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VOLUME 11 EDITION 23

THURSDAY, JUNE 11, 2020

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Spin with a view

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The Shack Fitness Studio employees riding bikes at the Waterfront. They are offering spin classes at the Waterfront and Steeltown Ford.

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PRICES IN EFFECT: THURSDAY, JUNE 11 - WEDNESDAY, JUNE 17, 2020

Spin classes roll down to Waterfront

The Shack Fitness Studio offers classes in alternative spaces in the community

By Katelyn Boulanger

The Shack Fitness Studio, embracing COVID-19 restrictions, has taken their spin classes on the road hosting them at the Selkirk waterfront as well as Steeltown Ford where participants can better engage in social distancing while getting active.

"We wanted the community to know that we are surviving COVID. We wanted to bring life to the waterfront. People are a little bit scared to be out but we wanted people to know that you can still be out. You can maintain space and distancing and be open to the public. We're not crowding anything and we're making sure that we're two meters apart. The weather is here so why not have it outdoors," said Chantal Ramos-Lam, an instructor for The Shack Fitness Studio.

Before June 1 and the introduction of phase two of the reopening process in Manitoba, the fitness studio was hosting online classes through Facebook but wanted to now take advantage of being able to be together again.

"Unfortunately our space doesn't allow us to hold classes and have space between us that's a safe distance apart so we decided that since our members have been so loyal to us why don't we provide free classes for June and we'll book the waterfront and Steeltown Ford has also allowed us to use their lot in the morning hours," said Ramos-Lam.

These free sessions in June are not only open to members of The Shack but also available to anyone who would like to join.

"We've had non-members show up and by all means if there's equipment available we've opened the door up to non-members as well. It's open to

the public and people enjoy it," said Ramos-Lam.

Of course to make sure that our communities stay safe from COVID-19 The Shack Fitness Studio, like all businesses, have had to put into place additional measures for patrons of their spin programs including making more time between classes for cleaning

"It gives us enough time to wipe down our bikes or any other equipment. At the beginning of class, we encourage our members to sanitize before they touch the bikes. We provide hand sanitizer at all of our classes and at the end of our classes we ensure that they sanitize before they leave class and we spray down all of our equipment," said Ramos-Lam.

All of the instructors have also taken or are in the process of taking the Clean-It-Right program from the Manitoba Tourism Education Council.

She wants residents regardless of how they get active to do what they can because of the importance that it plays for our well being.

"It just provides a lot of mental health [benefits]. Overall for mind body and soul, I think that it's good for us, movement. It doesn't have to be vigorous activity, it could be just going outside and going for a walk that makes us feel better. It just makes us feel better as a whole and it's good to maintain a healthy lifestyle," said Ramos-Lam.

She encourages residents to take advantage of this opportunity to get active.

"If you see it and you want to try it out now is your chance. It's free and we've made enough space at the waterfront to make sure that we can ac-



RECORD PHOTO SUBMITTED

The Shack Fitness Studio employees at the waterfront.

commodate them," said Ramos-Lam.

She would also like to thank Steeltown Ford who not only is supporting a fellow local business by making space but has made a trailer available which is allowing The Shack to move

their bikes to and from the waterfront.

To learn more about The Shack Fitness Studio visit theshackfitness.com or email them at thespinshack@gmail.com



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BIG DOLLAR

2020 Comp grads experience historical event

Convocation in the Park will be held on June 25

By Ligia Braidotti

The Selkirk 2020 grad class will live a one-of-a-kind graduation celebration.

Once the COVID-19 pandemic hit and forced all events to be cancelled, the students at Lord Selkirk Regional Comprehensive School thought they would not be able to celebrate one of the most important milestones in their lives.

The school's organizing committee is formed by Charlene Henrikson, vocational department head, Kier Dear, teacher, and Scott Gurney, phys-ed department head. At first, they had planned for a drive-thru graduation at the Comp, but since the provincial restrictions have been eased, they changed their plans.

"It's very different, but with that being said, it's also going to be very special," Henrikson said. "They are the only ones that have ever had this."

Convocation in the Park is this year's theme for the 2020 graduation. Only one vehicle per grad is permitted to enter the park and spectators, wheth-

er walking or driving, are not permitted. However, the graduates will still have the chance to wear their cap and gown, walk the red carpet, pick up their diploma, and have their grad picture taken by a professional photographer.

The organizing committee has been working hard to still keep this event special for the students.

"The initial response was they were upset and frustrated because so many things have been taken away from them, and it (graduation) just seemed to be added to it," Henrikson commented. "But once we explained what the process was going to look like, they really wanted that special moment of being on the red carpet and up on the stage. Knowing that they are going to have those things has been really positive feedback that we've been given."

Gurney explained that once they decided that they would do a drive-thru convocation, they started to look for places in the city that would provide a great venue for the grads.

"The nice thing is that their parents will be able to be in the car with them, and be right up front to see them receive their diplomas. The only person that's going to get out of the vehicle is the grad, but everybody will still be there for the actual presentation of the diploma," Gurney continued. "And then after that, there will be a procession that will take the grads down Main Street in Selkirk, so that they get to see the town one more time as a student before they are off on their life journey."

Grads and their families are encouraged to decorate their cars, as well as businesses and residents. Instead of being present at the convocation, the school is encouraging people show their support by creating a lawn sign and drop it off at the school by June 22 from 10 a.m. to 3 p.m. The signs will be taken to the park for the students to see as they walk down the red carpet. Daerwood Press and General Signs are available to make the signs.

"This is a way to acknowledge them. The kids just wanted something and they understand that this has been different. Everything they are doing

right now is different — from their online learning to this. So I think they've been really receptive to the whole situation," Henrikson said.

"And this has been a real work in progress for us every step of the way. We probably came up with this idea a month and a half ago, but every week something changes and we need to put some kind of twist on it to make something work. It was hard initially because I think the kids were feeling some anxiety about what was going to happen and we couldn't really tell them because we needed to make sure we had all of our i's dotted before we got their hopes up," Gurney added.

Convocation in the Park takes place on Thurs., June 25, rain or shine. The organizing committee hope that people will realize that these grads got the short end of the stick and will make this extra special for them.

"It's not the grad that they wanted, but I think we are trying to add enough of the elements that they would have experienced so that they still get a sense of 'Yes, I did graduate. There was something there for me,'" Gurney said.

Bear rescued in Lockport



RECORD PHOTO SUBMITTED

The Manitoba Conservation officers were able to rescue a black bear with a trap on its paw on May 31, thanks to the help of Lockport residents. Officers safely immobilized the bear and removed the trap. The bear was closely monitored and appeared to not have any damages to its paw and has since been released back into the wild.

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CREDIT UNION

EMS get power stretchers

Ladies Auxiliary raises over \$75,000 for new medical equipment

By Katelyn Boulanger

Through their volunteer efforts at the Selkirk Regional Health Centre's gift shop, the Selkirk Ladies Auxiliary with help from the Knights of Columbus raised \$76,000 for three new power stretchers that are now in use by paramedics that service the Selkirk, East Selkirk, St. Andrews, and Brokenhead First Nation areas.

"A power stretcher eliminates most of the lifting that the paramedics have to do without the power stretcher. Before the power stretcher they had lift one way or another up and down probably seven or eight times before a patient was in the hospital," said Betty Milkowski president of the Selkirk Regional Health Centre gift shop.

