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RECORD PHOTO BY LUCY KOWALCHUK
Tara Jagodnik from Selkirk is surrounded by kittens she has rehabbed and sent to a shelter in Ontario. She has been rescuing animals for four years. See page 3 for the rest of the story.

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PRICES IN EFFECT: THURSDAY, OCTOBER 21 - WEDNESDAY, OCTOBER 27, 2021

Local animal lover giving forgotten cats a new life

By Ligia Braidotti

Taking cats and kittens off the streets has been a full-time job for Tara Jagodnik.

For the last four years, Jagodnik has been rescuing and taking care of animals suffering on the streets. She started rescuing and rehoming dogs, but she has devoted her time and supplies to rehabbing feral cats since May.

"One day, I went to a garbage dump and saw a very pregnant cat and found out there were kittens and more pregnant cats, and I'm like, this cannot be left this way," Jagodnik, who is the strength behind What's One More Community, commented.

That day she took 11 cats out of the dump at once, but since then, she has done more than 20 spay and neuters and rehomed a few dozen kittens. She also currently has a few cats and kittens treated, vaccinated, and rehabbed to be sent to other shelters.

What started as a way to cope with her depression became a labour of love. Jagodnik doesn't measure efforts to give these animals the proper care they deserve. Fortunately, she has partnered with people who believe in her feral cat rescue and are helping her get these cats rehomed.

"I've been struggling with depression since junior high, and when I started rescuing dogs four years ago, it was because I was in a really depressed state and I thought 'oh, one



RECORD PHOTOS SUBMITTED

Tara Jagodnik has lost count of how many cats she rescued since May, but said it's close to 100 cats.

dog won't hurt.' But one turned to two, two turned to three, three turned into 50, and 50 turned into over 100 dogs," she said with a smile.

Although she's lost count, Jagodnik said she'd brought home at least 200 animals, between cats and dogs.

Jagodnik's feral cat rescue is a trap-neuter-release type of rescue. After the cats are healthy and spayed or neutered, they release them back into the community, as long as it safe and they have the proper shelter.

Aside from the shelters she sends cats to, there are places like the Clandeboye Landfill that provide a space for these feral cats in the winter with wet and dry food.

Jagodnik said it's important to rescue and spay and neuter these cats so

that the population doesn't grow and the spread of animal-related diseases stops. Also, with fewer cats on the streets, there will be fewer cats fighting.

"Cats can have testicular cancer and ovarian tumors for not being spayed and neutered," she explained. "(One of the cats) from Clandeboye dump, he cost me over \$400 in medical because of all the work that he needed because he was infected.

"Rescuing the cats reduces the spread of diseases in the community and it's also reducing the suffering."

Her efforts have had the endorsement of Dr. Jonas Watson from the Grant Park Animal Hospital.

"One of Grant Park Animal Hospital's mandates is to provide veterinary

care to animals who can't otherwise get it, so we do a lot of work toward population that don't have an easy time accessing health services for pets. Therefore, we are happy to partner with allies like Tara, who are so committed to make sure that even the forgotten animals out there get the medical treatment they need," Watson said.

He explained that some cats can live as feral or stray animals, but life can be tough. They aren't able to secure food consistently, and they are at risk of infectious diseases. However, what Jagodnik is doing is helping control overpopulation and ensuring they are protected against dangerous diseases.

"She is helping to provide veterinary

Continued on page 5

Selkirk RCMP investigating fatal two-vehicle collision

Submitted by Manitoba RCMP

On Oct. 11 at 7:15 p.m., officers from the Selkirk RCMP received a report of a two-vehicle collision at the intersection of Highway 44 and Provincial Road 206, located in the RM of St Clements.

Investigators have determined that a

vehicle travelling northbound on PR 206, being driven by an 87-year-old female from Selkirk, had stopped at the intersection of Highway 44 and proceeded onto the Highway when she was struck by an eastbound pickup truck, being driven by a 62-year-old male from Beausejour.

The 87-year-old female was pronounced deceased on scene.

The 62-year-old male was placed under arrest for Impaired Driving Causing Death and transported to hospital for minor injuries sustained in the collision. He has since been released from hospital and from custody with a

court appearance scheduled for Dec. 17 in Selkirk.

Selkirk RCMP, along with a Forensic Collision Reconstructionist and our Criminal Collision Investigation Team, continue to investigate.

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Minister Johnson contemplates approving Selkirk's planning department

The City was waiting for a response since April 13

By Ligia Braidotti

The City of Selkirk is on the way to having its own planning district.

On Oct. 5, the provincial minister of Municipal Relations Derek Johnson informed the City of Selkirk its application to withdraw from the Red River Planning District is being considered. Now, both the city and RRPD have to submit an agreement to facilitate the separation.

Although that doesn't guarantee Selkirk will have its own planning district, it's great news since they have been working hard to develop the ap-

propriate model for land use and development services.

"We are pleased that the Minister understands our vision and has given us this opportunity to expedite the process by working with RRPD rather than automatically referring it to the Municipal Board, which would take months and could have led to an outcome that wouldn't work for either party," said Selkirk CAO Duane Nicol.

On March 23, the City of Selkirk held a public hearing to discuss its plans for withdrawing from the RRPD and establish its own planning department



RECORD PHOTO SUBMITTED

Pictured above is a home being built in Selkirk. If Municipal Relations Minister Derek Johnson approves the City of Selkirk's withdrawal from the RRPD, developers will deal directly with the city to get permits.

so that the city could grow according to its plans. They received unanimous support from the community to submit an application to withdraw.

In a previous interview with the *Record*, Selkirk Mayor Larry Johannson said that the city would like to withdraw from RRPD because the separation would allow residents and investors to apply for land-use planning and construction permits directly through the city. They had hired a consulting company that analyzed the economics of Selkirk's separation from RRPD. They pointed out that the city is not getting the services they need, considering the amount of revenue generated from their developments.

"Selkirk Council did not take this step lightly – there has been significant time and effort given to determining the most appropriate delivery model for land use and development services in Selkirk," Nicol added.

Approval of the application to withdraw from RRPD is being contemplated subject to a mutually agreed

upon agreement between the city and the RRPD to be reached no later than Dec. 1. This agreement would define specific separation details, such as the division of assets and liabilities and the process for transferring open and historic service files for Selkirk properties.

"We have heard from developers that there is confusion following the public hearing about who has planning authority in Selkirk. It's in the interests of both Selkirk and the RRPD to get this matter addressed so that we can move on and serve our citizens."

Until an agreement is met, Nicol said the city would not be reporting on the process or discussing the nature of the negotiations.

"We are committed to working with RRPD and getting an agreement that leaves both organizations primed for success after separation. Out of respect for the negotiation process, we'll not be speaking publicly about the nature of the discussions until after they've concluded."

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Support our local poppy campaign early this year

Get masked up for Remembrance Day

By Katelyn Boulanger

With Remembrance Day only a few short weeks away and masks mandatory in most indoor businesses in the province, the local Selkirk Legion is giving residents a way to show their support and contribute to a great cause in our community with proceeds from the sales of their Legion masks going directly to the region's poppy campaign.

These masks which came out shortly before Remembrance Day last year have been continually sold at the Selkirk Legion throughout this year to great success with 760 sold and the Legion staff having to reorder several batches to keep up with the demand.

The masks aren't unique to Selkirk as the option to sell them was given from their dominion to all Legions in Canada but the Legion's executive members didn't anticipate how popular they would be in our community.

The cost to purchase a mask is \$10 each and they have two different sizes for residents to choose from that vary by about a half-inch in dimensions.

These masks will be available at

the Legion for residents to stop in and purchase but they will also be sold outside of Walmart where Legion members will be having a poppy drive station periodically from Oct. 29 onward through to Nov. 11.

Legion's poppy chairman Wayne Bird says it would be very nice to see these masks being sported by people in our community.

"It brings us more to their mind and focus. That we're around and what we do. Remembering the best of us every time you put it on," said Bird.

Second vice-president Neil Zebinski agreed saying, "Hopefully that they're thinking about the people who past, present, and future that signed on the dotted line and said I'll pay for this country with my life if I have to."

The proceeds from these masks are going to the region's poppy fund which is a fund specifically used to improve the lives of veterans in our local communities.

Another item that they will be making available that supports the poppy campaign this year will be lawn signs as Legion members know that some



RECORD PHOTO BY KATELYN BOULANGER

Left to right: Wayne Bird, Harold Anderson and Neil Zebinski wearing Legion masks and holding a Remembrance Day sign proceeds of which go to our region's poppy campaign.

residents won't be comfortable coming out to Remembrance Day events this year but will still want to show their support for veterans in our community.

"They just buy one of these [signs] and put them on their lawn and it will

catch your eye," said president John Austin.

Most importantly though the Legion's executive wants to remind people to grab their poppies when they are available on Oct. 29 and wear them on their left side over their hearts.

> CATS, FROM PG. 3

care to cats that have been forgotten, and that would have no other opportunity to be vaccinated, spayed and neutered, dewormed...so it's a very special work that she is doing."

Although Jagodnik has support from the Grant Park Animal Hospital, Fixing Feral Felines, One At A Time Rescue, K9 Advocates Cat Ladies and Manitoba Animal Alliance, she is always open to receiving donations. Some of the items they need the most include dry and wet food, cat litter, and crates. She also welcomes monetary contributions that are used to pay for medical bills and can be done through the Grant Park Animal Hospital.

To contact Jagodnik, go to <https://www.facebook.com/whatsonemorecommunity>

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Brett Mitchell announced as 36th Citizen of the Year

Submitted by Selkirk & District Community Foundation

Anyone who knows Brett Mitchell knows that he's a man on a mission.

Well, many missions, often at the same time. But if anyone's up for it, he is.

Mitchell was named the 36th Citizen of the Year last week, and when the announcement party arrived at his office with balloons and champagne, the owner of *The Selkirk Record* was humbled.

"I'm shocked right now. I don't know all the names on the list of previous winners, but the ones that I can recall...they've done amazing things for our community. I can't believe that I'm on that list," Mitchell said.

"One of the things that I believe is that we were lucky as a family to move to this community that's full of these people whose main focus is to make this place better for all of us."

Mitchell and his wife Janet moved to Selkirk in 1989 and you could say he literally hit the ground running. He was part of the *Selkirk Journal's* ad sales team and he used his job to build community.

He was part of a group that started *The Record* in 2010 and he continues to use the newspaper to bring the community together.

Jim Pelletier nominated Mitchell for the Citizen of the Year Award and says Mitchell's energy is limitless and so too is his dedication to the communities of Selkirk, St. Andrews and St. Clements.

In his nomination letter Pelletier laid out his reasons for nominating his friend.

