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# The Selkirk Record

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VOLUME 9 EDITION 42

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**Ready to light up the night**

RECORD PHOTO BY LINDSEY ENNS

Dozens of volunteers from Holiday Alley, Inclusion Selkirk, Lord Selkirk Education Centre and City of Selkirk were busy untangling lights for this year's Light up the Night project at the City of Selkirk Works and Operations Yard last Wednesday. A total of 37 buildings with 5,000 strings of light and 125,000 bulbs will get turned on Friday, Nov. 30 in Selkirk as part of Holiday Alley. For a story, see Page 17.

news > sports > opinion > community > people > entertainment > events > classifieds > careers > everything you need to know



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# Young drivers face higher crash risk up to 5 hours after smoking pot: study

Staff

Young drivers are more at risk of a vehicle crash even five hours after inhaling cannabis, according to results of a clinical trial conducted at the Research Institute of the McGill University Health Centre (RI-MUHC) and McGill University, and funded by the Canadian Automobile Association (CAA).

The research found that performance declined significantly, in key areas such as reaction time, even five hours after inhaling the equivalent of less than one typical joint. The participants' driving performance, which was tested in a driving simulator, deteriorated as soon as they were exposed to the kinds of distractions common on the road.

The trial examined the impact of cannabis on the driving ability of 18 to 24-year-old occasional users. CAA polling has found that a significant number of young Canadians – one in five – believe they are as good or better drivers stoned as they are sober.

"This new trial provides important Canadian evidence that cannabis can affect the skills needed to drive safely even five hours after consuming and underscores the idea that if you feel you're not safe to drive, you're correct," Erika Miller, communications consultant with CAA Manitoba stated in a release on Monday. "We should treat cannabis the same way we treat alcohol – if you indulge, find another



RCMP PHOTO

Young Canadians who smoke cannabis are more likely to crash their car, even five hours after consuming, according to a study funded by CAA.

way home like a designated driver, ride-share or transit, or stay where you are and don't drive for at least five hours afterwards."

Under controlled conditions, researchers tested driving-related performance of young Canadians in a simulated environment, at intervals up to five hours after they had consumed cannabis. Participants were also tested with no cannabis in their system to set a baseline.

"This rigorous experimental trial adds to a growing body of scientific

literature on cannabis use and driving," said study co-author Isabelle Gélinas, a researcher in McGill's School of Physical and Occupational Therapy. "The findings provide new evidence on the extent to which driving-related performance is compromised following a typical dose of inhaled cannabis, even at five hours after use."

While the participants showed no significant effects when there were no distractions, as soon as conditions became more realistic, driving-related performance reduced significantly.

"WE SHOULD TREAT CANNABIS THE SAME WAY WE TREAT ALCOHOL – IF YOU INDULGE, FIND ANOTHER WAY HOME ..."

In addition, a large percentage of the young drivers reported they did not feel as safe to drive after consuming cannabis, even five hours after use.

"This clinical trial research is a step toward more understanding, but governments must step up, too – we need more funding for basic research into the effects of cannabis on driving," Miller said. "CAA is committed to working with stakeholders and doing our part to further the dialogue on this important road safety issue."

Testing was randomized to occur one hour, three hours and five hours after they had consumed cannabis. They used a medical grade vaporizer to consume a dose of 100 mg dried cannabis flowers containing 13 per cent THC over several inhalations. A typical joint is 300-500 mg of dried cannabis.

CAA Manitoba has also launched an educational social media campaign to deter cannabis-impaired driving, with an inter-provincial campaign to launch later in the year. For more educational resources, visit [caamanitoba.com/cannabis](http://caamanitoba.com/cannabis).



**October 24, 2018**

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# Black Cat donates \$10K to food bank



**RECORD PHOTO BY LINDSEY ENNS**  
Black Cat Wear Parts staff presented Selkirk Food Bank volunteers with a \$10,000 donation last Thursday inside the local food bank. Food bank volunteers say the donation will go towards new metal shelving and their overall operations. They currently serve 764 adults and 433 children in the Selkirk area.

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## Humboldt officials talk response, recovery at disaster management conference

By Justin Luschinski

On the evening of Apr. 6 and the months that followed, the world gazed upon the small town of Humboldt, Sask., when the bus driver and 28 passengers from the Humboldt Broncos Hockey team collided with a transport truck, killing 16 and injuring 13 others in rural Saskatchewan.

Now six months later, Humboldt's fire chief and city planner discussed how the town handled the tragedy during the Manitoba Disaster Management Conference last Wednesday at Canad Inns Destination Centre Polo Park in Winnipeg.

The three-day conference, which wrapped up last Friday, works to further increase the level of emergency preparedness in Manitoba and promote the principles of disaster management planning and public awareness by sharing experiences, showcasing technologies, providing

information, tools, and solutions to problems and creating network opportunities.

During the "Humboldt Broncos Bus Crash – The Community Response and Recovery" presentation, Joe Day, city manager, and Humboldt Fire Chief Mike Kwasnica spoke about how they managed the incident with hopes of passing on some of those lessons to other small towns.

Kwasnica said the biggest asset during the crisis was having strong connections to community members.

"Biggest takeaway for me was the power of personal connections. I've met a lot of people, doing what I do, getting to know their experiences, getting to know what their expertise are. Basically to have them in your back pocket," Kwasnica said. "You have to have them with you, and you have to know who you can rely on."

Kwasnica said since the crash took place outside of the town's limits, they couldn't respond to the accident, and instead the city had to create a massive mental health initiative to help residents cope. The mental health work continues to this



RECORD PHOTO BY JUSTIN LUSCHINSKI

Humboldt's fire chief and city planner discuss how the town handled the tragedy during the Manitoba Disaster Management Conference last Wednesday at Canad Inns Destination Centre Polo Park in Winnipeg.

day, with multiple provincial organizations offering grief counselling in schools, group homes, and at various locations around town.

Day said small towns should have a dedicated media person or team.

"The city received overwhelming media attention. Our (communications) person was working on messaging, not wrangling the media, so I thought I could handle it ... It became apparent that this was way more than I or any of our staff could do," Day said. "It's about working with the media, not against them. We had to balance between giving the media what they needed, and making sure families had the opportunity to process what's happening."

Day said their team was warned that the community might feel a sense of abandonment after the media attention died down, but some residents feel like it's still too much. The media attention and monuments can potentially re-victimize residents, so the

city is balancing between letting people pay tribute while also allowing the city to move on.

At the end of their presentation, they played a video, where Humboldt residents thanked everyone for their support. The video mentions how the residents are fine, everyone's just trying to get on with their lives, and they want to be allowed to do that.

Kwasnica thanked the community, and thanked everyone for their support. The city received thousands of quilts from across Canada as well as many donations of food and drinks during the crisis.

The owner of an Alberta trucking company involved in the fatal Humboldt Broncos bus crash was charged last Wednesday. Sukhmander Singh of Adesh Deol Trucking faces charges of non-compliance with various federal and provincial safety regulations. Eight charges have now been laid against the trucking company owner.



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# Riverboat restaurant donates to Marine Museum, burn fund



RECORD PHOTO BY BRETT MITCHELL

Riverboat Family Restaurant owner Doug Poirier, pictured centre, recently presented the Firefighters Burn Fund and the Manitoba Marine Museum both with a \$1,450 donation. The funds were raised during the Riverboat Burn Fund Dinner recently.

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# Selkirk woman hopes handmade bracelets bring joy to families of MMIWG

By Lindsey Enns

A Selkirk woman is trying to help the families of missing and murdered Indigenous women and girls (MMIWG) find some joy and comfort through her custom beaded bracelets.

Betty Rourke started making the white and red bracelets, which feature the names of a missing or murdered loved one, out of her Selkirk home earlier this summer after a friend of hers asked if she had any rosary beads she could share with families going through a difficult time. Rourke said in making the rosary beads and bracelets she's found a whole new source of healing for her own pain.

Rourke's daughter Jennifer Dawn McPherson was brutally murdered in 2013 at the age of 41. Her sister Jennifer Glenna Johnston was also stabbed to death in 1980 at the age of 20.

Rourke said she handed out some of her bracelets to the families of MMIWG during a gathering at The Forks in Winnipeg earlier this month.

"And the look of happiness on their face, I have goosebumps telling you this," Rourke said while touching her arm. "It just really touched my heart ... they were just so happy."

Rourke says the bracelets aren't for sale, instead they are her "gift of love" to those in pain because it helps her heal.

"It helps me to stay strong, it helps me because I see the joy when I give them in person. I see that look on their face and they are just so happy," she said. "I'm trying to let them know that you're loved one isn't going to be forgotten. Not as long as I'm here."

Rourke said she's also told families that if their bracelets break, she will



RECORD PHOTO BY LINDSEY ENNS

Betty Rourke is pictured inside her Selkirk home last Wednesday with her handmade bracelets, which she started making earlier this summer for families of missing and murdered Indigenous women and girls.

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make them a new one. Her rosary beads and bracelets have now been mailed to families across Canada.

She was also handing out her bracelets during a MMIWG family gathering at the Selkirk Friendship Centre last Saturday.

"I love going to the gatherings because I'm with other people like me that are hurting and I can just be myself," she said. "If I want to share my story I can or I don't have to."

Rourke and her family were among the nearly 80 others who shared stories of at least 50 missing or murdered Indigenous women and girls during the national inquiry hearings, which were held in Winnipeg for five days in October of last year.

Rourke encourages anyone with a missing or murdered loved one to find someone they can talk to about it.

"Talk to your pastor or talk to your elders," she said.

Nearly 45 local and area community members attended the gathering in Selkirk last Saturday, which included tying red ribbons to the Selkirk blue bridge as well as a coffeehouse in the evening.

## Correction

In the Oct. 11 edition of *The Selkirk Record* in the "Selkirk candidates talk housing, infrastructure at election forum" story on Page 3, Selkirk councillor candidate Kim Wiebe's quote should have read: "We need to start making ourselves more available," in regards to bringing more affordable housing to Selkirk. An incorrect word appeared in the previous quote. The Record apologizes for the error.



Regulations to allow medical cannabis users to medicate in some public places

**Submitted**

Regulations made under The Non-Smokers Health Protection and Vapour Products Act will allow medical cannabis users to medicate in some public places.

“Our government continues to be committed to prioritizing public health and safety as we ready our province for the federal legalization of cannabis sales and use,” said Health, Seniors and Active Living Minister Cameron Friesen. “However, we also recognize that some people need access to medication. These regulations will allow us to accommodate medical cannabis users.”

The regulations will provide exceptions to general public cannabis consumption restrictions to accommodate medical use. These regulations came into force on Oct. 17, the same day legalized non-medical cannabis became available.

While the medical cannabis regime is still under the federal government’s jurisdiction, these regulations provide patients in Manitoba with clarity on where they may medicate in public, said Friesen.

Amendments to The Non-Smokers Health Protection and Vapour Products Act came into force Oct. 17. The changes prohibit smoking and vaping non-medical cannabis in outdoor public places including:

- Streets and sidewalks,
- Parks and beaches,
- School grounds,
- Restaurant patios and decks,
- The grounds of health-care facilities, and
- Any additional places that may be specified by regulation.

As a result of these regulations, medical cannabis users will now be permitted to smoke or vape medical cannabis in outdoor public places, except as follows:

- within eight metres of a building to which the public has access;
- on (or within eight metres of) a restaurant or bar patio or deck;
- at a stadium or outdoor entertainment venue, or within eight metres of those venues;
- in a wading pool, splash pad or water park, or within eight metres of those locations;
- in or within eight metres of a playground;
- on a public beach; and
- in bus shelters or other similar structures with a roof or other cover to which the public has access, or within eight metres of such structures.

For more information on cannabis in Manitoba, visit gov.mb.ca/cannabis/.

Retired firefighter brings fire safety education to remote First Nations

**By Justin Luschinski**

A retired firefighter is helping remote First Nations communities prevent house fires.

Shane Ferguson held his Fire Prevention in Remote Communities, including First Nations presentation during the Manitoba Disaster Management Conference in Winnipeg last Thursday. Ferguson is a retired Winnipeg firefighter who travels to First Nations communities to help teach fire safety.

Ferguson said these communities have very little resources, so a little fire safety education can go a long way.

“Most of these communities don’t have trained fire personnel or fire suppression equipment, not like we have in Winnipeg. Lots of the homes are made out of wood,” Ferguson said.

“SOME OF THOSE FIRES ARE PREVENTABLE, AND IN EDUCATING PEOPLE, I’M HELPING TO SAVE THEIR LIVES.”

“So I’m bringing fire awareness and prevention to the community. Some of those fires are preventable, and in educating people, I’m helping to save their lives.”

Ferguson stresses the importance of working smoke alarms, Carbon Monoxide alarms, and helping people develop escape plans during a fire. Ferguson also helped develop an interactive computer game for students Kindergarten to Grade 8, which teach-

es them how to escape from a burning home in a safe manner.

A lot of remote communities still use wood-burning ovens to cook, so whenever they would cook something, it would create smoke, which meant their smoke alarms would be going off constantly.

“This meant they would make something, it’d beep like crazy, and they’d take the batteries out of it,” Ferguson said. “So I had them install a button, that would turn off the detector for a few minutes. That way they can cook food in peace, and they’d still have a working smoke detector.”

According to Ferguson, First Nations residents are 10 times more likely to die in a house fire. Fire incident rates for First Nations are 2.4 times higher than for the rest of Canada. The victims are often young children.



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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.

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	Dates	Time(s)	Location(s)
East Selkirk	November 5	2:30 pm - 6:30 pm	East Selkirk Rec. Centre, Corner of Hwy 59 and PTH 212
Grand Marais	November 7	4:00 pm - 6:00 pm	Grand Marais Rec. Centre, 90 Matilda Ave
Matlock	October 26	9:30 am - noon	Matlock Recreation Centre, 77 Matlock Road
Petersfield	October 26	1:30 pm - 3:00 pm	Petersfield Curling Club, 700 Main St
St. Andrews	November 13	3:00 pm - 7:00 pm	St. Andrews Community Club, 28 St. Andrews Rd.
Selkirk	October 23	3:00 pm - 7:00 pm	Selkirk Rec Complex, 180 Easton Drive
	November 17	10:00 am - 1:00 pm	Gordon Howard Senior Centre, 384 Eveline St

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

Any changes to this listing will be posted online at www.ierha.ca – click on the banner “2018 Flu Clinics” on the home page.



**The Selkirk Record**



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## 'You can handle and land whatever you catch'

Greetings fellow outdoors lovers.

For those of us who are at home being outdoors hunting and fishing, sooner or later surprises will come our way!

It was a nice, warm sunny day last summer when Mark Artimowich took his son Roden fishing on the shore by the Gimli Harbor. It wasn't long before Roden got a strike so forceful it almost pulled him into the water. "Dad I've got a big one!" he shouted over his shoulder at Mark who was further from the shoreline getting his tackle ready. Mark dropped his gear and stood watching to see how his thin, 12-year-old son would handle one of his first big catches.

The boy stood firm at the water's edge. Small waves lapped at his bare feet as he tried to overcome the shockingly strong jerking and shuttering coming from whatever was on the end of his line. Reeling in was almost impossible and as moments wore on Roden became very tired. "Dad, I'm done," the boy cried out to his father. Mark, who was silently watching all the while, simply said encouragingly, "Son, you can handle and land whatever you catch; think; find a way!" The boy, standing tense and rigid dropped his head contemplating for a moment then tightened his drag and started walking up the sand literally dragging his fish toward shore. After twenty or thirty paces he turned and walked quickly back to the shoreline reeling the slack line in. Time and again he repeated this process until he had beached a giant jackfish. Father and son were a little quiet on the way home. Mark was filled with pride of his sons success while Roden sat basking in a newfound confidence.

Once home, in the garage, Roden at his insistence began cleaning his prize and at first cut was shocked to see a nearly two foot long pickerel flow out of the huge jacks belly obviously having just been eaten. Roden,



**SUBMITTED PHOTO**

Roden Artimowich with his prize jack (and a big pickerel inside it) caught by Gimli.

smiling, looked inquisitively at his dad who remarked, "No son we're not going to eat that pickerel!"

