



The Selkirk Record

THURSDAY, NOVEMBER 18, 2021

VOLUME 12 EDITION 46

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Snowy Remembrance



RECORD PHOTO BY BRETT MITCHELL

A winter storm didn't stop residents from celebrating Remembrance Day in the region this year with beautiful ceremonies in Selkirk (above), West St. Paul and East St. Paul. See more on pages 3, 4, 12 and 14.

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Taking pride in community's veteran roots

Snowstorm didn't stop Remembrance Day celebrations in West St. Paul

By Katelyn Boulanger

This year West St. Paul marked a milestone as a community and Remembrance Day was the perfect time to acknowledge the history that brought many veterans to become members of their Rivercrest neighbourhood 75 years ago.

Though inclement weather moved the Remembrance Day ceremony from Rivercrest to the inside of the Sunova Centre, the event continued with Bev Bragg as master of ceremonies starting off by recalling the sacrifices that Canadian veterans have made.

"The first World War ceased on November 11, 1918, at 11 a.m. on the eleventh hour of the eleventh day of the eleventh month. The following year marked the first observation of the need to remember and honour those who died as well as the sacrifices of

those who came from serving their country. Since then, Canadians have fought in other conflicts and many who can't be realized so that we may enjoy freedom. They will be remembered," said Bragg.

MLA Shannon Martin and MP Raquel Dancho said a few words and then Mayor of West St. Paul Cheryl Christian took up the podium to explain why the first and second World Wars were defining moments for both Canada and the community of West St. Paul.

"This day represents a special opportunity for us to honour the veterans from our community. When we think about the loss of lives and the returning soldiers, those were our local heroes. Of the founding families of West St. Paul, almost 100 men and

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Mayor Cheryl Christian receives acknowledgement of Rivercrest community by province from local MLA Shannon Martin.

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> WSP REMEMBRANCE DAY , FROM PG. 13

women from West St. Paul fought in the First and Second World Wars. Think about the impact to our community 100 soldiers leaving for the war when our population was around 500 people," she said.

She then spoke of the veterans that chose to make West St. Paul home after the Second World War in Rivercrest on land that was designated for veterans as part of the Veterans Land Act.

"The first 56 veteran settlers moved into Rivercrest with their families in November 1946, exactly 75 years ago. A challenging but inspiring start for veterans in West St. Paul. What's even more amazing is how many of those veterans decided to spend the remainder of their lives volunteering and dedicating their lives to com-

munity service. Veterans built a community club, an outdoor curling rink, their own church, and they helped organize the original fire brigade. On this the 75th anniversary of Rivercrest Veterans Development, we honour the critical role these men and women played in our community's development, housing, recreation, and safety. Our veterans brought our community together with social, sporting events and youth club. Many veterans ran for office and became councillors. Their leadership was about making a simple, welcoming and safe community for everyone to enjoy," she said.

Many of the streets in West St. Paul are named after veterans and in 2019 council decided to mark those streets with poppy street signs so that residents would recognize the names of

the people who fought from where they live. This year to mark the 75th anniversary of the veteran's settlement council commissioned a new development sign for the entrance of Rivercrest. This sign has now been completed and is installed and pays tribute to those founding veteran families.

"In addition, a new stone monument has been placed in Rivercrest Park, listing the names of the first 56 veteran families," said Christian.

The province also acknowledge Rivercrest this year with Martin presenting a certificate to Christian.

The ceremony was concluded with individually wrapped cookies celebrating Rivercrest for attendees.



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RECORD PHOTOS BY KATELYN BOULANGER
Top: The list of the 56 original Rivercrest veteran families. Above: Attendees at the Remembrance Day service.



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Three6Tea and Glow Fitness team up

Raising funds for Our Daily Bread Soup Kitchen with new limited edition tea

By Katelyn Boulanger

You likely are aware of Three6Tea Selkirk's local teashop and Glow Fitness for Women a gym for women in our community but you might not be aware that they are teaming up this holiday season to raise funds for our local soup kitchen.

The two local businesses have decided to join forces with the creation of a Communi-Tea fundraiser that will take place between now and Dec. 12.

"It's two small businesses supporting each other within the community," said Sara Armstrong from Three6Tea.

This opportunity is one that Michelle Bloom, owner of Three6Tea thought up last year when she realized that many community and school-based

fundraisers wouldn't be able to happen because of the COVID-19 pandemic.

"It was a very brand new idea. The concept of having a virtual fundraiser, it was something new that nobody had ever heard about. It went very, very well. So this year, again, we started it up when schools went back in," said Armstrong.

Creating an entirely virtual fundraising opportunity that businesses or community groups could be a part of is their way of making sure that we maintain a strong community even if we have to wear masks and stand further apart for a while.

Amanda Moorhouse of Glow Fitness for Women says that Glow was interested in this opportunity because they saw it as a way to give

back to our community via the soup kitchen, which they have donated to in the past.

"We like to give back where we can and be involved as much as we can. When Sara came to us with the idea—we love Three6Tea and we love Sara—so we just thought it was a fantastic idea to get both of our names out there and to help with [people's] Christmas shopping [in a way that's] all virtual," said Moorhouse.

With this particular collaboration Glow and Three6Tea also created glowberry tea. Glowberry tea is a limited edition non-caffeinated fruit tisane that is made with elderberry, hibiscus blossoms, and various berries incorporated into its flavour.

Thirty-six per cent of the profit from the sale of glowberry, 45 of Three6Tea's other most popular teas, herbals, matchas and accessories will until the end of the fundraiser go to Our Daily Bread Soup Kitchen.

To place your order online as part of the fundraiser you will need to first go

to at www.teafundraising.com a website which Bloom created specifically for Communi-Tea fundraisers. Then select either "SHOP NOW" or a product collection on the front page. You will be prompted to enter your organization's access code: GLOW2021 and then you can do your shopping. When it's time to check out on the "Cart" page, it is important to fill out: ORGANIZATION NAME: Glow Fitness STUDENT'S NAME: <enter name of member> GRADE/CLASS: n/a then at the checkout you'll need to select "Shipping to Organization" or "Pick up at Three 6 Tea".

Armstrong encourages people to support local and look for ways to give back to their community at this time of year.

"You're getting a gift for somebody that you know is going to love it, but you're also helping to support three different businesses in the community and a charity in the community," she said.



RECORD PHOTO BY KATELYN BOULANGER
Sara Armstrong and Amanda Moorhouse with limited edition glowberry tea as part of Glow Fitness for Women and Three6Tea's Communi-Tea fundraiser.

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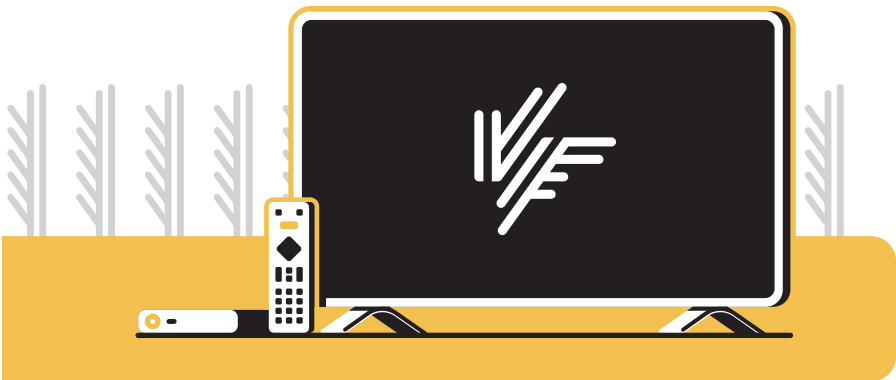
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Holiday Yards of the Season is back and expanded

More prizes make holiday yard competition better than ever

By Katelyn Boulanger

It might only be the second year of the Holiday Yards of the Season competition in our region but year two is set to kick it up a notch with more prizes and hopefully more people participating in this regional event.

"It's an annual contest where we invite homes from the region so that the City is Selkirk, the RMs of St. Andrews, St. Clements, East St. Paul, and West St. Paul, we invite homes to decorate their outdoor [areas] with festive lights and festive decorations. Then we run a contest for it with local council members or representatives of a local council going around and scoring and then we give away prizes," said Meredith Boerchers, tourism coordinator for Red River North Tourism.

The idea for the event came from the local Communities in Bloom organization who wanted to see people making our communities more beautiful, and people being able to participate in an event together while also being mindful of the need to not gather at that time as provincial health restrictions due to the COVID-19 pandemic made usual community gatherings impossible.

Last year's and this year's event will be very similar with homes being asked to sign up online to be part of the competition and then a map with participating homes being made open to residents so that they can participate in a socially distanced activity in the latter half of December and early January.

What will be different this year is that instead of four prizes being shared among our entire area, our communities will be broken down by municipality with first second and third place prizes being awarded in each one. In addition, all the first place homes will battle it out for the grand prize. That means that there will be 16 winning categories this year.

The grand prize winner will receive

a vacation package to South Beach Casino.

For Red River North Tourism, the hosts of this event encouraging communities to come together in this way is all about building more community connections.

"We're all helping each other out by doing a big thing like this and it's been a tough two years [and], anytime there's a chance to get people out and saying 'Yes there's stuff happening in the region and yes there is joy here' [that's something we want to do]," said Boerchers.

To participate in this event, residents can sign up at redrivernorthtourism.com/holiday-yards-of-the-season-2021/ until Dec. 15. If you don't have an internet connection you can also call 204-485-4881.

In addition to the regular contest, there is also a children's colouring contest where at the same website kids can find a snowflake template that they can print out and colour and drop off or mail to the St. Andrews Heritage Centre. The top snowflake will win a prize.

For residents that want to make an evening of visiting the beautifully decorated houses in our region the map of participating homes will be out on December 18 and houses will be lit up until January 8.

Prizes will be awarded in January.

Boerchers wants to thank the event sponsors Home Hardware, Communities in Bloom, the Selkirk Record, the RMs of St. Andrews, St. Clements, East St. Paul and West St. Paul as well as the City of Selkirk and encourages people to participate in this event.

"It's just a really good way of building community by participating. But also by checking out your neighbour's yard [it's a great way] to get out there, get to know your neighbours and get to know your area," she said.



RECORD FILE PHOTO BY MICHELLE BALHARRY

222 Moore Rd. in West St. Paul was voted "Best Overall Theme" in the 2020 Holiday Yards of the Season contest.

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Rising COVID cases bring added restrictions

Submitted by Manitoba government

Due to rising COVID-19 cases, increased community transmission and a growing strain on the health-care system, Manitoba is taking additional steps to help curb the spread of the virus in the fourth wave of the pandemic, Health and Seniors Care Minister Audrey Gordon and Dr. Brent Roussin, chief provincial public health officer, announced Friday.

"Once again, we must ask Manitobans to do more to reduce the current COVID-19 case numbers and community transmission which, in turn, will help reduce the strain on the health-care system," said Gordon. "We need everyone to work together by following the public health orders, focusing on the fundamentals and getting vaccinated. We know vaccination works, and I encourage all Manitobans to do your part and get immunized against COVID-19."

The additional restrictions include:

- Religious gatherings are limited to 25 people unless the facility can physically divide the space into separate areas, in which case several cohorts of up to 25 can attend the same service. However, the total number of attendees at a service may not exceed 25 per cent of facility capacity, to a maximum of 250 people. Cohorts must not mingle, masks must be worn and physical distancing rules apply.

- this applies to the Southern Health-Santé Sud health region only;
- this new restriction goes into effect Saturday, Nov. 13 at 12:01 a.m.;
- services restricted to fully immunized people and those under 12 who are not eligible for the vaccine may occur without capacity limits; and
- the municipalities of Cartier, Headingley, Macdonald, Ritchot (Niverville-Ritchot), St. François Xavier and Taché that are geographically located in the Southern Health-Santé Sud health region, are exempt and considered to be part of the Winnipeg Capital Region.

- Provincewide, proof of at least one dose of vaccination, or a recent (within 72 hours) negative test result will be required for 12 to 17 year olds for indoor recreational sports:

- there will be a grace period until Dec. 5 to allow individuals who are not yet fully immunized to comply, with the order to be in effect at 12:01 a.m. on Dec. 6; and

- negative tests need to come from a participating pharmacy as provincial testing sites should only be accessed by symptomatic individuals, or those who are required to take a PCR test by public health.

The orders continue to allow fully vaccinated Manitobans to enjoy as much freedom and as few restrictions as possible, while unvaccinated

individuals continue to be restricted in their activities in order to reduce transmission and the most serious outcomes.

"We take several pieces of information into consideration when we are making recommendations for public health orders," said Roussin. "Current COVID-19 case numbers, test positivity rate, community spread, vaccination rates and modelling are all factors. We are seeing concerning numbers now and the projections indicate more is coming if we do not take steps to curb the situation."

"Thank you to all of those Manitobans who are following the public health orders, focusing on the fundamentals and have been vaccinated. It is frustrating to be here again but by working together, we can help bring an end to this pandemic," said Roussin.

The updated orders keep the Pandemic Response System at Restricted (Orange) with schools at Caution (Yellow).

All other public health orders remain unchanged.

For more information on COVID-19 in Manitoba, visit www.gov.mb.ca/covid19.

Province offering third doses to adults 18 and older

By Patricia Barrett

Manitoba will be offering adults 18 and older a third dose of a COVID-19 vaccine as the province's fourth wave of infections climb and people continue to die.

The expanded third-dose eligibility (Indigenous people, health-care workers, the immunocompromised and adults 70 and older were already eligible for third doses) was announced Nov. 10.

The announcement came a few days after Health Canada approved Pfizer-

BioNTech's request to have a third dose of its Comirnaty vaccine administered to adults 18 and older.

"A minimum of six months is required between second and third doses, except in very limited circumstances," states the province's COVID-19 Vaccine Bulletin #138.

The province is recommending that an mRNA vaccine – either Pfizer's Comirnaty or Moderna's Spikevax – be administered for third doses, according to its COVID-19 Vaccine Eligibility Criteria webpage, and that

people receive the same mRNA vaccine that they had for their first two doses. If that vaccine is not available or people can't remember which vaccine they got "another MRNA vaccine will be offered."

People who request their third dose earlier than six months will need to have a prescription from a doctor.

Health Canada authorized third doses of Comirnaty for adults aged 18 and older on Nov. 8 in response to an

Continued on page 9



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Win a home fit for a hobbit

By Andrew Marsh

Starting this week Selkirk Home Hardware is hosting a charitable raffle to support the Winnipeg Humane Society.

Through a team-building exercise, Lumber Desk Supervisor, Elmer Harder decided to build a Hobbit-themed children's playhouse that is being raffled to raise funds and awareness for the Winnipeg Humane Society.

Harder says each department in the store was given a team-building project. The Lumber Department, where Harder works, began designing blueprints for structures. He says, despite all the great designs his colleagues created, it was the Hobbit-themed children's playhouse design that drew him in. He knew at that point he had to build it.

Following the design, he asked Home Hardware Selkirk's Store Owner, Rob Borthistle, if they could host a raffle for the Winnipeg Humane Society.

"I'm a dog-lover and have two dogs myself, I donate food there every year and I just thought it would be a great place to donate to," said Harder.

The Winnipeg Humane Society is Manitoba's oldest running non-profit

animal shelter and welfare organization. Their mission is, "To protect all animals from suffering and to promote their welfare and dignity." They also provide services and information to the public regarding the adoption of animals, pet classes, resources on key issues in the community, upcoming fundraisers, events, and more.

Harder built the structure mainly on his own with some help from his co-worker Noah. The structure was built at Harder's home during his spare time using pallets from the lumber yard.

In less than a week he completed the structure.

The playhouse structure can be viewed in person at Selkirk Home Hardware.

Each raffle ticket is five dollars and can be purchased at Selkirk Home Hardware for a chance to win the playhouse and help the Winnipeg Humane Society support the animals in need.

