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THURSDAY, MAY 23, 2024

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If I only had a brain



RECORD PHOTO BY KATELYN BOULANGER

Students from the Selkirk Dance Association spun, swooped and stepped across the stage at their annual recital last Friday. Pictured: Musical Theatre students Hailey d'Auteuill, Evangeline Galashan, and Kai Mikolash performing 'If I Only Had a Brain'. See more photos inside.

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Selkirk Biz swearing in ceremony



RECORD PHOTOS SUBMITTED

Most of the newly appointed board of the Selkirk Biz was sworn in at the Gaynor Family Library by East St. Paul Mayor Carla Devlin earlier this year. Above: Selkirk Biz President Jim Pelletier of RBC, First Vice President Wendy Meger of Home Hardware Selkirk and Second Vice President Kerri Portree of Westside Powersports and new Treasurer Tracy Mainland-Kramble of REMAX Associates, Past President Brett Mitchell of the Selkirk Record and Executive Director Alice Skalesky. Below: Earlier this month, the final member of the board Secretary Lynn Maidment of Grand River Tea was sworn in by Selkirk Mayor Larry Johannson.



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Leaders unite to talk at Selkirk Biz's State of the Region

Regional update
from mayors of
Selkirk, St. Andrews,
St. Clements and
West St. Paul

By Katelyn Boulanger

On May 8, our local municipal leaders teamed up for a State of the Region presentation hosted by Selkirk Biz. This event was back for the first time since the pandemic and our local mayors did not disappoint talking challenges and triumphs in this year's address. They were then followed by Chuck Davidson, president and CEO of the Manitoba Chamber of Commerce who talked about business concerns and optimism in our province.

The event began with Selkirk Biz President Jim Pelletier welcoming attendees and presenters to the event.

He explained, "The purpose of this event is for all of our partnering communities to come together and to share with the public and the media what's happening in their respective communities that will help your citizens, business, and overall growth."

He then gave attendees a little update on the Selkirk Biz itself. The Selkirk Biz's Biz Bucks program continues to see growth and keeps residents buying locally. In addition, the Biz recently jointly hosted a successful multi-chamber event bringing together members from area chambers for a networking event in East St. Paul. As for the future, Pelletier announced that the Selkirk Parade is going to take place this July and residents should look out for other future events as well including a speaker and information series as well as the Selkirk Biz Awards which will take place this fall.

The names of our local municipalities were then drawn and the City of Selkirk represented by Mayor Larry Johansson was the first to the podium.

"In Selkirk, we're always focused on our strategic plan and that has led to



RECORD PHOTO BY KATELYN BOULANGER

Business leaders, municipal leaders and interested residents came together for the Selkirk Biz's State of the Region event.

many great things since we last got together. Growth, development and environmental leadership are making big headlines in Selkirk and 2023 was a very big year. Selkirk is growing and our population has increased in each of the last three Canada censuses," said Johansson.

To house those new residents, Johansson said that construction on over 350 new residential units had either been started or completed in 2023.

Johansson next spoke about infrastructure. He explained that the City of Selkirk uses a special program which inventories many aspects of our community to determine what areas need to be addressed most urgently. He spoke about the many infrastructure projects that the city has taken on since 2019 and their plans for continued improvements which include additions of active transportation pathways, more trees, and upgrades to existing wastewater infrastructure as well as continued road improvement projects.

"Our big project right now is our new development plan, which will act as the blueprint for long-term land use in the City of Selkirk, designating lands for future development, types of uses, and it'll set targets for environmental protection and density. We'll follow that up with the zoning bylaw and those two items are going to make for exciting times in Selkirk," said Johansson.

Some things that residents will have to look forward to in the future are the renewal of the Gary Theater, the upcoming summer concert series and the Selkirk Port Market. The city is also looking into a feasibility study to replace the Selkirk Arena also known as the Barn and developing a community safety strategy.

St. Clements mayor Mayor Debbie Fiebelkorn then took to the stage to reflect on the whirlwind of progress and challenges of the past few years.

She jumped right in talking infrastructure for the area's growing community.

"In 2021, we envisioned expanded

infrastructure services, not just for our convenience, but as our commitment to each resident's quality of life. Our goal was to attract new families and businesses while cherishing the unique character that defines us. This allowed us to expand regional infrastructure services, not just with sewer but also clean, accessible water. This commitment has led us to invest a substantial \$15.5 million in water and wastewater infrastructure, ensuring the expansion of essential services, including clean and accessible water for all. The expansion of the regional water treatment plant in 2020 and the extension of water lines to Lockport, with completion this year, represents a major achievement in the RM of St. Clements. This strategic investment has provided residents across an expanded area, access to clean and dependable drinking water that is fundamental to health and a catalyst for growth," said Fiebelkorn.

A regional meeting is the perfect

Continued on page 6



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Making an impact, local man celebrates 175 blood donations

Clare Moster encourages residents to roll up their sleeves

By Katelyn Boulanger

Giving blood has become a way of life for Clare Moster. The St. Clements resident hit a milestone earlier this month having given blood 175 times so far. As someone who has become an advocate for blood donation in our community, he wanted to share how he achieved this goal and how he plans to continue to donate.

"I was in Air Cadets [when I made my first donation] in Russell, Manitoba. I was probably 16 or 17. That's how I started then I got more into it in university," said Moster.

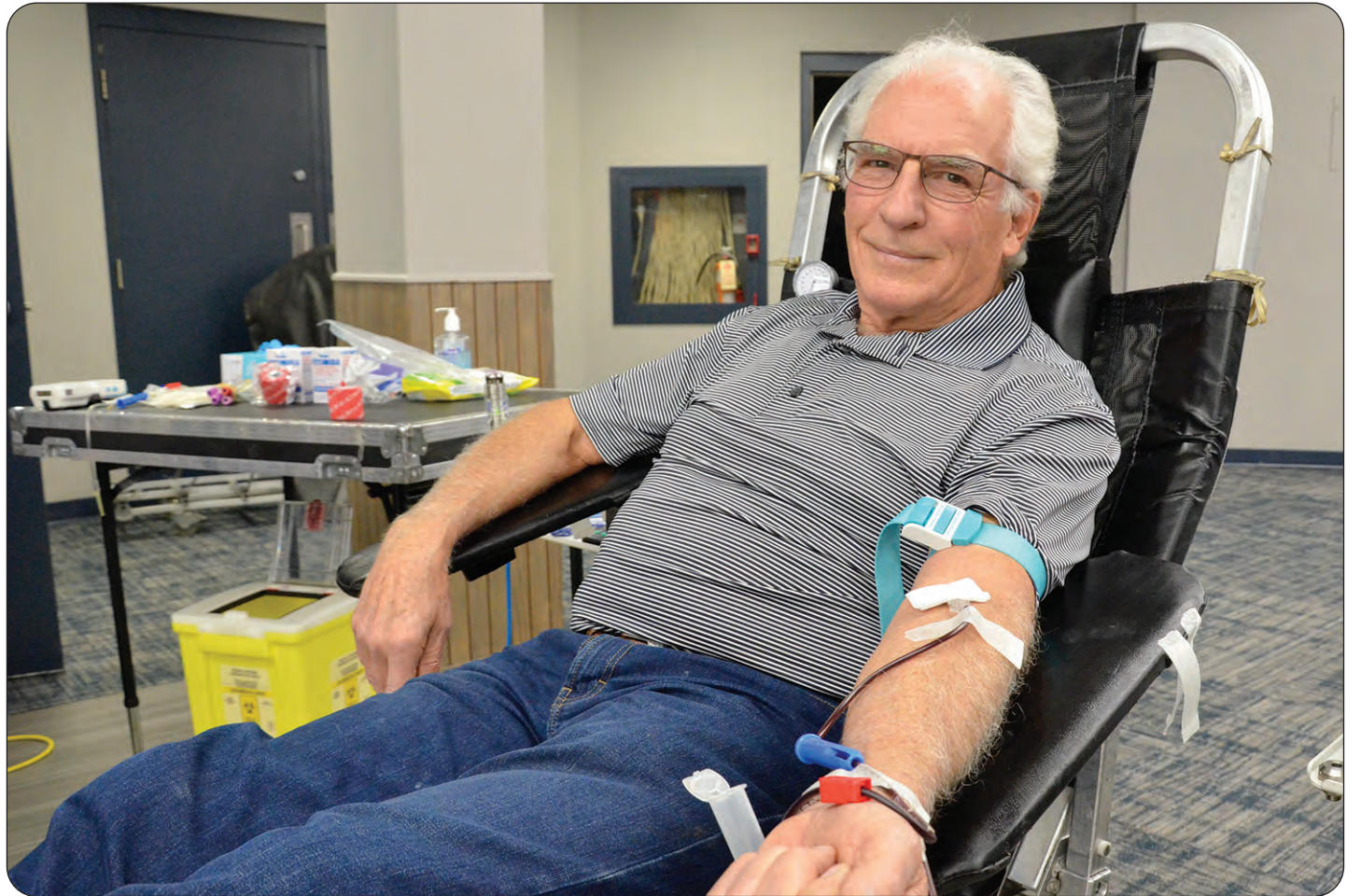
He was in the faculty of engineering at the time and a friendly competition between the engineering students and the students in the faculty of agriculture to see who could get more donors out started a life-long habit of donating.

