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The Selkirk Record

VOLUME 10 EDITION 45



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From left to right: Jacob Miller, Austin Werman, Andrew Vandenberg, Riley Tesarski, Cherise Kessler, and Alara Nazimek at the St. Andrews Fire Department. The kids experienced what it is like to be a firefighter for an evening on Oct. 23.

RECORD PHOTO BY LIGIA BRAIDOTTI

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Harry's Foods, firefighters kick off Movember

Harry's Foods and the St. Andrews Fire Department supporting Movember

By Ligia Braidotti

This might be the only time you can get away with growing a mustache.

Harry's Foods and the St. Andrews Fire Department are once again partnering to contribute to the Movember movement to improve men's health. The movement has a growing popularity as people become more aware and open to speak about men's health issues such as prostate cancer, testicular cancer, and mental health.

Men commit to growing mustaches to raise awareness and funds to reduce the number of preventable deaths.

Movember has its origins in Australia in 1999 and has since become a tool for people around the world. The Movember Foundation runs the charity event to change the face of men's health. Although this is a global movement, local organizations are doing their best to raise awareness and help within their own communities. The Movember Foundation has funded more than 1,250 men's health projects around the world and says it hopes to reduce the number of men dying prematurely by 25 per cent by 2030.

Shawn Vermette, Harry's Foods manager, was the first to get a shave on Oct. 23 from Carmen Bisailon of Lockport Wave. He will be growing a new mustache during November.

"I feel great and this is for a great cause," he said. "We started it back in 2011 and now we are bringing it back and we always work really well with the fire hall here."

"The guys at the fire hall do so much for the community and they work so hard for the community and it's a perfect fit."

Harry's Foods and the St. Andrews

Fire Department partner in several occasions such as Fire Prevention Week and Christmas hampers and this time wouldn't be different.

"So many times people only see their local emergency responders when the siren are blaring, this allows the residents to interact with the local fire department, kids to interact with them, and I think that goes even beyond what we are trying to do for Movember. It puts a face to the people who volunteer their time to keep us safe and that's why we really like to work with them," Stan Halbesma, owner of Harry's Foods, said.

Don Peters, captain at the St. Andrews Fire Department, said it's a chance for them to show that they are a part of the community. Every Saturday during November, the firefighters will be going to Harry's Foods to promote Movember and raise funds. The money raised will stay within the community.

"There are people in this are that need the support," Peters said.



RECORD PHOTO BY LIGIA BRAIDOTTI

St. Andrews Fire Department members, Harry's Foods staff and Carmen Bisailon from Lockport Wave gathered to kick off Movember. Harry's Foods manager Shawn Vermette (sitting) was the first to shave his beard and mustache to grow a new one during November.

"There's need everywhere and our goal has always been, and we try whenever possible, the local support that's given to the cause gets spent within the community where that support came from," Halbesma added.

To donate, go to Harry's Foods on Saturdays and meet with the local firefighters.

For more information on Movember, go to <https://ca.movember.com/?home>



Kids wore fake mustaches in celebration of Harry's Foods and St. Andrews Fire Department Movember campaign.

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Head Start pumpkin carving party



RECORD PHOTOS BY KATELYN BOULANGER
Aaron's No Frills gave students at Onashiwini Head Start Program some Halloween cheer by donating 37 pumpkins. The children carved the pumpkins at home brought it back to the program for a pumpkin carving competition on Oct. 30. The preschool program also received gift cards from Dairy Queen as prizes for all participants. Raylan Evans (pictured above), winner of the four-year-old program, received a chocolate cookie house kit from Aaron Hoium of Aaron's No Frills.



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Aaron Hoium (far right) of Aaron's No Frills stands with Head Start Program facilitators and students showcasing their pumpkin creations.

Honour and Celebrate 150 deadlines approaching

By Katelyn Boulanger

The Manitoba 150 Committee is accepting applications to funding programs that celebrate the province's 150th year in confederation.

Celebrate 150 and Honour 150 are two of three funding programs the Manitoba 150 committee launched in September.

Celebrate 150 offers grants from \$10,000 to \$70,000 to support communities and non-profit organizations with the cost of hosting events to celebrate the province's anniversary. Deadline for applications is Nov. 12.

"We'll pay up to 70 per cent of the eligible costs for the projects," said Manitoba 150 Co-Chair, Monique LaCoste.

Some examples of events that could be eligible for funding are new exhibits, events around the culture in an area, or oral history projects where people tell their stories.

"All of the activities around Manitoba 150 are based on our four pillars: celebrate, learn, build, and explore. So we're asking that people...keep that in mind to a degree. Not everyone is going to cover all four of them but we certainly will see if those themes are present or all four of those themes are present when working on reviewing the applications," LaCoste continued.

The events don't need to take place on Manitoba Day (May 12), but do need to happen within the 2020 calendar year.

The Honour 150 program is supported by Canada Life and will recognize 150 community heroes and volunteers throughout the province. Recipients will receive Manitoba 150 medals during a gala dinner. Although the deadline is set for January 31, 2020, LaCoste encourages residents to think about who they might nominate for the award now.

LaCoste said that they are looking for people that are sometimes overlooked. Some examples include people who have helped with Christmas hampers or flooded a local rink. She mentioned that nominees could have been given a small amount of money for their efforts "but everyone knows that these people go the extra mile."

"We're counting on the friends of, the colleagues of, and the families of these amazing people who are probably not going to nominate themselves. We invite Manitobans to look around and find those hidden gems we know they're there and are making a difference in their communities," said

LaCoste.

"When you think about what makes Manitoba special, we can point to the natural beauty, we can point to culture, we can review our very historic past but it's really the people of Manitoba who make a very big difference and have contributed to making the province the great place it is to live today. We want to honour 150 Manitobans who are making a difference in their communities through mostly volunteer efforts. The people who are doing it quietly — and when we say quietly it can be a very public project that they are working on but these are the people who everyone knows who makes a difference, or maybe they don't because they do it on the sidelines but have never been formally recognized for their efforts. The people that you would point to and say 'Aren't these guys amazing?' and until today you probably didn't know their names or were aware of the great work that they're doing," said LaCoste.

Manitoba is known for its volunteerism and generous spirit. According to Statistics Canada's website, in 2013 Manitoba had the second highest rate of volunteerism with 52 per cent of the more than 15-year-old population.

"When you consider large provinces with great populations, great cities or towns with very little distance between them, Manitoba is a very large province with a small population and there are great distances that separate one town or city from another. I think that what that has done over time is that people had to band together, play together, and work together in order to thrive. I think that to a degree that our sometimes harsh climate and the fact that we are geographically both centred but isolated from other large centres, has had the effect that it has made community spirit something that is a way of life," said LaCoste.

The Manitoba 150 committee also announced the Build 150 program, which will give approximately \$1.2 million for projects that will have a lasting legacy in Manitoba communities.

To find out more about the Celebrate 150 and Honour 150 programs visit manitoba150.com. To keep up with what is happening with Manitoba 150 you can also sign up for the newsletter on their website or follow them on Instagram, Facebook, and twitter @Manitoba150.

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Veteran set strong roots in East St. Paul

Chuck Henry has been living in East St. Paul, his beloved community, for 46 years

By Katelyn Boulanger

An East St. Paul resident has set strong roots in his community.

Chuck Henry has been living in East St. Paul for 46 years and along with raising three children, he was also a long time member of the ESP Volunteer Fire Department.

"It's a nice community. Everyone that comes here likes it. It has reasonable taxes, good services, and good people," said Henry.

He originally bought his lot in 1973 for around \$1,900 as a place to start his family.

"It was a nice, large lot and it was secluded at that time and it was a new development. It appealed to us that we start from nothing and that we have something. It was the pioneering spirit," explained Henry.

However, Henry had a hard time getting a mortgage in East St. Paul because at the time there were some restrictions for properties beyond the perimeter.

"At that time the policy of central mortgage and housing, which was one percentage lower than the going rate, they didn't entertain applications from outside of the perimeter highway because of directives of policy. I was able to get one two years later. It was a small amount today but in those days it was a big amount. It was around \$20,000," Henry said.

"IT'S A NICE COMMUNITY. EVERYONE THAT COMES HERE LIKES IT. IT HAS REASONABLE TAXES, GOOD SERVICES, AND GOOD PEOPLE."

- HENRY

He persevered in efforts to build on his lot, setting aside one paycheck for the mortgage and one for living off of.

Once in the community, Henry volunteered for the fire department because of his dislike of insurance companies and for having a negative experience with his car insurance while he served overseas with the military.

"Beyond the perimeter highway you didn't have fire hydrants you didn't have this, you didn't have that, so [I thought] just join fire department and see what happens. And it was one of the best decisions I made in my life," he continued.

At the time that he started, volunteers were paid a stipend of \$2 for each call they received.

"It was a volunteer organization. It grew, and the educational component grew. The provincial government stepped in and made sure that everyone was certified to levels one, two, and three and offered to coach us through it," said Henry.

During his time with the fire department there were also equipment im-



RECORD PHOTO BY KATELYN BOULANGER

Chuck Henry by one of the newer fire trucks from when he joined the East St. Paul Fire Department.

provements. He credits all levels of government for investing in the system that we have now.

"Not only ours, but all the surrounding areas in rural Manitoba. St. Andrews has a great fire department, Selkirk, St. Clements, they all had to upgrade," said Henry.

During his time at the fire department, there were two specific improvements that helped his job. While it might seem surprising now, at the time, making signage uniform allowed the fire department to better locate homes that they were not familiar with. The second was the im-

plementation of the 911 system.

"People before didn't know who to call. You had to remember different numbers. You're travelling to the lake and traveling here and there. You didn't know. But 911, you just call there and they designate the right person," said Henry.

He also commends the current fire department staff for the great service that they provide to our community.

"They have good personnel. You never hear about them, which is a good thing. They do a lot of good but it's all quiet and it's not bragged about," Henry said.

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Abundant Life assembling Christmas hampers

Donations needed for church's 9th Christmas Hamper Drive

By Katelyn Boulanger

Abundant Life Church will once again be assembling Christmas Hampers for the communities of West St. Paul, East St. Paul, East Selkirk, and St. Clements.

The church, along with other community organizations, has been organizing this Christmas hamper drive for the past eight years.

"Historically, the municipal police organized it. About 10 or 12 years ago the municipal police were disbanded and the RCMP came in. The RCMP won't take on projects like this so [the municipal office] asked in the community who would be able to spearhead it and there was a group of people from Abundant Life [who volunteered], but now it's a lot of people from different places in the community. A lot of different organizations are represented," said Jennifer Jantz, one of the project co-ordinators.

The program was created to close the gap left by the Christmas Cheer Board in Winnipeg not being able to service areas past the edge of the perimeter.

"[We are looking for] any food items and also gifts for all ages because we do gifts for adults in the family and we provide for the pets," said Jantz.

Many groups and organizations in the communities contribute to the hamper drive with programs designed to encourage residents to donate.

"We have all of the schools in the community on board, Bird's Hill School, Dr. FWL Hamilton School, Happy

Thought School, West St. Paul School, and Robert Andrews School. They all do food drives for us so that's really great, and the East St. Paul Holiday Craft Sale sets their admission as a donation to the hamper and also the West St. Paul Christmas Fair does a big drive for us," said Jantz.

This allows them to serve the needs of the area. "When we first started, we started with about 30 [hampers], but after about two or three years it was consistently around 65," said Jantz.

Jantz noted that they tend to be short on gifts

that are appropriate for adults and teens and appreciate those donations.

For those that wish to volunteer, they can contact the group by calling the Christmas Hamper line at 204-698-8596 and keep their calendars clear in mid-December.

"We have a volunteer day on Tuesday Dec. 10 and then that week, Wednesday, Thursday, Friday, there are lots of different jobs wrapping gifts and organizing," said Jantz.

Residents can also drop donations off at Abundant Life Church.

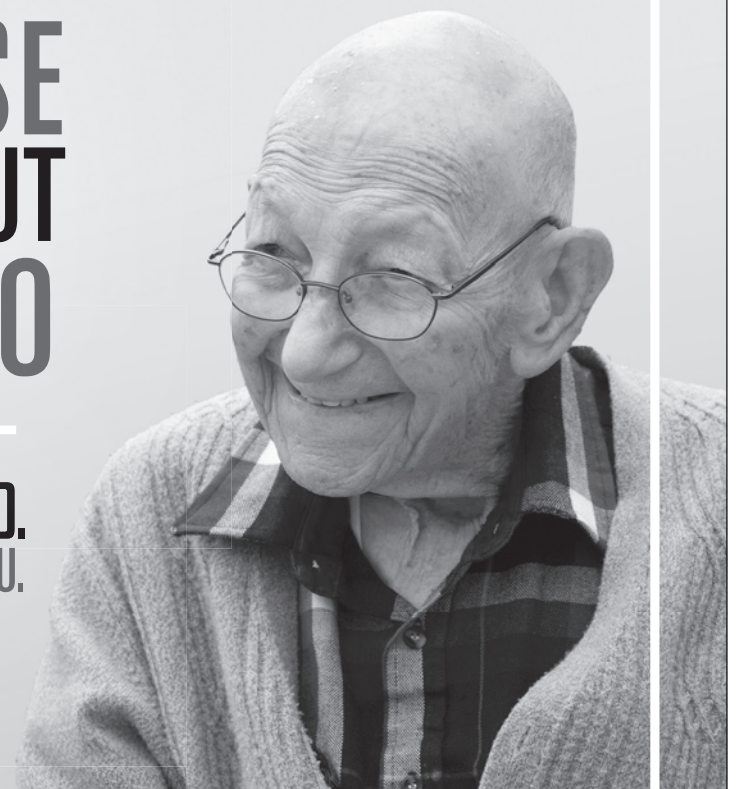


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Jennifer Jantz, one of Abundant Life Church Christmas hamper co-ordinators, is pictured with some of this year's donations.