Many people have mentioned to Harder that they would love to use his Hobbit-themed children's playhouse as a dog house. He said whatever they choose to do with the structure is fine.

The raffle draw will be held on Dec.



RECORD PHOTO BY BRETT MITCHELL

Elmer Harder and his dog Jacob beside the Hobbit-themed house that they built and are now selling tickets for with proceeds going to the Winnipeg Humane Society.

19. The winner will be announced in-store and on Selkirk Home Hardware's Instagram account @selkirk-homehardwaremb.

Harder and the team at Home Hardware Selkirk are hopeful that residents will take interest in his project. They would all like to see as much money raised as possible in order to help the Winnipeg Humane Society with its efforts in aiding animals.

Outside of his Lumber Desk Supervisor position at Home Hardware, Harder also does projects for people in our community. In the past, he has built decks, fences, gazebos, arbors, but now mainly focuses on smaller projects on his free evenings and weekends.

For further information about the Winnipeg Humane Society visit winnipeghumanesociety.ca.

> COVID VACCINES, FROM PG. 8

application from Pfizer-BioNTech.

"After evaluation of the submitted data package, Health Canada authorized that a booster dose may be administered at least 6 months after completion of the primary series in individuals 18 years of age or older," states Health Canada's website.

In addition to expanding the eligibility for third doses, the Manitoba government said it's expecting an initial shipment of 2,250 doses of the one-shot Janssen (Johnson & Johnson) COVID vaccine.

Johnson & Johnson is a viral vector vaccine, and like AstraZeneca's COVID vaccine, has been linked to a risk of developing rare blood clots. Last week the European Medicine Agency released a recommendation to add a warning about a rare spinal inflammation, called transverse myelitis, as a side effect of the Johnson & Johnson vaccine.

The Manitoba government is recommending that people who had already received the Janssen (Johnson & Johnson) vaccine should now receive a second dose of an mRNA vaccine "to provide the best protection possible," according to its news release.

To book a vaccine appointment, call toll free 1-844-626-8222 (1-844-MAN-VACC) or visit the Manitoba Government's online Vaccine Shot Finder,

which shows a list of facilities across the province offering COVID and/or flu shots.

The world passed a grim milestone of five million deaths from COVID-19 at the beginning of this month. Health experts say that number is likely two or three times higher given varying or little-to-no record-keeping in some countries. The U.S. leads the world with the highest number of COVID deaths followed by Brazil and India.

As of Nov. 10, there have been over 250 million cases of COVID reported, according to the World Health Organization, and more than seven billion doses of vaccine administered.

For the past few weeks, Manitoba has steadily seen triple-digit infection numbers. Last Friday saw 193 new infections. On that day the provincial government cancelled surgeries to create more intensive care capacity for people with COVID, adding to a backlog of surgical and diagnostic procedures that Doctors Manitoba had pegged at about 130,000 in mid October.

The government said last week new infections are spreading rapidly among younger people, and that they will have to be either vaccinated or regularly tested for COVID if they want to play sports indoors.



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Prestigious curling championship returns

Viterra Championship hits the ice in Selkirk in 2022

By Katelyn Boulanger

Selkirk has once again been chosen to host the 2022 Viterra Championship meaning that curlers from all across the province will be sliding into the city in January to show off their skills.

"You're going to see some of the best curlers in the world competing to represent Manitoba at the Tim Hortons Brier," said Reid Henderson, marketing and sponsorship chair for the Viterra Championship and Vice-President of the Selkirk Curling Club.

The Viterra Championship is the Manitoba Men's Provincial Curling Championship and like Henderson said the winner will represent Manitoba at the Tim Hortons Brier, the Canadian Men's Championship.

This tournament rotates throughout the province to various CurlManitoba curling clubs and this year Selkirk Curling Club has been chosen to host.

"It's 100 per cent put on by volunteers. CurlManitoba helps give guidelines and what to expect and they always have a representative at our

meetings helping guide the process. This is the sixth time that Selkirk has hosted it and so we have a good record," said Henderson.

As has been done before, the Selkirk Recreation Complex will be transformed from a hockey rink to several sheets of curling ice for the event from Jan. 25-30, 2022.

We probably, arguably, have one of the best facilities in the province to host it at the Recreation Complex. The ice, it's very consistent. Not to bash other clubs or other centres, but ours is very dedicated. The city helps us out getting this in there the week before to get the ice prepared. It takes a lot of work converting hockey ice to curling ice. Basically, the icemakers there, he sleeps there for two weeks," said Henderson.

In addition to help from the city, to make this bonspiel happen they are going to need volunteers from the community to rock on over to the House of Steel to make this event a hit.

"Nobody has to be a curler to be a volunteer. There's no precursor, they're just coming out. There're different areas that they can help out [with]. They can help with making the ice by converting the ice over and that's a cool process or you can be a volunteer working at the door, you can be working in the bar, you can be just checking tickets or there're lots of areas [that we could use a hand with]," said Henderson.

They expect to need between 120 and 140 volunteers during and prior to the event who will work with vol-

unteer director Shayne Merritt to make the event happen.

Henderson is most excited to see the amazing level of curling play that will be in our community in a few months time.

"It's fantastic. The shots those guys make are out of this world," he said.

He also encourages potential volunteers to take the time to check it out and register so that they can also be part of such a great event.

To find out more information, register, or get your tickets visit <https://selkirkcurlingclub.com/viterra-2022>.



RECORD PHOTOS SUBMITTED

Photos from Selkirk Curling Club's previous hosting of the Viterra Championship in 2016.



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More companies seeking winter wheat as sustainable option

Winter wheat provides many benefits to farmers, food manufacturers, consumers, and habitat

By Ligia Braidotti

Manitoba farmers are helping consumers become more mindful of sustainable products that provide an ideal natural habitat for local animals.

On Nov. 2, Cereals Canada, Ducks Unlimited Canada, Prairie Winter Wheat Growers, millers, food processors, and farmers gathered at Fort Whyte Alive to celebrate the new Habitat-Friendly Winter Wheat Ecolabel Program launch.

Winter wheat is considered a sustainable product because it helps farmers keep the soil healthy with crop rotation, is crucial for pest management and helps with breaking disease, and weed cycles. Winter wheat is usually planted during the fall and uses moisture from the snow to grow — thus, it doesn't need irrigation.

Aside from being an affordable crop, farmers can also profit with winter wheat. Instead of having an empty field, they can make money selling winter wheat to local millers and food processors. In addition farmers receive economic and on-farm benefits as a result of their commitment to sustainability.

Doug Martin is a farmer from East Selkirk who grows winter wheat and was a representative for Manitoba on the program committee said it is a sustainable practice.

"You take your crop off and then you seed the crop in it right away, so you get something growing in there. It will hold the soil down and you have something growing in there for a good part of the year," he explained.

"With farming, you have to make money, and it's been a really good crop over the years, and spreads our workload out. So I can get some seeding out of the way and we can start harvesting early. If you are harvesting early, you can move that crop off of your farm earlier ... and you are able to generate cash flow. This year, we harvested all of our winter wheat before the spring and we basically hauled it all in."

The ecolabel program provides consumers with information about products made with western Canadian winter wheat.

"It's good that the consumer and the industry recognize us as stewards of the land. I think consumers are now a lot more careful of their food choices and they want sustainably raised foods. And I think it's a good thing

going forward," Martin added.

Food brands will benefit from the program by standing out in a competitive market, satisfying consumers' demand for more sustainable products on store shelves, supporting Canadian farmers, and providing critical habitats for ducks, birds, and other wildlife.

Les Moulins de Soulanges and Beam Suntory are two of the program's certified companies.

"We're in a game-changing moment as companies across the country evolve to offer consumers more sustainable choices. The Habitat-Friendly Winter Wheat Ecolabel Program is the perfect fit for our company since its goals of protecting habitats, wildlife and supporting local farmers aligns perfectly with our company's values," Chafik Baghdadi, R&D/QA director at Les Moulins de Soulanges said.

Daniel Ramage, director of market access and trade policy at Cereals Canada said Ducks Unlimited Canada has conducted extensive research to confirm that winter wheat provides important habitats for wildlife. As a result of habitat loss, populations of northern pintail ducks were in decline.

"[Growing winter wheat] has benefits all throughout the value chain, from farmers who can benefit from keeping winter wheat as an option within their crop rotation. That's something that's really important for food manufacturers that are looking to differentiate themselves and be more competitive in the marketplace. This is a way to stand out in that crowded marketplace."



RECORD PHOTOS BY LIGIA BRAIDOTTI

Doug Martin is a farmer from East Selkirk who grows winter wheat and represented Manitoba in the Habitat-Friendly Winter Wheat Ecolabel Program Committee.

Each spring, millions of ducks and geese pass through the Prairie Pothole Region seeking nesting habitat. According to their research, ducks nesting in winter wheat are 24 times

more successful than ducks nesting in spring-sown cereals.

To learn more about the Habitat-Friendly Winter Wheat Ecolabel Program, visit habitatwheat.ca.



RECORD PHOTOS BY LIGIA BRAIDOTTI

Products made using winter wheat. Sustainable products will have a label to help consumers identify they were made with winter wheat.

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The power that a new set of PJs can make

Nova House is once again collecting PJs for residents leaving domestic violence situations

By Katelyn Boulanger

When people get away from a situation involving domestic or family violence it can sometimes be an emergency where they are leaving with just the clothes on their backs. Knowing this and the value that being given comfortable, warm, pajamas slippers, t-shirts, or sweats means to these people, Nova House is once again marking Domestic Violence Awareness month with its Power of the PJs drive.

Nova House is a domestic/family violence shelter in Selkirk that serves our 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.

Melanie Thomas, Nova House's outreach coordinator, says that people can assume that this just means they help in situations of intimate partner violence but that domestic and family violence actually covers a lot of different situations such as violence from an adult child to their elderly parent and can affect anyone in our communities.

"Domestic violence doesn't discriminate. It can happen to anybody—any race, any gender, any economic status, it can happen to anyone," she said.

The Power of the PJs campaign asks that during the month of November residents bring pajamas slippers, t-

shirts, or sweats to local businesses where they will be collected for Nova House and then can be distributed to families that come to use their services. This means that donations of any size clothing are needed as they help not only women but their children as well.

"When somebody comes into shelter, it's a whole new experience and can be very intimidating, and to be able to offer them a warm pair of pajamas and slippers for them to get comfortable in is the least that we can do," said Thomas.

This campaign also serves to give people a way of having discussions about domestic violence, what it is and how it happens in our communities. Thomas says that this is important as there can sometimes be guilt and shame associated with discussing domestic and family violence when there doesn't need to be.

She also says that people that need help may not always need to go to a shelter. Nova House has a shelter but also has outside shelter programs and

services that might be more appropriate for people in differing situations.

"There are supports out there, whether it's through us or through another shelter, it might mean just talking to somebody," she said.

"When we talk about it, we do education but we also normalize it and we take away the stigma," said Thomas.

Donations can be made to Packers Fashion, Selkirk's No Frills, Twice Over, and Harry's Foods. Monetary donations can also be made to Nova House itself.

Thomas encourages people to make a donation and help out people in our community.

"It's for a great cause to help families move towards getting back on their feet and to be more comfortable," she said.

For more information about Nova House check out their website at <https://www.novahouse.ca/> or give them a call at 204-482-7882.

Selkirk marks Remembrance Day at Cenotaph



RECORD PHOTOS BY BRETT MITCHELL

Despite a snow storm making Remembrance Day a frosty one this year, the people of Selkirk didn't falter in their remembrance of those who fought for our freedom. Like last year, the Remembrance Day event was held at Veterans Park and was a small ceremony with residents asked to stop by afterwards to avoid crowding during the COVID-19 pandemic.

New website helps potential investors in Selkirk

SelkirkNOW.ca:
everything you
need to know about
investing in Selkirk

Submitted by City of Selkirk

When you drive into the City of Selkirk on Hwy. 9A there's a sign that greets you at the southern border – it says: 'The City of Selkirk – Where it all comes together'.

It's a welcome sign, with a catchy phrase that might stick in your head if you're new to the area. It's also to the point and an accurate description of what Selkirk has in store for those who live here, those who want to live here, the businesses that call Selkirk home and those that may or may not know that Selkirk is where they want to be.

For those that fall into the latter category, the city has unveiled another welcoming sign, this one on the virtual highway, capable of welcoming far more than those who find the city by driving up Hwy. 9A.

The new Selkirk Sustainable Economic Development website, SelkirkNOW.ca, provides everything you need to know about investing in Selkirk and why you should.

Tim Feduniw, the city's Director of Sustainable Economic Development, said Selkirk received federal funding that covered 50 per cent of the site's costs.

"A high-quality Foreign Direct Investment (FDI) website is critical for a city to promote itself to potential investors. Supported by Global Affairs Canada's CanExport Community Investments the site is Selkirk's new window to the world and a stellar information source for local and regional businesses," Feduniw said.

"The Internet is the primary method companies use for site selection research – where companies identify, analyze and start making new location and investment decisions. A website is not only about information provision and image-building, but it is a primary tool for generating investment leads and increasing inward investment in a city."

Selkirk CAO Duane Nicol says that the vision for the site was not to create a simplistic online marketing brochure, but instead a web-based collection of research tools that are supported by the relationships, innovative technology, and processes that consistently deliver current and high-quality data to potential investors.



RECORD PHOTO SUBMITTED

Director of SED Tim Feduniw on Selkirk Now.

"Tim and his team built SelkirkNOW and the infrastructure behind it, in reverse. They started with the question 'What information and data does an investor need to have?' rather than 'What do WE want investors to know about us?'. It is this investor-centric perspective that makes SelkirkNOW so radical. It's authentic, it's progressive, it's world-class, and it's a clear marketplace signal – we are different, and we mean business," Nicol said.

The city sought out the best when creating the website and used their knowledge to make it easy to navigate and full of useful information that is exactly what investors are looking for.

Chris Steel, the Principal, Economic Development Practice, with EBP, a Boston-based company that provides state-of-the-art economic analysis and research that supports regional development, said the site hits a home run.

"The Foreign Direct Investment landscape is a competitive and crowded one. Jurisdictions need to understand that making themselves findable, relatable, and easy to know is critical to landing new investment and expansion," Steel said.

"The new SelkirkNOW.ca website is a great example of how to do it. The website gives all of the basic information that a potential investor will need, puts it in context, and begins the process of introducing the community. It's straightforward and hon-

est without overpromising. Moreover, it's people-centred and lets investors meet the professionals who will be responsible for serving them as they consider bringing their businesses and employees to Selkirk. It's a great welcome mat to the world."

Mike Scatliff, principal with Scatliff + Miller + Murray Urban Designers, said the website is another example of Selkirk leading the way when it comes to innovative and progressive ways to do business in an ever-changing world.

"The Selkirk website is brilliant in that it connects us with the heartbeat of the city. It is not a static experience where you're looking for administrative information and linkages. The Selkirk website has a personality, and it seduces you back each day to stay current on what is happening, on all local fronts. Like the daily news, you think if you don't go back to see what's current you might be left out." Scatliff said.

"This type of progressive thinking is completely aligned with the way that Selkirk is now leading our municipalities into the future. For example, it didn't take me long to not only understand the Selkirk Climate Change Adaptation Strategy, but to appreciate that there are very tangible steps that each citizen can take to advance the strategy and make a difference. I don't think it'll take long for other municipalities to see how citizen-friendly

the Selkirk website is and follow their lead."

Dr. Patricia McCarney, World Council on City Data president and CEO, is familiar with Selkirk as it was the first and is still the only Manitoba city to receive the Platinum ISO standard for municipal data. ISO as a brand represents a standard of excellence recognized by the private and public sectors worldwide.

"Having worked with the City of Selkirk for several years, it has become very apparent to all of our team here at the World Council on City Data, that Selkirk is a city that not only thinks about data to drive sustainability and prosperity but, more importantly, puts that data to use for its leadership and citizens alike," McCarney said.