Moster also realized when he made those first donations that he had a less common blood type — A-negative. Only about 6 per cent of the Canadian population has this blood type which has an absence of the Rh factor on a person's red blood cell but the presence of the A antigen on the surface of red blood cells. This means that his blood can help out people with A-positive, A-negative, AB-positive, and AB-negative blood.

"I used to get calls actually at that time asking if I could come in and give blood," said Moster.

Since he's reached retirement age, Moster says that he's made donating blood a regular practice.

He says that it feels as good to give



Clare Moster giving his 175th blood donation.

RECORD PHOTO BY KATELYN BOULANGER

blood now as it did when he first started.

"It seems that the number [of donations] has gone a lot quicker than expected. Someday you think maybe I'll make 50 and then maybe I'll make 100, and the next thing, I'd reached the 150 mark. [I then thought], 'One hundred and seventy-five, I'll probably get that done before I have to retire,' and now I'm saying 'Well, 200 is now within range,'" said Moster.

It's also a way to give back to our community that doesn't require a long-term commitment or to make a financial contribution but is still very important.

"I think it's such a worthy cause and so really, other than a time commitment, it's nothing, so why not?" said Moster.

Moster donates at the Selkirk Recreation Complex which hosts monthly blood donation events. Residents can easily sign up and learn more on the Canadian Blood Services website which includes info on eligibility criteria, how often residents can donate, info on the donation process, any changes to donation criteria and more.

"It's very efficient, the way they've got it set up now," said Moster.

He encourages young people especially to get into the habit of donating.

His best advice for people who would like to start donating is to find someone in your life who has some experience donating.

"If you talk to somebody that you know has given or even come in with somebody who is there giving it might make it less intimidating," he said.

He also wants to reassure people that it isn't a painful process. Out of 175 donations, he says that the needle going in has only hurt a handful of times so he encourages people to give blood donation a try.

To learn more about donating locally visit blood.ca to sign up.



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> STATE OF THE REGION, FROM PG. 4

time to talk about regional topics and Fiebelkorn explained that the RMs of St. Clements and St. Andrews are teaming up to expand water services across the Red River to all of Lockport.

She also spoke about how the RM is planning to make space for the influx of people to the area with more housing to address the national housing crisis while preserving high value agricultural lands. The South Clements Activity Centre project continues which will provide recreation opportunities for residents and the new daycare in East Selkirk aims to put a dent in the childcare shortage.

Challenges are inevitable and Fiebelkorn discussed the global pandemic and climate change and the need for proactive measures.

"We will build upon our successes, ensuring that the RM of St. Clements remains the place to be for growth, sustainability and community resilience. Our focus is on increasing services while developing a budgeting strategy to provide a level of predictability and stability in the operations of the RM to address financial resiliency," said Fiebelkorn.

West St. Paul Mayor Peter Truijen then discussed goings on in his municipality.

Though our region is on the up population wise, West St. Paul has definitely been seeing a boom with a 24 per cent increase when compared to the 2016 census count.

This has been a good thing for the

RM of West St. Paul as they were able to use this to reduce the municipal portion of resident's tax bills but that also means that the RM has to keep up with the needs of more people.

"We're looking at trying now to bring in some more commercial development to offset some of the growth of the residential which is something that we have heard from our residents over the last couple of years," said Truijen.

He mentioned that infrastructure projects including a sewer project and road projects are in the RM's future.

He concluded by thanking the municipality's staff who have been working hard to keep up with demands.

"I'd like to thank our counsellors and our staff for the work that they have done because it has been quite busy for them over the last year to try and get all of this together," said Truijen.

Mayor Joy Sul of the RM of St. Andrews rounded out the mayor's portion of the presentation by talking about the future projects in her region.

She started by talking about the Lockport active transportation pathway project which has received continued grant funding again this year.

"This project will allow residents and visitors to safely access both St. Andrews and St. Clements parks, the businesses, and existing AT trails, all without the need for a vehicle. It will be fully accessible and will allow everyone to walk, bike or use the mobility device to go to both sides of the river and see and participate in everything this area has to offer," said Sul.

Sul then discussed recreation which has expanded with new programming including pickleball, tae kwon do, game nights, the return of line

dancing and escape room options in the RM. There are plans to refurbish the old baseball field at the airport and they've been working with a private company to bring an indoor/outdoor soccer facility to the area.

As for infrastructure the RM is investing in the Petersfield Lagoon Expansion Project and Sul mirrored Fiebelkorn mentioning that they have plans to team up with the RM of St. Clements to expand municipal water resources.

Residents will be able to look forward to a celebratory event at the St. Andrews Airport which will be celebrating 60 years with some fun in July. There is also continued support from the current provincial government which continues the support the RM received from the last government in the restoration efforts at Captain Kennedy House.

Sul also invited residents to the RM's annual open house at the St. Andrew Recreation Centre from 5 to 8 p.m. on June 13.

She closed her presentation with thanks to the RM's staff and council as well as the Selkirk Biz for hosting the event.

The final presentation of the day came from Chuck Davidson, president and CEO of the Manitoba Chamber of Commerce.

"We are the umbrella organization for the chamber network in Manitoba. So it's great to be here today to hear from four different communities and all the great things that are happening," said Davidson.

He explained that the role of the Manitoba Chamber is to champion business in the province and that they want governments at all levels to create an environment that will help businesses grow.

"A lot of what I hear today is exactly what government should be doing," he said.

Davidson then explained that he wanted to share the results of the Manitoba Chamber of Commerce's recent outlook survey which consulted

provincial businesses to share the concerns that they are having.

"What we found out is that 4 out of 5, or almost 78 per cent of business leaders in Manitoba had indicated that they had been significantly or moderately impacted by inflation over the past year. In addition, looking forward 71 per cent of businesses felt inflation was going to be the biggest challenge facing businesses," he said.

He also explained that half of businesses had to reduce profit margins, raise costs, or reduce internal costs to combat inflation.

On the flipside, he said that business leaders are optimistic about the future of business in our province.

Davidson also explained that from low electricity and rent costs to being at the geographical centre of Canada, to having a strong and diverse workforce, there are many advantages to doing business in our province and we have to do a better job of letting people know about it.

"In closing, what I want to talk about is what this is really all about. Everyone has a role to play in this and we need to do a better job of championing our local businesses, we need to do a better job of championing our local communities, we need to do a better job of championing our chambers of commerce, and we need to do a better job of championing Manitoba," said Davidson.

"WE NEED TO DO A BETTER JOB OF CHAMPIONING OUR LOCAL BUSINESSES, WE NEED TO DO A BETTER JOB OF CHAMPIONING OUR LOCAL COMMUNITIES, WE NEED TO DO A BETTER JOB OF CHAMPIONING OUR CHAMBERS OF COMMERCE, AND WE NEED TO DO A BETTER JOB OF CHAMPIONING MANITOBA,"



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St. Clements financial plan shows stable mill rate over past 3 years

Plan shows future projects for RM as well as continued services for residents

By Katelyn Boulanger

The RM of St. Clements held its annual public hearing regarding the 2024 financial plan on May 7. During this hearing, residents were walked through the annual budget and an explanation of expenses and how they relate to future projects and municipal services took place.

The meeting was opened by St. Clements CAO Deepak Joshi.

"For the 2024 financial plan, it's been developed in order to help us in taking our municipality in a direction that will enable us to manage our expected growth, infrastructure, and requests for services, while keeping the tax rate sustainable and protecting the environment. The financial plan also takes into consideration the unexpected challenges the municipality may face due to uncertain times that

we presently encounter. The financial plan also supports a draft strategic plan that was initiated by council in February 2023 and the goals that were established during that plan," said Joshi.

He also explained that the RM is in a stage of growth and that St. Clements is accounting for that growth in its planning.

The Henderson wastewater project and East Selkirk water softening project has continued to expand. This year the RM has progressed to phase three of the project which involves bringing services to Lockport.

As for future projects in the RM, the financial plan shows two major road projects as part of the road plan this year. Park Place and Bridgeview Drive will be having work done. There are also plans to do reconstruction

on previous hard surfaced roads along with traffic safety improvements in East Selkirk.

Joshi then explained that the municipal portion of taxes this year will remain the same as in previous years.