The idea to fundraise for this cause was brought forward by Roland Fontaine a retired EMT who approached Milkowski with the project.

After a presentation to the executive as well as consultation with the volunteers involved it was decided that they would pursue the project.

"We have three ambulances that are in use. They have one extra but they don't use it unless they have to so for the three ambulances that are [primarily] in use, they've been installed," said Bev Hykawy, vice president of the gift shop.

Both Milkowski and Hykawy hope that this helps to reduce the strain experienced by the paramedics when they have to bend and lift patients as well as making the patient's experience more comfortable.

"The old stretchers would only go down so far so if it was a short person they would have to be helped up onto the stretcher or they'd have to hop onto the stretcher. This stretcher, it goes right down. If you're a bigger person there's also an extended railing that comes out so that they're bodies aren't overlapping on the

stretchers anymore. It's much more comfortable for them. Especially [for patients who are] in the hospital for a long time, when the paramedics bring them in they don't always get seen right away so it's a lot more comfortable for a bigger person or a smaller person. Overall it's a much better experience," said Hykawy.

She also hopes that the electronic aspect of the stretchers which power the up and down motion give patients an overall smoother ride.

Milkowski and Hykawy want to thank customers of the gift shop who have helped them not only raise money for this project but allowed them to donate towards the new echocardiogram machine that the Selkirk Hospital put into use earlier this year.

"And a big thank you to the volunteers because we can't operate without their dedication," said Hykawy.

The Selkirk Hospital Gift Shop, following provincial COVID-19 restrictions, has been closed since mid-March, however, volunteers and customers as of June 1 have been able to return with safety measures in place as per phase two of the provinces reopening plan.

"It was wonderful and of course we're doing all the protocols in accordance with sanitation," said Hykawy.

Though they do not know what they will next be raising funds for Milkowski and Hykawy say that they will continue to volunteer to be able to donate to projects like this in the future.

If anyone is interested in volunteering with the gift shop, contact Betty Milkowski at 204-406-8284.

**"A POWER STRETCHER
ELIMINATES MOST
OF THE LIFTING"**



RECORD PHOTO SUBMITTED

Ladies Auxiliary members Lucille Erin, Bev Hykawy, Elaine Boyd, Marilyn Anderson, and Betty Milkowski, Roland Fontaine and Mike Parks from the Knights of Columbus and paramedics with the new power stretchers.

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Connect with your inner self in Garson

Take part in free yoga and breathing workshops

By Katelyn Boulanger

In times of hardship, our mental health and wellbeing are easily forgotten, but a Garson yoga instructor is about to change that for Interlake and rural Manitoba residents.

Two Peacocks' owner and yoga instructor William McGirr is offering residents yoga and breathing workshops in Garson this summer.

In addition to these classes being free for the community, he is having residents decide class times so that they have no excuse to not get active.

"It's really now up to the people to take the responsibility into their hands and learn something that can benefit them in times of stress," said McGirr.

He became interested in pursuing yoga when he developed health issues and sought alternative means to heal and strengthen his body.

"Taking care of my body started when I was 23 and suffered from a very bad case of bacterial pneumonia and then bacterial meningitis and my lungs filled up with massive amounts of dark green phlegm. I was asthmatic. I couldn't breathe properly. I was on inhalers. I was on a lot of different antibiotics for a short period of time. When I went to have my lungs pumped out, they put me under for surgery in Winnipeg and they took about a urine sample cup-sized amount of dark green phlegm from my lungs and lesions that were precancerous developments and I wasn't doing anything really. I went to the gym. I was working out all the time. I was following what the status quo said was the healthy way of being," said McGirr.

He believes that having a yoga practice is important because of the benefits people can achieve from being active and taking the time to find calm.

"It's so important that people in these times of fear and pandemic and uncertainty and the collapse of the norms that are taking place that peo-



RECORD PHOTOS SUBMITTED

The property which Two Peacocks is holding its yoga classes.

ple open up inside their bodies be more creative and be more receptive and more understanding of having a new type of belief system to come into their perspective whether that is finding time to do yoga or going to the park or spending more time with their family," said McGirr.

His classes involve yin style yoga, which typically focuses on stretching to improve circulation around joints and improve flexibility. Most classes take 90 minutes or so but he is flexible depending on the student's schedule.

"I tried to structure this around allowing enough space and time to allow people to do the full cycle. If they are available to do so," said McGirr.

Two Peacocks is hosting their workshops at the former Garson sport fishing park property and requests that residents contact them in advance to set up a time for a class to make it easier to socially distance.

"All the standard safety measures are being taken. There's physical distancing which is kind of a hindrance because it makes the classes much smaller than what they could be in size. The ones outside there aren't much of an issue. In terms of keep-

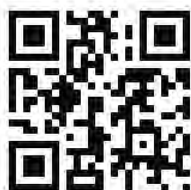


ing everything clean, keeping the floors clean, keeping the mats clean everything is being taken care of. The mats themselves I encourage many of the practitioners to bring their own clothes and mats if they have it. If they don't, we have everything here and we sterilize and clean everything," said McGirr.

He encourages those who are interested to visit his website at www.two-peacocks.com or send him an email at info@twopeacocks.com

"It's good in terms of instilling a mental health aspect it's in terms of instilling a good health practice to clean the body out and more so if you'd just like to get out and try a new style of yin or a new style of yoga, I don't think that there are many people who are offering these classes," said McGirr.

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Interlake hospitals to expand visitor access

By Evan Matthews

As the spread of COVID-19 slows, Manitoba hospitals and health centres will begin to restore visitor access for patients as part of provincial phase two re-opening.

As of Friday June 5, all hospitals and medical centres in the Interlake-Eastern Regional Health Authority (IERHA) will be opening visitation in accordance with Shared Health guidelines.

"Our hospital staff members fully understand how important visits from friends and family are to patients. We've all looked forward to this day, where we can start lifting restrictions," said IERHA CEO Ron Van Denakker, noting the ease of restrictions is not indicative of a return to the way things used to be.

"We are not welcoming all visitors at this time. The number of people visiting a patient is limited and these people must be identified and scheduled in advance.

"We are working with patients and

families (or key contacts) so they are aware of our processes and the steps they need to take to continue helping us keep everyone safe," he said.

In order to keep protocols uniform, the IERHA said the visiting process will be handled the same way in all of its hospitals:

- The number of visitors for each patient is being limited to one or two people for most patients based on provincial guidelines. During a patient's last two weeks of life, a maximum of four designated support people may be identified to visit (two of the designated support people may visit within a 24-hour timeframe).

- Limits will be in place regarding the number of visitors allowed into the hospital at any given time.

- Visitors must be pre-determined in consultation with patients. Visiting is not open to all members of the public.

- A listing of visitors to a hospital is being maintained so it is essential that all visitors follow the process

outlined for entering and leaving a hospital.

- Hospital staff may make exceptions to the visiting guidelines based on their professional judgement.

- People are strongly advised to contact the hospital for more information prior to visiting.

Upon arrival at the hospital all visitors can expect:

- To be asked questions about their health status and recent travel status.

- To perform hand hygiene prior to entering and leaving a facility.

- To be required to maintain physical distancing (6 feet/2 metres apart) at all times.