"The City's new Sustainable Economic Development website is one more example of Selkirk punching above its weight. As a tool for investors, it provides exactly the kind of information corporations look for when deciding where to invest. The data-driven nature of this new website is on par with some of the most sophisticated economic development strategies that some of the largest cities in the world are deploying. I look forward to the opportunity to share this work with the entire World Council on City Data network of over 100 cities across 35 countries."

Holiday Alley and MMF create giant outdoor venue

Submitted by Holiday Alley

Holiday Alley and Métis leaders are going all out this year to celebrate the festival's fifth Birthday with a giant event and entertainment centre hosted in the Agriculture Building in the Selkirk Park – renamed the Community Canopy.

"It's really the next step for Holiday Alley," said manager Joy Balmana. "All festivals go through growth spurts, and this is Holiday Alley's next big leap to support light, art, sound, creativity and culture in our community with a central space open to all," Balmana says.

The Holiday Alley Community Canopy in the Selkirk Park is made possible by the Manitoba Métis Federation and Métis owned Selkirk business Stanley Electrical & Mechanical.

"When we heard how Holiday Alley was going to provide a venue for more entertainment, learning and sharing we knew it was a good fit for the MMF, as community is what we're all about," said Selkirk's Jack Park, MMF Government Minister.

"Holiday Alley really stood up and created a way for people to connect last year during COVID and we wanted to honour that and stand by them in partnership with Stanley Electrical & Mechanical, even more, this year as they grow and expand," added April Hourie, MMF's Deputy Chief of Staff and Selkirk resident.

Along with the MMF came Métis owner and operator of Stanley Electrical & Mechanical, Jesse Vogen.

"We make Selkirk our home and our work base and we've always admired

what volunteers in this community are doing to enrich the community. It's an event we always attended, and we can see how the Community Canopy will allow even more folks to get involved and that is what it's all about," said Vogen.

Manitoba Government health regulations are followed at all Holiday Alley events. See the full line-up of events at holidayalley.ca

Keep an eye out for Chuck



RECORD PHOTO SUBMITTED

If you see a 6 foot Chuck around Selkirk during Holiday Alley be sure to stop and grab a selfie with him! Post your photo to Instagram or Facebook using the hashtag #ChuckOnAShelf and tag @holidayalley to be entered to win prizes and gift cards! Student India O'Neill created this Chuck, supported by Lord Selkirk Education Centre staff Steve Grahame and Chad Whiteside. Holiday Alley is Nov. 19-30 in Selkirk with over 25 different activities to celebrate art, light, sound, culture and creativity. See the full schedule at holidayalley.ca or see in the centre spread of today's paper.

Taking time to Remember



RECORD PHOTO BY KATELYN BOULANGER

East St. Paul celebrated Remembrance Day this year with a ceremony at the Legion branch in the community. Because the pandemic meant that attendance was limited, they also held a drive through poppy drive event the day before to let people show their appreciation for veterans in their community. Pictured: Legion members who were part of the poppy drive event.

Your FARM



Crop contracts can be beneficial; some companies offer the Act of God clause

By Patricia Barrett

Some Prairie farmers are calling for an overhaul of crop contracts offered by grain companies after hundreds of them reportedly couldn't deliver the yields they promised because of severe drought and are on the hook for the balance of their contract.

But one Municipality of Bifrost-Riverton grain producer said crop contracts are typically beneficial as they more often than not offer farmers higher prices in the spring for the crops they expect to deliver in the fall.

"Farmers will make a contract in the springtime for a fall delivery for a decent price. Crop prices historically drop by fall time, so these guys are taking advantage of that higher price offered by a grain company," said Gordon Klym, who farms near Ledwyn, west of Riverton.

But this year's weather turned everything on its head. He said that many

farmers who obtained low yields or no crops are expected to shell out money to honour their contracts. He personally wasn't negatively affected by contracts but is aware of a number of farmers who have to pay out a substantial amount of money to fulfil their legal obligation. That includes farmers in Alberta where he heard some owe around \$100,000 on their contract.

"I guess it depends on which side of the fence you're on. It never affected me. This year the price went up but there were no crops, so a lot of people are stuck with their contract and they've got no choice but to buy that contract out," said Klym. "Grain companies, on the other side of the fence, make their sales based on [the amount promised in] these contracts, so you can't really blame them."

Continued on page 17



RECORD FILE PHOTO BY PATRICIA BARRETT

Grain farmers across Western Canada could not fulfill contracts for crops such as oats and canola (shown here growing near Fisher Branch) and have to pay out their contracts.



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Your FARM



Woodlands' Current Holsteins farm earns BMO Farm Family Award

By Patricia Barrett

A farm family from Woodlands was honoured last month with a 2020 BMO Farm Family Award for their dedication to agriculture.

Darren Hueging and Allison Pylypjuk and their three children, Jocelyn, 8, Myers, 7, and Madden Hueging, 6, operate a dairy and beef farm called Current Holsteins near Woodlands. They milk 72 purebred Holstein cows and have about 150 beef cattle.

Last March, the family was supposed to receive the award during the 2020 Royal Manitoba Winter Fair, but the event was canceled because of COVID-19. So instead, they were presented with the Bank of Montreal's award on Oct. 27 during the Manitoba Ag Ex event in Brandon.

"It was a surprise for us when we received a phone call saying we had won," said Pylypjuk, who in addition

to farming is a veterinarian. "Somebody had nominated us for the award and a selection committee picked us based on criteria such as environmental sustainability and volunteer work in the community and in the ag industry."

Their children are actively involved in the farm operation, keeping it running smoothly and on schedule. They even own a few cattle.

"They're unbelievable. I can ask them to finish up in the calf barn and they know that means getting water, feeding them hay and washing bottles," said Pylypjuk. "They are a huge help. They're in the barn with us every day."

This year, Manitoba's severe drought was a challenge, she said, forcing them to buy hay for their animals. To save their pastures from over-grazing, they had to sell some of their beef cat-



RECORD PHOTOS BY ASHLEIGH HAMM PHOTOGRAPHY

Darren Hueging, Allison Pylypjuk and their children Jocelyn, Myers and Madden Hueging earned a 2020 BMO Farm Family Award for their dedication to the agriculture industry.

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tle about two months ahead of schedule. They also had a well dug and ran pipes to a few different pastures to get clean water to their cattle.

Darren Hueging said part of the award recognized their environmental sustainability efforts. The family practises rotational grazing so that they don't overtax their pastures and also plants forage crops such as a grass-alfalfa mix. Forage crops help prevent soil erosion and soil compaction, help improve the condition, and provide food for animals.

"We have forage crops every year. They didn't produce very well this year but we'll plant them again next year. With the dry conditions, we're rotating some of them a little bit sooner than we normally would," said Hueging. "We've had four drier years in a row now and this year was probably the driest, so some of those crops haven't yielded very well. We've taken some out of the rotation and are putting in spring cereals because they'll do better with less moisture."

His biggest concern going into next year is the grasshoppers, which this year were "really bad and ate a lot of our grass before we were able to get the cows to it," he said.

Spraying wasn't an option for many reasons, including not knowing its impact on beneficial insects, having lots of trees and bush around small

pastures, making it difficult to spray, and the short-duration of the insecticide (up to two weeks) and cost.

The Huegings are very involved in the agriculture community, volunteering on numerous organizations to help improve and promote their industry.

Hueging has been the president of the Interlake Holstein Dairy Club for over 10 years. He also sits on an agriculture diploma panel for the University of Manitoba's faculty of agriculture and food science and on a Dairy Farmers of Manitoba advisory committee, representing the interests of dairy farmers and helping the board make policy decisions.

Pylypjuk has been active with the Manitoba Veterinary Medical Association for several years and is currently its president. She also participates on or chairs several of its committees including the Food Animal Committee, the Code of Ethics Committee and the Veterinary Shortage Committee.

"We deal with policy-making for the profession as well as policies for protecting the public," she said. "A huge issue we're dealing with right now is a veterinary shortage in the rural area. We're working on identifying ways to recruit veterinarians."

The profession is seeing a lot of

Continued on page 17

Your FARM



> HUEGING FAMILY, FROM PG. 16

burnout because rural vets are expected to be available at all hours, she said. They also work for less pay than other medical professions.

"In rural communities, you may be the only vet around and it's hard to have a work-life balance when you're on call 24-7," said Pylypjuk. "It's especially hard for females with a family when they're on call all the time. We also see death at a higher rate than human physicians do because it often comes down to whether people can afford certain veterinary care."

Hueging and Pylypjuk said it was a "special moment" for them to be recognized for all the "early mornings and late nights" that go into improving their farm operation

> CROP CONTRACTS, FROM PG. 15

Grain yields fluctuate from year to year, said Klym. It depends on weather and other factors such as disease and insects. Grain companies aren't necessarily the bad guy for having offered farmers a contract in the spring of this year, the third year of Manitoba's drought.

"It was dry all right last year, but we did get a really decent crop. Guys that had contracts last year didn't have bin space. But this year, we didn't get the crops we hoped for and had lots of bin space," said Klym. "This year is a total reversal from last year."

To a certain extent, crop insurance will help those who have it, he said, but it's not the answer to paying off a contract.

What would help is grain companies forgiving a contract or rolling it over to next year.

But if grain companies were to start forgiving contracts, Klym said that might lead to instability in the system. The companies themselves have an obligation to deliver a set amount of grain to their buyers. If farmers can't fulfil their contract, the grain company has to solicit farmers without contracts to see if they can make up the shortfall. That could mean having to pay even more for a crop.

"Every farmer would be making a contract if they knew they could just jump out of it a couple of months down the road," said Klym. "A contract is a contract; you have to live up to it or you have to buy it out. Or you can look for a contract with a clause in it that says if [low or no yield] is the result of an Act of God, the farmer is forgiven."

Bunge, an international company that has an office in Altona, is one company that has an Act of God clause in its contract, said Klym. He's not sure whether other grain companies offer similar clauses to protect farmers when excessive heat, drought or other disasters affect yields and prevent them from delivering what their contract stipulates.

Grain companies likely suffer a financial penalty if they can't deliver to their buyers, he said. Or their reputation would surely take a hit.

"Who's going to come back and buy from that company again if they can't deliver what they said they would?" said Klym.

The Record reached out to Paterson Grain for comment about contracts and to Bunge for information about its Act of God clause. Neither company responded.

and providing service to their industry. They also appreciated being invited to the in-person Farm Family Award presentation held in the stunning dome building (also known as the Dominion Display Building) on the Keystone Centre's grounds.

The award was a testament to their dedication to the ag industry.

"We feel very fortunate to be able to raise our children on a farm," said Pylypjuk. "Darren and I are both from dairy and beef farms, and we sure appreciate the work ethic our parents instilled in us. We feel very fortunate to raise our kids with those same values."

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Bezan joins senior Conservative Leadership team

Submitted

James Bezan, Member of Parliament

for Selkirk-Interlake-Eastman today issued the following statement on

the announcement by Conservative Leader Erin O'Toole on the naming of

the Conservative House Leadership team and Shadow Cabinet:

"I am honoured to be promoted to the House Leadership team as Deputy Opposition Whip, Strategic Advisor and Co-Chair of the Question Period Planning.

"I have worked alongside Erin O'Toole since he was elected in 2012 and have always been impressed by his leadership skills and work ethic. I am humbled to have his confidence and trust to be part of his House Leadership team.

"This is a new opportunity to work more closely with my Conservative colleagues, including Blake Richards as Opposition Whip and Michael Barrett as my co-chair for Question Period planning. We are ready to get back into the House of Commons and hold the Liberal government to account.

"It has been an honour to serve on the Defence file for the last decade. I am always inspired by the service and sacrifices made by the members of the Canadian Armed Forces and their families. They fight every day to keep Canada the true north, strong and free. I know they will be well served by my colleague the Hon. Kerry-Lynne Findlay who will continue to fight for the best possible outcomes for our troops. I offer her my sincere congratulations on becoming the new Shadow Minister for National Defence."



MP James Bezan

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Sunova Credit Union and Brad Hirst of Royal LePage are helping us bring Santa down from the North Pole for Giant Selfies from your vehicle. Pull up, roll down your window, smile and see your photo projected 30ft high! Eveline St. and Manitoba Ave. Follow the street signs.

Nov. 20 & 27 | 10am - 5pm
WISHME MAKERS' MARKET

Show Manitoba artisans some love this holiday season – start (or finish) your holiday shopping. Different makers each Saturday. Gordon Howard Centre, 384 Eveline St., Selkirk.

Nov. 20 & 27 | 4pm - 9pm
BEER, SELTZERS, COOLERS & WINE TASTING

Get your whistle wet and judge some new brews – including organic wine at On the Rocks Bar, 219 Manitoba Ave.

Nov. 20 & 27
EASEL WARS

Grab a paint brush and compete against your family or friends to see who can paint the fastest. The subject? Whatever is drawn out of a hat. Hosted at the Gwen Fox Gallery. And yes, there are prizes! Register with Bev ▶ bg9991@mymts.net

Nov. 21 | Two Tours | 11am & 1pm
WALKING MURAL TOUR

Want to know more about the murals you see every day in downtown Selkirk? Artist and Knowledge Keeper Jeannie White Bird will take you on a walking tour to teach you more. Start at "Showcasing A Colourful Past" at House of Economy Thrift Shop, 246 Manitoba Ave.

6 days of LIVE entertainment

25 performances

55 fiddlers, jiggers, songsters, drummers, poets

100s of pancakes

3 kids' crafty workshops

2 yoga mornings

1 movie night

See page 2 for highlights →

**IN THE SELKIRK PARK /
AGRICULTURE BUILDING**
Nov. 19-21 & Nov. 26-28
Brought to you by



Keep up to date on the musical lineup at
[f](https://www.facebook.com/holidayalley) [i](https://www.instagram.com/holidayalley) holidayalley.ca

**All in-person and indoor events, activities, markets and workshops
will require eligible attendees to provide proof of vaccination and ID.**



Nov. 19 | 7pm - 10:30pm | FREE
BIRTHDAY BASH – KICKOFF NIGHT

It's time we kick off Holiday Alley with the biggest birthday celebration! It's a night of music, dance, celebration and community. Come early to get a seat and stay late.

Nov. 20 | 10am - 12pm | \$10
VICTORIAN CHOCOLATE

Friends of Lower Fort Garry present a uniquely sweet workshop creating a 1861 chocolate beverage. Register ▶ elf@holidayalley.ca

Nov. 20 | 1pm - 4pm | FREE
SPIRIT CREATIONS

Bercier Family Drum Teachings ▶ Learn hands-on and understand the meaning of the drum with the Bercier family.
Oral Histories of the Chicken Dance ▶ Tyson Prince and Cheryl Prince will be sharing the oral histories of the Chicken Dance.
Kind Kookums ▶ Our community has some wonderful kookums (grandmothers) and they're spreading sharing their kindness though storytelling. Presented by Anishinaabe Gikinoó'amaagoownan – The People's Teachings.

Nov. 20 | 7pm - 10:30pm | FREE
NAKAMOTÁN, NÍMITÁN! LET'S SING, LET'S DANCE

Music isn't just what we hear, it's what we feel. Enjoy an evening of music by some of Turtle Island's talented artists.

Nov. 21 & 27 | 8am - 9am | FREE
COOL YOGA BY GLOW FITNESS

What's cooler than hot yoga? Cool Yoga! Glow Fitness will host beginner yoga classes to get your body moving and energized. Bring your own yoga mat or towel and dress for warmth and comfort.

Nov. 21 | 10am | FREE
RED RIVER SASH WITH EDGAR DESJARLAIS

Learn to finger weave the ins and outs of the Red River sash through this construction paper project led by Métis facilitator, writer, and singer Edgar Desjarlais.

Nov. 21 | 1pm - 4pm | FREE
RED RIVER FIDDLE & JIG JAM

It's time to feel the energy of the fast fiddle and jiving jig! We're ready for the rush of the Red River fiddle and jig!

