - Earl Grey Waste Disposal Ground (Class 2 Facility)

For more information on the job duties and responsibilities, please refer to the R.M. of St. Andrews website under Public Notices at www.rmofstandrews.com

Contract positions will be for a four-year term beginning January 1, 2022 to December 31, 2025, with the possibility for a 1-year extension.

Submission of Interest & Closing Deadline:

Please identify which facility you are applying for and submit a letter of interest/proposal with qualifications, along with a resume and tender bid forms to the undersigned no later than **Friday, October 22 2021, at 12:00 pm.**

* Tender bids & resumes can be submitted in person, emailed, or mailed to the Municipal Office.

Please be advised, only candidates selected for an interview will be contacted.

Ron Hahlweg, C.E.T.
Environment/Utilities Manager | R.M. of St. Andrews

Box 130, 500 Railway Avenue Clandeboye, MB R0C 0P0

Phone: (204) 738-2264 ext. 138 | 1-866-738-2264 (toll free)
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R.M. OF ST. ANDREWS PUBLIC NOTICE

BOARD OF REVISION

PUBLIC NOTICE IS HEREBY GIVEN that the Assessment Roll of the R. M. of St. Andrews for the year 2021 has been delivered to the Municipal Office at 500 Railway Ave, in Clandeboye, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Section 42 and 43 of *The Assessment Act*.

APPLICATION FOR REVISION

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

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

APPLICATION REQUIREMENTS

- 43(1) An application for revision must
- be made in writing;
 - set out the roll number and legal description of the assessable property for which a revision is sought;
 - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
 - be filed by delivering it or causing it to be delivered to the office indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board by November 1st, 2021.

Board of Revision
Rural Municipality of St. Andrews
Box 130
Clandeboye, Manitoba
R0C 0P0

The Board shall not consider an application that is not in compliance with Section 43(1).

The Board of Revision will sit on **Wednesday, November 17th, 2021 at 10:00 a.m.** in the Council Chambers of the R. M. of St. Andrews, 500 Railway Ave, at Clandeboye, Manitoba to hear applications.

Applications received after 4:30 p.m. November 1st, 2021 will not be considered.

Dated this 4th day of October, 2021 A.D.

Pamela Harding, CMMA
Secretary, Board of Revision
R. M. of St. Andrews
P.O. Box 130
500 Railway Avenue
Clandeboye, Manitoba
R0C 0P0

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Mnohaya Lita

-Love Leonard and Claudia

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ANNOUNCEMENT

IN MEMORIAM



John W. Oliver

March 21, 1936 - October 18, 2019

When someone you love becomes a memory, The memory becomes a treasure.

-Lovingly remembered by his wife Wendy and his family

ANNOUNCEMENT

IN MEMORIAM

Beverley Massey

December 7, 1947 - October 18, 2020

Forever in our hearts,

Sadly missed and remembered everyday.

-Love Orville, Tracey, Jeffrey, Jason and family

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

ANNOUNCEMENT

IN MEMORIAM



Steve Lister

1919 - 2008

Everyone I love will know exactly who you are 'Cause this is not goodbye, it's just 'til we meet again.

So much has changed since you've been gone. I wish that Heaven had visiting hours, I would ask if we could take you home, But I know what they'd say.

-Love you always Dad
Your family xoxox

ANNOUNCEMENT

IN MEMORIAM



Les Clifford (Dryden) 1975 - 2014

Loved with a love beyond all telling, Missed with a grief beyond all tears.

-Love Mom and Dad (Al), Dean, Kevin, Jordan and families

*Your memory will live forever
Engraved within our hearts*

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ANNOUNCEMENT

IN MEMORIAM



Edward Starodub

December 24, 1924 - October 31, 2013

Mary Starodub

December 4, 1928 - October 11, 2020

The world changes from year to year,

Our lives from day to day;

But the love and memory of you both,

Shall never pass away.