"Council made a commitment in 2023 to keep taxes at the same mill rate as 2022. The mill rate has been consistent and a zero per cent rate increase has been put forward this year, which means any taxes you paid in 2023 will be exactly the same taxes you're paying in 2024 on the municipal portion," said Joshi.

He acknowledged that inflation has affected the RM but that they stuck to their commitment to a two-year mill rate freeze in 2024 but that will be evaluated in 2025.

Some financial highlights that residents can take from the financial plan include the development of the South St. Clements Activity Center and construction of a boat launch in the RM, continued support of the

business community with Business Improvement Zones, commitment to community and volunteer groups through grants, in addition to the before mentioned water projects, Joshi spoke of an agreement to share water services with the RM of St. Andrews in Lockport which benefits both RMs by taking a regional approach, the expansion of the landfill with new cell construction in 2025, purchases for the area's Fire Departments including two Fire Command Centre Units, UTV, rescue boat and tanker as well as public works equipment for their department and continued work on drainage projects.

The meeting concluded with a question and answer period.

Residents can learn more about the financial plan and see the 2024 financial plan presentation slides as well as an overview and the 2024 hard surface capital road plan at <https://rmofstclements.com/financial-plan-borrowing/>.

Manitoba issues tips to protect yourself from poor air quality

The MB government issues advice as wildfire season starts

Submitted by the government of Manitoba

Due to the wildfire season, Manitoba Health, Seniors and Long-Term Care encourages Manitobans to regularly check local weather and air-quality conditions and learn more about protecting themselves if wildfire smoke results in worsened air quality.

Exposure to smoke can cause sore eyes, tears, coughs and a runny nose. It can also worsen heart and lung conditions such as asthma. Heavier smoke or long-term exposure can cause longer-lasting or more serious health concerns.

Manitobans can take steps to protect themselves from poor air quality:

- limit outdoor activity, particularly strenuous activity, and plan to be outside when it is less smoky;
- stay indoors with windows and doors closed, using fans to circulate the air and keep the room cool;

• set air-conditioning units to recirculate to avoid drawing smoke indoors including in cars;

- drink plenty of water to remain hydrated;
- turn on room air cleaners with HEPA filters if available; and
- keep indoor air cleaner by avoiding smoking or burning other materials.

Children, the elderly, people with chronic heart or lung conditions, and people who spend a lot of time outdoors are at the highest risk and should take precautions when smoke conditions are light to moderate. People who are considered healthy should take precautions when smoke conditions are heavy. Individuals with heart or lung conditions should follow the advice of their health-care

provider, ensure an adequate supply of medication and monitor their condition carefully. To view current air quality levels, visit https://weather.gc.ca/airquality/healthmessage_e.html.

For those with family members, friends or neighbours vulnerable to the effects of poor air quality, this is a good time to begin discussing and planning how to support their health and safety in the event of wildfire smoke.

Wildfires and poor air quality can happen at the same time as heat waves in the summer months. For most people, heat exposure is more dangerous than smoke, so it may be safer to keep windows open to stay cool in those situations. For some people, being outdoors and staying active is important for their mental health and well-being. This may outweigh the risks of poor air quality or they may choose to find other ways to stay active while reducing smoke exposure whenever possible.

Manitobans with health questions or concerns can contact their health-care provider or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 (toll-free). More information on the health effects of smoke is available at www.gov.mb.ca/health/publichealth/environmentalhealth/smoke.html.

For information on local weather conditions and special air quality statements, visit https://weather.gc.ca/airquality/pages/index_e.html.

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Call Katelyn Boulanger

Agriculture is part of the solution

By Cam Dahl, General Manager, Manitoba Pork

It is not your great-granddaddy's farm anymore. While some may have nostalgia for the old farm with a little red barn that housed a few chickens, a couple of pigs, and a dairy cow, it is better for both the environment and the economy that agriculture has modernized. Today's farmers have taken, and are taking, key steps to protect our natural resources while maintaining economic sustainability. Farmers are critical in creating solutions to today's environmental challenges while fostering economic growth and job development.

Being part of the environmental solution includes resolving the algae problem in Lake Winnipeg. People across the country are concerned about the health of the lake. Nutrients are fertilizing algae blooms that consume the oxygen in the water, which in turn harm fish populations and other natural life in the lake. Algae-cover beaches, limit everyone's enjoyment of the lake, and harm businesses that rely on Manitoba's short tourist season. There have been countless studies and action plans, but solving this complex problem remains elusive.

Some have pointed a finger at Manitoba's farmers as contributing to the problems at Lake Winnipeg. This ignores the significant strides that agriculture has taken to ensure that the right nutrients are put in the right place and at the right time to maximize crop growth and limit nutrient runoff. Gone are the days of the little red barn where manure was spread on the surface without knowing its nutrient content or where fertilizer was applied without knowing what the plants needed.

Modernization of agriculture has revolutionized nutrient management. Take today's hog operations in Manitoba as an example. Before applying manure, farmers are required to file

manure management plans with the provincial government. These nutrient management plans are tailored to the specific crop being grown and include soil sampling to help prevent the over-application of nutrients. Over 90 percent of hog manure in Manitoba is injected below the soil surface or incorporated into the soil immediately after application to prevent runoff and to position this valuable nutrient next to the seed where it is needed. Before application, the manure itself is sampled to give an accurate understanding of its nutrient content.

Advances in technology are making the application of manure more precise. Modern equipment can test the flow as the manure is applied, using near-infrared technology, and vary application rates in real-time. Farmers use global positioning technology, ultrasonic speed sensors, and radar to ensure that manure is applied in the right place and at the right rate. The technology that allows farmers to maximize the benefits of this natural fertilizer also helps to minimize nutrient leaching into waterways, including Lake Winnipeg. Similar advances in precision farming are allowing those who use synthetic fertilizers to apply plant nutrition in a way that maximizes its value.

Modern agriculture uses plant nutrition more precisely and efficiently while reducing the potential for negative environmental impacts and producing more food for consumers in Canada and worldwide. This is what being part of the solution means to Manitoba's farmers.

Being part of the solution can also mean taking action beyond the farm. Farmers are prepared to do this and ready to participate in a broad effort to develop solutions to the challenges facing Lake Winnipeg. As a first step we need to bring together expertise from all parts of the Lake Winnipeg basin – call this the Lake Winnipeg

**Cam Dahl, General Manager
Manitoba Pork**

Task Group. The Task Group, which can be called together by the Province of Manitoba, should include representatives from livestock agriculture, representatives from grain and oilseed farmers, representatives from First Nations, and representatives from Manitoba municipalities, including the City of Winnipeg. The Task Group should also include third-party scientific expertise to steer the discussions.

The Task Group should be mandated to outline science-based measures designed to reduce nutrient flow into the lake. Some of the potential action items have already been discussed, such as rehabilitating marshes that filter incoming water, ensuring untreated sewage does not flow into the Red River, and increasing the understanding of the "right source, right place, right rate, and right time" principles for nutrient application in agriculture. The Task Group should be charged with presenting ways of breaking down barriers to the adoption of these known solutions as well as new ideas to keep Lake Winnipeg healthy. And finally, the Task Group should be forward-looking and action-oriented rather than a body that rehashes the finger-pointing that occurred in the past.

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to news@selkirkrecord.ca or dropped off at our office. Letters must include the name and mailing address of the writer.**TROUBLE WITH PAPER DELIVERY?****Christy Brown, Distribution Mgr.:** 204-467-5836

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Fundraiser at Domino's Pizza raises money for Children's Hospital

Selkirk Domino's Pizza co-owner Ryan Berry inspired to give back after his family's experience

By Kaitlin Vitt

A province-wide initiative launched by a co-owner of Selkirk Domino's Pizza is raising money for the Children's Hospital in Winnipeg. This May, when pizza lovers order charity meal deals at Domino's, money will be donated to the Children's Hospital Foundation of Manitoba.

"It's great to see the community rally behind it," said Ryan Berry, St. Andrews resident and co-owner of Domino's Pizza in Selkirk. "I'm just fortunate that we're able to do it."

Since the annual fundraiser launched four years ago, the initiative has raised a total of \$66,000, and this year Berry said Domino's is on track to bring the total over \$100,000.

Berry's son, Ollie, had cancer at two years old. The family spent lots of time at the Children's Hospital and noticed areas that could be improved to make everyone's stay more comfortable, such as playrooms on every floor for patients, coffeemakers for families and updated equipment like new IV poles.

Ollie also received some treatment at the Mayo Clinic in the United States. Seeing the equipment advancements there made even clearer some of the gaps at the hospital in Winnipeg.

Berry decided to help contribute to updates in Winnipeg. He told nurses, "When we get out of here, I'd like to change some things."

And he did. He came up with the idea for the fundraiser through Domino's, and through the fundraiser, supported by Domino's customers, updates have been made such as donations of 14 new IV poles and surgical equipment. Last year, the money went toward purchasing neonatal incubators.

