



The Selkirk Record

THURSDAY, NOVEMBER 11, 2021

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Getting a pie-ful

RECORD PHOTO BY SHELLEY THIESSEN

Robert Smith gym teacher Chris Ojah took it straight up, in the face. Students at the school once again participated in a Terry Fox fundraiser which saw them raise funds with the reward of pieing their teachers. See more on page 23.

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Inclusion Selkirk proves to be resilient among challenges

By Ligia Braidotti

They say what doesn't kill you makes you stronger and that's exactly what happened to Inclusion Selkirk in the past 12 months.

Inclusion Selkirk delivered a story of resilience and overcoming challenges at their annual general meeting held on Oct. 28. The attendees heard how the organization was able to keep doing their work and providing essential services even when the pandemic seemed to hinder everything.

Executive director Maria Freeman said she hoped COVID-19 would only affect them for a little while, but as they advanced into the 2020-2021 fiscal year, they began to realize that it was here to stay. She thanked the staff and board of directors, whom she said worked tirelessly in their commitment to the organization and support. She said all of them had to find new ways to connect with individuals and continue to provide ongoing support.

"Your positive attitudes, strength to work through the fear of the unknown, willingness to adapt and change on the fly, providing a sense of stability, supporting people to connect to families in different ways and to have fun even when things are hard," she said.

Later, she told the *Record* that they were the key to their success.

"They showed up to work every day even when people were scared and there were lots of unknowns...our staff just showed up and did what they could to make this work well for us."

Inclusion Selkirk also reported on their latest projects. The Eveline Project, which encompasses an addition to one of their buildings at 377 Eveline Ave., is in Phase 2. Among the new features will be an accessible space for their administration and management teams, a training area, and affordable housing options. Inclusion Selkirk said they will apply for grants and hold fundraisers in the future as

well.

The Wishme store has also been open during the pandemic, complying with all of the public health orders. The store had to adapt its operations during the pandemic. The "buy local" trend has attracted many new customers to the store, largely thanks to the community's support. Wishme supports many local makers, artists, and small Canadian businesses. In the past 12 months, they've worked with Holiday Alley and sponsored the Wishme Makers Market, a virtual shopping space for Manitoba Makers.

The contract for supported employment services was awarded to them in 2020. The company has offered services such as intake, assessment, training, job development, internships, and employment support in its first year of operation. Although the process has had challenges due to COVID-19, with the use of technology and safety measures, they have been able to continue to provide services. During the past fiscal year, they provided services to 34 people and helped 18 find employment.

"That service helped the community and the businesses we were providing support to, but also the individuals we were providing employment and services to," Freeman said.

They found creative ways to keep busy and keep spirits up while many things were shut down and people were spending all their time at home. In addition to yard decorating contests and art projects, they also held virtual paint classes and memorable parades. The management team, board members, and their families decorated cars and participated in drive-by parades where they dropped off treats and exchanged greetings.

"We adapted our services in our day program to provide support to our homes and we really just...got creative in how we engaged with those people," Freeman added. "The real key

is to provide the homes and the support people need within those homes throughout the pandemic. For those people that is the only option they had for support at this time. And to maintain this as consistent as possible while we all adjusted to a new lifestyle based on not going anywhere, not engaging in things...it's a significant change. So being able to have consistent staff that was coming in to provide these supports makes all the difference."

Freeman looks to the future with hope that the lessons learned throughout the pandemic strengthened their organization.

"I think we learned that we are very adaptable and that we can find unique ways to still stay connected with people. We are also more willing and open to find new things and see how we can do things differently," she said.



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BIG DOLLAR

Lockport leadership team gives back to the community

The students raised 1,200 pounds of food for the Selkirk Food Bank

By Ligia Braidotti

A group of students at Lockport School pulled off a huge food drive in just eight days.

The Grade 8 leadership crew at Lockport School collected 1,200 pounds of food to be donated to the Selkirk Food Bank. This was a school-wide effort facilitated by the students that included Maelyn Larter, Danika Irwin, Ava Barr, Elissa Marques, Laina Ostermann, Kalista Vaughan, Kaya Leveille, and Megan Pellaers.

The Grades 7 and 9 leadership students helped promote the event to

others and helped build the school spirit by running Halloween events throughout the week. Their full leadership team worked together to make a positive impact on the school.

"This is something that we had done for a number of years pre-COVID, and then we had to stop and there was a lot of excitement when we had done it. The leaders who are part of our leadership team now had never experienced it, so it's nice to see them embrace it. Our kids have been so isolated during COVID and it's nice to see them get together and work



RECORD PHOTO SUBMITTED

The Lockport School Grade 8 leadership team raised 1,200 pounds of food that they will donate to the Selkirk Food Bank.

together and be a team again instead of being isolated," said Tara Lambert, one of the teachers guiding the leadership team.

Lambert added that the community always supports their school, so they want to give back by supporting the community. She mentioned that Aaron's No Frills in Selkirk has donated numerous items this year including 200 hot dog buns for a hot dog treat after the Terry Fox Run the students did in September, and 45 pumpkins for the students to carve for the Halloween festivities. A family of one of their students also donated a giant pumpkin for them to use in a photo booth for the students in October.

"Our students recognize the support the community gives them and sees the value of giving back," she said.

"I feel super good about knowing that we are helping the community a lot," said Irwin. "It makes me and the leadership [team] feel really good and super proud of our school that we raised so much."

During the food drive, the leadership team held a friendly competition between the classes, which were awarded with a pizza lunch.

The leadership club also hosts the annual Terry Fox Run, team spirit events, and philanthropy work. However, because they haven't been able to do much in the last year, the students still haven't experienced all that the leadership club has to offer.

This food drive gave them some of this back.

"They learned public speaking, they had to announce the total a couple of times a week. They would come on the intercom and talk," said Marco Morelli, another teacher guiding the leadership club.

"And they learned how to collaborate. Some of them had to use their voice where they would be a little bit quieter. Some of them had to share the spotlight. It was neat to see that," said Samantha MacDonald, who also guides the leadership club.



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Have your say about recreation in St. Andrews

Do you want more skating rinks, a park, a community gathering place? St. Andrews council wants to hear from you

By Katelyn Boulanger

Residents in St. Andrews now have the opportunity to tell council exactly what they want the future of recreation in the RM to be by filling out the municipality's recently released community recreation survey.

This survey is part of the municipality's larger recreation master plan, which has been in the works for the past few months.

"The purpose of the recreation master plan is to really guide decision making around recreation planning for the next 10 to 20 years. It will have some recommendations and strategies for short, medium and long-term decision making. But, it's really a way that recreation can be delivered and cohesively throughout the next 20 years," said Samantha Blatz, a planner with Scatliff+Miller+Murray the company helping the RM to create this plan.

She says that this plan will give the RM an achievable vision for the future of recreation in the RM based on what they hear from the community.

So far interviews have happened with stakeholders throughout the RM including the people running recreation in the municipality currently to see what they think.

The next step in the process, and the step that is currently taking place, is asking individual residents what they want by way of the community recreation survey. Everyone is invited to participate, as ideally, the RM would

have answers from people of all ages and people from all areas of the RM in order to take everyone's opinions into consideration.

"I've been able to see just a few of the preliminary results so far and we've gotten a lot of responses. People are clearly excited about recreation in St. Andrews, which is exciting to see, we don't always see that much response. It's really encouraging," said Blatz.

The survey is designed to figure out some important questions about recreation such as — how people are engaging with recreation right now, what activities are they doing, what kind of things are they doing in the RM, what kind of things are they having to go elsewhere for, what do they want to do right now, what are the reasons why they're participating in recreation and, of course, what do they want in the future.

Blatz wants to reassure residents that though that seems like a lot of things to cover the survey only takes about 15 to 20 minutes and is made of everyday questions that are easy to answer.

Teresa Howell, Recreation Director for the RM of St. Andrews says that it's incredibly important that residents let them know what they want especially with recent changes.

"It's really good to have it right in front of us on paper. I think some people will be surprised as to what comes from it, and what people, due to COVID, are doing, and how their

recreation needs have changed and shifted," she said.

Once the results of the survey are finalized they will be analyzed on their own and then together to look for patterns of need in different areas of the RM. They will then be used by Scatliff+Miller+Murray to make specific recommendations to St. Andrews council and administration.

Blatz encourages residents to take the time to have their voices heard.

"It does only take 15 or 20 minutes to complete the survey and it really helps us to know what needs to be recommended and how recreation should be delivered. It's a really easy way to participate in your communi-

ty and participate in what's going to happen in your community in the future and for you to be able to say anything about it in the future. It's nice when you have your input in there," she said.

This survey will be available until November 12. To fill out the survey online visit <https://survey.alchemer.ca/s3/50127013/St-Andrews-MP-Community-Survey>.

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-SAMANTHA BLATZ



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RM of West St. Paul on the Butterflyway

Submitted by RM of West St. Paul

The RM of West St. Paul had more visitors to its Main Street Municipal Offices this summer; they flew in, enjoyed their time and flew out.

The visitors were bees and butterflies that were attracted to the RM's natural garden, planted in front of the RM offices in 2020, by Prairie Naturals Gardening Group.

The native plants garden is part of David Suzuki's Butterflyway Project – a citizen-led movement growing highways of habitat for bees and butterflies across Canada - as well as Bee Better Manitoba.

Prairie Naturals is a gardening group that has native plants as its focus, and Mayor Cheryl Christian said the RM was excited to partner with them.

"We're proud to partner with a gardening group whose members volunteer their time and garden with native

Manitoba plants that are environmentally friendly and support habitats [for] butterflies and pollinators," Christian said.

"The members are learning about native plants and this project gives them hands-on experience so for them it's a win. For us, it's beautifying the front of the Municipal Office and beautification was identified as something residents wanted to see as part of Strategic Planning, so it meets the needs of our residents."

Prairie Naturals was started by West St. Paul resident Michele Taylor and its 100-plus members all have the same interest – gardening with native plants for beauty, aesthetics, and conservation.

"Most of our members are concerned about the effects of climate change so they're looking for plants that don't need excessive watering or fertilizing and native plants are per-



RECORD PHOTO SUBMITTED

A snapshot from the RM of West St. Paul's municipal office natural garden.

fectly adapted to the Manitoba climate," Taylor said.

"They've been around here for thousands of years and they support our native wildlife including pollinators."

A sign identifying the West St. Paul garden as part of the Butterflyway Project has been erected at the site.

Annual art show in St. Andrews open to all artists

By Ligia Braidotti

The St. Andrews Heritage Centre is asking all local artists to get ready to get some exposure next year.

Because of the pandemic, the St. Andrews Heritage Centre couldn't host their annual art contest this year, but are now preparing to give local art-

ists a venue to showcase their work in 2022.

They have recently opened submissions for the 2022 Community Art Showcase and are inviting all artists, from all skill levels and ages to participate. The St. Andrews Heritage Centre is asking participants to sub-

mit up to five projects for the exhibition. They will pick a few pieces of art to showcase during the exhibit. The centre doesn't have the ability to support digital or other media requiring sound systems, tvs, etc. Artwork such as paintings, drawings, photography, textiles, sculpture, ceramics, and jew-

ellery are welcomed.

Katrina Eeles, program coordinator with the St. Andrews Heritage Centre explained that at the beginning of this year they held a virtual exhibition to showcase some local artists that had submitted their work. Because of restrictions, the public could not enter the centre to look at the artwork, so they posted videos on their social media with the artists' work.

"We want to get the community involved and this is a way to have people from different areas come to the rectory, learn about the history that's here, but also to get to know people from the community," Eeles commented. "And this is certainly a good way to get local artists involved."

For next year's event, they are hopeful they will host an in-person exhibit with a grand opening celebration for the artists and their families.

But the main reason the centre hosts events like these is to promote local artists and give them a venue to showcase their work.

"We want to raise awareness for the people that are doing different things around here," Eeles said. "This helps people sell their artwork through our venue."

Artists from all over the region and the Interlake are welcome to submit their work to the centre by filling out a submission form found at standrews-rectory.ca. The submission deadline is Jan. 1, 2022.

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Reconciliation comes to St. Clements road

Renaming of local road brings Brokenhead and St. Clements together

By Katelyn Boulanger

The process of reconciliation with Canada's first people took centre stage in St. Clements this week when the RM's council met with Brokenhead Ojibway Nation's leadership for the renaming of Colonization Rd. which from now on will take the name Reconciliation Rd.

"As Chief of Brokenhead, I see the renaming of Colonization Road as emblematic. The road symbolizes travelling to a destination. My hope is that this first step leads us to a greater understanding of what we must do collectively, collaboratively to evoke transformative change, and to create true treaty partnerships between our two levels of government," said Brokenhead Ojibway Nation Chief Deborah Smith.

The councils of both the RM and Brokenhead met to start discussions about the renaming in September of 2020 after Buddy Prince brought to St. Clements council's attention the hurt that the original road name brings up for Indigenous Canadians.

"The history of colonization is a painful history for Indigenous people. We know all too well that history, as for us, it is a lived experience. It is an experience that isn't found in the history books of our schools, but in the resilience of our elders, of our men,

and of our women, and most importantly, one that requires a lot of work, and a lot of effort to rebuild our nations and rebuild our communities and the hearts of our people. Part of the road ahead involves ensuring that our non-Indigenous neighbours and relatives continue to learn and continue to educate and inform themselves of the history of Canada and education is a powerful tool," said Smith.

The process of renaming the road was a lengthy one as the RM had to establish a policy for how to rename a road and then had to inform all residents of the change, as well as conduct a public meeting, and maybe most importantly, have talks with local residents as well as Brokenhead council, to find an appropriate replacement name.