"I couldn't think of a more deserving, hardworking and community minded individual than Brett Mitchell," Pelletier wrote.

"Under his iconic hats, there are so many more different hats that Brett wears: father, spouse, son, entrepreneur and philanthropist. At times it's hard to differentiate between Brett Mitchell the person and Brett Mitchell of *The Selkirk Record* as they are hand in hand and both entities do so much for the communities and the people

that live in them."

Shauna Curtin, SDCF Chairperson, said it was an honour to inform Mitchell that he'd been selected as the Citizen of the Year for 2021.

"Brett Mitchell is certainly a most deserving recipient of the Citizen of the Year Award and I'm proud to congratulate him on behalf of the Selkirk & District Community Foundation," Curtin said.

"His hard work and incredible energy definitely make our communities the best that they can be."

A few of Mitchell's volunteering gigs include board member for the Festival on the Red, member of the Dufferin Gang Committee, Lockport Development Group and the Selkirk Biz. He's also had a hand in Selkirk's Canada Day celebrations, Triple S Fair & Rodeo, the Santa Parade, Homes for the Holidays and Holiday Alley, the Highland Gathering and the Lockport River's Edge Run.

Mitchell has dedicated much of his adult life to raising funds for and awareness of Huntington Disease. His father lived with Huntington Disease and Mitchell made the difficult decision to be tested to see if he had it as well – the tests showed he does not.

He's involved in the Huntington Indy Go Kart Challenge, Rally the Sleds for HD Guinness Book of World Records snowmobile runs in 2002, 2003 and 2005, the HD500 500 K snowmobile ride since 2014 and Light It Up for HD at the Merchant Hotel.

He says he's extremely proud of his boys – Liam, Julian and Simon, who work hard on behalf of Huntington Disease as well.

"Our kids have now taken up the cause too," Mitchell said.

"They have volunteered for every Huntington event they were able to since they were tall enough, which didn't take long. They also volunteered for many events here in our community, and it makes us so proud."

In 2002, Huntington Society of Canada, Winnipeg Chapter, President Vern Barrett, wrote this about Mitchell in a nomination for a Regional Award of Merit:

"Brett Mitchell has been actively



RECORD PHOTO SUBMITTED

Brett Mitchell, centre, with the crew that surprised him at work last week with the news that the newsman is the 36th Citizen of the Year.

volunteering with the Winnipeg and Area Chapter for the past five years, and has made a lasting mark at the local, regional and national levels. For the past three years Brett has served in a leadership role as Vice-President of our Chapter and has brought his cheery smile and business experience to our Chapter meetings. Brett's energy, commitment, and entrepreneurial spirit have helped us meet and surpass many program goals...Brett has been very active in our Chapter, in promoting events across Manitoba, and has contributed nationally as well. He has shared his HD personal family connection with newspapers and anyone else who would listen. He has excellent people skills and is a great team player and mediator. Brett has an infectious "We Can Do It!" attitude that is hard to resist."

Mitchell said he's just one of many who work hard to make the Tri-S communities the best they can be, and he couldn't have done any of it without his family – wife Janet and sons Liam, Julian and Simon.

"I have a family and my family made sacrifices for me to be there, so really, we were there as a family to help this community," Mitchell said.

"When I was at a meeting my wife Janet was at home with screaming,

hungry kids, I couldn't have done what I was doing. It's a family commitment and there's lots of families that do it."

And he said he gets as much, or more, out of volunteering, as he gives.

"Volunteering is kind of selfish because there's residual things that come of it, but also the big thing is I love being around these people," he said.

"You just get so much positive energy from these people, so I find that it's to my advantage to be around these people and acquire that energy that they have."

Congratulation Brett Mitchell!
The Selkirk and District Community Foundation is a charitable organization that provides financial support to charitable causes and agencies in the region, which includes Selkirk, St. Andrews and St. Clements. Gifts from donors enable the Foundation to support countless groups and individuals in our community. The Foundation has given in excess of \$3.4 million to more than 125 local charities and community organizations during its 25 years. For more details contact SDCF Executive Director Bev Clegg at 204.785.9755.

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Dufresne Family makes transformational gift to HSC Foundation

Manitoba Urologic Centre campaign approaches goal

Submitted by the Health Sciences Centre Foundation

A \$1 million gift from the Dufresne family brings Health Sciences Centre (HSC)'s proposed Manitoba Urologic Centre one step closer to reality. HSC Foundation's multimillion-dollar campaign to develop a world-class urologic centre at HSC will dramatically shorten wait times and improve care for approximately 10,000 Manitobans annually.

"The Dufresne family is one of the most respected families in Canadian business. Their impact in Manitoba and Northwest Ontario has been significant," said President and CEO of the HSC Foundation Jonathon Lyon. "We're grateful for their tremendous generosity and that they have chosen to support the Manitoba Urologic

Centre in this exceptional way."

The people treated in the Manitoba Urologic Centre will be patients requiring transurethral resection of the prostate (TURP); kidney stone removal; and treatment for certain types of bladder cancer, among other conditions. Wait times are expected to drop from up to one year to weeks and days for many procedures. For rural and northern patients, HSC would be able to work toward performing the required procedure on the same day they receive their diagnosis.

Thanks to the Dufresne family, not only will people requiring urologic attention receive quicker access to care, but those who are awaiting urologic cancer surgery will benefit as well as the Manitoba Urologic Centre will free up space in HSC's operating

room, thereby improving overall efficiencies.

"HSC has had a profound impact on our family and thousands of other families throughout Manitoba, Northwest Ontario, and the north," said Dufresne Group CEO Mark Dufresne on behalf of his family. "It is our honour to support the HSC Foundation and contribute to this important advancement in urologic care."

"The importance of this initiative cannot be overstated," said HSC Urologist Dr. Jeff Saranchuk. "Under current conditions, patients have to wait far too long for the care they need. The new centre will help us reduce wait times from up to one year to weeks which will improve patients' recoveries and reduce the risk of complications. Additionally, thanks to donors like the Dufresne family, we will be able to acquire the latest equipment to perform minimally invasive procedures. We are very grateful that this

project is moving forward."

"We are passionate about taking care of the people who live and work in our community. With the Manitoba Urologic Centre, Winnipeggers and rural patients can make fewer trips to HSC, have shorter hospital stays, and receive more timely care," adds Dufresne. "This project goes beyond urology. We believe in the vision for the future of HSC, and the key role this project will play in that plan, freeing up operating room time and resources. As donors, we all play a part in helping HSC become even more efficient and effective in delivering care to patients. I hope that other businesses and individuals will step forward and make a gift to help this campaign reach its goal."

Once funded, the Manitoba Urologic Centre will be located at 735 Notre Dame Avenue, the site of the former Women's Hospital in Winnipeg.

New restrictions for Southern Health communities

By Ashleigh Viveiros

Manitoba saw its COVID-19 case count jump by 339 cases Thursday through Monday

There were 92 cases on Friday, 108 on Saturday, 88 on Sunday, and 51 on Monday.

The Southern Health region led the way in new cases with 128 in total, followed by 81 in Winnipeg, 56 in Prairie Mountain, 53 in the Northern health region, and 21 in Interlake-Eastern.

Twenty-two of the 26 new cases in Southern Health on Monday were in individuals who were not fully vaccinated. Provincewide, 36 of the day's 51 new cases had not received two doses of the vaccine.

There was also five new deaths in people with COVID-19 since Friday, bringing the total number of Manitobans who have died due to the virus to 1,231.

At press time, Manitoba had 976 active cases and a five-day test positivity rate of 3.3 per cent.

A total of 90 people were in hospital with COVID-19, including 16 in intensive care.

In the Interlake-Eastern region, Northern Remote leads the way in active cases with 25 followed by 22 in Fisher/Peguis, six in Springfield, six in Arborg/Riverton, four in Stonewall/Teulon, four in Selkirk, three in Eriksdale/Ashern, two in Gimli, two in Winnipeg Beach/St. Andrews, two in Beausejour, one in Pinawa/Lacdu-Bonnet, one in the Unknown District, one in Whiteshell and none in St. Lau-

rent.

Self-isolation required

In light of rising case counts and low vaccination rates in Southern Health, last week the province announced stricter household self-isolation (quarantine) requirements for the region.

Household members of close contacts or symptomatic people who have not had any known COVID-19 exposures must self-isolate.

That means if an individual is awaiting test results for COVID-19, everyone in their household must self-isolate along with them. This is not currently the case in the rest of the province.

Exempt from self-isolation are people who are fully vaccinated (two doses) against COVID-19 or were infected with the virus within the past six months.

Asymptomatic designated workers who are not fully vaccinated but are taking part in a regular rapid testing program are also exempt from self-isolation. If the worker or a close contact in the household has symptoms, the exemption does not apply.

The province has said the online screening tool will provide guidance on how long people must self-isolate.

Third dose for first nations

Monday saw the province expand its recommendations

for a third dose of the vaccine to First Nation people living on reserve. This applies to an estimated 7,200 people.

The Integrated Vaccine Operations Centre, which is co-led by First Nations and the federal government, is being reactivated to oversee the third dose rollout and co-ordinate other supports that communities may need, the province has said.

It was also announced that pharmacies will now be allowed to administer COVID-19 rapid tests for people travelling outside the province who need a negative test result before doing so.

"This is an important change that builds capacity and provides more options for travellers," Health Minister Audrey Gordon said, noting pharmacies will be able to perform rapid antigen tests and rapid molecular (non-PCR) tests.

There is a fee for these tests and travellers will be required to present the pharmacist with documentation related to their travel plans, which may include a plane or train ticket or hotel booking.



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MPI adjusts General Rate Application: requests 1.2 per cent rate decrease and \$335M rebate

Submitted by Manitoba government

As the hearing of its General Rate Application (GRA) before the Public Utilities Board (PUB) opens today, Manitoba Public Insurance (MPI) will be presenting updates to its provisional filing made earlier this year based on continued strong financial performance. This will include requesting a rate decrease for a third year in a row and updating its separate application for a third customer rebate in a little more than a year.

MPI originally filed its preliminary 2022/23 GRA with the PUB in June and has since updated its application, which now requests a 1.2 per cent rate decrease. MPI routinely adjusts its overall rate indication after the initial filing as it refines its forecast closer to the start of the hearing.

Also in this application, MPI removed the Capital Release provision, which previously had translated into a five per cent discount as part of the overall rate. To replace the removal of this discount and return surplus capital to Manitobans sooner, MPI separately applied to the PUB to return excess capital to ratepayers by way of a rebate. MPI has also updated its rebate application, formalizing its rebate request to \$335 million from the original forecasted amount of \$202 million. If approved, this will be the second largest rebate in corporate history. In 2011, MPI rebated ratepayers \$336 million.