Last Friday, the day after I met Mark and Roden with their great story, boating anglers were coming and going one after another at the launch area at Breezy Point. I parked my car and stood watching the action for a while until I noticed a tall, fairly well put together guy with a dark brown beard talking to a shorter fellow sporting a white goatee and speaking with a great southern U.S. drawl. I waited till they started tying down their boat after pulling it out of the water then approached them saying to the big guy, "That southern accent your buddy has might mean you boys might have an interesting story for my readers." The shorter southerner

interjected, chuckling as he worked, "I met Stu Henset when he was a dock boy at Dog Skin Lodge many years ago." "Yeah, I'm a fishing and hunting guide from Beausejour now," new friend Stu chimed in. "How about you, would you have an interesting story for your Canadian angling brothers and sisters?"

With a charming southern air coupled with the exuberance of a man at home outdoors anywhere our new friend drawled, "I'm Richard James from Wyandotte, Oklahoma and by your good graces I love coming to your beautiful country to fish for big jackfish and walleye." We rambled on of fishing experiences for a bit and when I touched on Roden's surprise experience with the jack, he threw his head back in laughter recalling, "When we're home we go noodling!" "Excuse me?" I asked. "Well, you might have seen it on TV. We meander in the water of our creeks and catch flathead catfish by their mouths with our hands. Sometimes our fingers bump into snakes or muskrats which tend to make them a bit cantankerous but it's our kind of fun!"

Stu, by then, had finished tying down the boat so I turned to him asking if he had a story for us from his guiding days. He said growing up in Beausejour his Grandpa, as well as, any other men he knew were all pilots with float planes who took folks north to fish. That was how he came to work in summer fishing camps. He fondly remembered as a young guide taking guys out in boats to fish then he would jump overboard and swim around with eagles diving on him. Then he switched topics quickly saying, "We just got back from an eight hour drive from Kissing Lake. We got up two days ago and the ice was so thick the boat was iced in so it was time to head south!"

We'll see you next week my friends, bye for now.

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

### TROUBLE WITH PAPER DELIVERY?

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

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# Asset management experts to take tour of Selkirk on Oct. 22

## Submitted

Dozens of the country's leading voices in asset management will be coming to Selkirk on Monday, Oct. 22 to learn more about the city's Capital Asset Management Program.

Four years ago, Selkirk council identified the establishment of an asset management program as a key priority when it adopted the city's strategic plan. In 2016, council set-out its detailed vision for the program by adopting its Capital Asset Management Strategy.

The goal was, first and foremost, to be fiscally responsible and to extend the life of city infrastructure through educated and informed decision making. Another goal was to become a leader in asset management in the province.

The Federation of Canadian Municipalities Asset Management Technical Working Group is meeting in Winnipeg in October and will be coming to Selkirk to learn more about what's going on here, meaning the city is in fact among not just the province's leading voices on asset management, but the country's.

Selkirk CAO Duane Nicol was nominated by the Association for Manitoba Municipalities to represent the province on the working group, and says the Selkirk visit is somewhat ground breaking.

"For the first time ever they're going to do a site visit, a tour, specifically to come visit Selkirk," Nicol said. "So we're anticipating 25 to 30 leading voices in asset management coming to Selkirk to learn about what we're doing here."

"FCM is keenly interested in what asset management looks like for smaller communities, and we can pro-

vide some insight into what it looks like at the front-line."

The group meets in locations across Canada and works on developing programs and tools to facilitate good asset management. Since its members are leaders in the field, there's always a lot of advice shared around the table.

Nicol said Selkirk has become known for its success in asset management in a small municipality and is now being sought out to share its knowledge with the countless other small municipalities across the country. Large urban centres can create entire departments to deal with things like asset management, but that's simply not possible with smaller communities.

"The vast majority of municipalities are small and small municipalities have to build the capacity within the existing staff compliment and that's one thing that Selkirk has done extraordinarily well," Nicol said.

Selkirk approached asset management in stages, first compiling a database of all core city assets. Next, CAMP

was developed, giving staff the tools to navigate through the city's infrastructure and know first what there is, what point in the asset's lifecycle it's at and what maintenance needs to be done and when.

FCM's \$50 million Municipal Asset Management Program (MAMP) supports Canadian cities and communities like Selkirk to make informed decisions about infrastructure, such as the planning and construction of roads, recreational facilities and water

and wastewater systems.

Selkirk is part of another FCM initiative, the Capital and Asset Management Network (CAMN), which offers peer-learning opportunities, training, and funding to help Canadian municipalities integrate climate change and sustainability goals systematically into decision-making about infrastructure assets. Selkirk is one of just 16 communities selected to participate in CAMN's first phase, and is also the smallest.



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**GET OUT AND  
VOTE  
ON OCT. 24**



# Mayoral candidates share platforms ahead of civic election

Compiled by Lindsey Enns

Want to know a little bit more about your next mayor?

The *Record* recently reached out to the mayoral candidates running in Selkirk, West St. Paul, St. Andrews and St. Clements and asked them the following five questions via email:

1. What inspired you to run for mayor or seek re-election?
2. If elected, briefly describe what your top three priorities or goals would be during your term.
3. What are some of the challenges currently facing your community and how do you plan to tackle them if elected?

4. How do you plan to involve residents in the decision-making process?
  5. Why should residents vote for you?
- Their answers, along with their picture are featured on Pages 10 to 13.
- Municipal and school board elections take place on Wednesday, Oct. 24.

1. Right from the start 12 years ago, I wanted to give back to a community that has been so good to myself and my family. I couldn't be prouder of our great city and I couldn't be prouder of what we've accomplished.

2. Our top three priorities have never wavered right from the start. Strong infrastructure, safe community, and affordable housing.

3. The funding cuts from the provincial government are hurting us. The down-loading of services to the communities are troubling. We will work with the province and our MLA to help the province with the deficit, however, we must keep the services and needs of our citizens upmost in our discussions when we seek shared costing of projects with other levels of government.

4. We have involved citizens in our decision making right from the start. Major projects have always involved citizens meeting with us and developers to have their concerns heard. CitizenVoice is a huge step to make sure citizens are heard today and well into the future.

5. I think our actions speak for themselves. We are seeing a city like never before, multi-million dollar investments, highest census ever, most housing starts, recreational improvements. We are building infrastructure improvements that will benefit generations to come. And the crown jewel we are fast becoming a medical center of excellence for the Inter-lake.



LARRY JOHANNSON (SELKIRK  
MAYORAL CANDIDATE)

1. I took a good look around me and realized that my fellow citizens and I have been paying taxes for nothing. We all deserve better results for our tax dollars, which we work hard for. I have brought positive change to other communities and I want to bring positive change to Selkirk.

2. I have so many plans, but I would have to say that my goals and priorities would be summed up well as: maintaining communication and gathering input from our city's citizens, including our youth. Secondly, protection and accountability of tax dollars, our local economy and good local jobs is essential to maintain a thriving and growing city. Last but not least, targeting superfluous costs such as substandard infrastructure repairs and redirection of nonessential management will save large unnecessary costs to our city; substandard repairs cost more over the long run and I am unwilling to support unnecessary salaries.

3. I have kept my ears open during my campaign and feel that my personal concerns are irrelevant, as I will work for our citizens and not myself. Our citizens expressed that they feel the challenges in Selkirk at this time as rising crime, lack of activities such as sports and recreation, unemployment as well as low wages and benefits, lack of resources for our citizens; especially small children and youth. I plan to tackle these problems by working with our RCMP and rebuilding our city's proud spirit by including citizens in our community and decisions. We need to work together to rebuild lost activities and resources that have been cut over the past years, or build new ones that are requested by our target groups of citizens.

4. Currently I maintain a Facebook group as well as a Twitter account, where interested citizens can follow my posts and citizens have voiced their ideas and concerns. I would like to maintain a similar group for our city hall; I feel that at the base level of any good leadership, should be communication, accountability and transparency, which can be maintained by such a system. Additionally, citizens will be invited to attend all city meetings to put their concerns and ideas forward and weigh in on decisions.

5. After what I have seen, heard and witnessed, I would have to present myself as the only viable option; I am willing to work for you, our citizens, without ulterior motives or hidden agendas. In Selkirk I am nobody's cousin, high school chum or old pal, so favoritism and nepotism simply can't exist and won't exist. I have devoted my life to helping others and I am just like any other citizen in Selkirk; I work hard, I pay my taxes, I am tired of seeing little to no results. This is our city; I want to be your voice.



IAN KATHWAROON (SELKIRK  
MAYORAL CANDIDATE)

1. I was inspired to run for Mayor because Selkirk needs positive change and Selkirk has great potential to grow.

2. My top 3 goals if elected are: 1. Affordable Housing based on your income 2. Infrastructure 3. Forensic Audit

3. The current challenges are: Affordable Housing, Infrastructure, High Property Taxes. My plan to tackle the problems: Affordable housing is to work with both levels of government to ensure Taxpayers can live in apartments based on their income. Infrastructure: Need to set priorities and ensure the infrastructure gets done. Again seek out the governments for more assistance. Bring in huge industries. High Taxes: Investigate the school mill as enrolment is down all over. Open and Honest meetings on where the money is going, and a forensic audit!! That is a must.

4. Besides social media we must use all types of media for the Taxpayers. Open Hall meetings once every 3 months. Be available at all times. They pay us to serve them. Taxpayers have amazing ideas. Cut back on in camera meetings

5. I'm Honest, open, Trustworthy, Team player who is a Taxpayer working for the Taxpayers who will be accountable. I am accessible and want to hear the concerns of all Taxpayers. It is their money we are entrusted to save and spend.



TERESA MACUMBER (SELKIRK  
MAYORAL CANDIDATE)

Continued on page 11

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## > MAYORAL CANDIDATES, FROM PG. 10

1. I am running for Mayor because we can do so much better. Residents aren't being treated fairly, we're polarized as a community and because I love West St. Paul. My family has called West St. Paul home for four generations. In the last four years on Council I have learned about local and regional issues, how Council works and how it should work. I know we can do better with proper planning, good governance and leadership that actively listens to the residents in our wonderful community.



CHERYL CHRISTIAN (WEST ST. PAUL MAYORAL CANDIDATE)

2. As Mayor, my top three priorities or key objectives would be the following: 1. Establish a fair and open decision making process. 2. Ensure West St. Paul has well planned and well managed growth. 3. Manage our municipal finances more responsibly as well as advocate for the safety of our community, our infrastructure and our workplace.

3. Wastewater and water infrastructure must be delivered to our residents fairly and at a reasonable cost with proper strategic planning for the future. Development agreements in West St. Paul must be reviewed and voted on by all of Council to ensure those agreements are fair and protect our residents from future costs. All jobs and tender postings must be open for fair competition and not decided upon behind closed doors. As Mayor, I will ensure your new Council is transparent and accountable for every decision made because we can do better.

4. As Mayor, I will work respectfully as a team with the new Council to openly communicate all community plans and projects with our residents. Community members will be asked to participate and provide input into a strategic plan for the future through open houses, focus groups and surveys. Meeting times will be changed to provide residents with greater access to decision making in our community and question period will be re-instated to encourage resident feedback. We will do better as a community when we listen to each other.

5. As a Councillor in West St. Paul, I promised I would put residents first and I always have. I have shared information regularly, hosted monthly coffee times and held my own open house for resident feedback. I have worked collaboratively with the Federal and Provincial governments and neighbouring municipalities to promote dredging at the mouth of the Red River and a safe workplace for council members and municipal staff. As Mayor, I will work to create an elevated level of inclusiveness, collaboration and pride in West St. Paul.

1. As a long-time resident of West St. Paul, I was first inspired to run for municipal office so that I could have the opportunity to give back to our community. I am seeking re-election as Mayor to keep West St. Paul moving in the right direction! We are a community that young and old are recognizing as THE place to live, work and play. Families are moving to West St. Paul to take advantage of our low municipal taxes, superior community recreational places and spaces and the sense of small-town community with all the amenities close by.



BRUCE HENLEY (WEST ST. PAUL MAYORAL CANDIDATE)

2. If re-elected my top three priorities will be; 1. To lobby the Provincial Government to remove school taxes from our property tax bills. 2. Keep West St. Paul taxes as low as possible through prudent fiscal management where we continue to see the mill rate dropping, debt repaid early and continued increase in services. 3. Ensure that we continue to see responsible growth in West St. Paul including housing options for all ages and stages of life ensuring our seniors can remain in our community and new retail and service businesses locate in our community. A strong growing local economy in West St. Paul ensures taxes stay as low as possible for everyone.

3. One of the biggest issues we face in ensuring that as the community continues to grow we strike the right balance of new development. In particular we have to make sure that there are quality housing options available to all citizens from new young families just moving to West St. Paul to seniors who want to downsize without leaving our community. This is very important to me and something I hear about daily as I go door to door.

4. I am proud of the fact that I have stood up and been a loud and clear advocate for open, accountable & transparent government residents of West St. Paul can be proud of. Working together with our administrative staff to find new ways of communicating with residents is always a priority especially in today's digital age there are constantly new and innovative ideas and opportunities. If re-elected I also plan to propose significant changes to public disclosure and transparency policies, and conflict of interest. Citizens shouldn't have to file freedom of information requests to find out what's going on nor should they have to be concerned about the integrity of members of council!

5. I am very proud of what we have achieved as a community over the past eight years through hard work and by working together. There is more work to do and I am ready to take on the task! I will continue to be approachable, look for common sense solutions and work hard to ensure that West St. Paul has an even brighter future.



JOY SUL (ST. ANDREWS MAYORAL CANDIDATE)

1. As the current Ward 4 councillor, I have knowledge of the many issues we face in St. Andrews. We need strong leadership and some common sense brought back into Chambers and this includes fair and respectful treatment of all ratepayers. St. Andrews is a beautiful community with much potential, but council lacks vision; there has not been a plan put into place over the years and you can't reach a goal without a plan. We are elected to act in the best interests of the community as a whole – we work for the community. Everyone is taxed the same so everyone should be treated fairly.

2. Financial accountability - As mayor, I will commit to being financially accountable to the residents. Council works with ratepayers' money and it MUST be spent wisely. Council is governed by the Municipal Act, of which I am very familiar with and when spending money, it MUST be done through resolution or by-law. Open and honest communication - It's taxpayers' money and they have a right to know where it's going. While campaigning, the biggest issue people are talking to me about is lack of communication and this MUST change. This can be achieved by effective recording of minutes, evening meetings so all can attend with a time set aside at the end of every meeting for public questions and input, social media and newsletters. Strategic Action – the honest way. We need a strategic action plan and good planning leads to success and a vision is needed with a long-term action plan.

3. The sewer project is the biggest issue facing residents. I'm not against sewer but I am against this sewer project as it is unaffordable to many, makes no sense the sewage is running uphill to a non-compliant plant only to be released back into the river and flow downhill. Options exist but were never explored and without any legal signed agreements, I am hopeful with a new council, this can be re-visited. Roads and drainage continue to be an issue and we need to look at ways to improve them.

4. I will promote evening meetings so the public can attend with a time set aside at the end of every meeting for public input and questions as it's public money and taxpayers must be heard. Public consultation is a must - open houses, surveys, clear and concise communication is key.

5. As a respected and involved member of the community, I possess leadership skills and I'm not afraid to speak up for what I believe – I know right from wrong. As a small business owner and former Magistrate, all that know me know that I am honest and I value integrity. I fully understand this will be a big challenge to address the many issues we currently face, but challenge does not scare me. The word change is cliché, but change is needed and respect for residents and their money is a top priority.



## > MAYORAL CANDIDATES, FROM PG. 11

1. To be re-elected as Mayor of St. Andrews would give me the opportunity to continue to provide this great community with proven leadership and fiscal responsibility. My priorities will allow us to continue our journey in efficiently serving our residents today and into the future.

2. Three Priorities to Achieve: 1. Fiscal responsibility for responsible governance. Under my leadership Council will continue to ensure reserves are maintained at a progressive level and available for future work and generations. 2. Preference to not raising taxes. This council achieved a zero percent increase in three years with only a minimal increase in one year of 1.6%.

Council has achieved this with continued growth within the RM to offset inflation without raising taxes. 3. Commitment to maintaining and improving services. We will continue to improve the efficient delivery of services for residents and business in St. Andrews while ensuring environmental issues and needs are addressed.

3. One of the key challenges we face as a municipality in the next four years are changes in Federal and Provincial regulations and policies that impact our programs and budgets. Council will work strategically with both levels of government and our municipal partners to leverage our collective ability to adapt and develop new paths to provide our services.

4. Residents get involved in our municipal business and decision making through elected representation. Democracy allows every eligible resident to cast a ballot and vote for their representative. Then through communication, dialogue and input that representative works with the other members of council to make decisions in the best interest of the entire municipality. The democratic system is based on representation and a collective voice in Council Chambers.