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getfishing

RED RIVER > CHALET BEACH > LAKE WINNIPEG > NORRIS LAKE

Walking a fish with a tight line

Hi gang.

The commercial fisher's skiffs that berthed and worked out of Balsam Bay, Riverton, Grindstone and Gimli harbors this fall have been taken home. Driving from one fishing spot to another, talking with fishers and anglers last week, I noticed ice forming on the Icelandic, Netley and Brokenhead waters. Little kids were playing on new ice in the ditches as I drove past them. Fall is here.

Sitting with someone dear to me, gazing through the windows of the Gimli Hospital at the "healing atriums" pools now drained for winter, I noticed a very tall, very thin patient. His graying hair was shaven close to his stately head and I couldn't help asking him how things fared for him. With a crackling emphatic voice he introduced himself as Harvey Benson, a local commercial fisher. Naturally I asked him if he had ever experienced something unusual when fishing. He immediately embarked on a story, his head and fingers thrusting forward illustrating his tale.

"The lake (Lake Winnipeg) will put you in trouble real quick if you don't pay attention," he stated. "It had to be twenty five years ago in the fall I was lifting nets east of here. The wind was howling and the waves were high throwing water over the front of the skiff. I was into the wind, the motor going ahead slow while I cleaned the fish from the nets throwing them behind me. The water was splashing my face as I worked then it hit me that the water was coming over the front of the skiff all the time. I looked back and realized there was so much fish in the front of the skiff, it was nose heavy and I was in danger of swamping. I stumbled to the motor, turning it off and started throwing the fish more to the back. In a while I got the skiff leveled but never forgot how easy it was to get in trouble out there if you're not

watching." You're right and thank you for the story Harvey!

Just lately I've had occasion to meet a lovely couple Kazia and K.C. McCormick who have a cabin at Rainy Lake, Ontario. They gave us an exciting story of their "Uncle Gordy", a great family friend, catching a fish with K.C.'s help. Uncle Gordy Lindgren was an unassuming reflective guy who knew every nook and bottom structure of "Rainy" having fished it for years. So it was, on last Thanksgiving weekend the whole gang was at the cottage and Gordy with K.C. went boat fishing. The men had to put their parkas hoods up to stave off the cold fall wind. The waves were so choppy they had to sit instead of standing in the boat. They cast against shore line weed fields without success for the better part of an hour.

"Maybe we should try the reef in the middle of the lake," Gordy ventured. K.C. sitting in the back of the boat started the motor and maneuvered the craft into the wind and waves with a sideways slip working his way to the middle of the lake. There, they cast out and almost immediately Gordy's line snapped straight. His drag sang as his catch went for the bottom. Slowly he reeled in feeling intermittent jerks. "It's a big walleye!" he shouted at K.C.

Gordy continued reeling in and just as he thought he saw it below the surface of the almost clear water, it dove but more slowly for the bottom again. "It's getting tired," Gordy shouted, "I can feel it!" Again he brought it up to the surface. It now lay on its side. K.C. quickly reached forward with their net as Gordy "walked" the fish with a tight

**RECORD PHOTO SUBMITTED**
K.C. McCormick holds up a great walleye he helped Gordy Lindgren catch out of Rainy Lake.

line into it. Try after try the huge walleye kept flopping out of the net and just as they managed to get the head in, the jig hook let go. K. C. working the net like a scoop shovel caught the fish up and dropped it onto the boat floor. True to Gordy's giving nature he took a picture of K. C. holding it.

Folks continue to marvel at the high water and racing current of the Red River past Selkirk as they shore fish. Last week, along the 320 road, I came across an exuberant, outward going chap by the name of Dale Cross who used to own a "repeatedly flooded" cottage here. One time, he recounted, he and his wife came back from shopping in Selkirk only to find a seventy foot tree parked on their lawn. Shocked, they stood amassed at the fifteen foot high roots filled with sand and mud. Not willing to sacrifice many saw blades to render it gone, it became a lawn ornament! The following and final year there they woke up one morning and Dale went to the kitchen to make coffee. He looked out the window to see they were surrounded by a foot of water. Dale called back to his wife, "Honey, should we use the car or the boat to get to Selkirk?"

Till next week good friends, bye for now.

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Beverly Meilleur acknowledged for COPP service

Local Citizens on Patrol Volunteer Receives Outstanding Service Award

By Katelyn Boulanger

Beverly Meilleur was acknowledged for her hard work and determination throughout the years for Citizens on Patrol in South St. Andrews receiving the Outstanding Service Award at an event attended by the Winnipeg Police, Brandon Police and RCMP and COPP groups throughout the province.

Meilleur is the assistant co-ordinator of the South St. Andrew's Citizens on Patrol Program and joined the group in 2016 when her home was repeatedly vandalized.

"We had a lot of lights in our driveway and whoever they were came and smashed the lights. They would pick the ones that we closer to the street. We probably have about 15 that are all different colours and they would pick the ones closer to the road and they would smash them. We would replace them and then an hour our two after we replaced them they were smashed again. This kept going on three or four times and then they just got worse vandalizing. They would take the post and the wires out of the ground and everything. I went back to the RCMP every time and that's when they had suggested to join Citizens on Patrol," Meilleur said.

The group work closely with the RCMP keeping an eye out for things that are out of the ordinary documenting for and reporting them to the RCMP.

"We're the eyes and the ears for the community. We go out and patrol and we look for situations where [there might have been a] break and entry or anything suspicious that we see. It could be anything from a garage door that's open or something that is suspicious looking," Meilleur said.

Since joining Meilleur took over the assistant co-ordinator position which means that she takes over when the

co-ordinator is absent and provides support for the organization ensuring that everyone has what they need to be successful.

"I've stayed with them because I totally support the program and I see the value of it to the community and with all the vandalism and everything that's happening it does work and it does help to protect the community," Meilleur said.

Since joining the group the vandalism to her own property has also stopped.

"I really believe when people see the decals for Citizens on Patrol they know who you are and that it does make a difference," Meilleur said.

Meilleur was ecstatic and very honoured to receive her award.

She said, "I would like to thank the Provincial Coordinators, Tracy Douglass and Julie-Ann Drosdoski, and Regional Representative Bill Bracegirdle. In life there are always mentors and they were mine in COPP."

Recently COPP has learned that MPI will be pulling funding for the program as of March 31, 2019 but will continue to provide administrative support until Sept. 30, 2020. MPI will be donating all of the equipment it previously supplied to the groups.

"It won't really affect the operation day to day. Patrol isn't really affected by these funds because we're all volunteers and we also have the equipment," Meilleur said.

This change in funding does, however, affect new groups that are starting out meaning that they will have to fundraise for equipment.

If you are interested in learning more about COPP you can view their website at citizensonpatrol.mb.ca. Additionally Meilleur can be contacted about how to join the South St. Andrews chapter through email at bwawruck@mymts.net



RECORD PHOTOS SUBMITTED

Beverly Meilleur receiving her Outstanding Service Award for COPP volunteer work. Left to Right: James Sinclair, Provincial Chair Person for COPP, Michael Copang Superintendent of RCMP, D Division Major Crime Unit, Beverly Meilleur, and Detlef Hindemith Co-ordinator for East St. Paul's COPP.



Festival of Trees looking for creativity, originality

Staff

The Festival of Trees and Craft Sale takes place on Nov. 16 and 17 at the Selkirk Rec Complex (180 Easton Dr.) and organizers are accepting Christmas tree registrations now.

This year there will be no categories, only Christmas tree winners. First place prize for best tree is \$100, second place prize is \$75 and third place

prize is \$50.

Aside from the craft sale and Christmas tree competition, there will also be a silent auction.

Those who wish to enter their trees should do so by emailing Ellie Longbottom at elongbottom@cityofselkirk.com or mailing a registration form to 630 Sophia St., Selkirk, MB, R1A 2K1. The registration form should include

name of tree, organization or individual's name, mailing address, e-mail, and phone number.

Entries for artificial, fresh and creative trees are accepted. Trees may be of any size, and lights can only be electrical. Tree owners are encouraged to use their creativity and decorate their trees with store-bought and/or hand-crafted decorations.

Entries should be set up or dropped off on Thurs., Nov. 14 between 4 and 8 p.m., and Fri., Nov. 15, between noon and 4 p.m. Doors will open to participants on Sat., Nov. 16 at 8 a.m. for last minute touches and set-ups.

Trees will be judged on Saturday at noon. Organizers ask that all trees are removed no later than 4 p.m. on Sunday.

Rec Complex becomes more sustainable

Submitted by the City of Selkirk

The logos on the ice surface at the Selkirk Rec Complex are popping a little more these days and the reason for the increased visibility is simple science.

The city has invested in a reverse osmosis (RO) system that results in clearer and harder ice that will also be kinder to the city's infrastructure – from the ice resurfacer to the actual ice plant – because the water is purer, thanks to RO.

"The plant is running a whole lot more efficient, in part because of the new heat exchanger, but it's also because of the RO system," said Scott Blanco, manager of buildings and fleet maintenance.

"We're running the plant hotter than we normally would, and in this situation running it hotter is better, it causes less energy. It doesn't have to cool down as much to keep up to the ice."

The RO system cost the city less than \$30,000 and falls in line with the city's asset management because it will extend the life of both the ice resurfacer machine and the actual ice plant. Water freezes at the temperature it's supposed to freeze at – which is 0 C or 32 F – with the RO system, resulting in less need for chilling.

The RO system cleans the water used to make the ice of its impurities. Water that has minerals and impurities in it requires a lower temperature to freeze, and even if that's just a degree or two, it causes the plant to work

harder, which uses more energy and costs the city more money.

Brady Clark, director of culture, recreation and green transportation, says the ice surface is greatly improved with the addition of RO.

"The RO system allows you to make the best ice possible," Clark said.

"You won't find an NHL arena without an RO system."

Besides clearer and harder ice, the RO system uses less water to flood and has a faster freeze time. It's also faster and easier for city staff to repair damaged ice.

Clark says prior to the RO system, the city was using water straight from its well to make ice. The hardness of the well water was starting to corrode parts on the ice resurfacer prematurely. The cost of replacing an ice resurfacer is upwards of \$300,000, making the RO system a wise asset management decision.

"The RO system is going to extend the life of an expensive piece of equipment in the ice resurfacer, and it provides all the other benefits, like ice quality and ice clarity."

Chief Administrative Officer Duane Nicol says the RO system is a win/win – it provides a better user experience and besides fitting with the city's capital asset management it aligns with the city's climate change adaptation strategy as well.

"It's reducing energy, it's extending the life of city assets and it's saving money and for all the groups that use the ice at the Rec Complex, they're



RECORD PHOTO SUBMITTED

The City of Selkirk invested in a reverse osmosis system to maintain the ice rink at the Selkirk Rec Complex.

benefiting from a better product," Nicol said.

"Ice that freezes at a lower temperature saves energy and dollars, and when it freezes faster it's harder and better to skate on. When you throw in the fact that we're reducing corrosion and extending the life of all our

ice making equipment, it's clearly the right decision. When you integrate climate change adaptation into your policies and procedures, it becomes the default setting and you become more energy efficient in every decision you make."

Safe spooky night



RECORD PHOTO SUBMITTED

On Halloween night, Selkirk RCMP's Constable Howard and Constable Whall donated candy and free time to trick or treaters by doing a walking patrols with many kids. Howard and Whall wanted to provide kids and parents with a safe and wonderful experience.

Calling all knitters and crocheters to bring warmth to Selkirk

By Katelyn Boulanger

Residents who knit or crochet are invited to help people warm up this winter.

Chase the Chill is an event where handmade scarves and cowls are left in a public place to spread holiday cheer in the community. This year's event will be held in Queen's Park on Dec. 7.

"(Chase the Chill) is basically yarn bombing. People that make handmade only cowls and scarves (come together) and they yarn bomb them on trees or fences or whatever in a public place. It's usually on the same date every year for every club," said Kelly Gislason, co-ordinator for Chase the Chill Selkirk.

The first Chase the Chill was held in 2010 in Easton, Penn. when residents got together and hung scarves in their community so that people could help themselves regardless of income.