"I am very proud to be standing here with Chief Deborah Smith, and both of our councils along with administration, and the [Little Buffalo Drum Singers] to share in this very important step forward on the path to reconciliation. It is important that we understand the impact of these symbols and recognize the negative impact of colonialism and we establish a process of collaborative leadership and seek consultation to have meaningful dialogue on difficult topics such as this. Respect, patience, and courtesy



RECORD PHOTOS BY KATELYN BOULANGER

Above: St. Clements Council, Buddy Prince, and Brokenhead Chief Deborah Smith with the new Reconciliation Rd. sign. Below: Trevor Antichow puts up the new sign.

are to be the trademark of our continued relationship," said St. Clements Mayor Debbie Fiebelkorn.

Both leaders spoke about a future where both of their governments collaborate to make the region stronger as a whole.

The speeches were followed by a performance by the Little Buffalo

Drum Singers, a Brokenhead based drum group who performed the honour song as the new Reconciliation Rd. sign was officially put up.

A plaque will also be placed close to the location of the new sign in order to commemorate this moment of reconciliation in the RM.



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High test positivity rates in Southern Health

By Ashleigh Viveiros

The Southern Health region's low vaccination uptake is leading to some sobering numbers.

Last Friday, public health officials for the first time released the COVID-19 test positivity rates for all five Manitoba health regions.

Southern Health-Santé Sud was seeing a five-day test positivity rate of 14.5 per cent that week, well above the 9.5 per cent being seen in the Northern health region, 5.3 in Interlake/Eastern, 4.8 in Prairie Mountain, and two per cent in Winnipeg.

At 68.4 per cent, Southern Health's vaccination rate is the lowest in the province by a wide margin; the next lowest is Prairie Mountain at 81.7 per cent.

As of Monday, Southern Health accounted for 439 of Manitoba's 1,377 active COVID-19 cases—over 30 per cent—and nearly half of all the new cases reported over the past week, despite only having about 15 per cent of the province's population.

Of the 141 Manitobans hospitalized due to COVID-19 on Monday, 62 are from Southern Health. The region

also accounts for 15 out of the 26 people currently in ICU due to the virus.

"We are monitoring the situation in Southern Health, as we are monitoring the situation throughout the province," deputy chief provincial public health officer Dr. Jazz Atwal said at a press conference last Wednesday. "We're looking to see if there's anything else we can do from a measures perspective and recommendations to government related to Southern Health as well."

Currently, the bulk of the Southern Health region has more restrictive capacity limits in retail stores (50 per cent) compared to the rest of the province, but no other extra restrictions.

Atwal said they're looking closely at what the picture might look like across the province in the weeks ahead but could give no firm details on what, if any, further restrictions might be on the horizon.

"We're looking at where we anticipate cases to be over the next one to six weeks' time and also where hospitalizations and acute care capacity requirements will be over that time," he said. "So we're taking in a lot of in-

formation right now, we're synthesizing it, and we're going to look at seeing what else we can do from a public health perspective in those locations."

When it comes to reaching out to communities in Southern Health, Atwal said they plan to continue working with local leaders to help educate people about the vaccine's efficacy and alleviate concerns they may have about its safety.

"The vaccine has proven quite powerful in preventing cases and also in preventing those severe outcomes," he stressed.

Manitoba on Monday reported 156 new cases, its largest daily increase in infections since June. Fifty-six of those were in Southern Health.

Across Manitoba, unvaccinated or partially vaccinated people make up about 60 per cent of active COVID-19 patients in hospital and 89 per cent of those in ICU.

Locally, cases are on the rise in several communities, with Winkler reporting 68 cases, Morden 27, Altona 22, and Stanley 19 on Monday. The other Pembina Valley communities each had under 10 cases at press time.

letter to the editor

Letters to the Editor: letters@selkirkrecord.ca

Dear Editor,

As we approach Remembrance Day, I'd like to pay tribute to the veteran members of The War Amps.

The War Amps was started by amputee veterans returning from the First World War to help each other adapt to their new reality as amputees. They then welcomed amputee veterans following the Second World War, sharing all that they had learned.

These founding members then

established the Key Tag Service, which is still going strong today, to fund the Association's many vital programs including The War Amps Child Amputee (CHAMP) Program.

I was born a partial left hand amputee and grew up in CHAMP which provided me with financial assistance for prosthetic devices and offered emotional support. These veterans have left a lasting impact on generations of amputees as they taught us that we should be proud

of our amputation and to know that it will not stop us from achieving our goals.

Everyday, but particularly on Remembrance Day, Canadian amputees like me honour these veterans who not only served their country but returned home to make life better for all amputees.

- Graham Spero

Graduate member of The War Amps Child Amputee (CHAMP) Program



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

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Local musicians win country music awards

By Jennifer McFee

Local musicians have hit a high note by winning sought-after music awards.

The Manitoba Country Music Association announced its 2021 awards at a live-streamed event on Nov. 6 that featured performances by several of the top acts.

Two Crows for Comfort, made up of Erin Corbin of Stonewall and Cory Sulyma of Stony Mountain, won the award in the category of Roots Artist, Duo or Group of the Year. They were up against Stonewall group Past the Perimeter, as well as Banned & Outlawed, Greg Arcade, Jaryn Friesen, Nelson Little and Quinton Blair.

"It was really exciting to win the award but, admittedly, it's a little strange because we went into it truly believing we wouldn't be selected, especially since we won the category at the last awards show in 2019," Sulyma said.

"The whole experience of the MC-MAs was super fun from getting to perform, spending the evening with family and friends watching the show

and, of course, winning the award felt pretty cool."

The duo was also nominated for Album of the Year for Show Me the Light, but Petric won in that category for Flashbacks.

Ben Mak of Stony Mountain won in the category of All Star Band of the Year – Bass. He was up against Stonewall musician Evan Taplin, as well as Jon Mushaluk, Josh Gareau, Mucha Bee and Noel Linsey.

"I love playing music, and it's an absolute pleasure to be able to play with people whom I consider friends," he said.

"I am beyond grateful to have even been considered for this award. Thanks to the Manitoba Country Music Association for supporting the local music industry."

Mak will be performing with Petric at the Canada Life Centre on Nov. 20, opening for Dean Brody.

To see the full list of Manitoba Country Music Award winners in all the categories, visit www.manitobacma.com.



RECORD PHOTOS SUBMITTED

Ben Mak of Stony Mountain won in the category of All Star Band of the Year.



Two Crows for Comfort, made up of Erin Corbin of Stonewall and Cory Sulyma of Stony Mountain, won the award in the category of Roots Artist, Duo or Group of the Year.

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Giving Challenge just around the corner

Submitted by Selkirk & District Community Foundation

The annual Endow Manitoba Giving Challenge is just around the corner, running this year from Nov. 15 – 21 and featuring stretch funding from The Winnipeg Foundation and Manitoba Government that turns a \$5 donation into \$7.

The Selkirk & District Community Foundation (SDCF) is excited to take part in the Giving Challenge and Chairperson Shauna Curtin says it's a great time to remind folks of the many wonderful ways there are to give and of the countless ways the communities of Red River North benefit from the generosity.

"For me, the Giving Challenge shines a spotlight on giving and presents an opportunity to let everyone know that no matter what amount you are able to give, it's valued and does so much good work in Selkirk, St. Clements and St. Andrews," Curtin said.

"It's also a good time to thank everyone who gives in different ways, throughout the year, to recognize special events or in memory of a loved one. There are so many people who have the Foundation in their hearts at all times, including during the Giving Challenge, and for that, we are always grateful."

Three community leaders – a business owner, a financial institution managing partner and a CAO – lead by example when it comes to support-

ing the Foundation in the workplace and in their private lives.

Kelly Lewis, owner of Packers Women's Fashion, was on the Foundation board when the Giving Challenge came to be. A week-long event today, it began as a 24-hour challenge and it not only was instantly embraced by the community, it changed the way the Foundation operates.

"We used to send out letters in November asking donors if they would like to contribute, kind of in the Christmas spirit. They could make their donation and get a tax receipt right away," Lewis said.

"But when the Giving Challenge came out with the stretch dollars it became so successful we no longer had to do that ask, because the people that were giving in December started giving during the Giving Challenge. It was a win-win."

For Lewis and her staff, giving to the Foundation is always front of mind. Lewis said Packers always makes donations to Foundation events like the annual Bob Jefferson Golf Tournament.

"Because of the hard work of my staff, I'm able to do that," Lewis said.

Selkirk born and raised, Lewis said her parents—Wayne and the late Helen Sutherland—instilled in her the desire to give back to her community. The Parker Sutherland Fund was established in memory of Lewis' late brother and supplies grants to envi-

ronmental causes. The Sutherland family has also put start-up dollars towards the creation of the Marine Museum of Manitoba – Selkirk Heritage Trust Fund that supports the Marine Museum, which is managed by SDCF.

Lewis said she learned from her mom, also a business owner, that you have a responsibility to give back.

"Business owners need to help improve the community," she said.

"I'm a Selkirk girl. I was born and raised here and my parents were born and raised here. I came from parents that volunteered a lot of their time and donated what they could because they had five kids they were raising, but you just learned that you could give back to the community."

She's always impressed with the growth and reach of the Foundation.

"It's amazing to see how many areas it touches," Lewis said.

"It's expanded to helping everything from little kids in daycares, the skatepark and the Heritage Building in Grand Marais. We've helped fire departments...new moms and books, every child leaves the hospital with a book. It just hits on so many different levels."

Cyndi Typliski, managing partner at Sunova Credit Union in Selkirk, said giving back to the community is a priority in her job too.

Sunova events—like the barbecue they host following the Selkirk parade— provide an opportunity for giving.

"Any time that we run an event, a hotdog sale or whatever, it's nice to be able to put a donation forward. We never put a minimum, we never put a maximum, we just ask for donations to support the event," Typliski said.

"The Selkirk & District Community Foundation has been the recipient of those donations a number of times and I'm always surprised at how much people will give."

She says the giving mood continues at home and she's proud to say that her teenage daughter recognizes the value of giving, no matter how much.

"A need is a need and it doesn't matter what that need is, if you've got it to give, you give it," Typliski said.

"It doesn't have to be big, substantial amounts either. I've really come to recognize that every little contribution helps. And I see that my daughter recognizes that as well, she sees that it's just a looney, but if she doesn't need it and another person needs it more than her, she'll give it. It's a family, generational, pass it on kind of thing."

Duane Nicol, CAO for the City of Selkirk, says about five years ago the

city started a program where employees can sign on to do a regular donation from their paycheque to the Foundation and the city will match the dollars.

"We have really strong participation. Lots of employees see the opportunity to support the community and the things that they are passionate about. We see a lot of staff support for the city funds, like parks, the library fund, because they are so aware of the benefit of these services to the community," Nicol said.

"They're passionate about their work and this is just another way they can express their passion for their work and their community."

Nicol started the Sean Nicol Legacy Fund in memory of his brother in 2012. Since then, he's added four more funds – Endow Arts, Local Environmental Action Fund (LEAF), Libre Fund and Local Leaders Fund.

It's important, he said, because after coming through COVID we've just been presented with a perfect example of why the Foundation is an important stabilizing source of revenue during economic downturns.

On top of that, it's just in his system. "I am so Selkirk; I bleed Red River water," Nicol laughed.

"I have a love for this community. I'm third generation Selkirkian, this is where my family's from, every atom of my body is from the earth, water and air of this place and it's defined me in many ways.

"I believe in community development and all the great work that people do to make the community better. We are what we are because of the people we have here. And people build community."

If you want to donate during the Giving Challenge you can do so online at endowMF.org and look for SDCF. You can also call the Foundation at 204-785-9755 and a staff member will assist you.

The Selkirk and District Community Foundation is a charitable organization that provides financial support to charitable causes and agencies in the region, which includes Selkirk, St. Andrews and St. Clements. Gifts from donors enable the Foundation to support countless groups and individuals in our community. The Foundation has given in excess of \$3.4 million to more than 125 local charities and community organizations during its 25 years. For more details contact SDCF Executive Director Bev Clegg at 204-785-9755.

From the Government's Election Platform:

Canada Is Set to Become a Global Leader in Levelling the Playing Field for Local News

In a democracy, nothing is more vital than a healthy, vibrant local news media. But the threats from Big Tech are increasing every day.

The government's 100-day plan will place Canada in the front ranks of global leadership standing up for local news. The commitment is clear. All parties in Parliament support decisive action. Now is the time to act and pass legislation by early 2022.

News Media Canada, representing hundreds of trusted titles in our print and digital media industry, and our news publishing partners across Canada and around the world, call on Canadian parliamentarians to work together to level the digital playing field between local news and Big Tech.

Levelling the Playing Field with Digital Giants

In 2021, most Canadians get their news from digital platforms which drives key advertising revenues away from Canadian news organizations and towards platforms owned by social media companies and digital giants.

A re-elected Liberal Government will:

- Introduce legislation, within 100 days, that would require digital platforms that generate revenues from the publication of news content to share a portion of their revenues with Canadian news outlets. This legislation would be based on the Australian model and level the playing field between global platforms and Canadian news outlets. The bill will also allow news publishers to work together to prepare for collective negotiation.



Tudor House celebrates 50 years in the community

Rediscovering lost treasure from half a century ago

By Katelyn Boulanger

Tudor House has been a staple in our community for the past 50 years allowing residents to remain in Selkirk when they need nursing home care. Last week, directors of the Tudor Group of companies and the mayor gathered to honour that history of care, discuss the beginnings of Tudor House, and open the time capsule that was created fifty years ago when they were a much smaller operation than they are now.

Tudor House's beginnings start with their first administrator, founding member and current board director Pauline Martyniw. She moved to Canada from England in 1957 with her husband and children where she was a nurse. In her time in Canada, she was employed doing office work, spending time at the CBC in Winnipeg, the lab and x-ray department of the Selkirk General Hospital and the old Selkirk Nursing Home.

