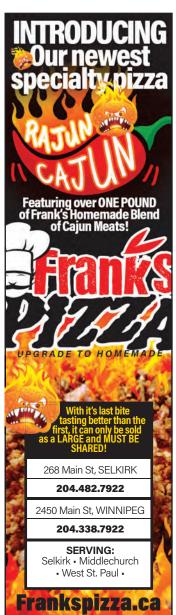


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RECORD PHOTO BY KATELYN BOULANGER

Pictured left to right: Selkirk Regional Comprehensive Secondary School students Annika Goodbrandson, Samantha Prokopich, Brandon Doucet, and Mia Loeppky, at the Nuclear Peace Summit.

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# Students lead at youth nuclear peace summit

By Katelyn Boulanger

Samantha Prokopich, Mia Loeppky, Annika Goodbrandson, and Brandon Doucet represented Lord Selkirk Regional Comprehensive Secondary School at the Youth Nuclear Peace Summit at the Canadian Museum for Human Rights Oct. 9 to 11.

> I DIDN'T REALLY KNOW WHAT A NUCLEAR WEAPON IS...I DIDN'T KNOW HOW POWERFUL THEY ARE AND HOW **MUCH DESTRUCTION** THEY CAUSE. - GOODBRANDSON

"The goal is to bring [together] students from across Canada, there are some students from the United States and there are some connections to Japan. The idea being that the students will teach each other about the idea of nuclear non-proliferation, nuclear weapons, nuclear energy and at the end of the three days they would participate in creating their own treaty about nuclear weapons that will hopefully get sent to the United Nations and get somebody's attention," said LSRCSS teacher Kevin Lopuck.

As part of the eight leadership schools selected to help facilitate the conference, the LSRCSS students were asked to make a presentation to their fellow attendees.

"We're all working as youth leaders at this conference and we were given the topic of the role of education in nuclear peace. We put together a 20-minute presentation after a year's



**RECORD PHOTO BY KATELYN BOULANGER** 

The Lord Selkirk Regional Comprehensive Secondary School students were one of eight facilitator groups at the Youth Nuclear Peace Summit at the Canadian Museum for Human Rights. Picture from left to right is Annika Goodbrandson, Samantha Prokopich, Mia Loeppky and-Brandon Doucet.

worth of research and fine tuning and practise to make it as accessible to everyone was we can," said Prokopich.

While preparing their presentation, the students learned a lot about nuclear weapons and the idea of nuclear disarmament.

"I didn't really know what a nuclear weapon is. I knew it was a weapon but I didn't know how powerful they are and how much destruction they cause. I definitely learned how much of a threat one nuclear weapon could have if one could be launched," said Goodbrandson.

With the environment being a topic of conversation recently, for politicians campaigning in the federal election and students striking for change Loeppky was surprised that people aren't talking about the impact that a nuclear weapon would have to our environment.

"They don't realize how quick of an impact [nuclear weapons have]. Lots of people are striking for climate change which is also very important but I feel like a lot of people don't realize if [a nuclear weapon] is launched it will turn your world upside down. Within 15 minutes of someone launching it, it will be launched," she said.

The students conducted their own survey of 100 peers asking how much education they felt they had been given on the topic of nuclear energy and found that only 18% of students felt they had received some education of the topic.

"In the future they're going to be the future government, the future office workers, the future teachers. If they aren't educated in these issues, how are they supposed to solve the problems based on the use of nuclear energy and nuclear weapons. If we educate [students] now they'll know how to problem solve for later," said Doucet.

The youth nuclear peace treaty drafted at this summit will be presented to the Non-proliferation Treaty Review Committee of the United Nations in 2020.

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# Local leaders star in collaborative leadership documentary

### Collaborative Leadership Initiative highlights Memorandum of Understanding

#### By Katelyn Boulanger

Local leaders gathered at the Park Theatre in Winnipeg for a screening of the Collaborative Leadership Initiative's documentary Oct. 10.

The documentary details the process of creating and signing the Memorandum of Understanding by 26 Chiefs, Mayors, and Reeves. This agreement seeks to outline a way towards better communication and collaboration between Indigenous and Non-Indigenous leaders and their communities.

"When the project was started all of the elected officials in the area were invited to participate and because in our municipality, in St. Clements, we do have a First Nations in the middle of our municipality, that being Brokenhead Ojibway Nation, I thought that it would only be right to participate because they were participating and it's been a great experience," said Mayor Debbie Fiebelkorn.

The project started in 2017 when the representatives of the Winnipeg Metropolitan Region, the Centre for Indigenous Environmental Resources, the United Nations University, and the Southern Chiefs Organization joined forces and invited chiefs, mayors and reeves in and around the Winnipeg area to work together to create a joint plan for tackling the issues facing Lake Winnipeg.

"We worked very very hard and very closely with the Indigenous leaders in the area and I think that the documentary is going to be fabulous. We were out at a couple of different locations doing filming and I think for all of us in our area we're so proud to bring everyone together and work with the First Nations and the Indigenous people. We're moving forward and it's a real step towards reconciliation," Fiebelkorn said.

The group came together with Lake Winnipeg in mind but once they learned the strengths and limitations of their groups by openly and honestly communicating with each other, they realized that this relationship could result in more mutually beneficial endeavours encompassing taxation, infrastructure development, eco-

nomic opportunity and shared social advancement

"I think everybody has a better understanding. I've tried to put



**RECORD PHOTO BY KATELYN BOULANGER** 

RM of St. Clements Mayor Debbie Fiebelkorn with and Southern Chiefs' Organization's Grand Chief Jerry Daniels at the Collaboratie Leadership Initiative documentary screening on Oct. 10.

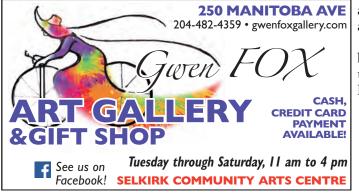
some information out there and we've tried to put some things on our website that pertain to the collaborative leadership and working together and understanding one another. That's the other thing before this the Indigenous people didn't understand what we were doing and we didn't understand what they were doing so it's been a real learning experience," said Fiebelkorn.

Merrell-Ann Phare, the co-facilitator for the Collaborative Leadership Initiative, said the video being screened was meant as a way to document the story.

"We're trying to show that reconciliation is possible and how to do it with these 26 leaders. We are showing the process of how these folks came to work together," Phare said.

This was the first time in the 151 years, since confederation, that this many leaders came together to commit to working together.

Continued on page 11





# Anderson Family Vision welcomes **Dr. Anna Holodniak**

Dr. Anna Holodniak graduated from the University of Manitoba with a Bachelor of Science. She then moved to Puerto Rico to pursue her degree in optometry at the Interamerican University of Puerto Rico. Anna completed her clinical rotations in the United States at primary care clinics and a VA hospital focused in ocular disease.

Along with her passion for pediatric optometry, Dr. Anna is especially interested in the brain connection to vision and treating patients with vision disorders that cannot be resolved by glasses or surgery through Neuro Developmental vision therapy. She is a member of the College of Optometrists in Vision Development and looks forward to receiving her fellowship in the exciting field of optometry.

In her spare time, Dr. Anna likes to travel and experience new cultures. She is an avid soccer fan and has volunteered at the Fifa World Cup and other European tournaments. Anna is happy to provide eye exams in Polish, Spanish, and French.

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# LSSD inspires reflection on Orange Shirt Day

By Katelyn Boulanger

Students Bethany Bushie, Dezarae Meade, and Skye Templeman presented at LSRCSS's orange shirt day which is a day that acknowledges the lasting impact of the residential school system on Indigenous Cana-

"We had a little gathering at lunch. Dezarae was the drummer and then me and Skye as well, we sang the children's song. After, wrote my own song, and sang that as well and read some poetry," said Bushie.

The origins of orange shirt day come from the story of former residential school student Phyllis (Jack) Webstad who had her new orange shirt taken from her as a six year old on the first day of residential schools.

"We are representing the children who have passed in residential schools and we are also representing the survivors in a way. The orange shirt just brings it all together. For me it's just recognition that it did happen," said Meade.

She, Bushie, and Templeman were also involved in creating a display which informed students about residential schools, the impact of residential schools, and ongoing reconciliation efforts.

"Everyone that saw that display hopefully could see that kind of imagery and learn what actually happened, the impacts of what happened, and you know maybe even the good, the reconciliation that's happening right now," said Meade.

The school also acknowledged the day with announcements that gave information about residential schools passing this knowledge on to stu-

"I think it's nice to start off young [with the idea of reconciliation] to get into that mindset of unity. I think that's where it starts," Templeman said.





**SUBMITTED PHOTO** 

Pictured left to right: Bethany Bushie, Skye Templeman, Dezarae Meade singing on Orange Shirt Day at Lord Selkirk Regional Comprehensive Secondary School.

The school also acknowledges that this is a sensitive and emotional time for people learning about the history of residential schools and makes sure that there are supports in place for students to help them get through the hurt so that healing can come.

"We want all of our students to realize that when it comes to residential schools and when it comes to truth and reconciliation it's important, that what has happened in the past, that we acknowledge it and that we have to be able to be better human beings

and move forward from that. It's about having better relationships with each other and having a better understanding between our two groups," said Jacqueline Bercier, the cultural proficiency lead teacher at LSSD.





### Sellend Regard



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# The lunch cooler is as important as the tackle box

We'd all agree we shouldn't let mishaps during a day of fishing spoil the enjoyment. The stories from our fellow anglers lately might seem to push that notion to its very limit! Jim Inch, a gangly, easy going charming fellow with short, graying hair and his long time buddy, Nick Borison, who was shorter, quicker and fun loving gave us a story during a chance meeting a few days ago.

Some twenty years back they went fishing in the Lake of the Prairies. Jim had a small aluminum motor boat and he, Nick and another chap they didn't know that well piled in and made for the middle of the lake. Nick and Jim broke out their rods, baited their pickerel rigs for walleye and cast out a short distance. Their new partner, let's call him "Bert", got out his rod and began attaching a huge eight inch long, triple hooked, yellow lure to his line. "I'm going to catch a jackfish," he

Jim and Nick looked at each other as if to say, "What have we gotten ourselves into bringing this guy along?" They sat on their bench seats and watched amazed as Bert tossed, not cast but tossed his lure over his shoulder into the water by the outboard motor which was idling forward for trolling. The motor growled then stopped, its prop plugged with Bert's fish line. The men sat in silence hearing a singular "ping" as Bert's line, tight over the transom, broke, springing away.

"What in the heck are you doing?" Jim said as he crouched, steadying himself by holding onto the gun whale of the boat and creeping to the transom. He braced himself and swiveled the motor bringing its low end out of the water then cut Bert's line and lure from the prop shaft. Oddly, Bert's big, beautiful lure slipped out of his hand and was lost to the depths of the lake. Jim reclaimed his seat and now with the motor back in the

water unencumbered, he moved the boat closer to shore where he felt they might catch some pickerel. Jim and Nick did but Bert, unfortunately, using a weighted jig with an artificial worm did not.

As the sun sank to the horizon Jim and Nick came ashore making camp leaving Bert in the boat who wanted to keep trying to catch something. "Did you tie the boats rope to a tree?" Nick asked Jim. "No," Jim responded. "Wow," said Nick, "Bert's drifted a couple of boat lengths from the shore he might get a lucky bite, stand up and fall overboard!" "Yeah, he might," Jim agreed, smiling.

It was an unbelievably warm, sun filled, dry, "second summer" day at the junction of the Red River and Netley Creek last week; just before the snow storm that is. I stood on the river bank beside Stu Gordon and Carol Laible who sat in folding chairs shore fishing as we watched boat anglers crowding into Netley Creek after saugers and pickerel. "You know Arnie," Stu said, "We've almost caught our limit with the added bonus of being entertained by the boating anglers and their antics.""What do you mean?" I asked.