"MPI continues to demonstrate strong financial performance, which has resulted in its applying for a third consecutive rate decrease, and in time, applying for a third consecutive customer rebate," Crown Services Minister Jeff Wharton announced Monday.

"The COVID-19 pandemic has been challenging for all Manitobans. I am pleased that Manitoba Public Insurance will once again be in a position to provide its policyholders with much needed financial relief early in the New Year."

Rebate cheques will be mailed out in the winter of 2022. The average cheque amount and how many cheques will be mailed will be announced in coming months. To date, customers have received a total of \$179 million in COVID-19 driven rebates.

MPI is ultimately responsible for delivering the services and overall financial health of its various lines of business, including Basic, Extension and its administration of The Drivers and Vehicles Act (DVA), which involves the licencing of drivers and vehicles. The 2022/23 GRA addresses the transfer of capital from the Extension to the DVA line of business to ensure MPI can cover its administration costs. MPI transferred this capital in full compliance with all applicable statutes and regulations.

The transfer of capital from Extension to the DVA line of business is separate and distinct from the Basic

Autopac line of business.

"We acknowledge that surplus funds from our Basic Autopac program should be returned to our customers and we have done just that. We are pleased to provide another rate decrease, in addition to making a request of the PUB, to return surplus to our customers in the form of a rebate," said Eric Herbelin, President & CEO of MPI.

"Our financial and business operations are fully transparent and presented to the PUB. Surplus from our Basic Autopac program is a direct result of fewer collision claims combined with having the public auto insurance model which allows for the return of excess capital back to our customers," said Herbelin. "This rate application truly demonstrates the effectiveness of the public insurance model and our commitment to delivering value to Manitobans."

Combining the requested 1.2 per cent decrease with the surplus rebate, customers can expect an average decrease in their 2022/23 insurance year Autopac premiums of approximately 26.1 percent.

The proposed rates would be effective April 1, 2022, but because renewal dates are staggered, some vehicle owners will not pay their new rates until March 31, 2023. The PUB hearing is scheduled for three weeks and MPI expects the Board to announce its ruling in December.

Mental healthcare urgently needed for everybody

By Ligia Braidotti

People worldwide held several workshops and events to acknowledge Mental Illness Awareness Week and World Mental Health Day on Oct. 10.

The World Health Organization supports Mental Health Day as an important way to raise awareness and advocate for better care for those with

mental health issues worldwide, explained Tristan Dreilich, a community educator with the Canadian Mental Health Association Interlake Eastern RHA.

"We want to be using the time to highlight the importance and ubiquity of mental health, while at the same time, shining a light on where we might improve our responses, sup-

ports, and services," he said.

Building on last year's theme "Mental Health for All: Greater Investment - Greater Access," the CMHA focuses on free mental health care and highlights the need for a universal mental health care system where Canadians can get mental health support when

Continued on page 13



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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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Clean up your litter at Lockport Provincial Park

By Katelyn Boulanger

The Seven Oaks Game and Fish Association wants to remind residents to keep our local provincial parks ready for future residents to enjoy by instructing us to put our litter in a bin and report poaching and wildfires with a new sign that was unveiled at Lockport Provincial Park on Oct. 13.

"We feel this sign will make a difference to what happens here in this park," said Seven Oaks Game and Fish Association president Larry Strauman.

He has been coming to the Lockport Provincial Park area of the Red River to fish since he was a child.

At the presenting of the sign, he told a story about what inspired him to propose a sign be put up in this area. About six or so years ago he was chatting with some Americans who had come to the area to fish on a very busy long weekend and after chatting with them and looking around he was embarrassed by the amount of litter in the park.

"I tried to make excuses for it, but there is no excuse for that and I'm just hoping that this sign about the litter and the tips program will maybe

strike a chord with anglers and going by here and feel that this is a world-class fishery. From Lockport to Lake Winnipeg, this is world-class catfishing and walleye in the fall, and in the winter. Looking after a world-class fishery doesn't just mean the waterways. It means the landscape and the surrounding area and I hope this makes a difference," he said.

They also made a difference by keeping it local with part of the sign being put together by General Signs in Selkirk.

The SOGFA has been working on this project for a number of months coordinating with the various organizations needed to get a project like this going and Strauman wanted to especially thank the management of the region's provincial parks for their help making this project possible.

"I hope people will gain respect for the area and not leave their garbage behind. I think there's respect to the fishery, as an angler, I know a lot of anglers and I think there's respect for the fishery. I think the respect for the shoreline and the surrounding area lacks and that's what I hope. Please do not litter," said Strauman.



RECORD PHOTO BY KATELYN BOULANGER

Unveiling of the new sign donated by the Seven Oaks Game and Fish Association that now resides at Lockport Provincial Park.

In addition to the sign, the SOGFA also gave a \$10,000 donation to the Manitoba Conservation Officers Association. This association was established in 1987 and raises public awareness for Manitoba's natural resources and the conservation of those resources.

"We appreciate the continued sup-

port that we received from our local fishing game associations such as Seven Oaks and we're happy to be here and to promote our tipline program as well," said April Elphinstone, conservation officer and Manitoba Conservation Officer's Association President.



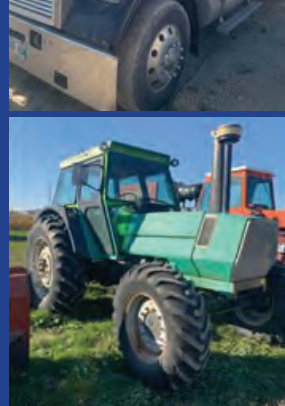
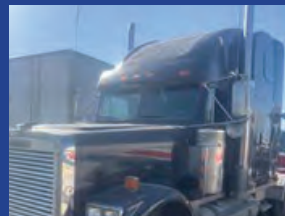
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A life changing cancer diagnosis that's impossible to forget

Lockport resident marks 50 years of Wilms' tumor diagnosis

By Ligia Braidotti

When she talks about her cancer diagnosis 50 years ago, Tarra Pope-Savoie has mixed feelings.

"There's a part of me that's proud, and there's another part of me that it's like, well, you know, it's been a rough ride," she said.

Pope-Savoie was only two years old when she was diagnosed with Stage 4 Wilms' tumor on Oct. 9, 1971. Doctors said she wouldn't live long because they also discovered she had double pneumonia when she went into Children's Hospital. The next day of her diagnosis, the infant Pope-Savoie underwent the first of many surgeries.

"I stopped counting after 25 (surgeries)," she said.

Wilms' tumor, or nephroblastoma, is the most common type of kidney cancer among children. It requires patients to undergo intense treatments such as radiotherapy. Due to the lack of knowledge at the time, Pope-Savoie received full-body radiation. Although she's recovered from kidney cancer, she has had to live with the late effects of her treatment. In addition, a few years ago, she suffered a heart attack because her scar tissues are not as elastic as in most people.

"I think doctors think that I'm complaining, but I'm not. There was no other treatment. But we need to be aware of the late effects," she explained.

She also said she is glad that, 50 years later, children nowadays receive better treatments thanks to scientific advancements.



RECORD PHOTOS SUBMITTED

From left to right, Two-year-old Tarra Pope-Savoie was diagnosed with Stage 4 Wilms' tumor in 1971; In 1972 she underwent cobalt treatment; Fifty years later Pope-Savoie as an adult.

"Nowadays, when they radiate, they radiate the tumor and a little bit around it. So I'm hopeful. The medication and the treatments that children get today are much more pinpointed. They learned a lot from my generation, and these kids nowadays will have a much different experience," she commented, adding she is concerned that when people hear her story, they will think that their experience will be the same.

"People have to keep it in the mindset that this was 1971 and treatments were very different. This was 1971. It's not the same today. They are very much more accurate."

Despite all challenges, Pope-Savoie has lived a full and beautiful life. She got a degree in social work, got married, and has two sons, whom she loves very much.

Her life experiences took her to a path of working in healthcare and

community services. She has sweet memories, literally, of the time she volunteered with Cancer Care Manitoba and would get free, unlimited ice cream.

"Every Tuesday and Thursday, which was kids day, I was going around getting ice cream," she recalled, with a laugh.

"I think having my life experience certainly helped in my work, with being able to understand how medical issues can really complicate people's lives."

Pope-Savoie, born in Pointe du Bois, remembers the toll that it was on her family, having to co-ordinate care for her two brothers and staying with her at Children's Hospital for several days while she was being treated.

"My mother would stay with me when I was hospitalized, and then my dad would come in on the weekends, and then he'd spend the weekend

with me, and my mom would spend the weekend with them (her brothers)," she said. "That was before Ronald McDonald House or anything of that sort."

But even with all the challenges, Pope-Savoie is grateful that she can now mark the 50th anniversary of her diagnosis and hopes people understand that this is part of her history. It's been with her throughout her entire life. "It hasn't ever really gone away," she said.

She hopes more people become aware of the late effects cancer treatments can have on someone, that even though they are cured, that part of their lives never goes away.

"Treatments are much more advanced now, but it's important that people recognize that there are issues that continue throughout your lifespan. It's important to ask for help again and again," Pope-Savoie said.



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Family and friends honour Selkirk MHRNA volunteer

By Tyler Searle

The tragic death of a local activist marred Thanksgiving weekend in Selkirk.

Friends, family, and peers gathered at Anishnaabe Mashkiki Gitigaan (The People's Medicine Garden) on Oct. 11 to celebrate the life of Jessica Pelletier.

Pelletier, 26, was an avid volunteer and fixture of Selkirk's harm reduction community.

In August, she championed an initiative that brought naloxone kits to local businesses.

Naloxone is a medicine that reverses the effects of opiates and can prevent overdose deaths.

While pharmacies and clinics in Selkirk keep the drug on standby, business hours prevent people who use drugs (PWUD) from accessing the medicine at night when they need it most, said Anlina Sheng, 39, Manitoba Harm Reduction Network's (MHRN's) southern networks manager.

Pelletier took it upon herself to change that.

She approached local business owners, asking them to add naloxone to their first-aid kits and distribute the medicine publicly.

Pelletier conceived the idea and partnered with the Interlake-Eastern Regional Health Authority and MHRN who supplied the naloxone and trained staff.

Selkirk's Boston Pizza now includes the drug in its first-aid kit, and the Shell station offers it free-of-charge, 24/7.

Because of Pelletier, other businesses and communities are considering similar programs, Sheng said.

It's impossible to know how many overdoses Pelletier prevented, but she has—and will continue to—save lives, Sheng added.

"She was so proud of that," said John Fitzsimmons, Pelletier's fiancé.