[The Selkirk Nursing Home when I worked there] was very old, very crowded. I think it was 79 residents and they didn't have enough cookies. So I used to bring cookies from home to make up the cookies and I used to think how nice it would be to have a more modern one," said Martyniw.

This thought must not have been far from her mind when she and friends Anita Clayton, Audrey Stewart and Maida Walker, over coffee, discussed the options that were available in the community, and though there were some, they also discussed the great need for more nursing home beds in Selkirk at the time.

The group with Martyniw at the helm used their resources to find investors and connect with the proper government offices in order to get the ball rolling. Where the group hit their biggest snag was in getting the loan for the project as none of their husbands wanted to co-sign the loan for Tudor House and all four founding members were women.

"The banks loved me. They were very nice to me. They were very polite and then they said no. I went to every bank in town, and I couldn't get any kind of funding," said Martyniw.

She then approached Jim Whall at the Co-operator's Credit Union, now Cambrian Credit Union, who approved the loan.

The project was underway and Martyniw was joined by the architect,



Howard Pawley the minister of municipal affairs at the time, and Selkirk's then mayor Alan 'Bunny' Cooper as well as founding investors and friends in sealing the time capsule in the cornerstone ceremony on May 1 of 1970 with Tudor House opening on Nov. 6, 1971.

That time capsule, though a little worse for wear having gotten damp, was opened last week and the items inside were examined for the first time in 50 years. They included a Selkirk brochure, pins, centennial coins, a Selkirk Express newspaper, a Selkirk Highland Gathering pamphlet, a prayer with hopes for the future, a clipping of the original newspaper announcement of Tudor House, a photo of the cornerstone before placement and much more.

"It was very interesting to open that time capsule and it would be really interesting to open the next one but I'm not counting on it really," said Martyniw.

Since the time capsule was put in, Tudor House has become one of three connected homes with the addition of Woodland Courts which provides assisted living services getting started in 1998, and Cambridge House which is an independent living facility joining in, in 2014.

Martyniw sees more expansions to meet the needs of the community in the next 50 years.

"I hope that we'll have a memory care centre. I hope that the nursing home expands a little and I suspect that they'll probably have [to put in] like Cambridge House. We can fill it so easily and have a hard time getting enough rooms for them so we're just trying to meet the needs [of the community]," said Martyniw.

RECORD PHOTOS BY KATELYN BOULANGER

Above: The removing of the cornerstone that held the time capsule behind it. Below: Pauline Martyniw with the original newspaper article announcing Tudor House to Selkirk.



Safety, recreation and emissions reduction

Selkirk walking the walk on greenhouse gas reduction with Active Transportation Strategy

Submitted by the city of Selkirk

While global leaders meet halfway around the world setting targets to reduce greenhouse gas emissions at the UN's Climate Change Conference COP26 in Glasgow, Scotland, city council here in Selkirk is taking steps to do its part to reach or surpass those targets.

Council just approved its first Active Transportation (AT) Strategy that will assist in the design and management of the AT infrastructure network and help in achieving low carbon economy goals, all the while creating safe and vibrant neighbourhoods that meet the current and future needs of the city's citizens.

"Making our city safe and easily walkable is a priority for council," Mayor Larry Johannson said.

"I've been an avid walker all my life. I walked to work before I retired, and I walk wherever I can now. It started as a desire to maintain health, but as I got older, I realized the other benefits of walking, the ones that weren't a concern when I was a younger man. Now, as a father and grandfather, I also walk for the health of the planet and the kids' future. I have bigger reasons now, and I want all of our citizens to have the opportunity to do their part in helping out the next generation as well as our planet."

The AT infrastructure network is a good example of the city's climate change mitigation efforts that are integrated into its asset management program, which CAO Duane Nicol calls critical to long-term success.

"That integration gives council and administration tools to plan on the same time-scale on which climate change operates," Nicol said.

"We need to look 30, 50 and 100 years out, not just within one or two election cycles."

According to Statistics Canada, almost 15 per cent of trips to and from work in Selkirk are taken by bike or on foot and every one of those trips is helping to reduce the city's GHG emissions. By reducing its corporate emissions through new builds that use no fossil fuels for heating and retrofitting older buildings to do the same, the city already predicts it will exceed the national greenhouse gas reduction target of 40-45 per cent below 2005 levels by 2030.

The city is taking a leading role and

by investing in the AT network the city knows that 15 per cent will increase.

"City's all over Canada find that when you put in safe AT infrastructure, citizens use it. Implementing our AT strategy will do four key things for us. First, it will determine where the AT network will go. Second, it will establish the design and standards for our AT paths and amenities, so we offer a truly safe and connected system. Third, it will integrate AT infrastructure planning, installation, operations and maintenance into our existing asset management and business planning processes, making active transportation a core function of city government. And finally, it will engage citizens, schools and businesses to encourage and support citizens choosing alternatives to motor vehicles," Nicol said.

Walking or riding a bike rather than getting into a motorized vehicle to drive to work to school or to get groceries can be healthier for the individual, the economy and the environment.

According to the British Medical Journal, the health benefits of commuting by bike are many, including lowering the risk of death from heart disease by 52 per cent; developing heart disease by 46 per cent; dying from cancer by 40 per cent and developing cancer by 45 per cent.

A report done in the Australian state of Victoria shows that a 20-minute walk to and from work benefits the state's economy by \$8.48. The savings are the result of reduced health care costs, and the removal of the cost to run a vehicle or public transportation and in improvement to local traffic and the environment.

But folks in Victoria don't walk, with one-third of people who live 800 metres from a train station driving to get there. Kids don't walk to school either – 70 per cent of parents who take their kids to school drive there. The reason? The investment into active transportation is minimal and declining and people don't feel safe.

Nicol says rather than costing more money, active transportation actually has a positive return on investment in the long run.

"Too often we only look at the sticker price of projects or see AT investments as taking money away from other services. That's just terrible



RECORD PHOTO SUBMITTED

Children cycle on the Vaughan active transportation pathway.

business thinking. Study after study shows that active transportation saves significant dollars primarily in health care and transportation. It also allows people to save on household expenses related to vehicle ownership. Moreover, it increases the physical and socio-economic accessibility of our community. Not everyone can afford a car. AT delivers on a lot of fronts."

The city is working on a Greenhouse Gas Accountability Bylaw that will establish a program for tracking, reporting and offsetting corporate GHG emissions and set GHG reduction targets.

The city's Energy Efficiency Program Administrator, Sarah Lawrynuik says the city has been tracking annual corporate GHG emissions since 2016 and is currently working to tabulate the data for community-wide emissions for 2018, 2019 and 2020.

"In the coming weeks, we will be reporting those figures to the international transparency and GHG accounting body, the Carbon Disclosure Project. What we can see from the numbers is that more than a third of Selkirk's emissions come from cars and trucks. And so, for this city, and really any jurisdiction in Canada, a mix of carbon-free transportation solutions must be pursued to lower emissions. Active transportation will be a key piece of the puzzle for any city that's serious about tackling climate change," Lawrynuik said.

The City of Selkirk's Strategic Plan contains five priorities and active transportation is linked to several of them, from Priority 1A that calls for the city to commit to the continuous development of its natural features and outdoor spaces to Priority 3 that sees the city providing safe and sustainable infrastructure, including the smooth operation of transportation systems and clear intentions for future development.

"I am very proud of the work the team did to research and prepare this strategy. There is a lot of passion and dedication around that table as well as the council table where the strategy is ultimately adopted. Passion for building a stronger, healthier, and more sustainable community, as envisioned by our community strategic plan," Nicol said.

Selkirk's AT infrastructure network includes its AT pathways (designated bike lanes, multi-use pathways and recreational pathways) that total 2.5 km and includes all of Manitoba, Vaughan and Annie, and its sidewalk network that is 56 km and runs through all residential neighbourhoods to schools, parks, shopping and commercial districts. The AT pathways will be expanded by 3.6 km beginning next year.

The AT Strategy will move the city towards improved accessibility and a larger, improved network.

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PHOTO: LINDSAY REID



↑ Qaumajuq

QAUMAJUQ

WINNIPEG

Winnipeg Art Gallery's new addition, Qaumajuq, houses more than 14,000 pieces of contemporary Inuit art in a visible vault that reaches three storeys high. The first of its kind in the world, Qaumajuq combines art and technology to create direct connections to the land, people and culture of Canada's North.



↑ Solstice Spa

SOLSTICE SPA

MANITOBA WEST

After enjoying **Riding Mountain National Park's** numerous ski and snowshoe trails, head to the warm water of the Equinox pool at Elkhorn Resort for a mineral bath infused with natural crystals.

PHOTO: DAN HARPER



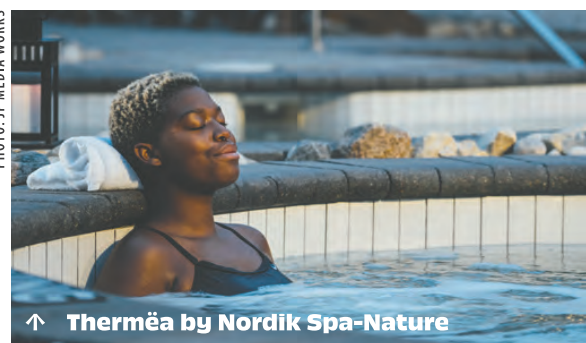
↑ New Icelandic Heritage Museum

NEW ICELANDIC HERITAGE MUSEUM

MANITOBA CENTRAL

This signature museum in Gimli shares the struggles and triumphs of the first Icelanders in the region in 1875. Included are stories about the first Ukrainians in the area as well as the important role of the Indigenous figures, such as John Ramsay, in the survival of these first settlers.

PHOTO: JP MEDIA WORKS



↑ Thermëa by Nordik Spa-Nature

THERMËA BY NORDIK SPA-NATURE

WINNIPEG

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PHOTO: JP MEDIA WORKS



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Manitoba encompasses Treaty 1, 2, 3, 4 and 5 Territory and communities who are signatories to Treaties 6 and 10. It is the original lands of the Anishinaabeg, Anish-Ininiwak, Dakota, Dene, Ininiwak and Nehethowuk and the homeland of the Métis. Acknowledging these original caretakers is a reminder of our unique heritage, our important relationships and our obligations to and shared responsibilities with Indigenous peoples.

Ready, set, bake at Holiday Alley 2021



RECORD PHOTO SUBMITTED

Don't forget to enter Holiday Alley's Birthday Bake Off.

Show off your german chocolate, strawberry shortcake or red velvet

Submitted by Holiday Alley

Holiday Alley knows how you spent the last 20 months—perfecting your baking skills. So, the Selkirk festival is giving you a chance to show off your stuff in its newest foodie project—the Holiday Alley Birthday Bake Off.

Everyone from clever amateurs to professional pastry chefs are being called to enter their best birthday cake and try to win bragging rights and prizes for the most unique and

tastiest cake that celebrates art, light, music, and culture.

Inclusion Selkirk, owners of the Riverside Grill came up with the idea and are leading the bake off as a new addition to celebrate Holiday Alley's 5th Birthday.

"One of the things we've learned on Holiday Alley is that food is art and there are a lot of art-loving foodies out there," said Inclusion Selkirk Executive Director Maria Freeman.

There are only a couple of rules for the Birthday Bake Off—the cakes should incorporate the Holiday Alley logo and be baked in a commercial kitchen.

"There are lots of commercial kitchens in Selkirk for day use—almost every church hall has one. We're happy to identify one for amateur bakers who are ready to take their pandemic skills to the next level," says Freeman.

The submission should include one cake—of any size that will be judged on creativity, taste and how it pays homage to art and culture. And bakers should add four small bite-sized cupcakes for the celebrity judges to taste. The cakes themselves will be raffled off or donated. Cakes are due Nov. 20th. Contact Maria Freeman to register or ask more questions by Nov. 17th at mfreeman@inclusion.selkirk.ca

Also new at Holiday Alley is a new "Victorian Chocolate" hosted in the Community Canopy on the Selkirk waterfront on Nov. 20. This \$10 activity is created by Friends of Lower Fort Garry and brings together an 1861 recipe of creamy chocolate drink making that includes, shaved chocolate, eggs, and isinglass (boiled fish bladder).

Back this year at Holiday Alley is the wildly popular Take-Home Soup Cook Off, sponsored by Cambrian Credit Union. There are only 100 tickets available from Wishme at 377 Eveline in Selkirk (and they often sell out quickly). Order yours soon by calling 204-785-2984.

Beer Tasting with local brew is back at On the Rocks bar at Roxi's on the Red Café on Saturdays Nov. 20 and Nov. 27 from 4 to 9 p.m. Owner Roxi Bohemier has hosted beer, vodka and whisky tasting over the years for Holiday Alley and says it's been a good way to get familiar with what local creative vendors are producing.

Finally, the Santa Parade of Lights that was intended to kick off Holiday Alley this year has had to be cancelled.



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Lake Winnipeg fisher identifies underwater munitions dump site north of Hecla

By Patricia Barrett

It's no secret that in the 20th century the Canadian military used lakes and oceans as disposal grounds for ammunition including bullets, mines, bombs and chemical weapons.

It was a common exercise that occurred around the world, leaving behind potentially deadly unexploded weapons and toxic emissions that destroy or contaminate aquatic habitats. Some underwater munitions sites in Canada have been publicly identified, but the extent of the problem has yet to be revealed.

A Lake Winnipeg commercial fisher, who lives in Gimli and has been on the lake for nearly the whole of his life, says shells likely used for .30-30 rifles were dumped "by the barge loads" into the lake some time during or after the First World War.