"People just hand make and donate scarves and they put a tag, a Chase the Chill tag, on there and people can just take them for free. It's kind of a way to spread cheer in the wintertime," explained Gislason.

The event then took off with many

communities creating their own Chase the Chill branches. Gislason, a crafter who both crochets and knits, was influenced by the Winnipeg branch who are particularly active.

"I thought this would be cool to have [Chase the Chill] here. I wanted to participate in Winnipeg before, but the drive, and it's in the Exchange District, and parking in downtown [can be difficult]," she commented. "It's December and do I want to go to downtown Winnipeg? It would be nice to have something local because we have so many talented people here. I just thought that it would be a great thing for us as a community to be a part of."

Though the Selkirk Chase the Chill has been smaller than Winnipeg's, the trees in Queen's Park have been the canvas for colour and warmth for the past three years.

"We've had a lot of positive feedback and so far all of the scarves have gone. We've had between 20 and 40 scarves, so not a lot compared to some places but that's ok. They look beautiful in the park and we've just left it up for a couple of days and within that time they've all been gone," Gislason said.



RECORD PHOTO BY LIGIA BRAIDOTTI

Chase the Chill volunteers knit scarves and cowls and hang them on trees at Queen's Park for people to take.

Though the group doesn't meet in person to create their scarves, Selkirk's community keeps in contact through Facebook at www.facebook.com/ChasetheChillinSelkirk/. Residents who want to contribute with scarves and cowls can also contact

Gislason at 204-470-0904.

"It's just a fun community thing to do. It spreads some holiday cheer in December and it's just a positive thing in the community to take part in," she stated.

Students attain honours, celebrated at Evening of Excellence



RECORD PHOTO SUBMITTED

The Lord Selkirk Regional Comprehensive Secondary School, along with parents and friends, celebrated an Evening of Excellence with the 2018-19 Grade 10 (left picture) and 11 (right picture) students who achieved honour roll. There were 112 Grade 10 students and 100 Grade 11 students that were honoured. To attain honours, students must have an average of 80 per cent or higher with no mark below 65 per cent.

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Snow storm proved need of emergency plan

Submitted

Last month's snow storm that wreaked havoc on many areas of the province and left thousands without power for days provided an all too real reason why municipalities, and individuals, need to be prepared for emergency situations.

The RM of West St. Paul is working with Napier Emergency Consulting to develop a Community Emergency Preparedness Program.

"Nothing is more important than the safety of our residents and when the storm hit in October the RM took steps to ensure that safety," Mayor Cheryl Christian said.

"The RM issued a travel advisory to residents asking them to avoid non-essential travel in the Metro Region and our Public Works Department was out in full force on the Friday and Saturday to clear all municipal roads under what can best be described as challenging conditions."

Staff cleared all municipal roads twice in a two-day period and checked for fallen trees as well as engaging a tree service company to safely trim and remove trees that had fallen onto streets and were impeding traffic or posing any sort of danger.

"They worked quickly in challenging conditions with heavy snow, vehicles



The precocious snow storm in October wrecked trees and hydro lines and left many without power for days.

stuck in the middle of rural roads and fallen trees and we thank them for their dedication and hard work," Christian said.

"Our West St. Paul Fire Department also responded to numerous calls during the storm and we thank them as well."

Many West St. Paul residents were without power during the storm,



RECORD PHOTO SUBMITTED

Left to right: Couns. Giorgio Busceti, Stan Parag, Shelly Napier of Napier Emergency Consulting, Mayor Cheryl Christian, Coun. Eleanor Link and CAO Brent Olynk.

some for more than 12 hours. Chief Administrative Officer Brent Olynk and Fire Chief Ryan Yackel, were putting a plan in place to open the Sunova Centre and the Municipal Hall to residents without power if required. Fortunately, conditions improved and the RM did not have to enact the emergency plan.

The RM has a step-by-step guide to preparing a Personal Family Emergency Plan on its website. This simple guide has been designed to help

households prepare for and respond to emergencies that might arise in the area.

Go to weststpaul.com to view the plan.

The RM is in the process of hiring a Municipal Emergency Coordinator to facilitate the Community Emergency Preparedness Program. Check the RM website for updates on our Community Emergency Preparedness Program.

PJ campaign shines light on domestic violence

Staff

On Nov. 1, Nova House and the Manitoba Association of Women's Shelters (MAWS) announced an awareness campaign during the month of November for Domestic Violence Awareness Month, help us spread the word about the "Power of the PJs".

Each year shelters in Manitoba assist approximately 3000 women, men and children, sometimes arriving at

the shelter with just the clothes on their backs. When violence happens victims will grab the children and run as they don't have time to pack a bag in a dangerous situation. Help us wrap them in love and warm PJs, and of course socks, towels and facecloths are welcome too.

Deena Brock, Provincial Coordinator for MAWS stated "It's an uncomfortable conversation but anyone's friend

or relative can one day find themselves in an abusive relationship and may need, without notice the services of a domestic violence shelter. We are asking the public to help shelters collect items that the women and children may need."

Please contact the shelter closest to you to arrange your donation or perhaps encourage your work place to do a donation drive during November,

Domestic Violence Awareness Month. Visit <http://maws.mb.ca/get-help/find-a-shelter/> for a list of the shel-

ters.

During the year 2018-2019 MAWS shelters provided 49,031 bed nights to women, men and children who were victims of domestic violence and dealt with 16,792 crisis line calls.

Viktoria Westgate, Executive Director of Nova House stated "when women and children arrive in the middle of night, sometimes all they need is a safe place to sleep and clean pajamas to get them through the night. This campaign helps us worry less about keeping up with stock and more on helping those who need us".

To learn more about Power of the PJs, go to novahouse.ca

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Office will be open at 1:00 pm. Monday, November 11th

Take part on 24-hour giving challenge

Submitted

There are countless challenges you could accept in a 24-hour period – you could try eating healthy for 24 hours; give up your phone and communicate the old fashioned way; or you could do something that will impact thousands of people for years to come.

Doing that is simple – you just need to make a donation to the Selkirk and District Community Foundation on Nov. 16 during the annual Endow Manitoba 24-Hour Giving Challenge.

“The 24-Hour Giving Challenge has quickly become a favourite for people in Selkirk, St. Andrews and St. Clements, and since it began in 2014 people in the communities the Foundation serves have overwhelmingly supported it,” says SDCF chair Aaron Martyniw.

“People save the date, put it in their phones and make sure they donate on that day and - because they do we’ve been able to raise more than \$200,000 that benefits countless organizations.”

This year’s 24-Hour Giving Challenge is Nov. 16 and once again, there are a couple of ways you can participate.

On-line donations to the Community Fund received during the 24 hours of Nov. 16 will count as part of the challenge, so you can make your donation from your home computer, on your phone, laptop or tablet. You just go to endowmanitoba.ca and look for the Selkirk and District Community Foundation on the map or in the list of foundations. Simply click ‘Make an On-Line Gift Now’ and use your

credit card.

If you prefer a face-to-face transaction, you can come to the Gaynor Family Regional Library on Saturday, Nov. 16, from 10 a.m. to 3 p.m. and the fine folks from SDCF will be on hand with a support team to make the donation with you, while you enjoy some coffee and dainties.

For donations to be counted in the 24 Hour Challenge, they must be made to the Community Fund, not a designated fund. However, if you prefer to donate to a designated fund, your donation is still welcomed and encouraged.

Donating at any time of year is appreciated, but if you donate during the 24-Hour Giving Challenge your money goes even further.

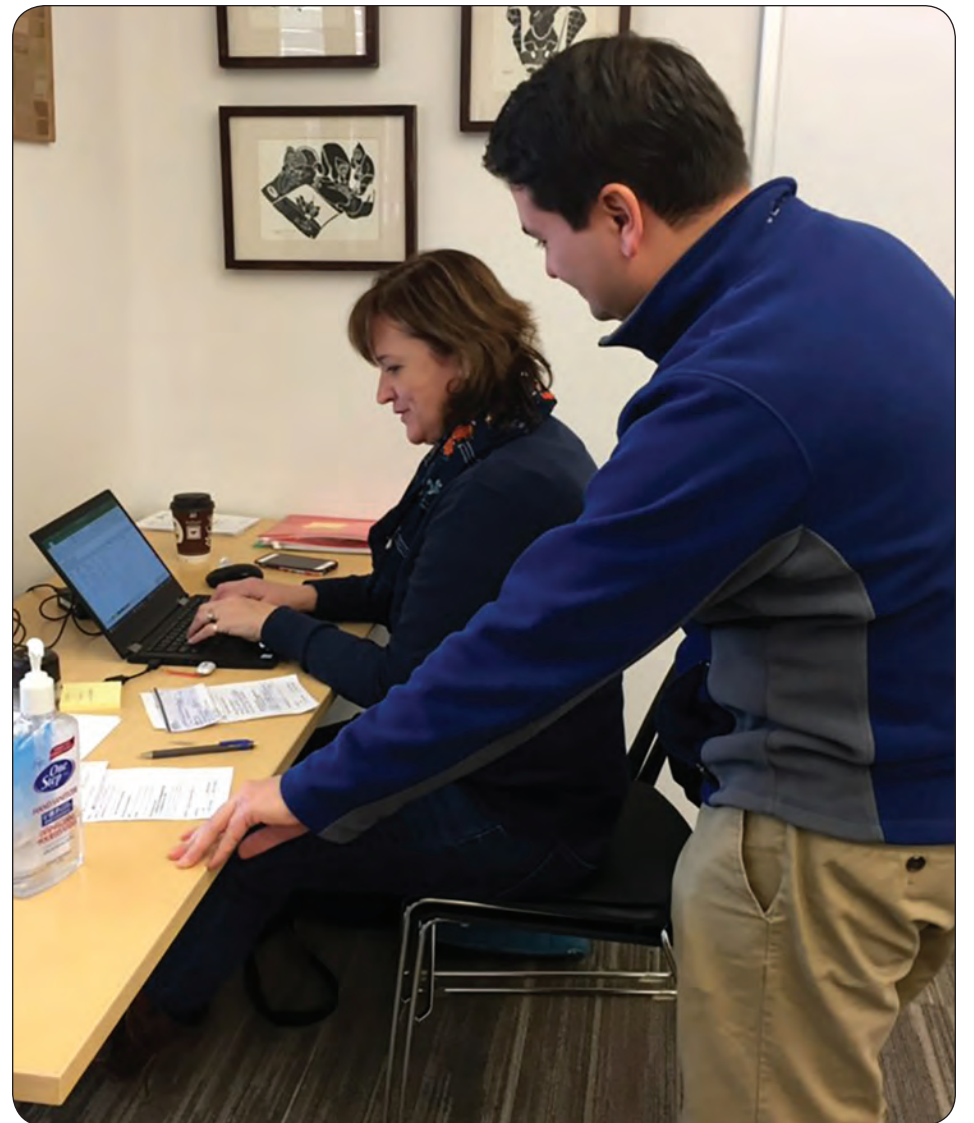
For every \$5 donated, The Winnipeg Foundation will add \$1 to your total and the Manitoba Government will do the same, up to a maximum of \$2,000 per foundation.

That means \$5 becomes \$7, and SDCF Executive Director Bev Clegg said that’s the kind of giving that makes the 24-Hour Giving Challenge so special.

“We know that the people in the communities that SDCF serves are so supportive and the groups that benefit from that generosity appreciate every dollar donated,” Clegg said.

“So when there’s an chance to get a better bang for your buck and stretch your donation by a couple dollars it’s an opportunity that shouldn’t be passed up.”

Donors to the SDCF’s 24-Hour Giving



RECORD PHOTO SUBMITTED

SDCF Board Members, Deann Lane and Aaron Martyniw, get ready for 24 Hour Giving Challenge Day which will be held on Nov. 16.

ing Challenge have been extremely generous since the challenge began in 2014.

In 2014, the first year of the challenge, people donated \$27,688 to SDCF; in 2015, the amount rose to \$63,785 thanks to a large, one time donation from the RM of St. Andrews, and 2016, donations totalled \$39,855.

In 2017 the giving spirit continued and brought in \$62,005 to SDCF and last year, gifts were \$54,265.

West St. Paul Seniors lunch collect, donate to food banks

Staff

The West St. Paul Seniors Lunch is taking place on Fri., Nov. 29, at the Sunova Centre (48 Holland Road, West St. Paul). Doors open at 11:30 a.m. with lunch being served around noon.

The RM will be collecting items for the Selkirk Food Bank and Our Daily Bread Soup Kitchen. Dry items such as pasta noodles, kraft dinners, rice, tuna helper, instant noodles, crackers, cereal, instant oatmeal, granola bars, microwave popcorn, canned items, juice boxes, hot chocolate mix, tea bags, jam, peanut butter, pancake mix, and syrup will be accepted as donations at the lunch.

Attendants are also welcome to donate personal care items such as shampoo, conditioner, lotion, soap bars, tooth brushes and toothpaste, and deodorant.

For those who can’t attend the lunch but would still like to donate, can drop them off at Sunova Centre’s office.

The donations will be taken to the recipients in December.