Fitzsimmons, 36, will remember Pelletier as a selfless and generous person, free of judgement and unwavering in her support for PWUD.

The love she held for her peers, friends, and family was ferocious—particularly toward her younger brother Liam, Fitzsimmons said.

She liked to sleep-in, ride four-wheelers, sit by the campfire, and eat strawberry shortcake, he added.

Pelletier's friends and family described her as a hilarious, vibrant, compassionate woman who was always smiling and eager to help.

"Her legacy is that she gave so much of herself. She knew what people needed because those were the things



Jessica Pelletier with her younger brother Liam.

that she needed in her life," said Jeanie White Bird.

White Bird was a friend and mentor to Pelletier. The women grew close through their shared work with the MHRN.

White Bird organized the ceremony on only a few days' notice.

Before her death, Pelletier was on a personal journey to connect with her culture, and White Bird wanted to honour her traditionally, she said.

The event began around noon.

As people gathered, two eagles circled in the sky above Anishnaabe Mashkiki Gitigaan. Their trill song filtered down to the garden, moving some to tears.

"In our culture, the eagle represents love. Love for each other, love for oneself, love for community, and the love of our creator," White Bird said.

Elder Robert Greene led the ceremony before roughly 40 people. He spoke to the beauty of life, the solace of death, and the significance of tradition in the grieving process.

As he spoke, sweet plumes of sage smoke drifted among the crowd. The pungent herb is sacred Indigenous medicine, renowned for its healing properties.

Elder Brenda Watt kept a steady supply smouldering throughout the ceremony, using an array of eagle feathers to fan the flames.

Each person took a moment to cleanse themselves in the smoke.

Greene sang prayers for Pelletier before honouring her with a pipe cer-



PHOTO SUBMITTED BY JEANNIE RED EAGLE

Elder Robert Greene played the drum and sang prayers to honour Jessica Pelletier during the ceremony.



SUBMITTED BY MARC PELLETIER
Jessica Pelletier and her father Marc Pelletier.

emony. The steady beat of his drum and the pitch of his voice echoed against the garden's decorated walls.

Carla Cook and Jo Seenie, friends of White Bird, also sang prayers.

Many people shed tears, but there was also laughter as loved ones shared fond memories of Pelletier.

Family members and friends—new and old—embraced one another.

Pelletier died Oct. 8, 2021. The cause of her death is unconfirmed.

Her life-long friend, Tenisha Kamina-waish, 27, organized a fundraiser




FILE PHOTO BY TYLER SEARLE


Jessica Pelletier was an avid volunteer with the Manitoba Harm Reduction Network.

on GoFundMe to help the family cover funeral expenses.

People can donate here: <https://www.gofundme.com/f/help-jessicas-family-with-funeral-costs-etc?qid=f76bad5bd198f3e0289beec2d572aa0a>



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Canadian Tire's Light Up Main Street project returns

Submitted by **Holiday Alley**

Businesses down Selkirk's Main Street are getting their creative juices 'glowing' and are going to reach new 'lights' with the Holiday Alley and Canadian Tire Selkirk's Light Up Main Street project.

For the second year in a row, Canadian Tire Selkirk has stepped up with a financial incentive – this time for Main Street businesses - to give Selkirk bragging rights as the brightest city in the province. Last year it made the same 'bright' offer for homeowners on Eveline Street.

"I think we all saw Eveline really popped with light last year just when we needed a boost in our spirits and we wanted to do phase 2 and help

Main Street businesses take the Holiday Alley lighting to the next step," said Edgar Head, co-owner of Canadian Tire in Selkirk.

"We have a huge range of lights in stock right now, and we're excited to see what they come up with," said co-owner Michelle Head.

Five years ago over 130,000 LED lights on 40 buildings in Selkirk's old downtown, started brightening the darkest winter nights. It was made possible because dozens of business and non-profit organizations on Manitoba Avenue and Eveline Street invested in their community and bought over \$50,000 worth of lights to

Continued on page 13



RECORD PHOTO SUBMITTED

Oksana, Holiday Alley's Event and Communications Coordinator will be helping eligible local businesses on Main Street get their Canadian Tire giftcards for the Light Up Main Street project.

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> HEALTHCARE, FROM PG. 8

and where they need it.

"We know that timely access to suitable services (services of choice) is one of the largest factors in recovery for many," Dreilich explained.

Although the government covers healthcare in Canada, mental health treatments such as therapy are still not included. These services can cost between \$125 to \$175 per session, which are usually held weekly.

The Mental Healthcare Now website says: "Cost should never get in the way of care. And that's why we're pushing for a truly universal mental health care system, where Canadians can get mental health support when and where they need it. A healthcare system where cost is never a factor."

While free mental health care is not accessible, Dreilich suggests people take time to care for their mental health and perform self-care when needed. He also suggests reaching out for help.

"We all go through ups and downs; however, prolonged struggles can be a sign that it is time to ask for more help. There is a variety of supports

available. At CMHA Interlake-Eastern we are excited to now be offering peer support, which aims to connect folks to a trained peer supporter who has lived experience with challenges of mental health and mental health systems. We are really excited about this as it is the next wave of mental health support," he said.

Dreilich also commented that being

open about our mental health does a lot for moving us towards a more supportive community.

"Talking and being honest about our own emotions and challenges enables us to name those challenges and start taking action to get us into a better place and take control of our lives. (However), this does not imply that people need to share their story or challenges if they are not ready to."

Talking openly about mental health

can also show leadership and is a natural form of advocacy. Not only are people normalizing the struggle that one in five Canadians will experience, but by sharing their story and lived experience, everybody can learn how to serve better those dealing with mental health issues.

For more information about the CMHA programs, go to <https://mb-wpg.cmha.ca/programs-services/learning-centre/>

> LIGHT UP, FROM PG. 12

adorn their buildings This year businesses on Main Street between Britannia Avenue and Manitoba Avenue can expand the lighting program with a jump start of a \$50 Canadian Tire Selkirk gift card.

Creative ideas like these are getting Selkirk some well-deserved attention, said Lois Wales, president of Red River North Tourism that delivers Holiday Alley.

"There's an incredible refreshed spirit here and we hear people outside of Selkirk saying 'Hey Selkirk is doing some pretty cool things' and that in turn encourages people to come here, visit our shops, restaurants and businesses which is the side benefit of good tourism," she said.

The early investment by local building owners at the launch of Holiday Alley five years ago really inspired Mayor Larry Johannson.

"I could see right away that in time businesses and homeowners could really catch on and they could light up the whole city," Johannson said.

Businesses on Main Street between Britannia Avenue and Manitoba Avenue can sign up for their gift cards on a first-come, first-serve basis by contacting Oksana, Holiday Alley's Festival and Communications Coordinator, at coordinator@holidayalley.ca.

Canadian Tire's Light Up Main Street aims to brighten spirits and highlight local businesses during Holiday Alley.

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Budget friendly dining room renovation ideas

If the kitchen is the heart of the home, then the dining room may be akin to one of its arteries. The mood created in the kitchen spreads to the dining space where family and friends gather to eat and enjoy one another's company.

Dining rooms can get lost in the home renovation shuffle, as many homeowners tend to focus on renovating kitchens and bathrooms instead. Homeowners do not have to invest a lot of money in renovations to give their dining spaces awe-inspiring makeovers. Here's how to do so on a budget.

· Lighten and brighten. Dining rooms were once very formal spaces. Dark woods, large pieces of furniture, over-the-top chandeliers, and other details could be found in many homes. But now that houses are being built with open floor plans, dining rooms can blend with other spaces, which have moved to lighter colored walls, flooring and furniture. A fresh coat of vibrant paint can work wonders and it doesn't cost much. If you can't remove a floor, cover it with a brightly colored

area rug.

· Switch things up with slipcovers. Slipcovers can be changed each season to dramatically alter the look of a dining room for little investment. Slip covers also protect chairs and can be easily laundered after spills.

· Add floating shelving. Floating shelves provide much-needed storage or display space without the need to invest in another piece of furniture. Depending on the shelving, they can work in modern design schemes or even farmhouse dining spaces.

· Clear out the clutter. It might be time to say "so long" to that large curio cabinet and the knickknacks within it. Curio and china cabinets used to be de rigeur, but plenty of people now prefer more open and airy dining rooms. For those who want to keep the cabinet, try decluttering inside to only include the very best display pieces and see if the cabinet can be re-finished with paint or a lightly colored stain.

· Improve lighting. Make the chandelier the statement piece of the space. Go for a bold color or an in-



novative design. Then add accessories throughout the space that coordinate with the chandelier.

· Add bench seating. Those who need additional seating may not have to get entirely new furniture. Swap out some chairs for benches, which can fit

a couple more guests than chairs.

· Create depth with color. HGTV says that using various shades of the same color in a space can add depth. Coordinate drapes, walls, seat fabrics, and accessories for a cohesive design.

Renovating a dining room doesn't require a large investment of time and money. A few simple steps can give dining spaces a whole new feel without busting homeowners' budgets.

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How to roast pumpkin seeds

Carving jack-o'-lanterns is a Halloween tradition that both adults and children enjoy. It's hard to resist an opportunity to carve a funny or scary face into a pumpkin that will soon make its way to the front porch, but there's another irresistible element to carving pumpkins as well.

Roasted pumpkin seeds make for a tasty, tempting treat. Seeds must be removed before carving pumpkins, so turning them into a savory snack is a great way to make use of them and cook up some fuel for family carving sessions.

Roasting pumpkin seeds is a straightforward process, though some people may have their own techniques to make seeds more flavorful. The following recipe for "Pumpkin Seeds" from the Food Network reflects various ways to prepare this beloved snack, ensuring that people with varying tastes can no doubt find a way to incorporate their favorite flavors into this Halloween staple.

Pumpkin Seeds

1. Seed the pumpkin: Preheat the oven to 300 degrees F. Using a spoon, scrape the pulp and seeds out of your pumpkin into a bowl.

2. Clean the seeds: Separate the seeds from the stringy pulp, rinse the seeds in a colander under cold water, then shake dry. Don't blot with paper towels; the seeds will stick.

3. Dry them: Spread the seeds in a single layer on an oiled baking sheet and roast 30 minutes to dry them out.

4. Add spices: Toss the seeds with olive oil, salt and your choice of spices (see below). Return to the oven and bake until crisp and golden, about 20 more minutes.

Flavourings:

- Sweet Toss with cinnamon and sugar (do not use salt in step 4).
- Indian Toss with garam masala; mix with currants after roasting.
- Spanish Toss with smoked paprika; mix with slivered almonds after roasting.
- Italian Toss with grated parmesan and dried oregano.
- Barbecue Toss with brown sugar, chipotle chile powder and ground cumin.