- If required, visitors may be asked to wear personal protective equipment.

- Only visitors who have been pre-determined by the patient will be allowed to enter.

Health, Seniors and Active Living Minister Cameron Friesen said as

COVID-19 remains part of the "new normal" for a longer duration, the situation requires government and medical professionals to find a longer-term balance between preventative measures and the many benefits of in-person interaction between patients and their loved ones.

"We recognize that solitude and separation can have a significant and negative impact on a patient's health and well-being," said Friesen.

"Our goal is to find a balance for the longer-term; a balance enabling visits with loved ones to occur, with all the necessary precautions in place," he said.

Anyone interested in setting up visits or anyone with questions are encouraged to contact hospitals, with phone numbers being available at www.ierha.ca.

"We encourage people to call their local hospital before making a visit to avoid disappointment," said Denakker. "COVID-19 is still circulating in our communities, and we must take steps to continue protecting patients and staff."

Manitobans urged to keep up the good work in COVID-19 fight

By Lorne Stelmach

The message to Manitobans Monday remained the same as it has for weeks: to keep up the good work in fighting COVID-19.

As the province continues to relax restrictions and further reopen the economy, Manitobans still need to remain vigilant and take precautions, stressed chief public health officer Dr. Brent Roussin.

"We're still going to need to be dealing with this virus in one form or another for the foreseeable future," he said in his update Monday afternoon.

"Our numbers have remained favourable, and we've been able to gradually and cautiously reopen our economy," Roussin continued, while again stressing that "it is certainly not a return to normal.

"Manitobans have learned to live with this virus, to take precautions, and each Manitoban needs to decide on their own their level of risk that they're willing to accept."

There were no new cases of COVID-19 identified over the weekend, so the total number of lab-confirmed and probable positive cases in Manitoba remains at 300.

At press time, there was no one in hospital with the illness and only nine active cases. A total of 284 individuals have recovered from COVID-19. Seven Manitobans have died.

Between June 5-7, 2,217 laboratory tests were processed, bringing the

number of COVID-19 tests performed in the province since early February to 49,591.

Chief nursing officer Lanette Siragusa also provided an update at the briefing on the testing of health care workers and first responders. A total of 361 were tested over the past week.

"None came back positive, so it has been about a month since we've had a positive health care worker, which is really great news," Siragusa said, noting that 26 health care employees who had previously tested positive have all recovered and returned to work.

In addition, she noted Manitobans in general continue to make use of services like Health Links, which had received about 5,000 calls in the last week.

More than 2,100 people had viewed test results through the online portal in the past week, and nearly 900 received their results by calling the contact centre.

Roussin concluded his portion of the update by promoting June 8-14 as National Blood Donor Week.

Amidst the uncertainty of the pandemic, Canadian Blood Services has experienced a significant drop in donations.

"That need does not go away during a pandemic," Roussin said in encouraging people to donate blood. "The blood supply is just as important now and even more important because of all the decrease in donations during this time."


Head to blood.ca for the upcoming clinic schedule in your community.

For up-to-date information on COVID-19 in Manitoba, visit www.manitoba.ca/COVID19


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Bossco the therapy dog retires

English Bull Terrier who brings smiles to Selkirk's residents will be spending his retirement travelling

By Katelyn Boulanger

Eight and a half-year-old Bossco has made his final rounds at the Selkirk Mental Health Center, Health Science Center's Ronald McDonald Room and James Richardson International Airport in Winnipeg where he has been volunteering for the past five years.

"Bossco, his job would be to approach the patients and they would just pat him and that's what therapy dogs do they just relieve stress and get their minds off of things," said Jamie Sasley, one of Bossco's owners and handlers.

Bossco earned his therapy dog qualifications through St. John's Ambulance and has been certified to work with both adults and children.

"To be a therapy dog you have to be tested. They put a dog in certain scenarios to see how they react. For the seniors, once they would come at Bossco with crutches, canes and wheelchairs to see how he would react or they went as far as to drop a bedpan behind him to see what he would do. A therapy dog is the kind of dog that handles sudden noises and

movements with very little reaction," said Sasley.

Sasley and his other owner Nancy Leverence decided to try to pursue this path for Bossco after noticing his calm temperament. He has been a therapy dog for five years.

"We have chipmunks in the yard and he doesn't chase. We have rabbits in the yard and he doesn't care. He's just a different type of dog," said Sasley.

Both Sasley and Leverence found taking Bossco to see patients very rewarding.

"They just love seeing Bossco and to get out in our community and in the city and help out kids. It was just amazing. You'd go to the children's hospital and these are children with severe ailments and they're smiling and happy when they see Bossco and you come home and think, 'We have nothing to complain about,'" said Leverence.

Bossco is taking his retirement due to a heart condition, which makes it so that he can no longer work as a therapy dog but will still be out and about in the community.



RECORD PHOTO SUBMITTED

Bossco the therapy dog is retiring after five years on the job.

"We decided after five years that he can retire and live a good dog life," said Leverence.

She says that Bossco does show signs of missing his trips to see patients.

"We used to drive close to the Selkirk Mental Health Centre and he would get right out the window and now I drive him and it's the same thing but we aren't going there. I think he'll miss it too," said Leverence.

Bossco will spend his retirement with his human parents travelling once they are able to do so. His next

trips include visits to Ocean Beach, California and Las Vegas.

Sasley and Leverence are glad to have had the experience with Bossco as a therapy dog and love that people in the community know and care for him.

"It's amazing how well Bossco is known in this community. They don't know who [we are] but everyone knows who Bossco is plus he is a unique breed but everyone knows who Bossco is," said Sasley.

Why dentures are still so popular

BY ELISHA VANDOR

Yes, you've probably heard of the other alternative to traditional removable dentures already. If not, let me provide a brief refresher here. Dental implants can be used to replace full arches of missing teeth permanently, or just secure a loose denture. They have A LOT of benefits, but dental insurance coverage isn't one of them. Dental insurance is one reason why dentures are still so popular.

Those with dental insurance really have an upper hand when wanting to replace their dentures, because most insurance companies provide excellent coverage and will allow replacement every 5 years. Within those 5 years, you can get them re-fitted and repaired (if necessary) usually at a higher coverage percentage, which means more money back in your pocket.

However, we know that not everyone has dental insurance. If you don't have dental insurance, but you're missing teeth and want dentures or are wearing dentures and need to replace them, then this next reason is for you.

Dentures are still the most inexpensive option out there, which makes them the most popular. That reason alone should put a smile on your

face. Additionally, other benefits of replacing your dentures can include:

- An automatic face-lift (see photo of actual patient)
- Being able to chew food properly
- Regaining confidence
- Having the best fit possible



By looking at the photo above, can you tell if this person is wearing a dental implant supported denture on the right or a traditional one? The answer is no. So, whatever you're willing to spend on teeth replacement options, the aesthetics will be great. At no extra cost, dentures can be made to look as natural or as Hollywood as you want. The same can be said for a dental implant supported denture. One patient recently brought in a picture of herself as a young professional and wanted Brock to recreate the look of her natural teeth with dentures. This is completely doable and actually encouraged!

If you're thinking it's time to replace your dentures or are ready to discover how dentures can work for you, then call to book a free consultation.