Eighty-eight-year-old Robert T. Kristjanson, who still actively fishes and will be starring in a new series of Ice Vikings, said his grandfather and his grandfather's fishing partner from Hnaua operated a fishing station on the east shore of Lake Winnipeg, across from the Calder's Dock-Pine Dock region, where the shells had been dumped.

"The shells had already been dropped when my mother and dad were at the camp in the 1930s. They [the military] came in with barge loads and went down to the bay where they dumped all these shells," said Kristjanson last week. "There were so many of them that they were sticking out of the water."

The fishing station was in a harbour near a pre-1914 quarry and a mill that processed granite for household dishes, he said. A railway in the area hauled the stone to Winnipeg.

Kristjanson said he thinks the shells were dumped in Lake Winnipeg because it was an easy way to get rid of them.

"I guess there was so much ammunition around and they didn't recycle it. They were just trying to get rid of it," said Kristjanson. "These were live shells, probably for .30-30s. These would fit a man's rifle."

Because they were so easy to retrieve from the bay, fishers would use part of the shells for sinkers to keep their nets under the water, he said.

"On the end of it was a big piece of lead, the shell, that killed people. Fishers would use the lead on their nets for sinkers because they were hard to get at that time," said Kristjanson. "Or some men would take them and use them for target practice. There were piles of them right in the middle of the bay."

In the 1980s, Kristjanson said he went back to the site with family members and found remnants of the shells.

"My dad, brother and I went there in the 1980s. We took my boat and my dad showed me where my grandfather and his partner's fishing camp was and the fishing station," said Kristjanson. "He showed us where the railroad was and where they used to haul the crushed rock. That's where we picked up some ends. All that was left were the ends off the shell, the brass end."

He said in those days no one talked about the impact of potential munition pollution on the environment or whether there were human health concerns.

Retired Canadian Forces military engineer Terrance Long, who has over 30 years' experience in explosive ordnance disposal and is a recognized leader on the clean-up of underwater munition sites, told the Express he could not find a direct reference to munitions having been dumped in Lake Winnipeg, but both the army (1908) and the air force (1925) were present in the area.

"There are most likely munitions in the lake," said Long by email last week. "It was a common practice to dump old, obsolete, damaged, time-expired or unwanted munitions into lakes and the ocean as a cheap means of disposal."

Canada started dumping munitions in water bodies in the 1910s, he said, and continued most years up until the mid-1970s when "countries began to understand the environmental impacts they were creating."

Long is the chair of International Dialogues on Underwater Munitions (IDUM), a non-governmental organization he founded in 2004 to persuade governments to clean-up underwater munitions dump sites containing all classes of munitions – biological, chemical, conventional and radiological. He's also co-director of three programs (with NATO and the European Union) that deal with underwater chemical weapons.

Long spoke about underwater munitions last week at the COP26 climate summit in Glasgow, he said, and is scheduled to address the European Parliament in Brussels in a week or so on the remediation of dump sites in European waters.

Long said "hundreds of millions of tons" of munitions have been dumped into lakes, seas and oceans around the globe, including in Canada. Sites off Nova Scotia – including Bras D'Or Lake on Cape Breton island – and Newfoundland have been identified as well as sites on the Pacific coast.


Governments and media haven't given the issue the attention it should be getting, he said, given the environ-

mental degradation on aquatic ecosystems and human health concerns.

Munitions can release chemical compounds that destroy or contaminate fish stocks and leach human carcinogenic compounds. Scientists believe that some of the chemicals may dissipate in water, but substances such as arsenic can bioaccumulate in the food chain. TNT [an explosive], which breaks down to create a human carcinogen, can cause algal blooms, bleach and kill corals, create black spot disease in lobsters and crabs and change the acidity and temperature of water, which has spin-off effects on global warming.

"I need to be very clear: our oceans,

Continued on page 23




217 Clandeboye Ave., Selkirk

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Lest We Forget

Large military badges have surprising history

Ingenuity and wanting to show support for our veterans resulted in creative way to bring about art

By Katelyn Boulanger

If you've been into the Selkirk Legion over the years you may have noticed the large Canadian Forces badges that hang high on one of the walls. These three badges are very large and look like they were made especially

for that spot in the Legion because they were. Local sign artist John Pawluk designed and donated them to the Legion in the 1980s. They now acknowledge members from these three branches of the military who served and continue to serve our country.

The story of these badges starts with a member of the Legion board of directors who thought that having large replicas of the badges representing the Royal Canadian Air Force, Royal Canadian Navy, and the Canadian Army on the wall would be a great ad-



RECORD PHOTOS BY KATELYN BOULANGER

Above: John Pawluk with his recently restoration to the Red Feather Farm sign. Below: Canadian Forces badges designed for the Legion by Pawluk in the 1980s.



dition to the Selkirk Legion.

John Pawluk, at the time, was a sign designer and painter for the provincial government and made many of the signs for the provinces provincial parks including many that are still around today. He has since retired

from his profession, however, his recent work can be seen in Selkirk at Red Feather Farm as he beautifully restored his original design of the park's sign last summer.

Continued on next page

Selkirk Record

204-785-1618
PROOF DEADLINE FRIDAYS 4pm

REMEMBRANCE DAY



Lest we forget



Alan Lagimodiere
MLA for Selkirk
alanlagselkirkmla@mymts.net

Jeff Wharton
MLA for Red River North
rrnorthca@mymts.net



SELKIRK



REMEMBRANCE DAY



3 ways to support Canada's veterans year-round

On Remembrance Day, Canadians across the country commemorate the brave men and women who died in the line of duty as well as those who currently serve in the armed forces. However, your recognition doesn't have to be limited to November 11. Here are three ways you can support Canadian veterans year-round.

1. Donate to a reputable charity

There are a number of charities, including the Poppy Fund, VETS Canada and Wounded Warriors Canada, doing critical work to empower and support veterans from coast to coast. Donating even a small amount to a reputable organization can help improve the circumstances of those who risked their lives for their country.

2. Volunteer at a Royal Canadian Legion

There are more than 1,300 Legion branches across the country. As Canada's largest veteran service organization, the Royal Canadian Legion (RCL) offers outreach and assistance programs for veterans and their families as well as community services



and support. Volunteering at your local Legion branch is a great way to make a real difference in the lives of those who served.

3. Visit a veteran in your community

Veteran Affairs Canada (VAC), in

collaboration with the RCL, runs an initiative that facilitates face-to-face visits with veterans in retirement and long-term care facilities. These visits provide social interaction and a sense of community to individuals who may not otherwise receive many visitors. Spending time with a veteran can have a major impact on their life as well as your own.

This Remembrance Day, know that Canadian veterans need your help year-round, and consider taking steps to offer your support.

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Continued from previous page

Unlike Pawluk's conventional signs, however, the badges at the Legion are quite unique as they are made from salvaged metal from car roofs.

"[My] next-door neighbour who happened to be the president [at the Legion] when they brought it up again, he came over and asked me if I could make little badges. He gave me the three badges and [asked me to] enlarge them and I knew a fellow that had an auto wrecking yard. I got three car roofs from him," explained Pawluk.

He says that it wasn't just him but many members of the community that came together to make the badges for the Legion with him bringing the car roofs to a friend of his with

an autobody shop who cut out and finished the metal of the car roofs so they could be painted and another friend of his designing the brackets at the back of the these over 40-inch diameter badges so they could be hung safely and also taken down safely for cleaning when needed.

"I brought them home and I did all the artwork in my basement and I donated them to the Legion," said Pawluk.

He says that this project not only allowed him to give something back to our veterans but introduced him to a wonderful community, since as to say thank you for the donation, the Legionnaires gave Pawluk a membership and he has continued to be a member and meet up with a group of friends at the Legion ever since.

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Your Health Nova House wants you to work on your wellness skills

Annual Wellness Day event returns

By Katelyn Boulanger

Nova House will once again be hosting its Wellness Day event after having to cancel last year due to COVID-19. Though this year's event may be a bit smaller than before because of continued pandemic related gathering restrictions, it's going ahead so that residents can learn more about the wellness resources in our community.

Wellness Day is an annual event that has been hosted by Nova House for over 15 years in our community. It brings together all things wellness including businesses and community resources and gives residents a chance to find out about the services that they might not know are available in our area.

Nova House is the host of this event and is a domestic/family violence shelter in Selkirk that serves the entire Interlake area and parts of Eastern Manitoba. They provide emergency accommodations for people leaving domestic and family violence situations with their women's shelter but also can direct anyone who comes to them in similar situations to resources and accommodations that would be right for them. They also provide counselling and additional resources in the community that are open to all residents even if they are not staying with them.

Wellness Day is a community event that is open to all members of our community and is funded by The Power of Collaboration.

"In the past, we've had estheticians, hairdressers, massage therapists, for self-care in regards to physical health and mental health resources as well.

It's all about wellness, physical, mental health, and accessibility to resources in the community," said Melanie Thomas Nova House's outreach coordinator.

This year's event will take place at Selkirk United Church on Nov. 17 from 10 a.m. until 3 p.m. and though Nova House has planned to have a smaller event this year, they will still have many professionals including the Gaynor Family Regional Library, the Interlake Eastern Regional Health Authority Foundation, the RCMP, the Canadian Mental Health Association, Peer Connections Manitoba, Medicine Bear Counselling, and the Selkirk Adult Learning Program. There will be henna body art, a hairdresser, rock painting, and a drumming group will also be performing at the event.

"It's a little bit smaller scale [this year] but also having said that, there's going to be paper resources for some of the agencies that can't attend so people can take the information," said Thomas.

For parents that would like to participate in the event, there will also be childcare on site.

Because of the provincial health regulations, Nova House is asking that residents call or email them to sign up before the event to better know who is coming, however, if you aren't able to sign up they won't turn people away but those people may have to wait a little longer depending on how many people have registered and are inside. Residents who would like to attend will also have to prove that they are double vaccinated with their vaccine card or QR code and ID and wear a mask at the event.

Hosted by 

We would like to welcome you to register to attend our **WELLNESS DAY** event

Once you are registered you can drop in between 10:00am and 3:00pm!

Register soon by calling or texting 204- 485-1711 or email outreach@novahouse.ca

****MASKS ARE MANDATORY****
MUST BE DOUBLE VACCINATED & SHOW QR Code & ID

In collaboration with community organizations you will gain access to resources in our area and collect information about health, wellness, domestic /family violence and more. You will learn and practice some self care, enjoy a few activities, and maybe even win a prize!

Refreshments served.

Wednesday, November 17th, 2021
Selkirk United Church
202 McLean Ave, Selkirk, MB

Funded by  

Information about Wellness Day.

Thomas encourages anyone interested to stop by and check out the event.

"It's a good time to learn and connect, network, and focus on self-care and well being and to bring aware-

ness [to the resources that could help you in our community]," she said.

If you would like to get in touch with Nova House to sign up for the event call 204-485-1711 or email outreach@novahouse.ca.

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Diabetes Awareness Month

By Lorne Stelmach

Diabetes Awareness Month throughout November as usual is much about raising both funds and awareness, but this year it is also a celebration.

A special event next week will honour the revolutionary Canadian discovery of insulin a hundred years ago—a scientific feat that has changed the lives of generations of people living with diabetes.

“Diabetes impacts everybody in some way, shape or form, whether it’s ourselves, whether it’s a family member or a friend,” said Andrea Kwasnicki, Diabetes Canada regional director for Manitoba, Saskatchewan and Nunavut.

“It’s because the prevalence is so high ... 33 per cent is what we are looking at right now or one in three ... so look to your left, look to your right, and then look in the mirror.”

The activities this month include a World Diabetes Day livestream event the evening of Nov. 14 that will feature people impacted by diabetes, health care providers, and local entertainment from across Canada.

You can also take part in a 50/50 raffle, bid for items at a silent auction, or purchase a “Cause Box” to add to your at-home viewing experience with a box that is unique to Manitoba and includes special treats.

Here in Manitoba, they are also making particular note of DREAM (Diabetes Research Envisioned and Accomplished in Manitoba) as a key research theme at the Children’s Hospital Research Institute

of Manitoba (CHRIM).

In 1985, a leading diabetes doctor and investigator on DREAM, Dr. Heather Dean, discovered the first case of Type 2 diabetes in a child.

Since then, Manitoba and CHRIM has become one of the world’s top research centers for Type 2 diabetes, which is the fastest growing chronic illness in Canada. Manitoba has one of the highest rates of Type 2 diabetes in children in the world.

“Very often, with Type 2 diabetes, signs and symptoms don’t show unless you’re getting tested,” noted Kwasnicki.

Not only is one Canadian diagnosed with diabetes the equivalent of every three minutes, but there are about 11 million Canadians who currently have diabetes or pre-diabetes. It is estimated it will reach 14 million and that perhaps 1.5 million may have Type 2 but not know it.

In Manitoba, the prevalence of diabetes is at about 403,000 or 28 per cent of population, and it is estimated it will be 488,000 or 31 per cent by 2031.

“And that’s just what they’re estimating ... we are saying it is because of our population, our aging population as well as the fact that we do have a high number of high risk groups that live in the province of Manitoba,” said Kwasnicki.

A few basic facts about four types of diabetes:

- Type 1 - about 10 per cent of people living with diabetes have Type 1. People with Type 1 must inject insulin multiple times a day.

It is diagnosed most often in children and young adults but can appear in older adults as well, and it cannot be prevented.

- Type 2 - about 90 per cent of people with diabetes have Type 2. The pancreas does not work properly, and the body cannot make enough insulin and/or cannot properly use the insulin it does make, but this may be prevented or delayed.

- Prediabetes - blood glucose levels are higher than normal but below the level to be diagnosed. There is a higher chance of developing Type 2 diabetes. There may be no symptoms, but often there is still time to act.