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The Holy Hams of Selkirk United Church
present a comedy of one-upmanship

RIPCORN

A seemingly harmless bet between two elderly ladies in an assisted living facility quickly escalates as they vie for the coveted scenic setting of the upper floor!



Written by:
David Lindsay-Abaire
Directed by: Melanie Shumilak

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A Public Remembrance Day Service

Will be held in the
Selkirk Recreation Centre
(Arena Entrance)

Monday, November 11th, 2019 at 10:30 a.m.

The Annual Remembrance Day Service is jointly sponsored by the Royal Canadian Legion Branch No. 42 and the Army, Navy and Air Force Veterans Unit 151. A special invitation is extended to residents of Selkirk and District to attend the Remembrance Day Services.

**ALL VETERANS ARE ENCOURAGED TO ATTEND
REMEMBRANCE DAY SERVICE ON
MONDAY, NOVEMBER 11TH**

All Veterans and Official Party are asked to meet, 9:30 a.m. at the Recreation Centre. Please use Banquet Hall Entrance.
A free shuttle service for Veterans will leave the Selkirk Legion at 9:30am.

MASTER OF CEREMONIES
Wayne Bird – Past President of Legion #42

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Wear a “Poppy”

Money donated during The Royal Canadian Legion’s annual Poppy-Remembrance Campaign is placed in public trust funds. Some of the many ways this money is used to improve life for people in your community include:

- Providing assistance to needy ex-service members and their families
- Purchasing medical equipment and appliances for community health facilities
- Paying for medical research and training
- Building affordable housing for veterans and senior citizens
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Honouring those who fought for freedom



RECORD PHOTO SUBMITTED

Stonewall RCMP Cst. Paul Human (left) and Carl Chanas (right) from Selkirk Legion Branch 42 are pictured above. Together, they are reminding everyone to wear a poppy this Remembrance week for all those who serve and have served Canada near and around the globe.

Two arrested after assault

Staff

On Oct. 28, at approximately 10:40 a.m., RCMP responded to a violent assault in a parking lot on Manitoba Avenue in Selkirk.

RCMP received several 911 calls advising that a truck stopped in the parking lot, two male suspects exited, grabbed a third male from inside the truck, and violently assaulted him.

The suspects then left the male victim on the ground and fled in the truck. Witnesses at the scene told officers that the truck had a blown rear tire and it was driving on the rim.

Officers located the vehicle a few blocks from the scene. The two males were in the process of changing the tire when they were arrested.

Nolan Walker, 22, and Tyson Parker, 20, both from Selkirk, were arrested and charged with several offences including Assault Causing Bodily Harm and Robbery.

The 18-year-old male victim from Selkirk was taken to hospital with non-life threatening injuries.

The investigation has determined that all three individuals were known to one another.

RCMP continues to investigate.

Salute to Veterans

REMEMBRANCE DAY
NOVEMBER 11, 2019



RECORD PHOTO BY LIGIA
BRAIDOTTI

Local legions will be holding Remembrance Day ceremonies on Nov. 11 to honour local veterans.

An important message from the Lieutenant-Governor of Manitoba

Submitted

On Remembrance Day, the pride of a grateful nation will be expressed in communities all across our great country as Canadians gather to formally honour the brave men and women who serve, and have served, in our country's armed forces.

As the Queen's representative in Manitoba, I extend my sincere appreciation to our country's active military, veterans and their families for the tremendous sacrifices they make, and have made, in defense of Canada and the principles that we hold so dear.

Patriotic and dedicated, our military has long served our country with great courage and dignity, earning its members respect and admiration

from our allies for their collective integrity and service excellence. Their selflessness and commitment to democracy, though too often exacting a steep personal price, has made the world a better place for their fellow citizens today, tomorrow and for generations to come.

I encourage everyone to attend

their local Remembrance Day ceremonies to pay tribute to our armed forces, past and present, reflecting our shared debt of gratitude for the meritorious service of the men and women who have represented, and continue to represent our country and our values, with honour and pride. Lest we forget...

On Remembrance Day, honour the sacrifice
of our brave men and women in uniform.

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Banners honour local veterans

Legion has joined other communities in recognizing military veterans

By Katelyn Boulanger
This year marks the first year that Selkirk's Legion has organized banners with names and photos of military veterans to be placed in the community.
"There's a lot of things that the legion is doing and this is one thing that I think will bring recognition to a lot of people that others have swept under the rug or forgotten. It will bring the forgotten back into the light," said Neil Zebinski the 2nd Vice President of the Selkirk Legion.
Zebinski started his military career in cadets in 1960 and enlisted in 1965 leaving after 25 years of service.
"[The banners will be hung] on Eveline St. between the Legion and the cenotaph. There's about 20 points there and then probably down Manitoba Avenue if possible. If you get 100 we'll approach the city and see about getting them put up," said Zebinski.
The banners each represent a current or former member of the military who served Canada and along with their name and photo state which war the member served in and the sponsor of the banner.
"There's more to it than World War I and Word War II.

There's Korea and all of the peace keeping missions that people have been killed on, there's Afghanistan," said Zebinski.
"Of course there is a cost to the banner and the Legion can't cover the costs for all of the banners so it's up to the family members to cover the cost for that but once it's done they will be put up at no charge," he said.
Among the banners will be one with information about Zebinski's father who he and his family have chosen to honour. Seeing the banner made Zebinski proud.
"He came back and he had problems. He was wounded in Holland he got a bullet to the head but he survived. That cost took a lot out of him causing some problems but he got through it. He survived and he helped to make me the way I am," said Zebinski.
This banner will be among the 40 or so, which have already been sponsored in the community. The goal was to mount them to power lines prior to Remembrance Day, however, that may not happen this year as winter storms have interfered.
"As soon as we can we'll mount them. If we can't get them up this year for Remembrance Day they will still go up for a short while," said Zebinski.
He explained that, "Manitoba Hydro has authorized that [these banners] can be on their poles but [Manitoba Hydro personnel] have to be there to mount the brackets because it's on hydro poles and they don't want someone to be electrocuted inadvertently."

Honouring our nation's bravest for their service and sacrifice.



Examples of similar banners, honouring military veterans, to those that will be mounted in Selkirk.

The Legion is still accepting applications for new banners as they intend to make this project an annual endeavor. Applications are available at the Selkirk Legion and for those in other communities Zebinski recommends checking with your local branch.

The rest of the year, the banners will be on display a few at a time in the Legion itself to continue the remembrance. Zebinski also wanted residents to know that poppies are now available throughout our community and are another way of supporting veterans in Canada.

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Salute to Veterans

REMEMBRANCE DAY
NOVEMBER 11, 2019

Selkirk Toastmasters director honoured with award



RECORD PHOTO SUBMITTED
District 64 Toastmasters handed out their annual awards for the 2018 – 2019 Toastmasters' season. Selkirk resident David Storey was presented the Area Director of the Year (Rural) award by the District 64 Toastmasters leadership team along with Region Advisor Ed Meissner from Texas. Pictured from left to right is: Club Growth Director Alfred Kerperin, Program Quality Director Laverne Wojciechowski, District Director David Woodcock, Region Advisor Ed Meissner, David Storey, and Past District Director Thecla Athayde.

BIZ takes over Santa parade

Staff

The Selkirk BIZ is carrying one of Selkirk's biggest family traditions and has taken over the Selkirk Santa Parade of Lights since long-time event organizer Eva Hawryshko retired.

The Santa Parade of Lights will be held earlier this year, on Fri., Nov. 15. The parade will start at 7 p.m. and will march along Eveline Street from Heap Avenue to Superior Avenue.

Those who still want to participate and show off their creativity at the Santa Parade of Lights should do so by filling out a registration form available at www.selkirkbiz.ca. Entry deadline is Wed., Nov. 13 at 4 p.m. Entry fee for members is \$40 plus GST, non-members pay \$60 plus GST and non-profits pay \$25 plus GST.

Lest we forget.

In honour of **Remembrance Day**, all Noventis branches, iTMs and the contact centre will be closed on **November 11th**.

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Lest We Forget

Alan Lagimodiere
MLA for Selkirk
alanlagselkirkmla@mymts.net

Arnes residents fight to keep heritage church after attempted removal to Arborg

By Patricia Barrett

Arnes residents are fighting to keep in their community one of the only original remaining New Iceland churches after the church's board – which may be technically defunct – tried to move it last month to the Arborg Multicultural Heritage Village, a museum that showcases historic pioneer buildings.

Designated a municipal heritage building and heritage site in 2009 by the RM of Gimli (Bylaw No. 09-0010), the Arnes Lutheran Pioneer Memorial Church is an example of the pioneer baroque style with a square tower fronting a rectangular wood-framed church.

After learning of the board's plan to move the building, a group of residents formed a committee to protect the church. They've come up with a plan to repair its foundation and have embarked on fundraising initiatives.

"Our Arnes ancestors worked together to build, move, maintain and worship at the Arnes church. Our goal was to work together with the trustees to plan for the future of the church so that the church can remain at its current location," said Arnes resident Norma Cone, who was part of a delegation at council's regular meeting Oct. 23.

The church was built in 1910 and its interior was completed in 1919. It was moved in 1920 to its present site near the junction of Arnes Road and PR 222 after the Peterson family donated land for it. Although the church no longer belongs to the Lutheran synod, residents hold worship services and use it for family reunions, weddings and funerals.

To date, 195 people have signed a petition to keep the church in Arnes, said Cone. And there are volunteers in Arnes and in Silver Harbour who are willing to help with its upkeep. Volunteers have already installed a new step into the building, and they clean the church and cut the grass.

The committee had also asked Don Steinmetz, who's experienced in carpentry and renovations, to assess the condition of the church. He came up with an estimate of \$5,000-\$6,000 to fix part of the foundation.

"The perimeter footing of that building is solid as the day it was put there," said Steinmetz. "What is happening is the centre section of the building was put on pad and post, and over time the pads started to shift. That's allowing the centre section of the floor to droop slightly. It's probably dropped two-to-three inches."

Despite their attempts to collaborate with the church board, Cone said the board won't work with them.

Church board chair Harold Thorkelson, who attended the meeting, said the best way to preserve the church is to send it to Arborg.

"You're looking at people saying they're going to do this and this and this. It's only words," said Thorkelson. "People get older, they move, they get sick. The odds are of that church being well maintained five years later is very slim. We want to put it in a safe place where it will be well maintained and kept up and ready any time people want to use it."

Arnes resident Diane Dzdyz said the church has a constitution that requires an election of board officers be made every three years. The current board's term likely expired decades ago.

"I think it's a good idea to look into just what authority the current board of trustees have to make decisions," said Dzdyz. "To me, that's a very grey area right now because their terms have long expired."

Along with residents, the Municipal Heritage Advisory Committee (MHAC) expressed its opposition to the board's unauthorized attempt to ship the building to Arborg.

MHAC passed a resolution Oct. 15 stating the church is an important heritage site in Arnes, a designated heritage site of the RM and has strong support in the community to keep the church where it is, according to the document obtained by the Express. Furthermore, the Manitoba Municipal Heritage Resource Guide states that a designated heritage building should only be moved if it is in danger of destruction.

MHAC wrote that Reimer [Building] Movers showed up at the church on Sept. 30 and prepared to move it to the Arborg Heritage Village. The contractor had been hired by Thorkelson, but the moving expenses were to be paid by the Heritage Village. A year before that, the church board had signed over ownership of the church to the Heritage Village.

"This was done without communication with either the RM of Gimli or [MHAC]," says the document. The contractor, the church board and the Arborg Heritage Village did not have permission to move the building, nor did they have required moving permits from the East Interlake Planning District. MHAC contacted Pat Eyolfson of the Heritage Village to apprise her of the situation.

Eyolfson did not respond to the Express' request for comment.

MHAC wrote it only found out about the attempted removal when two women from Arnes tried to stop Reimer's from taking the church. Either the contractor himself or Thorkel-



RECORD PHOTO BY PATRICIA BARRETT
Norma Cone and Diane Dzdyz.

son had called the RCMP to have the women removed. But upon discussion with the women, MHAC chair Wally Johannson and Coun. Thora Palson, the RCMP ordered Reimer's to stop.

MHAC asked council to deny the church board's application to move the church. It also asked the RM to request from the "expired" board proof it has the legal authority to dispose of the church and that council hold a public hearing before making a decision about the building's future.

Johannson, who attended council's meeting, stressed the importance of having a public hearing to "determine the will of the people of Arnes."

"You [council] have the power and the responsibility over what happens to that church, no question about it," said Johannson. "Also, the church belongs to the religious society, according to provincial law; it doesn't belong to the board of trustees. And if they make any changes, they're required to consult with the congregation of the religious institution – which I don't think they've done in this case."

Coun. Cody Magnusson said he's opposed to holding a public hearing



PHOTO BY MANITOBA HISTORICAL SOCIETY
Arnes Lutheran Pioneer Memorial Church.

as "our [council] role here is to allow them to move the building."

"It's inviting the public ... and I don't think their opinion should hold more sway than the congregation," said Magnusson.