This July, Ollie, who's turning nine in October, will have been cancer-free for six years.

Like his father, Ollie seems to have a philanthropic side. Berry said at Ollie's school, students had a project where they had to decide what to do if they had one million dollars.

"He would donate it to the Children's Hospital," Berry said about Ollie's answer.

Berry encourages people to support



RECORD PHOTO SUBMITTED BY RYAN BERRY

Selkirk Domino's Pizza co-owner Ryan Berry (second from right), pictured with his wife, Ashley, daughter, Oaklyn and son, Ollie.

the initiative at Domino's this month — because children and their families need their help.

"You never know what it's like until you live there," Berry said. "You never know how good your life is until you live there."

To contribute to the fundraiser, customers can order charity meal deals in-store or online.

The online codes are KIDS3 (the offer includes one medium five-topping pizza, cheesy bread and a two-litre Coca-Cola product for \$20.99, with \$5 donated to the Children's Hospital Foundation) and KIDS4 (the offer includes two medium three-topping pizzas and cheesy bread for \$27.99, with \$10 donated to the foundation).

The fundraiser ends Friday, May 31.

"YOU NEVER KNOW HOW GOOD YOUR LIFE IS UNTIL YOU LIVE THERE."

Funding available to deter livestock predation

Eligible applicants will be reimbursed up to 75% of approved expenses up to \$10,000 for predator resistant fence construction and \$5,000 for pre-approved livestock predation equipment and guardian dogs.

To be eligible, applicants must have a paid livestock predation claim under the Manitoba Wildlife Damage Compensation Program in 2021 or later.

Deadline for fence construction applications is June 14, 2024.

www.manitoba.ca/scap/resiliency/livestock.html



Selkirk RCMP execute warrant and seize guns, drugs and cash

Submitted by Manitoba RCMP

On May 9, as part of an ongoing drug investigation, Selkirk General Investigation Section (GIS) with assistance from the East District Crime Reduction Enforcement Support Team (CREST), executed a search warrant at a residence on Schultz Avenue in Selkirk.

Officers seized a semi-automatic SKS rifle with a prohibited high-capacity magazine, two shotguns with serial numbers removed, all with readily accessible ammunition, 19 grams of cocaine, 580 tablets of suspected Percocet and fentanyl, cash and drug paraphernalia.

Dustin Hardman, 32, has been charged with:

- Possession for the Purpose of Trafficking
- Possession of Property Obtained by Crime
- Unsafe Storage of Firearm x2
- Unauthorized Possession of a Firearm x2
- Unauthorized Possession of a Prohibited Firearm with Readily Accessible Ammunition
- Possession of a Prohibited Magazine
- Possession of a Firearm with a Tampered Serial Number

He was remanded into custody.



Photos of items seized.

RECORD PHOTO SUBMITTED

Notice of Environment Act Proposal

Manitoba Environment and Climate Change invites public comment on the following proposal:

RURAL MUNICIPALITY OF SPRINGFIELD - WATER TREATMENT PLANT UPGRADES - FILE: 6219.00

The municipality proposes to build and operate a new water treatment plant with a capacity of 120 litres per second, pipelines, and other infrastructure. The plant will be located between Dugald and Oakbank and will serve both communities. It will draw water from the existing wells located east of Dugald. The municipality plans to build three new raw water wells in the near future to achieve the plant capacity. The existing two water treatment plants will be eventually decommissioned. The proposed 15 km-long water pipelines will be within the right-of-way of the provincial highway and municipal roadways. The concentrate water will be stored in a pond and seasonally discharged between spring and fall to Cooks Creek Diversion.

Anyone likely to be affected by the proposal and who wishes to comment, should contact Jay Mak, Senior Environmental Engineer, in writing or by email at Jay.Mak@gov.mb.ca no later than Monday, June 24, 2024. Further information is available from the Public Registry: www.gov.mb.ca/sd/eal/registries

Information submitted in response to this proposal will be available to the proponent and placed on the public registry per Section 17 of The Environment Act.

**Environmental Approvals Branch
Manitoba Environment and Climate Change**

Box 35, 14 Fultz Boulevard
Winnipeg MB R3Y 0L6
Toll-Free: 1-800-282-8069

Fax: 204-945-5229

Website: www.gov.mb.ca/sd/eal/registries



ACU teaming up with Winnipeg Blue Bombers to help students tackle finances

By Lana Meier

Manitoba schools will have the opportunity to win a unique financial literacy workshop sponsored by Access Credit Union and the Winnipeg Blue Bombers. This partnership aims to support community initiatives for young people and promote financial literacy, featuring a special guest from the Winnipeg Blue Bombers.

The "Tackle your finances like a pro" workshop will be delivered by the Access financial literacy team, along with a Winnipeg Blue Bombers player, to teach students practical money management skills and tips. The 60-minute workshop will be a fun and interactive experience, with students being able to ask questions and interact with a Bombers player, all while learning about financial literacy. Exciting giveaways and prizes will also be up for grabs.

"Access is excited to be teaming up with the Winnipeg Blue Bombers to help teach students how to manage money, budget, and make good financial choices," said Larry Davey, President and CEO of Access Credit Union. "Our goal with financial literacy is always to help empower

people with financial knowledge and we believe that starts at a young age."

According to Wade Miller, President and CEO of the Winnipeg Football Club, the Financial Literacy Program by Access Credit Union is an excellent initiative aimed at empowering and educating youth in our local communities. The Winnipeg Blue Bombers are thrilled to collaborate with Access Credit Union and aid this program in the coming years, allowing students to reap the benefits of these workshops.

The Financial Literacy Program at Access Credit Union began in 2017 and provides the tools and resources to give employees, members, and the community the knowledge and skills they need to achieve financial success. The goal is to help increase financial knowledge and prepare for life's biggest events. Each workshop is led by a certified financial literacy trainer.

To have the chance to win a financial literacy workshop with a Winnipeg Blue Bombers player, schools can apply by visiting accesscu.ca/bombers. The deadline for applications is June 30, 2024.

Survivor's Hope to host healing gathering at Friendship Centre

Aki Nindoondawaa - I Heard It from The Land program brings residents together for tipi raising

By Katelyn Boulanger

Residents are invited to learn land teachings as well as attend a tipi raising, buffalo hide ceremony and feast which will be hosted by Survivor's Hope Crisis Centre as part of their Aki Nindoondawaa - I Heard It from The Land program.

LP Penner, a SARAH counsellor and coordinator for Survivor's Hope Crisis Centre explained that the program came together when knowledge keeper Jeannie White Bird joined Survivor's Hope's board and they wanted to work together to add more Indigenous representation to the work that they do which is providing inclusive support and sexual assault crisis intervention to survivors and those affected by sexualized violence as well as acting as an educational resource in our community.

With White Bird's knowledge, they worked together to create the Aki Nindoondawaa - I Heard It from The Land program which has different components that allow for healing for people of all genders.

"The [Aki Nindoondawaa - I Heard It from The Land] program is a land-based experience that brings people, who want healing and who want to engage with land-based experience and teachings that will help reconnect them to the land, and help them heal and help their journey from experiences of sexual violence or gender-based violence. This also expands into education [for all, so that] we can help our community, members of our families, and ourselves heal from those experiences. Being out on the land is healing in and of itself, the teachings those for men, and masculine energy teachings, of harvesting the poles are the structure that holds up the tipi skirt. The skirt is the feminine energy teachings. You can't have the skirt up without the structure [and vice versa]. So, it brings that balance of male and female energy," said White Bird.

A few aspects of the program have already taken place.

Tipi pole harvesting for men and masculine energy identifying folks took place in Fort Alexander led by Sweetpea Star. This event was followed up by a tipi teachings session with Jaime Grasby and Jeannie White Bird for women, 2spirit and those identifying with feminine energy at the Gaynor Family Regional Library.

"We started with going to Fort Alexander and harvesting tipi poles.

Sweetpea taught us all about how to do it in a good way; offering tobacco to the first tree we cut down. Some therapists from Winnipeg came out with their boys and the Lord Selkirk School Division brought out some boys. It was just this absolutely beautiful thing of boys, men and masculine energy folks, starting the process of healing and protecting and doing that work. And then, the next day, we were back at Selkirk and started peeling the poles which was really cool work peeling the bark off, that took all day. The poles are still drying. Jamie Grasby was able to offer us tipi teachings [which were done] at the library where she talked about what each pole represents. And then, we put them up and sat with those teachings together and it was really beautiful," said Penner.

The next event in the program is going to be a tipi raising which will take place at the Selkirk Friendship Centre on June 4 from 10 a.m. to 4 p.m. Students from our local schools will be invited as well as residents in our community and after the students have left there will be a sharing circle where survivors can share if they would like to.