"Well, it's the comedy of watching anglers coming to launch their boats and being so excited, they trip up," Stu explained. "We watched as one guy backed his boat into the water, stopped his truck, and got into the boat to free and beach it, only to realize he hadn't put the water plug in. The boat almost became swamped as he struggled to put the plug in. With the plug in place he jumped into the water getting wet up to his knees, scrambled up the launch pad, climbed into his truck and pulled up to dry land. It took him a half an hour to get the water out of his craft before he could launch again."

"Then there was the chap who forgot his bait," Stu went on, "he unloaded his boat, took off downstream



RECORD PHOTO SUBMITTED Stu Gordon and Carol Laible shore fishing at the junction of the Red River and Netley Creek while being entertained by boat anglers.

only to return ten minutes later for his minnows!""Let's not forget the other fisher who left his tackle box in his truck," Carol put in, "he had this big truck and boat and some young guys with him. He kept on telling them as they launched how he was going to teach them fishing." Stu and Carol watched in amusement as he and the boys backed the boat into the water, unhooked it, beached it, parked the truck-trailer rig, piled into the boat and tore off down the river yelling and laughing.

Not long after our couple saw the loud merry crew idling back to the launch pad much quieter. Our hero teacher jumped out of the boat and strode sheepishly to his truck. He opened the door and pulled out his huge tackle box. He walked back to the boat but froze with one leg high, about to get in the craft, as he heard one kid say, "Our lunch cooler is not here, it was beside the tackle box!"

Till next week, bye for now.

### View the Selkirk Record online at Selkirkrecord.ca

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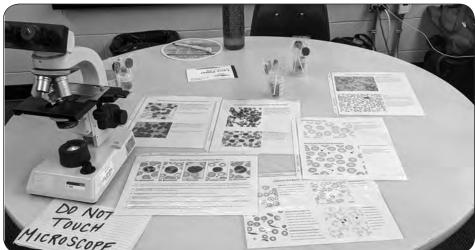
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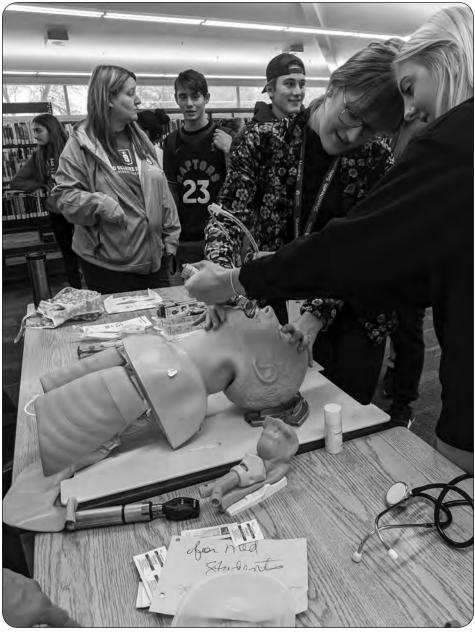
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**RECORD PHOTOS SUBMITTED** 

Lord Selkirk Regional Comprehensive Secondary School students attend the Interlake-Eastern Regional Health Authority career expo and explore the health care field and let students handle tools they would be using on their day-to-day jobs.

# **IERHA** host Career Expo at Selkirk high school

### Event hopes to raise students' interests in the health care field

#### By Ligia Braidotti

Staff from Interlake-Eastern RHA and the Manitoba Health Care Providers Network hosted a Career Expo at Lord Selkirk Regional Comprehensive Secondary School on Oct. 4. This follows a Career Expo that took place at École Edward Schreyer on Sept. 18.

Aiden Kahanovitch, human resources manager with Interlake-Eastern Regional Health Authority, says the Career Expo gets students interested in health care while they are in high school so they can take steps towards their future career.

"By letting students know what courses to take and what the path through post-secondary schooling looks like, they're more likely to suc-

ceed and get to the end goal," says Kahanovitch, "Eventually when these students are ready to look for a position, we hope that they consider Interlake-Eastern RHA as an option close to home and potentially serving the community they are from."

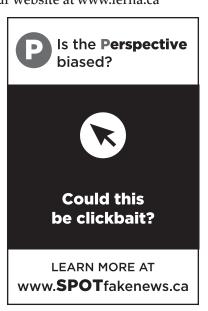
The Career Expo has staff representatives from nursing, emergency medical services, pharmacy, diagnostic occuimaging, pational therapy and physical therapy. In addition, a medical student

University of Manitoba will talk to students about their career choices, how they got there and the benefits to working in their field. Students learn about the profession, what studies they need to take while in high school, the faculty they will need to get into and the number of years of schooling until they are ready for work.

For more information on what ca-



and a nurse practitioners from the reers are available at Interlake-Eastern RHA, follow us on Facebook at "Interlake-Eastern Health" and Twitter "Interlake-EasternRHA" or visit our website at www.ierha.ca



# Interlake paramedics honoured at annual gala

#### By Evan Matthews

It's not every day local heroes and heroines are formally recognized. Such was the case a couple of weeks ago.

The Paramedic Association of Canada hosted its annual gala in Winnipeg at the Metropolitan Theatre on Sept. 20, with three Interlake paramedics receiving the Governor General of Canada Emergency Medical Services Exemplary Service Medal.

Cathy Kozminski-Kirby, Christine Ewacha and Lenore Olafson, all IER-HA employees, received the Emergency Medical Services Exemplary Service Medal for 20 years of exemplary service.

"The most rewarding part is helping my fellow Interlakers — I do live in Stonewall — I'm helping them through some of the most difficult moments in their life," said Ewacha, who was also stationed in Stonewall throughout her career.

"A paramedics role is to take control of someone else's emergency. To me, it's an honour that people have trusted me enough to allow me to do that," she said.

Ewacha recently switched jobs and now works with the College of Paramedics of Manitoba as the coordinator of regulatory practice.

Previously she had worked as a Paramedic with the IERHA, and pro-

gressed to an EMS Operations Supervisor, all the while stationed in Stonewall, where she started volunteering in 1998, 21 years ago.

"To have my peers acknowledge the work I've done in my career as exemplary, it actually means a lot to me," said Ewacha.

"It's a recognition of my life's work. I always felt it was my calling. It's just a huge honour," she said.

Each province also has its own subsidiary paramedic association, and the Paramedic Association of Manitoba (PAM) is the professional association for Paramedics and Emergency Medical Responders licensed in Manitoba.

Representing both rural and urban practitioners, PAM aims to enhance the role of paramedicine as a vital component in our health care system and promotes the highest quality of emergency medical services and out-of-hospital care possible, according to its website.

"It's important you recognize people, but not just for time of service, this is about employees who have really exemplified exemplary service over a long career... These people are involved in their communities, so it's about people going that extra step," said Eric Glass, a former paramedic, now the Vice Chair of Paramedicine Across Canada Expo (PACE). Glass also received the Award of Excel-



**RECORD PHOTO SUBMITTED** 

Pictured left to right, John Prno (Chair EMSESM National Advisory Committee), Thor Stevens, (IERHA Supervisor), Lenore Olafson, Christine Ewacha, Cathy Kozminski-Kirby, Louise Alaire (IERHA EMS Director).

lence for Leadership and Community Building.

"Everybody appreciates a little bit of recognition," he said.

The awards ceremony happened in conjunction with the PACE 2019, which happened September 19-21 at the RBC Convention Centre, according to Glass.

PACE is Canada's premier conference event attracting paramedics from across Canada and around the world, according to Glass. The event provides attendees with the opportunity to explore the latest in research and evidence critical to paramedics and their practice.

# Roads being repaired in West St. Paul

#### Staff

Several roads in West St. Paul are undergoing major repair and renovations. These repairs are scheduled to be completed in the late fall of this year, depending on weather conditions

The roads currently being worked are:



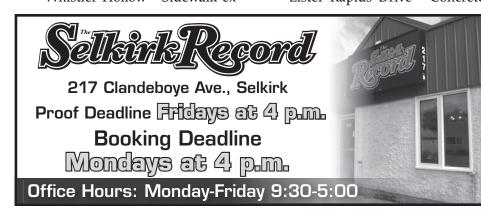
- Moore Road Sub grade is being excavated and asphalt paving will be completed within the week, followed by site cleanup;
- Kapelus Drive Asphalt paving started on Oct. 9, with completion scheduled for Oct. 11, followed by site cleanup within the week of Oct. 14;
- Hiawatha Avenue Park rink area
   Compacted on Oct. 9, followed with asphalt paving and site cleanup within the week of Oct. 14;
- Whistler Hollow Sidewalk ex-

- cavation to start on the week of Oct. 14 (South side of Loganberg Drive):
- Parks Creek Drive and Balderstone Road - Asphalt paving is complete, site cleanup within the week of Oct. 14;
- Riverdale Concrete pavement repairs, saw cutting, jack hammering, and rebar dowels installed and in some areas concrete was poured and work continues for the week of Oct. 14, until completion;
- Lister Rapids Drive Concrete

- pavement layout for saw cutting work continues in the next two weeks until completion;
- Grassmere Road Sidewalk to be surveyed on the week of Oct. 14, followed by construction;
- Miscellaneous Pavement repairs completed within the next two to three weeks.

For your safety and to provide adequate working space for the contractor, no parking will be allowed on the roads for the duration of construction. During construction, recycling and garbage collection will not be affected and one lane of traffic will be maintained for the duration of construction. To keep your children and pets safe, please keep them away from the construction site at all times.

If you have any questions or concerns throughout this project, please contact the Public Works Manager Rick Friesen at 204-338-0306 ext. 1 during regular business hours, or via email at rfriesen@weststpaul.com



# Province declared state of emergency during snow storm

### Approximately 34,000 Manitoba's faced power outage during heavy snow days

#### By Ligia Braidotti

The Manitoba government declared a provincial state of emergency on Oct. 13, to help Manitoba Hydro deal with the aftermath of the major winter storm that swept a large area of the province.

"It is clear the tremendous effort to restore power and other activities will be ongoing for some time," said Premier Brian Pallister. "The state of emergency will help with that effort."

A declaration of a state of emergency is a formal step to enable Manitoba Hydro to invoke mutual aid clauses with neighbouring utilities for such assistance as may be required to restore services. It applies in all portions of the province impacted by failed and failing electrical transmission and distribution infrastructure. In addition, several states of local emergency have been declared by Manitoba municipalities.

Manitoba Hydro stated that approximately 34,000 customers were without power as of noon Sunday.

"The effects of the storm are far worse than what we initially anticipated in those areas," said Jay Grewal, President and CEO of Manitoba Hydro. "Once we began to get access to these areas and previously impassable roads with the help of staff from Manitoba Infrastructure, we began discovering levels of damage never seen before, spread across a large geographic area, "Grewal said. "Sections of our transmission and distribution system are completely destroyed, and will require a total rebuild before coming back on line. In addition, we are still experiencing issues with im-



**RECORD PHOTO SUBMITTED** A Manitoba Hydro worker fixes a power line.

passable roads and possible shortages of the materials needed to repair the damage. "In short, this means many customers will not have electricity for days—a situation we know creates a great deal of hardship.

Immediately following the issuance of the declaration, Manitoba Hydro reached out to Hydro One, Minnesota Power and Sask Power to request specific resources such as replacement transmission towers, distribution poles and specialized electrical

equipment as well as crews to help with restoration. This was the first time that Manitoba Hydro asked for mutual aid from other utilities, and is an indication of the damage crews found as they accessed impacted areas outside of Winnipeg.

Manitoba Hydro asks that anyone coming across fallen trees and power lines should avoid contact and call 911. If power is affected by the storm, Manitoba Hydro has tips to help people stay warm and keep food safe at www.hydro.mb.ca/outages/power\_ outages/

On Sunday, 50 to 60 millimetres of precipitation fell in portions of the province. Most of it occurred as snow

in the western, central and Interlake region of Manitoba and as rain snow mix in southern and southeast parts of Manitoba. Temperature is forecast to fluctuate between zero and four degrees for the next few days, which means gradual melt in areas where there is snow.