5. George Pike has proven leadership over his four years in Council. George Pike will continue to bring professionalism to the role of Mayor and will ensure professional and ethical service for all residents. George Pike has proven Fiscal Responsibility in maintaining tax increases to below levels of inflation while expanding services for the municipality. George Pike has demonstrated environmental stewardship through the commitment and implementation of environmental controls and projects. I will commit to improving decision making through effective and transparent processes based on integrity.



GEORGE PIKE (ST. ANDREWS  
MAYORAL CANDIDATE)

1. Helping out our great community is my goal, and reason behind running for Mayor. I would like to see our Municipality run by someone who has the education along with the experience to get the job done right. I have over six years' experience working as a Director of Operations in two different Municipalities, and I have seen the difference experience and education can make.

2. My top three priorities would be: 1. A Strategic Plan. This is a 5+ year plan showing where we want to be and goals we want to set. It must also be revisited every year to make sure that progress is being made.

2. Economic Development. Strengthen our limited economy by increasing commercial development and strengthen our development process. This will take some of the tax burden off our residents. 3. Strengthen our political team. With proper training and leadership, we can work together to do the best we can for our community.

3. There are many challenges, and I know this from working in Municipalities that they never stop, and are usually much more than people realize. Recreation is a huge topic right now, for our Municipality as well as many others. Volunteers are down and facilities are aging out to the point that big decisions are going to have to be made. However, I know there are much more issues like landfill regulation changes and lagoon changes that will also cost a lot of money in the future. To tackle these issues it takes research, Council discussions, and speaking with the community about where we allocate our money.

4. Residents' main way to get involved is to vote. However, I think scheduling town hall meetings when big projects are being discussed would help. Getting the word out is often a challenge because even though you send out newsletters, have a web site, advertise in the paper, and send letters people still say they were not notified. Residents need to get involved in things happening in their municipality by participating in these events, and I would like to make this happen.

5. Residents should vote for me because I have the Municipal experience, knowledge and education to do the job. I understand how Council and a Municipality should and must be run, and I do not come with any hidden agendas. My objective is to have the Municipality run as smooth and professional as we, the residents, deserve it to be. I would like to assist with improving this Municipality to another level of professionalism. For more information go to my event page on Facebook; "Ian Tesarski for Mayor of the R.M. Of St. Andrews."



IAN TESARSKI (ST. ANDREWS  
MAYORAL CANDIDATE)

1. With the vast area of the municipality, the needs of all communities and areas need to be addressed. I would like to continue to improve services that the municipality provides to its property owners and residents. I was inspired to seek re-election to continue on with some of the initiatives that have been discussed around the council table and given consideration to be moved forward and to tackle any and all issues that arise.

2. Communication has been a key to our success over the last term, I would like to continue to improve the consultation and communication as this leads to better and more resident input for council to consider in decision making. I would continue to seek out economic development opportunities throughout the municipality, development is required to continue to move the municipality into the future. Developments could be commercial, single or multi-family housing or age in place housing, and with such future development in the municipality we need to ensure proper infrastructure and services are in place to support these developments. Something that I feel is important to all residents is well maintained roads and drainage and I will work toward better roads and drainage in all areas of the municipality, including the farming areas.

3. The challenge I see in our community is that infrastructure over the years has not kept up with the demand and we are now trying to provide better and more timely services when it comes to roads, drainage, sewage disposal and solid waste disposal, while at the same time holding the line on municipal taxes. We will continue to seek out any grants available, so as to not burden the taxpayer.

4. The municipality will continue to engage the residents through the website, the RM facebook page, open houses and community consultation. In some instances it would be to everyone's benefit for us to go to the people for consultation purposes, rather than have the people come to us. The RM website has a vast amount of information which is available to all residents and ratepayers.

5. I feel residents should vote for me as I have shown that I can make positive changes for the residents and continue to move the municipality forward in these changing times. I am a team player willing to address priorities our residents have identified. I will continue to be honest and open, always willing to listen to resident's concerns, big or small and where necessary move them forward to the council table for discussion and decision or forward to the necessary department for review. My extensive career in municipal administration, including finances allows me to look at issues and offer various solutions.



DEBBIE FIEBELKORN (ST. CLEMENTS  
MAYORAL CANDIDATE)



## > MAYORAL CANDIDATES, FROM PG. 12

1. Over the past 10 years I've been talking with residents in our RM and hearing that, like me, they weren't happy with the way our local government was being run from a financial perspective. Instead of complaining about things, I decided to focus my efforts towards representing the residents of St. Clements and achieve better results for all of us.

2. i) Personally undertake an examination of past expenditures to determine the RM's actual financial situation so that realistic going-forward priorities can be established.

ii) ensure that capital expenditures are dedicated to community-wide needed projects and that tax payers' money is spent in a financially prudent manner.

iii) ensure our new administration is open and transparent to all tax payers and in a timely fashion.

3. Getting capital project spending under control is priority. Amortization and interest payments on under utilized capital projects are beyond what the current population of the RM can sustain. Better communication and complete financial transparency with all residents, including seasonal residents, is vital.

4. Better communication and not just at election time. Annual town halls for feedback. Set up web-based feedback to problems that arise in the community. Ensure that proper procedures under the Municipal Act regarding community participation is followed. Listen and respond to their concerns daily.

5. I bring a solid financial background and resume to the RM. This community is my home. We have a great community and great people - but we can do better.



ROB MORRISSEY (ST. CLEMENTS MAYORAL CANDIDATE)

1. There has been a 16+% increase in my Municipal portion of my property taxes. Yet St Andrews is at 1.6% with a DECREASE for 2018. Red River Planning is not helping people, only hindering. Public Works is poorly managed.

2. Planning and public works all need to be overhauled and St. Andrews received 18 million in Grants last 2 years while St. Clements has received about 1 million. I will chase the money.

3. The lack of grant money. If St. Andrews has received 18 million in last 2 years that tells me that the province has money to give out, but we need to go ask. I have the ear of a Senior Provincial Cabinet Minister and I will lobby his/her department to find grant money.

4. We should have a monthly newsletter with a tentative scheduling of Public Works ongoing projects like ditching, grading etc. there should also be a dedicated ONLINE form for public works for people to submit a Request for Service in which they email the Public Works and copy their respective Councilors. They should be given an answer to their Request for Service via email with 5 days to better inform the resident of when to expect service. Emergencies always come first though.

5. I am the only Mayoral Candidate from Ward 1. I am also the only candidate that has had a family cottage in GBGM since late 1950's. I am the only candidate who cares about the WHOLE RM, not just where I reside. I am a retired Small Business Owner that had a staff of 30 and sales of 4 million + annually. I am the person who will fight for funding and grants for the RM.



SCOTT HILLHOUSE (ST. CLEMENTS MAYORAL CANDIDATE)

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## CFIB calls on municipal candidates to stand up for local businesses

### Submitted

Manitobans from across the province will be hitting the polls on Oct. 24 to vote in municipal elections. This will likely mean changes to local governments in many communities.

To mark the occasion, the Canadian Federation of Independent Business (CFIB) is releasing its Stand Up for Local Business campaign that challenges candidates to adopt five key business policies (six for the City of Winnipeg) that will help municipal leaders improve their local business climates. CFIB also sent a survey to mayoral and council candidates from 11 of Manitoba's largest municipalities, to determine where they stand on important business issues. Responses to CFIB's Survey: Candidates' views on small business issues will be posted, unedited, on CFIB's Manitoba Municipal Elections webpage, and shared with CFIB members prior to the elections on October 24th.

"By adopting these busi-

ness-friendly recommendations into their platforms, candidates will make it clear that they recognize the important role small businesses play in their communities in every corner of the province," said Jonathan Alward, CFIB's Director of Provincial Affairs for Manitoba.

The five small business policies are: Limit municipal spending growth; Control municipal wages; Create fair property taxes; Reduce red tape; and Develop a construction mitigation strategy.

Note: the sixth policy, which only applies to the City of Winnipeg, is to create a long-term plan to eliminate the Winnipeg Business Tax.

"Small businesses create jobs, deliver goods and services, and donate time and money to local community and charitable causes. They are the life blood of their communities," added Alward. "So our message to those seeking municipal office is simple; stand up for local business.

By adopting these business friendly policies, municipal candidates will create a recipe for entrepreneurial success."

# Letters

## Bill 8 would bury government notices

On Dec. 4, 2017, Cathy Cox, the provincial minister of sport, heritage and recreation, tabled Bill 8, The Government Notices Modernization Act, for first reading in the Manitoba legislature. It was recently given second reading in the Legislature and could soon be enacted as law.

The first part of the bill proposes that The Manitoba Gazette, the government's official online portal for legal notices, be made available to the public free of charge. It then recommends amendments to 24 statutes relating to the government's publication of official notices, removing requirements that such notices to be published in local newspapers and replacing them with the requirement or option of publishing them in The Manitoba Gazette.

This does not sit well with the Manitoba Community Newspapers Association (MCNA), nor should it sit well with all Manitobans.

The Manitoba Gazette is a little-known, online-only house organ which catalogues items of government business that must be legally published, such as notices to creditors or

notices of legal name changes. It is used largely by people in government or legal circles and it is genuinely difficult to find online, even when using the search window on the government's own website.

Making something accessible does not necessarily mean people will use it, and making The Gazette free to the public does not mean the public will visit the website.

The very point of a legal requirement to publish government notices is to ensure that the information is broadly distributed. The 49 member papers of the MCNA deliver hundreds of thousands of newspapers to Manitobans throughout the province each week. Our readers see the government's public notices and thus learn of public hearings on flood prevention or the use of fertilizers and pesticides on nearby lands.

Bill 8 effectively buries such notices in an internet backwater.

Yes, the MCNA is aware that the government has stated that the sections of Bill 8 which deal with mandatory publishing of public notices in newspapers will not be

proclaimed at this time.

However, the government has not moved to strike the relevant language from the act. So, when Bill 8 enacted, these sections will hang over the province's newspapers like a dark cloud, especially since this government has repeatedly stated its mistrust of the media.

We in the media believe that expecting Manitobans to know when and where to seek out important information that will affect their daily lives — without notifying them that such information exists — is simply wrong. Such action simply makes government less open and less transparent.

We believe that open and transparent government is essential to maintaining democracy.

Please phone, email, write or visit your MLA and demand this government provide you with proper notice of important issues affecting you and your families.

- This letter to the editor was submitted by Manitoba Community Newspapers Association president Ken Waddell

Selkirk & District Lions Club  
**Lions GIANT Craft Sale and Flea Market**  
**Saturday, October 20<sup>th</sup>**  
10:00 am - 4:00 pm  
**Selkirk Rec Centre**  
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- Fibre optic network for residential and commercial properties
- Encouragement of business development
- Road maintenance and drainage
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  - Committed to our Community
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**OCTOBER 24**

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# Rain, cooler temps make for a difficult migration season

By Justin Luschinski

Dozens of geese standing on a thin sheet of ice, looking for food in the cold Manitoba fall weather were spotted at Oak Hammock Interpretive Centre last week.

Since this fall has been a chilly one so far, the geese don't know when they can fly south for the winter.

Migration season is coming to an end at Oak Hammock Marsh. Geese migrate from September to October, to seek warmer climates in the southern United States, but since Manitoba's weather has been so erratic, the geese are having trouble taking off.

Paula Grief, the resident naturalist at Oak Hammock Marsh, says migration is still happening, it's just very random.

"Most years, they accumulate in large numbers, they eat and fatten up until conditions are right, and they take off," Grief said. "(Fall) has been 10 degrees cooler than normal, and it's been rainy, so they don't have a chance to gather ... as soon as there's a window, they're gone."

Grief said geese like to migrate at night, with clear skies and a nice breeze. Their need to migrate is con-



RECORD PHOTO BY JUSTIN LUSCHINSKI

Dozens of geese stand on thin ice on a pond behind the Oak Hammock Marsh Interpretive Centre last week. The erratic weather has made migration difficult, and the marsh's resident naturalist suspected that a majority of these geese would leave by last Friday.

trolled by daylight, so as the days get shorter, they get restless, and feel the urge to move. This usually happens between September to the beginning of November.

But since Manitoba has seen quite a bit of rain and snow this season, the geese don't have an opportunity to fly. So as soon as there's a clear night, they take off for the south. As a result, there are fewer geese at the marsh this year.

Grief said the weather might have slowed the geese down, but they'll still move to the south.

"Nothing detrimental has happened so far. There's not a lot of snow, so

they're still finding food, and getting fat. It might take them longer to get enough fat for the journey, since they're spending a lot of energy trying to stay warm," Grief said. "They might fly shorter distances for the winter, they don't have to go that far."

Grief said geese will typically fly around 500 to 800 kilometers south, then stop to eat anywhere from three to seven days, depending on how much body fat they have. Then they'd fly a little further, where they arrive at their preferred winter nesting grounds, or they might do a leg of the journey.

Typically, Canadian geese settle

down in the southern U.S., around southern Minnesota, but Grief said she's observed some geese fly as far as the Gulf of Mexico. Geese need to land where there's little snowfall, so they have access to their food.

Oak Hammock Marsh will be hosting a Migration Farewell Concert on Sunday, Oct. 21 from 7:30 p.m. to 9:30 p.m. A wine and cheese featuring 10 different wines will be served during intermission while guests will have the opportunity to bid on silent auction items. For tickets and more information, visit oakhammockmarsh.ca.

russell@rmofstandrews.com  
204-770-0338

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— Russ Paradossi



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**24**

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WARD 2

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- Affordable senior housing in community.
- Rally council to add a long overdue sidewalk along Coleville that cuts through the community.
- Move forward on environmental infrastructure such as bike and walking trails throughout the hamlet of East Selkirk.



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**School Trustee Ward 5**  
**CITY OF SELKIRK**

- Accountability
- Proven Leadership

judym@hotmail.com

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**DOUG POIRIER**

**FOR COUNCIL**  
**CITY OF SELKIRK**

- RELIABLE
- APPROACHABLE
- COMMITTED





# Dozens of downtown Selkirk buildings ready to light up the night

## Submitted

The owners of 13 buildings in Selkirk have joined the lighting parade to bring even more light to Selkirk's old downtown in time for Holiday Alley this year.

This means 37 buildings, 5,000 strings of light and 125,000 bulbs will get turned on Friday, Nov. 30.

Last year, the Light up the Night project attracted owners of 24 buildings on Manitoba Avenue, all of which helped the event take home the Interlake Tourism Association's Event of the Year Award last month.

This year the light program expanded with the help of the City of Selkirk and Holiday Alley organiz-

ers. Every building owner on Eveline Street from City Hall to the Selkirk Friendship Centre (SFC) was invited to participate by lighting their buildings, too.

Dozens of volunteers, from students to seniors, came out last Wednesday to unwrap and organize the 2,000 strings of new lights for this year's festival. Many of whom have invested in lights themselves or just want to get involved in their community.

For organizations such as the SFC, the decision to invest for a second year, after lighting their two Manitoba Ave properties, was a no-brainer.

"To expand lighting onto Eveline helps showcase our building, en-

hances vibrancy to that area of the city and further connects our neighbourhoods," said SFC treasurer April Hourie.

The SFC was one of the first buildings to be involved with the lighting project, investing in over 250 strings of lights for their two buildings on Manitoba Ave. during Holiday Alley's inaugural year.

"When we first started this lighting program, the first organization we went to was the Selkirk Friendship Centre," said Holiday Alley co-creator Shirley Muir. "They owned the largest building frontage on the street and if they weren't on board we knew we should pack up and go home. But they

immediately embraced the idea. That took courage. That took leadership."

The lights come on with the official lighting of the street Nov. 30 and stay on through the darkest days of winter to January 31.

## No Frills donates to local food bank, soup kitchen

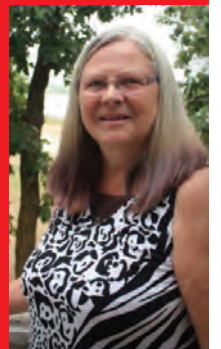


RECORD PHOTO BY  
BRETT MITCHELL

Selkirk's new No Frills donated \$500 to both the Our Daily Bread Soup Kitchen and the Selkirk Food Bank on Oct. 5 as part of their grand opening weekend.