- Gestational - develops during pregnancy and affects 3.7 per cent of all pregnant women, so it places women at higher risk for Type 2 diabetes.

There are a number of key risks as well that are linked to diabetes, including:

- Connected to 30 per cent of strokes and 40 per cent of heart attacks. You are three times more likely to be hospitalized for heart attack and stroke.

- Connected to 50 per cent of kidney failure resulting in dialysis. You are 12 times more likely to be hospitalized for kidney failure.

- Connected to 70 per cent of non-traumatic leg and foot amputations. You are 20 times more likely to be hospitalized for amputations.

On average, it can reduce your lifespan by five to 15 years.

For more information, including a self risk assessment test, head to www.diabetes.ca.

Dynacare offering free blood sugar testing

By Lorne Stelmach

A special campaign on now in conjunction with Diabetes Awareness Month is offering free testing while also raising awareness of the risk factors associated especially with Type 2 diabetes.

Dynacare and Diabetes Canada have teamed up for a fourth year to offer the free testing throughout November as part of the province’s largest diabetes wellness initiative.

“This is a great complement to our campaign ... and we really need to raise the awareness,” said Andrea Kwasnicki, Diabetes Canada regional director for Manitoba, Saskatchewan, and Nunavut. “We have that campaign running right now so anybody can go and

have their test.”

Kwasnicki joined Manitoba Health Minister Audrey Gordon and Dynacare’s chief scientific officer Dr. Jenisa Naidoo for the campaign kick-off Nov. 3 in Winnipeg.

There was on-site A1C (blood sugar) testing open to the public followed by a panel discussion that evening featuring nurse consultant in diabetes management and educator Lori Berard

Through the remainder of the month, there is free A1C testing being done at all Dynacare locations, which include those in Winkler and Morden.

Tests are being offered for free to at-risk Manitobans at no cost. At-risk groups include, but are not

limited to, people who are overweight, over 40, or of Indigenous, African or Asian descent.

Dynacare will donate \$0.50 to Diabetes Canada for every A1C test in November up to \$25,000.

“On our website, there’s also a risk assessment that people can do. It’s a self-administered self risk test,” noted Kwasnicki. “We encourage them to go to their family doctor and ask for a requisition, however we do have some pre-signed requisitions that will be available at the Dynacare labs.”

“We are proud to use diabetes awareness month to give Manitobans the tools they need to prevent or treat Type 2 diabetes,” said Dr. Naidoo.

Movember draws attention to men's health topics

By Jennifer McFee

This year's Movember initiative is well underway in an effort to bolster awareness and raise funds for men's health.

Since its humble beginnings in Australia in 2003, this moustache-growing charity event has engaged five million participants around the world. The initiative takes place each November when Mo Bros and Mo Sisters can sign up to help out. The men can endeavour to grow a moustache, while Mo Sisters can walk or run 60 kilometres throughout the month, host a Mo-moment gathering or create their own challenge.

Funds raised for Movember go towards men's health projects that focus on the key areas of mental health and suicide prevention, prostate cancer and testicular cancer.

Locally, Alan Campbell is participating for the first time. Over the years, he has been happy to donate through friends and colleagues who embraced the cause.

"I think this year, perhaps more than ever before, we need to be more aware of the mental and physical health challenges being faced by our



Alan Campbell pictured with his daughters Lucy, 6, and Maggie, 3

RECORD PHOTO SUBMITTED

friends and family. Movember focuses on raising awareness around men's mental health challenges as well as the prevalence (yet relatively low awareness) of prostate and testicular cancer," he said.

"As we try to move forward from the COVID-19 pandemic, it is beneficial for everyone if we raise awareness of

the importance of mental health supports, and as our health-care system struggles to catch up, the potential impact of delayed screening for, and diagnoses of, various forms of cancer. If my small contribution can help, then why not?"

Campbell notes an alarming statistic from the Movember website that globally, on average, one man dies of suicide every minute of every day.

"Like many people, my mental health has struggled a bit throughout the pandemic — but I'm blessed to have the support of family and friends and also an awareness of where to go

for help if that is what's needed," he said.

"Sadly, there are many people who don't have access or the guidance from others to get them to the mental health supports they need. For far too many, the incredible efforts and interventions of family and friends and professionals still aren't enough, and they tragically end their life by suicide."

Suicide, mental illness, prostate cancer and testicular cancer are not easy topics to talk about, he added.

"The stigma associated with them actually makes them more fatal — either because someone may be unwilling to ask for help or uncomfortable about getting screened when something doesn't seem right," Campbell said.

"Movember aims to raise awareness and make it more commonplace for these subjects to be discussed proactively, as opposed to when it is too late."

Campbell's goal is to raise \$500 by the end of November, and there are a couple ways to donate through the Movember campaign. One way is to search for "Alan M Campbell" on Facebook and open his Movember Facebook Fundraiser. Another option is to visit the Movember webpage at ca.movember.com and type "Alan Campbell" in the search bar.

"The most important thing is that you donate," he said, "whether it's on my page or someone else's."

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Spooky contest has houses looking a fright



RECORD PHOTOS SUBMITTED

Inclusion Selkirk's houses were extra spooky this year thanks to the Selkirk Halloween Decorating Contest that they hosted sponsored by Cambrian Credit Union. Pictured left: Winners from Inclusion's Christie Ave. home with Cambrian Credit Union's Craig Giesbrecht, the manager of the Selkirk branch. Right: Some spooky decor.

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Deadline to use Denture coverage

BY ELISHA VANDOR

When it comes to dental insurance, the best formality to follow when wanting to claim your unused dental insurance before year end is to act fast! The benefit of acting fast is to predetermine exactly how much insurance coverage you'll receive prior to starting any denture procedure, which means more money in your pocket.

Utilizing your denture insurance benefits starts with one phone call...

Call our office and book a free consultation with Brock or Matthew, the Denturists. The consultation appointment is the most important step because the insurance company needs to know the exact procedure (specifically procedure codes) in order to determine coverage. Once we've figured out the procedure, one of our lovely receptionists follows the protocol for submitting predeterminations, which ensures a timely response. For some providers (like Blue Cross) coverage response can be immediate; however some insurance companies processing times are long than expected this year. For most plans, any unused coverage in 2021 is non-recoverable and essentially money down the drain when your plan restarts January 1, 2021.

2. Insurance companies often have a time limit as to how often they cover certain procedures, most commonly, you are eligible for relines every 3 years and new dentures every 5 years. Routine services, such as check-ups, cleanings, or repairs are usually covered every year.

Brock finds that dentures perform the best if they're replaced every 7-10 years. Heavy chewers typically need to replace their dentures every 5 years due to faster wear and tear. Relines are commonly required every 3-5 years, especially on the lower denture where bone loss affects the looseness greater than the upper.

A common strategy to use your benefits efficiently is to book some treatment at the end of the year and the rest of the treatment after January 1st, as this is when most plans restart

3. If you have a consultation in early to mid November, we will have time to finish the services before year end. Typically, new dentures take four appointments, and are scheduled twice per week, but dentures can be made in as little as one day if we have enough notice! Don't delay today because your denture insurance coverage won't stay. Book your free consultation.



- supplied photo -

Manon is Vandor's "Insurance Guru" and loves to assist patients in getting the most from their denture insurance coverage.

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Jammin' at the Merch



RECORD PHOTO BY BILL NEWZMAN SMYTH

Selkirk's The Bowman Brothers Band played in front of a very appreciative crowd at The Merch recently.

MB Farm Women's Conference

Presentations open to all Nov. 15, 17

By Ashleigh Viveiros

The Manitoba Farm Women's Conference is back for another round of virtual sessions.

In honour of Manitoba Farm Women's Week Nov. 14-20, MFWC is hosting a pair of Zoom presentations on Monday, Nov. 15 and Wednesday, Nov. 17.

The online gatherings follow on the heels of a similar series held earlier this year, which MFWC committee member Tracy Chappell says were quite well-attended.

"I think it's something where people were looking for something to offset COVID—something to do—and that's why we're doing it again because we feel it's time to connect again," she said. "Although we can't connect in person like we'd like to, this is a way we can do it virtually."

Since its creation 30 years ago, the conference has sought to provide an opportunity for participants to network and share

knowledge about the benefits and challenges of farm and rural living.

"It's a chance to get together and laugh and commiserate with each other," Chappell said, noting some farm families may have had a banner year, while others are struggling. "We've all been there before and so sometimes the older ones can impart their wisdom onto the younger ones. It's about being there to support one another."

"I think sometimes [living rurally] we feel distanced. But you're not alone."

This year's conference theme is "Gratitude and Wellness Within the Farming Community."

The Nov. 15 session, featuring guest speaker Kim Moffatt, will focus on mental health as it relates to those who make their living in the agricultural world.

Moffatt trained in psychiatric nursing

and is a certified crisis counselor who worked for the Manitoba Farm, Rural and Northern Support Services as well as the Manitoba Suicide Prevention Support Line.

She is able to use her own experience as a former farmer to help understand and connect with producers who are facing increasing stress levels.

"We really feel that mental health is something we're all learning about and realizing the importance of," said Chappell. "She going to come in and give us some tips on what to look for, what's available for people who are suffering."

Then, on Nov. 17, participants will hear from Portage la Prairie area producers Mark and Yanara Peters of Spruce Drive Farms and Stone Shed Gardens.

Together they produce 100 acres of seed potatoes and about 500 acres of grass and alfalfa hay alongside a new flower business to bring colour to people's lives.

Also on tap for the evening are Elise and her daughter Emily from Porch Drop Produce, who are bringing rural produce into the urban markets in Winnipeg.

It's a chance to showcase some options for shopping locally heading into the holiday season, Chappell said.

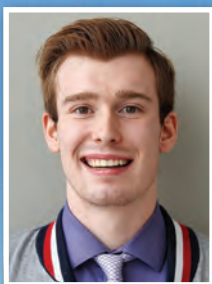
"I think the pandemic, if it's done anything, has made us realize that there's a lot of things in our own backyards that maybe we didn't realize were out there," she said, explaining the speakers will share their journeys and methods of reaching out to people, especially those who may not be connected to the rural areas.

MWFC is also encouraging people to share made in Manitoba products and businesses with them on their social media pages so they can help get the word out.

The sessions both run from 7-8 p.m. and they are free and open to all. Pre-registration is not required: simply join the meeting via Zoom at <https://us02web.zoom.us/j/7062595483> to take part (or head to the Manitoba Farm Women's Conference's Facebook page for a clickable event link).

You can also email mbfarmwomensconf@gmail.com for more information.

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Allowable KM per Year: 20,000 Km



Getting sweet revenge is easy as pie



RECORD PHOTOS BY SHELLEY THIESSEN AND KIM LEMOINE

Students at Robert Smith School didn't miss their annual in a Terry Fox fundraiser nor did they miss their reward of pieing their teachers for reaching their goals. A random draw of fundraiser's names was made and the lucky students were given the opportunity to pie one of their teachers. Great fun was had by all and close to \$900 was raised. The top fundraiser for the third year running was Parker Pelletier. Pictured left: Margo Yeomans the school's councillor with a face full of pie. Right: Jacob MacDonald, Educational Assistant, can't see through the pie.

> UNDERWATER MUNITIONS, FROM PG. 15

seas and lakes are dying from the legacy of underwater munitions. They are silent killers destroying Canada's potential for a blue economy [a concept which encourages the stewardship of oceans]," said Long.

Not only are "decaying toxic munitions" destroying aquatic habitats, but they also have the potential to kill humans should they wash up on beaches. People shouldn't handle them. They should call the police, said Long.

"A few years ago, I received a call from a family in Ajax [Ont.] that had picked up a bomb on the beach in Halifax and drove it home with their children. They put the bomb in their living room, took a picture and sent it to me. I told them to call the police. The bomb squad came and found that it was a live bomb," said Long. "DND [Canada's Department of National Defence] knows there are bombs on Halifax beach because it's near a bombing area, but they do not put up any signs on the beach or do any risk mitigation to tell people not to pick them up or stay away."

DND said in 2004 that there were around 60 high priority sites in

Canada – and today there still are 60 high priority sites, said Long, citing the department's rather lax response to the issue.

"When I did a Senate hearing in 2004, there was a unanimous decision on three points. One was to get more finance and scientific research to address this. The second was to have other government departments involved – other than DND. The third was to have the government call on the United Nations for an urgent conference with coastal countries," said Long. "Senators were unanimous in their decision on all three points, but what happened after the hearing was they gave it all back to DND, and they never called for that conference."

The *Express* reached out to DND with questions such as how many pounds or tons of ammunition were dumped into Lake Winnipeg at the site Kristjanson identified, other sites around the lake where this may have occurred, whether DND has done a survey of munitions sites around the lake and how it intends to move forward.

A DND spokesperson acknowledged the questions, but no answers were provided.



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Bacon-Wrapped Halibut

pepper, to taste
8 slices Coleman Natural Bacon
1 tablespoon canola oil
cooked rice or other grain (optional)
salad or other vegetable (optional)
Season halibut with salt and pepper, to taste, then wrap each fillet along shorter side with two bacon slices, tucking ends underneath to hold in place.

In large, nonstick skillet, heat oil over medium-high heat. Add fish and cook, turning once, until bacon is crisp, about 5 minutes on each side.

Serve fish with rice or salad.