The Red River Floodway is expected to operate until the end of October. Rivers, lakes and streams in south and southwest Manitoba continue to rise and are being monitored by officials from municipalities and the province. Information and daily updates are available at https://gov.mb.ca/mit/ floodinfo/?header=3#forescasts\_re-

# **FLU CLINIC LISTINGS**



### Protect yourself, protect your family. Get your flu shot.

The annual seasonal flu shot is available to all Manitobans at no charge. It offers protection against four seasonal flu strains. Those at increased risk of serious illness from the flu, including children six months to five years old, people aged 65 or older, caregivers and others who are in close contact with them, should consider getting a flu vaccination.

	Bring y	our Manitoba Health (	Card and wear a short-sleeved shirt.
	Dates	Time(s)	Location(s)
East Selkirk	November 4	2:30 pm - 6:30 pm	East Selkirk Rec. Centre, Corner of Hwy 59 and PTH 212
<b>Grand Marais</b>	November 6	4:00 pm - 6:00 pm	Grand Marais Rec. Centre, 90 Matilda Avenue
Matlock	October 25	9:30 am - Noon	Matlock Recreation Centre, 77 Matlock Road
Petersfield	November 1	1:30 pm - 3:00 pm	Petersfield Curling Club, 700 Main Street
St. Andrews	November 12	3:00 pm - 7:00 pm	St. Andrews Community Club, 28 St. Andrews Road
Selkirk	October 29	3:00 pm - 7:00 pm	Selkirk Rec Complex, 180 Easton Drive
	November 16	10:00 am - 1:00 pm	Gordon Howard Senior Centre, 384 Eveline Street
	November 19	11:30 am - 12:30 pm	Our Daily Bread Soup Kitchen, 368 Jemima Street

Residents-only flu clinics may be planned in some senior and other community housing facilities. These clinics are not listed here.

Check your building bulletin boards for a flu clinic poster that will have clinic details.

For more information, please contact your local community health office: Selkirk: 204-785-7500

To confirm the status of your flu clinic, please call toll-free 1-855-347-8500.

Any changes to this listing will be posted online at www.ierha.ca click on the banner "2019 Flu Clinics" on the home page.

# **Three 6 Tea in your Community**

### Tea shop opened in Selkirk for almost four years, serving the community

#### By Katelyn Boulanger

Three 6 Tea is a tea store located at 351 Main St and has been serving it's customers for almost 4 years now.

"It's tea. It's a luxury item. It's something that people want and it smells good. There is a sense of community, people were chatting. It's just kind of a happy drink. I like the idea of a place where people can come together and connect and I will frequently see that when people are waiting in line for tea and people run into each other," said owner Michelle Bloom.

She decided that she wanted to open her own tea store after going to one on vacation in Kenora, On.

"The street was under construction and the business was full of people and it smelt good and how could you not be happy around tea and there was such a sense of community and I thought I would love to do that," said Bloom.

She began her journey towards business ownership by taking courses with the Tea Association of Canada and when the building that the store is now located in opened up Bloom saw an opportunity she couldn't pass

"If anyone is thinking of opening a small business and I wouldn't trade for anything would just be the creativity that you can have with a small business that you wouldn't have if you opened a franchise. You can make the decisions and you can listen to your customers or if something isn't working you can decide if you want to edit it or let it go. I think that there is a lot of flexibility and creativity," she said.

She's taken that idea of creativity and changed the concept of how a tea business should look making her store more customer friendly in the process.

"I didn't want it to be like a conventional tea store where the tea is all located on the back wall and then you're at the mercy of the sales per-

son. I wanted people to be able to explore and interact with the tea. The tea is around the store so when you're standing at the front you can turn around and there's tea all around you and I have smelling jars placed all around so people can just explore the store on their own," said Bloom.

This emphasis on customer service is something she thinks all new small business owners should emphasize.

"I definitely think costumer service is huge, just creating an atmosphere that people want to go to. I also think [it's important to] make sure when you open, it's polished and professional right away," Bloom said.

Another way that Bloom has tried to ensure the more people will enjoy their experience is by providing many options for various dietary needs and also making sure to have local coffee

She hopes that anyone looking to open up a business starts with something that they love to do emphasizing that your passion make other's interested and passionate about whatever your business is.





**RECORD PHOTOS BY KATELYN BOULANGER** Michelle Bloom is the owner of Three 6 Tea, a tea shop located at 351 Main st.



# **Annual 55 Plus Games seeking volunteers**

The Volunteer KickOff Rally for the 38th Annual 55 Plus Games was packed with recruiters and volun-

On Oct. 9, many Selkirk residents attended the rally at Gordon Howard Centre to get information on the 55 Plus Games.

Selkirk is hosting the games for the second time. The first time the city welcomed senior athletes and enthusiasts was in 2001.

From June 16 to 18, 2020, the city, along with its visitors and residents, will embrace aging, participation and competition. More than 1,500 participants are expected and 400 volunteers are needed to make the games a suc-

Organizers said volunteering for the games is a great opportunity to be a part of a team, get to know the community, meet new friends, share your community with visitors, empower seniors, share your skills and mainly, live longer.

The event is asking for volunteers of all ages. For those who didn't make it to the rally but would like to volunteer, contact Gordon Howard Centre at 204-785-2092 or gordonhoward.ca or email info@gordonhoward.ca

For more information go to active agingmb.ca or find them on Facebook at Selkirk Manitoba 55+ Games 2020.



RECORD PHOTOS BY BRETT MITCHELL

The Volunteer KickOff Rally for the 55 Plus Games was held on Oct. 9 at the Gordon Howard Centre.





### > WORKING TOGETHER, FROM PAGE 4

"I think it's a testament to their openness, their willingness to face difficult conversations, but also their recognition that the status quo is not good enough. We need to work together to solve these issues and these problems that are long standing and they knew, decided, and recognized that they needed to get to know each other better and they needed to make a commitment to working together because that is what reconciliation really is," said Phare.

She hopes that viewer of the documentary leaves viewers with the sense of commitment, honesty, fearlessness, and hope that the leaders have in each other," said Phare.

Local leaders who signed this initiative include Brokenhead Ojibway Nation Chief Deborah Smith, West St. Paul Mayor Cheryl Christian, St. Clements Mayor Debbie Fieblekorn, Selkirk Mayor Larry Johannson, and St. Andrew's Mayor Joy Sul, Canupawakpa Dakota Nation Chief Viola Eastman, Winnipeg Mayor Brian Bowman, Gambler First Nation Chief David Ledoux, Keeseekoowenin Ojibway First Nation Chief Norman Bone, Long Plain First Nation Chief Dennis Meeches, Peguis First Nation Chief Glenn Hudson, Pine Creek First Nation Chief Karen Batson, RM of Cartier Reeve Dale Fossay, RM of

East St. Paul Mayor Shelley Hart, RM of Headingley Mayor John Mauseth, RM of Macdonald Reeve Brad Erb, RM of Ritchot Mayor Chris Ewen, RM of Rockwood Reeve J. Wesley Taplin, RM of Rosser Reeve Frances Smee, RM of Springfield Reeve Tiffany Fell, RM of St. François Xavier Reeve Dwayne Clarke, RM of Taché Mayor Justin Denis Bohemier, Roseau River First Nation Chief Craig Alexander, Sagkeeng First Nation Chief Derrick Henderson, Sandy Bay Ojibway First Nation Chief Lance Roulette, Swan Lake First Nation Chief Francine Meeches, Stonewall Mayor Clive Hinds, and Village of Dunnottar Mayor Rick Gamble.

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# St. Clements resident named Citizen of the Year

#### Submitted

The year 2019 will go down in the books as a pretty special one for St. Clements Blake Burnett, who had three really big events in his life before capping it all off with news that he's been named the 2019 Citizen of the Year.

When Selkirk and District Community Foundation President Aaron Martyniw told Burnett he'd been selected for the honour, he was more than a little surprised and had a reaction befitting a guy who doesn't seek the spotlight.

"First thing I told them was I wanted to go on a vacation, go and hide," Burnett laughed

"And then once it sets in, you start feeling good about it. I guess it's like thanks for thinking about me."

Burnett, who's the facility manager at the East Selkirk Recreation Centre, had several milestones this year with the celebration of 30 years of marriage to his wife Charlene, 30 years with his job at the Rec Centre and his first grandson, Brexton Blake, was born this year.

Talk about cashing in on the trifecta of happiness.

He said their kids – Alyssa, Amanda, Nicole and Amy – threw a big party for his and Charlene's anniversary, and the arrival of Brexton was very special.

"That's the highlight for us," he said. The Burnett family has called St. Clements home for a long time.

"Our family has been here forever. My grandfather was reeve here at one time, we go way back. Back when they were building the roads here," he said.

He's thrilled that his first grandson has arrived and will carry the Burnett name forward.

"He's the start of another generation for us here."

Burnett was nominated for the Citizen of the Year Award by members of



**RECORD PHOTO SUBMITTED** 

St. Clements resident Blake Burnett was named 2019 Citizen of the Year.

the RM of St. Clements council.

In their nominating letter, they said Burnett has been instrumental in the growth of recreation in the community, at times finding extra funding to ensure all kids can play soccer as well as securing funding for the RM's Legacy Park, a special project that commemorated the municipality's 125th anniversary.

He helped develop new baseball diamonds and soccer fields for Legacy Park and helped acquire and set up a new clubhouse and snack stand by the diamonds. He oversees child and youth soccer leagues and manages ice time for everything from free skating, school skating and practices, tournaments and league play for hockey.

And when it's 30 C above in August and everyone else is enjoying the summer sun, Burnett is inside the Rec Centre making ice for the upcoming

"Blake is well known and liked throughout the community and is known for his relaxed presence and friendliness," council said in its letter.

"You can always count on him to greet you with a smile on his face and a helping hand. Our Council believes that Blake is well deserving of the Citizen of the Year Award as he works hard to ensure that our children, youth, adults and elderly have a safe and functional centre for recreation needs. In a lifelong commitment, he has dedicated his heart, soul and passion towards our community's needs."

Burnett will be honoured at the 34th Annual Citizen of the Year Awards Banquet, set for Wednesday, Nov. 6 at the Selkirk Golf and Country Club. Tickets for this community event are available through the Selkirk & District Community Foundation by calling 204- 785-9755 or through selkirk-foundation@shaw.ca

"It's been a heck of a year. With (Citizen of the Year) topping it, it's just kind of wild," Burnett said.

"I hope next year is just the same."



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# ROBERT A. SMITH

Selkirk-Interlake-Eastman

robert.a.smith@ndp.ca



# Calling all book lovers



**RECORD PHOTO SUBMITTED** 

The Selkirk Rotary Club volunteers received thousands of books for their annual book sale held on Oct. 17 to 19 and Oct. 24 to 26.

The Selkirk Rotary Club Annual Book sale is back for all book lovers. Thousands of books are waiting to fly off the tables when all avid readers enter the doors of the book store. Thanks to the generosity of the

Sutherland Family, the Selkirk Rotary Club is able to be in a new location at 411 Main Street (next door to Packers Fashion). The book store will be open from 9 a.m. to 5 p.m. on Thurs., Oct. 17 to Sat., Oct. 19 and again Thurs., Oct. 24 to Sat., Oct. 26.