Nov. 26 | Doors open at 5:30pm | FREE
HOLIDAY MOVIE NIGHT

Presented by Canadian Tire Selkirk

Pack your blankets and grab some snacks on the way for a night of classic (and cult classic) holiday movies with your community!
Dr. Seuss' How the Grinch Stole Christmas ▶ 6pm
Christmas With The Kranks ▶ 8pm
Silent Night (horror movie filmed in Selkirk) ▶ 10:30pm | 18+

Nov. 27 | 10am - 12pm | FREE
MORNING OF CRAFTING

Letters to our Elders ▶ With the help of Canadian Mental Health Association Interlake-East, stop by for card crafting and letter-writing sessions, to be delivered to senior care homes across the Interlake. Supplies provided or bring your own! Or create a card or letter at home and drop it off at CMHA, 435 Main St, Selkirk by Nov. 30.
Letter Peddler Press ▶ Create your own postcard this holiday season and send it to someone you love! Assemble and print your own postcards using custom laser cut bamboo press blocks.
DIY Designs with Fair Trade Selkirk ▶ Making a positive global impact is easier than you think. Get painting and crafting on your own fair trade bag, presented by City of Selkirk.

Nov. 27 | 3pm - 5pm | FREE
LOCALS ONLY MUSIC | ACOUSTIC AFTERNOON

An afternoon of home-grown music! This one's for the lovers of raw music.

Nov. 27 | 7pm - 10pm | FREE
MUSIC & THE MÉTIS

Our community is homeland of the Métis people – and we're here to honour our homeland with music and incredible musicians.

Nov. 28 | 9am, 10am, 11am seatings
Tickets \$12 General, \$6 Children (12 & under)
PANCAKE BREAKFAST WITH SANTA

Presented by Marine Museum

Enjoy a hearty breakfast of pancakes, family entertainment, community joy! Includes breakfast and a summer pass to the Marine Museum. All proceeds donated to the Marine Museum of Manitoba.

Nov. 28 | 1pm - 4pm | FREE
CRAFTERNOON

This DIY event lets kids and families explore the creative side of crafting.

Nov. 28 | 6pm | FREE to watch | By Nov. 20 ▶ Register
BARK FOR OUR BIRTHDAY | POOCH PARADE
Presented by Selkirk Animal Hospital

Even dogs love a parade! The theme? Holiday Alley's 5th Birthday, of course. Best dressed pooches and their human partners win prizes from Selkirk Animal Hospital! Register ▶ holidayalley.ca

BEYOND THE CANOPY

Check out more LIVE entertainment coming up at
On The Rocks Bar and **The Mighty Kiwi** on Manitoba Ave.

Check out the entire lineup at HolidayAlley.ca

Thanks to



TAKE IT HOME!

**Nov. 27 ▶ Soup Pick Up | Tickets \$40
TAKE-HOME SOUP COOK-OFF**

Presented by Cambrian Credit Union

Six chefs compete to see who makes the best warm-up-your-belly winter soup in this pick-up, take-home soup-in-a-box contest. Be a citizen judge right from your kitchen table. Every soup flavor is different and every mouthful exciting. Vote online for your fave soup! Get your tickets at Wishme, 377 Eveline St., 204.785.2984 (Only 100 tickets available).

**Dec. 28 ▶ Draw | Tickets \$20 + 1 bottle of wine
INSTANT WIN(E) CELLAR**

We've got a stocking stuffer fit for that wine lover in your life. Get your tickets for Red River North Tourism's Instant Win(e) Cellar. The more tickets you buy, the more wine you donate, the bigger the wine prize grows! Tickets available: St. Andrews Rectory, 374 River Road in St. Andrews or Wishme, 377 Eveline St., in Selkirk.



MAKE YOUR OWN SCHEDULE!

Nov. 19-30

CHUCK (THE ELF) ON THE SHELF

If you see a 6ft Chuck – be sure to stop and grab a selfie with him! Post your photo to Instagram or Facebook using the hashtag **#ChuckOnAShelf** and tag **@holidayalley** to be entered to win prizes and gift cards!

Nov. 19-30

COMMUNITY CHALK BOARD

Stroll down the alley beside Twice Over at 214 Manitoba Ave. and share your ideas on this season's community question: "What did you learn during a pandemic?"

Nov. 19 - Dec. 30

ONLINE MAKERS' MARKET

Continue to support local artisans and find that very unique gift at the online market
▶ holidayalley.ca

Nov. 19-30

HOLIDAY TALES & TRAILS

Frontier College and The Selkirk Friendship Centre are excited to bring you Holiday Tales & Trails, a walking literacy program for families! Enjoy a walk down Manitoba Ave. for a family outdoor storytime, following the pages from window to window. A free copy of the book will be available to all those who finish the story at the very last stop (until supplies last). This year's books – "Last Leaf First Snowflake to Fall" by Leo Yexma and "Moir's Birthday" by Robert Munsch.

Nov. 19-30

WORDS ON THE WALL

Join poets in the Gwen Fox Gallery where you get inspired by great artwork and write a poem to match it. And yes, there are prizes!

Nov. 19 - Dec. 29

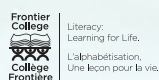
TREE IT YOURSELF (TIY)

Out for some fresh air with the kids or dog? Check out the TIY trees on Manitoba Ave. between Main Street and Eveline Street, decorated by local businesses and organizations. Make a note of your favourite decorated tree and vote on holidayalley.ca to be entered into a raffle to win a prize.

Nov. 20-21 & 27-28 | 6pm - 9pm

GIANT SANTA ON THE WALL

With the help of Brad Hirst of Royal LePage, Santa is coming to town, and he's GIANT! Catch Santa projected on the historic Trader Bank Building at the corner of Manitoba Ave. and Eveline St.



JOIN US ONLINE!

Nov. 25 | 7pm
HOLIDAY STORYTIME
Presented by City of Selkirk
Kick off the City of Selkirk's holiday story readings during Holiday Alley. Grab a blanket, get settled in your comfy spot, and enjoy a book reading by Selkirk's city council members on Facebook.
f ▶ City of Selkirk

Nov. 24 | 6pm
HOLIDAY WELLNESS
Presented by Canadian Mental Health Interlake-East
The holidays are a busy time, which can make it hard to stick to your healthy lifestyle and wellness goals. The CMHA will help you find your own personal joy throughout the holidays and will share some strategies for holiday wellness.
f ▶ CMHAIInterlakeEastern

Nov. 25 | 6pm
MANAGING WINTER BLUES BY HOLIDAY WELLNESS
Presented by Canadian Mental Health Interlake-East
The CMHA will explore the challenges that come with winter and how they impact our mental health and overall well-being.
f ▶ CMHAIInterlakeEastern

Nov. 30 | By Nov. 17 ▶ Submit your video
HOLIDAY ALLEY TV
Dancing In The Street, Again
Holiday Alley is challenging everyone to check out our new lyrics to the David Bowie & Mick Jagger/Martha & the Vandellas song *Dancing in the Street*. Record your dance moves to our new song and send in your video – from around the world ▶ info@holidayalley.ca
Need a few dance moves? See our demo video on f ▶ holidayalleymb

Nov. 19-30
POOCH & PALS DRESS-UP CONTEST
Presented by Selkirk Animal Hospital
We know you dress up your pets at home during the holidays. It's time to show them off! Post a photo of your pet and get entered to win a \$100 gift card for Selkirk Animal Hospital and bragging rights for best dressed pet! See contest details on Holiday Alley's Facebook or Instagram. f @



Dancing In The Street, Again
by Brenton Thorvaldson

Callin' out around the world
Are you ready for a brand new beat?
Winter's here, and the time is right
For dancing in the street

They're at the city limit
Beneath the water tower
Down by the river
All we need is music, sweet music
There'll be music everywhere

There'll be swingin', swayin' and records playin'
Dancing in the street

It doesn't matter what you wear
Just as long as you are there
Come on everybody, give it a whirl
Everywhere around the world

There'll be dancing
They're dancing in the street

It's just an invitation across all nations
A chance for folks to meet
There'll be laughin', jiggin' and fiddlers swingin'
Yeah, drummin' in the street

From Manitoba
From the four directions, now
The west, to the east
Every town and city now

All we need is music, sweet music
There'll be music everywhere
There'll be swingin', swayin' and records playing
And dancing in the street

It don't matter what you wear
Just as long as you are there
Come on everybody, give it a whirl
Everywhere around the world

Yeah they'll be dancing, dancing in the street



Scavenger Hunt
holidayalley.ca



We're celebrating Holiday Alley's 5th birthday! Test your Holiday Alley knowledge to win gifts and gift cards donated by our sponsors. Walk or drive the Alley, visit holidayalley.ca and take your best guesses!

- 1 Holiday Alley launched in 2017, with 75,000 LED lights adorning 24 businesses on Manitoba Ave. only, then local business on Eveline Street joined in the next year. How many are lighting up the Alley in 2021?
☐ 75,000 lights on 24 businesses
☐ 100,000 lights on 32 businesses
☐ 130,000 lights on 40 businesses
- 2 New for 2021, enjoy local musicians and merry-makers, make some crafts, hear traditional teachings and more at this special spot in the Selkirk Park / Agriculture Building sponsored by Manitoba Métis Federation and Stanley Electrical & Mechanical Ltd:
☐ Community Canopy
☐ The Warehouse
☐ Holiday Hideaway
- 3 Selkirk's historic movie theatre closed this spring, but has since been purchased by the City of Selkirk. What name adorns its marquee?
☐ Garson ☐ Garrick ☐ Garry

- 4 Participating businesses make Holiday Alley glow brightly all season long with colourful strings of lights. What colour are the lights on the Riverside Grill?
☐ Red and white ☐ Blue ☐ Green
- 5 Four three-metre tall columns mark the start and end of Manitoba Avenue East, each made of:
☐ Wood ☐ Steel ☐ Stone
- 6 Follow the pages from window to window with Holiday Tales & Trails, to experience stories by these Canadian authors:
☐ Robert Munsch & Leo Yexma
☐ Dr. Seuss & Mother Goose
☐ Brothers Grimm & Denis Lee
- 7 See the new mural Mashkawigaabawid Abinoojiyag – Stand Strong Children, honouring residential school survivors, when you walk through the "Pocket Park" next to 233 Manitoba Ave., or take our Holiday Alley Walking Mural Tours on Nov. 21. How many walls does it take up?
☐ 2 ☐ 3 ☐ 4

- 8 A 6-foot painting of Selkirk's mascot – created by a Selkirk Comp high school student – will be popping up around the city during Holiday Alley; grab a selfie with him and you could win! What's his name?
☐ Selkirk Sam ☐ Catfish Charlie
☐ Chuck the Channel Cat
- 9 Stop by the Gordon Howard Centre on Nov. 20 & 27 (or online!) to wrap up – or start – your holiday shopping with our:
☐ Holiday Alley garage sale
☐ Wishme Makers' Market
☐ Zellers pop-up shop
- 10 Bring a blanket and snuggle up for Holiday Alley Movie Night! Catch this holiday classic for free on Nov. 26:
☐ Dr. Seuss' How the Grinch Stole Christmas
☐ It's a Wonderful Life
☐ Die Hard

ENTRY DEADLINE Nov. 30

WAYS TO ENTER ▶ at holidayalley.ca
Or drop off in mail slot, Selkirk Civic Centre, 200 Eaton Ave.

Name: _____

City/Town: _____

Phone: _____

Email: _____

I spent _____ hours at Holiday Alley.

I spent \$_____ on and during my Holiday Alley visits.

☐ I am over 18 and consent to Holiday Alley using my information to contact me about future events.

CO-OP open again



RECORD PHOTO BY BRETT MITCHELL

Red River COOP Gas Bar is once again open for business now with a fresh new look. Pictured: Mayor Larry Johannson, Gas Bar Manager Shandra Hees and Red River COOP Gas Bar operations manager Randy Andrusiak.

Drive safely this winter

Submitted by Manitoba RCMP

As the first winter storm of the season is expected crossed many parts of Manitoba in last week the Manitoba RCMP wants to remind drivers of some winter driving tips.

Make sure you have your vehicle ready before you head out on the roads:

- Have proper tires on your vehicle. Tire pressure decreases in colder weather, so check your tire pressure often
- Ensure you have windshield washer fluid that is rated for winter use so you can keep your windshield clean and your line of vision clear
- Clear all snow and frost from your vehicle before driving so that you can see and be seen
- Ensure wheel wells are cleared of slush or build-up that could impede your ability to steer
- Have extra winter wear in your vehicle, such as toques, mittens and winter boots
- Keep a road safety kit and shovel in your vehicle

Safe winter driving tips:

- Posted speed limits are for ideal travel conditions. On winter roads, be aware there could be ice. Driving at reduced speeds is a great precaution-

ary measure against slippery conditions

- Do not use cruise control
 - Increase your distance between other vehicles as stopping distance on an icy road is double the stopping distance on a dry one
 - Observe road signs pointing out icy spots, such as bridges and overpasses
 - If you start to skid, do not brake or accelerate. Look where you want the vehicle to go and steer in that direction
 - As always, keep in mind the basic safety rules: buckle up, slow down, drive with caution, be aware, be alert, be sober, give yourself plenty of time to reach your destination, and keep focused on the road
 - Check weather and road conditions before heading out. If road conditions are unfavourable, the safest strategy is to avoid driving
- Winter weather is on its way! Being prepared will help keep you and others safe on our roads.

Instant Wine Cellar is back in 2021

Submitted by Red River North Tourism

Red River North Tourism is launching the Instant Win(e) Cellar, a special fundraiser in support of Tourism initiatives in the region including the restoration of historic Old St Jude's in Grand Marais.

Donate a bottle of wine to the cellar and buy your ticket – or two... or even more! Tickets for the Instant Win(e) Cellar are just \$20 and with every bottle, the wine cellar grows larger. Event sponsor, Ellement Wine & Spirits, has kicked off the wine cellar with \$200 worth of wines. Watch for cellar updates on the Holiday Alley and Red River North Tourism Facebook and Instagram pages.

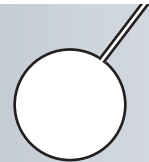
Three prizes will be drawn: first prize is 50 per cent of the wine collected: a value of \$1000! Second prize will take home 30 per cent of the wine in the cellar (a \$500 value) and third prize wins 20 per cent of the wine (\$250 value). The draw will be made at 2:00 p.m., Dec. 29th – just in time to ring in the New Year.

To drop off wine donations and purchase tickets stop by St. Andrews Rectory Gift Shop in St. Andrews or WishMe in Selkirk. "This raffle is presented in partnership with Holiday Alley," said Lois Wales, President of Red River North Tourism. "There are just 500 tickets available so the chances of winning are excellent. We'll be posting regular updates on social media as the wine cellar grows." She concluded, "This is a great way for the community to support regional heritage and help protect historic Old St

Jude's".

St Jude's Church was erected in 1896 on land donated by two Métis residents from their scrip allotments. Using volunteer labour and locally sourced material it was constructed with a fieldstone and mortar foundation, square sawn black poplar log walls, and a cedar shake roof. It is believed to be one of the oldest Métis log churches in Canada.

The last service was held in 1964 and the structure remained vacant for forty years. The R.M. of St. Clements designated the building as a Municipal Heritage Site in 2018. Today, the Diocese of Rupert's Land oversees the cemetery and Friends of Old St. Jude's are stewards and curators of the former sanctuary. The Friends honour the rich history of the site and invite community involvement as they continue to restore the structure.



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Endow Manitoba
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November 9-15, 2020
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HERE FOR GOOD

Helping your community flourish forever!

Give to the Selkirk & District Community Foundation between November 15 – 21 and your \$5 gift becomes \$7, thanks to funding from The Winnipeg Foundation and the Manitoba government.

Anytime between Nov 15 – 21 please go on-line to www.endowMB.org and look for SDCF or call the Foundation office at 204-785-9755 and we will help you make your donation.