Recipe courtesy of Angie McGowan of "Eclectic Recipes"

Prep time: 20 minutes
Cook time: 2 hours
Servings: 8
2 jars (16 ounces each) Aunt Nellie's Sliced Beets
2 tablespoons olive oil
1 large onion, diced
4 stalks celery, diced
3 medium carrots, diced
1 teaspoon kosher salt
2 cloves garlic, diced
2 tablespoons smoked paprika
2 tablespoons ground cumin

Beet Lentil Chili

1 1/2 tablespoons ground coriander
1 teaspoon dried oregano
2 tablespoons chili powder
1 can (6 ounces) tomato paste
2 quarts low-sodium chicken or vegetable stock
1 quart water
1 pound lentils
Garnishes (optional):
1/2 cup sour cream
1/4 cup radishes, cut into matchsticks
1/2 cup freshly chopped cilantro
1/2 cup finely chopped onions
1 cup crumbled queso fresco
Drain beets; dice and set aside. Discard liquid.

Preheat large soup pot over medium heat. Drizzle with olive oil. Add onion, celery, carrots and salt; saute until softened, stirring occasionally.

Add garlic, paprika, cumin, coriander, oregano, chili powder and tomato paste; saute until fragrant, stirring frequently.

Add stock, water, beets and lentils. Bring to boil; reduce to simmer. Simmer about 2 hours, or until lentils are tender.

Serve with sour cream, radishes, cilantro, onions and queso fresco, if desired.

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Christine Ibbotson

Dear Money Lady, After going through the last few years with COVID, I have decided I don't want to work anymore. Can you tell me how much I would need to retire now?
- Thanks, Pat

Dear Pat,

Well, isn't that a loaded question?

Today, there are so many Canadians that have emailed me asking the exact same thing. They don't want to go back to the pre-COVID work situation of 9 to 5 in the office with the added drudgery of commuting every day. Many people are now wanting to retire earlier or at least change their work situation after COVID. So, can you retire now?

Having the financial means to retire earlier will be different for everyone. Basically, you will need to ensure you can be financially comfortable and provide for your security, freedom, and independence as you age. You will want a long-term savings plan that you can draw on through the years in addition to your government pensions. If you have an employee pension fund together with government benefits, you may not need to have an investment portfolio. Of course, it would be great to have both, but one thing is for sure: you should have absolutely no debt when you do your hard-stop to working. If that means you need to downsize to get rid of your mortgage or change your lifestyle to eliminate your debt load, then that is what you must do. Fear for your financial stability has no place in your future, especially when you retire.

The basic benchmark to retire fits into two scenarios. This is the essential amounts needed to retire

AsktheMoneyLady.ca

comfortably and remember you cannot have any consumer debt, mortgage or line of credit debt and also no personal or car loans.

Retirement Basic Option One:

* You have an employee pension plan that is indexed for inflation.

* You will have full government pension benefits, CPP + OAS.

* You have no debt.

* You have no other retirement savings.

Retirement Basic Option Two:

* You do not have an employee pension plan.

* You only have government pension benefits, CPP + OAS.

* You have no debt.

* You have a retirement invested savings portfolio worth \$500,000.

The above retirement benchmarks are considered minimums for a retiring couple in today's dollars and any savings should be invested for long-term compound growth to account for future inflation and taxation. Even though these amounts are based on two people retiring together and sharing expenses; it is not much different if you are retiring as a single, on your own. Unfortunately, a retirement for one, is just as expensive as a couple in today's economic environment.

Good Luck & Best Wishes

ATML - Christine Ibbotson

Written by Christine Ibbotson, Author of 3 finance books and the Canadian Best-Selling Book "How to Retire Debt Free & Wealthy" www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

SELKIRK STEELERS

Bingo!

Thursday

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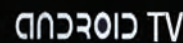
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Province, regional health authorities, to move non-COVID patients out of hospitals to free up beds

By Patricia Barrett

Non-COVID patients in hospitals could be transferred out of their home health regions to other parts of Manitoba as Shared Health and five regional health authorities prepare to free up beds for COVID patients.

Shared Health, which oversees health-care delivery across the province, notified "Acute Care Leads and Care Teams" in an Oct. 19 memo that non-COVID patients may be transferred to facilities across Manitoba in order to accommodate a growing fourth wave of COVID patients and expected influenza patients.

Under Shared Health's directive, the Interlake-Eastern Regional Health Authority (IERHA) will be transferring stable hospital patients to other facilities within its own region or out of the region altogether, according to an Oct. 22 letter it sent to elected leaders. The IERHA has an "ongoing shortage or nurses," is preparing for an increase in COVID patients and expects to deal with influenza patients.

"These three unique elements of the health care environment that we are now experiencing are affecting, or pose the potential to significantly affect, our ability to continue delivering appropriate health care services in Interlake-Eastern RHA," wrote chief executive officer Dr. David Matear in the letter. "That is why regionally and provincially we are taking difficult and extraordinary actions to ensure that hospital beds are available for people who require hospital care."

Throughout October the IERHA had been "adding and reallocating staff resources to home care and allied health teams in an effort to keep people at home safely, longer," he wrote. And the health authority has asked personal care homes in its region to accommodate "new admissions" as quickly as possible.

Some hospital admissions could be "diverted" to receive home care or mental health supports "if no medical care is required," said an IERHA spokesperson in response to questions about sending patients home to recover.

Patients could also be sent to other rural or northern hospitals for care.

"Manitoba's hospitals across rural and northern Manitoba have the capacity, staff and skills to care for a wide variety of health conditions," said the spokesperson. "Patients transferred under the protocol would be medically stable and matched carefully with facilities that can appropriately match their care needs with services and skilled staff at the receiving site."

Patient transfers are "necessary" in order to "continue" performing im-

portant surgeries in the IERHA and other regions, as well as to offer other health services, said the spokesperson. Manitobans have been waiting for care due to "necessary cancellations as a result of previous waves of the pandemic."

On admission to hospital, patients and/or family members will be asked to sign a form consenting to a possible transfer to another facility or health region. They can still be transferred even if they refuse to sign it.

"While we will work with patients and families to advise them that they are being transferred, we do not require permission for a transfer to take place," said the spokesperson.

Matear acknowledged in his letter that mandatory transfers could be "difficult" for patients and their families, but is "necessary if the health care system is to continue providing the highest level of care that it can for COVID patients."

The IERHA said it's unable to estimate the cost of shipping patients around the province because "hundreds of transfers" occur daily.

A spokesperson for Shared Health said the patient-transfer protocol was activated on Oct. 22. Because the scope and duration of the protocol is unknown, Shared Health can't determine how much this is expected to cost the health-care system.

"Hundreds of patient transfers occur throughout the health system on a daily basis. As such, separating out costs for transfers that apply to this protocol is infeasible – particularly when the scope and duration of the protocol is unknown," said the spokesperson.

The IERHA is experiencing a shortage of paramedics in the region, which affects ambulance availability. When asked how it will deal with patient transfers in the context of those shortages, Shared Health said ambulances are not required for "all patient transfers."

"Low acuity forms of transport are utilized where appropriate, such as when a patient is transferred from an acute care setting to a personal care home," said the spokesperson.

The patient-transfer protocol is expected to maintain non-COVID health-care services such as non-urgent surgeries and diagnostics, said the spokesperson.

The surgical and diagnostic backlog is almost at 130,000, according to an Oct. 14 Doctors Manitoba' statement posted on its website, and "progress has been slow."

Of that total, there over 52,000 surgeries, over 41,000 diagnostic imaging procedures (e.g., MRI, CT and ultrasound scans) and over 35,000 proce-

dures such as endoscopies, mammograms and allergy tests, says the statement.

Doctors Manitoba said it had asked the province in June to commit to clearing the backlog by a fixed date, create a surgery and diagnostic recovery task force and report monthly to the public on the backlog, but no action has been taken.

Manitoba Liberal Leader Dougald Lamont told the *Record* that the patient-transfer protocol and the surgical backlog is indicative of a government unable to handle a crisis.

"I have to say it, it's like the PCs have been paralyzed and they don't actually know what to do," said Lamont last Friday. "If you look at Shared Health, it's overwhelmingly accountants at the top and consultants, not people with medical experience."

In addition to the previous and the current provincial government reducing capacity in the health-care system, there's a cap on the number of surgeries doctors can perform. Having to care for COVID patients has exacerbated an existing backlog.

"If you wonder why you have to wait so long for a hip replacement, for example, it's because the government says you can only do so many a year and it doesn't matter how many people need it – that's the policy under the PCs," said Lamont. "If there are surgeons who can do this work and ORs [operating rooms] sitting empty, then we should let them work their way through the backlog."

A shortage of health-care staff rather than a shortage of beds is behind the patient-transfer protocol, he said, and that represents a failure of management.

"I'm really concerned that patients will be sent hours away ... and they'll be isolated and separated from their families," said Lamont. "This is their idea of getting ready for the fourth wave – sending patients to live in personal care homes, perhaps hours away – and it's a failure. And once again the government is forcing health-care workers to make do with what they have when they don't have enough."

Lamont he's heard "more than once" from people who weren't told their loved ones had been transferred. That included someone sent from Winnipeg to Gimli and somebody sent from one Winnipeg hospital to another.

We've been down the COVID road three times (i.e., three waves) over the course of the last year and a half, he said, and have seen how the virus can swamp the health-care system here and in countries around the world.

In response to that, the province should have been working on long-term solutions, including rectifying

rural health-care worker shortages and paying them equitably in order to keep them in rural communities. The province can't just put major services in Winnipeg because "it's convenient for the people who run the system," he said.

"The long-term solution is we have to pay rural health-care workers properly to ensure there are teams who can work in a place like Gimli or other communities in the Interlake," said Lamont. "There has to be quality local health care."

But both the NDP and the Progressive Conservatives starved the health-care system of funding, he said. Nurses went without contracts and paramedic shortages arose. And the Conservatives recently closed emergency rooms and reduced ICU beds to 58. That has had a knock-on effect, leading to the bottlenecks and inequities we see today.

"If you close all those services, you'll have to transfer patients around for care," said Lamont.

Although the Conservatives were forced to double ICU capacity – mainly in Winnipeg and Brandon – when COVID patients started flooding in, Lamont said they haven't "done what it takes to get this system ready."

"What does it say about our health-care system during the pandemic when the government [in wave 3] had to send patients out of the province [for care]?" said Lamont. "And now in another wave, they'll be sending people out of their communities. It means that our health-care system is not able to care for people properly. This is where we're at, and this isn't the first wave – this is the fourth wave. We've been calling [on the government] for preparations for this since May."

NDP Leader Wab Kinew said in a statement to the *Record* that the Conservatives have "gutted" the health-care system, laid off nurses and cut hospital beds across the province.

"This is the fundamental reason the IERHA has stated it may transfer patients to different sites or health regions in order to free up beds," said Kinew. "This will make it harder for patients to get care close to home. And for families in the Interlake, it means loved ones could be sent to sites hours away."

It will take years to "fix the damage" the PCs inflicted on the system, he added.

Thunder roll past Parkwest in RMFL semifinal

By Brian Bowman

It wasn't easy, but the Interlake Thunder certainly made it look that way on Sunday afternoon.

The Thunder rolled to a very impressive 70-0 victory over the Parkwest Outlaws in a Rural Manitoba Football League semifinal in Stonewall.

"There is something to be said for having a good week of practice and we had a really strong effort and complete game out of the team. You're going to get breaks when you play that way," said Thunder head coach Mitch Obach. "We were really pleased with the effort and hopefully we can build on that this week."

The Thunder's Tucker Knutson had a great game at quarterback with seven carries for 177 yards and four touchdowns. He was also 6-for-10 passing with a TD.

"It was his first-ever game at quarterback with Kendel injured and he had a huge game," Obach noted.

Lucas Kmet also had a very good game on the ground with eight carries for 98 yards and a touchdown while Blake Good ripped off a 20-yard TD run.

Lee LaPierre had a five-yard TD run and a 10-yard TD catch.

Defensively, the Thunder were equally impressive with five interceptions.

Preston Vermette, Liam Palsson, Simon Desjarlais, Alex Luke and Erik Palsson each picked off a Parkwest pass. Palsson returned his interception for a touchdown.

With the victory, Interlake will now host the Moosomin Generals for the Murray Black Cup this Saturday at 2 p.m. in Stonewall.



RECORD PHOTO BY LANA MEIER

The Interlake Thunder defeated the Parkwest Outlaws 70-0 in a RMFL semifinal game last Sunday in Stonewall. Interlake will battle Moosomin for the Murray Black Cup this Saturday at 2 p.m. in Stonewall.

Moosomin defeated the Virden Golden Bears 30-26 in their semifinal game last Saturday.

Interlake will have a tough test with Moosomin.

"They definitely throw the ball more than other teams we've seen this year and they play more of a spread offence so that will be a little bit of a different look," Obach said.

All three teams from Interlake's Prairieland Division lost their playoff game on Saturday. That had the Thunder a tad concerned heading into their semifinal clash with the Outlaws.

"I think part of the motivation that propelled us on Sunday was that the other three playoff games happened and they were all games where teams played

against the other division and the teams from our division all lost," Obach said. "Our guys (we're wondering), 'Are we in a weak division and, (if so), we better bring it.' (Parkland is) 0-6 but they might be a good 0-6 in a tough division."

Win or lose this weekend, the Thunder have had a very successful season, especially after starting 0-3.

"When you can play football in November, that's all that you can ask for and not a lot of teams get to finish a season with a win," Obach said. "We hope to be one of those teams. We started 0-3 and have won three of our last four and three straight at home. "Hopefully, we can keep it going for one more week."

Selkirk splits weekend games with Portage

By Brian Bowman

The Selkirk Steelers' six-game winning streak ended on Saturday.

Selkirk gave up three first-period goals in a 4-3 loss to the Portage Terriers in Manitoba Junior Hockey League action at the Recreation Complex.

Portage's Brenden Holba scored the game winner at 15:11 of the third period.

The Terriers bolted out to a 3-0 first-period lead with goals from Ethan Tinevez, Aiden Sotas, and Brandon McCartney.

After a scoreless second period, Selkirk tied the score at 3-3 by the midway point of the third with three goals in just a 5:20 span.