### Please join the GARDEN CLUB South Interlake Garden Club for the 122nd Manitoba Horticultural Association **Annual General Meeting & Convention** Make Everyday a GREEN Day at the **Quarry Park Heritage Arts Centre,** Stonewall, MB November 8th and 9th, 2019 **Saturday Speakers: Kelly Leask** Dave Hansen - Sage Gardens **Tiffany Grenkow Heather Mitchell** - Green Action Centre Deadline for Registration by mail is November 1st, 2019 See mbhorticulture.ca for more details & registration forms

# Farmers given first right of renewal on crown lands leases

Producers will be given the first right of renewal for existing leases on Crown lands, Agriculture Minister Ralph Eichler announced.

Following extensive consultations, amendments to The Crown Lands Amendment Act and the Agricultural Crown Lands Leases and Permits Regulation came into effect Oct. 1. The updated regulation will increase the program's transparency and accountability by including such features as a public auction process, the capping of leases at a 15-year maximum instead of 50, and measures to ensure the land is used effectively in a sustainable manner that contributes to economic growth in Manitoba.

Producers who have legacy forage leases that expire before Dec. 31, 2034, will be eligible to renew only until that date before lands go back to auction. Producers with leases that expire after Dec. 31, 2034, will continue under their current terms and are not affected by the new regulation. The province is pursuing further amendment to the regulation to enable successive renewals for legacy leases, provided leaseholders remain eligible.

A public meeting is scheduled for Thurs., Oct. 17 from 7 to 9 p.m. at the Moosehorn Community Hall near Ashern.

Additionally, a number of workshops have been scheduled to discuss strategies to stretch feed supplies for producers adversely affected by the dry conditions much of the province has experienced this summer on:

- Thursday, Oct. 17 at 7 p.m. at the Rorketon Curling Rink at 800 First St.
- Wednesday, Oct. 30 at 1:30 p.m. in Brandon, at the Manitoba Beef and Forage Initiatives Farm at the northeast corner of PTH 10 and PR 353;
- Monday, Nov. 4 at 7 p.m. at the Ashern Auction Mart on Auction Mart Road;
- Tuesday, Nov. 5 at 7 p.m. at the Arborg Heritage Village Hall on PTH
- Wednesday, Nov. 13 at 7 p.m. at the Lundar Legion Hall at 50 Third

For more information go to www. gov.mb.ca/agriculture/land-management/crown-land/index.html



# Federal candidates meet with BIZ members

# Selkirk-Interlake-Eastman candidates attend Selkirk BIZ breakfast

#### By Ligia Braidotti

Member of Parliament candidates met with voters in a more casual setting.

James Bezan (PC), Wayne James (Green Party) and Robert Smith (NDP) attended the Selkirk BIZ breakfast held on Oct. 10, at The Mighty Kiwi Juice Bar and Eatery.

Members of the Selkirk BIZ listened to a short presentation each candidate gave about their platform.

James was the first to address the attendees. He spoke about his work as an organic farmer and the importance of thinking about climate change dur-



ing this year's federal election.

At the beginning of short speech he stated that although he is running for the Green Party, it does not change who he is.

"I'm still allowed to be an individual, which I think it's a different way to see politicians," James said.

He continued to say that through democracy, all people should be capable of engaging in discussions, independently of party they support, to improve their communities.

In addition, he stressed the importance of taking care of the environment. As a former chemical farmer, he understands there's a need to move forward to get the economy moving in a more conscientious way.

"Our new economy has to be much less carbon-based. We have to move away from that. And how we move away from that has to be through collective understanding of what we are doing but it should be based on a movement of much more locally sourced," he added.

Likewise, Smith, who was the second to address the crowd, focused his message on climate change.

"We need to protect our lands and waters. While individuals have a role



**RECORD PHOTO BY LIGIA BRAIDOTTI** 

PC MP Candidate James Bezan speaks at the Selkirk BIZ breakfast on Oct. 10.

to play, governments at all levels have to be leaders and active participants, and this will take resources."

He remembered those who sacrificed their lives to ensure freedom in Canada and said the world is facing a global crisis.

"We need the same level of participation from all of us."

Bezan, who is the incumbent MP for Selkirk-Interlake-Eastman congratulated his opponents for stepping up and putting their name on the ballot for the fight of democracy.

He followed to thank the Selkirk BIZ for supporting local economy and businesses, adding that the Liberal government's actions are negatively affecting small business owners.

"(Justin) Trudeau brought forward

the small business tax rate, which impacted everyone in this room,"he said. "We will reverse these tax changes if we are able to form government."

He added that if the Tories win this election, they will restore the relationships with Canada's allies and importers that are crucial for the country's economy.

"Canadian businesses are investing more now offshore than they are in our own economy because they don't have the confidence that the liberals will protexct their investments, and manage the economy well."

"We have to get back to balance." Candidates Ian Kathwaroon (PPC), and Detlev Regelsky (Lib.) didn't attend the event.



# **Home Real Estate Section**

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



# Maintain indoor air quality all year long

Millions of people anxiously anticipate the arrival of spring. Months spent cooped up indoors as temperatures outside dip below freezing can take their toll, and those first warm, sunny days of spring can be just what people need to kick the winter blues.

Winter can be dreary for people confined to indoors as temperatures drop, and poor air quality in a home can add to that dreariness while adversely affecting individuals' health. Air quality tends to suffer most in winter, but there are ways to ensure the air inside a home stays healthy all

· Inspect and address any sources of carbon monoxide. Carbon monoxide, or CO, is an invisible, odorless gas that can contribute to poor indoor air quality and a host of health problems if it goes undetected in a home. According to the U.S. Centers for Disease Control and Prevention, potential sources of CO in a home include improperly vented natural gas appliances, such as stoves and water heaters, gas-powered tools that are used indoors, clogged chimneys, or blocked heating exhaust vents. Men and women can periodically inspect potential sources of CO and address any issues they find while also making sure all CO detectors are properly installed and functioning

· Inspect HVAC ducts. Ductwork is used to deliver warm or cool air in homes with heating and air conditioning systems. The U.S. Environmental Protection Agency notes that much of the dirt in air ducts adheres to the duct surfaces without ever entering living spaces. However, the EPA notes that homeowners should consider having their ducts cleaned if an inspection uncovers substantial visible mold growth. In addition, the EPA recommends homeowners consider cleaning if ducts are infested with vermin or clogged with excessive amounts of dust or debris.

Avoid chemical cleaning products. Chemical cleaning products may be great at disinfecting dishes, countertops and other areas in the home, but such items may be toxic and adversely affect indoor air quality. For example, chemicals such as bleach and ammonia, which are used in many

commercial cleaning products, can linger in the air, irritating the eyes, nose, throat, and lungs. Homeowners concerned about the quality of air in their homes also can avoid scented products, such as air fresheners and scented detergents, which the National Institute for Occupational Safety and Health notes may release volatile organic compounds into the air.

· Inspect bathrooms for mold growth. Mold can grow on surfaces that are routinely wet, and that makes poorly ventilated bathrooms common sources for home mold infestations. Mold can adversely affect indoor air quality when mold spores are released, potentially triggering allergic reactions, asthma attacks and respiratory conditions. After bathing in bathrooms without vents, men and women can open windows so the room dries before mold can grow. In bathrooms with vents, make sure vents are running during baths and showers and afterward until ceilings, walls and floors appear dry.

Poor indoor air quality can be easily addressed to ensure individuals stay healthy throughout the year.







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# **Home Real Estate Section**

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCI



# Get your home fall- and winter-ready with 5 simple projects

If boots, a warm hat and a tunedup snow blower are the only items on your winter preparation list, your home maintenance plan may need a makeover. These simple home main-

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tenance projects can help lower your energy bills, prevent more costly repairs and/or increase the lifespan of your home.

1. Heating & Ventilation - Examine your fireplace and chimney system to ensure that no soot or creosote has collected. Any cracks or voids could potentially cause a fire. Before you turn the furnace or boiler on, replace the air filter and hire a professional to inspect the unit more thoroughly. These steps will improve the efficiency and life of your furnace and will ensure stable indoor air quality.

2. Seal Windows and Doors - If not properly sealed, windows and doors can be a major culprit for heat loss.

To keep the warm air inside, inspect the weather-stripping around your home's windows and doors for leaks, rot or decay. Repair or replace structural framing, and caulk inside and out, if necessary.

3. Insulate well One of the easiest
and most effective
defenses against
heat loss is proper
insulation. Prevent cold drafts
from entering and
the loss of heated
air through basement headers,
which, when left



exposed, can make your furnace work harder. Look for a moisture-resistant product offering high thermal performance. All that's needed is a serrated blade or bread knife. Cut the batt to fit the cavity and press into place. The insulation will help improve energy efficiency as soon as it's in place and provide savings over the lifetime of your home. Comfortbatt insulation can also be used to top or replace old attic insulation. Aim for an R-50 or a depth of 16 inches.

4. Backyard Care - Save your property from potential damage by trimming overgrown trees and shrubs to prevent ice-laden branches from thrashing against electrical wires and your home's exterior. Drain/shut off any exterior faucets and sprinkler sys-

tems to prevent freezing. Ensure rain or snow drains away from the house to avoid foundation problems.

5. Roof and Gutters - Inspect your roof for shingles that are warped, damaged or even missing to prevent a future leak. Use roofing cement and a caulking gun to seal joints where water could penetrate, such as around the chimney, skylights or vent pipes. Make sure that your gutters and downspouts are securely fastened. Downspouts should extend at least five feet away from the home to prevent flooding.

When it comes to preventative maintenance, a little time and effort can save thousands in energy costs and repair bills over the lifetime of your home.







# Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



# Finished basements save energy and deliver more living space

By finishing your basement, you can gain more living space while reducing the amount of energy loss from downstairs. Basements that are not fully finished typically do not have insulated walls or covered flooring. This can result in heat loss and cause your furnace to work

A remodeled basement offers more than additional storage space. It can provide a lot of extra room for a growing family, such as space for a gym, home theatre, office, guest suite, or a playroom for the kids.

To ensure a comfortable and inviting basement, there are a few project components to consider:

· Insulation will make sure your space warm and comfortable. For the best results, install a stone wool insulation product, a measure that can be done easily with the ROXUL ComfortBoard IS. This product is mechanically fastened or adhered to the concrete foundation wall, offering you a higher R-value and better acous-

- · Drywall will help define the space and make it feel like a part of your home. If you haven't tackled drywall before, consider hiring a pro to ensure your walls are seamless.
- · Flooring should be water sealed and covered with an insulated material. There are many products on the market, but consider laying padding before carpet or in-floor heating be-
- · Personalize it with finishing touches. Select furniture that can fit down a typically steep staircase and choose items that complement the rest of your home's décor.

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# Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



# 5 Tips To Make An Older Home More Energy Efficient

While new homes are being built to be more energy efficient than ever before, thanks to a growing green building movement and increasingly strict building codes, the age of existing dwellings continues to present challenges. More than 40 percent of the housing stock in the United States was built before 1969 and simply wouldn't stand up to today's standards. Yet, much can be done to help homeowners improve their building envelope to reduce energy use and increase efficiency.

Improving your home's energy efficiency can help save money, keep you more comfortable, reduce pollution, and prevent global warming. Try these five simple measures to maximize the energy efficiency of your home:

1. Seal cracks and gaps around your home's windows, doors, and vents. These can be a considerable source of energy loss, allowing conditioned air to escape and unconditioned air to infiltrate your home, placing stress on your furnace and air conditioner in the process. An easy DIY solution is to caulk around windows, doors, and vents, and install or replace worn weather-stripping. An average home loses up to 30 percent of its energy through air leaks, so sealing your home is a worthwhile exercise.

2. Top up or replace old insulation in your attic. A poorly insulated attic is a primary source of energy loss. Also, over time, some types of in-

sulation can settle and compact, allowing heat to escape through gaps. Experts recommend installing a dimensionally stable batt insulation like a Roxul product called Comfortbatt. Aim for an r-value of at least R-50, or a depth of roughly 16 inches.