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Dandelions go down in Matlock despite provincial ban on pesticides for cosmetic use

By Patricia Barrett

A woman who observed what appeared to be the clandestine spraying of dandelions on a privately owned, unoccupied lot in a residential area of Matlock a few weeks ago was told by a provincial environmental officer that it was illegal.

Lawns, boulevards and lots are off limits when it comes to applying pesticide to a plant many people consider to be an unsightly weed.

The man, wearing an orange hazmat-like suit and gas mask, had rigged up a lawn tractor with a tankard of chemical and sprayed the large lot at dusk, said the woman, who asked that her name be withheld as the community is small and she doesn't want any hard feelings to arise.

"It was quite a big tankard, equal to about two large blue water tanks," said the woman. "Pesticides are harmful to birds, squirrels, pets and insects like bees and butterflies."

Not knowing what chemical(s) the man was spraying and thinking it may have been illegal, the woman said she called the RM of St. Andrews for information.

That's when her quest for answers turned into a "complicated and lengthy process."

She said she was referred by the RM

office to the RM's bylaw officer, who told her the spraying was "breaking the law and you need to call the RCMP. So I did."

The RCMP told her it was a bylaw issue and that she needed to call the RM's bylaw officer back. "So I did that."

The bylaw officer didn't call her back, she said, so she went on the RM's website to track down a councillor. She spoke with a "really good" councillor who she thought was the ward rep for Matlock, but wasn't. Nevertheless, he referred the matter to the councillor overseeing Matlock (Coun. Laurie Hunt), who sits on the RM's environmental committee.

After that the woman said she got a call from a woman who she thought sat on the RM's environmental committee. The woman called "Kristin" told her she needed to call the provincial department of Conservation and Climate's Selkirk office.

"So I did. And the compliance officer there said I did the right thing reporting this because it is an offence," said the woman. "He told me he was going to visit the person doing the spraying and explain that it's illegal."

The woman said people need to be dogged when trying to track down answers to incidents they feel might not be in the public's best interest.

St Andrews Coun. Laurie Hunt told the Express councillors will refer residents to the Selkirk Weed District when it comes to matters such as weeds and spraying.

"We direct residents to the Weed District and they determine whether it is something that's a hazard," he said. "They'll assess it."

Kristin Pingatore, supervisor of the Selkirk Weed District, told the Express the first thing she had to determine was whether she was dealing with a lawn or a field because the province has a non-essential pesticide regulation that governs the use of pesticides on lawns.

"A lawn or a piece of property that's treated like a lawn, other than a golf course or a professional sports field, is subject to these regulations," said Pingatore.

And the enforcement of those regulations has to come from provincial environmental officers rather than the Weed District, she said. Her position focuses on ensuring that people are complying with the Noxious Weed Act.

She generally doesn't have power over what people do on their private property, she said, except if someone were to plant a forbidden plant that's outlawed by the province.

"If it was something like a giant hogweed, we would take



RECORD PHOTO BY PATRICIA BARRETT

Dandelions, like the ones pictured here, were sprayed on an unoccupied, residential lot in Matlock a few weeks ago by a man wearing a hazmat-like suit and gas mask.

fire and brimstone and all measures necessary to eradicate it," said Pingatore.

She said she understood the Matlock woman's concern about the spraying of strong-smelling chemicals.

"It's scary when you don't know what it is," said Pingatore.

Some sprays that are authorized along public paths are "industrial-strength vinegar products" which smell like "there's a fish and chips truck around," she said. Because the Matlock issue was a "spraying issue" rather than a "weed issue," she referred the woman to an environmental officer.

A spokesperson for Conservation and Climate did not say whether the man who killed the dandelions was fined, but did note "a fine of up to \$50,000 or up to six months imprisonment" can be meted out depending on the severity of the offence under the law.

That law is currently being reviewed.

"The Non-Essential Pesticide Use Regulation remains in effect in Manitoba, but is under review," said the spokesperson. "That review is ongoing and no changes are anticipated for this season."

The law limits the sale of certain products and the use of pesticides on areas such as lawns, school yards, child care centres, playgrounds, pathways, parking areas and areas around hospitals, the spokesperson said. There are, however, exemptions, which apply to invasive or poisonous plants and to golf courses, cricket fields, internationally sanctioned sporting events and to agriculture and forestry.

A list of allowable products, along with other information, is available on the government's website. Visit www.gov.mb.ca/sd/envprograms/initiatives/pesticide_red/index.html

Josh Isfjord



May Top Achiever

Josh went above and beyond to help me with my truck. He is extremely knowledgeable and easy to talk to. He didn't put any pressure on me and was patient with my dumb questions. He's a great salesman and truly cares about his clients. - James A

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The Selkirk Record



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Summer services resume sooner than expected

Selkirk Pool Park and Splashpad, Camp Awesome Day Camp, Selkirk Park Campground open for the season

By Ligia Braidotti

Since the provincial restrictions to hinder the spread of COVID-19 have started to be eased, a number of summer activities will take place following safety and health guidelines.

Starting on May 22, the province allowed services to be resumed sooner due to the low numbers of people with COVID-19. Now, the City of Selkirk is planning to reopen the Selkirk Park Pool and Splashpad on July 1.

"We anticipated that the Province would give us a final say by the end of June, which would give us nowhere near enough time to staff the pool and to ensure the it's infrastructure is operating properly and have provincial inspections completed," said Kyla Ray, the city's Manager of Cultural and Recreational Programs.

"With the go-ahead from the province, we were able to put together a plan that would both keep the users safe, and make the pool financially possible to operate."

However, this is only possible if the city follows



RECORD PHOTO SUBMITTED

Selkirk Pool Park and Splashpad resumes its services on July 1.

strict guidelines such as reducing capacity to 50 per cent, having additional staff to monitor physical distancing and capacity, designating sections as social distancing pods for families, additional cleaning measures with a mid-day deep clean closure, social distancing measures for staff training, COVID-19 screening protocols, and cancelling swimming lessons.

In addition to the pool and splashpad opening, both Camp Awesome Day Camp and the Selkirk Park Campground are allowed to operate this summer.

mer.

The city has been planning for months how the camps will work with physical distancing, but Brady Clark, Director of Culture, Recreation and Green Transportation, commented they had to change their in-person registration to fully online.

"It's the way the world is moving, and the pandemic kind of forced our hand to make online registration possible for all our programs. A good portion of parents would register their child either at the day camp or at the CRGT building. We had to do about two months worth of work in about two weeks so registration would be live by the first week of June."

Camp Awesome registration has been live since June 5 and runs until Aug. 28. Signups must be done by the week, as no daily signups will be taken. Space is limited to 16 campers per week.

Registration for the campground is also already live and the campground opened on June 5 for campers.

The campground is also working to keep its residents safe. Increased sanitation, no visitors allowed, contactless bookings and wood orders, requiring users to bring their own hand sanitizers and personal hygiene products, and water shoes or sandals required at shower facilities, are some of the rules in place.

To book a campsite, head to [MySelkirk.ca/campground](https://myselkirk.ca/campground)

To sign your child up for Camp Awesome, visit [MySelkirk.ca/registration](https://myselkirk.ca/registration)

INDIGENOUS DAY AT SELKIRK PARK

CANCELLED

Due to COVID-19, the Manitoba Metis Federation (MMF) is sad to announce that the 2020 Indigenous Day at Selkirk Park on June 21 is cancelled.