-Love Rob and Linda (Stephanie), Ron and Ardine (Janine and Lauren)

Don't Forget Your Loved Ones

WITH AN ANNOUNCEMENT IN THE

The Selkirk Record

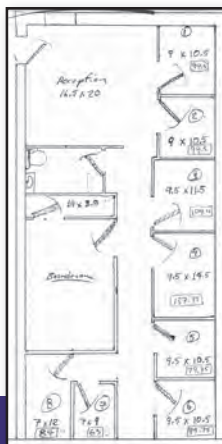
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ANNOUNCEMENT

IN MEMORIAM



Susan Halipchuk (nee Lowrie)
January 22, 1964 - October 16, 2019

We cannot forget you,
Our loved one so dear;
Your memory grows sweeter,
Year after year.
You cannot return,
So our tears are in vain;
But in heaven we are hoping,
To meet you again.
-Lovingly remembered by husband Wayne,
children Andrew, Laura and Haleigh

ANNOUNCEMENT

IN MEMORIAM



Susan Halipchuk (nee Lowrie)
January 22, 1964 - October 16, 2019

Words alone cannot begin to express just how much you are loved and missed.
Your presence we miss.
Your memory we treasure.
Loving you always.
Forgetting you never.
-Forever in our thoughts,
Love Mom, Dad, Stephen,
Denise and Stephanie

OBITUARY

Marie Reine Petit

November 16, 1945 - September 28, 2021

Peacefully with family by her side, on Tuesday, September 28, 2021 at Red River Place, Marie passed away at the age of 75.

Marie will be greatly missed by her children Richard (Chiaki), Michelle (Kevin) and Rachel (Rob); grandchildren Dylan and Tori (Jedd); many nieces and nephews. She is also survived by sisters, Rose and Louise (Lou); brother Paul (Terri) and sister-in-law Wendy.

Marie was predeceased by her parents Prosper and Jeanne; brothers Edward and Victor; sisters Rita and Cecile; brothers-in-law Russel Sych and Ron Vandekerkhove along with former spouse Hubert Trudeau and family.

Marie was born on November 16, 1945 in Winnipeg, Manitoba and grew up on the farm in Grande Pointe.

Marie worked for many years along side her twin sister Rose at Paulin-Chambers until they shut their doors. Then she went on to receive her health care aide certificate and worked at Tache Nursing Home. She was an extremely hard worker with numerous jobs to support her family. She enjoyed camping, playing cards, entertaining and being out on walks with family.

Marie was such a sweet and caring mom who was always there for her children. She was a kind soul with a great sense of humor, who would give her opinion without flinching. As her health declined she became a resident at Red River Place in Selkirk for the past 11 years. Staff knew her for her contagious smile and her love for Pepsi, hotdogs and chocolate were very evident.

The family would like to thank Dr. Lindenschmidt and all the staff at Red River Place, where Marie was greatly loved. Thank you so much for your care and compassion.

With her wishes cremation has taken place. A private family memorial service will be held on November 16 at Ile Des Chene Parish.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Andrea Jacobson



After a very short battle with cancer, Andrea passed away peacefully, with her family by her side, on October 1st, 2021.

She was predeceased by her parents, John and Betty, and her husband Lorne.

Leaving to mourn her, are her siblings Bob (Marguerite), Ron (Terry), Chris, and Liz (Randy); her daughters Cheri (Dino), Kristin (Louis), and her very special grandchildren Braden, Dominic, Brooke, and Cheri; she also leaves behind many nieces and nephews.

Andrea was born and raised in Selkirk. She started her career at Credit Union Central, and later, she moved on to work with the Government of Canada with unemployment insurance.

Andrea met Lorne in 1978, and they married in 1980. They started a family, and had two daughters, raising them in East Selkirk.

She enjoyed being with family, and friends the most. Especially her grandkids, and her grand puppies. She retired from Red River Co-op in October 2019, and she enjoyed retirement to the fullest.

A celebration of life was held on Thursday, October 7, 2021, in the Gilbart Funeral Home Hall, Selkirk, Mb. at 2:00 p.m.

A private family interment will be held at a later date.

The family wishes to thank the staff at Selkirk Regional Health Centre for their compassionate care. Donations in memory of Andrea may be made to CancerCare Manitoba, Children's Clinic (CK5) or any Charity of your choice.

We will love and miss you.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

James William Grove

December 26, 1937 - October 3, 2021

Passed away peacefully with his family by his side, at St. Peter's Hospital.

Dedicated to his family, Jim is lovingly remembered by his wife and best friend of over 50 years Pat (Shead) and their children, Debbie and Dennis (Lisa) of Hamilton, son Darren of Selkirk, Manitoba and Tracy (Carlos); his grandchildren, Natasha (Cliff), Kevin (Ashley), Monica and Darren; great-grandchildren, Parvati, Paxton, Evelyn and Samson; sisters, Lorraine, Gwen, Margaret and Gayle (Ted) and brothers, Ron (Barb), Norman (Val); in-laws, Stella, Ann, Mariah, Barb, Bill (Lynn), Dick (Sharon), Joe (Frankie), Nalda, Ethel, all his nieces and nephews.