NOVEMBER 15-21 ONLY

Endow Manitoba
YOUR COMMUNITY FOUNDATION NETWORK

Your Local Community

Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



Green ways to clean up snow

Although residents of chilly climates come to expect the flakes and gathering snow mounds, some people never quite get used to the cleanup involved in keeping neighborhoods safe and accessible.

Snow can begin in September and October in some northern areas and stretch on until early spring. It pays to learn the best ways to deal with snow and to incorporate some environmentally friendly strategies as well.

The most eco-friendly way to remove snow is to wait until the spring thaw when it'll melt. Unfortunately that is not practical for most people. Therefore homeowners and business owners need to look to other methods to clear driveways, parking lots and sidewalks of the white stuff.

· Human-powered effort. The greenest method to clearing snow is to get out the shovel or a broom and put in some hard work. Though seldom an easy task, manual power doesn't rely on fossil fuels nor does it create emissions or loud noises that other

methods of snow removal will. Plus, snow-shoveling also is the most cost-effective method of snow removal. Invest in a quality shovel and get used to angling the blade so that you're doing more pushing than scooping and lifting. You also can use Mother Nature to your advantage. Try to clear snow early in the day, and then let the sun and any warming of the afternoon take care of melting some of the leftover thin coatings of snow.

· Use an eco-friendly ice melt. The best way to break-up ice is to chop it up and clear it away. But when that isn't plausible, use eco-friendly ice melting products instead of traditional salt or other melts. Run-off from certain products can increase salinity in bodies of water. Salt can prevent plants from absorbing moisture and nutrients, killing grass and gardens. Plus, ice-melt products may leach heavy metals into the environment.

· Electric power is better. If you need to rely on a snow blower, opt for an electric-powered model. It will be qui-



eter than others and also the cleanest. If you can combine an electric blower with solar panels, you'll be reducing your energy usage even further, all the while keeping a clean and safe landscape.

· Contract with an environmentally friendly service. Commercial snow-removal services and landscapers

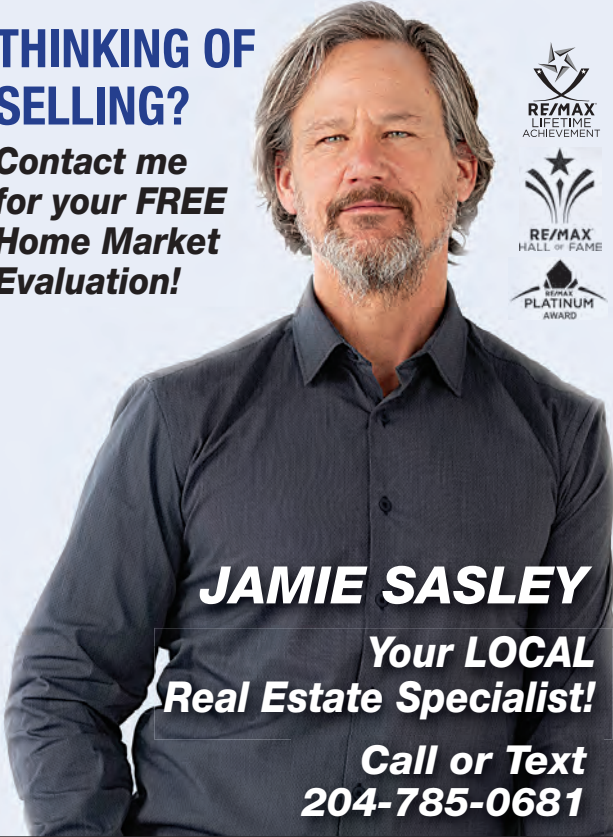
can make fast work of snow removal. These companies rely on equipment that reduces emissions, use eco-friendly ice melt and outfit their plows with blades that will minimize damage to roadways and driveways. Research the options in eco-friendly snow removal companies.

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Ext. 2

Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



Local inventor provides solution for mold, mildew and leak protection

A builder and creator all his life, Don Fletcher from Gimli, is making strides in the bathroom renovation world. Originally from Winnipeg, the RRC Machine Shop Apprentice grad of 1982, found his inspiration in a bathtub. A self-professed workaholic, Fletcher worked as a conductor for CN and in the construction industry for thirty years before deciding to work solely on creating his own products.

Nice Trim Fit, his latest invention, was a culmination of ideas and design using the skills he learned at Red River College nearly forty years ago. Nice Trim Fit is a sealing system that's easily installed on tubs, showers, back-splashes, baseboards and even toilets to protect them from mold, mildew and leaks. It's not only effective – lasting longer than traditional sealants – but also environmentally-friendly, reducing waste by eliminating the need to be replaced.

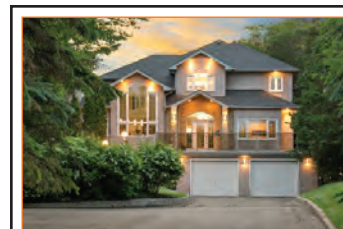
The idea for Nice Trim Fit came to Fletcher about nine years ago, when he was feeling tired and overwhelmed by the construction business. The company he'd been running for 30 years specialized in troubleshooting, as well as tile work and bathrooms. Eventually he found that no matter how well the job was done, mold always reappeared on the silicone finishes in the bathroom. Another issue he found with silicone is that it isn't permanent. Because it breaks down over time, this could lead to other damages due to slow leaks resulting in costly repair bills. Leaks into the foundation can breakdown drywall and if left long enough, leads to more mold.

It doesn't take long for mold to appear on new silicone caulking in bathrooms and kitchens. For some, they start seeing mold re-appear after a year or two of being replaced. This is because silicone in standing water, soap scum, and skin cells results in mold. The exposure to mold can lead to health effects such as stuffy nose, itchy eyes, and skin irritations for many people. For others who are allergic to mold, they can show signs

such as fevers & shortness of breath.

"I thought, if I can find the right tape, it has to be mold-proof, water-proof – instead of using the conventional silicone method, I could do something," he says. After the president of 3M came to see his product, he says they were so impressed and offered endorsement. "Now we've got their logo on our package."

Trim Fit is a permanent solution which is mold-free, mildew-free, and leak-free. With over 8 years of installs in Canada/USA this easy-to-install product looks professional and performs like new. The product is now available at most home improvement stores including Canadian



5090 Henderson Hwy, Narol \$1,249,900 - BEAUTIFUL RIVERFRONT ESTATE! This amazing 2 storey estate offers a 4020 sf, total 5 bdrms, 3 baths and is situated on a park like 1.48 ac. riverfront private treed property. Paved driveway, dble attached garage and MORE!



41 Juniper Lane, St. Andrews \$1,099,900 - COUNTRY RETREAT WITH SHOP! This amazing unique property is situated on 28.9 acres, features a custom built 2 Storey with 3,520 sq.ft., 5 bdrms & 4 baths. A 26X13' roof top deck, heated 40X60' insulated shop with mezzanine.



62 Tyler Rd, St. Clements \$1,999,900 - THE HARLEQUIN HOUSE - PREMIER WALKOUT ESTATE with captivating river views situated on 10 acres. Custom blt, this 10,601 SF expansive estate is the epitome of cultured elegance. 7 Br, 7 Baths, 6 car attached garage.



5040 Henderson Hwy, Narol \$599,900 - RIVERFRONT PROPERTY! This 1000 sf, 2 bdrm, 1 Bath BUNGALOW is situated on a DEEP partially treed 1+ acre RIVER LOT. Dble carport leads to an oversized detached garage. Hydro runs right to the river. Nestled amongst the trees along scenic Henderson Hwy.



9 Creekside Blvd, Selkirk \$509,900 - INCREDIBLE TURN-KEY HOME! Beautiful 1511 sf, 4 bdrm, 3 bath BUNG. This graciously enjoyed & meticulously cared for home features a spacious design and stunning curb appeal. Dble attached Garage & MORE!



5766 PR 202, Lockport \$479,900 - MOVE TO THE COUNTRY!! Treed private 3+ acre property, mins to Lockport. Add your touch to this 1370 sf, 3 bedrooms, 3 bath BUNGALOW. Newer 21X19' custom deck. Large 60X30 shop with holding tank and gas heat. A 20X30' dome cover negotiable. Newer windows, furnace (2016), new roof (2020), new water well (2021).



DEREK DANEAULT

DEREK DANEAULT
204-989-7900
www.derekdaneault.com



Tire and Rona and is also online to order. Fletcher says that RV companies, hotel chains, and cruise lines are also showing interest in Nice Trim Fit. For more information on Nice Trim Fit please call 204-960-5078 or visit www.bond-inventionhouse.com.



www.interlake.mb.ca

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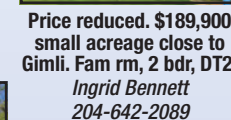
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What to do if you find radon at home

Radon can be a very real threat to public health in homes all across the country. The U.S. Environmental Protection Agency as well as the Surgeon General's Office have estimated that as many as 20,000 lung cancer deaths are attributed to radon. Radon is the second-leading cause of lung cancer behind smoking.

Radon cannot be seen, smelled or tasted, making it very difficult to detect in homes and other buildings. In most cases the source of radon in structures is formed from the normal decay of the elements uranium, thorium and radium in rocks and soil upon which homes are built. Homes act as chimneys, helping gases, including radon, rise from the ground level through foundations.

Although no level of radon is completely harmless, The American Society of Heating, Refrigeration and Air Conditioning Engineers suggests radon levels do not exceed 2 picoCuries per liter (pCi/L). The Environmental Protection Agency allows a slightly higher top level of 4 pCi/L. Outdoors, radon levels average 0.4 pCi/L. Certain areas of North America have higher levels of radon than others. On the EPA's radon zone map, those residing in red areas (zone 1) on the map can expect to encounter radon levels above the recommended level.

Only a radon test can determine if radon levels inside a home are unsafe. Tests can be purchased for around \$20 at many home supply retailers. Radon testing often is required when individuals purchase a home as well.

If high levels of radon are detected, it's important not to panic, as there are ways to mitigate the problem effectively. First of all, you may want to retest, which can confirm if your initial test was a fluke or caused by unusual weather. Short-term tests can measure radon over the period of a week, but longer assessments lasting about a month or more may paint a more accurate picture of your home's average radon concentration.

If high levels of radon are discovered, one of the first things to do is to ventilate the home to bring more fresh air in and dilute radon concentrations. You may then want to consult with a radon removal contractor. You may need to use a heat recovery ventilator to introduce more fresh air or ventilate the home using a fan.

Contractors may use suction to vent air from below the foundation of the house, through a pipe and above the roof. This way the radon does not leach into the home. This method ventilates radon well out of the way of human breathing spaces.



Radon is drawn out of the ground from under the foundation of a home. It can compromise air quality and cause cancer if left untreated.

You also may want to have your water tested for radon, as homes that rely on well water may have radon in the water source, too.

Simple ways to incorporate reclaimed wood in your home

Homes come in many sizes and styles. But whether your home is a palatial postmodern masterpiece or a cozy farmhouse, reclaimed wood can be utilized to create an awe-inspiring interior.

Reclaimed wood serves both aesthetic and practical purposes. Visually stunning, reclaimed wood also is a great way to make use of old-growth forest wood. Old-growth forest wood like that from longleaf pine trees has long been touted as excellent building material, but the pine utilized today comes from trees that are cut down when they're young. Reclaimed wood taken from old or demolished homes built with old-growth forest wood offers access to this highly valued building material while also pro-

viding the environmental benefits that come with reusing existing materials.

Reclaimed wood can be incorporated into a home's interior rather easily, and the results are often stunning.

- Accent wall: Transforming a wall into an accent wall with reclaimed wood is a simple project that won't affect the existing design of a home's interior. A living room or home office can be given a whole new look with the addition of an accent wall made from reclaimed wood. Homeowners who want their bedrooms to give off the vibe of a rustic retreat can consider adding an accent wall made of reclaimed wood.

- Furniture: Reclaimed wood also can be put to use, or reuse, as furniture. A home office desk made from reclaimed wood can be both stunning and sturdy, while end tables and coffee tables made from reclaimed wood can

add some unique character to a living room.

- Kitchen islands: Homeowners who aspire to have a farmhouse kitchen can consider reclaimed wood when creating their kitchen islands. Reclaimed wood can be used to make the body of the island, complete with cabinets and drawers, that sits beneath the countertop where cooks will prepare their meals.

- Storage beds: Guest rooms tend to be smaller than other rooms in the house, and that means little room for furniture like dressers. Rather than cramming lots of furniture into a small room, homeowners can utilize reclaimed wood to create storage bed frames. The frames won't take up extra space in the room, reassuring guests that they won't be spending a weekend in cramped quarters. And the rustic look of reclaimed wood storage beds can be an instant stunner when guests arrive.

Reclaimed wood can be incorporated into a home in myriad ways. This stunning, eco-friendly design choice can add instant appeal to any home.

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Apple Oat Crumble and Citrus Caramel Topping

3 tablespoons sugar
1/2 teaspoon ground cinnamon
2 Envy Apples, diced into large cubes
1 tablespoon lemon juice
1/2 cup brown sugar
1/2 cup all-purpose flour
1/2 cup old-fashioned oats
1/2 cup cold butter, diced small
1/2 cup caramel
1/4 teaspoon salt
1/2 orange, zest only
1 tablespoon orange juice
vanilla ice cream
Preheat oven to 350 F.
In bowl, stir together sugar and ground

cinnamon.

Toss apples in lemon juice then in cinnamon sugar mixture. Spread in 9-inch pie dish.

In another bowl, stir together brown sugar, flour and oats. Using hands or fork, cut in butter until pea size crumbs form. Sprinkle evenly over apples.

Bake 40-45 minutes until mixture is bubbling and golden brown. Remove from oven and let cool 15 minutes.

In small pot, whisk caramel, salt, orange zest and orange juice until warm.

Spoon apple oat crumble over large scoop vanilla ice cream and top with salted citrus caramel.



Apple Stuffing Bites with Rosemary Gravy

In large saute pan, melt butter saute apples and onion until tender. Set aside to cool slightly.

Stir together stuffing and apple mixture. Spread stuffing on sheet tray and allow to cool in refrigerator.

After cooling, form stuffing into medium bites and place on sheet tray lined with parchment paper.

Broil bites until golden brown and slightly crispy.

To make gravy: In small pot, melt butter and whisk in flour. Cook flour 1 minute, whisking frequently.

Whisk in beef broth, salt, pepper and Worcestershire sauce; bring to boil, whisking frequently. Remove from heat and stir in rosemary. If desired, continue gently simmering gravy to thicken.

Arrange stuffing bites in serving dish and drizzle with gravy. Serve hot.

Sitting all day is bad! Get up with a 5 minute workout

By Julie Germaine

Even as a personal trainer, my job requires me to spend hours at a time on my computer. This goes for many careers – and unfortunately it's not healthy for humans to sit for long periods of time. This can contribute to heart disease, obesity, high blood pressure, and high cholesterol. But thankfully, research shows that by jumping up and interrupt sitting for just 3 to 5 minutes every hours will positively impact your health.

Do it with me now! Here are some simple ways to move your body to feel great and take control:

1. Squats! Stand up and pretend to sit down into an invisible chair. If you have bad knees or feel silly doing this, this actually sit into a chair and stand back up. Now do this 20 times. By engaging the big muscles in your glutes (butt), quads (above the knee), and hamstrings (back of leg), you are burning calories, and kickstarting digestion.

2. Jumping Jacks! This won't be for everyone, but if you're a work-from-home parent, your kids will find this hilarious and join ins. Do 20 jumping jacks, rest for 20 seconds, and repeat 5s times. If jumping is too intense for you, put on your favourite song and dance wildly. If your neighbours see you, no big deal! In fact, you'll likely be invited to their upcoming Christmas party because you're obviously loads of fun.