3. Insulate basement headers. Uninsulated basement headers are common, especially in older homes. They can act as a gateway for heated air to escape. Fixing the problem is fast and easy. Simply cut Comfortbatt stone wool insulation to fit the cavity and compress into place. Doing this throughout your basement will prevent heat loss and can potentially save hundreds of dollars each year.

4. Switch to LED light bulbs. Some LED light bulbs have a lifespan of up to 10 years, and are 80 to 90 percent more efficient than incandescent bulbs. They are generally more environmentally friendly than CFLs and safer, too, since they produce less heat. The return on investment is excellent, as LED bulbs often pay for themselves through energy savings within the first year.

5. Consider a home energy audit. This will help you identify and target specific problematic areas of energy loss. A professional home energy audit will also provide a list of recommended solutions to help you maximize your energy-efficiency strategy.





OFFICE HOURS: MON-FRI 9-4 PM



# Boreal forest explorer sets homestay in Selkirk

Hidehiro Otake has been camping around the United States and Canada for more than 20 years

#### By Ligia Braidotti

A lover of Boreal forest is swapping the ultramodern Tokyo for the natural landscape of Manitoba.

Hidehiro Otake says he likes to spend time by himself camping in the boreal forest. He comes to Manitoba once or twice a year to spend months lodged in nature, taking photos of the wild animals, water and landscapes he appreciates.

"I don't understand how not a lot of people know about this place," he said, showing wolf drawings one of his friends from Japan drew at the Selkirk home he stays during his visits.

Once he is done, Otake goes back to his family in Japan and publishes children's books with the pictures he took during his voyage.

His journey started 20 years ago. The photographer grew up surrounded by skyscrapers and the urban lifestyle of Tokyo and found a new passion when he began hiking Japan's mountains. His hobby took him to Minnesota, where he fell in love with the boreal

"You sleep in tents, and you sleep under the stars. And that was a completely different experience for me. Simple life," he commented. "No running water, no electricity, no technology, but in the mountains you don't need that. I fell in love with nature and really wanted to keep travelling and hiking and being in nature."

Using his camera, Otake hopes to reflect the same feelings he had while experiencing the different landscapes

panded his ventures to Canada when a friend took him to a camping tree in northern Ontario.

"The boreal forest of North America became my fieldwork. I call it the north woods. It's really wonderful. There's lots of wildlife, nature, wilderness, lots of places for paddling," Otake added.

Otake has been settling his homestay in Selkirk recently because Manitoba is in the centre of it all. From Selkirk he can easily travel to the places he wants to explore.

Tokyo and Selkirk share little to none common characteristics. The differences are drastic, and when Otake is travelling, he leaves a busy, fast-paced place to spend months by himself, only hearing nature noises.

"Tokyo is a busy town, and my breath is shallow and is not good for your health. Here is deep. When you're relaxed, you take deep breaths,"he commented.

"Here, I feel like I am a part of nature. If you're alone, camping, you're surrounded by nature. You are exposed. You feel you're a little, tiny creature, and that's a feeling I like. I'm just one little part of nature."

Otake has already published six children's books and has been featured in several magazines in Japan. He is now getting ready to release a new coffee table book in February.

"I want people to know that there are different wildlife around the world. I try to show what kind of life (animals) have in the bush. It's their home," he



**RECORD PHOTO BY LIGIA BRAIDOTTI** 

Otake has published six children's books and has been featured in Japanese magazines.



**RECORD PHOTO BY LIGIA BRAIDOTTI** 

Hidehiro Otake is a Japanese photographer who has been exploring the boreal forest in Canada and the United States.

this planet with others when they see my pictures."

Otake hopes to explore other places such as the artic and the savannah but said he will always come back to Sel"This is my home field."

To see Otake's work, go to www. hidehiro-otake.net or follow him on Instagram @hidehirootake









# t inspir



Nonstick cooking spray

- 4 eggs
- 3 1/2 cups flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 2 sticks butter
- 2 cups sugar
- 1 can (15 ounces) pumpkin puree
- 1 cup chocolate chips
- 1 cup walnuts, chopped
- Heat oven to 350 F.

Prepare loaf and muffin pans with nonstick cooking spray.

In bowl, whisk eggs. Set aside. In separate bowl, sift flour, baking soda, cinnamon, nutmeg and salt together. Set aside.

In another bowl, cream butter and sugar. Add whisked eggs and mix until blended.

Alternately add flour mixture and pumpkin puree to egg mixture, beating until blended. Fold in chocolate chips and walnuts.

Pour batter into loaf and muffin pans. Bake 40-45 minutes, or until toothpick inserted into center comes out clean. Cool 10 minutes before removing from pans.

### **Harvest Fruit and Oat Energy Bites**

Recipe courtesy of Emily Caruso of Jelly Toast on behalf of Milk. Love What's Real Servings: 10, 2 bites per serving 1/2 cup milk

- 1 1/2 cups rolled oats, divided
- 2 tablespoons almond nut butter
- 2/3 cup dried apple rings, chopped (soft variety)
- 1/2 teaspoon apple pie spice
- 1 pinch salt
- 1/4 cup dried cranberries or dried tart cherries
- 2 tablespoons chopped pecans or almonds
- 1 glass milk (8 ounces each) per serving In bowl of food processor or high-speed blender, combine milk, 1 cup rolled oats,

nut butter, dried apple rings, apple pie spice and salt. Pulse until mixture becomes fairly smooth and holds together when rolled. Transfer mixture to medium size bowl.

Stir in remaining oats, dried cranberries and chopped nuts. Roll mixture into tablespoon-sized balls and place on parchment paper-lined baking sheet. Chill 1 hour, or until firm. Keep bites covered and refrigerated up to 3

Pair each serving with 8-ounce glass

# CROSSWOR

#### **CLUES ACROSS**

- 1. Computer key
- 4. Periodical (abbr.)
- 7. Hot beverage
- 8. Capital of Ghana

13

46

49

- 10. Shrek is one
- 12. Behemoth
- 13. Good friend
- 14. Form of "to be"
- 16. Where travelers rest
- 17. European country
- 19. Everyone has one
- 20. Pop
- 21. Feelings of anxiety
- 25. Small amount
- 26. Moved quickly
- 27. Common name for a type of frog
- 29. Free from psychological disorder
- 30. 8th month (abbr.)
- 31. Basics
- 32. Transcending national **boundaries**
- 39. Natives of Kashmir
- 41. Returned material authorization (abbr.)
- 42. Cigar wrapper
- 43. Brew
- 44. Popular video game series
- 45. Abba , Israeli politician
- 46. Jewelled headdress
- 48. French cleric
- 49. Bizarre
- 50. Unit of measurement
- 51. Foul-mouthed Hollywood bear
- 52. "Partridge Family" actress
- **CLUES DOWN**
- 1. Type of bomb
- 2. Smooth

- 3. Clothing pattern
- 4. Defunct phone company
- 5. Something to take
- 6. Type of piano
- 8. Consumed
- 9. "Pitch Perfect" actress Kendrick
- 11. Ray-finned fish
- 14. Heat storage stove
- 15. Shrink back
- 18. Yukon Territory 19. Connects words
- 20. Sound unit
- 22. Furniture with open shelves
- 23. Cool!
- 24. 007's creator
- 27. Source of the Nile River
- 28. Not safe, but

- 29. Helps little firms
- 31. Comedienne Gasteyer
- 32. Conceptualize
- 33. Root mean square (abbr.)
- 34. Integrated circuit
- 35. Evergreen trees and shrubs aenus
- 36. Apprehended
- 37. Suitable for growing crops
- 38. Isolated
- 39. Footwear company
- 40. Electronic intelligence gathering
- 44. Political action committee
- 47. Free of

**Please see classified section for Answers** 



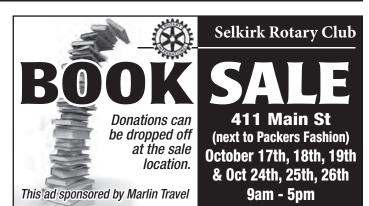






**Regular Bingo** 

at 7:30







# Selkirk grad named principal bassist of Sinfonia Toronto

**Submitted** 

After an audition featuring professional bassists from across Ontario, Lord Selkirk Regional Secondary School graduate Jesse Dietschi has been named Principal Bassist of the internationally-renown, JUNO Award-winning chamber orchestra Sinfonia Toronto.

The Winnipeg-born bassist and composer will make his debut with the ensemble on Oct. 18, at the George Weston Hall in Toronto's Meridian Arts Centre.

"It's very exciting to get the opportunity to perform with such a unique and expressive ensemble", said Dietschi.

"Normally the identity of musicians in an orchestra gets somewhat lost due to the sheer size of the ensemble. Here, because the group is smaller and the setting more intimate, you see and hear much more personality from each musician.

"It's an excellent balance between the intimacy of chamber music and the power and depth of an orchestra. Being the only bassist in the group means I will have tremendous influence over the group's sound, which of course also comes with a lot of responsibility. It will be an extremely rewarding challenge, and I can't wait to get started!"

A graduate of The Comp's Performing Arts Diploma program, Dietschi went on to complete an undergraduate degree in Jazz Performance and Masters degree in Music Composition at Brandon University. In 2011, he was one of only two musicians accepted into the University of Toronto's Masters in Jazz Performance program, and promptly moved to Ontario.

By the time of his convocation from the U of T in 2013, Dietschi was embarking on parallel career paths as a duel jazz and orchestral bassist, performing with jazz groups and professional orchestras across Ontario.

Is the story Timely?

Check the date the story was published.

LEARN MORE AT www.SPOTfakenews.ca

He was later accepted into the prestigious Glenn Gould School at the Royal Conservatory of Music in Toronto, where he completed his Artist Diploma in Orchestral Performance while studying with the Toronto Symphony Orchestra's Principal Bassist, Jeffrey Beecher. Since completing his formal studies in 2017, Dietschi has been an active presence in Toronto's professional orchestral, chamber, and jazz music scenes.

He has performed with the Canadian Opera Company, Esprit Orchestra, Soundstreams, Niagara Symphony, Against the Grain Theatre, and Tapestry Opera, among others. He has also been a featured soloist with orchestras and in recital throughout Ontario and the Midwest US, in addition to his work in jazz, RnB/funk, and rock groups. In his new appointment, Dietschi will serve as Sinfonia Toronto's sole bassist, helping to drive the 13-piece string orchestra through 7 masterworks concert programs and numerous tours this season.

Sinfonia Toronto is a string orchestra founded by Music Director and conductor Nurhan Arman. In a statement from the orchestra's website, he"conceived of the orchestra as a vibrant fusion of three performance modes: virtuoso solo artistry (everyone except cellists plays standing), the intimacy of chamber music (facilitated by standing in an open crescent), and unity and drive propelled by a conductor."

NORMALLY THE IDENTITY OF MUSICIANS IN AN ORCHESTRA GETS SOMEWHAT LOTS DUE TO THE SHEER SIZE OF THE ENSEMBLE.

- DIETSCHI

The 2019-2020 year marks the orchestra's 21st season. They tour frequently throughout Ontario and Quebec, and split their Toronto masterworks series between the Meridian Arts Centre (formerly Toronto Centre for the Arts) and the esteemed Glenn Gould Studio at the CBC Centre.

The orchestra has an extensive international touring history, including the USA, Germany, Spain, Argentina,



RECORD PHOTO SUBMITTED

Lord Selkirk Regional Comprehensive Secondary School graduate Jesse Dietschi was named principal bassist of Sinfonia Toronto.

Peru, Uruguay, and a recently completed 3-week tour of China. The orchestra has recorded for several major classical record labels, and won a JUNO award for their Marquis Classics recording of music by Canadian composer John Burge.

Their 2019/20 concert season in Toronto, and Dietschi's tenure as Princi-

pal Bassist, will begin on October 18th with a concert featuring Paganini's Violin Concerto No. 1 and a string orchestra arrangement of Dvorak's String Quintet opus 77.