Coun. Thora Palson reminded him that he's "accountable to the community of Arnes" as well as accountable for a municipally designated heritage building.

Council decided to vote on holding a public hearing and deferring the church board's application to move the church to Arborg pending a legal opinion.

Councillors Thora Palson, Richard Petrowski and Peter Holfeuer voted in favour of a deferral and a public hearing. Mayor Lynn Greenberg and Coun. Cody Magnusson voted against it.

OCTOBER'S TOP ACHIEVER

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> MEAL IDEAS



Prep time: 45 minutes
Cook time: 1 hour, 5 minutes
Servings: 8
Source: Dole/Disney
Nonstick cooking spray
1 tablespoon olive oil
1 medium DOLE® White Onion, chopped
1 package (8 ounces) Dole Mushrooms, sliced
2 garlic cloves, minced
1 1/2 pounds 99% fat-free lean ground turkey
5 cups Dole Baby Spinach
1 teaspoon Italian seasoning
1/4 teaspoon salt
1 cup marinara sauce
1 cup raw cashews
2 cups fat-free cottage cheese, strained
4 medium Dole Sweet Potatoes, peeled and sliced 1/8-inch thick crosswise
1 cup low-moisture part-skim mozzarella cheese
Heat oven to 375 F. Spray 13-by-9-inch baking dish with nonstick cooking spray.
In large skillet over medium-high heat, heat olive oil; add onion and cook 5 minutes, or until tender, stirring occasionally. Add mush-

RED RIVER CO-OP FOOD STORE

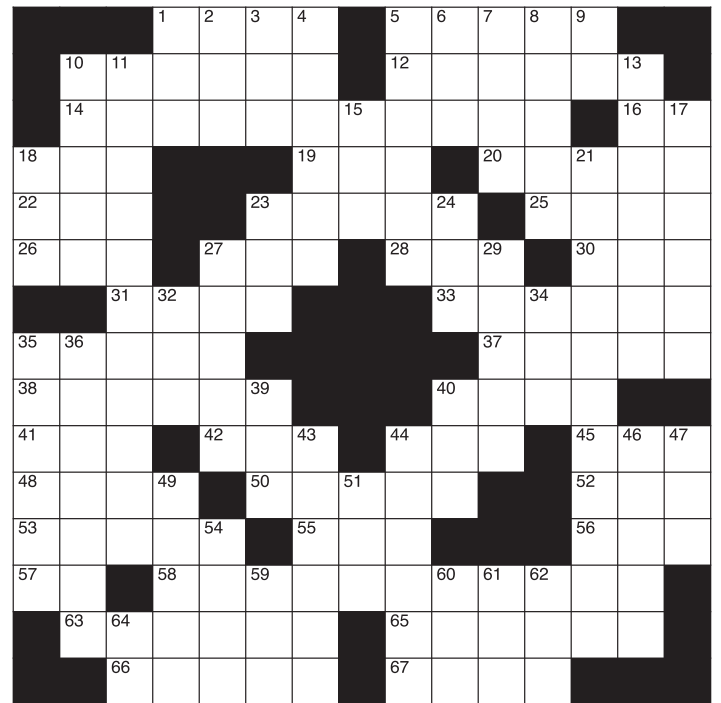
Royal Frozen Sweet Potato Lasagna

rooms; cook 4 minutes, or until tender, stirring occasionally. Add garlic; cook 1 minute, stirring frequently. Add turkey; cook 8 minutes, or until browned, breaking up turkey with side of wooden spoon. Add spinach, Italian seasoning and salt; cook 3 minutes, or until spinach wilts. Stir in marinara; cook 1 minute.
In food processor, pulse cashews 20 times, or until small crumbs form. In medium bowl, stir cottage cheese and cashews. Shingle 1/3 of sweet potato slices in bottom of prepared dish; top with 1 cup cottage cheese mixture followed by 1 1/2 cups turkey mixture. Repeat layers twice; sprinkle with mozzarella cheese and cover tightly with foil. Bake 45 minutes; remove foil. Bake 20 minutes, or until top is golden brown.
Tip: To freeze lasagna, wrap tightly once cooled with layer of plastic wrap then foil. Freeze up to 3 months. Remove plastic wrap; bake lasagna from frozen, covered with foil, at 375 F 1 hour. Uncover and bake 15 minutes, or until top is golden brown and internal temperature reaches 165 F.

CROSSWORD

CLUES ACROSS

1. Flat-topped hill
 5. Fire usually accompanies it
 10. Talked
 12. Skillset
 14. Unembarrassed
 16. Where teens spend their days
 18. Boxing's GOAT
 19. Used to anoint
 20. Rust fungi
 22. Panthers' signal caller
 23. Forests have lots of them
 25. Lentils
 26. One's self-esteem
 27. Where you entered the world (abbr.)
 28. High school test
 30. Large, flightless bird
 31. Expecterated
 33. Some practice it
 35. Prickly shrub
 37. French river
 38. Told on
 40. Steep hillside
 41. Peyton's little brother
 42. Soviet Socialist Republic
 44. Welsh river
 45. Witness
 48. Brews
 50. Orange-brown
 52. Separates DNA and RNA
 53. Mexican agave
 55. Self-contained aircraft unit
 56. Encourage
 57. Atomic #52 (abbr.)
 58. About latitude
 63. Trivial gadget
 65. Film a scene again
 66. Small blisters
 67. Dark brown
- CLUES DOWN
1. Advanced degree



2. Goes with flow
3. The Caspian is one
4. Accumulate on the surface of
5. Vascular systems or plants
6. A popular kids magazine
7. ___ podrida: spicy Spanish stew
8. Vandalized a car
9. Prefix meaning "within"
10. Soviet labor camp system
11. Strong hostilities
13. B complex vitamin
15. Go quickly
17. Toast
18. A team's best pitcher
21. A Philly culinary special
23. Small child
24. Unhappy
27. Trims by cutting
29. Weepy

32. It might be on the back
34. Spy organization
35. Female body part
36. Came back from behind
39. Fall back or spring forward
40. Famed traveling journalist
43. Where the current is fast
44. Withstand
46. A Philly football player
47. Records brain activity
49. Aromatic powder
51. Circular panpipe
54. Ship as cargo
59. Bar bill
60. Adult female
61. OJ trial judge
62. One's grandmother
64. Hot, massive star

Please see classified section for Answers

BINGO

BINGO
SUNDAY NIGHT BINGO
Pots are as follows:

\$2,433 +	MINI LOONIE	19 53
\$48,641 +	POKER FLUSH	19 53
\$6,628 +	BONANZA In 52 Numbers	19 53
\$3,300	JACKPOT In 51 Numbers	
\$1,643 +	LUCKY 7 In 25 Numbers	

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Poker Flush	\$22,751+
Lucky Star	\$2,135+
Bonanza in 53#s or less	\$3,103
Loonie Pot	\$947
Lucky 7 in 24#s or less	\$1,570

Lest We Forget

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that fought for
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Boys and girls spend time with firefighters

St. Andrews Fire Department invited local kids to experience the life of a firefighter

By Ligia Braidotti

For the first time, the St. Andrews Fire Department firefighters invited their children and community kids to try some scenarios and experience what firefighting is all about.

The initiative is done in conjunction with Take Our Kids to Work day which was held on Nov. 6.

Throughout the shift, boys and girls took part on a quick firefighting training in the smoke room, learned about equipment and apparel, handled a fire hose, and helped firefighters with the trucks' maintenance.

Don Peters, captain with the St. Andrews Fire Department, said through this experience, kids get familiar with what their parents do.

"A lot of times we have calls at two in the morning, or we miss the birthday party because of a call, so it gives them a chance to understand what we do, all the training that we take," Peters said.

Peters also commented that firefighters' training is a lot of work and it takes more than 200 hours just for the level one. Knowing this and seeing how much effort is needed during a training, the kids have can assess if they want to become firefighters.

"We are a volunteer fire department, and now the kids can see and decide if they want to have the opportunity to go and volunteer in the community," he continued.

"It's a neat concept for them, to get a chance to see what smoke is all about, and now they are carrying hose and testing the water."

Cody Vandenberg brought his 12-year-old son Andrew and said that more than seeing how heavy the apparel is or learning how to save a life, the kids also got to learn about the importance of volunteering in their community.

"It's a volunteer fire department, you put your plate down at supper time and sometimes you're gone until two or three in the morning," he commented.

Riley Tesarski, 13, attended the evening with her father Ian, who volunteers as a firefighter with the St. Andrews Fire Department. She said it was a lot of fun going into the smoke room and getting a feel of what her dad does on Wednesdays.

"It was way easier to breath than I thought. I thought it was going to be heavy breathing and I thought I'd be scared to death in there, but it was nice," she said.

"I found it really neat how you can't really see anything so you have to feel around everywhere. You have to feel your way around it," added 12-year-old Alara Nazimek.

Firefighter Jason Nazimek spearheaded the initiative and Peters said they hope to continue in the next years.



RECORD PHOTOS BY LIGIA BRAIDOTTI

The St. Andrews Fire Hall members brought their kids to work for one day on Oct. 23. Boys and girls engaged in firefighting training and learned the day-to-day operations of the fire hall.

Bringing yoga home

By Jennifer McFee

It's no stretch of the imagination to picture the benefits that yoga can bring to your life.

For Stonewall resident Tricia Fines, she experienced a shift in perspective after she recently travelled to Thailand to study yoga intensively.

On Aug. 27, Fines bid farewell to her husband Ryan and three children to embark on a journey to Koh Phangan, a small island in the gulf of Thailand.

"It is a beautiful, mountainous, jungle island surrounded by sandbars and considered a spiritual place, with numerous Buddhist temples around the island and a thriving spa, retreat and meditation industry," she said.

"I had the wonderful privilege of calling the island home for five weeks, of which I spent 29 days eating, breathing and sleeping yoga."

Her first introduction to yoga came 15 years ago when she was looking to shed some baby weight after her youngest daughter, Grace, was born.

"I took some group classes in Stonewall and Winnipeg but never really found an atmosphere that I felt completely comfortable in. I turned to YouTube and Instagram and books for inspiration and continued to deepen my practice through self-study in the comfort of my own home," she said.

"It continued to be a part of my life on and off, but it was only in the last year that it became a major focus."

As is often the case, it was a bit of a meandering path that led her back to the practice.

"Obviously, it's not everyday that a woman drops everything and travels to the other side of the world to see what she's made of," she said.

"It just so happened that, for me, it was the next logical step on what has been a year of self-transformation."

At the end of September 2018, Fines had just turned 41 and it became a moment of introspection.

"I realized that the last few years of life had been mostly spent as a life of indulgence. We socialized quite a lot and every occasion involved too much food, too much booze and too much drama. Even occasions that weren't occasions involved binge eating and drinking and it was really starting to take a toll on my health, mentally and physically," she said.

"I had decided enough was enough. For some reason, so many people, myself included, have trouble telling themselves 'No.' This was me finally telling myself 'No.' It was a very humbling experience for me. The fact that it was so incredibly difficult to quit over-indulging affirmed that I was making the right decision."

In the following months, Fines dedicated herself to an "almost obsessive" amount of healing, both physically and emotionally.

"I began intermittent fasting, working out six days a week, reading anything I could get my hands on about living a clean and sober lifestyle. In the process, I lost 35 pounds and gained an enormous amount of self-respect," she said.

"I surrounded myself with the love of family and new friends. I am happy to wake up each morning since with a sense of clarity and purpose — and it's been over a year that I haven't woken with a hangover and feelings of regret. It's been the best year of my life."

At the start of 2019, Fines spent a lot of time researching options for yoga teacher training.

"It is something that's offered locally in Winnipeg, but it's offered over a longer period of time, evenings and weekends, and being a recent full-time college graduate, I wasn't interested in spending a large part of my time writing essays, doing practical work and sitting in a classroom over the coming winter months," she said.

"I had a huge desire to submerge myself in yogic culture and really further my own spiritual practice. I considered India and going back to where yoga was born but I admit I was nervous about the vastness of the country and travelling there on my own."

On Instagram, she found her mentor Vanessa Burger, a student of Ingrid Eriksson who was personally trained by Pattabios Jois in India. Burger studied Shamanism with Lionel Berman and has multiple other certifications related to mind and body healing.

"She is an amazing woman and she literally changed my life," Fines said.

Through her research, she also discovered Koh Phangan and took a leap of faith to travel there. The intense daily schedule started at 7 a.m. with mantra and mediation practice. After that, the students did three hours of asanas, or physical practice. They broke for lunch together and then continued with three hours of yoga philosophy and theory, wrapping up with two more hours of asanas that finished just in time to watch the sunset at 6:30 p.m.

Daily meditation became a highlight for Fines, who found a sense of solace in the peaceful practice.

"As a person, like many people, who has struggled with anxiety since childhood, I was looking forward to learning how to slow my mind and become able to bring my focus and concentration back to the light inside of me. Humans have a hard time being still. I have been to meditation classes and retreats in the past, but they focused solely on the practice of sitting and seeking stillness," she said.