**On October 24, 2018  
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FIEBELKORN  
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R.M. of St. Clements**

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- ☒ **Accountable**
- ☒ **Approachable**
- ☒ **Responsible**
- ☒ **Knowledgeable**



## BOB JESSON for SCHOOL TRUSTEE WARD 1

### BIOGRAPHY:

- Has lived in St. Andrews municipality for 33 years
- Teacher (13 years), Administrator (21 years)
- Volunteer coach for baseball, soccer & hockey
- Served on executive of St. Andrews Community Centre
- Volunteer for Western Canada Summer Games
- Director for South St. Andrews Citizens on Patrol Program
- Volunteer on joint West St. Paul/St. Andrews Recreational Committee
- Volunteer at St. Andrews School
- Experience as a School Trustee



### A VOTE FOR BOB IS A VOTE FOR:

- Strong early-years literacy programming
- Reduced early years class sizes
- Emphasis on staff professional development
- Anti-Bullying programming
- Anti-Drug programming

### I WILL CARRY OUT MY DUTIES WITH:

- Integrity • Enthusiasm • Commitment • Caring for Students
- Support for Parent Council



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- ▶ Creating and supporting the vision of Red River Co-op
- ▶ Planning for the future needs of Red River Co-op
- ▶ Leading a democratic organization
- ▶ Meeting the Co-op's fiduciary responsibilities
- ▶ Supporting community relations and communications with members

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Deadline **November 26, 2018** by 4:30pm

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LORETTE FOOD STORE 11 Laramie Drive	SELKIRK FOOD STORE 335 Main Street	STONEWALL FOOD STORE 420 Main Street	



# Minds in Motion program looks to help those living with Alzheimer's, dementia

By Lindsey Enns

A new program to Selkirk being offered out of the Gordon Howard Centre aims to help those living early to mid-stage Alzheimer's disease, or other dementias, stay active while socializing with others in their community.

The Minds in Motion program combines physical activity, socialization and mental stimulation for those living with early to mid-stage Alzheimer's disease, or other dementias, to enjoy with a family or community care partner.

"They are to enjoy the program independently but together. The program is designed for both," said Kathy Diehl Cyr, manager of Minds in Motion, Alzheimer Society of Manitoba.

The two main components of the program include 45 to 60 minutes of exercise led by a trained fitness lead-

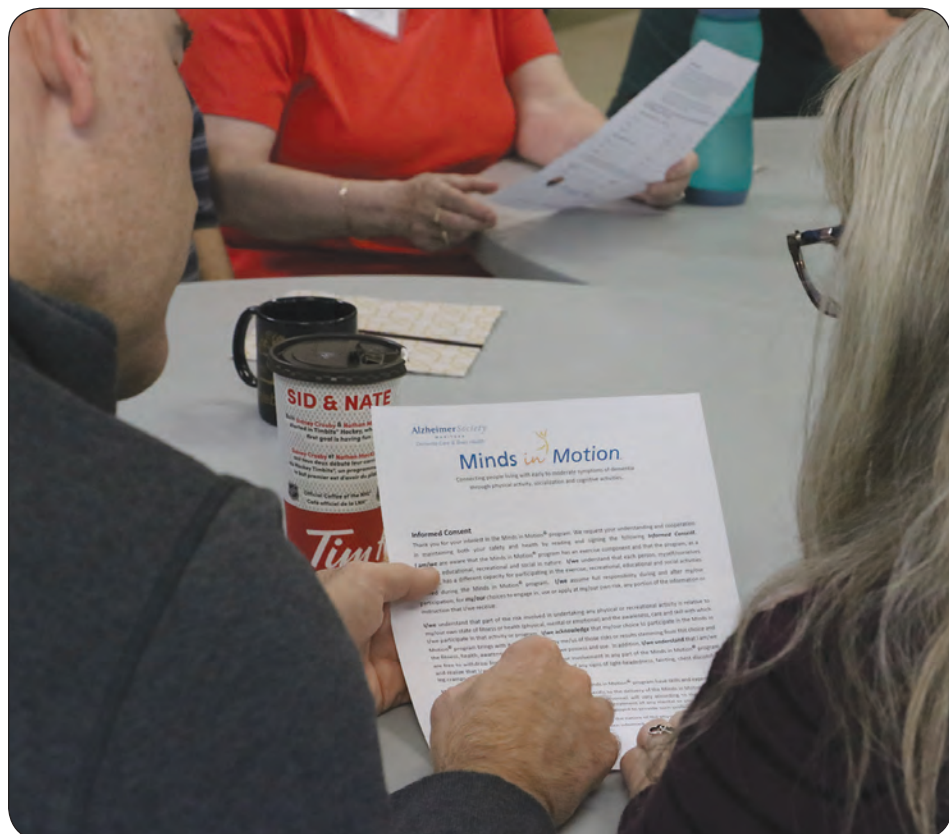
er, and 45 to 60 minutes of cognitively stimulating activities facilitated by the Minds in Motion program co-ordinator and volunteers.

"This program is meant to be fun as well as stimulating," Kathy said. "What we're trying to do is keep them motivated and keep them engaged. When the brain is engaged, it's more active."

The program runs Wednesdays from 9 a.m. to 11 a.m. at the Gordon Howard Centre until Nov. 28. For more information or to register, contact the centre by calling 204-785-2092.

Kathy added they currently offer the program at six different locations in Winnipeg as well as in Selkirk and Steinbach.

"This is growing. People are realizing that this is good to join," she said. "Getting rid of the stigma of dementia, that this is a safe place, that this a safe place to come and enjoy the journey of dementia."



**RECORD PHOTO BY LINDSEY ENNS**  
Participants read about the Minds in Motion program at Selkirk's Gordon Howard Centre during the program's first session in Selkirk last Wednesday. The program runs every Wednesday until Nov. 28.

**Selkirk United Church**  
**ROAST BEEF DINNER**  
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**4:00 PM to 6:30 PM**  
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- Ensure value-for-money fiscal management
- Advance extracurricular, performing arts and secondary linguistic programming
- Maintain a safe, inclusive, and respectable environment in all divisional facilities

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



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

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

Continued on page 20



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# Your Local Community Home Real Estate Section

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A positive grade in the case of a residential home generally means the property immediately surrounding the home is a little higher than the rest of the yard. This helps promote drainage away from the home and helps the weeping tiles from becoming overwhelmed during periods of heavy rainfall. A negative grade is where the property around a house is lower than much of the rest of the yard. In this case the house acts as a basin, gathering water toward the home. This is a problem that tests the weeping tile system and the integrity of the foundation walls. Water is always searching for a way inside and having a high water table around a house is not what an owner wants. While a proper positive grade will help with drainage, it will not prevent a crack from leaking. Drainage and foundation leaks are two different issues. [www.brownandsonconstruction.com](http://www.brownandsonconstruction.com) 204-227-3796

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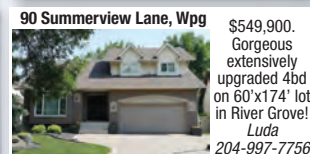
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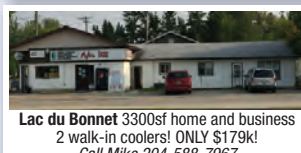
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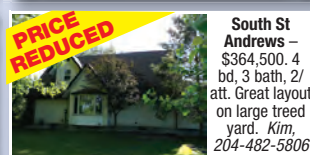
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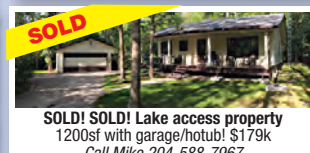
**PRICE  
REDUCED**  
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att. Great layout  
on large treed  
yard. Kim,  
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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## Save Thousands by Defogging Your Windows

Les and Diane Mauthe began their window defogging business after having thirteen of their windows fixed that were badly fogged. Replacement estimates came in at \$20,000 to replace the windows, so the couple contacted All About Windows in Winnipeg. Jeff and Claire came out and gave a very affordable estimate and completed the job that same day. The results were so amazing that they had them come back the next week and fix another window that was slightly fogged because it looked out of place among the clear ones that had been repaired; it was way too noticeable!. After personally witnessing the amazing results and savings, a few months later they decided to proceed in this new business venture and became an agent for All ABOUT WINDOWS Defogging. Les and Diane loved the idea of getting into a business that helped people save money by defogging their windows with great results rather than having to purchase new windows.

Most believe that moisture in their windows is a sign that the "seal is broken". This is false.

The truth is, the absorbing material (desiccant) built into the window's seal is saturated. Accumulation of moisture in the desiccant is due to the constant heating and cooling of the airspace between the panes of glass (Solar Pumping). If not repaired quickly, moisture will continue to accumulate and permanent glass damage will occur. There are some cases that the window is beyond repair and needs to be replaced.

### Solar Pumping

99% of the time moisture occurs inside a window, not because of a failed seal, but solely due to the cycle of "solar pumping". The inner airspace of a window gets heated by the sun or ambient air during the day. The glass flexes outward minutely, pushing some of the hot

air through the semi-permeable seal to the outdoors.

In the evening, the airspace cools. The glass returns to its normal position, drawing small amounts of air back into the cavity. The air drawn into the window from the atmosphere naturally holds moisture. The moisture is absorbed by the window spacer's desiccant material.

When the desiccant is saturated and can no longer absorb, fog will show on the glass. The moisture continues to accumulate turning the fog into condensation. If left for too long, minerals in the moisture can get baked onto the glass causing staining. These stains get thicker and eventually etch into the glass causing permanent damage.

### The Repair Process

The process, done by a certified technician, re-engineers the window so heat and moisture cannot accumulate. This is done by drilling two or four small holes in the window pane near the corner and installing proprietary UV resistant membranes on vents. When solar pumping action occurs, the membrane allows your window to expel heat and moisture. This allows the desiccant to dry, thus restoring the "R" value and your view. The visible moisture was



only part of the problem. The system will now allow the desiccant under the spacer to release the moisture held within. Factors affecting the drying of a window are as follows:

- Type of window i.e. triple pane windows can hold more moisture than dual pane (several cups of water)
  - Stage the window is at prior to the de-fogging treatment
  - Orientation on the building
  - Poor ventilation i.e. window is shadowed by tree/bush, seal blockage, cladding
  - Humidity level
  - Time of year treatment is done
- It is common for windows to re-fog while the desiccant releases residual

moisture. This may show as frost in the winter. This is a natural part of the drying process. The membranes expel any residual moisture in the form of vapor. Normally this only occurs the first winter after defogging repair, but often never happens.

The Mauthe family is proud to be a part of a business that has a lifetime warranty and is fully transferrable. They are pleased to be serving a wide area from Selkirk to Kenora, including the Whiteshell and up to Lac du Bonnet. For a free estimate contact them today.

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**SELKIRK LISTINGS**

1138 River Road..... \$599,000  
7995 Henderson Hwy ..... \$234,900  
**NEW PRICE** 520 Moody ..... \$224,500  
**NEW PRICE** 315 Superior Ave..... \$154,500  
80017 33 E. RD. .... \$234,900  
601 Strathnaver..... \$325,000

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**NEW PRICE**

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**NEW LISTING**

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## Let a professional help organize your home and life

Many people routinely find themselves confronted with situations that could be made simpler if they were just a little more organized. Whether it's lost keys, cramped cabi-

nets or misplaced documents, minor yet inconvenient situations can be mitigated if not eliminated if men and women simply commit to being more organized.

Men and women who struggle with organization may be surprised to learn just how much time and productivity they lose to disorganization. For example, a survey from Ikea found that men and women routinely spend six minutes just looking for their keys. When added up, that's a substantial amount of time that can be put to better use.

Becoming more organized is a popular resolution, and many people benefit from hiring professional organizers to make their resolutions a reality.

Professional organizers can help men and women reduce clutter in their homes and offices and regain control over their surroundings. Such professionals also can help solve organization problems, and that can help men and women reduce stress.

Professional organizers know which strategies work, but men and women should know that not all organizers are the same. Some organizers may work as a hobby or be part of a larger cleaning company, while others are certified in organization. When searching for an organizer, determine if he or she belongs to the National Association of Professional Organizers®. While certification may not be necessary to help you organize your home or business, certified organizers may have more experience.

Organizers may specialize in certain areas. Some deal with corporate and business organization, while others help with real estate staging. Look for one who has experience working with people of your ilk.

Organizers will want to examine clients' situations before they develop a plan of action. Therefore, do not feel the need to prepare for the organizer's arrival by cleaning up, as doing so may only mask the problems you're having. The organizer will walk through your home or business and assess your needs. Many organizers will suggest you work with them to learn organizational strategies that you can implement on your own so you remain organized for years to come.

Check with the organizer to see what type of packages he or she offers. Some packages may be detailed, while others may just provide a foundation for you to become more organized.

Getting organized is more than just having a clean space. It's about taking control of your environment and improving your quality of life. Professional organizers can help accomplish that goal and keep you organized for years to come.

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**527 CHRISTIE AVE. SELKIRK. \$309,900** Nicely reno'd 4 bed, 2 bath. Private 62x262 lot, DT 2+ garage.

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#### 24 Park Rd, Selkirk \$599,900

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#### 13 Pawley Pl., Selkirk \$429,900

Custom built 1613 sf, 3 br, 2 bath Bung, open flr plan, contemporary kit, Bbr w/enste bath. AT/2 garage and more!



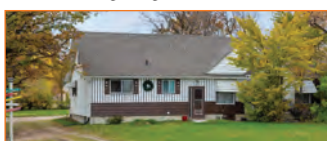
#### 7 Howard Pl., Selkirk \$414,900

Great value for this custom built 1600 sf, 3 br, 2 bath Bung w/walk-out bsmt. Open layout, high-end feats, AT/2 garage backs onto creek.



#### 322 Jemima Ave., Selkirk \$319,900

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#### 5718 Hwy #9 St. Andrews \$249,900

Updated 1492 sf, 3 br, 2 bath home sits on 1.70 acres feats a lg eat-in kit and main flr Mbr w/enste bath.



#### 478 Main St., Selkirk \$449,000

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## WSP hosts antique, vintage market



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Avery Azaransky of West St. Paul, pictured above, holds up an "open" sign during the Prairie Junk-IT Fall Antique and Vintage Market at the Sunova Centre last Saturday. Antique vendors from across the Interlake, including Anna Massey of The Gypsy Traders in Selkirk, pictured below, gathered in the Sunova Centre, selling a long list of items for anyone wanting to give their home a rustic feel.



## IERHA hosting 75 flu clinics across region

Submitted

It has been 100 years since the 1918 pandemic of Spanish flu devastated populations in Canada and the entire globe.

The Spanish flu was a significant event in the evolution of public health in Canada. Influenza vaccine is the single most effective way to protect yourself, your family and anyone you may interact with from getting the flu.

The Interlake-Eastern Regional

Health Authority (IERHA) is hosting 75 public health flu vaccination clinics across the region beginning in October. For public clinics, visit [ierha.ca](http://ierha.ca) under Care in Your Community/Public Health/Immunization to find and print our full listing of flu clinics. In addition to public clinics, public health nurses will be hosting 26 clinics at community housing facilities (including some seniors' residences) in the IERHA.



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**- CITY OF SELKIRK**

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**[jbogaski@shaw.ca](mailto:jbogaski@shaw.ca)**



# Accessible residence looks to give community members a forever home

By Justin Luschinski

A new fully accessible home will be opening its doors to residents later this month.

Inclusion Selkirk's new accessible home has been completed, and is aiming to move residents in by the end of October.

The home can house four shared living residents in the top floor, with two apartment suites in the basement for independent living. Out of respect for the privacy of their clients, Inclusion Selkirk isn't making the location of the home public.

Maria Freeman, Inclusion Selkirk's executive director, said they're trying to plan ahead, so their clients living with disabilities can live comfortably in their homes.

"One of our residents, he's currently using a walker. His current home is as accessible as we can make it. But as he ages, his needs increase. By pre-planning our (construction), we say 'OK, you need this and this, we have a new build coming, can you live here?' We can avoid him going through a traumatic experience while moving," Freeman said.

The top floor is a shared living space that can accommodate people with mobility issues. The doorways to each bedroom are around 42 inches wide, which can accommodate most walk-



RECORD PHOTOS BY JUSTIN LUSCHINSKI

Here's a look at the living room and kitchen area of Inclusion Selkirk's new accessible home. The room is open-concept, with plenty of space for people living with mobility issues.



ers and wheelchairs, and the entire floor is open concept, with plenty of space and pathways to make getting

around the house easy.

Freeman said they want their clients to live in their homes indefinitely.

"We sat down with one of our clients, Guy, who

"MOVING IS HARD, ESPECIALLY WHEN YOU'VE LIVED SOMEWHERE FOR SO LONG, YOU GROW ATTACHED."

needed to find a new place. Moving is hard, especially when you've lived somewhere for so long, you grow attached. We're not just making accessible houses, we want (Guy) to age there forever," Freeman said.