White Bird feels that it's important to host programs like this in our community because there aren't as many opportunities for folks to engage with land-based healing as with other therapy models.

"The people who are there, who are trained, the ones who are Knowledge Keepers, the Elders who have had those experiences, and also have been guided and directed and worked through those experiences by way of land-based healing. It's role modeling in a way that we haven't seen on a regular basis. We see more Western therapy than we do land-based healing," said White Bird.

Penner encourages residents who would like to come to this event to support, share or heal to stop by.



RECORD PHOTO SUBMITTED

Photos from the previous tipi harvesting and tipi teaching events.



"It's one thing to talk about healing and talk about all the cool things that are happening, but it's another thing to feel it and experience it and be with others in that really sacred energy and seeing hope especially post-pandemic and after all the traumas we've all experienced. Finding hope is so important," they said.



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Music Bingo comes to the Selkirk Legion





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RECORD PHOTOS BY GREG MCKENZIE
Music Bingo came to the Selkirk Legion last Friday. Breden Smith called the Bingo and residents participated in a teddy bear toss, a game of heads or tails and more.

CMHA hosts successful wellness event in Selkirk



RECORD PHOTOS BY BRETT MITCHELL

The Canadian Mental Health Association held a Community Wellness Day for the public on May 10 at the Gordon Howard Centre. This event celebrated Mental Health Week which takes place annually from May 6-12. The CMHA brought together many community resources to support information sharing with a range of interactive booths for all members of the community. There were also wellness kits, a scavenger hunt and hourly presentations about our local resources. Learn more about the local CMHA office at <https://www.cmhaacrossmb.ca/interlake-eastern/>.

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Winkler educator brings historical play to the stage

By Lorne Stelmach

A Winkler educator is seeing a dream project become reality with her musical play on the life of Louis Riel set to hit the stage in a few weeks

Parkland School vice-principal Janna Larsen is also a playwright, and the production of her show *RIEL* will be performed for the first time June 7-9 at the Franco-Manitoban Cultural Centre in Winnipeg.

Larsen is no stranger to the theatre, as she has staged two pieces off-Broadway, including a version of *Little Matchbox Girl*, and done a Fringe show about kids auditioning for *Little Princess* where the audience voted and the winners got to finish the show.

Her production of *RIEL*, though, is special because of the connection to her father Norm, who encouraged her to tell Louis Riel's story.

"At first, I was, 'Dad, why is this my story? Why am I the person who should be telling this story?'" Larsen recalled. "He had researched all of this different stuff for me about the main players and Riel's life."

"So when I started, there was just so much there. It was hard to know how do you set up a story like this for success in a way it's offered to an audience in a way that this is him as a human being," said Larsen. "How do we take that and how do we learn from it and how do we move forward. Look at our history, and can we do better now?"

A composition major when she did her bachelor of music degree at University of Manitoba, Larsen started entering composition contests at age 12 and on, so this all seemed pre-destined.

"I won a couple of them right off, and it kind of was exciting to hear people perform my stuff, and it right away was a nice connection to my love for musical theatre and to music in general."

The genesis of the idea for *RIEL* goes back to 2015 when her father was diagnosed with cancer, so there was then over two years of what he called "senior-sitting."

Her father had previously been a lawyer for Legal Aid as well as a history teacher earlier on, Larsen noted.

"He was always NDP-minded and very much for the people and just wanted to make sure people all had rights and were allowed good legal counsel if they needed it,"

she said, adding that her father published a couple books, including one about notable trials in Manitoba that went into how the trial of Riel was unfair and how he faced many injustices.

"I knew very little about Riel when I started ... to be honest, I feel like a lot of people don't know," Larsen suggested.

"It's a complicated story. I didn't know that he had almost become a priest," she noted. "Had his father not passed away, he probably would have been a priest, and history would have been entirely different."

She worked on the project over about an eight-year period off and on, and although COVID offered her a lot of time, she didn't have the creative spark.

She has done extensive research, including going to the site of Batoche and taking in a re-enactment of the Riel trial and speaking to a number of historians.

"It's been a labour of love, sometimes very exciting and fun and sometimes just really hashing through how do we tell this story in a way that it's really about all of us as Manitobans, and it's about communicating, and it's about respecting each other," she said. "And it's about having conversations more so than it is about race and religion. It's about just being open to respecting others and finding ways to find commonality."

It's exciting for her to now see it staged for the first time, although this is, in the world of Broadway, what would be called the workshop production that still needs to be further developed and refined.

"I would like to orchestrate it much further, and there's a lot of pieces I would still grow from this production, but this was a really great opportunity to see where there are gaps in the story," said Larsen.

One example she noted was the character of Archbishop Tache, who tries to advocate for Riel but whose hands are tied, so she felt he needed a song.

"I'm also trying to give voice to women in this story too," she added.

"It's very exciting to finally see it and honestly hearing it sung," said Larsen, who recalled recently addressing a class about it at school here, and it became a revealing moment for her.

"As I was walking through it with them, I real-



SUPPLIED PHOTOS

Janna Larsen with her father Norm, who inspired her to write the show *RIEL* debuting in Winnipeg next month.

ized that without the music, it is quite depressing, and when you add the music, it's much more hopeful. There's hope in the lyrics," she said. "I feel like it's a hopeful piece, and I think that is why it needs to be a musical piece ... the music really does give it that hopeful aspect."

"I feel like when you look at his poetry and writings, which a lot of my lyrics are based on ... he was very hopeful for Manitoba, and he was already advocating for women's rights and all of Manitoban's rights," said Larsen. "I think he saw Manitoba in a light that we are still looking for today, but I think he would think we are on the right track, and I feel like that is hopeful."

Larsen now looks forward to seeing where all this production of *RIEL* might go, but for now she is enjoying every moment with the people who are involved including some with whom she has strong connections.

"I have a wonderful cast. Most of the people are ex-students of mine from over the years, and it's just a really great group of people."



Some of the cast of *RIEL* got together, fittingly, on Louis Riel Day weekend for their first read-through. The show features several local performers and musicians.

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New street trees taking root in Selkirk's streets and parks

Submitted by the City of Selkirk

The City of Selkirk is continuing work to ensure its urban canopy will be lush and healthy along Main Street and other areas throughout the city for years to come by planting about 260 trees on medians and boulevards this spring.

Like the planting that took place on Main last fall, the trees will be interspersed amongst existing trees but will be replacing those that have come or are coming to the end of their natural lives. Trees will also be planted on boulevards in other areas throughout the city where no trees currently exist.

The older trees on Main Street will be removed over the next decade, as needed. Having the new ones planted prior to removal will allow the newly established trees to fill the canopy space. Planting them now helps ensure they are more mature when the old ones are removed and they can replace the service of the old tree when it is removed.

Justin Torcia, the city's Urban Forestry & Naturalization Coordinator, says the plantings will take place from May through June, weather dependent.

"Following Selkirk's Street Tree Policy to increase tree species diversity, there will be approximately 18 different species planted on the medians and boulevards," Torcia said.

"This will ensure that no single area will be stripped of trees if an invasive pest or disease is introduced to our community, as we've seen with Dutch Elm Disease and [the] Emerald Ash Borer."

The benefits of trees in a community are many and they range from protecting infrastructure from heat and UV rays to helping absorb stormwater runoff. Other benefits include sequestering carbon and pollutants to improve air quality, providing habitat for birds and small mammals like squirrels, food for pollinators, calm driving speeds and making the city's streets look beautiful.

The city began its first tree inventory in 2019, a project that aligns with Selkirk's Community Strategic Plan, Asset Management Program and the award-winning Climate Change Adaptation Strategy.

Taking stock of everything the city owns began in 2015 and started with assets like streets, pipes, buildings and vehicles, eventually progressing to trees, which are natural assets.

Torcia led the team for the inventory and collected information on city-owned trees, including where the tree is located, its age, condition, diameter and height. The inventory is set to be

updated starting this spring and will take approximately three months to complete.

The details on each tree are invaluable to making the right decisions to keep the city's urban canopy healthy.

"The data collected during the tree inventory aids us in the management of our urban forest. Some of this data was used to identify priority tree planting locations," Torcia said.

The street tree policy lists criteria that helps to determine where trees should be planted. That criteria includes areas where the land drainage system is over capacity, meaning there's overland flooding during periods of high precipitation, streets with less than eight trees per 100 metres, and whether the street is on a main artery, collector or residential street. Other considerations are the overall condition of current trees on the street, tree diversity and streets with household incomes less than the average household income for Selkirk. Studies show lower income neighbourhoods typically have less of an urban canopy to help stay cool in the warmer months.

Torcia says the Street Tree Policy aims to "proactively manage and sustain the city's street trees, protect our infrastructure from heat and UV rays, relieve pressure from storm drainage systems, improve air quality, and help to reduce the net CO2 emissions of our community."