"While I found them helpful, it was the addition of a serious physical yoga practice that brought me to a much more authentic meditative state. A lot of people think yoga is about the poses, and while that's a big part of it, the purpose of the asanas is to develop the dedication and the concentration to bring back to your meditation practice. Yoga forces you to be in the present, to come back to your breath (prana), and I can tell you it is quite difficult not to be present and full concentration when you are in an inversion or an arm balance."

Over time, she came to realize that meditation is mind over body but the asanas are body over mind.

"In meditation, we remove ourselves from the physical body and delve deep into our spiritual body," Fines said.

"Through the poses, we have to remove the mind, the voice that says 'There is no way you can do that pose' and just let the body do what it knows how to do."

Looking back on the experience, Fines said she seriously underestimated what she was getting herself into.

"I knew going there that I was physically very strong. I had spent the last 10-plus months working out nearly every day, eating clean. I had all but eliminated sugar and alcohol from my diet. I was



PHOTO SUBMITTED

Tricia Fines (right) travelled to Thailand to study yoga.

studying the asanas and reading book after book about the sutras and philosophy of yoga," she said.

"And even though I had a little voice in my head telling me 'You're not good enough to do this,' I did my very best to ignore that ugly little voice."

By the fourth day, she began to feel pain and strain in her joints, particularly in her right shoulder due to an old injury.

"As most women do, I kept pushing and pushing through the pain until Vanessa, my instructor, stopped the whole class one day and asked me what was wrong. I thought I was hiding it and I was embarrassed at the attention she was now showing me. She was extremely worried, as were the other students, for me. I tried to brush it off but she would have none of it. And for the rest of the day, the practice was tailored around my injury," she said.

"This was very difficult for me. I felt like I was holding the others back. I felt like it wasn't a big deal, I could continue on, I would be OK. And then the next day, Vanessa did the same and the day after that. And through this, I learned that my vulnerability was not a weakness. I learned that my body, with all of its perfect imperfections, deserved to rest if that's what it needed. I learned that slowing down, listening to my body and not always striving for perfection, not always pushing through, was enough."

For Fines, another positive part of the experience was the opportunity to be surrounded by strong, encouraging, like-minded women.

"Yoga means unity and oneness. All of the women that became my little 'yoga family' in that short amount of time. We all came from completely different backgrounds and life experiences, but we were all the same. Our purpose was the success and growth of each other. It taught me vulnerability, humility and a compassion — not only for them but for myself."

With an eye on the horizon, Fines is looking forward to sharing her newfound knowledge with the local community. For more information, contact Fines at 204-513-1026 or triciafines.wc@gmail.com.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Halpenny among Manitoba Baseball Hall of Fame 2020 inductees

Staff

Andrew Halpenny was one of seven individuals named as part of the Manitoba Baseball Hall of Fame's 2020 induction class on Monday.

The others include Ron Arnst, Les Charles, Blaine Fortin, John Koeker, Morris Mott, and Kalam Paull.

The minor club teams to enter the hall in 2020 include the Carman Goldeyes Midgets 1994-95/Juniors 1997-2000, Elmwood Giants Juniors 2002-2007, and the Cardale Cougars Bantams/Midgets/Bisons 1971-75.

The Portage Athletics Midgets 1991 team will enter as the special team category while Jack Callum is an Honourary Life Member.

Halpenny, born in 1972, started his minor ball career in his hometown of Selkirk but soon advanced to represent Manitoba at the national and international level.

In 1989, he was an all-star catcher for the Manitoba Youth team at the National Youth tournament in Brandon.

In 1990, he was a catcher for Team Manitoba and then for Team Canada at the World Youth tournament in Cuba. His catching talent earned him a scholarship to the National Baseball Institute in Vancouver and in 1993 he represented Manitoba at the Summer Games in Kamloops.

In 1994, Halpenny was signed by the Winnipeg Goldeyes and spent three years with the team. He opened the Rookies Baseball Experience, Canada's first indoor baseball and softball teaching facility, in 1997.

He helped 117 high-school athletes get college scholarships at Canadian and American baseball programs. Halpenny has also acted as a regional scout for the Los Angeles Dodgers and the Major League Scouting Bureau.

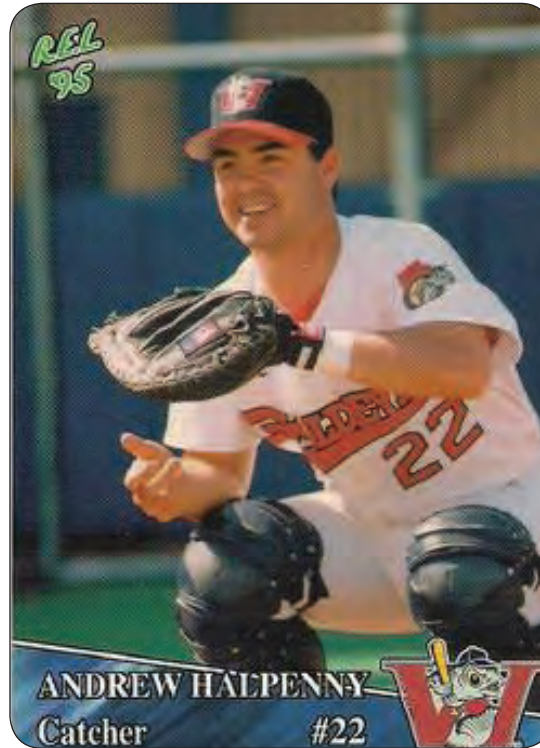


PHOTO SUBMITTED
Selkirk's Andrew Halpenny was named to the Manitoba Baseball Hall of Fame's 2020 induction class on Monday.

Kymanick wins gold in Regina



RECORD PHOTO SUBMITTED

The Selkirk Judo Club's Dalin Kymanick won a gold medal in the U14 boys' over-60 kg division at the 2019 Saskatchewan Open in Regina last weekend.

Staff

Three athletes from the Selkirk Judo Club competed at the 2019 Saskatchewan Open in Regina on Oct. 19-20.

Dalin Kymanick won a gold medal in the U14 boys' over-60 kg division.

Damien (senior men under-73 kg) and Daniel Ekosky (U16 under-60 kg) also competed, but did not place.

The tournament featured over 300 entries from across Canada.

Damien, Justin and Sarah Ekosky will compete on Nov. 2-3 in Montreal at the Quebec Open. Damien and Sarah will also compete on Nov. 9-10 in Toronto at the Ontario Open.

Royals varsity girls playing good volleyball

Staff

The Selkirk Royals varsity girls' volleyball team finished fifth overall at a 16-team St. Vital tournament last weekend.

Selkirk defeated the MBCI Hawks 3-0 (27-25, 25-23, 25-16) in the fifth-place game on Saturday.

The Royals reached that game after defeating the Westwood Warriors 3-1 by scores of 25-13, 25-22, 23-25, 27-25.

Selkirk started the playoffs with a 3-0 (27-25, 25-18, 25-12) sweep over the St. Mary's Academy Flames but then lost 3-1 (25-14, 17-25, 20-25, 20-25) to the Portage Saints.

Portage went on to lose a four-set match to the Dakota Lancers in the championship game.

Selkirk finished its four-team pool

play in second with a 2-1 record. The Royals beat the Steinbach Sabres 2-0 (25-19, 25-17) and Westwood 2-1 (25-18, 23-25, 15-7) but lost 2-1 to the Oak Park Raiders (25-17, 26-27, 7-15).

In league play, the Royals won their fifth KPAC Tier 1 game in a row Monday with a 3-1 (22-25, 25-14, 25-19, 25-22) road victory over the Transcona Titans.

On Oct. 30, Selkirk cruised to a 3-0 sweep over the Garden City Fighting Gophers.

Selkirk won by scores of 25-12, 25-12, 25-14.

The Royals finished the regular season in first place with an 11-1 record.

The KPAC playoffs for both the varsity boys' and girls' teams begin Wednesday.

The Selkirk Record

Got a Sports Tip?
Call 785-1618

Next Home Games

Fri. Nov 8 7:30pm
vs Arborg Ice Dawgs

Sat. Nov 9 7:30pm
vs North Winnipeg Satellites

Next Away Game vs Arborg Ice Dawgs
Thurs., Nov. 14 - 7:30pm



Meet the Fishermen



#3 Zach Parkinson
Defence

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk losing skid reaches three games

Staff

After winning their first three games of the Winnipeg Women's High School Hockey League regular season, the Selkirk Royals are suddenly on a three-game losing streak.

Selkirk dropped its third game in a row Monday after getting doubled 4-2 by the Sanford Sabres at the Rec Complex.

After a scoreless first period, Sanford's Kate Kabernick scored the lone goal in the second.

Nicole Romanuk and Jessica Puls gave the Sabres a 3-0 lead before the Royals' Trinity Grove scored.

But Sanford came right back as Olivia Thompson replied with a goal just 11 seconds after Grove's marker.

Selkirk's Lesly Chaboyer closed out the scoring with 4:47 remaining in the third period.

Sanford outshot the Royals 34-17.

Selkirk won't play another WWHSHL game until Nov. 14 when it hosts the Shaftesbury Titans at the Rec Complex. Game time is 4:15 p.m.

Meanwhile, the Royals played at River East in a Winnipeg High School Hockey League game this past Tuesday (no score was available).

Selkirk will host the Steinbach Sabres on Thursday at 4:15 p.m. at the Rec Complex.

The Royals will then play the Oak Park Raiders at Eric Coy Arena on Friday (3:45 p.m.).

Headed to nationals



RECORD PHOTO BY LANA MEIER

Jade Pilat of West St. Paul, right, and Emmet Dewar of East St. Paul (both representing East St. Paul Skating Club), have qualified for their second Skate Canada Challenge National competition in Pre-Novice Pairs. The Skate Canada Challenge 2020 will take place Nov. 27 to Dec. 1 in Edmonton and will have skaters from across Canada competing for the national title in Pre-Novice events. Skaters in Novice, Junior and Senior events will use this event to qualify for the Canadian Tire National Skating Championships to be held in Mississauga on Jan. 13-19.

Pilat and Dewar have had a successful season so far, winning the Wild Rose Figure skating competition this summer, and placing second at the Ontario Summer Open. Their second-place finish at the Skate Canada MB Sectional Championships with personal best scores, have them excited to work towards this national competition, and improve on their 11th-place finish from last year.

Steelers' Gault named IBAM Rookie of the Month

Staff

Selkirk Steelers' forward Caiden Gault was named the Manitoba Junior Hockey League's IBAM Rookie of the Month for October.

Gault scored six goals and added five assists in 10 games last month.

Honourable mentions for the award went to OCN Blizzard forward Boston Bird and Winnipeg Blues' goalie Cooper Hatfield.

Dauphin Kings' forward Nakodan Greyeyes was selected as the RBC Player of the Month after tallying five goals and 18 points in 11 games.

Honourable mentions went to Dauphin forward Baron Thompson and OCN forward Ryan Butler.

The Steinbach Pistons' Matt Lenz was selected as the MGEU Goal-tender of the Month. Lenz posted a 6-1 record with a 2.13 goals-against average and .920 save percentage.

Honourable mentions were awarded to the Blues' Cooper Hat-

field and the Swan Valley Stampeders' Michael Davis.

Meanwhile, the Winkler Flyers' Drake Burgin was named the Telus Defenceman of the Month. He had a goal and 12 points in 11 games.

The Waywayseecappo Wolverines' Nick Doyle and Dauphin's Cooper Hatfield were honourable mentions.

The Manitoba Peak Performer of the Month was the Virden Oil Capitals' Jackson Orr.

Orr was very dedicated in the Virden community all October by volunteering his time towards youth and public activities. Being active with programs such as the youth Breakfast Club Hockey Skills program, visiting local senior homes, serving breakfast to students at local elementary schools, making FCC food drive deliveries, and enjoying public skating with local youth.

MFHL player of the week



RECORD PHOTO SUBMITTED

The Winnipeg Ice's Morgan Baker was recently named the Manitoba Female Hockey League's U18 AAA goalie of the week. The Grade 11 student from Petersfield made 25 saves as she posted a 4-0 shutout win over the Central Plains Capitals on Oct. 26.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers very busy on the ice last weekend

Staff

The Selkirk Steelers played a lot of hockey last weekend.

Selkirk played three games in three nights, with the final two games decided in overtime.

The Steelers lost a hard-fought battle with the Swan Valley Stampede on Sunday evening in Selkirk.

Tommy Cardinal scored the game-winning goal in a 2-1 overtime victory.

Selkirk's Riley Portner scored the only goal of the first period and then Swan Valley's Carter Cockburn tallied in the second.

Levi Mitchell stopped 30 Swan Valley shots in the losing cause.

On Saturday, the Steelers lost 3-2 in overtime to the Pistons in Steinbach.

Carter Loney scored the game winner in OT.

Selkirk had grabbed a 2-0 lead on goals from Blake Burr and Colby Jaquet.

But the Pistons' Zach Purcell responded with a goal at 18:35 of the first period and then Codey Behun scored the lone goal of the middle frame.