From the outside, the house doesn't look accessible, there are no ramps or elevators at the front entrance. But the entire house is on an incline, with a large paved driveway that leads straight into the house and garage, making the house perfect for anyone with mobility issues.

The basement contains two apartment suites for people with intellectual disabilities, who want to live on their own. The suites are a "safety net," as someone may want to have their own space, but they can access support from Inclusion Selkirk staff if they need it.

Freeman said they're waiting on some permits before moving clients in. She said depending on how long that takes, they expect to move people in by the end of October. For more information, visit [inclusionseelkirk.ca](http://inclusionseelkirk.ca).

**For COUNCIL CITY OF SELKIRK**

**Re-Elect Kelly Cook**

October 24, 2018

*Dedicated to our community. Committed to progress.*



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**For Continued Progress ON OCTOBER 24 RE-ELECT**

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**CITY OF  
Selkirk**



# Santa Parade of Lights fundraiser a success

By Justin Luschinski

A bunch of friends and family are helping 71-year-old Eva Hawryshko with fundraising for this year's Santa's Parade of Lights.

A Bud Spud and Steak fundraiser for the parade was held last Saturday at the Selkirk Golf and Country Club. All proceeds for the event went towards maintenance of the Santa float, as well as banners and supplies for the volunteers.

Candace Skrypnik-Loutit, Hawryshko's granddaughter, organized the fundraiser. She said the parade has been run by Eva for several years, and the family wanted to pitch in.

"(Eva) has done a lot of work for the parade. She has organized the event, the fundraiser, she pays for a lot of it out of her own pocket. It's not a big

money maker," Candace said. "She really does this because she loves the holidays, she loves getting everyone together ... We're just trying to help her in some way."

Candace has been helping her grandmother for the past 15 years, helping out with some odds and ends around the parade, and has taken on a larger role as her grandmother has gotten older. The fundraising money will go towards buying candy canes for children, and Hawryshko has donated money to put lights on several trees in the area as well as along the Selkirk waterfront.

Hawryshko said

she's happy with all the community support she's received over the years.

"Thank you to the community, to everyone who helped out. I was hoping to make enough to buy candy canes for the kids, to put some of the lights up ... It's fantastic, I'm just in shock, thank you," Hawryshko said.

During the last weekend's fundraiser, Selkirk Mayor Larry Johannson, Selkirk-Interlake-Eastern MP James Bezan, and Selkirk MLA Alan Lagi-

modiere, all acknowledged Hawryshko's service to the community. She will also be recognized in the Manitoba Legislature sometime next month.

The Santa Parade of Lights will take place on November 16th, at 7 p.m. The parade starts at the St. Clements Church and moves down Eveline, stopping at the Selkirk Legion. Entering a float costs \$25.

For more information, call Candace Skrypnik-Loutit at 204-430-9788.

## Sun shines on the Selkirk Waterfront



RECORD PHOTO BY JUSTIN LUSCHINSKI

The sun shines on the Selkirk Waterfront on a sunny fall day recently.

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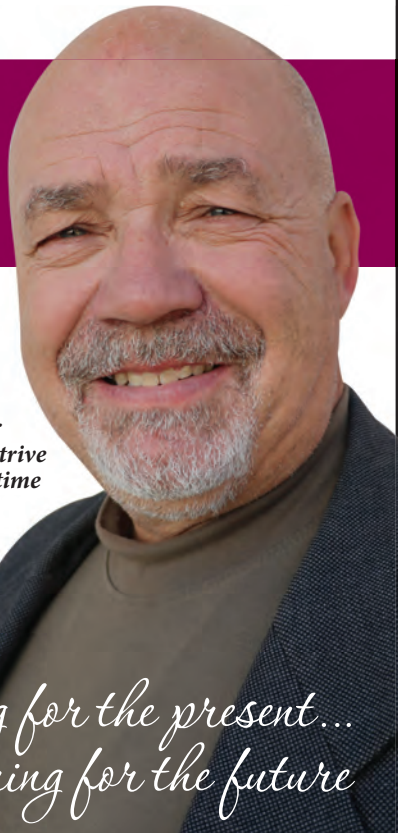

R E - E L E C T

**LAURIE HUNT**

**Councillor Ward 6**  
**RM of St. Andrews**

*Dear fellow citizens,*

*I want to take this opportunity to thank you for the trust that you placed in me as your Ward 6 Councillor for the past 4 years. This upcoming election is about responsible representation for the people of the R.M. of St. Andrews. You have my commitment that I will continue to work hard to provide leadership and dedication to ensure a prosperous future for our community. I am always here to listen to everyone's concerns and always strive to do my best in addressing the issues brought forth to me. Dedicating my time to helping residents is always a priority and I will always listen and do my best in making the community a better place for everyone.*



**October 24, 2018**

If you have any concerns or issues that you would like to discuss, please contact me at 738-2719 or 485-1354 or by e-mail at [laurie@rmofstandrews.com](mailto:laurie@rmofstandrews.com)

Working for the present...  
Planning for the future



# Shooting survivor reflects on healing journey

By Jennifer McFee

"Real courage isn't about not being afraid. It's about being terrified and doing it anyway."

Jan Lambourne drew inspiration from these wise words sent to her by another survivor living with post-traumatic stress disorder. The Teulon woman has been dealing with PTSD ever since a bullet hit her during the mass shooting in Las Vegas last year.

Lambourne decided to return to Las Vegas for the one-year anniversary of the life-altering event that took the lives of 58 people and injured 869 more.

For Lambourne, she clearly remembers being on the left side of the stage during the outdoor country music concert on Oct. 1, 2017, when a gunman started firing at the crowd.

"I was shot on the left side of my abdomen. The impact took me right of my feet," she said. "I suffered a massive herniation, excessive bleeding and a shattered pelvis from the attack."

She was in extremely critical condition, and she credits a young man named Justin Uhart for keeping her alive during the long wait for emergency surgery.

"From the minute he found me, he never left me," she said. "He kept pressure on my stomach for almost two and a half hours in the mass chaos. He kept me from bleeding out and alive."

An ambulance transported Lambourne to Valley Hospital Medical Center, where she was rushed into surgery as soon as donated blood was available for her.

"I remember hearing them say they were just waiting for her blood. I know now that the people of Las Vegas had been lining up to donate. There's no greater gift," she said. "Justin kept me talking and awake. The minute I heard the doctor say 'We've got her blood,' I knew I was in good hands and I let go. It was the last thing I remember."

Now that a year has passed, Lambourne continues along her slow journey to recovery.

"I'm still healing physically. I've healed as far as I can on my own and now I'm on an eight-month waiting list for a consultation for an exploratory scope. I've had a few setbacks and complications that need to be explored, and the orthopedic surgeon feels that this is the route to go since I can no



SUBMITTED PHOTOS

ABOVE LEFT: Jan Lambourne, pictured right, keeps in touch with Justin Uhart, left, who helped save her life after she was shot at a outdoor country music festival in Las Vegas last year. ABOVE RIGHT: A display is set up inside Clark County Museum in Nevada.

longer have an MRI in my life-time with the metal fragments and shrapnel that's in my left side," she said. "Mentally, I still work with a traumatic therapy specialist who has brought me through the worst long winter. I deal with PTSD, and finding peace of mind has been a challenge. I was treated in Vegas, and since being home I was blessed with a wonderful therapist who came to me at the Selkirk hospital and in my home all year. I couldn't have done it without her."

Adding to her recovery efforts, Lambourne also worked on physio rehabilitation at the Stonewall hospital.

"Healing was slow. I had to relearn to walk, sit and stand comfortably again, but my physiotherapist is amazing and she guided and worked me through it with great patience and understanding," she said. "She's very encouraging and realized my trauma, physically and mentally."

Throughout everything, Lambourne has continued to connect with the hero who saved her life.

"I'm in constant touch with Justin. He has been a amazing support. We went through hell together. He's forever family. My husband and I had the opportunity to see him in July, and I had another reunion with him on the anniversary weekend in Vegas," she said. "I knew it would be physically demanding to go, but mentally it was something I needed to do."

Just as Uhart held her during her worst moments, Lambourne continues to hold dear the words and gestures of others to help her through tough times.

"I look for inspiration in everything now and know I'm not alone in this journey. I have appreciated every card, phone call, email and encouragement sent," she said.

"I know I have a long road ahead of me, but I'm going in the right direction."

## Cannabis campaign aims to educate Manitobans about safe use strategies

Submitted

When cannabis becomes legal across the country on Oct. 17, the province wants Manitobans who use cannabis to do so as safely as possible.

"Our government has been focused on protecting health and safety throughout the legalization process," said Justice Minister Cliff Cullen. "While we can never eliminate all risks associated with using cannabis, we are committed to providing legal users with accurate information about how to reduce risk."

To answer these questions, the Liquor, Gaming and Cannabis Authority of Manitoba (LGCA) today launched the Know My Cannabis Limits cam-

paign. The campaign teaches Manitobans who choose to use cannabis about strategies for safer use, such as "Cannabis and alcohol don't mix", "Look at total THC" and "Cannabis edibles take time". Campaign messages are based on Canada's Lower-Risk Cannabis Use Guidelines as well as evidence from LGCA research.

"Legalization gives us an opportunity to create a culture of safer cannabis use in Manitoba," said Elizabeth Stephenson, LGCA Chief Administrative Officer. "As a regulator, we do not judge legal cannabis use, but we do encourage Manitobans who choose to use cannabis to follow the straightforward strategies highlighted in this campaign."

The LGCA will regulate retail cannabis stores in Manitoba to ensure that cannabis is distributed and sold in a manner that is in the public interest. In addition to licensing and compliance responsibilities, the LGCA is also mandated to develop and support public education initiatives and programs to build knowledge and promote strategies for safer cannabis use.

The LGCA launched its campaign about the new laws, the Can & Can't of Cannabis, in early September. Similar to the first campaign, Know My Cannabis Limits will run in English and French across the province via a media mix of digital and social media, as well as billboards, transit, and poster ads in

strategic locations, including licensed cannabis stores.

For more information, visit KnowMyLimits.ca.





# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Steelers lose a win for using an ineligible player

By Brian Bowman

The Waywayseecappo Wolverines have been one of the surprise teams in the early part of the Manitoba Junior Hockey League regular season.

Waywayseecappo improved its record to 7-2-1 after a 3-1 road win over the Selkirk Steelers on Saturday at the Rec Complex.

"Wayway has definitely improved," said Steelers' head coach and director of hockey operations Nick Lubimiv. "Taylor (Harnett) has done a good job there. They just outwork you - it's really simple and we couldn't match it for whatever reason at home and that's very disappointing."

The Wolverines took a 2-0 first period lead on goals from Stony Mountain's Riley Vautour and Kylar Fenton, on the power play.

Fenton then added his second power-play goal of the game with just four seconds left in the second period for a 3-0 advantage.

Caiden Gault scored Selkirk's lone goal at 18:43 of the third period, assisted by Matt Hill.

On Friday, Selkirk scored four third-period goals in what appeared to be a nice 5-3 home win over the Dauphin Kings.

But on Monday, the MJHL league office announced on its website that the game has been awarded as a win for the Kings and the league standings have been amended to reflect this change in the game outcome.

This ruling, said the MJHL, was made as a result of the Steelers using an ineligible player in the game which contravenes the league by-law and Hockey Canada playing rules related to players in uniform. All individual player statistics earned in the game will remain as recorded.

Lubimov said in a text that he is appealing the league's ruling

and had no further comment.

He did, however, comment on his team's play in the game.

"I felt we found our game as the game went on and we probably could have had a couple of more (goals) earlier on that didn't go in," Lubimiv said. "I thought we were making some waves there and starting to click."

Selkirk overcame a 2-1 deficit early in the third with goals from Nate Halvorsen and Nolan Ferguson. Steelers' forwards Ryan Piwniuk and Ryan Sokoloski then tallied late in the frame.

Sokolowski's insurance goal came with 25 seconds remaining in the third with Dauphin goalie Brennan Kitchen pulled for an extra attacker.

The Kings' took a 1-0 first-period lead on a goal from George King and then went ahead two goals as Jaymes Knee tallied at 12:10 of the second.

Piwniuk, though, put the Steelers on the board at 18:29 of the middle frame.

After Halvorsen and Ferguson scored early in the third to put the Steelers up 3-2, Dauphin tied the score as Bryon Fabair tallied at 9:35 of the third.

Newly-acquired Hunter Young made 28 saves in the game.

Selkirk hosted the Portage Terriers this past Tuesday and then will play the Swan Valley Stampers on Friday at the Rec Complex.

The Steelers will then hit the road Saturday to take on the Natives in Neepawa.

Both games begin at 7:30 p.m. It will be a big week for the club as they battle through illnesses and injuries.

"It will be a grind but there are certainly points available that we need to start getting a hold of," Lubimiv said.



RECORD PHOTOS BY BRETT MITCHELL

Selkirk's Ryan Sokoloski chases down a loose puck behind Dauphin's net during MJHL action last weekend. Sokoloski finished the game with a goal and two assists.



Selkirk Steelers' forward Ryan Piwniuk (11) scored twice and had two assists against Dauphin.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Fishermen test CRJHL waters for first time

By Brian Bowman

The Selkirk Fishermen had their first taste of Capital Region Junior Hockey League regular-season action last weekend.

Selkirk lost 5-3 to the Warriors in St. Malo on Friday and then played to a 4-4 draw with the Lundar Falcons on Sunday at the Rec Complex.

In Sunday's tie, Selkirk stormed out to a 3-0 first-period lead on goals by Darian Morris-Izzard, Braydan Paterson, and Dane Derewianchuk.

Gage Guimond then scored for Selkirk in the second.

Derek Benson, Dennon Sichewski, Eric Miller and Romano Paul replied for Lundar.

Riley Bannerman was in goal for Selkirk.

A 10-minute, 3-on-3 overtime session did not produce a goal. The league does not have a shootout.

In Friday's loss, Selkirk's Tanner Chwartacki scored in the first period and then Paterson and Chad King tallied in the third.

Logan Unger, Elmar Tabler, Tyler Cormier, Robert Guimond and Camden Cline answered for St. Malo.

Austin DeBoer took the loss in goal for Selkirk.

The CRJHL awards three points for a win in regulation time, two points for an overtime win, and a point for an overtime loss.

Selkirk is back in action next Tuesday when they host the North Winnipeg Satelites for a 7:30 p.m. game.

St. Malo will then visit the Rec Complex on Oct. 26.



RECORD PHOTOS BY BRETT MITCHELL

The Fishermen's Braydan Paterson wires a shot past the Lundar goaltender for a goal during Sunday's 4-4 tie at the Rec Complex.



The Selkirk Fishermen's Mike Medock battles for the puck during CRJHL action Sunday at the Rec Complex.

## River East Kodiaks defeat Royals in boys' hockey

Staff

The Selkirk Royals didn't have an answer for River East's Carson Winkler.

Winkler scored a first-period marker and then added the last two goals of the game in the third to lead River East to a 4-0 win to start the Winnipeg High School Hockey League regular season on Oct. 9.

Brandyn Ronyck scored the Kodiaks' other goal at 5:07 of the third, beating Royals' goalie James Kulyk.

Selkirk was back in action this past Tuesday against Garden City and

then will battle College Gabrielle-Roy in league play on Oct. 24 at 4 p.m. in Ile des Chenes.

The Royals will also be in Morris for a tournament this weekend.

The Royals' girls' hockey team, meanwhile, began their regular season this past Tuesday when they hosted the Portage Collegiate Institute Saints (no score was available at press time).

Selkirk will then host the Sanford Sabres Wednesday at 4 p.m. at the Rec Complex.



# JV boys win home vball tourney

## Staff

The Selkirk Royals made it look very easy at their junior varsity boys' volleyball home tournament last weekend.

Selkirk continued its stellar play with another tournament title after defeating the St. Paul's Crusaders 2-0 by scores of 25-20 and 25-22 in the final on Saturday.

The Royals reached the championship game after beating by the River East Kodiaks (25-11, 25-12) in a semifinal matchup.

Selkirk was a perfect 4-0 in pool play, downing Milles Mac (25-7, 25-13), River East (25-20, 25-9), Sisler (25-19, 25-19), and St. Paul's (29-27, 25-22).

Sisler finished third in the tournament after a 2-0 win over River East.

The Royals' junior varsity girls' volleyball team, meanwhile, was also in tournament action last weekend, losing 2-0 in the consolation final to the Jeanne-Sauve Olympiens.