3. Stairs! Walk then, run them, take them 2 at a time – it doesn't matter, your body will warm up quickly to the challenge. Another great option is to walk around the block with your dog. If you've taken the time to



Health and Wellness
Fitness expert
Julie Germaine

bundle up, you may as well make it a 10 to 15 minute walk every 2 hours.

4. Plank! This is a core exercise in which you hold a push-up position from your fore-arms. There are many variations to accommodate different fitness levels and to keep you from getting bored.

5. Get the Paper! Or walk to pick up your mail instead of stopping on your way to work. Find ways in your daily routine to be active so your exercise is built in and happens regularly.

Would you like to connect with me to discuss your personal fitness goals and struggles? Visit juliegermaine.com or schedule a free 15 minute diet consultation at www.calendly.com/juliegermaine

Coach Julie Germaine is a fit mom, 2x Pro Fitness Champion, Certified Nutrition & Fitness Expert - and local here in Manitoba. She has helped thousands of men and women improve their health since 2005.



Pumpkin Spice Apple Cider

Envy Apple slices, for garnish
rosemary, for garnish
cinnamon stick, for garnish

In pan over medium heat, saute diced apples in butter and pumpkin spice 5-10 minutes.

In glass, combine bourbon and pumpkin spice apple cider; top with sauteed apples.

Add demerara sugar then garnish with apple slices, rosemary and cinnamon stick.

Photo courtesy of Getty Images (apple cider)

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Bell-Issimo Brie Melt

1 round brie (6-8 ounces)
2 Envy Apples
1/4 cup walnuts
1/4 cup dried cranberries
firm crackers

Unwrap brie and place on microwave-safe dish. Cut off top of brie round and microwave 60 seconds until middle is soft.

Slice apples into thick wedges.

Top brie with half the apples, crushed walnuts and dried cranberries.

Serve with firm crackers and remaining apple wedges.

Interlake-Eastern RHA hosts first annual review of its 2021-2026 Strategic Plan

Bringing regional health planning partners together to evaluate efforts

Submitted

Interlake-Eastern RHA's virtual strategic plan review took place on Thursday, Nov. 4. A new process, introduced with the adoption of the region's new five year strategic plan earlier this year, the annual review brings all regional health planning partners together to validate that efforts underway are aligned with achieving the goals of the plan.

Board Chair, Glen West, kicked off the strategic planning review by talking about the importance of all planning partners evaluating work that has gone on since the last meeting for strategic planning in May and the release of the completed strategic plan in the summer.

"We felt it was important that we adhere to the strategy change cycle process we implemented with this plan. We will be conducting the annual review every November until plan conclusion in 2026," West said.

Interlake-Eastern's CEO, Dr. David Matear, said the strategic plan is to be the region's guide for its prior-

ities in the next five years. Planning partners made concerted effort to ensure regional goals align with provincial health system transformation and the clinical and preventive services plan that is Manitoba's first provincial plan for health system service delivery.

"We have identified, collectively, how we can contribute to provincial planning, and at the same time advance regional delivery of health services based on needs that have been identified and validated by our planning partners," Matear said.

Six strategic steering committees, comprised of community members and staff, have been established to identify and advance the work that needs to be done under each of the region's six strategic goals. Participants in the annual review learned more about the steps each steering committee is undertaking. Committee work streams are being designed to achieve the goals that are designed to propel the region towards better meeting the health needs of our residents.

Interlake-Eastern RHA Strategic Goals

1. Integrated and coordinated health care

We will ensure our health system is integrated and coordinated between providers and patients.

2. Primary and community care transformation

We will provide a solid foundation of primary and community services and strive to make it easier for patients to move across the continuum of patient care.

3. Indigenous and vulnerable populations

We will work to improve access, health outcomes and reduce health disparities.

4. Mental health and addictions

We will work to improve access to community mental health and addictions services for adults, children and families.

5. Health human resources

We will have a skilled and dedicated workforce of health professionals, support staff, volunteers and physicians.

6. Innovation and technology

We will endeavour to improve access, care quality and health outcomes through clinical best practices with a focus on innovation and technology.

In addition to the strategic steering committees, Interlake-Eastern RHA has also established a Regional Health Advisory Council. This council is a strategic partnership among representatives from Interlake-Eastern RHA, Manitoba Government, Shared Health, locally elected leaders including Indigenous partners, community health partners, physician partners and members of the public. Council members meet quarterly and for updates and discussion around strategic steering committee progress on their workstreams.

Pinaymootang First Nation health director, Gwen Traverse, who also co-chair's Interlake-Eastern Regional Health Authority's Indigenous Health Advisory Committee, participated in the annual review. She said it offered more than she had anticipated.

"I could not help but feel overwhelmed and proud to hear the IERHA working towards true partnership and that the Indigenous people are

now part of a health care system with a voice. I am proud to be part of an RHA that recognizes reconciliation," Traverse said.

Presentations of the day also included a regional and provincial look at clinical and preventive services plan implementation with the goal to provide more consistent and reliable health care services closer to home for Manitobans. Ian Shaw, transformation program lead, transformation management office at Manitoba Health and Seniors Care, talked about efforts to modernize and standardize the delivery of home and community care; finding and fixing the clinical areas where quality of care and patient outcomes can be improved; and delivering more services locally – using existing clinical services better, and investing in people, equipment and infrastructure. He talked about the province's commitment to invest \$812 million in health care such as the recently announced \$284 million new hospital in Portage la Prairie and \$70 million in enhancement to Brandon Regional Health Centre.

"These investments are in projects that are required for successful implementation of the clinical and preventive services plan," Shaw said. He also advised that more announcements on investments in health care will be

"MOVING FORWARD, CONSULTATION WITH STAKEHOLDERS WILL CONTINUE TO BE AN IMPORTANT AND REQUIRED PART OF STRATEGIC PLANNING,"
- DR. DAVID MATEAR

coming.

Matear identified there is intent to keeping all of the region's planning partners central to evaluation and review of work being done within the strategic plan.

"Moving forward, consultation with stakeholders will continue to be an important and required part of strategic planning. The opportunities this process provides our community members, and the region, are significant as we look to make changes regionally to improve health care. This process maintains an open door for ongoing engagement. Opportunities exist at the regional health advisory council and strategic steering committees to engage with the critical work of strategy implementation," Dr. Matear said.

To learn more about the region's strategic planning process, visit www.ierha.ca and click on "About Us" then "2021-26 Strategic Plan".



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Official opposition asks health minister asked to address rural paramedic inequities

By Patricia Barrett

Being a paramedic in rural Manitoba means earning less pay than city paramedics and being unable to work to the full scope of their professional practice.

Over time that has led to a shortage of rural paramedics in the Interlake (and other regions of the province), which is not only endangering remaining staff through excessive overtime, but is also leaving rural patients in dangerous and desperate situations, according to the union representing rural paramedics, as well as critics and affected patients.

With rural paramedicine in a tailspin, Wab Kinew, the leader of Manitoba's Official Opposition NDP, has been calling on the province's health minister Audrey Gordon to address a lack of parity that's based on geography.

Kinew said he has been hearing from rural residents about their experiences with delayed emergency services and recently spoke with some of the Interlake's paramedics, who want the opportunity to work at a higher level.

"What I've heard from paramedics in the Interlake is that they want to keep working in their communities, but they're not paid enough and they're frustrated that they can't use the full scope of their training," Kinew told the Express last week. "What that tells me is the solution here is simple: the province needs to offer these workers a competitive salary and allow them to use the full scope of their training so that small communities can retain these skilled paramedics."

Kinew said ambulances having to travel great distances in the Interlake and paramedics being diverted to other regions of the province to fill staffing gaps can directly affect patient care.

"It's the long distance these paramedics travel that makes the full scope issue so important. When our EMS [emergency medical services] system is understaffed, paramedics have to leave their regions to cover vacancies in other parts of the province. It means we have a patchwork of service across rural communities, and patients pay the price for it," said Kinew. "Longer ambulance rides mean more risk to patients and more demands on paramedic care. When paramedics get to patients, they need to be able to use their full skill set to keep them safe."

Patients across rural Manitoba unable to get timely emergency care are speaking out as paramedic staffing vacancies reach unsustainable levels. In August the Manitoba Association of

Health Care Professionals (MAHCP), which represents rural paramedics, said the Interlake-Eastern Regional Health Authority is consistently operating short-staffed by 20-30 per cent.

In September a couple living near Stonewall experienced a series of mishaps during a cardiac crisis (see Oct. 14 edition of Stonewall Teulon Tribune), including the cancellation of a vital angiogram at the St. Boniface Hospital because there were no rural ambulances available to take the patient to Winnipeg.

Kinew wrote to minister Gordon on Sept. 8, urging her to address long EMS wait times in rural regions after receiving "many reports" of lengthy delays. He wrote to her again on Nov. 3, requesting that she eliminate "any prohibition" on rural advanced care paramedics working to the full scope of their practice.

He said he hasn't received a response.

The paramedic staffing crisis is only part of the health-care system crisis in rural regions. Hospitals in Interlake in communities such as Gimli, Arborg and Eriksdale, for instance, continue to experience ongoing periodic closures of their emergency rooms because there are not enough doctors (another recruitment and retention issue) to staff them. That puts even more pressure on paramedic delivery times.

"We need to focus on recruitment and retention in all areas of our health-care system right now. That means incentivizing young people to pursue careers in health care and making sure we have training programs in their home communities," said Kinew.

He added that it's "unacceptable" that the provincial government "won't let" graduates from Red River College's Advanced Care Paramedic program work to the full scope of their training.

"It shows a clear lack of leadership from the province and it's hurting families in rural communities," said Kinew.

He will be raising the issue in the House [next legislative sitting starts Nov. 23] as it affects patient safety and the future wellbeing of rural communities, he said. The NDP will address the problem should the party form the next government.

MAHCP said last month it was still waiting for a response from the health minister about the rural paramedic crisis. President Bob Moroz said in Twitter post Oct. 6 that minister Gordon took the time to learn about the "urgent staffing crisis" affecting rural and northern paramedics and



RECORD PHOTO BY PATRICIA BARRETT

Rural paramedics have been working "dangerous" amounts of overtime to fill chronic staffing shortages, according to MAHCP, the union that represents them.

the communities they serve, and that paramedics are "eagerly awaiting your response and support."

The Express asked for comment from minister Gordon regarding the rural paramedic parity and pay issue Kinew urged her to address. Spokespersons acknowledged the request but no comment was forwarded by press time.

The Express also asked for ambulance response time data. A spokesperson for Shared Health, which oversees health-care delivery across the province, said he wasn't able to obtain average response times in the Interlake half of the IERHA, only for the region as a whole.

"For the three-month quarter ending Sept. 30, EMS responded to 3,786 calls throughout the Interlake-Eastern Regional Health Authority," said the spokesperson. "The median response time for the region was 17.15 minutes. That time improves slightly for higher acuity calls, to 16.48 minutes."

The 16-17-minute response times represent the median time for which 50 per cent of calls were responded to, he clarified.

"Individual response times may be considerably shorter in more densely populated areas of the region, particularly for patients with higher acuity needs," said the spokesperson. "Similarly, individual response times may



RECORD FILE PHOTO

NDP leader Wab Kinew is calling for parity and pay rises for rural paramedics to address a staffing crisis that's affecting patient care.

be longer – some significantly so – for calls from more remote locations with sparse populations."

Those response times can be affected by staffing levels, he added, and efforts are ongoing to address historical staffing challenges in the IERHA.

Pfizer's antiviral COVID-19 pill cuts risk of hospitalization by 89 per cent

By Patricia Barrett

Pfizer's antiviral COVID-19 pill was found to significantly reduce the risk of hospitalization and death in people considered at high risk of progressing to serious illness from a COVID infection, according to the results of a Pfizer-led study.

The antiviral drug, called Paxlovid, is a treatment option that can be used in patients with COVID but is not considered a replacement for the protection vaccines offer.

The drug was found to reduce the risk of COVID-related hospitalization or death by 89 per cent in people who were treated within three days of symptom onset.

"Today's news is a real game-chang-

er in the global efforts to halt the devastation of this pandemic. These data suggest that our oral antiviral candidate, if approved or authorized by regulatory authorities, has the potential to save patients' lives, reduce the severity of COVID-19 infections, and eliminate up to nine out of ten hospitalizations," said Pfizer chair and chief executive officer Albert Bourla in a Nov. 5 press release.

Developed in Pfizer's laboratories, Paxlovid interferes with the virus's reproduction, thereby slowing its ability to spread and infect human cells.

The findings were based on data from 1,219 adults enrolled in a Pfizer Phase 2 study called EPIC-HR (Evaluation of Protease Inhibition for COVID-19 in

High-Risk Patients). Participants had to have at least one "characteristic or underlying medical condition" associated with an increased risk of developing severe illness from COVID-19. The study's subjects were randomized to receive either Paxlovid or a placebo pill orally every 12 hours for five days.

Enrolment in the study was at 70 per cent of the 3,000 planned participants by Sept. 29, and Pfizer decided to stop recruiting patients because of the "overwhelming efficacy demonstrated in these results."

Pfizer studies are already underway in participants who are considered to be at "standard risk" for COVID complications and in people who contracted COVID after vaccination.

Paxlovid was also potent against COVID variants, said Pfizer, and may be effective against other kinds of coronaviruses.

"It has demonstrated potent antiviral in vitro activity against circulating variants of concern, as well as other known coronaviruses, suggesting its potential as a therapeutic for multiple types of coronavirus infections," states the press release.

Subject to approval or authorization, Pfizer said its pill could be prescribed as an at-home treatment to help reduce illness severity, hospitalizations and deaths, and also reduce the probability of infection following exposure in adults.

First case of CWD discovered in western Manitoba

By Nicole Brownlee

The province is beefing up surveillance of deer, elk, moose and caribou after discovering the first Manitoban case of chronic wasting disease (CWD).

The province discovered the first case of CWD on Oct. 14 in western Manitoba near Lake of the Prairies. Community members contacted the CWD surveillance program after noticing an unhealthy male mule deer.

After euthanizing the deer, biological samples from the deer were sent to the diagnostic centre at the University of Manitoba for preliminary testing where researchers confirmed, the deer had CWD.

"We know we have mule deer repopulating Manitoba because they are a native species. Whether this animal was born in Manitoba or if it's emigrated from across the border, we don't know at this time," said Brian Joynt, Manitoba's wildlife health unit lead.

"We do know that Saskatchewan has chronic wasting disease, and we're aware that mule deer have a higher prevalence for the disease, so it's not surprising that we detected it in a mule deer in Manitoba. It's very disappointing."

CWD is present in Saskatchewan, Alberta and 25 states.

CWD is similar to Bovine Spongiform Encephalopathy, also known as Mad Cow Disease, said the Manitoba Wildlife Federation. Once infected, a cervid's brain degenerates until the animal dies within around five years.

The contagious disease is caused by a type of protein called a prion and travels between cervids through fluids like saliva, blood, urine or feces. CWD also contaminates soils for years and can be carried by scavengers and predators like crows, ravens and coyotes.

"While CWD is not known as a human health risk, meat from a CWD infected animal is not recommended

for consumption," said the province in a news release on Nov. 1.

An infected cervid can look normal in the early stages of the disease, but will eventually become less alert, fearful and appear unhealthy.

"As it progresses, infected animals become very thin and uncoordinated, with drooping ears and heads, are

unaware of their surroundings and often have excessive drooling," said the province.

To discourage the spread of CWD through carcasses, the province banned hunting deer, moose, caribou and elk, also known as cervids, in the game hunting area where the positive case was found, GHA 22, on Nov. 1.

Hunters are required to submit the head and upper neck of cervids killed in GHA 22 and surrounding areas within 48 hours of harvesting to drop-off depots stationed throughout the province.

"We have a surveillance program that's been in place for a number of years where we've been collecting hunter submitted samples from all along the Saskatchewan border," said Joynt.