To celebrate Indigenous Day, the MMF invites all Metis Citizens and the general public to watch *Jig & Jam*, a Metis variety show livestream, on **June 21!** From **12pm to 8pm** on manitobametis.com, Metis musicians, artists and performers will bring their talent right to your living room – and, from **4pm to 5pm**, CTV News will host a special hour-long segment.

In addition, tune in to the MMF website every **Tuesday and Thursday at 7pm** for *The Beat Goes On*, a music livestream featuring all-Metis talent!

While this year's National Indigenous Peoples Day may be a little different, the MMF hopes to keep your spirits high by bringing you the best Metis music and talent our Manitoba Metis Community has to offer.

See you next year!





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Communities in Bloom 2020

Although the 2020 Manitoba Communities in Bloom program is on hold for the year, our Yard of the Week and Commercial Property of the Week contest continues to showcase well cared for yards and businesses within the City of Selkirk.

If you would like to enter a yard or business, please email ads@selkirkrecord.ca and let us know whose place is looking great!

Commercial Property of the Week:



Gilbert Funeral Home
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Yard of the Week: 517 Manitoba Ave.

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Seniors are calling on seniors for sustainability



RECORD PHOTO SUBMITTED

Manitoba Seniors for Sustainability launched a fundraising campaign to support environmental groups in the province.

By Becca Myskiw

Seniors across the province are calling on each other for sustainability.

In a May 22 news release, Manitoba Seniors for Sustainability said they launched a fundraising campaign to support three environmental groups in the province.

The three groups, The Green Action Centre, Climate Change Connection, and the Manitoba Eco-Network, are receiving no provincial funding this year. That's a total loss of \$360,000 to the organizations.

Seniors are calling on seniors now to use their \$200 from the government and send it to these organizations.

Three hundred and sixty thousand dollars is less than one per cent of the \$45 million Pallister is sending the seniors, regardless of their need for it.

Muriel Smith of the Manitoba Seniors for Sustainability said the money should be going to people who need it — and not all seniors do. She's sending her \$200 cheque to one of the environmental organizations because they need it more than she does.

"Cutting funds for the environment during a climate crisis makes about as much sense as slashing health care during a pandemic," she said in the news release.

The pandemic is difficult, said Smith,

but the environmental issues don't go away when other problems arise. Allocating the funds, the way the provincial government did was "blatantly wrong," she said.

Smith understands some seniors do need the \$200 they'll receive. She said Manitoba Seniors for Sustainability are calling on the ones who don't need it to help out the organizations who spend their time helping the environment.

Environmental change is slow moving, Smith said. The economic problems usually drown out other ones, like the climate crisis, but without healthy air, water, and soil, Smith said life on earth will no longer be able to be supported.

"Environmental issues are those if we don't pay attention to, we're going to find that our food lacks the nutrients that we need, that our air is not pure enough..." Smith said. "There will be the warming of the climate, less things we can grow..."

The news release says all those who donate to one of the three organizations will receive a tax receipt and all funds raised will go to environmental programs.

More information about the group and their cause is on Facebook and Twitter @mbseniors4sust.

The Selkirk Record

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Proof Deadline **Fridays at 4 p.m.**

Booking Deadline

Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00



get inspired

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Pot Roast Tacos with Chimichurri

Recipe courtesy of "Always Eat After 7 PM"

Prep time: 10 minutes

Cook time: 5 minutes

Servings: 8

Chimichurri:

1 1/2 cups fresh Italian parsley

1 cup fresh cilantro

2 tablespoons green onion, chopped

1 tablespoon garlic, chopped

1/4 cup olive oil

2 tablespoons fresh lemon juice

1 tablespoon water

1 teaspoon sea salt

1 teaspoon crushed red pepper

Tacos:

3 cups chuck roast, slow cooked and

chopped

8 yellow corn tortillas (6 inches)

1 ripe avocado, pitted and sliced

4 radishes, sliced

1/4 cup queso fresco, crumbled

To make chimichurri: In food processor, combine parsley, cilantro, onion and garlic until chopped. Add olive oil, lemon juice, water, salt and red pepper; process until fully combined.

To assemble tacos: In medium skillet over medium-high heat, cook chopped chuck roast 5 minutes. Remove from heat and mix in 1/2 cup chimichurri. In grill pan, char tortillas then fill evenly with meat, avocado, radishes and queso fresco. Serve with remaining chimichurri.



Cheesy Ground Beef Skillet

Recipe courtesy of "Always Eat After 7 PM"

Prep time: 20 minutes

Cook time: 38 minutes

Servings: 6

1 3/4 cups water

1 teaspoon sea salt

1 cup white rice

1 tablespoon olive oil

1 pound extra-lean ground beef

1 yellow onion, chopped

1 tablespoon garlic, chopped

1 red bell pepper, seeded and chopped

1 teaspoon dried oregano

1 teaspoon dried basil

1/2 teaspoon crushed red pepper

1/2 teaspoon sea salt

1/4 teaspoon ground black pepper

1/2 cup tomato sauce

1 can (15 ounces) kidney beans, rinsed and drained

1 cup shredded cheddar cheese

1/3 cup fresh parsley, minced

In saucepan over high heat, bring water to boil. Add salt and rice; stir once then cover pot and reduce to low heat 18 minutes.

In large skillet, heat olive oil. Stir in ground beef. Cook and stir until beef is crumbly and no longer pink. Drain and discard excess grease. Mix in onion and garlic; cook until tender, about 5 minutes. Add bell pepper, oregano, basil, red pepper, sea salt and black pepper; cook and stir until bell pepper is tender, about 5 minutes.

Stir in cooked rice, tomato sauce and kidney beans. Reduce heat and cover until vegetables are tender, about 8 minutes. Remove pan from heat, sprinkle cheese over top and garnish with parsley.

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AsktheMoneyLady.ca

big Canadian banks to lure in new clients. All the Big 5-Banks have announced lower profits this quarter creating an inner competition between lenders that will enviably benefit the customer. I am the first person to tell you that you should never use your home like an ATM to repeatedly get yourself out of debt, however the current rate environment should not be ignored by those that still have consumer debt, a line of credit or a mortgage. Now is the time to put your debt portfolio in order and capture a lower rate for a longer term. Many lenders are even incentivizing clients to do so by covering appraisal fees, title costs and even partial penalties to win business from rival banks. Prior to COVID-19 all the banks were beginning to increase lending rates and were forced to pull back once the crisis hit. As a lender, I can tell you that the Canadian banks will not keep rates down for long. As we recover and demand increases, so will lending rates. Take advantage of this unique situation now, put your debt portfolio in order and begin to build a plan to reduce it.

Good Luck and Best Wishes,

Money Lady

Written by Christine Ibbotson, Author of the best-selling book "How to Retire Debt Free & Wealthy" and a new book **Don't Panic - How to Manage your Finances and Financial Anxieties During and After the Coronavirus** available at all bookstores across Canada. **If you have a money question, please email on website: www.askthemoneylady.ca**

Dear Money Lady, my friends and I were discussing the fact that we think there will be an inevitable recession due to the pandemic and we wondered what you thought?

Verna

Dear Verna - a Recession You Say !!