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Eat Along the Red winners revealed

When local restaurants band together delicious results are sure to follow

By Katelyn Boulanger

When the Selkirk Biz challenged area restaurants to a burger themed contest seven local eateries took up the torch facing off with a wonderful selection of creative and delicious options for residents to choose from.

Eat Along the Red took place between Sept. 13 and 30 this year and was a culinary arts initiative put on by the Selkirk Biz in order to highlight the creative gastronomic culture that we have throughout the region.

This year, there were three categories that the restaurants were competing for titles in judge's choice, most creative and fan favourite, which was voted on by residents.

The 2021 judge's choice winner was Vinnies Hot Foods who won with the delicious Batata Vada Burger which was garlic flavoured mashed potato dipped in flavoured chickpea flour batter and deep-fried. It was then sandwiched between burger buns and topped with sweet tamarind chutney.

The 2021 most creative category was taken home by Roxi's Uptown Café and their stand out Hunter Burger. It was a house-made elk and beef burger patty, topped with their apple bushberry jam, smokey bacon and oda cheese on house-made fry bread.

Finally, this year's fan favourite was won by Gaffer's Restaurant & Lounge and their stick to your ribs Big Daddy Burger. It was a huge two lean beef patty creation seared and chargrilled, served with lettuce, tomato, sweet onion, topped with maple smoked bacon, grilled mushroom and aged cheddar on an onion bun.

"I want to make sure, that on behalf of the chamber, we thank our sponsors, the World of Water, the Selkirk Record, of course, Red River North Tourism and RBC," said Jeff Rogers, chair of the Eat Along the Red Committee and Branch Manager of the Selkirk RBC.

He thinks that events like this are very important to highlight the diver-



RECORD PHOTO SUBMITTED

Sheri Skalesky Executive Director of Selkirk Biz takes a bite of Vinnie's winning burger.

sity of local options and local businesses that are thriving in our community by purposefully deciding to work together.

"One of the big things that I loved was the creativity that comes out," said Rogers.

One instance of this creativity and working together to support local was Snak Shak's Frank's Pizza Cheeseburger which was sold at Snak Shak but contained products used in Frank's pizza.

"The collaboration between the businesses is huge for the success of business. When we look at the businesses across the street from us, we look to them as partners, not competitors. We're stronger when all of us are successful and, I think embracing that Selkirk [and area] mentality and that culture, I think it's really important to be able to highlight those achievements," said Rogers.

The reception to this event was not only positive with the businesses who collaborated in participation but also with residents who went out to try the new burger themed offerings so much so that the Selkirk Biz plans to host future Eat Along the Red events in the future.

"I want it to double really. I want to be more inclusive and what I mean by that is a lot of [the restaurants] were in the Selkirk market, with the exception of Gaffer's. Our community is so much more than the core Selkirk. We have East St. Paul, we have West St. Paul, we have St. Clements, we have St. Andrews, and it'd be really neat for that engagement to continue to grow so everywhere north of Winnipeg, people are going to be talking about us supporting the businesses," said Rogers.

He also expressed this appreciation of the wonderful businesses and staff who participated and put in the extra work to make this event a success in its first year.

"Not only were the businesses wanting to participate, but those members who were part of their teams are so creative and so talented. Selkirk [and area] needs to be proud of the eateries and the hospitality that we're able to welcome here along the Red," said Rogers.

Though this year they were not able to have an awards ceremony due to COVID-19 they hope that in the future they will be able to have an event to honour participants.

Calling all Bakers and Cooks!

Do you have a family favorite Christmas recipe?

Would you like to be featured in our 2021 Holiday Favorites Recipe Collection?

Our readership base has a wealth of knowledge and experience that we would love share.

Your family recipe could be a part of our special edition recipe feature!

Please submit a recipe in one of the following categories:

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Send your recipe to ads@selkirkrecord.ca or call 204-485-1419 for more information.

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New rebates to upgrade your windows and doors

Get prepared before the cold comes

By Katelyn Boulanger

Manitoba homeowners have another reason to upgrade to high-performance windows and doors this year with a new rebate from Efficiency Manitoba which means they will get back \$50 per qualifying opening for the purchase and installation of select ENERGY STAR® certified windows and doors.

“Efficiency Manitoba is basically Manitoba’s newest organization, and one-stop shop, for all things related to energy efficiency. We have information, advice, tips, and also, obviously, really great programs, offers and rebates available for Manitoban’s both homes and businesses to make their buildings more energy-efficient,” said Tracy Sterdan, Communications & Customer Experience Manager for Efficiency Manitoba.

Making upgrades like those incentivized by the new window and door rebate is important for homeowners to do because it benefits the environment by using less heating resources for our homes but also because it saves homeowners money in the long run in reduced costs for those heating resources.

Sterdan says that the biggest concerns that residents would most likely have with door and window efficiency this time of year would be drafts that leak heat outside.

“A lot of people will notice older windows, they’ll be very drafty and they’ll be some condensation. Putting in new windows and doors that are high efficient, triple pane ENERGY STAR qualified are really going to help with that home comfort,” she said.

To participate in this new program residents should work with their contractor or retailer to make sure that they are purchasing windows and doors that qualify. Information about this is also available at Efficiency Manitoba’s website. You then need to purchase the products and make sure that it was purchased or installed after October 1 of this year. You should then go online to the Efficiency Manitoba website and fill out the application form with information from your invoice and then you will be provided with the rebate.

For residents that may not be tech savvy, there is also the option to call Efficiency Manitoba and they can either walk you through the process or send you a paper form that you can fill out and send back.

This window and door program is new but it’s not the only program that residents might be interested in at this time of year to make their homes more efficient Sterdan explained.

“Our energy efficiency assistance program is a very helpful income-based program. So if you qualify based on income, basically, we have experts on hand that can help you make energy efficiency improvements to your home. We help you all along the way with this program. We start with a free Home Energy checkup. We provide free energy-saving items like LED light bulbs, energy-efficient showerheads, aerators, some air sealing products, just as an example. Based on that Home Energy checkup, you may qualify for free installation upgrades and also through this program, if you have an old standard efficiency furnace, we can help you upgrade to a high-efficiency furnace [for a reasonable cost].”

They also, for people who might not qualify for that program, have a program to upgrade the insulation in your home, which could provide a rebate for up to 100% of the material costs.

“Particularly for older homes, I would say built prior to 1999 is usually what we recommend, as potential qualifiers

for that program. So some really good money back there and great energy savings,” said Sterdan.

Also available to everyone from now until Nov. 30 there are also rebates provided right in Manitoba stores on objects like LED lights and fixtures, dimmers, timers, motion sensors, weather stripping and window kits.

“One thing I will recommend, obviously, we’ve had some really nice weather of late but sooner or later, we’re going to be turning on the heating system. When you turn on your furnace, it’s a really good time to give it a little checkup. If you haven’t had your furnace checked lately, we would definitely recommend doing that and

also remember to change the filter seasonally is really going to help your furnace run as efficiently as possible,” said Sterdan.

She really recommends that residents look into their options and make upgrades while they have the option to get a little back while doing so.

“Everybody’s looking for ways to save. It feels good to be doing your part to use less energy, conserving the environment and it also feels great on your pocket,” said Sterdan.

Check out Efficiency Manitoba’s website at efficiencymb.ca or call them at or toll-free at 1-844-944-8181 from Monday to Friday between 9 a.m. and 5 p.m.

Big J bids farewell to Kipling



RECORD PHOTO BY BRETT MITCHELL

Big J Jablonski playing at a recent Farewell Fundraiser held at The Merch for Brandon Kipling who is heading off to play in the Ontario Jr. A hockey league.

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Ghouls just want to have fun

Library hosts Halloween drive-thru event

By Ligia Braidotti

Are you ready to get your spook on? The Gaynor Family Regional Library will hold the I Spy Halloween event again this year after a very successful unveil last year. So be prepared for the goosebumps when peeking inside the library windows. You might be in for a very scary treat.

Starting on Oct. 18, the library will be welcoming those who dare to drive around the loop to see all types of monsters, witches, and ghouls hiding inside the library.

"We decided that we weren't really going to be able to do, with the current health orders, our traditional Halloween party. And so last year we decided to do an event that people can

drive through the loop of the library and enjoy on their own schedule," Katherine Anderson, the information technology public services coordinator with the Gaynor Family Regional Library, said. "We took every stick of Halloween decoration that we had in the building and brought it all out and made these vignettes in the windows along the library theatre."

Another exciting feature of this event is the secret stories that people can hear by calling the library and following the promptings. Each option will have a different Halloween story.

"All of the numbers that are not mentioned in the message, like, usually the message would be 'Press one for library loans, press two for the

director.' So whatever I don't say are numbers that can possibly have a story attached," Anderson explained. "It was a hit over Halloween and then we redid it on Christmas."

The secret stories feature also gave the library staff a chance to be creative and have fun. For example, they added different sound effects, like a werewolf howling in the back.

Anderson mentioned that the response from the community surpassed their expectations. She said many parents drove with their children several times, and some of them went both in the day and night. At night, parents would bring flashlights and hopped out of the car to spy the windows closely.

"Things sparkle differently, and things look different as the sun sets. We have the I Spy windows, which are not brightly lit. They are sort of like a muted kind of Christmas lights that we use around the glass. It kind of gives it that sort of creepy kind of

look," she added.

And for the secret stories, Anderson commented that the community kept them on their toes. She mentioned that if they delayed posting the stories, people would call them asking about it.

These ideas were inspired by other libraries in North America that were trying to find alternative ways to provide children with activities during the pandemic still.

"In the height of COVID, there was a lot of sharing. There is a library community (online), and we would all post, ok, this is what we are doing over here," she commented. "It was another library in the U.S. that did a nice window, not to the extent that we got involved...and I thought we could actually pull it off."

Everyone is welcome to drive on the library's loop and check out the decorated windows. For the secret stories, call 204-482-3522.

get inspired

> MEAL IDEAS



Apple Cake

1 teaspoon vanilla icing (optional)
Heat oven to 350 F.
In medium bowl, mix apples, cinnamon and 5 tablespoons sugar until combined. Set aside.
In large bowl, mix flour, 2 cups sugar, baking powder and salt until combined. Form well in middle of mixture. Add oil, eggs, orange juice and vanilla; mix until blended.
In springform pan, pour half of batter. Add apple mixture. Pour remaining batter over apple mixture. Sprinkle remaining sugar over batter.
Bake 40-50 minutes, or until top is golden brown and tester comes out clean and dry.
Drizzle with icing, if desired.