For more information, visit sinfoniatoronto.com or jessedietschi.com.

### **MB First Nations officer arrested**

Staff

On October 10, 2019, at approximately 4:00 am, Selkirk RCMP responded to a report of a possible impaired driver that had just left a business on Highway 59 on Brokenhead First Nation.

Officers located the suspect vehicle on Highway 4 near Road 320 and initiated a traffic stop.

The investigation led to the arrest

of the driver and lone occupant, a 32-year-old male, for Impaired Operation of a Conveyance. He is a police officer with the Manitoba First Nations Police Service.

He was released on a Promise to Appear and is scheduled to appear in court on November 1, 2019.

IIU has been notified and RCMP continue to investigate.

# **Gwen Fox Gallery Welcomes Art from Earth to Sky**

By Katelyn Boulanger

Tanis Bannister, Yvonne Sabrish and Audrey Waytiuk have combined forces in the latest monthly art exhibit at the Gwen Fox Gallery, Earth to Sky.

"What I want people to come away with is the peace of nature and beauty of nature in our world that's not always getting along. All the colours go together in all the paintings. Nature does a wonderful job of putting all of the colours together, all sizes together, all sorts of things together," said Sabrish.

This month the three artists have used nature as their inspiration showcasing photographs on canvas, watercolour, and pottery.

"I'm attracted to things in my environment that I see as beautiful. If my eyes pick up something. I'm always looking around me at things. When I see something I can take a picture of that attracted me, then I take a photograph of it," Waytiuk said.

Waytiuk started her journey as an artist when she realized that there were not many pictures from her childhood. At that point, she wanted to get into as many pictures as she could eventually becoming fascinated with the other side of the lens.

"I took creative communications at Red River College and photography was one of the subjects. I then went to find a job and found one here in Selkirk. [I] first [worked] with a paper that was trying to break into the Selkirk market, the Beausejour Beaver and then The Selkirk Enterprise," she said.

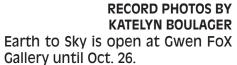
Sabrish, who previously made Thompson, Man. her home, also finds inspiration in nature specializing in watercolour floral and northern lights images.

"We used to walk all the time around town. We didn't use our cars very much. We walked everywhere and the northern lights would just be dancing and there were hills on every school ground for the kids to go down. So when we were walking we would stop and lay on the hills and watch the northern lights. There weren't a lot of lights up there so you saw the [northern] lights in darkness. They're very colourful up there. There are greens and pinks. It's just smashing. People don't even believe you when you make a painting like that," said

Bannister started in pottery when she took a class with her mother. Her work is a balance of different natural elements combining the clay she throws on her wheel and pigments from nature used to glaze the final product.

"When you work on a potters wheel you might have one idea of what you'll do in a day and you may end up doing something totally different. Probably my most joyful time is when I'm throwing. It's very meditative and kind of mesmerizing you go into your zone. You just get a little pleasure from doing it and that follows through with the [next] steps," Bannister said of the process.

The exhibit will be available for viewing at the Gwen Fox Gallery until Oct. 26. The reception, when you will be able to meet the three artists in person, is on Oct. 19 from 1 to 4 p.m.







From left to right: Tanis Bannister, Yvonne Sabrish, and Audrey Waytiuk hold their art at the Gwen Fox Gal-

# SPOTES&recreation INSIDE > OUTSIDE > UPSIDE DOWN

# Royals junior varsity girls' volleyball team leads KPAC

#### By Brian Bowman

The Selkirk Royals junior varsity girls' volleyball team has some lofty goals for this season.

And for good reason.

Selkirk continues to have a lot of success on the court after improving their KPAC record to a perfect 6-0 after sweeping the Maples Collegiate Marauders 3-0 last Thursday at the Comp.

The Royals won by scores of 25-17, 25-19, 25-19.

"They played pretty consistent, just like we have throughout the whole season so far," said Royals' head coach Madison Brook. "Our attacking was really strong and our defence (was good). We didn't really let many balls hit the floor."

Selkirk leads KPAC with their six victories.

"It's really impressive and the pressure is on to maintain it in the second half," Brook said. "They work really well together and they have gelled really well as a team. We're quite consistent. We don't have the big guns or the fancy plays but they have a lot of grit."

Three of those league wins have been sweeps while the other three matches went the full five sets.

"They like to make things interesting

for the spectators," Brook joked. "They keep us on the edge of our seats until the 15th point of the fifth set."

Tournament-wise, Selkirk placed third at a MBCI tournament and fifth at a Miles Macdonell tournament.

The Royals will be competing at a Sturgeon Heights tournament Oct. 18-19 and then they will be in Brandon during the last weekend of this month.

"(The tournaments) allow us to see teams that we don't get to see during our KPAC play, which is really important to prepare for provincials," Brook noted. "We've played some of those teams twice now and the second time we played them, we were a lot stronger against them. The girls are learning how to prepare better for games when we already know what the other team does."

Selkirk has the goal of winning KPAC and going deep at the provincials.

"That's their goal," Brook said. "At the beginning of their season, they set a goal to win a banner, whether that's a KPAC banner or a provincial banner. We're going to push for both.

"Me and my assistant coach (Raegan Telke) didn't know what we were going to have for a team this year but we've come out really strong and



**RECORD PHOTO BY BRETT MITCHELL** 

Lexi Vermeulen and the Selkirk Royals are 6-0 in KPAC play this season after sweeping the Maples Collegiate Marauders 3-0 last Thursday.

we're continually improving so we're right now." really happy with where they're at

# Fishermen win pair of CRJHL games

#### By Brian Bowman

The Selkirk Fishermen are off to a great start this season.

The defending-Capital Region Junior Hockey League champions have started this season with three consecutive victories after whipping the Lundar Falcons 6-2 on Sunday at the Rec Complex.

Reece Tessier led Selkrik with two goals and an assist while Chad King also scored twice.

Ben Kelly had a goal and an assist and the Fishermen's other goal was scored by Nico Morrow-Litke.

Selkirk's Evan Leeson and Cole Wasnie each finished the game with two assists.

Braeden Paulic scored a secondperiod goal for the Falcons and then Derek Benson tallied in the third.

The Fishermen outshot the Falcons 39-28 as Owen Derewianchuk earned the win.

On Oct. 8, the Fishermen edged the North Winnipeg Satelites 3-2 in overtime.

Jordan Simko scored the game winner in OT. It was his second goal of the game.

Dawson Courchene opened the game's scoring early in the first period with a power-play goal. He finished the game with two points.

Reis Wasmuth and Brett Williams scored for North Winnipeg.

Brendon Hocaluk made 32 saves for the win.

Selkirk will visit the Arborg Ice Dawgs this Saturday. Puck drop is 8 p.m.



RECORD PHOTO BY BRETT MITCHELL

The Fishermen's Josh Poponick had an assist as Selkirk defeated the Lundar Falcons 6-2 in CRJHL action Sunday at the Rec Complex.



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**LOW INTEREST FINANCING** 

## Goodbrandson leads Thrashers to win over Interlake



Nate Goodbrandson

#### **Staff**

St. Andrews' Nate Goodbrandson scored once and had two assists to lead the Winnipeg Thrashers to a 7-3 win over the Interlake Lightning in Manitoba U18 AAA Hockey League action Saturday evening in Teulon.

Winnipeg snapped a 3-3 thirdperiod tie with four unanswered

The Thrashers led 2-0 after firstperiod goals by Charle Kosman and Cameron Hibbert.

Goodbrandson made it 3-0 early in the second but the Lightning roared back with second-period goals by Austin Adair, Karson King and Kaden Stewart.

Winnipeg put the game away, though, with third-period markers from Brandon Ambrozik, Branden Huminuk, Lucas Brenton and Hibbert.

The Thrashers scored twice with the man advantage and once while shorthanded. The Lightning had a power-play goal and a shorthanded tally.

Winnipeg outshot the Interlake 39-23 as Chris Fines took the loss in goal. Selkirk's Cole Plowman earned the victory.

The Thrashers are back in action Saturday (1:30 p.m.) when they play the Parkland Rangers. On Sunday (3 p.m.), Winnipeg will battle the Brandon Wheat Kings.

# Shake the Interlake a big success in Selkirk

By Ty Dilello

Shake The Interlake was an event put on by the Manitoba Powerlifting Association in Selkirk on Oct. 5. The event saw many powerlifters from across the province compete and see where they stand amongst the best.

As an organized sport in Manitoba, powerlifting is relatively young when compared to the lifetime of established sports such as Hockey, Curling, Baseball, Football, and track and field. The first official documented Manitoba contest using the three basic powerlifting movements took place in 1967 and since then it has grown into what it is today with the Manitoba Powerlifting Association.

The Shake The Interlake event in Selkirk was sanctioned by the Manitoba Powerlifting Association as representatives of the Canadian Powerlifting Union and IPF (International Powerlifting Federation).

"Shake the Interlake was a huge success," said Tom Pachal. "I was the meet director for the event, so since spring I have been working to put the whole event together and bring this to Selkirk. We had 30 competitors from across the province (two from Ontario) came out to compete at Iron Image here in Selkirk. There were over 100 people at the event at all times. My goal was to encourage participation from Selkirk residents and ended up with four competitors from Selkirk and numerous local volunteers. We also had sponsorship from Sunova Selkirk, providing support and a wonderful cool-down/refreshment sta-

The athletes from Selkirk that competed included:

Tom Pachal - gold in the Mens 83kg class; Cam Chorney - bronze in the Mens 105kg class; Sam Harrison - first competition, competing in the junior Mens 83kg class; Michelle Kymanick - first competition, gold in the Master Women's 84+kg class.

In addition to being the meet director, Pachal also competed at Shake The Interlake and won the gold in his Men's 83kg class. He's an experienced powerlifter that dedicates most of his free time to the Iron Image gym in Selkirk that he owns which also host-

"In my weight class there were four



**RECORD PHOTO BY CB STUDIOS** 

Selkirk's Tom Pachal won the gold at the Shake the Interlake Powerlifting Competion on Saturday. Other Selkirk athletes included Michelle Kymanick (gold), Cam Chorney (bronze) and Sam Harrison (did not place). Twenty-nine athletes from across the province competed at the one-day event.

lifters, two open, one junior lifter, and one sub-junior lifter (different age categories)," said Pachal. "It was some good competition as always and giving that extra push to lift a little heavier crowd is always helpful too! I was in the running for best overall male lifter but finished as runner up to another lifter who had a great performance. As for training, there is a lot of discipline and hard work required. The focus is in improving your strength in the squat, bench press, and deadlift,

so your whole body must get stronger as a whole. There is also a strong mental component to training as well, as you are always in competition against yourself to be better than you were the day before. It is a lot of fun to train for because you really get to see the great feats of strength that your body is capable of."

If you're interested in powerlifting and would like to give it a try, visit their website at manitobapowerlifting.ca to get started.

## Royals' varsity volleyball teams continue KPAC winning streaks

The winning continues with the Selkirk Royals' varsity volleyball teams.

The varsity girls improved their KPAC Tier 1 record to a perfect 6-0 after sweeping the Miles Macdonell Buckeyes by scores of 25-9, 25-19, 25-17 on Oct. 9.

Selkirk will host the Transcona Titans on Wednesday at 6 p.m. at the

Transcona and the MBCI Hawks are

tied for second place, each with 6-1 records.

Meanwhile, the Royals' varsity boys won their sixth-straight league game with a 3-0 (25-21, 25-20, 25-20) road win over Transcona on Oct. 9.

Selkirk, currently in first place in KPAC, will host Kildonan East Collegiate on Monday. The game will start after the conclusion of the varsity girls' game against MBCI.

## Mitchell starring in goal for Steelers

If the Selkirk Steelers are going to bring home an MJHL championship this season, you can bet that goaltender Levi Mitchell will be one of the major reasons for it. The 20-year-old is entering into his final season of junior hockey and hopes to go out on a high note.