Jim was predeceased by his son Kerry James; his parents, Bill and Lorna; brothers, Ken, Ted, David, Denis and his sister Joan;

in-laws, Harry and Ruth, Tom and Harry.

Jim retired from the Boilermakers, Local 128. He fought many battles and lived the life he loved hard every single day. He told the best jokes and made the best homemade bread. He was a big, intimidating man, but had the most wonderful, hearty laugh, a heart of gold and an extra soft spot when it came to family. He was our superman.

Special thank you to St. Peter's Hospital Palliative Care, Dr. Solomon, Cindy and the amazing staff. CBI, VON nurses and the cancer society.

In lieu of flowers, donations to St. Peter's Hospital, Canadian Cancer Society or Heart and Stroke Foundation of Canada is appreciated.

As per Jim's request, cremation has taken place. A private family celebration of life will be held at a later date.

Forever in my heart, love you always, till we meet again.

To plant a beautiful memorial tree in memory of James William Grove, please visit Affordable Burial & Cremation Tribute Store or plant a tree.

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Based on 2020 MLS R14 cross-property sales.

FEATURE OF THE WEEK!
769 MEADOWDALE RD, ST ANDREWS

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COUNTRY DONE RIGHT!

\$549,900

Enjoy nature while sitting on your covered deck or soaking in the hot tub. Beautiful 2784 sqft 4 bedroom 3 bathroom 2 storey located on 2.48 acres nestled among a 10+ acre grove of poplar & oak trees. 9' ceilings with kitchen, living room, laundry, flex room, den & cathedral ceiling front foyer with staircase to second level. Second level boasts a large primary bedroom with 5pc ensuite, walk-in closet & meditation room. 3 more BRs & 4pc bath. 2AT garage with in-floor heat & 11.5' ceiling. Poured concrete 4' crawl space perfect for storage without the basement hassles. 400A service.

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HH TEAM **PENDING!**
\$249,900
416-216 Melrose Ave W
Transcona, Wpg

HH TEAM **80 ACRES!**
\$394,500
113142 Rd 13E
Fraserwood, MB

HH TEAM **NEW!**
\$549,900
769 Meadowdale Rd
St Andrews

ASHLEY **NEW!**
\$199,900
157 Sophia Street
Selkirk

HH TEAM **NEW!**
\$349,500
8-320 Pearson Pkwy
Selkirk

HH TEAM **NEW!**
\$114,900
#22 55 Invicta St
Warren

HH TEAM **NEW!**
\$225,000
1565 Hartley School Rd
Petersfield

ASHLEY **NEW!**
\$225,000
Byers Drive
East Selkirk

HH TEAM **PRICE DROP!**
\$178,500
316-1671 Plessis Rd
Transcona, Wpg

HH TEAM **PENDING!**
\$269,900
8156 99 Road N,
Rockwood

HH TEAM **7.73 ACRES**
\$59,500
1 Tamarack Lane
Clandeboye

HH TEAM **2.4 ACRES**
\$84,900
1 Fuller Road
St. Clements

HH TEAM **2.2 ACRES**
\$84,900
7 Fuller Road
St. Clements

HH TEAM **PRICE DROP!**
\$399,900
51 Peltz Road
St. Clements

HH TEAM **SOLD!**
\$250,000
8131 Highway #8
Clandeboye

YOUR SEPTEMBER MARKET UPDATE!

RM OF ST ANDREWS

NEW LISTINGS	SOLD HOMES	AVG DAYS ON MARKET
11	11	46
AVG SALE PRICE	HIGHEST SALE PRICE	
\$400,533	\$850,000	

SELKIRK

NEW LISTINGS	SOLD HOMES	AVG DAYS ON MARKET
15	21	23
AVG SALE PRICE	HIGHEST SALE PRICE	
\$257,436	\$500,000	

RM OF ST CLEMENTS

NEW LISTINGS	SOLD HOMES	AVG DAYS ON MARKET
14	16	43
AVG SALE PRICE	HIGHEST SALE PRICE	
\$362,488	\$879,000	