Servings: 8-16
3 cups Honeycrisp apples, peeled, cored and diced
3 teaspoons cinnamon
6 tablespoons, plus 2 cups, sugar, divided
3 cups flour
3 teaspoons baking powder
1 teaspoon salt
1 cup oil
4 eggs, beaten
1/4 cup orange juice



Tuscan Chicken Pierogy Skillet

Prep time: 10 minutes
Total time: 45 minutes
Servings: 4
1 box Mrs. T's Pierogies 4 Cheese Medley
3 tablespoons olive oil, divided
2 boneless, skinless chicken breasts, pounded to even thickness
kosher salt, to taste
ground black pepper, to taste
4 cloves garlic, minced
1 bag (5 ounces) fresh baby spinach
2 cups diced tomatoes
1 teaspoon dried Italian seasoning
1/4 cup chicken broth
1/2 cup heavy cream
3/4 cup freshly grated Parmesan cheese,

plus additional, for garnish
1 tablespoon cold water
1/2 tablespoon cornstarch
fresh basil, for garnish
crushed red pepper flakes, for garnish
Boil pierogies according to package directions. Drain then toss pierogies with 1 tablespoon olive oil to keep from sticking.
In 12-inch skillet over medium-high heat, heat 1 tablespoon oil. Season chicken with salt and pepper, to taste, and cook 8-10 minutes per side, until golden brown and cooked through. Transfer to plate, cover and allow to rest 5-8 minutes. Slice thin.
While chicken rests, lower heat to medium-low and add remaining oil to same skillet. Add garlic, spinach and tomatoes; saute 1-2 minutes until garlic is fragrant. Season with Italian seasoning and salt and pepper, to taste.
Stir in chicken broth, heavy cream and 3/4 cup Parmesan. In small bowl, whisk cold water and cornstarch then stir into pan. Simmer 4-5 minutes until thickened and creamy.

Return chicken and pierogies to skillet and toss to combine. If desired, top with additional seasonings, to taste. Garnish with fresh basil, Parmesan and red pepper flakes, if desired.

Apple Pie Stuffed Pitas



4 green apples, peeled, cored and thinly sliced
1 teaspoon cinnamon
1/2 teaspoon nutmeg
2 tablespoons plant-based butter
1/3 cup white sugar
3 tablespoons water
1 teaspoon cornstarch

Oat Crumble Topping:
1/2 cup flour
1/2 cup rolled oats
1/4 cup brown sugar
1/2 teaspoon cinnamon
1 tablespoon orange juice
1 pinch salt
2 tablespoons plant-based butter
4 Toufayan Multi-Grain Pita Bread

Preheat oven to 350 F.
To make filling: In large saute pan over medium heat add apples, cinnamon, nutmeg, butter, white sugar, water and cornstarch. Cook apples down about 10 minutes until they begin to get gooey.
To make oat crumble topping: In medium bowl, mix flour, oats, brown sugar, cinnamon, orange juice and salt. Cut in butter and mix until crumbs begin to form.
Cut pitas in half and line baking sheet. Fill one pita half with apple filling and lay on its side, being careful to not let apples fall out. Top with oat crumble. Repeat with remaining pitas.
Bake about 6 minutes. If desired, broil 1 minute for additional color.

Prep time: 10 minutes
Cook time: 17 minutes
Servings: 4
Filling:

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Suhr leads Fishermen over Lundar

Staff

Selkirk Fishermen forward Dominic Suhr scored twice and added three assists to lead his club to a dominating 7-3 victory over the Lundar Falcons in Capital Region Junior Hockey League action on Sunday at the Recreation Complex.

Zach Parkinson, Kasen Andrushko, Matt Wagner, Travis Spratt, and Jordan Donald also scored for the Fishermen.

Kyle Folhoffer had four assists in the game.

Ryan Gleich, Riley Wirgau, and Daytona Moneas replied for Lundar.

Manny Minuk made 22 saves as Sel-

kirk outshot Lundar 46-25.

In off-ice news, the Fishermen's 5-1 victory over the St. Malo Warriors on Oct. 9 was taken away after Selkirk used an ineligible player. The Fishermen had not forwarded a player's card into the league before the game, resulting in the default.

Selkirk now has nine points in four games, which ties them with the Arborg Ice Dawgs for first place in the five-team league. Arborg has played one less game, however.

The Fishermen will play the Ice Dawgs in a key matchup this Sunday (2 p.m.) in Arborg.



RECORD PHOTO BY JOHN PODWORNIAK

The Selkirk Fishermen's Dominic Suhr scored twice and had three assists to lead his team to a 7-3 home win over the Lundar Falcons on Sunday.

Loschiavo lifts Raiders over Hawks

Staff

The Raiders Jr. Hockey Club edged the Charleswood Hawks 3-2 in Manitoba Major Junior Hockey League action last Sunday.

Alex Loschiavo's fifth goal of the season was the game winner at 7:04 of the third period.

Juliano Garcea and Jaden Shumilak scored second-period goals for the

Raiders. Ben Wicha and Bryan Hanna replied for Charleswood.

Dylan Francis made 25 saves for the victory.

The win was a nice rebound after the Raiders lost 6-1 at home to the River East Royal Knights on Friday.

Ben Marana (two), Ryan Zalatach, Carson Woytowich, Ryden Fedyck, and Landon Normand scored for Riv-

er East.

Loschiavo scored the Raiders' lone goal in the third period.

Jeremy Pikel made 25 saves in the losing cause.

On Oct. 12, the Raiders edged the Ft. Garry/Ft. Rouge Twins 3-2.

Riley Barroso scored the game winner in overtime.

Loschiavo scored a pair of goals for

the Raiders while Derek Mathez and Owen Ostermann replied for the Twins.

Francis made 38 saves for the victory.

The Raiders (3-5) will host the Stonewall Jets (5-3-1) on Friday (7 p.m.) and the league-leading Pembina Valley Twisters (6-1) Sunday (2 p.m.).

Selkirk completes KPAC cross-country season

Staff

The Selkirk Royals wrapped up their KPAC cross-country season last Wednesday at Bird's Hill Park.

Selkirk won the varsity boys' division with 69 points. The final team standings and scores were taken from the best three out of four meets.

In the final race, Keenan Allen was Selkirk's top runner after he placed second with a time of 18:52.6. He was followed by teammates Asahi Suzuki (seventh, 21:11.2), Lucas Stadniuk (12th, 23:02.7), Ian Gurney (15th, 24:14.1), and Zachary Caslake (21st, 31:09.5.).

In the varsity girls' race, Selkirk's Elina Samuelsson was 14th with a time of 21:32.2 while Annessa Stasiuk was 21st after crossing the finish line at 23:13.6.

The MHSAA cross-country provincials have been postponed until the spring. They were originally scheduled to be held Oct. 13 in Dauphin.

Next Home Games

SATURDAY, OCTOBER 30th
vs Arborg
7:30pm at the Selkirk Rec Centre

FRIDAY, NOVEMBER 12th
vs Arborg
7:30pm at the Selkirk Rec Centre

Next Away Game

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



#5 Reece Tessier
Forward

Meet the
Fishermen

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

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Selkirk wins Morris Mavericks hockey tournament

By Brian Bowman

The Selkirk Royals won the six-team Morris Mavericks hockey tournament after defeating Steinbach 6-4 in the final on Sunday.

Clint Thomas and Devon Whiteside each scored twice for Selkirk while Tanner Skrypnik and Andrew Denoon also tallied.

Selkirk reached the final after a pair of 3-2 shootout wins over the Sanford Sabres and the Prairie Mountain/Notre Dame/Miami Mustangs on Saturday.

Parker Carels and Skrypnik scored for the Royals in the shootout while Skrypnik and Joel Kingsland netted goals in regulation time.

Against the Mustangs, Skrypnik scored the lone shootout goal. Brennan Feschuk and Skrypnik found the back of the net in regulation time.

Meanwhile, the Royals spotted the River East Kodiaks the first goal of the game in their Winnipeg High School Hockey League regular-season opener on Oct. 12.

But it was all Selkirk after that.

Selkirk skated to a dominating 6-1 road victory led by a two-goal and an assist performance by Ashton Henry.

"It was huge for us to put it all together for the regular season and get our season started on a high note," said Royals' head coach Michael Buffie. "It was a good way to get going."

Nick Magwood also had a strong game for Selkirk with a goal and two assists while Kingsland added a goal and an assist.

Nathan Burzynski and Ben Desjarlais scored the Royals' other goals.

Skrypnik and Ty Johnson each chipped in with a pair of assists.



RECORD PHOTO SUBMITTED

The Selkirk Royals won the Morris Mavericks hockey tournament last weekend after defeating Steinbach 6-4 in the championship game.

Selkirk did a great job overcoming an early deficit and then having a strong third period.

"With provincials this year and playoffs, it's often going to come down to who wants it more in the third period and who performs at the end of the game," Buffie said. "We made it a priority for our team to be a third-period team and we started off the year being that kind of team and we'll try to build on that."

Demelash McKay scored River East's goal early in the first period, beating Royals' goaltender Owen Savoie.

"They scored early and that's not how we wanted to start things off," Buffie said. "It was a weird deflection that got past our starter Owen but after that he was rock solid and didn't allow anything else after that. Our team bounced back and showed resilience...and we really dominated the game the rest of the way."

Selkirk played the St. Paul's Crusaders this past Tuesday but no score was available. The Royals will battle the Garden City Fighting Gophers this Friday at the Seven Oaks Sportsplex. Game time is 4:05 p.m.

Blues' goalie shuts out Steelers, scores a goal

By Brian Bowman

Dawson Green had quite the night on Saturday against the Selkirk Steelers.

The Winnipeg Blues' goaltender made 23 saves and scored a goal into an empty net at 19:44 of the third period as his team shut out Selkirk 3-0 at the RINK Training Centre.

After a scoreless first period, Caden Zaplnty gave the Blues a 1-0 lead at 14:50 of the middle frame.

Josiah Vanderhooft then made it 2-0 just 30 seconds into the third period.

onds into the third period.

Cole Plowman stopped 19 Winnipeg shots.

On Friday, the Blues scored three power-play goals in a 4-2 road victory.

Winnipeg took a 2-0 first-period lead on goals from Vanderhooft and Garrett Zasitko.

Zasitko made it 3-0 midway in the second before the Steelers' Tyson Smith tallied.

Keenan Allen put Winnipeg up 4-1 at 15:05 of the third and then Selkirk's Jordan Hughesman re-

plied just over two minutes later.

The Steelers' Quinton Hill had two assists in the game.

Hunter Tarves made 23 saves in the losing cause.

The Steelers (3-6-0-1) will play the Blues (9-1) this Friday at the RINK Training Centre and then the two teams will battle in Selkirk on Saturday.

Puck drop for both games is 7:30 p.m.