Selkirk earlier defeated the Westwood Warriors 2-0 on the consolation side.

The Royals finished pool play with an 0-3 record, losing 2-1 to Brandon's Vincent Massey Vikings (18-25, 25-22, 10-15) and Winnipeg's Vincent Massey Trojans (25-23, 17-25, 13-25).

Selkirk was also swept 2-0 by the Oak Park Raiders (18-25, 15-25).



RECORD PHOTO SUBMITTED

The Selkirk Royals won their home tournament after defeating St. Paul's in the final on Saturday.

## Steelers make trio of trades

By Brian Bowman

The Selkirk Steelers haven't been shy of making trades so far this season.

Selkirk was wheelin' and dealin' again last week, making a trio of trades to bolster their lineup.

Selkirk acquired offensively-gifted forward Brad Goethals and a sixth-round Bantam pick in 2020 from the Winnipeg Blues for forward Griffin Asham-Moroz, a second-round Bantam pick in 2019, and future considerations.

Goethals scored three goals in his only Steelers' game back in 2015-16.

He also played five games with the Dauphin Kings but has spent most of his junior career in the Western Hockey League with the Everett Silvertips and Saskatoon Blades.

He saw limited ice time in Everett but scored 15 goals and added 17 assists in 69 regular-season games with Saskatoon last season.

But Goethals didn't spend much time as a Steeler.

Without playing a game in Selkirk, Goethals was sent to the Swan Valley Stampeders in exchange for forward Noah Basarab on the weekend.

In addition, Selkirk receives a sixth-round Bantam draft pick in 2019 and future considerations.

Basarab, a Gimli product, has a league-leading eight goals and four assists in just nine games this season.

As a Stampeders, Basarab played in 132 regular-



Noah Basarab

season games, scoring 34 goals while producing 74 points.

In another deal, the Steelers acquired goaltender Hunter Young (2000) from the Flin Flon Bombers in exchange for future considerations.

Young, an Okotoks, Alta. product, was 0-2 this season with a 2.81 goals-against average and .891 save percentage.



RECORD PHOTO BY BRETT MITCHELL

The Selkirk Royals' Soren Eramchuk makes a jump set at the net during tournament action last weekend at the Comp. Selkirk won the tournament title after defeating St. Paul's in the final on Saturday.





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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Selkirk reaches varsity girls' volleyball tournament final

### Staff

The Selkirk Royals reached the final of the 16-team Westwood Warrior Invitational on Saturday.

Selkirk was defeated 2-0 (21-25, 16-25) in the final by the Portage Saints.

Selkirk reached the championship game after outlasting Brandon's Vincent Massey Vikings. The Royals won the match 2-1 by scores of 26-24, 22-25, 15-7.

Selkirk started the playoffs with 2-0 sweeps over Fort Richmond (25-11, 25-12) and St. Mary's (25-12, 25-16).

In pool play, the Royals finished with a 2-1 record. Selkirk swept Jeanne

Sauve 2-0 (25-10, 25-22) and defeated Portage 2-1 (25-19, 23-25, 15-7).

The Royals lost 2-1 (21-25, 25-23, 10-15) to Winnipeg's Vincent Massey Trojans.

In KPAC Tier 1 action, Selkirk is now 4-1 after a 3-0 (25-10, 25-10, 25-15) home sweep Monday over Garden City.

The MBCI Hawks lead the league with a 4-0 record heading into this week's action.

The Royals resume league play next Wednesday when they battle MBCI in Winnipeg.



RECORD PHOTO BY BRETT MITCHELL

Taylor Barron and the Royals reached the final of the Westwood Invitational last weekend.

## Royals ready for MHSAA cross-country provincials

### By Brian Bowman

The Selkirk Royals will be sending a large - and very talented - contingent of runners to the MHSAA cross-country provincials in Roseisle on Wednesday.

The Royals' team features Heath Kurys, William Miller, Joao Amaral, Terrance Tong, Kiera Dawson, Asha Gurney, Beatriz Tozzi, Pablo Gonzalez, Pablo Littardi, Nathan

Vaughan, Brayden Wiebe, Sayda Bloom, Korlyn Dube, Megan Duff, Annika Goodbrandson, Isabelle Kohlhoff, Mia Loeppky and Sophia Thorne.

The Royals wrapped up their KPAC schedule on Oct. 10.

Wiebe won the junior varsity boys' race with an impressive time of 14:59.2.

He was followed by Selkirk teammates Vaughan (15:49.7), Gonzalez

(17:06.3), and Littardi (17:07.7).

The junior varsity girls' race saw Selkirk's Bloom place second with a great time of 12:49.5.

Garden City's Brooklyn Balazaovic won the race in 12:49.0.

The other Royal runners included Goodbrandson (15:28.0) and Duff (18:27.2).

As a team, Selkirk place first, ahead of River East and Garden City.

In the varsity girls' race, Gurney was the fastest Royals' runner with a time of 18:14.8.

Finishing behind her were teammates Dawson (19:48.6) and Tozzi (21:37.6).

The varsity boys' race had Kurys place fourth with a time of 18:59.5. Other Royals included Miller (21:27.0), Tong (22:48.7), and Amaral (22:51.6).

*The* **Selkirk Record**

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# get inspired

> MEAL IDEAS

THE  
Marketplace  
AT SELKIRK



Serves 7

For the dough:

1 1/2 cups warm water (105 F to 110 F)

1 3/4-ounce envelope quick-acting dry yeast

2 cups unbleached white whole-wheat flour, plus additional for dusting

2 cups unbleached bread flour

1/4 cup extra-virgin olive oil, divided

1 1/2 teaspoons salt

1 1/2 teaspoons Italian herb seasoning

Olive oil spray

For the filling:

1 tablespoon extra-virgin olive oil

1 8-ounce package crimini (baby bella) mushrooms, finely chopped

4 cups lightly packed baby spinach, finely chopped

2 teaspoons minced garlic

1/2 cup soft goat cheese

1 cup whole milk ricotta cheese

1/4 cup grated Parmesan cheese

1/2 cup basil leaves, chopped small

1/4 cup drained sun-dried tomatoes in oil, chopped

1 tablespoon flaxseed meal

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

For serving:

1 1/3 cups marinara sauce

To make the dough:

Pour the water into the bowl of a stand mixer fitted with a dough hook, sprinkle in the yeast, and let it sit for 5 minutes.

Add the flours, 3 tablespoons of oil, and salt and seasoning; mix for 10 minutes on medium-low speed until the dough

## Whole-Wheat Spinach Ricotta Calzones

is elastic in consistency. Cover the bowl tightly with plastic wrap and place it in a warm area until the dough doubles in size, about 90 minutes. If you don't have a warm area in your kitchen, heat the oven to 200 F. Turn off the oven and wait 5 minutes before placing the dough in the oven to proof.

Once the dough has risen, punch down. Coat a large sheet pan (or 2 medium sheets) with olive oil spray, shape the dough into 7 equal balls, cover, and let rest for 15 minutes.

To make the filling:

Heat a large frying pan over medium heat and add oil. When the oil begins to shimmer, add mushrooms and sauté for 3 minutes; add spinach and garlic and cook until water releases and evaporates. Remove pan from heat and stir in the goat cheese. Add ricotta, Parmesan cheese, basil, tomatoes, flaxseed meal, salt, and pepper and stir. Transfer to a container and chill.

To assemble a calzone:

Preheat oven to 500 F. Dust the counter, rolling pin, and a dough ball with flour. Flatten the dough into a 5-inch circle, rotating after every few rolls. Place 1/3 cup of filling on the front half of the dough, leaving 1/2 inch around the border. Fold the dough over until the edges meet, forming a half-moon. Fold over 1/2 inch. Press the edges with your fingers to seal and score lightly with a fork. Gently, but quickly, transfer the calzone back to the sheet pan. Repeat this process with the remaining dough and filling. Brush the calzones with 1 tablespoon of oil and using the kitchen shears, cut four 1/2-inch slits into the tops of each. Bake on the middle rack until lightly golden on top and bottom, 15 to 18 minutes.

Complement with warm marinara sauce when serving.



I sometimes write about meditation, and find there is much confusion and uncertainty about what, exactly, it is. Some think it is weird. Others think it is harmful. It has even been labeled as 'new age', and condemned as a threat to traditional religion. It is interesting how much can be projected on a very harmless, innocent practice.

Meditation means to think quietly, to engage in deep and serious thought. It can also mean to observe intently. The act of meditation is quiet thought; reflection. It can even be contemplation on sacred or solemn subjects, especially as a devotional exercise. For a religious person, meditation can be sitting quietly and feeling the presence of God - an awareness that can be lost in the hustle and bustle of daily living. For the non-spiritual person, meditation can be simply clearing the mind of all thoughts, giving the mind a much needed rest.

There is such an intimate connection between the mind and body, sci-

## Meditation- A Path to a More Peaceful Life

ence has shown, that worry thoughts, thoughts of anger, resentment, fear, or anxiety - can measurably alter the body chemistry in a negative way. The negative changes persist for six to eight hours after experiencing the troubling emotions. Every time those thoughts come back, the negative changes are re-stimulated, and persist for another six to eight hours.

It is easy to see how thoughts can have a profound effect on our health! Meditation is to the mind what a brisk walk in fresh air is to the body. To think of it as harmful or threatening in any way just adds one more negative thought to the stockpile. On the other hand, taking time each day to stop all thoughts, just resting in calmness, feeling the love in your heart...can create positive, healthful shifts in your body chemistry, which, if you resist adding negative emotions, remain for those same six to eight hours. Meditation is a path to a more peaceful, healthful life.

Gwen Randall-Young is an author and award-winning Psychotherapist. For permission to reprint this article, or to obtain books, cds or MP3's, visit [www.gwen.ca](http://www.gwen.ca). Follow Gwen on FaceBook for daily inspiration.



Recipe courtesy of Laura Vitale

Servings: 4

Eggs:

1 jar (23 ounces) Bertolli Rustic Cut Roasted Garlic Marinara Sauce

1/2 cup water

4 eggs

salt, to taste

pepper, to taste

2 tablespoons freshly grated Parmesan cheese

1 tablespoon chopped parsley

Bread:

4 slices ciabatta, sliced about 1/2-inch thick

1 1/2 tablespoons Bertolli Extra Vir-

## Eggs in Purgatory

gin Olive Oil

1 large clove garlic, peeled but not chopped

To make eggs: In large skillet with high sides over medium-high heat, add marinara sauce. Pour water into empty jar, swish it around to lift any sauce left in jar and pour it over sauce in skillet. Bring to low boil.

Using back of wooden spoon, make four small wells in sauce. Carefully crack eggs, one at a time, and drop each egg into a separate well in bubbling sauce. Sprinkle salt and pepper on each one, to taste; cover skillet with lid and cook 7-8 minutes, or until egg whites set.

When eggs are cooked to desired doneness, sprinkle with Parmesan cheese and chopped parsley.

To make bread: Char bread on bruschetta pan or indoor grill pan about 1 minute on each side until toasted. Once toasted, rub with clove of garlic on both sides then drizzle with olive oil.

Serve eggs with hunks of charred garlic bread.

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The Selkirk Record

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Cars & trucks wanted. King of the Alternator. \$50 or less. Strip your own parts, fresh tires, trucks and vans. Cash for vehicles. See Randy. Ph. 204-797-5509 or 204-482-2222.

1955 Hudson Rambler Sedan in primer. Flat head six. Does not run. Open to offers. Call or text 204-461-2687.

## METAL RECYCLING

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

## SCRAP METAL

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## R.M. OF ALEXANDER FULL TIME EMPLOYMENT OPPORTUNITY PUBLIC WORKS

The Rural Municipality of Alexander Public Works Department is accepting applications for a full-time employee (heavy equipment operator).

This is a unionized position. Applicants must have the following:

- Class I or III License with air brake endorsement
- Ability to operate various types of equipment such as graders, excavators and loaders
- Mechanical and welding skills are assets
- Willingness to take courses for all areas of Public Works and Utilities operations
- Strong work ethic, ability to work independently
- Willing to work overtime hours and capable of heavy manual labour
- Perform other duties as assigned

Written applications will be accepted at:  
R.M. of Alexander Administration Office  
Attn: Bill Sinclair  
1 Bouvier Trail, St. Georges, MB  
Box 100  
St. Georges MB R0E 1V0  
[pw@rmalexander.com](mailto:pw@rmalexander.com)

for questions: (204) 367-6186

Deadline for applications: Wednesday  
October 31, 2018 by noon (local time)

Only those considered for an interview will be contacted. Thank you to all who apply.

## RURAL MUNICIPALITY 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 2019 has been delivered to the Municipal Office at 500 Railway Avenue, in Clandeboye, Manitoba and is open for public inspection during regular business hours. Applications for revision may be made in accordance with Section 42 and 43 of The Assessment Act.

### APPLICATION FOR REVISION

42(1)

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

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

### APPLICATION REQUIREMENTS

43(1)

An application for revision must

- be made in writing;
- set out the roll number and legal description of the assessable property for which a revision is sought;
- set out which of the matters referred to in subsection 42(1) are at issue, and the grounds for each of those matters; and
- be filed by delivering it or causing it to be delivered to the office indicated below or by serving it upon the secretary, at least 15 days before the scheduled sitting date of the board by **November 5th, 2018**.

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

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

The Board of Revision will sit on **Wednesday, November 21st, 2018 at 10:00 a.m.** in the Council Chambers of the R. M. of St. Andrews, 500 Railway Ave, at Clandeboye, Manitoba to hear applications.

Applications received after 4:30 p.m. November 5th, 2018 will not be considered.

Dated this 5th day of October, 2018 A.D.

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



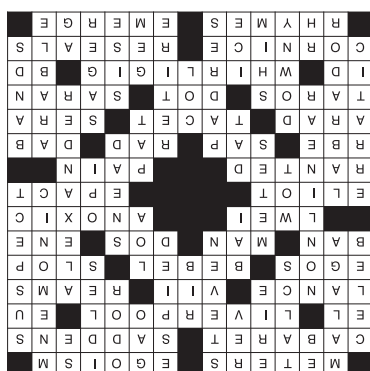
News Tips? Story Ideas? call the Record 204-785-1618

# take a break

> GAMES

### CLUES ACROSS

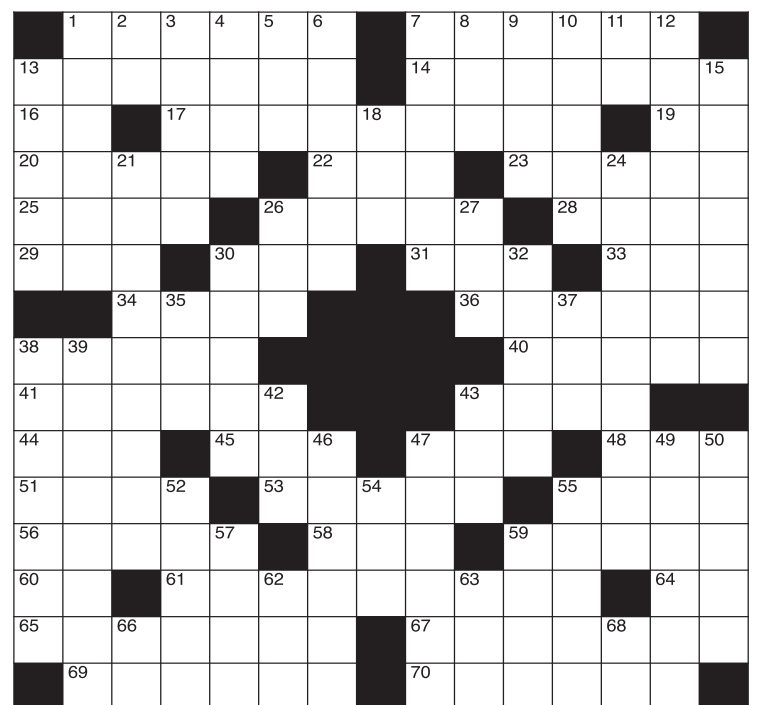
- Rhythmic patterns
- Ethical theory
- Nightclub
- Upsets
- Type of railroad
- Home of The Beatles
- Political organization
- Disgraced cyclist Armstrong
- Seven
- Enlarges hole
- Some are big



Crossword Answer

- August \_\_, German socialist
- Unappetizing food
- Cast out
- Adult male
- After uno
- Midway between northeast and east
- Kenyan settlement
- Oxygen deprived
- British writer
- Synchronizes solar and lunar time
- Vehemently expressed
- Hurt
- Relative biological effectiveness (abbr.)
- Gradually weaken
- Cool!
- Touch softly
- Israeli city
- Indicating silence
- Protein-rich liquids
- Tropical Asian plants
- A very small circular shape
- Type of wrap