The 5'10" Mitchell comes from Olds, Alberta originally and that's where he had his beginnings in the sport.

"I got into hockey early in my life because of my two older brothers," recalled Mitchell. "They both played organized hockey before me and I wanted to play mini sticks and street hockey with them. I started skating when I was three years old and from the beginning I wanted to be a goalie because I always watched the goalies and thought they had the coolest gear and they could stay on the ice for the entire game."

Mitchell grew up emulating a lot of goaltenders in the NHL and always trying to pick up different things from watching certain netminders. To this day, Mitchell is still learning from watching the game's best.

letic and mobile as I like to challenge shooters and compete in the crease. I like to watch goalies like Sergei Bobrovsky and Jordan Binnington in the NHL to model my game after."

Mitchell spent his Bantam and Midget years in Olds and Red Deer before moving on to the Alberta junior ranks with teams such as the Mountainview Colts, Creston Valley Thunder Cats and Olds Grizzlys.

How Mitchell joined the Steelers from playing in Alberta is just a story of good timing. Partway through last season, Mitchell was without a team after starting the year with the Olds Grizzlys in the Alberta Junior Hockey League. Soon after, Nick Lubimiv of the Steelers contacted Mitchell and gave him an opportunity to play in Selkirk and he's been loving life playing hockey in Manitoba ever since.

"I've really liked playing in Selkirk as I've made some great friends and I have a great billet family."

Last year, Mitchell came in midseason with the Steelers and posted an 11-5-0 record with a 2.84 GAA and .918 SV%. This season Mitchell is picking up right where he left off "I'd describe my playing style as ath- as he was recently named one of the



**RECORD PHOTO BY LANA MEIER** 

Levi Mitchell has settled in nicely as the Selkirk Steelers' No. 1 goaltender. The Olds, Alta. product is in his second season with the Steelers.

MJHL's Stars of the Week from Sept 30-Oct 6 when he went 2-1 with one shutout, a 2.01 GAA and .920SV%.

"Our team looks good this year," says Mitchell. "We have a different identity from last year with some big changes in the roster. We're a lot younger but we have lots of really talented players and we've been coming together and improving every game. We want

to be a competitive team now and we want to be a hard team to play against every night. For me personally, I want our team to be able to compete and win against every opponent this year, and since this is my last year of junior hockey another goal of mine is to earn a spot on a university team for next season."

## **Selkirk sits atop Platinum Promotions Division standings**

**Staff** 

After their second win of the Winnipeg High School Hockey League season, the Selkirk Royals sit atop the Platinum Promotions Division stand-

Selkirk overcame a 2-0 second-period deficit to defeat College Jeanne Sauve 4-2 last Thursday at the Rec Complex.

Parker Fontaine gave the visitors a 1-0 first-period lead and then CJS' Mathew Brown made it 2-0 in the sec-

But the Royals' Mathew Brooks started the comeback with a goal with just 26 seconds remaining in the middle

frame and then Mathew Donald, Josh Jehle, and Ashton Henry tallied in the

Jehle and Henry's goals came on the power play 51 seconds apart midway in the period.

Donald, Henry, and Ashton Zirk each had two points in the game.

Jordan Yakiwchuk posted the win in goal.

The Royals are back in action next Monday when they play J.H. Bruns at Southdale Arena. Game time is 4:15

Selkirk will then host the Garden City Fighting Gophers on Oct. 24 at 4:30 p.m. at the Rec Complex.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Austin Zirk carries the puck up ice while being hounded by a College Jeanne Sauve player during WHSHL action last Thursday at the Rec Complex. Selkirk won the game 4-2 to improve their league record to 2-0 this season.

### THE EXCITING NEW TEAM FOR THE 2019-2020 SEASON



### **NEXT HOME GAMES**

Thurs., Oct 18<sup>th</sup> 7:30 pm

**VS Neepawa Natives • VS Waywayseecappo Wolverines** Sat, Oct 19th 6:30 pm

NEXT AWAY GAME • VS Dauphin Kings Tues, Oct 22nd 7:30 pm

www.selkirksteelers.com the Steelers Box Office is open 1 hour before game time selkirk recreational complex

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# SDOPES& recreation INSIDE > OUTSIDE > UPSIDE DOWN

# Steelers victorious over Oil Capitals in MJHL action

#### **By Brian Bowman**

The Selkirk Steelers had three games scheduled last week.

Selkirk won one of them. Mother Nature won the other two.

After Selkirk defeated the Virden Oil Capitals 5-2 on Oct. 8, the Steelers had weekend home games against the Dauphin Kings and Swan Valley Stampeders postponed due to poor weather and dangerous driving conditions. New dates for those games had not been announced at press time.

The Manitoba Junior Hockey League decided to postpone a total of eight games last weekend.

In the win over the Oil Capitals, the Steelers played very well in the threegoal home victory.

Brett Namaka paced Selkirk with two goals and an assist while Caiden Gault, Blake Burr and Carter Barley also tallied

Namaka was in a four-way tie for sixth in league scoring with six goals heading into this week's slate of games.

Barley, Colby Jaquet, Thomas Colter, and Ryan Piwniuk each had two



**Brett Namaka** 

points in the game.

Hunter Andrew and Brett Paddock replied with second-period goals for Virden.

Levi Mitchell, named a MIHL Recvcle Everywhere Stars of the Week earlier this month along with Portage's Joey Moffatt and Winnipeg's Rhys Raeside, made 24 saves for the win.

Selkirk (4-4) will visit the Neepawa Natives on Wednesday and then the two teams will hook up again Friday at the Rec Complex. Both games will start at 7:30 p.m. On Saturday, Selkirk will host the Waywayseecappo Wolverines. Puck drop is 6:30 p.m.



Selkirk Steelers' rookie Keenan Allen (9) comes up with a loose puck against Virden last week.

## Boudreau, Langlais among Baseball Manitoba award winners

Colten Boudreau and Brittney Langlais were among the 2019 Baseball Manitoba award winners that were announcement last Thursday.

Boudreau, who plays for the Elmwood Giants, was named the Senior Player of the Year. Langlais, a member of Team Canada's women's squad and also the Interlake Blue Jays of the Manitoba Junior Baseball League, was selected as the Female Player of the Year.

Over 60 individual nominations

were considered for the major awards.

Here are the other winners:

**Grassroots Team** of the Year: 18U Altona Bisons

High Performance Team of the Year – Minor: 13U AAA Bonivital Blacksox

High Performance Team of the Year -Major: Elmwood Giants Junior

Grassroots Coach of the Year: Doug Lockhart (Winnipeg)

High Performance Coach of the Year: Ed Kulyk (Elmwood)

13U Player of the Year: Luke Wagner (Bonivital)

15U Player of the Year: Conor Geekie (Strathclair)

18U Player of the Year: Joey Moffatt (Portage)

Junior Player of the Year: Tyler Wood

(Elmwood)

Challenger Player of the Year: Brady Dzwinchuk (North Winnipeg)

Volunteer of the Year: Lori Vassart (Winnipeg South)

Youth Umpire of the Year: Avery Smart (Brandon)

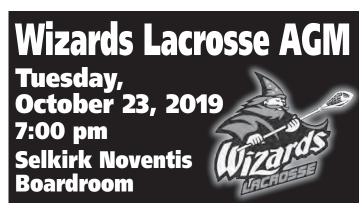
Umpire Award of Merit: Kevin Lelievre (Portage)

Honour Society: Faron Asham (Brandon), Bob Alm (Dauphin), Ken

Sharpe (Minnedosa)

The awards banquet will be held Nov. 2 in Brandon. The formal program will begin at 6:30 p.m. with cocktails at 5:30 p.m.

A Special Guest - Alexis Brudnicki (MLB-Media) - will be in attendance. Cost is \$75 for adults and \$50 for chil-





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### FREE PUBLIC INFORMATION SESSION

# **CO-EXISTING** COYOTES

### **Sunova Centre Gymnasium 48 Holland Road** Wednesday, November 6th, 2019 7:00pm - 8:30pm

- · Would you like to learn more about coyotes living in West St. Paul?
- Attendees will hear from Manitoba Sustainable Development Biologists about coyote ecology, behaviour, and how to coexist with coyotes in our community.
- The evening includes a presentation, an opportunity to ask questions, and information handouts.

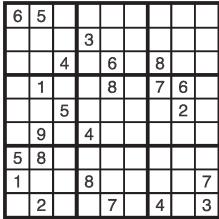




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### SUDOKU



#### Fun By The Numbers

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

#### Here's How It Works:

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

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Sudoku Answer

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**Crossword Answer** 

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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 2020 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:
  - (a) liability to taxation;

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

#### **APPLICATION REQUIREMENTS**

- 43(1) An application for revision must
  - (a) be made in writing;
  - (b) set out the roll number and legal description of the assessable property for which a revision is sought;
  - set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and (d) be filed by delivering it or causing it to be delivered to the office
  - indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board by November 4th, 2019.

#### **Board of Revision** Rural Municipality of St. Andrews Box 130, Clandeboye, Manitoba ROC 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 20th, 2019 at 10:00 a.m. in the Council Chambers of the R. M. of St. Andrews, 500 Railway Avenue, at Clandeboye, Manitoba to hear applications.

Applications received after 4:30 p.m. November 4th, 2019 will not be considered.

Dated this 4th day of October, 2019 A.D.

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

#### METAL RECYCLING

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

#### SCRAP METAL

Buying scrap metal, cars. tractors. combines, farm scrap, any metal material. any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

#### OFFICE SPACE FOR RENT

One small modern office space avail. Oct. 1st near downtown Selkirk. Under \$300/ mo, incl. common area fees. For info. email bigandcolourful@ mymts.net

#### **APARTMENT FOR RENT**

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

#### HOUSES **FOR RENT**

House sitter needed for 2 bdrm. fully furnished house in Selkirk. 3 references required, no smoking/no pets. Minimal rent. Pls. call for details 204-672-0058

#### LANDSCAPING

Tobias' Tree Trimming, trees trimmed, cut and removed. Free estimates cheerfully given. Call 204-785-2733.

#### **HELP WANTED**

Class 1 Truck Driver Kenora/Dryden, Ont. grocery run. 1 trip per week and possible other trips available. Truck based out of Selkirk, Mb. Email dbcawson@mvmts.net or ph. 204-785-3984.

Round-Tuit Cleaning Services has a part-time, weekend, janitorial available in the Old Kildonan/Point Douglas areas. Driver's license an asset. Must be bondable. For application information please telephone 204-785-3257. No texts or emails will be answered.

Galay Landscaping will be hiring for our snow clearing operations this winter season. Responsibilities include shoveling and snow blower work, sanding and ice management, skid steer and loader operation for qualified equipment operators. Valid class 5 licence and having your own reliable transportation is a must. Hourly wage \$14 - \$24 depending on experience. Class 3 licence with air an asset as we also need drivers. Hours vary day to day depending upon the weather. Please only apply by sending resume to info@galay landcaping.com

#### MISCELLANEOUS

BN never used; still in box, bendable gooseneck table or desk STUDY LAMP, EWO \$15.; Sunbeam 2-slice TOASTER ECIEWO \$15., BNCIEC pr. sz. 9 Men's WORK BOOTS/ SAFETY SHOES w/ laces & steel caps over toes \$100.; red, white & black lined WINTER SUITCOAT OVERCOAT fits a men's sz. XL Well insulated winter overcoat. Has been dry cleaned \$100. Ph. 204-785-8598.

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#### MISCELLANEOUS

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#### FURNITURE

Oak table, 6 chairs and 2 extensions - \$350., brown 3 seater sofa with extending foot rest - \$200. Call 204-482-4246

#### **UPCOMING EVENTS**

C2C Musical, Christ Church, 227 McLean Ave, Selkirk. Sunday Oct. 27, 2 p.m. Local musicians performing, silent auction, Uganda crafts, refreshments, light lunch and more. Tickets \$10 (non-profit). Call 204-485-2467.