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NEXT HOME GAMES

- VS Winnipeg Blues Saturday, Oct. 23rd 7:30 pm
- VS Portage Terriers Friday, Oct. 29th 7:30 pm



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

NEXT AWAY GAMES

- VS Winnipeg Blues Fri, Oct 22 7:15 pm
- VS Portage Terriers Sat, Oct 30 7:30 pm

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www.selkirksteelers.com

Royals varsity volleyball teams ousted by MBCI at weekend tournaments

Staff

The Selkirk Royals were eliminated from the MBCI varsity boys' volleyball tournament after a playoff loss to the host team on Saturday.

Selkirk had finished third in pool play of the 17-team tournament.

The Royals swept the West Kildonan Wolverines 3-0 (25-13, 25-13, 25-18) in KPAC play last Wednesday at the Comp.

With the win, Selkirk improved to 4-0 in KPAC.

The Royals played the Kildonan East Reivers on Monday but no score was available.

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

In junior varsity boys' action, Selkirk lost a 3-2 (29-31, 25-22, 25-21, 22-25, 13-15) heartbreaker to the Miles Macdonell Buckeyes last Thursday.

On Oct. 12, the Royals beat the West Kildonan Wolverines 3-1 by scores of 20-25, 25-21, 25-23, 25-19.

Selkirk played the Kildonan East Reivers this past Tuesday but no score was available.

The Royals will host the Titans on Thursday at 6 p.m.

The Royals' varsity girls, meanwhile, lost 2-0 to MBCI in a playoff game at the West Winnipeg Invitational tournament last weekend.

In pool play, Selkirk defeated River East 2-0 but lost 2-0 to JH Bruns and

2-1 to Sturgeon Heights.

The Royals whipped West Kildonan 3-0 in KPAC play last Wednesday. Selkirk easily won by scores of 25-6, 25-4, 25-8.

Selkirk played Kildonan East on Monday and will take on Transcona Wednesday.

The JV Royals' girls, meanwhile,

pulled out an impressive 3-2 (25-20, 15-25, 23-25, 25-14, 15-5) comeback win over the Buckeyes last Thursday.

On Oct. 12, Selkirk defeated West Kildonan 3-1 (21-25, 25-8, 25-10, 25-10).

The Royals visited the Reivers on Tuesday and then will host the Titans on Thursday (7:15 p.m.).



RECORD PHOTOS BY BRETT MITCHELL

The Selkirk Royals' Kaiden Morris-Izzard dives to return the ball during KPAC play against West Kildonan last Wednesday.



The Selkirk Royals' Roxy Gatchell puts the ball over the net against West Kildonan during KPAC action last Wednesday. Selkirk swept the match 3-0 by scores of 25-6, 25-4, 25-8.

Thunder win first RMFL game of the season

By Brian Bowman

After a lopsided loss to the Southwest Sabres the week previous, the Interlake Thunder bounced back in a huge way to secure their first victory of the season.

Interlake scored 22 third-quarter points to defeat the Virden Golden Bears 36-22 in Rural Manitoba Football League action last Friday in Stonewall.

"It was, by far, the best that we've played all year," said Thunder head coach Mitch Obach. "Everything clicked into place finally and we've thought all season that we were getting better every week. We were having great practices and then we kind of had our first not great effort when we went to Souris the week before.

The guys rebounded perfectly and really worked hard this week."

After a scoreless first quarter, Virden led 8-7 at the half. The Thunder's Kaiden Kendel tossed a 30-yard touchdown pass to Dwight Bell.

The Thunder then took control in the third quarter.

"In the first half, we really felt that we controlled the game and we definitely controlled time of possession," Obach said. "We had chances to put more points on the board that we didn't get."

Interlake running back Lee LaPierre ripped off TD runs of 24 and 45 yards while Kendel scored on a 10-yard run.

Kendel then added a five-yard TD run in the fourth. He finished the game with 173 yards on 19 carries.

"Part of our game plan was to try to get (Kaiden) carrying the ball a bit more and he carried it a lot more than we thought we would but he really found his groove on the field," Obach said. "It's his first year ever playing football and playing the quarterback position is hard enough with lots of experience. This was the game where he figured out some of the stuff that he could do. He was effective and a leader on the field, too."

LaPierre had 12 carries for 153 yards while

Lucas Kmet added 13 carries for 79 yards. The offensive line played a tremendous game, said Obach.

"It's clear to us that the strength of our team is our three (offensive) linemen," he said. "They are three guys on

our offence with a ton of experience. They're a Grade 12 and two Grade 11s and they started when they were Grade 9s. I think we have as good an O-line as you're going to find in the league and probably one of the best lines that you're going to find in high school football in Manitoba. We really have to key on these guys to carry us. We have to run the ball and we have to use schemes that really maximize their effectiveness."

Defensively, the Thunder were led by Daemyn Bochorka, who had 10 tackles and an interception.

Interlake (1-3) will host the Neepawa Tigers (3-1) this Friday in Stonewall. Kickoff is at 3:30 p.m.

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R.M. OF ST. ANDREWS PUBLIC NOTICE

Additions to the Voters List and/or Personal Security Protection Requests

In accordance with Section 36 of *The Municipal Councils and School Boards Election Act (MCSBEA)*, the R.M. of St. Andrews Voters List is open for changes or revisions.

- Any person who is eligible to vote in municipal elections in the Local Authority of the R.M. of St. Andrews can have his or her name added to the Voters List, or have any information about the voter on the Voters List corrected.
- Any person can request to have his or her name and address obscured from the Voters List.

A person whose name has been obscured will receive a Personal Security Certificate and identification number. In a civic election, that person may only vote by Sealed Envelope Ballot and cannot vote in person at the regular or advance voting places.

To implement the above, written request must be submitted to the Senior Election Official, in person, by e-mail, fax or mail to:

Margaret Davidson, S.E.O.
R.M. of St. Andrews
Box 130, 500 Railway Avenue
Clandeboye, MB R0C 0P0
Phone: 204-738-2264
Fax: 204-738-2500
E-mail: info@rmofstandrews.com

The next general election takes place on October 26, 2022.
Questions? Call 204-738-2264

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Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dunning	9:00 am – 5:00 pm	11:00 am – 5:00 pm	11:00 am – 5:00 pm	Closed	Closed	Closed	Closed
Clark	Closed	Closed	Closed	Closed	Closed	11:00 am – 5:00 pm	9:00 am – 5:00 pm
Grand Marais	9:00 am – 5:00 pm	Closed	Closed	Closed	Closed	11:00 am – 5:00 pm	Closed
Gull Lake	Closed	11:00 am – 5:00 pm	Closed	Closed	Closed	Closed	9:00 am – 5:00 pm

For questions regarding waste disposal or recycling please contact the Landfill Office at 204-766-2388 or toll free at 1-866-205-8914.



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6			1	4			
	2						5
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			5	9	6		
3							9
			8	2			4

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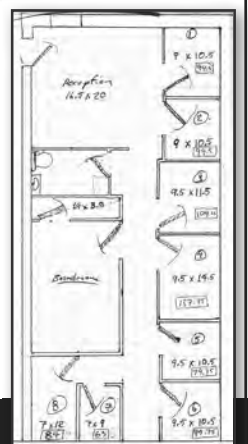
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric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

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For information please contact: **BIG Real Estate** 204-485-0010 email bigandcolourful@mts.net

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The Selkirk Record Classified and Announcement booking deadline is Monday 4 p.m. prior to Thursday's publication. Please Call 204-785-1618 or email: lucy@selkirkrecord.ca

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WANTED: Collector paying top prices for old service station/general store advertising/dealership signs. Electric and visible gas pumps, globes, oil cans, clocks, coke machines. Anything related to Red Indian, White Rose, North Star, Buffalo, B-A, Texaco, Good Year, Ford, Dodge etc. 306-221-5908.

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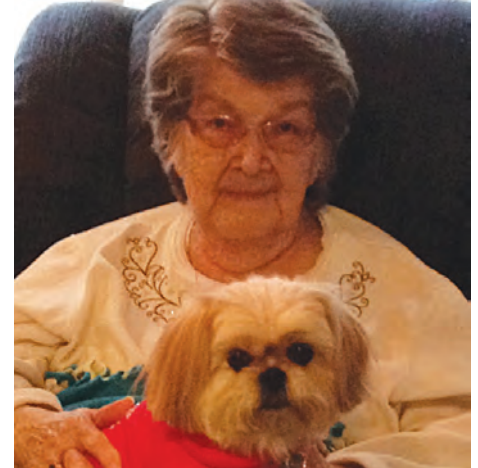
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ANNOUNCEMENT BIRTHDAY



Happy 80th Birthday Jim Bartman (Dad and Gee Gee) October 25th, 1941
Your 80th Birthday is a treasured milestone. You've enjoyed a good life filled with so many wonderful memories and experiences. We cherish all that you bring to our lives, your wisdom, the practical jokes, and all the laughs.
-Love your family
XOXOXOXO

ANNOUNCEMENT IN MEMORIAM



Helen Lorna Calder October 13, 2018
Our family circle has been broken, A link gone from our chain. But though we're parted for a while, We know we'll meet again.
-Miss you Mom, Pat, Mike, Larry, Jackie and 'Gypsy'

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Estate Farm auction for the late Emery Letexier. NW of Fisher Branch, timed online auction, Closing Nov 2, 2021, 6 pm payment and pickup Nov 3rd & 4th.

John Deere 5055E, Cab loader FWA, 132 one owner hrs, Steiger st285, IH 886 w/ 3PTH, IH TD9 Diesel crawler w/ Drott loader, CIH CX50 FWA, needs engine. JD 7720, NH TR85 Combines, Trucks 76 GM, 20 Grain box, 2011 & 2002 F-150 trucks, Tillage Wischeck 26 ft disc, 20 ft Ezzee on offset disc. IH 4700 Cultivators, 50 ft and 35 ft. For further Details check www.billklassen.com click on Letexier Auction. Executor of estate: Gerald Letexier 204-308-0213
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6	9	2	8	3	5	1	7	4
1	8	4	7	6	9	2	3	5
5	3	7	1	2	4	9	6	8
8	5	1	3	6	9	4	7	2
2	7	3	4	8	1	6	5	9
4	6	9	5	2	7	3	8	1

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Announcements

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OBITUARY

Nancy Doreen Hoosier

Peacefully on October 14th, 2021, Nancy Hoosier aged 72 years of Woodlands, Manitoba, passed away.

She is survived by her husband Ivan. In keeping with her wishes cremation has taken place and no formal service will be held.

Condolences may be left on Nancy's memorial page at www.interlakecremation.ca.