- Potato state
- Spinning toy
- Type of degree
- Ornamental molding
- Closes again
- Verses
- Rise up
- CLUES DOWN
- Spanish seaport
- Equal to one quintillion (abbr.)
- Powders
- One of the "Great" ones
- Increase motor speed
- "E.T." director
- Caught sight of
- Congressional investigative body
- Aroma
- Runs without moving
- Southeast
- About remembering
- Slang for famous person
- Potential criminal
- Body part
- All over the place
- Conqueror
- Actress Ling
- Mauna \_\_, Hawaiian volcano
- Distributes
- Golfing legend Sam
- Laos musical instrument
- Open payment initiative
- Having no fixed course



- Type of dog
- Digital audiotape
- Hit lightly
- San Diego ballplayers
- Stop working
- Suitable for growing crops
- Musical groups
- Soft

- Lowest point of a ridge
- Beloved late TNT broadcaster
- Thin strip to align parts
- Cardinal number
- Frozen water
- One who is incredibly special
- Rhodium
- Top lawyer in the land



NOTICE OF ELECTION

Rural Municipality of St. Andrews  
- and -  
Lord Selkirk School Division

NOTICE is hereby given that the voters of the **R.M. of St. Andrews** will be taken to elect **Mayor and Councillor** and **School Trustees** from the following duly nominated candidates:

**For the Office of Mayor:**  
- PIKE, GEORGE  
- SUL, JOY  
- TESARSKI, IAN

**For the Offices of Councillor [One Councillor Per Ward]:**

<b>WARD 1</b> - ATAMAN, ROB - PRYCHUN, MATTHEW	<b>WARD 4</b> - GARVIE, RUSS - MIRECKI, ROB - WERESCHUK, PAUL
<b>WARD 2</b> - HOEBEE, KRISTIN <i>[Elected by Acclamation]</i>	<b>WARD 5</b> - HOGG, ROB - PREUN, JOHN
<b>WARD 3</b> - PARADOSKI, RUSS - POHL, DARRYL	<b>WARD 6</b> - HUNT, LAURIE - TRUDEAU, SHAWN

**For the Offices of School Trustee:**

<b>WARD 1</b> <i>[Two to be Elected]</i> - WERESCHUK, HEDY - BRACIC, KIM - JESSON, ROBERT (BOB) - BARKER, BEV	<b>WARD 2</b> - FORFAR, DON <i>[One to be Elected]</i> - HOGG, HEATHER B.
<b>WARD 3</b> <i>[One to be Elected]</i> - AVERY, KEN <i>[Elected by Acclamation]</i>	
<b>WARD 4</b> <i>[Two to be Elected]</i> - KUBLICK, LENA <i>[Elected by Acclamation]</i> - LEVIN, HARVEY <i>[Elected by Acclamation]</i>	
<b>WARD 5</b> <i>[Three to be Elected]</i> - WERBICKI, RYAN - MONKMAN, ASHLEY - MARYNIUK, JUDY	<b>WARD 6</b> - BOGASKI, JACK - ONISHKO, SHIRLEY

VOTING PLACES

Voting places will be open for voting on **Wednesday the 24th day of October, 2018** between **8:00 a.m. and 8:00 p.m.** at the following locations:

**WARD 1** - St. Andrews School – 8 St. Andrews Road, St. Andrews  
**WARD 2** - St. Andrews School – 8 St. Andrews Road, St. Andrews  
**WARD 3** - Lockport School – 129 Lockport Road, Lockport  
**WARD 4** - Mapleton School – 112 Calder Road, Selkirk  
**WARD 5** - William S. Patterson School – 8461 Highway #9, Clandeboye  
**WARD 6** - Petersfield Community Hall – 401 Main Street, Petersfield [Electors on the north side of Hall Rd to the south side of Henry Rd]  
**WARD 6** - Netley Community Hall – 693 Kreamer Road, Petersfield [Electors on the north side of Henry Rd to the south side of Pilatski Rd/Chalet Beach Rd]  
**WARD 6** - Matlock Recreational Hall – 77 Matlock Road, Matlock [Electors on the north side of Pilatski Rd/Chalet Beach Rd north to the Municipal Boundary]

**IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE.** A person may be required to produce one piece of government issued photo identification (for example - driver's licence or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located on the following dates and locations:

**FRIDAY, OCTOBER 12, 2018 FROM 12 NOON TILL 8:00 P.M.**  
South St. Andrews Fire Hall - 5610 Highway #9 (corner of Donald Road and Highway #9)

**FRIDAY, OCTOBER 19, 2018 FROM 8:00 A.M. TILL 8:00 P.M.**  
South St. Andrews Fire Hall - 5610 Highway #9 (corner of Donald Road and Highway #9)

**SATURDAY, OCTOBER 20, 2018 FROM 8:00 A.M. TILL 8:00 P.M.**  
R.M. of St. Andrews Municipal Office - 500 Railway Avenue, Clandeboye

APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by fax to the Senior Election Official at the R.M. of St. Andrews, Box 130, 500 Railway Avenue, Clandeboye, MB R0C 0P0, Fax: 204-738-2500.

If applying in person\*, a voter may apply between September 26, 2018 and October 19, 2018 during regular office hours, Monday to Friday, 9:00 a.m. to 4:30 p.m.

\* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

If applying by mail or fax\*\*, a voter may apply between July 26, 2018 and October 19, 2018.

\*\* A voter applying by mail or fax will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the Senior Election Official.

Dated at the Village of Clandeboye, in the Province of Manitoba, this 20th day of September, 2018.  
Margaret Davidson, Senior Election Official  
Sally Cote, S.E.O. – Lord Selkirk School Division,  
R.M. of St. Andrews - Phone: (204) 738-2264

Classifieds

Book Your Classified Ad Today -  
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R.M. OF ST. ANDREWS  
PUBLIC NOTICE  
Council Meeting  
Cancellation and  
Office Closure

Public Notice is hereby given that the **October 23, 2018 Council meeting is hereby cancelled.**

The Municipal Office will also be **closed** on **Monday, November 12, 2018** in recognition of Remembrance Day.

Mayor & Council  
R.M. of St. Andrews  
www.rmofstandrews.com

APARTMENT FOR RENT

1 bedroom furnished basement with separate entrance in Beausejour. Female only. 1 cat allowed. \$500/mo. Ph. 204-801-5887.

1 bdrm. apartment with kitchen, LR and DR combination. Central location, 2nd floor of private residence. \$515/ monthly. References required. Pick-up application at 255B Main St. Century 21 Bldg. Available Nov. 1 or sooner.

ROOMS FOR RENT

Rooms in house for rent. Good location, parking spot for car. \$500/per month. Two references required. No pets. Ask for Jane or Bob 204-482-8802.

PROPERTY FOR SALE

3000 acres of complete high end cattle & grain operation for sale in Saskatchewan. Manages 2k to 3k cow/calf operation with complete solid infrastructure. 2200 acres cultivated. Contact Doug at 306-716-2671 or saskfarms@shaw.ca



NOTICE OF VOTING LOCATIONS  
LORD SELKIRK SCHOOL DIVISION  
FOR SCHOOL TRUSTEES  
OCTOBER 24, 2018

Voting places will be open for voting on **Wednesday the 24th day of October 2018 between 8:00 AM and 8:00 PM** at the following locations:

<b>WARD 1</b> (includes RM of St. Andrews Ward 1, 2, 3, 4 and portion of 5, up to but not including Cloverdale Road)	St. Andrews School, 8 St. Road, St Andrews, MB Lockport Junior High School, 129 Lockport Rd, Lockport MB Mapleton School, 112 Calder Road, St Andrews, MB William S. Patterson School, 8461 Highway #9, Clandeboye, MB
<b>WARD 2</b> (includes RM of St. Andrews Ward 5, including Cloverdale Road and Ward 6, up to and including South side of Pilatski Road)	William S. Patterson School, 8461 Highway #9, Clandeboye, MB Petersfield Community Hall, 301 Main Street, Petersfield, MB Netley Community Hall, 693 Kreamer Road, Petersfield, MB
<b>WARD 3</b>	Elected by Acclamation
<b>WARD 4</b>	Elected by Acclamation
<b>WARD 5</b> (includes City of Selkirk)	Lutheran Hall, 330 Manitoba Ave. Selkirk, MB Robert Smith School, 300 Sophia Street, Selkirk, MB Daerwood School, 211 Main Street, Selkirk, MB Centennial School, 19 Centennial Avenue, Selkirk, MB

**IDENTIFICATION MAY BE REQUIRED BEFORE BEING ALLOWED TO VOTE.** A person may be required to produce one piece of government issued identification (for example – driver's license or passport) or at least two other documents that provide proof of identity.

ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the following:

South St. Andrews Fire Hall, 5610 Highway #9 (corner of Donald Road and Highway #9)	<b>Friday, October 12, 2018 (12:00 noon to 8:00 p.m.)</b> <b>Friday, October 19, 2018 (8:00 am. to 8:00 p.m.)</b>
RM of St. Andrews Municipal Office, 500 Railway Avenue, Clandeboye, MB	<b>Saturday, October 20, 2018 (8:00 a.m. to 8:00 p.m.)</b>
Selkirk Civic Office, 200 Eaton Avenue, Selkirk, MB	<b>Wednesday, October 17, 2018 (8:00 a.m. to 8:00 p.m.)</b> <b>Thursday, October 18, 2018 (12:00 noon to 8:00 p.m.)</b> <b>Friday, October 19, 2018 (9:00 a.m. to 5:00 p.m.)</b>

Dated at the City of Selkirk, in the Province of Manitoba, this 10th day of October, 2018.  
Sally Côté, Senior Election Official  
Lord Selkirk School Division  
Phone (204) 485-3104



# Classifieds

The Selkirk Record

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

## STEEL BUILDINGS

Steel Building Clearance ... "Fall super savings event - all models priced to clear!" 20x23 \$5,974. 25X25 \$6,629. 28X29 \$7,775. 30X33 \$9,125. 32X31 \$9,680. End wall included. Pioneer Steel 1-855-212-7036 [www.pioneersteel.ca](http://www.pioneersteel.ca)

## FIREWOOD

Seasoned Birch and Pine available. Fast delivery. Call Keven 204-485-4539.

## HELP WANTED

Medical Transcription! In-demand career! Employers have work-at-home positions available. Get online training you need from an employer-trusted program. Visit: [Career-Step.ca/MT](http://Career-Step.ca/MT) or 1-855-768-3362 to start training for your work-at-home career today!

ADVERTISE YOUR MISCELLANEOUS ITEMS FOR SALE HERE

**McSherry Auction Service Ltd**  
Stonewall, MB  
**AMMO & RELOADING EQUIP**  
Fri Oct 19th 5:00 PM  
**OVER 250 GUNS & ACCESSORIES**  
Sat Oct 20th 9:30 AM  
Stuart McSherry Stonewall, Manitoba  
(204) 467-1858 or (204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

**Trouble Walking? Hip or Knee Replacement?**  
Restrictions in daily activities?  
**\$2,500 Tax Credit**  
**\$40,000** refund cheque/rebates  
Disability Tax Credit.  
**204-453-5372**

**McSherry Auction**  
#12 Patterson Dr.  
Stonewall, MB  
**Annual Fall Vintage Service Station & Coca Cola Collectibles Auction**  
Saturday Oct 27 @ 10 am  
Over 100 Signs - Oil, Pop, Tobacco & General Store \* Coke Machine \* Vintage Coin Operated Arcade \* Shouting Bear \* Oil Cans \* License Plates \* Toys \* Consignments Welcome \*  
**Stuart McSherry**  
Stonewall, MB  
(204) 467-1858 or (204) 886-7027  
[www.mcsherryauction.com](http://www.mcsherryauction.com)

**Meyers Gun Auctions**  
Estate of Wayne Bowles  
10 am Sat. November 3  
Souris, Manitoba  
Estate of Dick Pollock & Consignors  
9am Sat. November 10  
Meyers Auction Site, Arden MB  
Both Auctions feature Rifles, Shotguns, Handguns, Ammo & Hunting Items  
**Bradley Meyers**  
Auctioneer  
204-476-6262  
Details & Pictures at [www.meyersauctions.com](http://www.meyersauctions.com)

**RENAISSANCE TRANSPORT LTD.**  
**CLASS 1 COMPANY DRIVERS WANTED**  
to haul bulk liquid products throughout MB, SK, AB and the US.  
Loaded and empty miles paid! Dedicated dispatch, Well maintained equipment, Comprehensive benefits package, Training Program for inexperienced drivers. Contact us or submit your resume:  
Phone: 204.571.0187  
Email: [recruiting@renaissancetrans.ca](mailto:recruiting@renaissancetrans.ca)  
Fax: 204.727.6651  
Or submit an online application @ [www.renaissancetrans.ca](http://www.renaissancetrans.ca)

**LEUKEMIA & LYMPHOMA SOCIETY OF CANADA**  
**Are You Suffering from Blood Cancer related fatigue And Brain Fog?**  
On Oct 22 from 1-2 pm CDT The Leukemia & Lymphoma Society of Canada is hosting a Webcast where you can learn about these common symptoms, how to manage cancer fatigue and improve brain fog.  
**There is no cost to participate.**  
Patients, families, survivors and health care professionals are welcome to join online or at the Fort Garry Library 1360 Pembina Hwy, Wpg. Register at [www.llscanada.org/webcasts](http://www.llscanada.org/webcasts) or call 403-263-5300 ext 5158 to save your space.

**News Tips? Story Ideas? call the Record 204-785-1618**



## THE RURAL MUNICIPALITY OF WEST ST. PAUL

## WEST ST. PAUL NOTICE OF ELECTION

Notice is hereby given that a vote of the RM of West St. Paul will be taken to elect Mayor; Councillor Ward 1, Councillor Ward 2, Councillor Ward 3; Councillor Ward 4, and School Trustee from the following duly nominated candidates:

WARD 1: Len SMALL; Eleanor LINK; Peter CAMPBELL  
WARD 2: Dan GARCEA; Giorgio BUSCETI  
WARD 3: Dorothy KLEIBER; Detlef HINDEMITH  
WARD 4: Thomas ROZWADOWSKI; Stan PARAG; Gerald BILENKY  
HEAD OF COUNCIL: Bruce HENLEY; Cheryl CHRISTIAN  
SCHOOL TRUSTEE: Evelyn MYSKIW; Ashpreet MAAN

### VOTING PLACES

Voting places will be open for voting on Wednesday the twenty fourth day of October, 2018 between 8:00 am and 8:00 pm at Sunova Center, 48 Holland Road, West St. Paul for Wards 1 and 2, and West St. Paul School, 3740 Main Street, West St. Paul, for Wards 3 and 4.

**IDENTIFICATION WILL BE REQUIRED BEFORE BEING ALLOWED TO VOTE.** A person may be required to produce one piece of government issued photo identification (for example - driver's license or passport) or at least two other documents that provide proof of identity.

### ADVANCE VOTING

For the purpose of accommodating persons who are qualified to vote, but who have reason to believe that they will be absent or otherwise unable to attend their proper voting place on election day, an advance voting opportunity will be located at the Municipal Fire Hall, 3550 Main St. West St. Paul, and will be open during each of the following days: Oct. 18 and 19, 2018, 8:00 am to 8:00 pm; Oct. 20, 2018, 8:00 am to 6:00 pm; and Oct. 21, 2018, 12:00 noon to 6:00 pm.

### MOBILE VOTING

For the purpose of accommodating persons who are qualified to vote, but reside at a health care and other facility, a mobile voting station will be set up at the following health care facilities on election day for their residents only:

1. St. Benedict's Place/St. Benedict's Monastery, 225 Masters Ave. West St. Paul MB 9:00 am to 11:00 am
2. Middlechurch Home/Middlechurch on the Red, 280 Balderstone Rd. West St. Paul 1:00 pm to 4:00 pm

### APPLICATION TO VOTE BY SEALED ENVELOPE

A voter who is unable to go in person to the voting place or vote in advance, may apply in person, in writing, or by email to the senior election official at [elections@weststpaul.com](mailto:elections@weststpaul.com) or at the Fire Hall Election Office, 3550 Main Street, West St. Paul, MB. R4A 5A3.

If applying in person\*, a voter may apply between October 18, 2018 and October 21, 2018 with an appointment made at [elections@weststpaul.com](mailto:elections@weststpaul.com) or 204 338-0306 ext. 111.