"Now that we've detected CWD, we're very keen to get more samples from the immediate area around a CWD finding to better understand what we're dealing with."

The CWD surveillance program started collecting samples in 1997. Since then, the program has collected over 90,000 samples. Around 500 to 700 samples are submitted to drop-off depots per year.

"We're just entering the prime time when people are going to start submitting more and more samples to our depots," said Joynt.

The general rifle hunting season started on Nov. 8 and will continue to Nov. 28, which Joynt said will cause a rise in sample submissions.

"We're expecting hundreds of samples over the next 2, 3, 4 weeks."



RECORD PHOTO SUBMITTED

The first case of chronic wasting disease was discovered in Manitoba on Oct. 14. Since then, the province has increased surveillance to discourage the spread of CWD.

needs an access number to find their test results through the province's online tool.

The CWD surveillance program picks up samples from depots around once a week. They extract a lymph node from the sample and submit the node to a federal lab in Ontario.

Within around two weeks after the sample is dropped off, hunters can find their negative test results online. If the sample is positive for CWD, the surveillance program will contact hunters as soon as possible.

"This is a disease we want to keep out of the province," said Joynt.

"It has far-reaching implications for wildlife populations, ecological impacts... There's a lot of spin-offs that come from this given the importance of hunting to Manitoba's economy."

For more information about chronic wasting disease, game hunting areas or drop-off depots, visit gov.mb.ca/fish-wildlife/wildlife/cwd.html.

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Link wins senior provincials

By Ty Dilello

East St. Paul's Kim Link and her team of Colleen Kilgallen, Karen Fallis, Renee Fletcher, and fifth Lynn Fallis-Kurz have won the 2021 CurlManitoba Senior Women's Championship.

This is now the third Manitoba's Senior Women's title for Link.

In the final at the Pembina Curling Club, Link defeated St. Vital's Norma Purdy by a 7-4 scoreline. Leading 6-4 playing the seventh end, Link was able to get a rock behind cover in the four foot, forcing Purdy to draw full to the four-foot circle. The draw was slightly heavy, and Link stole a point to lead 7-4 coming home. Link ended the game with a double kill on her first rock of that eighth end to clinch the provincial championship.

Link had earned the triple knockout event's "A" playoff spot and a bye to the final. Her three preliminary round games were all victories over former champions: Sandra Cowling, Maureen Bonar, and Stonewall's Laurie Deprez. Purdy qualified for the playoffs through the last chance "C" event

and played Maureen Bonar's team from Charleswood in the semi-final.

East St. Paul's Kim Link previously skipped the Manitoba Senior Women's champions in 2015 and 2018. She was joined both times by second Karen Fallis, who threw third on each of the earlier champion teams. This year's lead Renee Fletcher and fifth Lynn Fallis-Kurz were members of the 2018 team. For third Colleen Kilgallen, the 2021 championship is her first-ever Manitoba curling championship.

Team Link will now have the opportunity to represent Manitoba at the Everest Canadian Senior Championships from Dec 6-11 in Sault Ste. Marie, Ontario.

In other curling news, Team Alex Forrest represented Manitoba last week at the 2021 Canadian Mixed Curling Championship in Canmore, Alberta. The Forrest rink featured Marquette's Brandi Forrest (nee Oliver) at third, Tyler Forrest and D'Arcy Forrest (nee Maywood).

It was an up-and-down rink for the Forrest foursome as they advanced to



RECORD PHOTO COURTESY OF CURLMANITOBA

East St. Paul's Kim Link recently won the 2021 CurlManitoba Senior Women's Championship at the Pembina Curling Club. Pictured left to right, Kim Link, Colleen Kilgallen, Karen Fallis, Renee Fletcher and Lynn Fallis-Kurz.

the championship pool, but ultimately failed to reach the medal round. They finished tied for sixth place with a 5-5 record.

Quebec's Jean-Michel Menard wound up winning the Mixed Na-

tionals by defeating Ontario's Mike McLean in the final in an extra end. Jamie Koe of the Northwest Territories ended up taking home the bronze medal by defeating New Brunswick's James Grattan.

Volleyball playoff action heating up

By Brian Bowman

The Selkirk Royals' varsity girls' volleyball team wrapped up league play with a 3-1 (25-14, 25-15, 20-25, 25-16) road victory over the Miles Macdonell Buckeyes on Nov. 8.

The win improved Selkirk's KPAC record to 9-2.

The Royals' hosted the Maples Collegiate Marauders this past Monday in a KPAC Tier I playoff game but

no score was available. The winner advances to play at the Garden City Fighting Gophers on Wednesday (8 p.m.) in a semifinal match.

The KPAC championship game is slated for Friday (8 p.m.) at a yet to be determined location.

Selkirk's varsity boys' team, meanwhile, defeated Miles Macdonell 3-0 by scores of 25-19, 25-12, 25-23 on Nov. 8 to end its regular season.

The Royals, with a 10-1 league record, will host the winner between Garden City and Miles Macdonell on Wednesday (6 p.m.) at the Comp in a KPAC Tier I semifinal game.

The final is slated for Friday (8 p.m.) at an unknown location.

In junior varsity boys' action, Selkirk was defeated 3-0 (16-25, 24-26, 17-25) by Miles Macdonell on Nov. 9 in a first-round KPAC Tier I playoff game.

With the win, Miles Macdonell advanced to play the MBCI Hawks this past Tuesday in one of two semifinal games.

The Royals' junior varsity girls, meanwhile, hosted the Buckeyes on Tuesday in a KPAC Tier I semifinal match but no score was available at press time.

The winner moved on to the championship game this Thursday.

Three CRJHL games cancelled last weekend

By Brian Bowman

Mother Nature wreaked havoc on Capital Region Junior Hockey League games last weekend.

Last Friday's game between Arborg and Selkirk, Saturday's clash between Lundar and St. Malo, and Sunday's matchup with the Ice Dawgs and Warriors were all cancelled due to weather/road conditions.

On Nov. 9, the Ice Dawgs pounded the North Winnipeg Satellites 6-2 at the Billy Mosienko Arena.

Arborg took a 1-0 first-period lead on a shorthanded goal from Jordan Sanderson. The Ice Dawgs then went up 3-0 after 40 minutes with power-play goals from Kalen Guimond and Logan Clarke.

Nikolas Bear put the Satellites on

the board early in the third before Guimond and North Winnipeg's Troy Gutowski traded goals.

Leading 4-2, Arborg sealed the win with goals from Austin Adair and Dyson Pelletier. Pelletier's goal came while the Ice Dawgs were shorthanded.

Guimond finished the game with four points while Jack Einarson add-

ed two assists.

Brandon Kowalchuk made 30 saves for the win.

Arborg will host the league-leading Fishermen on Saturday at 7:30 p.m.

Lundar, meanwhile, will host North Winnipeg on Friday (8 p.m.) and St. Malo Sunday (6 p.m.).

Thunder blasts Generals to win Murray Black Cup

By Brian Bowman

The Interlake got blasted with snow last week.

So, it was only fitting that the Interlake Thunder blasted the Moosomin Generals 55-0 to capture the Murray Black Cup last Saturday afternoon in Stonewall.

"They put it all together down the stretch and it showed," said Thunder head coach Mitch Obach. "We talked about trying to peak at the right time and peak in the playoffs."

Interlake, like it has all season, was extremely effective running the ball.

Lucas Kmet had 14 carries for 177 yards and a touchdown while Lee LaPierre rushed 13 times for 71 yards and a major.

Max Nichol picked up 82 yards on the ground on nine carries. He scored two touchdowns and also had a successful two-point conversion.

Thunder quarterback Tucker Knutson rushed 15 times for 96 yards and a TD. In the air, he was 3-7 for 56 yards and two touchdowns.

"All year, we leaned on our offensive line and we have the best offensive line in the league," Obach said. "We can run against anybody and when it's winter conditions it suits us even more."

Dwight Bell hauled in two catches for 55 yards and two TDs.

Defensively, Alex Luke had a monster game with 13 tackles, five assisted tackles, and an interception.

"He seemed to be everywhere and we leaned on him a lot on our defence and he will be missed, for sure," Obach said. "He had a great game to close out his high school football career."

Kaiden Kendal picked off two Moosomin passes.

The Thunder had a ton of fun playing in the wintry conditions.

"Playing in the winter conditions, both offence and defence, really fit into our style of play," Obach said.



RECORD PHOTOS BY JO-ANNE PROCTER

The Interlake Thunder are the 2021 Murray Black Cup champions after blasting the Moosomin Generals 55-0 last Saturday in Stonewall.



The Thunder's Keenan Karish holds up the trophy while surrounded by his teammates.

"That just suited us even more. It wasn't a cold day and that made a big difference. There was snow coming down but it was only minus 2 or 3 and it wasn't super windy so it really wasn't unpleasant out there and sometimes it can be."

Obach estimated about a third of the Thunder's roster will age out of the Rural Manitoba Foot-



Interlake Thunder players celebrate their 55-0 win over the Moosomin Generals.

ball League next season. Interlake expects to be competitive with a talented group of players eligible to return.

Obach wanted to thank all of the volunteers who helped move snow from the field and made the conditions playable. He also wanted to really thank his coaching staff for doing a great job this season.

"I've been spoiled the last few years as a head coach to have so many good assistant coaches that are so dedicated," he said. "We can divvy up the workload and the last few years I haven't focussed too much on the Xs and Os. I haven't had to do that because we have people and they do it effectively."



The Thunder's Max Nichol had to contend with ice and snow on his face mask after a play.



Interlake captains, from left to right, Bryant Case, Keenan Karish, Kaiden Kendal, and Alex Luke.



Interlake quarterback Tucker Knutson had a rushing touchdown and threw for two others against Moosomin.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Hill's late goal lifts Selkirk over Winkler

By Brian Bowman

Every second in a hockey game counts.

The Selkirk Steelers proved that on Saturday evening.

Quinton Hill scored a power-play goal with just .4 seconds remaining in regulation time to lift Selkirk to a 3-2 home victory over the Winkler Flyers.

"It's not how we drew it up but we stuck with it for the full game," said Steelers' head coach Hudson Friesen. "We played much better Saturday than Friday. We came out with a much different mindset. There were a lot of special teams, I think each team had eight power plays, so there were a lot of special teams."

Selkirk's Ryan Ostermann and Winkler's Jackson Arpin traded first-period goals and then the Steelers' Sheldon Howard and the Flyers' Ryan Monias tallied in the second.

Selkirk's Tyson Smith had two assists in the game. On Monday, Smith was named an MJHL star of the week after scoring a goal and producing five points in two games last weekend.

Hunter Tarves made 26 saves for the victory.

With the win, Selkirk pulled to within two points of Winkler in the East Division standings.

"It looked like we were going to give them that extra point, so that



Selkirk's Tyson Smith was named an MJHL star of the week.

(win) was huge," Friesen said. "We're two points back going into two more games with them."

On Friday, the Steelers were doubled 6-3 by the Flyers in Winkler.

Winkler's Josh Beauchemin scored just 42 seconds into the game and then Gavin Waltz made it 2-0 midway in the opening period.

Selkirk's Cameron Hibbert tallied late in the second before Winkler's Mike Svenson scored the lone goal of the middle frame.

Beauchemin put Winkler up 4-1 early in the third but the Steelers closed



RECORD PHOTO BY RICK HIEBERT

Selkirk Steelers' forward Mathieu Catellier is stopped by Winkler Flyers' goaltender Dylan Meilun during MJHL action last Friday in Winkler.

to within a goal with markers from Matthew Gerke and Smith.

The Flyers' Daniel Isaak and Arpin then closed out the scoring.

Winkler was 2-for-2 with the man advantage while Selkirk was just 1-for-8.

Selkirk goaltender Cole Plowman stopped 29 Winkler shots.

The Steelers will be in Winkler for a game on Wednesday and then will host the Flyers Saturday.

Both games start at 7:30 p.m.

In off-ice news, the Steelers have added three players recently. Spencer Penner, a 17-year-old defence-

man, has played three games with Selkirk after starting the season with the Western Hockey League's Seattle Thunderbirds.

Hunter Friesen, a 19-year-old forward, returns to the Steelers after a stint with the Richmond Generals of the United States Premier Hockey League.

Selkirk then traded for Dante Balarin, a 20-year-old forward from the Weyburn Red Wings.

"All of those (additions) have really added to our group and we're really excited about all three of those guys coming in," Friesen said.

Raiders defeat Riels in MMJHL action

Staff

Juliano Garcea and Levi Thiessen each scored twice to lead the Raiders Jr. Hockey Club to a 6-2 home win over the St. Boniface Riels in Mani-

toba Major Junior Hockey League action last Friday.

Alex Loschiavo and Evan Harrison also scored for the Raiders while Paul Hiver Lafreneier and Kyle Lang re-

plied for the Riels.

Dylan Francis made 33 saves for the victory.

The Raiders, now 7-8, will visit the St. Vital Jr. Victorias Thursday (7:30

p.m.) and then will host the Ft. Garry/Ft. Rouge Twins on Friday (7:30 p.m.)

On Sunday at 4 p.m., the Raiders will play at St. Boniface.



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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ogal awesome at Manitoba Sectional Figure Skating Championship

By Brian Bowman

Callie Ogal had an outstanding performance at the Manitoba Sectional Figure Skating Championship on Nov. 6 in Virden.

Ogal won the Pre-Juvenile U11 Sectional Championship after skating tremendously well to score 21.87 points. It was the best score ever at her level in Manitoba.

She finished ahead of Ava Price (17.96), Mabel Graetz (16.86) and Amelia Wytinck (10.99).

"I'm very proud of myself for winning the gold medal and I'm really excited," said Ogal last Sunday, noting her skate was two minutes and 40 seconds long. "I skated such a clean program."

This was Ogal's first time competing at the Sectionals. She was supposed to go last year but couldn't due to COVID.

"I was a little nervous but I was also very excited," said the 11 year old, who lives in Lockport. "I was really just hoping to skate a clean program. My coaches were there with me throughout the entire way. Margo (Russell) gave me a lot of support. She's my main coach and she just helped me with my nerves."

Ogal enjoyed skating in front of spectators, coaches, and judges. She has been on Team Manitoba the past two seasons and her goal when she is older is to go to Challenge and, hopefully, make the national team.

"You feel nervous but you also feel kind of excited because everyone is watching you and they get to see you skate," she said. "It helps you skate (well) when everyone is cheering for you. It feels good but there's also nerves."

Ogal admits the sport of figure skating is tough. But she loves skating and striving to get better and better.

"You have to work really hard to get to the level that I'm at," she said, noting she's on the ice six days a week while also going on Zoom to train.

Ogal, who skates with the Century Skating Club in Winnipeg, wanted to really thank her coaches Margo Russell, Deidre Sherk, and Danae Russell for all of their help and support.

"They're my coaches and they have helped me out through all of this," she said. "They have helped me to get so much better...and so much stronger off the ice and with my jumps."



RECORD PHOTO SUBMITTED

Callie Ogal won the Manitoba Sectional Figure Skating Championship Pre-Juvenile U11 on Nov. 6. She received the best score ever in her level in Manitoba.



RECORD PHOTO BY BRETT MITCHELL

Nathan Burzynski, right, leads the Selkirk Royals in goals (five) and points (12) through the team's first nine games.

Selkirk stopped by Sturgeon Heights

Staff

The Selkirk Royals' hockey team's losing streak is now at five games.

Selkirk was defeated 4-1 by the Sturgeon Heights Huskies in Winnipeg High School Hockey League action at the Recreation Complex on Nov. 8.

Ben McLean gave the visitors a 1-0 lead with a power-play goal in the first period.

McLean then made it 2-0 in the second before Selkirk's Ben Desjarlais tallied, assisted by Nathan Burzynski and Brennan Feschuk.

But the Huskies closed out the win with a pair of third-period goals from Pablo Gonzalez. The second goal was into an empty net as Royals' goalie Brendan Berrington was pulled for an extra attacker.