Prioritized planting locations aside from Main Street include:

- Manitoba Avenue from Easton Drive to Sophia Street (north side boulevards)
- Jemima Street from Phyllis Avenue to Toronto Avenue (boulevards, both sides)
- Mercy Street from Greenwood Avenue to Superior Avenue (boulevards, both sides)
- Main Street from Greenwood Avenue and Heap Avenue

If any of the planting locations prove unsuitable for planting, for reasons like underground or overhead utilities or spacing requirements detailed in the Street Tree Policy, trees will be planted on alternate streets, selected via the policy's guidelines.

This project is funded through the Investing in Canada Infrastructure Program administered by the provincial government.

Selkirk Park and Campground getting trees too

A provincial and federal tree planting program allowed the city to plant 35 new trees in Selkirk Park and the



RECORD PHOTOS SUBMITTED

City crews are planting about 260 trees in Selkirk.

Campground this spring.

The 2 Billion Trees Program is in response to the federal government's commitment to nature-based climate solutions and tree loss due to invasive pests and diseases, like Dutch Elm Disease and the Emerald Ash Borer. It began last year and supports municipalities that have been cooperatively managing DED through Community Forest Grant Agreements.

The planting started on May 15 and will wrap up in June and five different species will be planted.

The benefits these trees will provide in Selkirk Park and the Campground are: provide shade to campers which will help to reduce electricity con-

sumption from running air conditioners, provide shade for the playground during the hottest part of the day, protect roadways from heat and UV rays, filter the air we breathe by sequestering carbon and other pollutants, capture stormwater runoff, provide habitat for birds and small mammals, provide a food source for pollinators, and improve the aesthetics and natural feel of the park.

Both the tree inventory and a recent analysis of park and campground trees determined the area as a priority. Many poplar trees in the campground are approaching the end of their life and the city will be proactively replacing them.

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Rural Interest Group medical students visit Selkirk Regional Health Centre

By Lana Meier

Interlake-Eastern Regional Health Authority (IERHA) hosted a dinner for 23 University of Manitoba medical students at Lower Fort Garry National Historic Site on Friday, May 3.

Physicians from Interlake-Eastern RHA, including Dr. Ian Alexander (Regional Family Medicine Specialty Lead), Dr. Stewart Nadurak (family medicine resident), and Dr. Jade Young (family physician), engaged with students to discuss their practices and encourage interest in family medicine within the region.

The students were members of Rural Interest Group (RIG), a university-sponsored group for first and second year medical students with a passion for rural medicine and lifestyles. Throughout the year, RIG organizes trips to the IERHA where students can meet with rural physicians and gain hands-on experience in rural Manitoba. These trips are part of Interlake-Eastern's recruitment efforts to showcase the opportunities for practicing medicine in rural areas to future doctors.

Following dinner, students checked into the hotel in Selkirk and prepared for an early start on Saturday morning at Selkirk Regional Health Centre. They were divided into groups to experience four interactive clinical stations. Dr. Phoebe Thiessen, a family physician and the IERHA's Regional Medical Obstetrics Lead, led the ob-

stetrical and gynecology station; while Dr. Nadurak demonstrated the ultrasound station; Dr. Alexander taught about intubation/airway at his station; and Dr. Rita Costa, an IERHA family medicine resident, oversaw the suturing station. Once everyone had rotated through the stations, there was an insightful Q&A session with all of the physicians present. The day concluded with a tour of Selkirk Regional Health Centre, guided by Dr. Ian Alexander himself.

Students were grateful for the chance to engage with experienced physicians and for the valuable learning experiences. Some mentioned that they would have preferred more time to explore Selkirk. Pamela Robertson, IERHA's physician recruiter, noted that this positive feedback is encouraging for the physicians who work hard to make RIG a valuable experience for students.

Robertson expresses gratitude to Dr. Costa, Dr. Nadurak and their team, as well as Dr. Young who traveled from Eriksdale to join the students for dinner, and Dr. Phoebe Thiessen for her support throughout the day. He eagerly anticipates the next RIG trip.

Community members who want to get involved in rural physician recruitment and who have suggestions on destinations or events for students or residents, please contact Pamela Robertson, physician recruitment at probertson@ierha.ca



RECORD PHOTOS SUBMITTED

Twenty-three University of Manitoba medical students attended Selkirk Regional Health Centre for the 2024 Rural Interest Group trip.



Student practices suturing on a pig foot at Selkirk Regional Health Centre for the University of Manitoba medical students 2024 Rural Interest Group trip.



Student works on a dummy's airways at Selkirk Regional Health Centre for the University of Manitoba medical students 2024 Rural Interest Group trip.

The 3 best denture add-on options for denture wearers

BY ELISHA VANDOR

Dentures alone can do it all. Yes, you heard me right! A well-made, proper fitting denture does the job, but did you know that dentures can have added options? Just like purchasing a new car, you have the option to add-on features like heated seats, for example. Those add-ons enhance your comfort level in the car and provide a way to use your car like you couldn't have used it before. The same can be said about denture add-ons.

Some specific add-ons can be an upper chrome metal palate to strengthen a complete upper denture do it doesn't crack under added bite force pressure. Another option is metal on the denture teeth to give increased chewing capability to further help break down food. In my opinion, the best add-on option that we know to benefit everyone who wears dentures

is 2 lower dental implants. This is the base dental implant add-on option to anchor a complete lower denture into place. It's not a quick fix add-on solution like Polygrip, but it's a long-term lasting solution that you'll find you're benefiting from day-in and day-out. The reason why Polygrip doesn't work on a long-term basis is because the adhesive works best to the dentures ability, which is dependent on how tight the denture is fitting to your gums and the size of your gums. However, with dental implants, the denture works to the best of the dental implants' ability, which is all the time!

If you're someone who has been wearing dentures for 20 years or 2 weeks, the dental implant add-on can still be an option for you. Even if you haven't had your teeth pulled yet and would like to start with a denture and two dental implants, it can be done at the same time as extractions. As long as there is enough jaw-bone

remaining (which is determined by a CT scan) the dental implant add-on is something you will benefit from because it means added confidence from improved chewing capability, denture stability, and comfort. There's a lot less likelihood of food getting lodged underneath your denture because it's not moving around while you chew. In addition, if you struggle with loose dentures even though they fit as tight as can be, then the dental implant option is the only way to improve tightness.

If you're thinking that your mouth isn't made for dentures or finding the dentures are constantly loose no matter what you do, then the dental implant option is for you. Consultations are absolutely free, and we would be happy to schedule an appointment for you to talk to our Denturists Brock or Matthew. We look forward to hearing from you!



Jack learns that there's more his dentures can do for him while consulting with Denturist Brock at Vandor Denture Centre. **SENIOR PRICING**

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Community rewards sprouting from fruit tree plantings in Water Tower Park

Submitted by the City of Selkirk
It's tough to argue with the reasons behind planting trees and the 25 new ones the city has planted in Water Tower Park have an added benefit – they will bear fruit.

A grant from Tree Canada's Community Tree Grants program of \$4,300 enabled the city to plant the fruit trees during the first week of May. The majority of the trees are apples and a few are plums.

"The benefits of these specific trees are that they will bear local, organic edible fruit for the community which assists in combating food insecurity in Selkirk, be a food source for pollinators and help increase tree diversity," said Justin Torcia, Urban Forestry & Naturalization Co-ordinator for the City of Selkirk.

Water Tower Park, near the community gardens, was selected in part because there aren't many trees in that location, and because of its central location and ease for the community to get to the fruit, once accessible.

It will take a few years for the trees to become established and actually bear fruit. When that happens, the community will be encouraged to pick the apples and plums for consumption.

As part of the agreement with Tree Canada, the city is expected to steward the trees for a minimum of two years. Torcia says that won't be a problem, as the fruit trees will be added to the city's tree inventory and taken

care of for their entire lifespan. "These trees will increase our canopy coverage and tree diversity in Water Tower Park, and we'll add the trees to our inventory," Torcia said.

"Once a tree is in the inventory, all of its pertinent information, like its age, condition, diameter and height as well as its location will be included. Being part of the inventory allows us to monitor the tree and ensure it receives proper care so that it can benefit the people of Selkirk for as long as possible."

These fruit trees will act as a pilot project for the city and, if successful and well-received, the city may consider additional locations in the future.

Mihali Schindle, the city's Manager of Climate Action and Environmental Services, says the planting of fruit trees aligns with the city's Street Tree Policy and Climate Change Adaptation Policy to improve its urban canopy.

"Fruit trees provide the same benefits as other trees while providing harvestable fruit to the community," Schindle said.

The fruit trees are in addition to the 260 street trees the city is planting later this spring on medians and boulevards along parts of Main Street, and various residential streets throughout the city. These trees are funded through the Investing in Canada Infrastructure Program administered by the provincial government. Planting is expected to be complete by the end of June.