I have had many comments from readers who truly believe we will go into a long recession, but I honestly can't see it Verna. While we have reduced our growth estimates for this year it is believed that we will experience a relatively strong rebound in 2021. The sharp stock market pullbacks have already discounted a large part of this year's anticipated economic and profit slowdowns. But we must not forget that history has always proven that the economic market, tends to rally tremendously after a crisis. In my opinion a long recession does not seem to be in the cards this time around. Lower interest rates, specifically mortgage rates, seem to be encouraging first time buyers to enter the real estate market again. Pent-up demand is beginning to surface as we witness competitive offers in some of our big cities across Canada. We have started to see rates drop down to 2.39% for a 5 year fixed mortgage, (May 27); a massively discounted rate now offered by some of the

Smoked Hasselback Pineapple with Spiced Turkey Chorizo and Onion

Total time: 2 hours

Servings: 4

4 cups favorite wood chips water

1 pound 93% lean ground turkey breast

1 small DOLE® Red Onion, diced

2 tablespoons olive oil

2 teaspoons fresh thyme leaves

2 teaspoons smoked paprika

1 teaspoon ancho chile powder

1 teaspoon ground cumin

1/2 teaspoon kosher salt

1 large Dole Pineapple, top on, peeled and halved lengthwise
chopped fresh cilantro, for garnish (optional)

In large bowl, cover wood chips with water; soak as label directs. Prepare outdoor grill for indirect grilling over medium heat.

In medium bowl, stir turkey, onion, oil, thyme, paprika, chile powder, cumin and salt.

Drain wood chips; place 2 cups in foil

boat or pie tin and place on hot grill rack over lit side of grill (place chips directly on coals for charcoal grill). Place pineapple halves, flat side down, on cutting board; cut crosswise slices into pineapple halves, about 1/2 inch apart, cutting only 3/4 of the way through. Place medium bowl upside down; one at a time, place pineapple halves, flat side down, over bowl to separate slits. Fill slits with turkey mixture. Place pineapple halves, flat side down, on hot grill rack over unlit side of grill; cover and cook 1 hour, 45 minutes, or until turkey mixture is golden brown and internal temperature reaches 170 F, rotating once and adding remaining chips halfway through cooking. Transfer pineapple halves to cutting board; cut crosswise in half. Serve pineapple garnished with cilantro, if desired.

Steelers make additions to their roster

By Brian Bowman

The Selkirk Steelers announced a trio of new additions to their organization last week.

Selkirk acquired the rights to 2000-born forward Duncan Pierce from the Portage Terriers to close out the future considerations from a Dec. 1, 2019 trade.

Pierce played 48 games for the Western Hockey League's Brandon Wheat Kings last season, scoring eight goals and 20 points.

He previously played parts of three seasons with the Regina Pats.

"Duncan is likely to go back and try his luck as a 20 year old in the Western league with Brandon," said Steelers' head coach Hudson Friesen. "If things don't work out we'll have open arms for him."

In 2017-18, the 6-foot-1 Pierce scored eight goals and had three assists with Portage.

Pierce would be a great addition to the Steelers' lineup.

"If we do end up seeing him, he's going to be a big part of our team and he's going to add a really big boost to our lineup," Friesen said.

Selkirk also received 2000-born forward Mack Belinski from Portage. He came to Selkirk to complete the future considerations of a Jan. 10 trade.

The Vista product scored 17 goals



Selkirk acquired forward Mack Belinski from Portage to complete the future considerations from a Jan. 10 trade.

and had 30 assists in 50 regular-season games with the Terriers last season. He also added three assists in three playoff contests.

Belinski started his junior career with the Neepawa Natives, suiting up in 112 regular-season games.

"Mack is a complete player," Friesen said. "He's a centreman and he's really responsible in his own end. He's a guy that can play a 200-foot game. With his creativity and hockey IQ, it allows him to be a very skilled player in our league. He sees the ice very well and he can sure score and set up



Selkirk announced the commitment of defenceman Christian Kaldolph. Kaldolph played last season with Brainerd High School in Minnesota.

plays. He has a lot of talent."

The Steelers also announced the commitment of 2002-born defenceman Christian Kaldolph.

Kaldolph scored eight goals and had 31 points in 25 games with Brainerd High School in Minnesota this past season.

"Christian comes from a program that we're familiar with," Friesen said. "Gavin Andres came from that same program the year before. He's a player that is offensive and he put up really good numbers in that league. But he



RECORD PHOTO CREDIT

KEITH HERSHMILLER/REGINA PATS

The Steelers acquired forward Duncan Pierce from the Portage Terriers in a trade announced last week. Pierce also played in the Western Hockey League with the Regina Pats and Brandon Wheat Kings.

also competes really hard in the defensive end.

"He plays a well-rounded game as well so we're really excited to have him on board. The fact that we could potentially have him for three seasons as an 18 year old is a really big perk. We hope we can develop him and he'll be a really good player in our league."

Golf Manitoba hosts Match Play Championship Qualifier

Staff

Golf Manitoba held its first competition of the year last weekend with the Match Play Championship Qualifier in Winkler.

The Men's Amateur Qualifier saw Elmhurst's Marco Trstenjak fire a 69 and 68 for a 137 total.

That was three strokes better than Shilo's Austin Dobresco and four in front of Elmhurst's Josh Neufeld.

Rounding out the top 10 were Breezy

Bend's Justin McDonald (70-72-142), Southwood's Cowlyn Abgrall (72-70-142), Elmhurst's Ryan McMillan (70-73-143), Breezy Bend's Braxton Kuntz (73-70-143), Elmhurst's Jordy Lutz (70-75-145), Bel Acres' Noah Fiks (70-75-145), and St. Charles Derek East (73-73-146). Local players that qualified within the top 31 included Selkirk's Wesley Hoydalo (71-76-147), Pine Ridge's Noel Ngo (76-72-148), and Larters' Colby Dudek (72-28-150).

On the senior men's side, Breezy Bend's Garth Collings carded rounds of 74 and 72 to finish at a low 146.

Rounding out the top five were Transcona's Mike Berney (74-75-149), Kildonan Park's Dave Klowak (73-79-152), Elmhurst's Jerry Booth (77-75-152), and Elmhurst's Carl Lechman (76-79-155).

The top 16 senior players advance to the next round of competition.

Shilo's Bobbi Uhl had the low total

among the women with a 144 total after rounds of 74 and 70.

The top five women included Breezy Bend's Charmaine Mackid (78-74-152), Golf Manitoba Public Play's Mikyla Albert (78-76-154), Pine Ridge's Marissa Taylor (77-78-155), and Quarry Oaks' Kate Gregoire (79-76-155).

The championship matches will move to the St. Charles Country Club and will be contested from Friday through Sunday and June 20-21.

Baseball Manitoba 2020 provincial championships cancelled

Staff

Baseball Manitoba recently made the decision to cancel all provincial championships in 2020.

This decision was made after consultation with championship host chairpersons, following a vote from the Baseball Manitoba competition committee and final ratification by the management committee on May 31.

"The decision was made with the safety and development of our members as the top priority," read a statement on Baseball Manitoba's website. "Provincial champi-

onships create environments with large gatherings with people from across the province. Also, by cancelling provincial championships, we believe that there is more opportunity for a longer season for more players, as they compete late into summer within their regions."