The Steelers' goals were scored by Spencer Penner, Quinton Hill and Tristan Thompson. Thompson finished the game with three points.

Cole Plowman made 34 saves in the losing cause.

On Friday, the Steelers defeated the Terriers 5-4 in a shootout in Portage la Prairie.

Lucas Brennan scored the lone goal in the shootout.

Selkirk's Connor Tyhy tied the score at 4-4 at 18:51 of the third period.

The Steelers' other goals were scored by Thompson, Cameron Hibbert, and Brennan.

Brandon Funk, Thomas Kaufield, Jaden Pashe, and Logan Calder replied for Portage.

Hunter Tarves made 23 saves for the victory.

Selkirk (8-7-0-1) will play the Flyers in Winkler on Friday and then will host Winkler on Saturday. Puck drop for both games is 7:30 p.m.



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Bisons hockey team raising funds for men's mental health

By Brian Bowman

The University of Manitoba Bisons men's hockey team is growing moustaches for a great cause this month.

Several players have stepped forward to participate in Movember to help raise money and awareness to support men's mental health.

"One of the leaders on our team (Liam Schioler) took the initiative and organized it all," said Bisons' forward Noah Basarab on Monday afternoon. "The team has been doing it for a couple of years now but this is my first year so I jumped on board with it. We're raising funds for men's mental health to show people it's OK to talk about issues and that."

Schioler, an assistant captain with the Bisons, had raised the most mon-

ey (\$420) by Monday afternoon. His goal is to raise \$1,000.

Gimli's Basarab, meanwhile, was third on the team at \$195. He joked that the team is having mixed results in terms of growing moustaches.

"Everyone is growing a stache but some are better than others," Basarab said, noting that he has had a moustache since he was 16 years old. "If they can't grow a stache, they're spreading the word."

On the ice, the Bisons are 1-5 heading into their two-game road trip to Regina to play the Cougars this Friday and Saturday.

Basarab, 22, has played three games so far in his first season with the University of Manitoba.

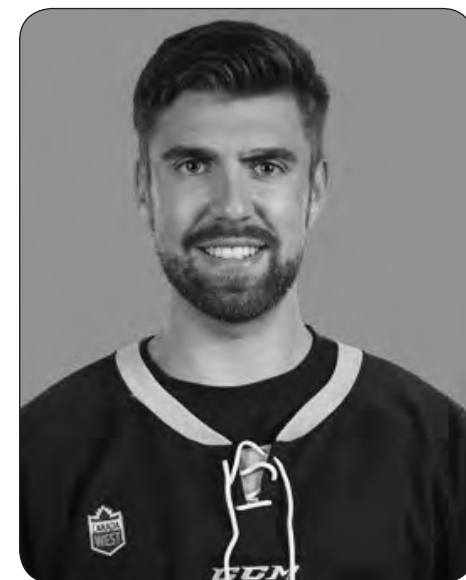
"It's really high level hockey," said

Basarab. "The first game that I got into, the pace was up there. There's no taking a shift off, you can't afford to take a shift off. It's 100 per cent all of the time."

Basarab said the Bisons' have been competitive in every game and had a chance to win. Manitoba has been on the losing end of three consecutive 4-3 scores already this season.

"It's just one lucky bounce going the other way," he said. "That's basically where we're at right now."

Anyone looking to donate money can visit ca.movember.com and put Manitoba Bisons in the search. They can also visit Noah Basarab's twitter page.



Noah Basarab

Royals have a tough week on the ice

By Brian Bowman

The Selkirk Royals had a tough time last week.

Selkirk lost all three Winnipeg High School Hockey League games after a 3-2 road loss to the Miles Macdonell Buckeyes last Friday.

The Buckeyes battled back from a 2-0 third-period deficit for the victory.

Keenan Blackburn scored the game winner with just 2:54 remaining in the third.

Miles Mac's Daemon MacDonald and Jordan Crawford, on the power

play, scored earlier in the period.

Ben Desjarlais tallied for Selkirk in the opening period and then Nathan Burzynski scored in the second.

Burzynski and Ty Johnson each had two points in the game.

Last Wednesday, the Royals lost 7-4 to the Westwood Warriors. Westwood snapped a 3-3 third-period tie by out-sourcing Selkirk 4-1.

Clint Thomas scored twice for the Royals while Devon Whiteside and Burzynski also tallied.

Selkirk's Gaven Berry had two as-

sists in the game.

Magnum Grindle (two), Evan War-saba, Tristen Arnason, Jarrett Ross, Lyam Friesen, and Carson Salamacha replied for Westwood.

On Nov. 1 Selkirk lost 4-3 in a shoot-out to Miles Macdonell.

After a scoreless first period, the Royals' Andrew Denoon and Mac-Donald traded second-period goals.

Kyle Chapko gave the Buckeyes a 2-1 lead in the third before Selkirk responded with goals from Brennan Feschuk and Whiteside.

But the Buckeyes' Dylan Goldsworthy tied the score with just 24 seconds remaining in regulation time.

Burzynski and Ethan Geard each had two assists in the game.

The Royals hosted the Sturgeon Heights Huskies on Monday but no score was available at press time.

Selkirk will then play the Oak Park Raiders next Monday (4 p.m.) at the Recreation Complex.

Fishermen net trio of victories

By Brian Bowman

The Selkirk Fishermen outshot the St. Malo Warriors 47-12 on Saturday but the final score was far from a blowout.

Selkirk scored a pair of first-period goals and then added another in the second for a slim 3-1 road victory in Capital Region Junior Hockey League action.

Matt Brooks was very good for the Fishermen, scoring twice and adding an assist.

Nathan Burzynski chipped in with a goal and an assist for Selkirk.

Jeremie Collette scored a first-period goal for St. Malo.

Owen Derewianchuk made 11 saves for the win. He is 5-0 this season with a stingy 1.96 goals-against average.

Last Friday, Selkirk hammered the Falcons 8-2 in Lundar.

Reece Tessier had a fantastic game with four goals and an assist while Jordan Donald tallied twice and Brooks had a goal and two assists.

Josh Poponick netted the Fishermen's other goal.

Cale Jonski had three assists in the game while Dominic Suhr added a pair of helpers.

Ryan Gleich and Riley Wirgau replied for Lundar.

Derewianchuk made 19 saves for the win.

On Nov. 2, the Fishermen bombed the North Winnipeg

Satelites 9-2 at the Billy Mosienko Arena.

Selkirk, which scored three goals in each period, received another four-goal effort from Tessier, which included a natural hat trick in the second period.

The Fishermen's Travis Spratt also had a strong game with a goal and four assists while Donald

added a goal and three assists. Spratt has a league-leading 10 goals this season.

Selkirk's other goals were scored by Austin Zirk, Kasen Andrushko, and Suhr.

Jonski had four assists in the game.

Jordan Klippenstein scored both North Winnipeg goals.

Derewianchuk and Manny Minuk split the goaltending duties for the Fishermen.

Selkirk, in first place with 24 points, will host the Arborg Ice Dawgs this Friday (7:30 p.m.) at the Recreation Complex.

Next Home Games

FRIDAY, NOVEMBER 12th
vs Arborg

7:30pm at the Selkirk Rec Centre

FRIDAY, NOVEMBER 19th
vs St. Malo

7:30pm at the Selkirk Rec Centre

Next Away Game

• Sat, Nov 20 - vs Arborg - 7:30pm in Arborg



Meet the Fishermen



#11 Raymond Hefferman
Defence

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

KPAC varsity volleyball playoffs nearing

Staff

The Selkirk Royals varsity boys' volleyball team posted a 7-6 record in sets at a St. Vital Invitational last Friday and Saturday.

Selkirk defeated the MBCI Hawks 3-2 by scores of 25-22, 27-25, 22-25, 25-23 last Wednesday in KPAC action.

On Nov. 1, the Royals swept the River East Kodiaks 3-0 (25-11, 25-17, 25-20).

Selkirk visited the Miles Macdonell Buckeyes this past Monday but no score was available.

In varsity girls' play, Selkirk lost 3-0 (15-25, 14-25, 21-25) to MBCI last Wednesday.

On Nov. 1, the Royals defeated the River East Kodiaks 3-1 (21-25, 25-23, 25-22, 25-12).

Selkirk wrapped up KPAC play this past Monday against Miles Macdonell but no score was available.

In junior varsity girls' action on Nov. 2, Selkirk defeated River East 3-1 (25-12, 25-22, 22-25, 25-15).

The Royals will host Miles Macdonell in a KPAC Tier I playoff game next Tuesday at 6 p.m.

The Royals' junior varsity boys' team, meanwhile, finished with an 0-4 record at a River East Collegiate tournament last weekend.

Selkirk lost 3-0 (20-25, 23-25, 17-25) to MBCI in league play last Thursday.

On Nov. 2, Selkirk was defeated 3-0 (21-25, 27-29, 9-25) by River East.

The Royals visited Miles Macdonell on Tuesday for a KPAC Tier I playoff



RECORD PHOTO BY KEN ALLEN
The Selkirk Royals' Lucas Brzoza, left, and Keenan Allen go up for the block during tournament action last weekend. The game but no score was available. The winner of that game advances to play at MBCI on Nov. 16.

Skating success



RECORD PHOTOS SUBMITTED

East St. Paul Skating Club skaters competed at the Skate Manitoba Sectionals last weekend in Virden. Emmet Dewar, left, competed in Novice Men's at this provincial competition, finishing in second place to qualify for the Skate Canada Challenge to be held in Regina from Nov. 30 to Dec. 4. Jade Pilat competed in Novice Ladies, finishing in sixth place with a personal best score.

Yackel records two points in bronze-medal game

Staff

West St. Paul's Kara Yackel scored a first-period goal in Team Manitoba's 4-3 loss to Saskatchewan in the bronze-medal game of the Western Regional Women's U18 tournament on Saturday in Portage la Prairie.

Courtenay and Oceane Asham also scored for the host province. Yackel assisted on Asham's goal with 2:19 remaining in the third period.

Manitoba was shut out 2-0 by B.C. in a semifinal game last Friday.

Manitoba started the tournament on Nov. 2 with a 4-1 loss to B.C. as

Norah Collins scored in the losing cause.

The next day, Manitoba was doubled 4-2 by Alberta. Danika Bottorill, on the power play, and Asham scored for Manitoba.

Last Thursday, Manitoba edged Saskatchewan 3-2 to close out their round robin. Louise Fergusson (power play), Morgan Smith and Keara Parker scored for the winners. Parker's goal came with 2:35 remaining in the third period.

B.C. won the gold medal with a 4-3 victory over Alberta on Saturday.

Raiders blanked by the Canucks

Staff

The Raiders Jr. Hockey Club was shut out 3-0 by the St. James Jr. Canucks in Manitoba Major Junior Hockey League action last Sunday.

Griffin Haight scored a second-period power-play goal and then added a shorthanded marker in the third.

Rory Neill tallied a first-period goal for the Canucks.

St. James outshot the Raiders 45-25.

On Friday, the Raiders were hammered 8-1 by the first-place Transcona Railer Express.

Riley Barroso scored the Raiders lone goal late in the first period.

Transcona goals were scored by Jason Kotchon (two), Conner Grunsten (two), Burke Heide, Nathan Turner, Conrad Solypa, and Michael Todoruk.

The Raiders (6-8) will host the St. Boniface Riels on Friday at 7:30 p.m.

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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

424 Eveline Street, 2 beds & 1 bath. \$1,119 & \$1,067/month includes 1 parking stall and water, tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. No pets & no smoking. 1 year lease only. Call/text 204-290-3805. ruleapartments@gmail.com

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SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

E	E	H	R		S	D	D	V	R	F
S	C	V	R		S	E	N	E	M	E
S	U	T	O	V	I	L	E	N	O	B

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Taxis
- Mega energy unit (abbr.)
- Single-strand break
- Combinations of countries
- Cutting tool
- Small bay in Gulf of Maine
- Actress Lathan
- Chatter incessantly
- Energy, style and enthusiasm
- Simple shoe
- Woman (French)
- Abnormal rattling sound
- Able to change
- Future butterfly
- Used in cooking and medicine
- A street for nightmares
- French modernist painter
- Dishonors
- Integrated data processing
- Frameworks
- Apply new materials
- Where merch is displayed
- American figure skater Lipinski
- Cycles per second
- Oohed and ___
- Dark olive black
- Peyton's little brother
- Plant in the bean family
- A wife: ___ covert
- Born of
- Arranges balls on the pool table
- Title of Italian monk
- Tooth caregiver
- American feminist poet

CLUES DOWN

- Dan Rather's old network
- Expression of sorrow or pity
- ___ fide (Latin)
- Sign of healing
- Warm-blooded vertebrate

1	2	3	4		5	6	7		8	9	10			
11				12		13			14					
15						16			17					
	18				19		20			21				
					22	23			24					
25	26	27	28	29										
30							31							
32									33	34	35	36	37	
					38	39	40		41	42				
					43				44					
	45	46	47											
48					49					50	51	52	53	54
55						56					57			58
59											61			
62							63					64		

- Model
- Of or relating to plants
- Plant of the heath family
- Where to weigh something
- Internal structure
- ___ Paulo, city
- South Slavic person
- A way to record
- Have already done
- As much as one can hold
- Auburn legend Newton
- Comedienne Gasteyer
- Beloved dog Rin Tin ___
- Midway between east and southeast
- Call it a career
- Former CIA
- American time
- Confederate general
- Soviet Socialist Republic
- Travel downward
- Made red-blue
- Vietnamese revolutionary Le Duc
- Capital of Italy
- Small bunches of flowers
- Calvary sword
- A distinctive, pleasant odor
- A well-defined track or path
- Cereal used to make flour
- Retrospective analysis (abbr.)
- Grayish white
- Engrave
- Famed men's basketball program
- Midway between south and southeast

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NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES RURAL MUNICIPALITY OF BROKENHEAD

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 **3rd** day of **December, 2021**, at the hour of **9:00 AM**, at Rural Municipality of Brokenhead, 72013 Road 42 East, Beausejour, Manitoba, 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
27400	LOTS 32 AND 33 BLOCK 2 PLAN 928 WLTO SUBJECT TO THE RESERVATIONS AND PROVISIOES CONTAINED IN THE GRANT FROM THE CROWN IN SE 1/4 11-13-6 EPM - 53 OAKES AVE, TYNDALL	L -\$66,800 B -\$25,200	\$9,250.99
67300	SLY 208.7 FEET OF NLY 417.4 FEET OF ELY 208.7 FEET OF S 1/2 OF NE 1/4 35-14-6 EPM - NE 35 14 6	L -\$23,100	\$5,945.43
203900	SLY 209 FEET OF NLY 449 FEET OF ELY 209 FEET OF NE 1/4 1-14-7 EPM EXC FIRSTLY:ROAD PLAN 5590 WLTO AND SECONDLY: ALL MINES AND MINERALS AS SET FORTH IN THE ORIGINAL GRANT FROM THE CROWN - 78152 ROAD 42E	L -\$23,100 B -\$40,000	\$4,261.04
463400	NLY 575 FEET PERP OF THE ELY 380 FEET PERP OF THE WLY 2010 FEET PERP OF THE NW 1/4 OF SECTION 22-14-8 EPM EXC ALL MINES AND MINERALS - 45056 MILE 82N	L -\$33,100 B -\$3,300	\$4,773.64

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 Brokenhead as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) 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
 - iii) 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 25th day of October, 2021.