RECORD PHOTO SUBMITTED

Twenty-five fruit trees are making Water Tower Park in Selkirk their new home thanks to a Tree Canada Community Tree grant.

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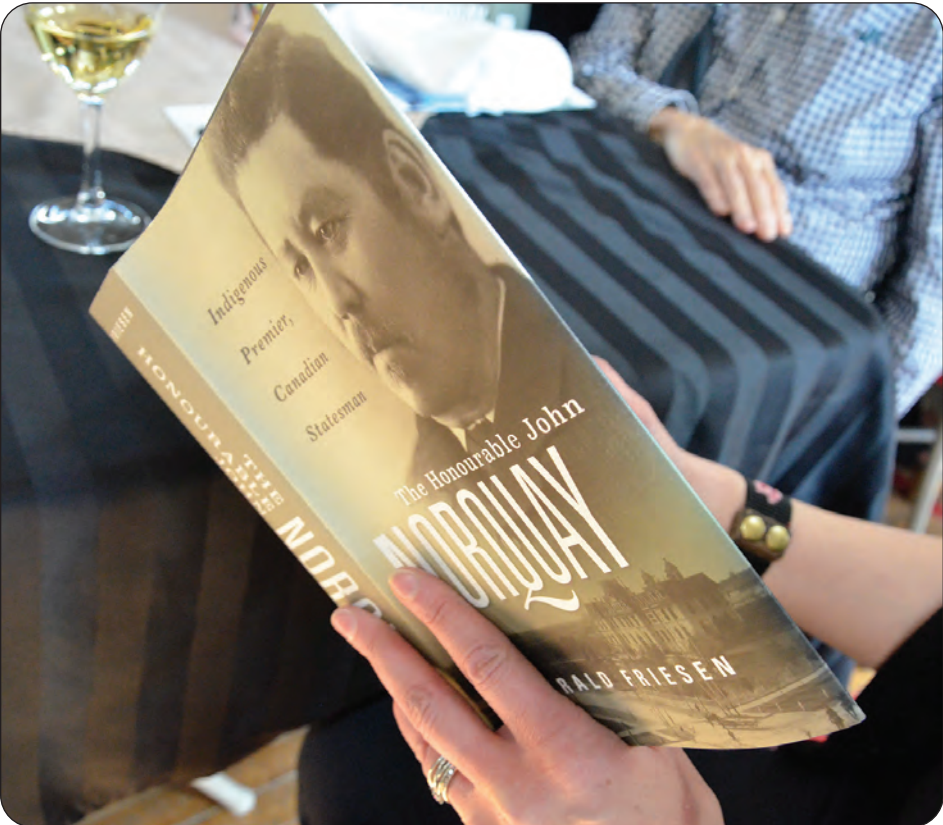
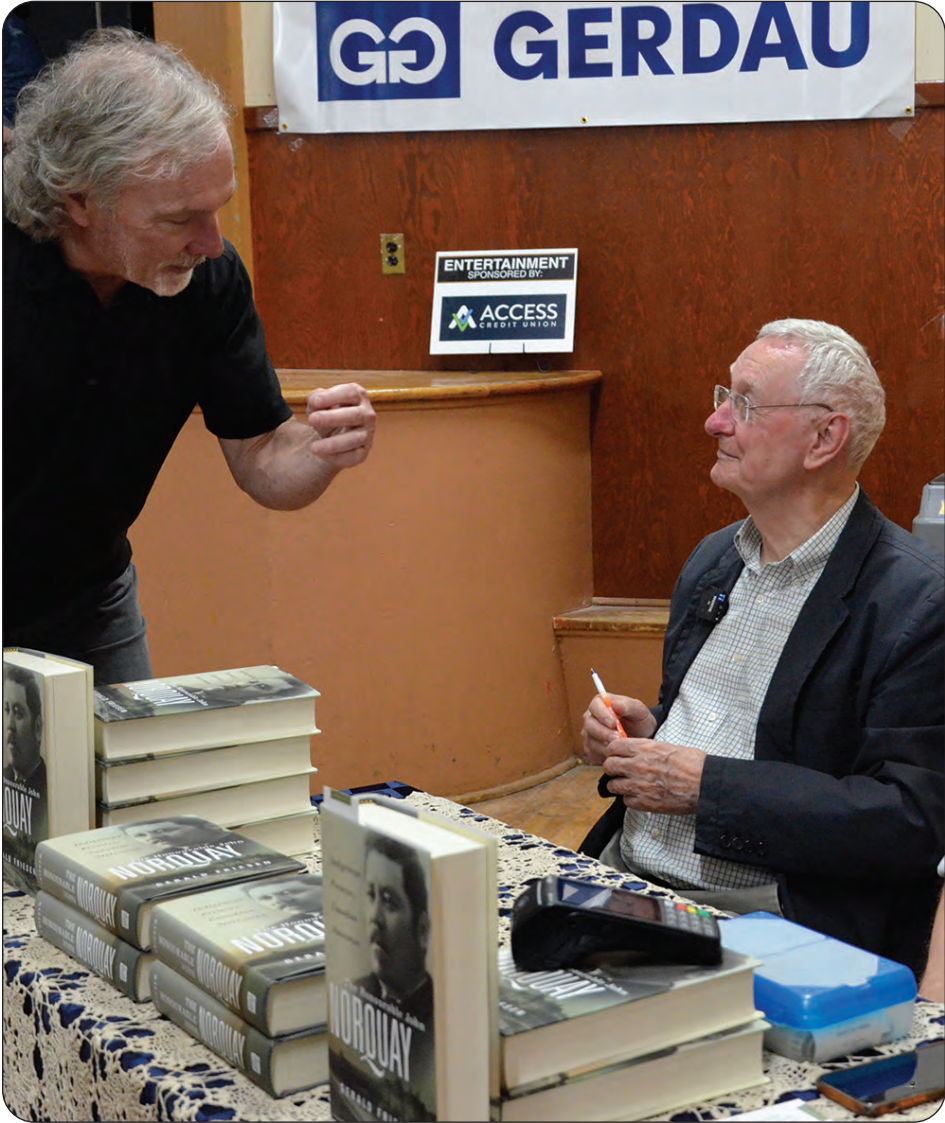
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Learning about John Norquay at SHEF event



RECORD PHOTOS BY KATELYN BOULANGER

The City of Selkirk held their annual Evening of History event in support of the Selkirk Heritage Endowment Fund earlier this month. The event which combined an evening of learning about history with preserving it for future generations saw author Gerry Friesen make a presentation about former Manitoba premier John Norquay. Norquay was born in the Red River Colony in what is now St. Andrews. He was a leader at a time of great growth in Manitoba and, though controversy ended his career, he contributed greatly to modernizing our province. You can learn more about Norquay in Friesen's book *The Honourable John Norquay: Indigenous Premier, Canadian Statesman* which came out earlier this year. The learning was followed up by a performance by Dusty Fiddle Blues.



get inspired

> MEAL IDEAS


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Taco Tuesday Board

Salsa
Queso
Hard and soft taco shells
Ground turkey, seasoned and browned
Lettuce
Diced tomatoes
Shredded cheese
Chopped onions
Chopped peppers
Sour cream
Cilantro
Lime wedges
On grazing board or platter, arrange guacamole, salsa, queso, taco shells, ground turkey, lettuce, tomatoes, shredded cheese, onions, peppers, sour cream, cilantro and lime wedges.

Recipe courtesy of Healthy Family Project's "Come Graze With Us" e-cookbook
Guacamole



Weekend Breakfast Grazing Board

Mini frozen waffles, toasted
Mini frozen pancakes, toasted
Mini muffins
Yogurt
Fresh fruit
Syrup
Jelly
On grazing board or platter, arrange eggs, sausage links, toasted waffles, toasted pancakes, muffins, yogurt, fruit, syrup and jelly.

Recipe courtesy of Healthy Family Project's "Come Graze With Us" e-cookbook
Hard-boiled eggs
Cooked sausage links

Southwest Ranch Taco Salad

Total time: 25 minutes
1/2 head romaine lettuce
1 pint cherry tomatoes
2 small avocados
1 tablespoon extra-virgin olive oil
1 pound ground beef (80/20 ground chuck)
2 teaspoons Newman's Own Mild Taco Seasoning
1/4 cup water
1 can (15 1/2 ounces) black beans
1 1/2 cups canned corn

1 cup shredded sharp cheddar cheese
2 tablespoons chopped fresh cilantro, plus additional for serving (optional), divided
1 cup Newman's Own Southwest Ranch Dressing
6 ounces tortilla chips
Coarsely chop lettuce, halve cherry tomatoes and pit, peel and slice avocados. Set aside.
In large frying pan over medium-high heat, heat olive oil. Brown ground beef, stirring occasionally, 4-5 minutes. Add taco seasoning and water; cook according to package directions, 5-8 minutes, or until meat is thoroughly cooked.