Baseball Manitoba is hopeful to host provincial championships in 2021.

"Baseball Manitoba would like to thank our 2020 championship host groups for all the work they have done this year. We will be working with each host, as we plan our 2021 provincial championships."

Soccer to return next week

Staff

Soccer will be returning later this month from the coronavirus shutdown that occurred back in March.

The Manitoba Soccer Association announced last Wednesday it will be launching Phase One of "Return to participate in sanctioned soccer" on June 17.

The initial phase will range from 12 players on a quarter of a field to a maximum 50 players

on a full pitch.

There will be COVID-19 protocols of screening and signing waivers and a list of soccer-specific protocols to follow.

Phase 2 of the return to play plan will include games with limited contact while Phase 3 will be a full resumption of competition.

No dates have been decided for those next two stages.

Golf Manitoba championship season begins

From Golf Manitoba's website

The 2020 Golf Manitoba championship season officially opened last Saturday with the Match Play Championship qualifying event. The championship matches will then move to the St. Charles Country Club and will be contested June 12-14 and 20-21.

Most Golf Manitoba events for the month of June and July are currently scheduled to be held and include the following:

Women's City & District Championship – June 27 & 28 at the Portage Golf Club

Junior Bantam Championship – June 27 & 28 at the Portage Golf Club

Diamond Athletic Men's Mid-Amateur & Women's Amateur Championship – July 6-8 at the Bel Acres Golf &

Country Club

Junior Men's & Women's Championship – July 12-14 at the Selkirk Golf & Country Club

Nott Autocorp Men's Amateur Championship – July 16-19 at the Minnewasta Golf & Country Club and the Glendale Golf & Country Club

Senior Men's & Women's Championships – July 27-29 TBA

The Golf Canada NexGen Prairie Championship that was scheduled for June 12-14 at the Quarry Oaks Golf Course and the Provincial Junior Skills Challenge that was to be held on July 5 at the St. Charles Country Club have both been cancelled. The remaining Golf Manitoba events in August are currently under review as are all 2020 Golf Canada competi-

tions.

A few changes have been added to select Golf Manitoba events in 2020, some that were introduced in response to competitor feedback received in the fall of 2019. The event changes include the following:

The winner of the men's amateur Match Play Championship will earn an automatic berth into the 2020 Golf Canada Men's Amateur or Mid-Amateur Championship (should both events be held).

A new "forward tee" division has been added to the Women's City & District Championship and the Men's & Women's Senior Championship.

The final two rounds of the Nott Autocorp Men's Amateur Championship will see a weekend finish concluding

on July 19 at the Glendale Golf & Country Club.

The Rural Provincial Championship has been suspended for the 2020 season.

All events will be played under new protocols and conditions of competitions developed in coordination with Golf Canada that take into consideration competition under the current state of public health. In addition to following golf protocols as mandated by the provincial government, modifications to the rules have been made to allow for competition. Additionally, all participants will be required to read and agree to the Golf Manitoba event waiver during the registration process.

Canada West scraps first-term sports

Staff

Canada West announced Monday that no conference competition (regular season, playoff, or championships) will occur in football, men's and women's soccer, women's rugby 15s, and women's field hockey during the first term of the 2020-21 season.

All of the decisions were ratified unanimously through a vote of Canada West's 17 member universities last Friday.

Additional decisions on whether first-term conference championships scheduled for men's and women's golf, men's and women's cross country, and men's and women's swimming will be made by July 15.

The decision to cancel first-term competition in team sports also impacts men's and women's hockey, men's and women's volleyball, along with men's and women's basketball.

Conference play in these sports will commence no sooner than January, 2021 with a decision being made by Oct. 8.

Whether second-term competitions (men's and women's wrestling, men's and women's track and field, and women's rugby 7s) are staged will also be made by the same Oct. 8 deadline.

"Bison Sports supports the decision announced by Canada West. Our priority as we collectively move through

this pandemic continues to be the health and safety of all involved in competition and the delivery of our programs," said Gene Muller, Director of Athletics and Recreation at the U of M. "However, with this decision comes deep disappointment to our Bisons student-athletes, coaches and support teams. I am always encouraged by the resilience and character of our student-athletes and together we will emerge from this stronger than before. We will continue to work closely with Canada West, U of M and government health authorities to plan a future return to play."

Canada West's announcement came

the same day as both Atlantic University Sport and Ontario University Athletics announced their own first-term cancellations, which were made independently by each conference's board of directors.

Nationally, U SPORTS also announced the cancellation of all first-term national championships, as decided by the U SPORTS board of directors.

The national governing body also made an announcement pertaining to athletic financial aid and eligibility, ensuring student-athletes will not be negatively impacted by the cancellation of their respective seasons.

Hockey Canada lifts ban on sanctioned activities

Staff

Hockey Canada lifted its ban on sanctioned activities last Thursday and is allowing its 13 member organizations to individually determine when it's safe to return to the ice.

Hockey Canada cancelled all activities on March 12 due to the COVID-19

pandemic.

"The best approach for a resumption plan was for each member to work with regional public health authorities to determine the appropriate steps to return in areas that fall under their jurisdiction," read a statement.

The sport's national body expects

a return to the ice will differ among its members. Certain regions of the country are further along with plans to reopen and roll back restrictions related to the coronavirus pandemic.

Hockey Canada's 13 members include Hockey Manitoba, BC Hockey, Hockey Alberta, Saskatchewan Hock-

ey Association, Hockey Northwestern Ontario, Ontario Hockey Federation, Hockey Eastern Ontario, Hockey Quebec, Hockey New Brunswick, Hockey PEI, Hockey Nova Scotia, Hockey Newfoundland and Labrador, and Hockey North.

Manitoba U18 AAA Hockey League announces changes to league executive

Staff

The Manitoba AAA U18 Hockey League executive has a new member.

Glen Parker of Brandon has been appointed to the position of vice president (sponsorships and awards) as of last Thursday.

Parker brings a wealth of experience

to the AAA U18 Hockey League. He was the president of Hockey Brandon for 17 years, a board member with Hockey Brandon for 24 years, a lead instructor with The First Shift for seven sessions, and a former Intermediate level certified coach for 15 years.

Beyond hockey, Parker was elected

to Brandon's city council in May of 2016 and October 2018.

Meanwhile, the league has also appointed a new commissioner - former vice president, Levi Taylor.

Taylor takes on the role of commissioner after five seasons as vice president.

League contact information has been updated, and is as follows:

Manitoba AAA U18 Hockey League
Levi Taylor 64 Dublin Drive Morden R6M 0C8 telephone: (204) 292-8335 and email u18commissioner@gmail.com.