Managed by:



Sheila Mowat
Interim Chief Administrative Officer
Rural Municipality of Brokenhead
Phone: (204) 268-6700
Fax: (204) 268-1504

DUPLEX FOR RENT

2 bedroom duplex for rent, in south area of Selkirk. Immediate possession. Very clean, sunny with large kitchen and yard. \$1,150/month plus water and electricity. References required, non-smoking, no pets. Text 204-291-8382.

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Want to make money while keeping in shape rather than spending money at the gym? Round-Tuit Cleaning Services has permanent part-time positions available in the Lockport and Selkirk areas. Applicant must provide a criminal record check, be vaccinated for Covid-19, have driver's license and own transportation. For information and application call 204-785-3257.

Jade Transport now hiring Class 1 Drivers. Full and part-time positions. Dedicated lanes available. Apply at www.jadetransport.com/careers

MISCELLANEOUS

BN men's sz 9 buckle-up leather winter boots, \$100, Sunbeam 2-slice TOASTER, ECIEWO, \$15; BN-CIEC pr. sz. 9 Men's WORK BOOTS/SAFETY SHOES w/laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVER-COAT fits a men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

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Craftsman Snow-blower, 10 hp, 30" dual stage \$280 obo; 4 ton log splitter, foot switch control, tow behind garden tractor \$175 obo; Powered P.A. speakers, Alto 10", 7X210 series, for the pair \$300 obo; round antique table with 2 expanding leafs and 4 chairs, must see! \$600 negotiable. For all call 1-204-894-6326.

For sale - wine making equipment: carboys, bottles, corks, brewing pail, wine rack, etc. For more info, call 204-485-7039.

For sale - complete home spirit making setup. Equipment all stainless, includes 2-18 gallons, 2 boilers and 2 burners, 2 coolers, 1-55 gallon mash barrel with auto heaters and 2 testers. Priced to sell, call 204-482-8922.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Please call Adam at 204-795-2850.

NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a fall or winter event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

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Register: sclerodermammb.ca

204-256-0225

2022 Support Group dates:
January 22
April 23

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204 PALLET AND PACKAGING

Like working with wood and working close to home?

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204-389-2023
102086 PTH9, Wpg Beach, MB

HEALTH CARE AIDS

all shifts available. Wages dependant on experience. To join our Bonded Health Services Team call or drop resume in person or email to ihebert@bondedhealth.ca

BONDED HEALTH SERVICES

230 Manitoba Ave., Selkirk
204-785-1992

Eddie's Gravel Supply Ltd. is hiring

Journeyman Mechanic & Shop Foreman

Competitive Wages, Training Health Benefits
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Brandon, MB

HELP WANTED

Hand in Hand Daycare Requires a Child Care Assistant

to work in our Before and After School Program.

The program is open Monday to Friday from 7:00am to 8:30 am and from 3:30 pm to 5:30 pm. It is closed for school in service days, Spring Break, Christmas Break and over Summer. We also require a Child Care Assistant to sub as needed. Must be available Monday to Friday from 7:00 am to 5:30pm. Please submit resume to hihdc@mymts.net



VOLUNTEERS NEEDED

to sit on the Board of Directors for the Selkirk Food Bank.

Thanks to all the great volunteers from our community, the Food Bank has grown successfully over the years. Local support from businesses and organizations has been very generous. Please join us as a volunteer Board member to continue with this effort to ensure that our community families always have this resource and the support they require in times of need. For more information contact: Bonnie at bjms@mymts.net

Classifieds



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REASONS TO SHOP LOCAL

- Locally grown food is fresher & tastier than goods shipped from far away and products travel shorter distances and sometimes have less packaging which creates less waste.
- Buying local stimulates the economy, creates jobs and attracts investors to your region.
- Knowing the local shop owners means you get personalized service and a sense of community wherever you go.
- Encouraging local merchants teaches your children the importance of community
- Buying local means spending less money on gas, less time travelling and more time with the people you love.



AMENDED NOTICE OF PUBLIC AUCTION SALE OF LANDS FOR ARREARS OF TAXES CITY OF SELKIRK

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 **2nd** day of **December, 2021**, at the hour of **2:00 PM**, at **Selkirk Recreation Complex Banquet Hall, 180 Easton Drive, Selkirk, 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
128100	LOTS 11 AND 12 BLOCK 5 PLAN 2289 WLTO IN RL 34 AND 35 PARISH OF ST CLEMENTS - 421 SELKIRK AVENUE	L -\$73,700 B -\$194,900	\$13,410.25
201200	LOTS 427 AND 428 BLOCK 2 PLAN 24 WLTO (L DIV) IN RL 49 TO 51 PARISH OF ST CLEMENTS - 606 MCLEAN AVENUE	L -\$57,000 B -\$143,000	\$19,649.17
269410	ALL THAT PORTION OF THE SLY 40 FEET PERP OF THE NLY 162.15 FEET PERP OF RL 5 PARISH OF ST PETER LYING TO THE WEST OF THE WESTERN LIMIT OF THE MAIN ROAD SHOWN ON PLAN 2896 WLTO WHICH LIES TO THE EAST OF A LINE DRAWN WEST OF, PARALLEL WITH AND PERP DISTANT 350 FEET FROM THE SAID WESTERN LIMIT - 709 MAIN STREET	L -\$27,800	\$4,919.75

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 City of Selkirk as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) 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
 - iii) 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 8th day of November, 2021.

Managed by:



Duane Nicol
Chief Administrative Officer
City of Selkirk
Phone: (204) 785-4900
Fax: (204) 482-5448

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Display Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.



Call 204-785-1618



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

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 **8th** day of **December, 2021**, at the hour of **12:00 PM**, at Rural Municipality of St. Clements, 1043 Kittson Rd., East Selkirk, 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
262500	ELY 165 FEET OF LEGAL SUBDIVISION 3 OF SECTION 7-13-6 EPM EXC PUBLIC ROAD PLAN 19646 WLTO - 30079 PTH 44 NSR	L -\$87,700 B -\$108,300	\$8,644.44
514700	LOT 1 PLAN 46348 WLTO IN SE 1/4 6-15-6 EPM - 30105 RD 84N	L -\$40,600 B -\$248,500	\$13,899.64
695550	THE NLY 840 FEET OF THE SLY 1260 FEET OF THE ELY 210 FEET OF THE SE 1/4 OF SECTION 21-17-7 EPM - SE-21-17-7	L -\$2,400 B -\$0	\$2,940.44
735100	NLY 70 FEET OF SLY 170 FEET OF ELY 100 FEET OF LOT 14, PLAN 2855 WLTO SUBJECT TO THE SPECIAL RESERVATIONS CONTAINED IN THE GRANT FROM THE CROWN IN E 1/2 18-18-7 EPM - 14--2855	L -\$6,800 B -\$1,400	\$978.98
760300	LOTS 5 AND 6 BLOCK 11 PLAN 2639 WLTO IN SE 1/4 24-18-6 EPM - 42 PARKVIEW AVE	L -\$49,500 B -\$149,000	\$13,809.64

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. Clements as follows:
 - i) The full purchase price if it is \$10,000 or less; OR
 - ii) 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
 - iii) 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 21st day of October, 2021.

Managed by:



Deepak Joshi
Chief Administrative Officer
Rural Municipality of St. Clements
Phone: (204) 482-3300
Fax: (204) 482-3098

Announcements

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ANNOUNCEMENT

IN MEMORIAM



Ron McBride
 March 30 1954 - November 16, 2019
 It is still with profound sadness that I remember the passing of my best friend in the early afternoon of November 16, 2019 at 12:30 p.m.
 It's been 2 years since you been gone, My loving husband, my dear sweet Ron. I know I had to say goodbye, But know you're watching over me, From high in the sky.
 To a man I love, who is very dear, And in my thoughts, will always be here. I'm doing okay from day to day, In my heart you'll always stay.
 Bye "Buddy"

-Lady Di

ANNOUNCEMENT

IN MEMORIAM



In Memory of
Tanner Jay Michael Fewchuk
 May 3, 1996 - November 11, 2011
 Tanner was only 15 when he was so tragically taken away from us 10 years ago.
 Your life was a blessing,
 Your memory a treasure;
 You are loved beyond words,
 And missed beyond measure.
 Your smile, love and heart will be missed forever.
 Gone to soon, forever young, and always loved.
 -Lots of love
 Mom, Bretton and Jared

ANNOUNCEMENT

IN MEMORIAM



Wesley William McRae
 July 19, 1988 - November 10, 2018
 Three years have passed by since you left us. We miss you everyday and we know that you're looking down on us, watching over us. We are doing okay, we know you are too. A few months ago in the summer, our faithful little dog 'Lucky' came and joined you in heaven. You two are reunited once again.
 -Love Jeremy, Mom and Dad

Your memory will live forever
 Engraved within our hearts

ANNOUNCEMENT

IN MEMORIAM

Peter Markevich
 November 15, 1993
 Treasured memories forever.
 -Love Sandra and Bob

ANNOUNCEMENT

IN MEMORIAM

Cornelius Thiessen
 October 12, 1938 - November 8, 2020
 A year ago today,
 Always remembered,
 Forever in our hearts.
 -Janice Thiessen and family

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

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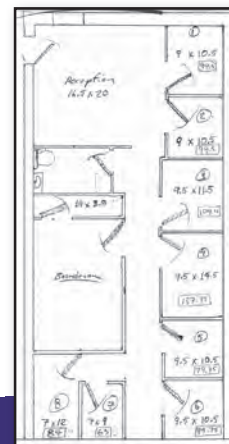
Rich Moyer

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapist, an Esthetician, Glow Fitness for Women and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently two offices available for lease.



For information please contact:
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Are you a natural born storyteller with an eye for photography and a passion for community news? The Selkirk Record is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Interlake and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:
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Deadline to apply is Friday, November 12.



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ANNOUNCEMENT

IN MEMORIAM



Dwayne Harper
 June 23, 1962 - November 14, 2020
 We miss you so, so much,
 But you are forever in our hearts.
 -Lovingly remembered by Barbara,
 children Terence and Rebecca,
 father and mother-in-law Ron and Olive Inman,
 also many other family and friends

OBITUARY



Maxine Malvina McRae

Peacefully, on Wednesday, November 3rd, 2021, at Red River Place, Selkirk, MB, Maxine McRae, aged 93 years, passed away.

She is survived by her granddaughter Crystal (Dave); great-granddaughter Sabrina (Dustin), great-great granddaughters Aaliyah and Niylah; grandson Danny, great-grandsons Alex and Daniel, great-granddaughter Samantha; grandson Lucas; and grandson James.

She was predeceased by her husband Jim; parents John and Mary Chernick; daughters Sandy (Tony) and Elaine; as well as her son Jim.

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

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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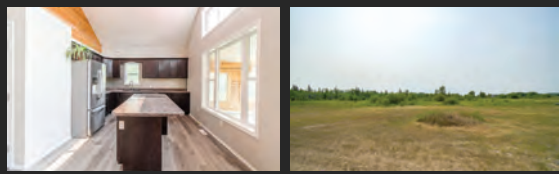
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SO MY MOM HAS THIS CONDO... *written by George Hacking*

Often I will get a call or run into someone and the conversation starts here. It's a growing trend, made more poignant by the pandemic. What we are talking about is aging in place, and statistically it's good to try and remain in your home as long as reasonably possible. Aging in place is a strategy. Similar to your finances or your fitness regimen, aging in place takes planning. Sometimes your house is unsuitable – plotting against you – with tight corridors and doorways, steep, poorly designed stairways, icy roofs, etc. Experts suggest simple is best. Your 2½ storey Victorian may hold amazing memories of your family through generations, however, it presents physical challenges that are likely to compound each decade. A simplified downsize home is an excellent compromise, and it's likely your downsize home will leave some significant change in your pockets. Single level 800 – 1400 square foot modern homes have bright open designs and modern convenience. Sometimes you can find single level 4-plexes like Okolita Park in St Vital, Berkley Bend in Steinbach or

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