Spirit Message Drumming Night with re-Psychic nowned Medium Michaela de Vasconcelos. Thursday, October 24, 2019, 7 p.m. - 9 p.m. \$50 per person. The Canalta Hotel (Conference Room), 1061 Manitoba Ave., Selkirk, MB, Preregistration required. call Michaela 204-290-1422 to register. Come and experience true spirit messages from an authentic, proven Psychic Medium

#### HEALTH

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

Get up to \$50,000 from the Government of Canada. All ages & medical conditions qualify. Have a child under 18 instantly receive more money. Call Manitoba Benefits 1-800-211-3550 or send a text message with your name and mailing address to 204-8080035 for your free benefits package.

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#### Canadian Mental **Health Association**

Mental health for all

**Notice of Annual General Meeting** The CMHA Interlake Eastern Region **Board of Directors** invites you to attend our

### 25th AGM

**Robert Jefferson Heritage Room Gaynor Family Regional Library** 806 Manitoba Ave, Selkirk

October 24th – 6:00 pm

New Members Always Welcome!

The Upper Crust Bakery would like to apologize for the sudden unscheduled closing of the bakery on Saturday, October 12th due to a sudden passing of a long term employee.





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Equipment \* Int 724 Dsl Tractor v FEL – NR \* 3PH 48" Rotovato 3PH Floil 48" Mower \* 3PH Wood Splitter \* Construction
Misc\* CAT Garbage Site Compactor w Dozer \* Way Quick Attach Bucket \* Gas Walkbehing Cement Cutter \* Com Hydraulic Drive Sander \* 5th Wheel Plate Sweepster 5' Hyd 4 Way Sweener Attach\* Pallet Fork \* Hyd Brick Cutter \* Magickist Pressure Washer \* Skid Steer Alignment Hoist \* Hoffman Tire Balance Machine \* Hobart 2410 Welder \* Air Compress \* Sand Blaster \* Table Saw \* 20" Metal Sheer \* Lincoln 300 Welder Shop Smith \* Power Tools \* Ai Tools \* Various Shop Supply Misc \* Green Lee Tool Box Truck Service Box \* Generato Pallet Racking \* Scaffolding Trailer Axles \* Quantity Polishe Granite \* Truck Tires \* Com Glass Door Freezer \* Coca Cola Drink Dispenser \* Vehicles \* 05 Ford F350 4x4 \* 96 Chev 2500 Dsl 4x4 \* 80's GMC 7000 Tanker Truck \* 77 Dodge 16' Motor Home \* 70's Int 1600 Truck v 18' Freight Box \* 20' Trailer w Dolly \* Yard \* Polaris 250 Quad \* Ski Doo – Parts \* Crafts F Mower \* White R Mower \* Snow Blower Attach \* Roto Tillers \* Lot More Than Listed!

Stuart McSherry Stonewall, MB (204) 467-1858 or (204) 886-7027 w.mcsherryauction.com



### 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 20th day of November, 2019, at the hour of 10:00 AM, at Rural Municipality of Alexander, 1 Bouvier Trail, St. Georges, Manitoba, proceed to sell by public auction the following described properties

Roll Number  154250 LOT 10 BLOCK 2 PLAN 13671 WLTO SUBJECT TO THE RESERVATIONS, PROVISOES AND CONDITIONS RESPECTING MINES, MINERALS, MINERALS OILS AND OTHER MATTERS AS SET FORTH IN INSTRUMENT NO. 645297 WLTO IN SE 1/4 8-19-7 EPM - 23 DIANE DR  162487 LOT 10 BLOCK 4 PLAN 18804 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN IN NE 1/4 25-19-7 EPM - 114 EASTLAND DR  162489 LOT 12 BLOCK 4 PLAN 18804 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN IN NE 1/4 0F SECTION 25-19-7 EPM 106 EASTLAND DR  162597 LOT 6 BLOCK 5 PLAN 15561 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN IN NE 1/4 25-19-7 EPM - 4 SPRINGHILL RD  204725 LOT 2 BLOCK 3 PLAN 19833 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 36-19-7 EPM - 52 REISSWOOD DR  204782 LOT 30 BLOCK 4 PLAN 19833 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM	Assessed Value  L -\$25,700 B -\$111,500  L -\$18,100 B -\$30,600  L -\$18,100	Amount of Arrears & Costs for Which Property May be Offered for Sale \$7,772.48 \$2,742.37
RESERVATIONS, PROVISOES AND CONDITIONS RESPECTING MINES, MINERALS, MINERALS OILS AND OTHER MATTERS AS SET FORTH IN INSTRUMENT NO. 645297 WLTO IN SE 1/4 8-19-7 EPM - 23 DIANE DR  162487 LOT 10 BLOCK 4 PLAN 18804 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN IN NE 1/4 25-19-7 EPM - 114 EASTLAND DR  162489 LOT 12 BLOCK 4 PLAN 18804 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN IN NE 1/4 0F SECTION 25-19-7 EPM 106 EASTLAND DR  162597 LOT 6 BLOCK 5 PLAN 15561 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN IN NE 1/4 25-19-7 EPM - 4 SPRINGHILL RD  204725 LOT 2 BLOCK 3 PLAN 19833 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 36-19-7 EPM - 52 REISSWOOD DR  204782 LOT 30 BLOCK 4 PLAN 19833 WLTO SUBJECT TO THE	B -\$111,500 L -\$18,100 B -\$30,600	\$2,742.37
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SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 36-19-7 EPM - 52 REISSWOOD DR  204782 LOT 30 BLOCK 4 PLAN 19833 WLTO SUBJECT TO THE	L -\$18,000 B -\$80,700	\$5,814.30
	L -\$18,400	\$2,301.96
THE CROWN IN SE 1/4 36-19-7 EPM - 61 REISSWOOD DR	L -\$18,000	\$2,207.41
204784 LOT 32 BLOCK 4 PLAN 19833 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 36-19-7 EPM - 53 REISSWOOD DR	L -\$18,000	\$2,283.50
204895 LOT 6 BLOCK 1 PLAN 14964 WLTO SUBJECT TO THE RESERVATIONS AND PROVISOES CONTAINED IN THE GRANT FROM THE CROWN IN SW 1/4 36-19-7 EPM - 63 TURCOTTE DR	L -\$60,200	\$2,643.15

#### 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 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:
  - The full purchase price if it is \$10,000 or less; OR
  - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale: AND
  - A fee in the amount \$309.75 (\$295 plus 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 October, 2019. Managed by: TAXervice

Don Dowle Chief Administrative Officer Rural Municipality of Alexander Phone: 204-367-6170 Fax: 204-367-2257

# Classifieds Announcements Selkink Regard

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#### ANNOUNCEMENT

#### **CARD OF THANKS**

We would like to extend our appreciation and gratitude for the overwhelming support and sympathy received on the loss of our beloved mother, grandmother and great grandmother Marquerite McRae.

Thank you to all who supported by way of cards, phone calls, visits, flowers, baking, food and donations to Southwest District Palliative Care and Heart and Stroke. A big thank you to Michelle Loehmer, the homecare staff. Dr. Pinniger and everyone at the Stonewall Hospital for the support and care Marguerite received. Thank you to Vera and Christine from the Southwest District Palliative Care for their understanding and guidance.

Thank you to all for your friendship and support while Marguerite fought her illness. We truly appreciate all you have done for Marguerite and her family.

-Bob and Mary Beck and family Laurie and Donna McRae and family

#### ANNOUNCEMENT

#### **CARD OF THANKS**

We, the family of Richard L. (Rick) Wyspinski of Selkirk, would like to thank the following people for their support and assistance during the recent loss of our son, father and brother (R.L.W.). First, thank you to Reverend Anthon Bouw, for conducting the funeral service and the burial at Dnister Cemetery, Gimli. To Gilbart Funeral Home for their assistance and serving of the lunch, as well the pallbearers, (son Royce and brothers Laurie and Joel Wyspinski, Dick Fehr, and Ken Elliott), relatives and friends who attended. Thank you for the flowers, cards and messages of support. We appreciate all your help during this difficult time. -Elsie and family



#### John Machowski Sr.

John Machowski passed away peacefully at the Tudor House Care Centre on Friday, October 4, 2019 in Selkirk, Manitoba.

He is survived by his daughter Carol, nine grandchildren, and five great-grandchildren.

He was predeceased by his wife Mildred of 65 years, and son

A memorial service will take place on Friday, October 18, 2019 at 1:00 p.m. in the Christ Church in Selkirk, Manitoba with interment and reception to follow.

Condolences, pictures and videos may be left on his tribute wall at www.gilbartfuneralhome.com

> Gilbart Funeral Home, Selkirk in care of arrangements.



#### **OBITUARY**

#### Charles (Charlie) William Fidler

On Sunday, October 13, 2019 at the Selkirk Regional Health Centre, Charlie Fidler, aged 57 years, of Selkirk, MB, beloved husband of Lorraine, father of Amy and Adam, passed away.

A memorial service will be held on Friday, October 18, 2019 at 2:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB.

Full obituary to follow.

Gilbart Funeral Home, Selkirk in care of arrangements.



#### Janine Marie Therrien

Janine Marie Therrien, aged 58 years of St. Andrews, Manitoba, passed away at the Selkirk Regional Health Centre on October 8th, 2019. She is survived by her beloved daughters Kellie and Brittany Plouffe, parents Romeo and Anita Therrien, brothers Robert (Judy) Therrien and Guy (Kim) Therrien, sisters Elaine Therrien (Ira Minor) and Mariane (Mark) Riding, nine nieces and nephews, and seven grand nieces and nephews

Janine discovered her life purpose and personal happiness while working with children. Each day at the daycare was an adventure for her and working with her colleagues was like going to visit old friends. Though Janine was deeply devoted to her daughters, her family, and her friends, she still found room in her heart for the 100's of children and families that she encountered throughout her 30+ year career in childcare services. At her most recent position

with the Selkirk Friendship Center where she has been employed for 20+ years, Janine was mother to many. She held a special place in her heart for the special-needs children and, in turn, "her kids" adored her! Nothing brought a beaming smile to Janine's face more quickly than a child that came up to her with open arms for a comforting hug. Many of "her kids" are adults now with families of their own in the Selkirk community, and their recognition and thanks affirmed to Janine how she had made a difference in their lives.

Janine's caring disposition spread throughout the community and she touched many people's lives with a special smile and a kind word. Born and raised in Selkirk, Janine was an active member in her community. You would have seen Janine in the Selkirk Parade every year on the Friendship Center float and at every local fundraiser that was held for a worthy cause. The world was truly a better place with Janine in it and she will live on in many people's hearts.

Whether it was a road trip to Las Vegas or a trip to the Winnipeg Zoo, Janine was always up for the adventure of the day and her parting wish for her family and friends was that they continue on having adventures, carrying her in their hearts along the way.

The family would like to thank all the staff who took such wonderful care of Janine during her final stay at the Selkirk Regional Health Centre.

In keeping with her wishes, cremation has taken place and a Celebration of Life will be held on Saturday, November 2nd at 11:00 a.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba.

In lieu of flowers, donations may be made to Canadian Cancer Society (www.cancer.ca).

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

Gilbart Funeral Home. Selkirk in care of arrangements

#### Joyce Eileen Zalusky

October 7, 1949 - October 7, 2019

Forever and always remembered by husband Don of 53 years; daughter Angela; granddaughter Holly; and extended family.

Cremation has taken place and no service is planned.

Thank you to all who helped us on Joyce's late life adventure.

Arrangements entrusted to:

Interlake Cremation & Memorial Services 204.482.1040

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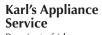
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