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take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

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

Sudoku Answer

A	R	V	H	C			H	V	E	V	N	R	T
P	V	R	C	S		M	E	R	O	I	R	V	T
S	H	V	V	S		S	V	P	V	T	S	V	M
E	C	N	E	M	E	H	E	L	E	D	E	L	V
					T	P	E	N	I	S	E	N	S
V	M	S	I	P	E	S	R	I	V	S			
B	V	T	S			E	L	V	E	N	I	T	E
S	H	V	E	S		T	I	N	S	S	K	E	V
					D	E	Z	I	N	O	M	I	S
					S	I	N	V	T	E	L	B	M
S	H		T	V	P		S	E	R	O	S		
T	V	B	V	C		D	E	L	I	F	E	N	E
E	R	I	C		N	V	G	V	S		F	V	C
E	O	B	O		E	C	V	D		A	V	T	N
S	B	V	T		T	S				V	S	N	O

Crossword Answer

X CROSSWORD

CLUES ACROSS

1. American composer
 6. Very fast aircraft
 9. Workplaces
 13. A mount on a surface
 14. Small freshwater fish
 15. Double-reed instrument
 16. Canadian flyers
 17. Famed astronomer
 18. Smooth, shiny fabric
 19. Profited
 21. Conspiracy
 22. Infections
 23. Chum
 24. Secondary school (abbr.)
 25. Resistance unit
 28. Sound unit
 29. Ancient city of Egypt
 31. Crease
 33. Polished
 36. For goodness _!
 38. College basketball tournament
 39. Scorchers
 41. Describe precisely
 44. Thick piece of something
 45. Frocks
 46. Indicates near
 48. Senior enlisted US Army member
 49. A note added to a letter
 51. A nose or snout
 52. Clumsy
 54. Satisfied to the fullest
 56. Display of strong feeling
 60. Popular awards show
 61. Cuisine style
 62. Expresses pleasure
 63. Monetary unit of the Maldives
 64. Utah city
 65. Fight
 66. Messenger ribonucleic acid
 67. Body part
 68. Suspiciously reluctant
- ### CLUES DOWN
1. Fruit of the service tree
 2. At some prior time

1	2	3	4	5		6	7	8		9	10	11	12
13						14				15			
16						17				18			
19					20					21			
				22					23			24	
25	26	27		28				29			30		
31			32		33		34					35	
36				37		38				39			40
	41				42				43		44		
		45						46		47		48	
49	50		51				52				53		
54		55				56					57	58	59
60						61					62		
63						64				65			
66						67				68			

3. Mongolian city _ Bator
4. Strongboxes
5. Russian river
6. Gurus
7. Horse mackerel
8. Pearl Jam's debut album
9. Confines
10. First month of Jewish ecclesiastical year
11. Famed Idaho politician
12. Prevents from seeing
14. Indicate time
17. Male parents
20. Tab on a key ring
21. The Great Dog constellation: _ Major
23. Frying necessity
25. Former CIA
26. The leader
27. Produces
29. London soccer club

30. Closes
32. Region in the western Pacific Ocean
34. Not present
35. Small drink of whiskey
37. Begat
40. Helps little firms
42. Pointed end of a pen
43. Fencing swords
47. Inches per minute (abbr.)
49. Hymn
50. Philippine island
52. Flemish names of Ypres
53. A way to inform
55. Small lake
56. Linear unit
57. Central Japanese city
58. Partially burn
59. Sports award
61. Part of your foot
65. Atomic #21

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OBITUARY



Stanley Paul Fryza

It is with saddened hearts that the family of Stanley Paul Fryza announces his passing on June 2, 2020, at the age of 72.

Stanley was born on June 20, 1947, to Wojciech and Janina Fryza. He grew up on his family farm in Petersfield, Manitoba. When Stan was not farming, he liked to spend his time outdoors fishing, hunting, or simply enjoying a cold beverage in good company.

Stanley was a loving father

survived by his two sons Jason (Anna) and Dean (Adna); his two grandchildren Austin and Dylan; his sister Diane, and predeceased by his parents Janina and Wojciech, and sister Helen.

He will be missed dearly and cherished by many.

For Memorial Service information contact Dean Fryza.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM

Myrtle Johanson

(Mother, Nana, Great-Nana)

September 26, 1923 - June 11, 2014

You left us beautiful memories,

Your love is still our guide;

Although we cannot see you,

You are always by our side.

-Love from Laverne and family

ANNOUNCEMENT

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-With love from Mom, Dad,
Jeremy and Nan

ANNOUNCEMENT

IN MEMORIAM



Jim Longbottom

In loving memory of
my dear husband Jim,

who passed away June 16, 2000.

I remember the day I met you,

The day God made you mine;

I loved and cared for you,

Until the end of time.

Love you forever as I go through life alone.

-Lovingly missed by wife, Mabel



Winston George Hacking

Sadly and unexpectedly George passed away May 28th, 2020.

George was born in Selkirk, Manitoba. He was raised on the family farm in Petersfield, Manitoba where he loved to work on tractors and vehicles at a very young age and continued to his whole life.

He worked at St. Andrews Lock and Dam in Lockport for 28 years. He made many life long friendships and later retired.

George was a music enthusiast who had a strong love for listening and also playing music. He was very talented, he was very good at yodelling and also knew how to play the harmonica and spoons.

George was predeceased by his parents Robert and Isabel, his brothers Norman and Dennis, and his sister Judy.

He leaves behind his two sons Dave and Dean (Amber) whom he taught all his knowledge too. He also leaves behind his three beautiful grandchildren Jessie, Amber, and Carter who he will forever love and always watch over, as well as the girls mom Kim, his brothers Wayne (Lydia), Richard (Phyllis), Murray (Mary Ellen), Dave (Lori Ann), and his sister Thelma. He also leaves behind numerous nieces and nephews.

At George's request cremation has taken place and a private celebration of life will be announced at a later date.

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OBITUARY

Ralph "Scott" James Lefteruk
October 9, 1973 - May 17, 2020

Suddenly on May 17, 2020, Scott went home to his heavenly Father. He will always be missed by his daughter Elsa, son Ethan, mother, father, nana, brother Trent, sisters Sherry and Kristy, also many aunts, uncles and cousins. Rest in peace son, we love you and miss you. You will forever be in our hearts.

Your memory will live forever Engraved within our hearts

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OBITUARY

Devonne "Devo" Favell-Mowat

Tragically, on May 16, 2020, our creator called another one of his angels home. Devo fought a long and courageous battle with his broken heart disease and was rewarded the peace he had longed for.

Devo will be missed by his parents Laurie Favell and Donald Johnas; sister Stevie-Rae Mowat and her daughter Nelly Isabella; his nanny Agnes Favell and grandma Ila Mowat. He also leaves to mourn Yvonne Jonas (lil G-Ma); special cousins Ryan, Jonathan and James Campbell; Uncle Ray and Aunt Patricia Campbell. Devo was predeceased by his dad Jon Mowat and most recently his favourite uncle Marty Favell who passed just 5 days prior to Devo's surrender to heaven's call.

Devo was born on November 25, 1991 in Winnipeg, MB and lived in Selkirk, MB., Toronto, Ont. and finally Winnipeg, MB.

Devo graduated from the Academy of Broadcasting in Acting from the Lord Selkirk High School, where he won many golf championships, as well as hockey when he was younger. He also worked at Mandak and graduated with an Autobody Minor to his surprise.

Devo can best be remembered for his uncanny sense of humour, his love for dancing and for his kindness. He was nicknamed "Hollywood" by his co-workers for his larger than life personality and he also did well in any environment he lived in.

Viewing and interment was held on Thursday, June 4, 2020 in the Notre Dame Roman Catholic Cemetery.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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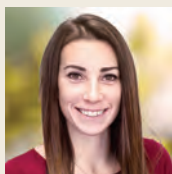
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