Steinbach outshot Selkirk 51-32 as Mitchell played very well but still took the loss.

Last Friday, Selkirk knocked off the Neepawa Natives 5-2 at the Rec Complex.

Brett Namaka, Ryan Piwniuk, and Ryan Ostermann each had a goal and an assist for the Steelers while Cole Wigstrand and Burr also tallied.

Brady Morrison and Will Highet scored for Neepawa.

Selkirk outshot Neepawa 28-16 as Austin DeBoer earned the win in goal.

On Oct. 29, the Steelers were defeated 5-2 on the road by the Waywaysee-

cappo Wolverines.

Brayden Clark and Portner scored for Selkirk.

Kris Bladen (two), Anthony Bilka, Rayman Bassi, and Brody Moffatt replied for Waywaysee-cappo.

Selkirk hosted the Winkler Flyers on Tuesday but no score was available at press time. The Steelers will hit the road for three games this weekend.

Selkirk will visit the OCN Blizzard Friday (7 p.m.), and then Swan Valley on Saturday (7:30 p.m.) and Sunday (4 p.m.).



RECORD PHOTO BY BRETT MITCHELL

Selkirk Steelers' defenceman Colby Jaquet moves the puck up ice while being hounded by Neepawa's Corbin Mariash during MJHL action last Friday at the Rec Complex. Selkirk won the game 5-2.

Damien Ekosky wins bronze in Montreal

Submitted by Brian Jones

Damien, Justin and Sarah Ekosky of the Selkirk Judo Club competed at the 2019 Quebec Open Judo Championships held in Montreal last weekend.

Damien won bronze in Senior Men under 73 kg. After a bye through the opening round, he won his next three matches to reach the semifinal. He lost to Georges Poklitar from Quebec in the semifinal before coming back with a victory against Cedric Stawarz from Quebec in the bronze-medal match.

"Damien fought very well in Montreal. This was his first medal in the

senior age division at the Quebec Open, which is the toughest tournament on the Canadian circuit," said Brian Jones, one of the club's coaches.

Justin and Sarah Ekosky competed in U21 and U18 respectively on Saturday, and both competed again in Seniors on Sunday. They were unable to reach the podium in their events.

There were approximately 800 entries in this competition from across Canada, as well as the United States and Brazil.

Damien and Sarah will compete again this weekend at the Ontario Open in Toronto.



PHOTO SUBMITTED

The Selkirk Judo Club's Damien Ekosky won a bronze medal at the Quebec Open last weekend in Montreal.

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NEXT AWAY
GAMES

NEXT HOME GAMES

- VS Dauphin Kings Fri, Nov 15th 7:30 pm
- VS Waywaysee-cappo Wolverines Sat, Nov 16th 6:30 pm

- VS OCN Blizzard Fri, Nov 8th 7 pm
- VS Swan Valley Stampede Sat, Nov 9th 7:30 pm & Sun, Nov 10th 4 pm

www.selkirksteelers.com

the Steelers Box Office is open 1 hour before game time
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RURAL MUNICIPALITY OF WEST ST. PAUL EMPLOYMENT OPPORTUNITY FINANCE CLERK (TERM)

Start Date: Immediately
Salary: Dependent on Qualifications or \$44,002 to \$54,529
Closing Date: Open until filled

The RM of West St. Paul is a fast-growing municipality in the capital region of Winnipeg with a population of over 5,000 people and expected to double over the next decade. The RM of West St. Paul welcomes creative and skilled individuals to join our team. We uphold values of financial, social, environmental sustainability and are committed to serving the community. If you are looking for interesting and challenging work, this is a great opportunity for you to join the West St. Paul team.

Reporting to the Director of Finance the incumbent will complete all payroll processing for the Municipality and assist the Director of Finance in coordinating financial management, control, and reporting. The incumbent shall ensure that their duties are carried out in an effective, efficient, and safe manner in relation to themselves and fellow employees.

For a full list of Duties and Qualifications please visit www.rmofweststpaul.com.

Lainie Shaw, CMMA
Municipal Legislative Officer
RM of West St. Paul
3550 Main Streetm West St. Paul, MB R4A 5A3
Fax: 204-334-9362 Email: admin@weststpaul.com

The RM of West St. Paul wishes to thank all candidates for their interest in this position, however, only those individuals considered for an interview will be contacted.

METAL RECYCLING

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

SCRAP METAL

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

APARTMENT FOR RENT

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

APARTMENT FOR RENT

1 bedroom character apt. 950 sq. ft., hardwood floors, granite counters, new stainless appliances, dishwasher, microwave, washer dryer, A/C, newly renovated. Available Nov 1st. Smoke and pet free, \$1,095/mo. 204-482-7297.

EMPLOYMENT WANTED

House cleaner, reliable, honest, friendly. \$20/hour, \$18 seniors rate. Call Chantale 204-738-4917.

SCRAP METAL

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

STEEL BUILDINGS

Steel Building Clearance ... "Fall Blowout - Priced To Clear!" 20X25 \$6,687. 25X29 \$7,459. 28X29 \$8,196. 30X35 \$9,840. 32X37 \$9,898. One end wall included. Pioneer Steel 1-855-212-7036 www.pioneersteel.ca

HELP WANTED

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

FIREWOOD

Firewood for sale: Tamarack \$300/c, Birch 320/c, Ash \$300/c and Poplar \$200/c. Seasoned, cut and split at 16". Pick up price only, delivery extra. 204-785-0641.

MISCELLANEOUS

Woodstove for sale - Drolet-Pyropak wood stove. O-T L/EPA certified. Glass window. \$450. Arnes, MB. Call Peter, cell 204-641-1504.

Premium Orange Amaryllis flower box kits for sale, \$15 each. All proceeds contributed in support of Huntington Disease. Available for purchase at The Selkirk Record office or call 204-785-1618 to order. Excellent Christmas gift idea!

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cthombob@shaw.ca or call 204-781-2522 for more information.

Selkirk

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

CITY OF SELKIRK AND LORD SELKIRK SCHOOL DIVISION

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

- Any person who is eligible to vote in municipal elections in the Local Authority of The City of Selkirk / Lord Selkirk School Division 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.

The next General Election takes place in October 2022.

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

Address: City of Selkirk
Senior Election Official
200 Eaton Ave., Selkirk, MB R1A 0W6
Phone: 204-785-4901
Fax: 204-482-5448
E-mail: ea@cityofselkirk.com

Deadline for Submission is December 9, 2019

Alison Sinclair
Senior Election Official
City of Selkirk

Selkirk

PUBLIC NOTICE

REGARDING SNOW CLEARING AND REMOVAL

The City of Selkirk wishes to remind residents that vehicles may not be parked on City streets for more than 24 hours at a time. This is especially important during snow removal operations as parked vehicles during this period obstruct the removal of snow from the streets by City staff.

Vehicles parked on City streets during this period are in contravention of the City's Traffic By-law No. 4868 and the Streets By-law No. 3756 and may be ticketed and/or towed at the owner's expense.

In addition, the City wishes to remind residents it is prohibited for any person to pile snow from their property or driveway onto a City street which may injure a person or be a hazard to vehicle traffic.

Residents who wish to remove snow from their property/driveway are responsible for having the snow hauled away. Persons wishing to haul snow from their property may contact the Operations Department to request access to the City's snow disposal site.

Residents are also reminded that placing extension cords upon any sidewalk can interfere with the City's snow removal equipment.

Please take notice that the City of Selkirk Snow Clearing Policy states that private driveways will not be cleared of snow deposited by the City's equipment.

All referenced By-Laws and Policies are available for viewing on the City of Selkirk website at MySelkirk.ca

City of Selkirk
Operations Department
204-785-4930



R.M. OF ST. ANDREWS PUBLIC NOTICE

Council Meeting Cancellations

Public Notice is hereby given that the regularly scheduled Council meetings of **November 26, 2019** and **December 24, 2019** are hereby cancelled.

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

Selkirk

PUBLIC NOTICE

REGARDING REMEMBRANCE DAY GARBAGE PICKUP SCHEDULE

Please take note of the following change to the garbage collection schedule for Monday, November 11, 2019:

There will be no garbage collection on Remembrance Day. Monday's route will be picked up on Wednesday, November 13, 2019

City of Selkirk
Operations Department
204-785-4930

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MISCELLANEOUS

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HEALTH

Get up to \$50,000 from the Government of Canada. All ages & medical conditions qualify. Have a child under 18 instantly receive more money. Call Manitoba Benefits 1-800-211-3550 or send a text message with your name and mailing address to 204-808-0035 for your free benefits package.

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



PUBLIC NOTICE SNOW REMOVAL

The Rural Municipality of Alexander hereby gives notice that any party who deposits snow upon a highway or the shoulders thereof, may be in contravention of Section 217 (2) of the Highway Traffic Act, which reads as follows:

A person who drops, throws, or deposits upon a highway any substance or thing likely to injure a person, animal, or vehicle shall immediately remove it or cause it to be removed.

As the practice of cleaning private lanes and driveways and leaving of snow on the road and/or shoulders creates hazardous driving conditions, the Rural Municipality of Alexander will take whatever action is necessary to enforce the above-mentioned section of the Act.

NB* The term "highway" applies to all roads and streets within the Municipality, both Provincial and Municipal.

Council of the R.M. of Alexander



EMPLOYMENT OPPORTUNITY

ASSISTANT CHIEF ADMINISTRATIVE OFFICER

Applications are being accepted by the Town of Teulon for the position of Assistant Chief Administrative Officer / Finance Coordinator. The Town of Teulon is a friendly, rural community located 40 minutes north of the City of Winnipeg, Manitoba on PTH#7 Hwy.

Under the direction of the Chief Administrative Officer, the Assistant Chief Administrative Officer / Finance Coordinator will be responsible for all day to day financial transactions of the Town. This includes, but is not limited to Accounts Payable, Payroll, benefits administration and cash receipts.

Experience within a municipal office setting is preferred, however, any candidate having strong accounting skills and being familiar with accounting software programs will be considered. This position requires knowledge of government operations, statutes and by-laws. The candidate must be able to communicate well orally, as well as in written form and have excellent interpersonal skills. Enrollment in or completion of the Certificate Program for Manitoba Municipal Administration will be considered an asset. Other duties will include providing assistance to the Chief Administrative Officer of the Town.

A competitive salary and benefits package is negotiable depending upon qualifications and experience. Interested candidates should submit a resume with three references along with salary expectations in confidence to the address listed below. **Position will remain open until a suitable candidate is found.**

Assistant CAO
Town of Teulon

P.O. Box 69, Teulon, MB R0C 3B0

Phone: (204) 886-2314 Fax: (204) 886-3918

Email: teulon@mymts.net

WE THANK ALL WHO APPLY AND ADVISE THAT ONLY THOSE
SELECTED FOR AN INTERVIEW WILL BE CONTACTED



NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF ST. ANDREWS

Pursuant to subsection 367(7) of The Municipal Act, notice is hereby given that unless the tax arrears for the designated year and costs in respect of the hereinafter described properties are paid in full to the Municipality prior to the commencement of the auction, the Municipality will on the **12th day of December, 2019**, at the hour of **2:00 PM**, at Rural Municipality of St. Andrews, 500 Railway Ave., Clandeboye MB, proceed to sell by public auction the following described properties:

Roll Number	Description	Assessed Value	Amount of Arrears & Costs for Which Property May be Offered for Sale
221700	LOT 21 BLOCK 2 PLAN 1489 WLTO EXC FIRSTLY: WLY 67 FEET AND SECONDLY: ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN RL 100 PARISH OF ST ANDREWS 38 STEVENS AVENUE E	L -\$68,100 B -\$46,100	\$7,824.87
222300	LOT 25 BLOCK 2 PLAN 1489 WLTO EXC ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT IN RL 100 PARISH OF ST ANDREWS, LOT 26 BLOCK 2 PLAN 1489 WLTO IN RL 100 PARISH OF ST ANDREWS - 28 STEVENS AVENUE E	L -\$91,200 B -\$20,800	\$3,269.30
404900	RL 72 PARISH OF ST PETER EXC FIRSTLY: THE WLY 1926.54 FEET AND SECONDLY: THE MAIN HIGHWAY PLAN 3098 WLTO AND THIRDLY: ALL THAT PORTION WHICH LIES TO THE EAST OF THE EASTERN LIMIT OF THE SAID MAIN HIGHWAY 1357 BREEZY POINT ROAD	L -\$70,000 B -\$74,200	\$8,106.65
413100	N 1/2 OF RL 104 PARISH OF ST PETER EXC FIRSTLY: ROAD PLAN 3098 WLTO SECONDLY: ALL THAT PORTION LYING TO THE WEST OF THE EASTERN LIMIT OF DYKE PLAN 6601 WLTO AND THIRDLY: ALL MINES AND MINERALS VESTED IN THE CROWN (MANITOBA) BY THE REAL PROPERTY ACT	L -\$71,200	\$2,797.38
600850	THE SLY 475 FEET OF THE WLY 460 FEET OF THE N 1/2 OF NW 1/4 2-17-3 EPM SUBJECT TO THE RESERVATIONS AND PROVISOS CONTAINED IN THE GRANT FROM THE CROWN. 2577 HUMINICKI ROAD	L -\$18,400 B -\$106,100	\$3,793.89

The tax sale is subject to the following terms and conditions with respect to each property:

- The purchaser of the property will be responsible for any property taxes not yet due.
- The Municipality **may** exercise its right to set a reserve bid in the amount of the arrears and costs.
- If the purchaser intends to bid by proxy, a letter of authorization form must be presented prior to the start of the auction.
- The Municipality makes no representations or warranties whatsoever concerning the properties being sold.
- The successful purchaser must, at the time of the sale, make payment in **cash, certified cheque or bank draft** to the Rural Municipality of St. Andrews as follows:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 30th day of October, 2019.