\* A voter applying in person may pick up a sealed envelope ballot package at the time of application.

\*\* A voter applying by mail or email will receive a sealed envelope ballot package by regular post, or by making alternative arrangements with the senior election official.

Helene Gowryluk S.E.O.  
RM of West St. Paul  
Senior Election Official  
204 338-0306 Ext. 111

## R.M. of St. Clements

## Public Notice – Board of Revision

**Notice** is hereby given that the Real Property Assessment Roll of the Rural Municipality of St. Clements for the year 2019 has been deposited in the office of the Rural Municipality of St. Clements and will remain open for public inspection during regular office hours (8:30 a.m. to 4:30 p.m., Monday to Friday). The 2018 Supplemental Bills for added and reduced taxes have also been mailed out. Applications for revisions may be made in accordance with Section 42 and 43 of the Assessment Act.

### APPLICATION FOR REVISION

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

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

### APPLICATION REQUIREMENTS

**43(1)** An application for revision must

- (a) be made in writing;
- (b) set out the roll number and legal description of the assessable property for which a revision is sought;
- (c) state the grounds on which the application is based; and
- (d) be filed by delivering it or causing it to be delivered to:

### Board of Revision

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

The Board of Revision will sit on **Thursday, November 15, 2018 at 1:30 PM** in the Council Chambers of the Rural Municipality of St. Clements to hear applications for revision.

The final date on which applications may be received by the Secretary of the Board is **October 31, 2018 at 4:30 p.m.**

Dated at East Selkirk, Manitoba this 12th day of October, 2018

DJ Sigmundson  
Chief Administrative Officer  
1043 Kittson Road  
Box 2 Group 35 RR1  
East Selkirk, Manitoba R0E 0M0  
Telephone: Selkirk 204-482-3300  
Winnipeg: 204- 474-2642  
Toll Free: 1-888-797-8425  
Fax: 1-204-482-3098  
Email: [info@rmofstclements.com](mailto:info@rmofstclements.com)  
[www.rmofstclements.com](http://www.rmofstclements.com)





# Classifieds

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## HELP WANTED

**BLAST-OFF** Fireworks is seeking full-time Sales Associates to join our expanding company. We're looking for a handful of talented individuals who have something to prove, and who are ready to hit the ground running with a proven sales system. Not everyone will make the cut... self-starting individuals with sales experience, drive, focus, and ambition will receive preference. How we're awesome: Selkirk-based company, rapid growth, competitive wage, commission, and benefits. Show us why you're our #1 candidate by applying at [hr@blast-offfireworks.ca](mailto:hr@blast-offfireworks.ca) today or visiting us at 609 Greenwood Avenue, Selkirk!

Roxi's Uptown Café in Selkirk is seeking dishwashers for various shifts. Experience an asset. We are looking for hard working people who can work on a team in a fast paced environment. Please email resume to [roxisuptowncafe@gmail.com](mailto:roxisuptowncafe@gmail.com) or drop off at 219 Manitoba Ave. Selkirk.

## BUSINESS OPPORTUNITY

Get free vending machines. Earn \$100,000 + per year all cash. 3 year retirement plan. Exclusive territories - full training. Join our team. For complete details call now. Winnipeg 204-694-1265 ext 1. Toll free 1-866 668 6629 ext 1.

## MISCELLANEOUS

**BN NEVER USED STILL IN BOX, STUDY LAMP EWO \$15.** Red, white and black lined WINTER SUIT OVERCOAT fits a men's sz. XL, has been dry cleaned, EC, \$100; Sunbeam 2 slice TOASTER, EWO, \$15; LN sz. 9 SAFETY SHOES, EC, \$60. Ph. 204-785-8598.

Want to be seen? Province-wide classifieds. Reach over 400,000 readers weekly. Call 204-467-5836 or email [classified@mcna.com](mailto:classified@mcna.com) for details.

## MISCELLANEOUS

Toilet for sale, American Standard, bone in color \$80. Ph. 204-485-1786.

Batteries for everything. Automotive, farm, construction, ATV, marine, motorcycle, golf carts, phones, tools, radios, computers etc. Reconditioned, obsolete and hard-to-find batteries. Solar equipment. The Battery Man. Winnipeg. 1-877-775-8271 [www.batteryman.ca](http://www.batteryman.ca)

Parts & full trailer repair, trailer safeties & Autopac trailer repair. Sales, Leasing & Financing of flat-deck, dumpbox, cargo, gooseneck & utility trailers & truck beds. Kaldeck Truck & Trailer, Hwy #1 MacGregor, MB. 1-888-685-3127.

## UPCOMING EVENTS

Lions Giant Craft Sale and Flea Market. Selkirk Rec Center, 180 Easton Drive, Selkirk. Saturday, Oct. 20/18 at 10 a.m. until 4 p.m.

Election Forum regarding Chair, Vice Chair, Treasurer and Secretary for the Stony Point Metis Local. Sunday, Oct. 21, 2-5 p.m. at The Patricia Beach Hall. Call Marcella for info: 204-635-2219.

## 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. Stonewall Elk Ranch Ltd., 204-467-8884 or e-mail [stonewood@elkranch.com](mailto:stonewood@elkranch.com)

## STRAW

FLAX STRAW - \$3/BALE. MONDAY - SATURDAY. CALL NICK 204-461-0706 OR BILL MATHE-SON 204-461-1906, STONEWALL.

## ANNOUNCEMENT

### BIRTHDAY



Lorri Pruden  
October 20th  
Your twenties are history  
Long in the past;  
Your thirties have gone,  
Time flies by so fast.  
Your forties quickly waning,  
Please don't be sorry;  
Bring on the fifties,  
"Happy Birthday Lorri"  
-Love Dean, Brett and Alyssa

*Don't forget to send  
your special wishes and  
congratulations or  
pay Tribute to your friends  
and family*

**Selkirk Record**

Call 204-85-1618 or  
[email lucy@selkirkrecord.ca](mailto:lucy@selkirkrecord.ca)

## ANNOUNCEMENT

### CARD OF THANKS

McLeod - We would like to thank all our great relatives, neighbors and friends who attended our 70th Wedding Anniversary Celebration, and made it such a special day for us. To everyone that came from out of town, we thank you so much for coming. To all who wanted to come but couldn't, we missed you and wish that you could have been there. We were completely overwhelmed by all the cards, flowers, gifts and donations to The Selkirk and District Community Foundation. Thank you so much! To Corrine McLeod, for looking after all the invitations, Greg, Lucille and Betty Swirski from The Shops of St. Andrews for all the beautiful flowers and centre pieces. To The Selkirk Golf and Country Club for letting us have our celebration in such a beautiful setting overlooking the golf course, and to Diane and all of her helpers, thank you for the lovely lunch that we all enjoyed so much. To our sons, Lon and Greg, thank you for remembering all the great and funny things that can happen to families over the years. Also, it was so nice to have had our grandson, Jeff and wife Trisha and son Kayden from Calgary. Again we want to thank everyone that was able to attend, it couldn't have been nicer or more appreciated. We certainly are left with many happy memories.

-Sincerely,  
Velma and Jim

## ANNOUNCEMENT

### RETIREMENT



Congratulations on your retirement,  
Fay Tokash!  
Come & Go Retirement Party  
in honour of Fay  
will be held on Sunday, November 4th,  
1 p.m. - 4 p.m.  
At Crescent Creek Clubhouse, Teulon MB.  
Everyone invited.

"And let us not grow weary of doing good, for in due season we will reap, if we do not give up." Galatians 6:9

## ANNOUNCEMENT

### IN MEMORIAM



Reba Garnett  
October 17, 2011  
Greatly missed.  
Remembered daily.

-Love Bob, Donelda  
and family

## ANNOUNCEMENT

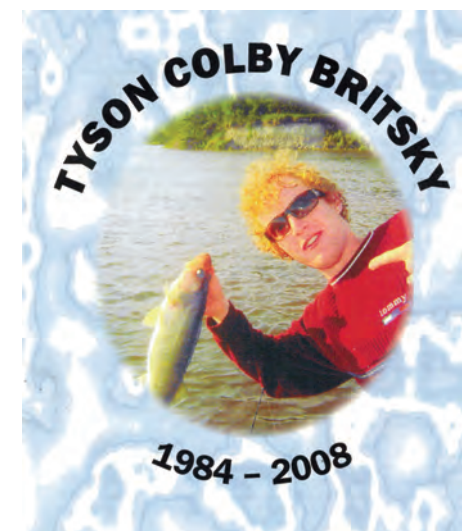
### BIRTHDAY



Happy 80th Birthday  
Ruth Fincaryk - October 20  
Happy 1st Birthday  
Bethanie Atkins - October 19  
-Love all the family

## ANNOUNCEMENT

### IN MEMORIAM



Though his presence is gone forever,  
And his hands we cannot touch;  
Still we have so many memories,  
Of the one we loved so much.  
His memory is our keepsake,  
With which we will never part;  
God has him in His keeping,  
We have him in our hearts.  
We miss you every day!  
Hard to believe it has been 10 years!

-With love, Mom and Dad (Jack and Deb  
Britsky),

Regan, Aimee, Maria and Sophia,  
Kelsey and Brad  
and many family and friends



# Announcements

The Selkirk Record

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## OBITUARY



**Cyril John Kingsland**  
August 20, 1947 – October 7, 2018

It is with great sadness that we announce the passing of our brother John after a lengthy battle with cancer at Stonewall Hospital.

John was predeceased by his parents Cyril and Muriel Kingsland and brother-in-law Brian Diggle. Left to mourn his passing are his siblings Gail Diggle of Mississauga, Ontario, Alice Thompson (Carl), Arlene Smith (Ian), Lynda Marshall (Stuart), Ken Kingsland (Chris), Keith Kingsland (Arlene) and Gary Kingsland (Karen) and many nieces and nephews.

John was born in Winnipeg where he lived until near retirement at the Grace Hospital working in the kitchen area and delivering trays to patients. A few years prior to retirement he moved to the family farm in Oakpoint, Manitoba where he watched over the

beloved cattle. The next phase of his life took him to Lundar, Manitoba where he enjoyed many local activities in the community.

Our sincere thanks to the doctors and nurses at Cancer Care, Seven Oaks, Eriksdale, and Stonewall hospitals. Also to the community service coordinators, home care staff and the senior home staff in Lundar.

A private family interment will be held.

In lieu of flowers, if friends so desire, a contribution can be made to the New Horizons Club in Lundar, Box 695, Lundar, Manitoba, R0C 1Y0.



## OBITUARY



**Lynne Schweier**

It is with heavy hearts we announce the passing of Lynne (Thelma Rose) Schweier (nee) Toews at the young age of 61 on October 5, 2018 at the Beausejour Hospital, MB.

Lynne will be lovingly remembered by her husband Rick Schweier, daughter Amber Ball (Joel), grandson Cody (Reilly), along with her dog, "baby girl" Tia. She was looking forward to the arrival of her great-grandson due in January 2019. Also, her brother and sister-in-law Don and Wendy Toews, as well as, her cousins and friends from Selkirk, Beausejour and Fort Nelson, BC. Lynne was predeceased by her mother and father, Caroline and Jack Toews; her sister, Diane Recunyk and her niece, Kim Sprong.

We would like to thank the staff at Beausejour Hospital for Lynne's care.

A celebration of life will be held on October 27th at 2:00 p.m. at St. Clements Anglican Church, Selkirk.

"She left us weeping with aching hearts; but we know the Angels are keeping her where the sweet joys never depart."

## OBITUARY



**Helen Lorna Calder**

Suddenly, on Saturday, October 13, 2018, at the Selkirk Regional Health Centre, Helen Calder, aged 94 years, of Selkirk, MB, passed away.

She was predeceased by her sons, James Parkes and Danny Calder. She is survived by her children, Larry, Pat, Mike, Penny, Roger and Jackie (Jeff); grandchildren; great-grandchildren; great-great-grandchildren, as well as numerous relatives and friends.

Her greatest joy in life was spending time with her family, and she loved her cats.

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

Condolences, pictures, and videos may be left on Helen's tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.  
[www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



## OBITUARY



**Astrid Marie McLeary (Nee Halvarson)**  
October 6, 1919 – October 10, 2018

It is with great sadness that we announce the peaceful passing of our dearest, eldest and wittiest family member, Astrid, at the Selkirk Regional Health Centre. She had many wonderful memories in her 99 years with us that we'd like to share with you.

She will be sincerely missed by her son Bob (Wendy) and her daughter Val (Dave) Stewart; her grandchildren Rob McLeary, Shelly (Patrick) Simoens and Mike (Caroline) Stewart and great-grandchildren Adaria, Avery, Jack, Emery and Cooper. She was predeceased by her loving husband Jack; an infant son Henry David; and her parents Emma and David Halvarson. She also leaves to mourn her youngest sister Clarice Ann (Holger) Lorenzen, and sister-in-law Jackie West as well as many other family members and friends.

Mom was born in Minnedosa and lived in Erickson on the family farm with her seven sisters and one brother who she adored. Mom loved to share those stories with us, as her family meant a great deal to her. There was always laughter when the family got together for holidays or special occasions. We don't recall mom ever saying an ill word about her family. As a young woman she ventured into Winnipeg and worked as a nanny for a dentist's family and this turned out really well for her as she had her dental work done for free.

Mom and Dad were married on October 9, 1940 in Minnedosa. Mom's first-born Henry David (1946) only lived for seven hours, they went on to have a son Bob (1947) and a daughter Val (1949). In 1950 they moved to St. James, just in time to share their home with the Dare family that were displaced by the flooding.

Growing up during the "Dirty Thirties" it was instilled in her to count her pennies to make ends meet, so once married there were always trips to more than one grocery store to purchase only those items that were on sale in the flyers.

Mom volunteered and taught catechism at both the Erickson Lutheran and St. James Presbyterian Churches. Mom and Dad were both life members of the Arborg Royal Canadian Legion Branch 161. It was at the Women's Auxiliary that she, Jean Buchko and the other Legion ladies perfected the art of making and serving pancakes and sausages for their Saturday morning fundraisers. Her love of sausages originated in her early years when Mom and her sister Signe were employed at Brandon Packers. For years afterwards, they talked about the two girls from Erickson that had the biggest schmozola ever on the sausage production line and after that, if anyone in the family blundered, they were briefly referred to as a Sausage. As Mom was born into a large family, it was by no coincidence she became an outstanding cook, baker and housekeeper. Her butter tarts had to be hidden until dessert was served and even though the recipe was shared you could never quite match those of the Old Swedes. Christmas was her only season to bake coffee bread so it will always be a special memory to smell the aroma of toasted cardamom on Christmas morning. She treasured our pets Dusty, Skipper and Peter the budgie who could speak both English and Swedish. Once their children were married, Mom and Dad moved from their house on Sturgeon Road to an apartment in East Kildonan going back and forth to their cottage at Valhalla Beach, where they eventually retired. When Dad's health declined they moved into Selkirk.

Together Mom and Dad had many enjoyable trips, vacationing in Port Alberni, Victoria, Fort William, Hawaii, Puerto Vallarta and as Winter Texans in Weslaco. When driving, Mom was always the co-pilot and acted as Dad's first GPS (Guiding Passenger System). Mom loved to read, knit, crochet, sew, garden, camp and feed the birds, however she was happiest with a phone in her hand, talking to her many regular callers. She always looked forward to bingo and card games with her family and friends but it was at cribbage that she excelled and got much joy in teaching the game to any one that had the patience to learn. From an early age, she was a true "Blue Bomber" fan and when the "Winnipeg Jets" arrived she never missed their games on TV. She always cheered twice as hard as anyone else because she thought the replays were the next play in the game.

Astrid would like to express her everlasting thanks to the doctors and staff at the Selkirk Regional Health Centre, Arborg Hospital, Woodland Courts and Tudor House for their compassionate care. The family would also like to say a special thank you to Lee Drabik, her good friend at Woodland Courts.

Astrid's wishes were to be cremated with a private gathering of the immediate family.

Flowers are gratefully declined. As an expression of sympathy, memorial donations in Astrid's memory can be made to a charity of your choice.

To celebrate her life please say a kind word to someone if you are angry or pass on a compliment to make a person feel better if you are upset with them. Mom lived her life epitomizing the saying "Kill them with Kindness". May God rest her kind and gentle soul.

Arrangements entrusted to:

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Family and friends are invited to sign the Guest Book at [www.chapellawn.mb.ca](http://www.chapellawn.mb.ca)

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