Selkirk, now 3-5 and with a shoot-out loss, hosted the Oak Park Raiders on Monday but no score was available. The Royals will host the Garden City Fighting Gophers on Thursday (4 p.m.) and the Vincent Massey Trojans (4 p.m.) next Monday.

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The Selkirk Record

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7:30pm at the Selkirk Rec Centre

SATURDAY, NOVEMBER 27th
vs Lundar

7:30pm at the Selkirk Rec Centre

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- Ensure compliance with applicable policies, administrative guidelines, Acts and Regulations
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- Attend meetings of the Board of Trustees as required.

Qualifications:

- A minimum of 5 years' experience in a management/supervisory role in a transportation services setting; staff supervision and evaluation within a unionized environment and budget management.
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- Knowledge in the mechanical aspect and safety requirements of school buses is highly desirable.
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For more detailed information, please contact Rhonda Smith, Secretary-Treasurer at 204-745-2003.

Apply to prsd@prsdmb.ca
For complete posting, please visit www.prsdmb.ca.

Clear criminal record and abuse checks are required of all employees of the school division.
PRSD reserves the right to verify the authenticity of all submitted references.
Only applications leading to interviews will be acknowledged.
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Qualifications and Skills: Education and/or direct experience program planning in recreation or a related field, preferably in a municipal environment. An understanding of recreation, culture and tourism activities in St. Andrews and/or the Interlake would be considered an asset. Strong computer skills and prior experience with social media would be an asset. Must possess excellent oral and written communication skills and the ability to interact effectively with the public, and demonstrate the ability to problem solve, make decisions, have initiative and be flexible. Applicant should have access to a vehicle, and a valid Class 5 driver's licence. The successful applicant must possess or be willing to obtain an Emergency First Aid and CPR Certificate and a satisfactory Criminal Record Check and Child Abuse Registry Check.

Job Details: Additional information on this position can be found at www.rmofstandrews.com.

Applicants should submit a resume, cover letter and 3 references by
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Selkirk Record

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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
514700	LOT 1 PLAN 46348 WLTO IN SE 1/4 6-15-6 EPM - 30105 RD 84N	L -\$40,600 B -\$248,500	\$13,807.64
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	\$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:
 - The full purchase price if it is \$10,000 or less; OR
 - If the purchase price is greater than \$10,000, the purchaser must provide a non-refundable deposit in the amount of \$10,000 and the balance of the purchase price must be paid within 20 days of the sale; AND
 - A fee in the amount \$309.75 (\$295 plus GST) for preparation of the transfer of title documents. The purchaser will be responsible for registering the transfer of title documents in the land titles office, including the registration costs.
- The risk for the property lies with the purchaser immediately following the auction.
- The purchaser is responsible for obtaining vacant possession.
- If the property is non-residential property, the purchaser must pay GST to the Municipality or, if a GST registrant, provide a GST Declaration.

Dated this 18th day of November, 2021.

Managed by:



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

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The Selkirk Record

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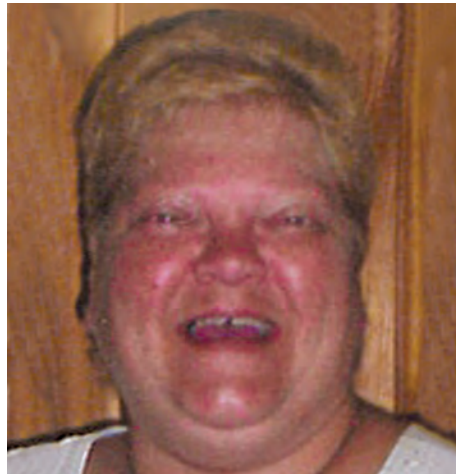


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and your 10 grandchildren and
one great-grandchild

ANNOUNCEMENT

IN MEMORIAM



Brenda Bednar
September 25, 1962 - November 16, 2019

It's been two years since you left us.
We were so sad to see you go,
But God saw your suffering and took you to
His place of peace and eternal joy in
His company and love in Heaven.
You made every occasion special and
everyday we miss your laughter and the
great feasts you so enjoyed to prepare.

-Love Joe

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ANNOUNCEMENT

IN MEMORIAM



Ralph Taylor
November 20, 1968 - October 26, 2020
Our dear friend Ralph, it has been one year
since you left us. We miss you a lot. Especial-
ly on our Rice River fishing trips as they won't
be the same without you.

Growing up with you was a blast, there is so
many memories of us getting into trouble. We
knew each other since we were in diapers
because our parents were good friends.
Riding Ski-Doo's, you on your Rupp and us on
our ski roll...too many great memories to even
list. Caption Morgan stocks have probably
dropped over the last year (haha).
Love and miss you. Rest easy Triple T.
-Love the Fisher boys

OBITUARY

Donald Maurice Gilbert

January 22, 1935 - November 10, 2021

It is with great sadness, mixed with gratitude of a life well lived,
that the family of Don Gilbert announce his passing at the Selkirk
Regional Health Centre.

Don was a loving husband of 66 years to his wife Del (nee
Kirkness); Dad to his three daughters Cheryl Dawn (Bob)
Skazyk, Barb (Doug) Cieszynski, and Malene (Murray) Rach. His
grandchildren had the best Pops ever, Jarrod (Bridget), Keith,
Michael (Carly), Courtney (David), Amanda (Sean), and Brett
(Brent), and his precious great-grandchildren, Cali, Maddison, and
Emmett.

Don and Del met at canteen in Selkirk and were married on
November 25, 1955. They spent over 66 years being each other's
best friend. They loved to travel and traveled to many places in the

world. Don loved to drive so it was not a surprise that when they retired they bought themselves a
motor home and off they went.

Family was very important to Don. He lived in a house with four females and one bathroom, and
made it work! Eventually the family got a dog Pepper and Don finally had another male in the house.
The years the family spent at the Gull Lake cabin making memories, such as riding in the "transpanic"
boat, all five of us and Pepper will never be forgotten! If there was something one of his girls wanted,
he was right there to help and when his girls got married he opened his arms and welcomed his sons-
in-law into the family like they had always been there.

Don had a special relationship with each of his six grandchildren. Pops always made time for all his
grandkids and spent many evenings/weekends watching and cheering them on with whatever sport
or activity they chose. He was Pops to many of his grandkids friends and their door was always open.
There were so many good family times. We will cherish the memories made when the entire family
took two Christmas ski trips to Jasper and Panorama. Don and Del also took each of their three
daughter's families to Disney World and rode any and all rides or roller coasters each of the kids
wanted them to ride. What could be better!

Don started his career as a funeral director by training in Winnipeg at Bardal Funeral Home. After
he attained his Funeral Director license he became a partner in the Gilbert Funeral Home family
business and after many years as a funeral director, opportunities took him down a different path.
Don entered into business partnerships with his brothers-in-law opening a Pizza Place in Selkirk
and purchasing A&W franchises in Selkirk and throughout Manitoba and Ontario. In addition to his
business endeavors Don drove school bus for LSSD. Over the years, whenever Don and Del would
run into his "bus kids" they always told him he was the best bus driver ever. We heard many stories.

Don was proud to call Selkirk his home for his entire life. He strongly believed in giving back to his
community and volunteered for many different organizations. He became a member of the Selkirk
Volunteer Fire Department while he was still in high school and retired in 1995 after decades of
service. Del remembers the time when dating, Don stood her up because a fire call came in and of
course he was off to fight the fire. Even after retirement whenever the fire siren sounded his ears
perked up and off he went. Don was also an active member of the Selkirk Kinsmen Club working on
many fundraising projects and served as a Director for District 2. He was honoured with a Lifetime
Kinsmen Membership for his dedication. Don always enjoyed sports and felt the children of Selkirk
should have opportunities to be involved; he was a long time referee for the Selkirk Youth Football
League. Don served on the organizing committee for the Selkirk Centennial School Reunion. He was
a member of the Selkirk United Church and was instrumental in the creation of the Church's Memorial
Rose Garden. Don could always be counted on to lend a helping hand for any community event.

Don had many friends; the neighbours on Dorchester Avenue; the annual families weekends at
Windigo; the Saturday snowmobile group; Gull Lake cabin friends; horseback riding and the midnight
riders; the midnight construction crew; A&W coffee guys; Friday breakfast bunch; the Thursday
evening dinners and MTC couples; Arizona snowbird friends; and the Happy Gang. Friends were an
amazing part of Don's life.

Don was predeceased by his parents Maurice and Muriel Gilbert (nee Dixon), his three brothers
Eric, Mel and Roy, and Del's parents Jeff and Eva Kirkness. He will be missed by his in-laws Beryl
(Charlie), Allan (Gloria), Jim (Georgetta), and Lorna, and many nieces, nephews, relatives and
friends.

A Celebration of Life will be held on Wednesday, November 17, 2021 at 2:00 p.m. in the Gilbert
Funeral Chapel with Reverend Cole Grambo officiating. Proof of vaccination is required. The service
will be live streamed via the link on his obituary at www.gilbertfuneralhome.com

In lieu of flowers, donations in Don's memory can be made to the Selkirk United Church or the
Selkirk and District Community Foundation.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



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The Selkirk Record

OBITUARY



Claude Ivor Jones

Claude Ivor Jones spent his final day with family by his side and passed away peacefully on November 5, 2021. Claude was born in Winnipeg on October 24, 1943 and raised in Charleswood. Claude made his home in Brandon, until he moved to Selkirk to be near family.

Claude was predeceased by his wife Dawn, his mother and father, Dorothy and Ivor and sister-in-law Sharon. Left to mourn his passing are his children John and Robyn (Rob), brothers Christian (Terry) and Mark and special friend Renee, brothers-in-law Bill (Vivian) and Graham, sister-in-law Bev Gray, and nephews Matthew (Allison), Brett, Sheldon, Kaitlyn, Marshall, Clayton (Nicole) and Randy (Syna).

Claude was an avid sportsman playing hockey, baseball and curling. He was even a champion shuffle board player, but it was golf that was his true passion. Claude divided his time golfing in Brandon all summer and Yuma, Arizona all winter. He scored a Hole in One twice! Claude won Silver in the Arizona Senior Games for golf in his age group. In addition, to playing several sports Claude found time to give back as a coach and volunteer. He coached flag football and a women's baseball team, called the "Jones Girls" that included several of his relatives. He also volunteered at the World Curling Championships when they were held in Brandon.

In his later years, Claude was member of the Selkirk Legion and the Over 60s Club. He enjoyed attending performances of the Winnipeg Symphony Orchestra, Manitoba Theatre Centre and Selkirk Steeler games.

In addition to sports, Claude enjoyed travelling. Whether it was a submarine ride in Maui, a bus tour of Ireland or a trolley ride in Toronto. Claude was always up for an adventure.

A big thank you all of Claude's caregivers at Woodland Court, River Ridge, Oakview Place, and Dr. Brown for helping to make his last years productive and enjoyable.

In lieu of flowers, donations can be made in Claude's memory to the Alzheimer Society of Manitoba.

A funeral service will take place on Tuesday, November 30 at 11:00 a.m. at the Gilbert Funeral Chapel, 309 Eveline Street in Selkirk. Father Gerald Langevin will be officiating. Proof of vaccination required. Please wear a mask. Interment will take place in Brandon at a later date.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY



Sybil Finnson

Sybil Finnson, age 81, of Selkirk, Manitoba left us peacefully on November 10, 2021 with family and friends by her side.

Sybil Joyce was born May 4, 1940 in the RM of Morton, Manitoba to William and Mary Ann (Arthur) Smith. Sybil was predeceased by her three older brothers - William (Bill), Charles and Norman.

Sybil lived her life with strength, courage and independence, starting from the time she moved to Boissevain to work as a cashier in the Co-op and then to Winnipeg to further her education. Sybil met her late husband Donald Finnson (1940 - 1968) and married in 1960. They had two children, Wayne Bradley and Daryl Wynne.

Sybil could always be relied upon to get Wayne and Daryl and their teammates to the various activities that they were involved in. She stayed up many a night finishing off sewing a competition outfit. It was surprising how many hockey players and gear she could fit into her car! Her support of her children was never waning and she was always there for them, no matter what.

Sybil took on many challenges professionally and her achievements, while working at Health Sciences Centre in Winnipeg, are testament to her courage to continue to reach higher. Sybil retired from her work life as a Manager in the Materiel Management department after over 30 years working at HSC.

As her children branched out, Sybil met her second love, Ray Peebles. Sybil then had a constant loving, companion to share her adventures. Although retired, Sybil never slowed down. Together with Ray, she travelled from one end of Canada to the other and made forays to the US as well. She kept active with a variety of dance clubs and volunteering commitments. Sybil seemed to pick up new hobbies and interests every year. Her many talents include playing the piano, painting, sewing, writing (fiction and meeting minutes). Some of her personal accomplishments in her retirement include participating in the Seniors' Games and becoming a published author. Sybil always took an active role in every organization she became involved in.

Sybil had a special skill for connecting and keeping up relationships with the people she has met over the years. Her vast Christmas card exchange includes people she had met on journeys many years ago. She always took the time to write a personal note to everyone.

In lieu of flowers, Sybil has requested that memorials be made to the Gordon Howard Centre or Palliative Care Unit at Selkirk Hospital c/o IERHA at Selkirk Regional Health Centre.

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Based on 2020 MLS R14 cross-property sales.

FEATURE OF THE WEEK!
503 TALLIE AVE, PETERSFIELD

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TURN-KEY TALLIE!
\$239,900

Beautifully updated bungalow in Pastoral Petersfield. Excellent opportunity for first time buyers or downsizers! Open concept main living space, 2 BRs, updated 4pc bath, main floor laundry/mudroom. All updates are BRAND NEW & incl kitch, windows, plumbing, ext doors, flooring, spray foam Ins, vinyl siding, light fixtures, ext lighting & more! 200A electrical service, O/S 2DT garage, 16x10 deck

ASHLEY 4 ACRES! \$675,000 25 McFee Place East Selkirk	HH TEAM 80 ACRES! \$389,900 113142 Rd 13E Fraserwood, MB	HH TEAM PENDING! \$53,900 723 Edith Avenue Petersfield	HH TEAM MOVE-IN READY! \$114,900 22 - 55 Invicta St Warren	HH TEAM PRICE DROP! \$346,500 8-320 Pearson Pkwy Selkirk
HH TEAM NEW! \$169,900 1552 Alexander Ave Weston, Wpg	HH TEAM SOLD! \$199,900 1565 Hartley School Rd Petersfield	ASHLEY CREEK! \$225,000 Byers Drive East Selkirk	HH TEAM PRICE DROP! \$178,500 316-1671 Plessis Rd Transcona, Wpg	HH TEAM PENDING! \$269,900 8156 99 Road N, Rockwood
HH TEAM .73 ACRES \$59,500 1 Tamarack Lane Clandeboye	HH TEAM 2.4 ACRES \$84,900 1 Fuller Road St. Clements	HH TEAM 2.2 ACRES \$84,900 7 Fuller Road St. Clements	HH TEAM NEW! \$239,900 503 Tallie Ave Petersfield	HH TEAM NEW! \$54,900 0 Janisch Road Petersfield

MEET THE TEAM! WEEK 1 - THE FEARLESS LEADER, GEORGE HACKING

With 30 years of experience in business & 15 years specializing in real estate, George is our FEARLESS team leader. While his passion and career are real estate, he has extensive knowledge of just about everything. Hear a bird chirp? He can tell you what kind it is, their origin, and probably what they ate for breakfast. Have a common (or uncommon) last name? He will likely guess who your relatives are, where they are from originally, and probably tell you that he partied with your uncle Joe in the 80's. His brain is full of fun facts, quick wit, & of course everything there is to know about homes, properties and businesses. This has made George an excellent coach for his team members as well as his daughter, Kasey, who has been learning from him about real estate since she was 15 years old. More on her next week! George is our innovative thinker and sales sensei dedicated to helping our clients reach their goals.