Managed by:



Deb Murphy
Assistant Chief Administrative Officer
Rural Municipality of St. Andrews
Phone: (204) 738-2264
Fax: (204) 738-2500

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Business



George Hacking
204-461-0747



Kasey Hacking
204-485-5303



Jessica Sommerhalder
204-599-3310



Ashley Douglas
204-480-2798

FEATURED PROPERTIES



81119 39 Rd E—\$325,000



80017 33 E RD.—\$224,900



429 VAUGHAN AVE.—\$199,900



206 BRITANNIA—\$239,000



1 LEASIDE BEACH RD—\$319,900



226 TOM PRINCE—\$469,900



1138 RIVER RD—\$575,000



85 PELTZ DR.—\$325,000



619 CLANBOY AVE.—\$198,000



2 LOUISE BAY—\$284,900



271 SOPHIA ST—\$194,500



335 CIL ROAD—\$649,900



412 SUTHERLAND—\$259,000



601 STRATHNAVER AVE—\$324,900



387 NANTON RD—\$677,700



243 SPRUCE—\$76,500



10 MORRIS PL.—\$309,900



8441 #9 HWY SHADOW LAKE



260 3RD AVE—\$197,500



146 OAK ST—\$299,000



132 REID AVE—\$299,000



LOT 2, BLK 2 BARRIER BAY—\$577,500



315 HANLAN ST—\$179,900



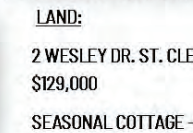
77128 ST PETERS RD—\$385,000



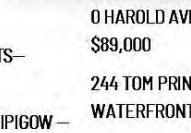
213 OAK LAWN RD—\$899,900



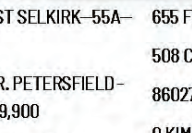
153 RAQUETTE—\$329,000



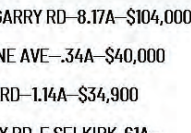
LAND:
2 WESLEY DR. ST. CLEMENTS—\$129,000
SEASONAL COTTAGE - WANIPIGOW—\$55,000
3 HOUGHTON BAY RD—92A—\$29,000



0 HAROLD AVE. EAST SELKIRK—\$55A—\$89,000



244 TOM PRINCE DR. PETERSFIELD—WATERFRONT—\$129,900



508 CORRINE AVE—34A—\$40,000



12-325 MERCY ST—\$134,900



FLOODWAY DRIVE S—\$550,000



COMMERCIAL BLDG—347 MAIN ST—\$555,000



6940 HENDERSON HWY—SUITE #2503 & #3301

LAND

- 205 SASKATOON DR—\$60,000
- 120 CHOKECHERRY CRES—\$75,000
- 146 CHOKECHERRY CRES—90,000
- 145 CHOKECHERRY CRES—\$75,000

- OLE JOE MONKMAN RD—LOTS #2,3,4,5 \$129,900—\$139,900
- COMMERCIAL:**
- 1080—1970 WELLINGTON AVE—\$670,000
- 946 CORYDON AVE—\$938,700
- 10 DUBAS DR—\$550,000

- 255 MAIN ST—\$549,000
- 23 MAIN STR—164,000
- C-201 MELROSE AVE E—\$99,900
- 4-933 MCLEOD AVE—\$98,800
- 255 MAIN ST—\$549,000

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Classifieds Announcements

ANNOUNCEMENT

CARD OF THANKS

On behalf of Gay Sewell's family, we'd like to extend our thanks to everyone for their expression of condolences, cards, flowers, meals and donations. To the neighborhood ladies for the yard work and to Gilbert Funeral Home for their care. All was greatly appreciated.

-With thanks,
Wes and families

ANNOUNCEMENT

CARD OF THANKS

The family of the late John Oliver would like to express their deep appreciation to all who offered such kindness, support and messages of sympathy in our time of sorrow. Thank you to Archdeacon Godfrey Mawejje for the wonderful funeral service. The Royal Canadian Legion Colour Party for doing the Act of Remembrance at the funeral. Thank you to Erin from Gilbert Funeral Home for her excellent assistance. Thank you to John's home care workers, the doctors and staff of Selkirk Regional Health Centre and Dr. Demsas for the wonderful care they gave John. Also thanks to all who made donations in John's memory. Greatly appreciated. God Bless.

-Wendy, Matthew, Dawn, Jason and Andrew and families

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Koby, Tyrell and Kolton.
Your precious sons, Jaden and Eithan.
We love and miss you Mom!

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		4						
		8		1	7			2
			3			8		
		6	7		8			3
			2	5	3		9	6
	9							
1	4		9					
	8			7				
3				6		1		7

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7	2	1	4	9	8	6	5	3
4	3	6	5	7	1	2	8	9
5	8	9	2	3	6	7	4	1
8	7	2	1	4	9	3	6	5
9	6	4	3	5	2	1	7	8
3	1	5	8	6	7	9	2	4
6	4	8	9	2	3	5	1	7
2	5	3	7	1	4	8	9	6
1	9	7	6	8	5	4	3	2

Sudoku Answer

R	S	S								E	V	T	V			
E	N	E	S							S	E	N	V			
T	V	T	S							S	E	T	I	N	V	
S	E	B	U	T						D	E	T	V	R	I	P
O	V	E	A	C	E					O	I	T	V	N	F	V
N	O	S	N	V	M	N	A	T	I	R	V	M				
									V	B	W		W	E	M	
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									T	N	E	M	N	I	V	
									S	E	I	R	I	V		
									R	E	T	S	I	T	B	
									P	A	V	R		F		
									E	A	D					
									T	S						
									E							

Crossword Answer

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OBITUARY

Mary Harluck

On Saturday, November 2, 2019 at the Betel Home, Selkirk, Mary Harluck, aged 85 years of Selkirk, MB passed away.

Funeral service will be held on Thursday, November 7, 2019 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Noreen (Cookie) Isabel McAuley (Simon)

It is with deep sadness that we announce the unexpected passing of Noreen (Cookie) McAuley (Simon) at the Selkirk Regional Health Center on October 31, 2019.

Noreen was predeceased by her parents Richard and Euphemia Roberts; brother Bill and sister Pat; her husband of 43 years, Erwin (Ernie) Simon; and her second husband Frank McAuley; sons-in-law Fred Scott, Murray Grove and Peter Enns.

Noreen will be lovingly remembered by her children, Noreen Mikelsons (Andy), Melva Enns, Ken (Darlene) Simon, Kathy Simon, Tracy Perigo (George); nine grandchildren and 12 great-grandchildren; extended family and friends.

Mom excelled in sports whether it be baseball or speedskating where she had qualified to participate in the Olympics until the war intervened. While working for the telegraph mom met Ernie and together they moved to Selkirk, MB where they raised five children.

Busy Hands...We remember moms hands always being busy, whether it be knitting (Mom knitted hundreds of Northland sweaters), crocheting, paper tole, puzzles, embroidery, sewing, they were always busy...unless they were holding a book, mom was an avid reader whether it be a whodunit or an adventure in Africa she always had her nose in a book.

Mom was invested in numerous volunteer positions in her community. She enjoyed curling, swimming, baseball, walking, cards (mostly cribbage) and in later years travelling bus trips with her dear friends Grady Kor and Janette Thompson along with many, many others. She was an avid supporter and member of the Selkirk Legion #42. Mom was recently celebrated at the Legion where she received her 60 year pin. What an evening, she LOVED it!

Mom lived life on her terms, she was a firecracker. She was a very determined woman, strong, generous of her time and spirit. She loved the outdoors, gardening, walking, cutting down trees (last week)!!!!

The family extend their thanks to the Dr., the nurses, especially Kaylin and Julie at SRHC.

Funeral service will be held Friday, November 8th, 2019 at 2:00 p.m. in the Gilbert Funeral Chapel, 309 Eveline St. Selkirk, MB.

In lieu of flowers, donations may be made to the Selkirk Legion Ladies Auxiliary branch #42, 403 Eveline St. Selkirk, MB R1A 1N8

Your hands can rest now Mom.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Erin Cedric Kennedy

Peacefully on Tuesday, November 5, 2019 at the Selkirk Betel Home, Erin Kennedy, aged 77 years of Selkirk, Mb, beloved husband of Lucille, passed away.

In keeping with his wishes, cremation has taken place and a private family service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Arie Jacob Rylaarsdam

Dad passed away peacefully on November 3rd, 2019, with family by his side, at the age of 86.

Arie leaves to mourn his son Ray (Liz-Anne); daughter Dina Balcaen; grandchildren Rosalie (Kevin), Ryan, Brenan, Lindsay Fenske (Zach), Evan Balcaen (Larissa), Reagan Balcaen; and great-grandchildren Rhea, Jaiden, Ivy, Damon, Aaron and Levi; as well as his dear brother Cor Rijlaarsdam in the Netherlands; nieces and nephews, their families, and many dear friends.

He was predeceased by his parents Arie and Dina Rijlaarsdam; his loving wife of 60 years, Leah; his sister-in-law Elly; and his son-in-law Paul Balcaen.

Dad was born in Amsterdam, the Netherlands, on February 8th, 1933. He married Mom at age 21 in 1954 and immigrated to Canada with his bride to start a new life in Winnipeg where Ray and Dina were born.

Dad had several jobs when he moved to Canada; being trained as a millwright, he could do a wide variety of trades, working with sheet metal as a furnaceman, a machinist, and various other skilled jobs, and when times were tough, he delivered coal and milk.

Mom and Dad moved us to Pinawa in 1965, where he was employed as a draftsman at AECL, the Atomic Energy Plant. Later, after two years of university, Dad moved us to Selkirk in 1971 to start his career as a drafting teacher at the new Lord Selkirk Regional Comprehensive Secondary School. His students called him AJ or Mr. R as they couldn't pronounce his last name. Dad also initiated the Selkirk Speed Skating Club, designing and building the track at the LSRCSS and then coaching the skaters. It only lasted a few years but he was passionate about his projects and did his best to see them realized. During his years as a teacher, and for a few years after he retired in 1987, he had his own business, AJR Custom Drafting and Building Inc. He designed and built many houses in and around Selkirk, as well as designing a house for Dina and Paul, whom with his help, built it in Fort Garry, Winnipeg in 1992.

Dad also loved to do carpentry in his spare time and had built many boats, the largest a 16 foot inboard, and pieces of furniture, among other things. He was a handyman that could fix and build almost anything. During his retirement he learned to play a Yamaha keyboard while Mom picked up guitar again, the two of them playing together in their music room.

Dad always enjoyed listening to music, watching soccer, wine making, gardening, and loved sitting in his backyard sanctuary, feeding and watching the birds and small animals that visited there. He traveled around Europe with Mom, often going back to the "the old country." They both lived a very full life, often saying that they were busier after retirement than when they were working and didn't have enough time in their day to do all the things they wanted. They kept very busy with their hobbies and interests but most important of all, Dad loved to spend time with his family and close friends.

Dad was a very kind and compassionate man, always willing to help others. Even after being diagnosed with Alzheimer's in 2013 he remained a gentle soul. Memories of Dad will forever be loved and cherished by our family and everyone that knew him. Mom and Dad will be very dearly missed.

A very special thank you to Arie's grandson Ryan, who moved in and lived with his Opa to look after him for the first two years after Leah passed away, Liz-Anne Still, who cared for Dad with love and affection, almost every day for the entire four and a half years he remained in his own home, and also for taking him to Holland, one of two trips in 2015, so he could see his dear brother Cor and family before he would be unable to do so. Monica Dzisiak and Holly Still who were also instrumental in Dad's care while at home. Dr. Badenhorst, his family doctor, Dr. Demsas and Dr. Paradoski, during his stay at Tudor House. And again to Dr. Paradoski during his final days in hospital. Special thanks to the nurses, aides and staff at Tudor House in Selkirk who cared for Dad and made sure he was well looked after in his final year, as well as to the nursing staff at the Selkirk Hospital who kept Dad comfortable until he was ready to join Mom. And finally, to the IERHA's Family and Self-Managed Home Care Program that allowed Dad to remain in his own home till he could no longer do so.

A Celebration of his Life will be held on Saturday, November 9 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

In lieu of flowers a donation in memory of Dad can be made to the Alzheimer Society of Manitoba.

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

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