Arrangements entrusted to



OBITUARY

Alora Wright

Peacefully, on Friday, October 15, 2021, at her residence in Selkirk, MB, Lore Wright, aged 58 years, passed away.

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

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

James Ellis Shippam

Suddenly, on Wednesday, October 13, 2021 at his residence in Selkirk, MB, Ellis Shipman, aged 78 years, beloved husband of Geri McDonald, passed away.

Full obituary to follow in next week's Record.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Murray Brian Powell

August 31, 1949 – October 11, 2021

We are saddened to announce the passing of our dear dad and grandad in the morning of October 11, 2021 after a very courageous battle with cancer.

Mourning his loss are his three daughters Jennifer Powell, Kathryn Reid, Lindsay Unrau (Keith); his five grandchildren Devin, Tristan, Kole, Paige and Jackson; his sister Margery Mater (Dennis) and family, many cousins and dear friends.

Murray was born in Balcarres, SK and lived on the family farm throughout his childhood where he discovered his love of horses. In 1968, Murray moved to Winnipeg to attend Success Business College leading to employment opportunities in Winnipeg. He was never one for big city life, so quickly found himself calling East Selkirk home for the last 50 years of his life where he settled and



started his family with Bev Grierson.

After moving to East Selkirk, he held positions with ARC Industries, Manitoba Rolling Mills, Mandak Metals, and spent his final 20 years of employment with the Lord Selkirk School Division with posts at many schools. His longest standing post was with Robert Smith School where he held the position of head custodian. This was also his very favourite place to work.

Murray retired in December of 2011 and enjoyed his retirement days with visits to his horse Cricket, occasional trips to visit friends and family, woodworking and hosting family dinners and bonfires at his home – his happy place. He took great peace enjoying his yard, the deer, rabbits, other animals (except NOT the squirrels) and the plethora of birds that would visit his bird feeders. He also enjoyed helping his friend Neill at the farm and his friends Ali and Yope where he boarded his horse Cricket. Coffees with his neighbour Bill and visits with other friends were also enjoyed.

Throughout the last 16 years of his life, he devoted time supporting others through battling addictions and challenges in their lives – as others had done for him for a time. This was also a period that strengthened his faith in God.

After his diagnosis of lung cancer in July 2021, he showed tremendous strength and bravery – and no matter what he was enduring, he never failed to show others gratitude and kindness for the care and compassion he received. The last three months of his life allowed a beautiful opportunity to spend precious time with family and friends.

"The true measure of a man is shown through his life's journey in the lives he's enriched and the legacy of kindness he has given along the way."

A celebration of life was held on Saturday, October 16, 2021 at Gilbart Funeral Home, 309 Eveline Street, Selkirk. A viewing was held at 3:00 p.m., with service at 3:30 p.m. and a reception followed. Proof of vaccination was required to attend. For those who could not attend, the service was streamed online and can be accessed by visiting www.gilbartfuneralhome.com. Interment followed on Monday, October 18, 2021 at 2:00 p.m. at Balcarres Cemetery in Balcarres, SK. Honourary pallbearers were Murray's grandchildren Devin and Tristan Reid, Kole and Paige Unrau and Jackson Inkster.

In lieu of flowers, the family requests donations can be made to CancerCare Manitoba.

The family would also like to express sincere thanks for the amazing care and support from CancerCare Manitoba, Dr.'s Lindenschmidt Sr. and Brown, the wonderful nurses, health care aides, and home care workers that cared for him over the last three months.

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

Gilbart Funeral Home, Selkirk
in care of arrangements

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Sarah Vivian Rose Webb

(nee: Arthurson)

October 9, 1932 – October 16, 2021

On Saturday, October 16, 2021 with her children by her side, Mom went peacefully to be with our Lord and Saviour Jesus Christ.

Mom was predeceased by her husband Wallace; parents Arthur and Susan; brothers Bliss, Stanley, Iphus, Franklin and Ralph; children Clarice, Lillian and Wallace Jr.; grandsons Patrick, Jessie and Joshua and great-grandsons Michael and Gregory; 10 sisters-in-law and seven brothers-in-law.

Left to cherish the beautiful memories of Mom are her children Diane, Mary Lynn (Virgil), Norine, Bliss, Dale (Clara), Carol (Doug), Charlene (Jerry), and Louisa (Stewart); sisters Merdina Cameron (Percy), Lillian Morrisseau, Ivy McIver (Terry) and Ila McIver (Douglas); sisters-in-law Connie and Virginia Arthurson; 27 grandchildren; 56 great-grandchildren; 10 great-great-grandchildren and many nieces, nephews and cousins all of whom she loved.



Mom was born and raised in Norway House and lived most of her life in Selkirk where, with Wallace by her side, raised their children.

Growing up, we always had a house full because Mom always had room for those friends and family that needed somewhere to stay. She never turned anyone away and without question if you needed help, she was always there for you. Over the years, many people have been touched by the generosity and love of our mother.

Mom's priority in her life were her children and grandchildren. Each grandchild having special memories of the times spent with their Nanny. Mom was always busy singing as she did housework and she enjoyed playing bingo, she was an avid reader and loved doing crossword puzzles. Lovingly known to her grandchildren as Nanny, Old Nanny and Old Old Nanny she busied herself knitting socks and mitts for them and mending what needed mending. Mom was a very strong woman. She was a breast cancer and colon cancer survivor and after the loss of Wallace in 1979, she continued to raise us on her own along with helping raise her grandchildren.

In her later years she lived with Louisa and Stewart and granddaughters Miranda, Michaela and Ryann. All of whom did such a wonderful job lovingly caring for her through illnesses and happy times. Mom will be deeply missed by many but will always be in our hearts.

A viewing was held at the Gilbart Funeral Chapel in Selkirk and cremation followed. A graveside service will be held on Friday, October 22 at 11:00 a.m. at the St. Jude's Anglican Cemetery in Grand Marais, Manitoba. Proof of vaccination will be required to attend.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Karl Herman Oehlers

Karl passed away peacefully surrounded by his family on October 14, 2021 after a long courageous battle with cancer.

Karl was born in Wewelsfleth, Germany, he immigrated to Canada at age 8, settling in Teulon, Manitoba. After losing his father at age 16, he moved to Lockport with his mother.

He started his working career with Co-op where he met his future wife Patricia Massey. They were married in Morden, Mb. on



June 29, 1968. He took his bride to Lockport, where they built the family home, and welcomed their two children, Monica and Edward.

Around this time Karl was employed at Federated Co-op in Winnipeg, where through his hard work he achieved the position of Warehouse Manager. Karl and Pat enjoyed gatherings with family, socializing with neighbours, friends, and travelling. Unfortunately, their time was cut short due to Pat's passing in 1990.

Karl retired in 1998 and shortly after he met Janice. They married on October 26, 2002 and their two families became one. He became a stepfather to Monica (Tom), Michael and Clayton. Karl and Jan enjoyed camping, their dogs, and starting Karl's dream of a garden railroad. Their lives were enriched by the arrival of their grandchildren Daytona, Alyssa and Brooklyne.

Karl pursued his love of carpentry throughout his life, and was always the first one called when a handyman was needed, as he could almost fix anything.

His positive attitude during his lifetime got him through many challenges, and set a lasting example for us to live by.

Our sincere thanks to the wonderful doctors and staff involved with Karl's care over the years. You are truly appreciated.

Karl was predeceased by his first wife Patricia (nee Massey), his parents Hans and Herta (nee Moeller), his brothers and their wives Richard and Helga Oehlers, Gunther and Bernice Oehlers.

He is survived by his wife Janice; his children Monica (Ron) Roy and granddaughter Daytona; son Edward; stepchildren Monica Ross (Tom); granddaughters Alyssa and Brooklyne Ross-Mah, Michael Ross and Clayton Ross; brother-in-law Randy.

A private family service will be held.

In lieu of flowers donations may be made to CancerCare Manitoba, 675 McDermot Ave., Winnipeg, Manitoba R3E 0V9.

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

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OBITUARY



Malcolm Lionel Lucas
January 23, 1938 – October 15, 2021

It is with great sadness that we share the passing of our father, Malcolm Lionel Lucas, formerly of Fort St. John, B.C. and more recently of Selkirk, MB.

A sudden onset of leukemia and pneumonia took Dad in a very short time. We are appreciative of the last few days we had with him and are very grateful to the medical staff at the Selkirk Regional Health Centre and Health Sciences Centre for their diligent and compassionate care of Dad.

Malcolm was predeceased by his parents Reg and Gertie and his brother Craig.

He leaves to mourn his spouse of 21 years, Linda; brothers Bill, Len and Ted; children Charleen (Kevin), Kimmo (Debra) and Timo (Suzanne); grandchildren Samantha, Pamela, Jodi, Brittany,

Cole, Katerina, Brittany, Courtney and Hannah and great-grandchildren. He will be greatly missed by numerous nieces, nephews, cousins, neighbours and friends.

Cremation has taken place and a private service was held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Aart (Archie) Vanderhart
1953 - 2021

With profound sadness I announce the passing of my husband and best friend on October 12, 2021. Arch passed away peacefully in his sleep at home.

Left to mourn his passing is his beloved wife Anne; stepsons Russ (Jenn) and Jeff (Kylie); grandchildren Brooklyn, Russell, Josh, Kingston, Ariyah and Tatum; brother Bert (Connie); sister-in-law Carol; nieces and nephews Robin (Jason), Jason (Evelyn), Tessa (James) and Jesse and their families.

Predeceased by his parents Bart and Janna; sister Angela; brothers Herman and Cor.

Arch had a love for sports including golf, the Vikings, Black Hawks, Jets, Blue Bombers and Blue Jays. He liked fishing, hiking the trails to see what was around the next corner. Back roading

was another favourite. A cold beer and a walk around the yard was a must.

Cremation has taken place and a celebration of his life will be held next summer.

In lieu of flowers, donations may be made to a charity of your choice.

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

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SOMETIMES IT TAKES A VILLAGE *written by George Hacking*

I love a nice condo or a simple bungalow home. Both fit my retirement vision but there are so many options and ideas in the market today. It's worth a look, if just to keep up. If you Google 55+ you will primarily see assisted living type homes or apartments. These advertisers are spending money to fill their pipeline with renters and many facilities are building in more than 2 beds and 2 baths. What they are selling in many cases is community, and for good reason.

Seniors who have a community and stay engaged have statistically better quality of life and health outcomes. These facilities are selling engagement and I celebrate the advancement in the industry. Those that supply meals like assisted living facilities and those that support community and independent living are really improving quality of life.

I was listening to ideas on CBC last year and heard a great story about the UK Ministry of Loneliness. Improved engagement resulted in reduced emergency room visits and depression related events in....

Continue reading at hackingteam.ca/blog