Expert patient here to help!



Susie Schwartz

By Susie Schwartz

Okay. So, the rebellious part of you (come on, we all have it) probably doesn't want to hear this — me either — but here we are.

Tip for today? Follow directions.

As patients, we often know our bodies better than the medical professionals do, but our doctor's knowledge trumps us on certain things.

Like infection, for example. I recently had back surgery and have been told I need to wait for the incision to completely seal over with no crusties before I can go in my hot tub. This is taking way too long for my liking. I mean, I just had back surgery. It is aching, and I can't have a therapeutic soak. (Also, if I do soak, those crusties will dissolve right off of there, so in my mind, it's kind of a chicken/egg scenario, right? No! Bad Susie.)

Seriously, I know from the diabetes side of things that if I don't wipe my skin with an alcohol swab before inserting my insulin pump cannula, the site can get infected. (Been

Drain and rinse black beans. Set aside. Divide lettuce among serving bowls or plates. Top with ground beef, tomatoes, avocados, black beans, corn, cheese and 2 tablespoons cilantro. Tuck in tortilla chips.

Drizzle with southwest ranch dressing and sprinkle with additional cilantro, if desired.

there.) It's really not worth the trouble or risk. (Although don't ask me how often I changed the lancet in my finger pricker when I used to have to test my blood sugar that way, multiple times a day. Never mind. Thankfully, I got away with it, but still... that's me being a bad example.)

My point is this: is the risk of infection near or in the spine worth instant gratification? (In case you're still not clear, no it isn't.)

This also applies to things like not stopping a medication immediately when it could be dangerous to do so. We should always ask a doctor or pharmacist how quickly we can come off medication before taking matters into our own hands. If we rush the process, strokes, seizures, and cancellations for that long-saved trip to the Bermuda Triangle might ensue.

Yes, we know the patterns of our bodies and what often triggers our symptoms, etc. But when it comes to risky business like minuscule beetles crawling into our flesh and having a party in there eating us for dinner (gross!), we should probably listen to the doctor.

I've heard delaying satisfaction is a virtue, and in cases such as Bermuda and beetles, I think they're probably right.

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on Instagram @medicalmiss_stress, and at www.lesshealthstress.com If you like her writing, find more on her Substack page: The Quest For Less Health Stress



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Selkirk Dance Association's Annual Recital



RECORD PHOTOS BY KATELYN BOULANGER

On May 17, the dancers from the Selkirk Dance Association popped, pirouette, and plied their way across the stage as they performed creative movement, musical theatre, lyrical, hip-hop, contemporary, ballet, and jazz numbers at their annual recital.



Photo book cherishes Gimli and the rural way of life

By Patricia Barrett

The love of small rural towns is at the heart and centre of a new book of photographic essays that document the everyday life of Gimli, its residents and people who flock to the beachside town.

And its authors, Andy Blicq and Tee-Jay Furgala, held a book launch party last Sunday at the Lakeview Resort.

The self-published, 216-page book titled *Gimli: A Year in Pictures* shows life in the town over the course of four seasons.

Blicq, who has created seminal documentaries as an independent filmmaker, and used to work for the CBC and on television programs such as *Country Canada*, said the book sprang from a love of Gimli and his and Furgala's determination to document it in photos with accompanying textual passages for context.

"It's a celebration of the community that shows an interesting snapshot of life in our town," said Blicq. "Doing a project on this scale meant we had to focus on the town of Gimli, but we did do some shooting in the immediate area outside of town."

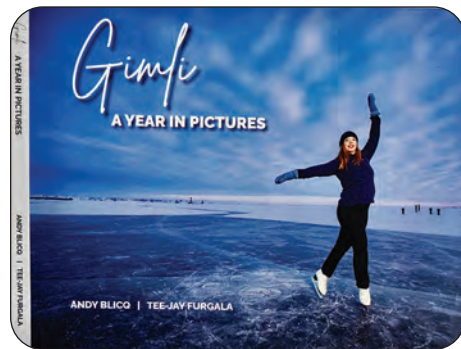
The year-in-the-life of Gimli pays homage to small-town rural life with its vibrant sense of self and cohesive community. It focuses primarily on people but also on events and theme-driven photos to "tell the story of the passing of the seasons and to also express the beauty of the lake and community."

There are about 85 different stories and subjects and about 200 people featured in the book. It includes photos of Gimli's iconic festivals such as the Icelandic Festival of Manitoba at which Blicq and Furgala spent a day with the festival's Fjallkona and the Gimli International Film Festival where they found a California filmmaker watching a movie on the huge screen set up on the beach. It also captures ordinary day-to-day events in the community such as boxing classes and baseball games.

Because Tee-Jay is "an excellent portrait photographer," Blicq said they included "character" stories that focused on people such as Reverend Stan Gacek of St. Michael's Church.

"It's a character-oriented book. Overall, you get a picture of not only the people who live here, but also how Gimli is a place that people gravitate to, particularly in the summer," he said. "There are a lot of visitors that come to Gimli in the summer and we captured some of those stories."

Blicq and Furgala shot photos for 18 months, starting in May 2022 and



ending in the fall of 2023 after which they edited the book for about six months.

Blicq said that although there's a generational divide between them, he and Furgala had an "amazingly harmonious relationship" and "bonded" over their shared love of photography, the creative experience and their town.

Furgala worked in the film industry for roughly 10 years, enjoying the creative environment and getting to meet celebrities. But after working incredibly long and inconsistent hours on movie sets, he said he decided to become a realtor. He now works with Royal LePage - JMB & Associates in Gimli.

He said the favourite part of the project for him was hanging out with Blicq and taking pictures of people. "Everyone has a story to tell" and some activities he wouldn't have thought twice about piqued his interest.

"The older generation does floor curling. I read the story Andy wrote and thought, 'This is really interesting.' I would have never thought that was fun. But I shot it. They come on the weekends and all gather around and have fun. It was small things like that I found intriguing," said Furgala. "What really surprised me is that you might think you know people in passing, but you don't really know them until you actually take their picture and hear their story, and then it becomes 'Oh, I never knew that about you.' There's more than meets the eye."

As for their approach to planning, Furgala said he and Blicq just started talking to people when they hit the streets. They'd spend roughly an hour with many of their subjects, but some photo shoots – a man with a pottery shop, for instance – would take several hours.

"We knew we had to go to certain events like the Icelandic Festival, but other times we just walked around to see who we could photograph," said Furgala. "We also had friends we called on. I asked a friend, who's an ice skater, if I could take photos of her



EXPRESS PHOTOS COURTESY OF ANDY BLICQ AND TEE-JAY FURGALA
Gimli: A Year in Pictures celebrates the rural way of life with over 200 photographs and stories. Tee-Jay Furgala, left, and Andy Blicq

[on Lake Winnipeg]. It was a beautiful night and the photo was really good. It made the front cover of the book."

With a background as a motion picture technician and photography, Furgala said worked on his own with some of the subjects who appear in the book. For the most part, he teamed up with Blicq when their schedules allowed. With Blicq's lifetime of journalistic experience, he said he picked up a few pointers on how to interview people.

"Andy has more of a background in journalism, and way he asked people questions and interviewed them was beneficial to me; I learned how to approach an interview in that way," said Furgala. "I photograph people but I don't ask them really deep questions. It was a piece of cake to him because he's been doing it for 40 years."

The hardest part of the project was deciding what photos and stories would make it into the book and what would have to be dropped.

"We gathered maybe 100 different stories, but we couldn't fit them all in

for various reasons. We had to cull the bad shots. There were tons of shots I wanted to put in the book; I probably shot 4,000 to 5,000 images," said Furgala. "I said [to Andy], 'Really? We can't just squeeze this one in?' I'm sure some people might feel a little disappointed that we shot them but didn't put them in the book."

That said, they have enough material for a part 2 and part 3 if the book takes off and there's a demand for more, he said.

The book will be available at HP Tergesen & Sons general store in Gimli.

Blicq said they may approach booksellers such as McNally to see whether there's interest in distributing it. In the meantime, CBC has asked him and Furgala to put together a short film on how they made the book. That will run on its digital platform.

"We did this book essentially for the pleasure of doing it, but also for the experience of doing it," said Blicq. "And we wanted something for our community. We both love this place."

To see more photos of your favourite Interlake Athletes

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sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk archer reaches top of the podium at Pan American Para Championships

By Jeremiah Knight

Chris Waterman isn't in the business of quitting.

An indomitable spirit has been the defining characteristic of the Selkirk product for the last six years, and he was finally rewarded for his persistence in April.

Waterman and playing partner, Kyle Tremblay of Ontario, struck gold in men's double team archery at the Pan American Para Championships in Brazil.

The event is the premier continental para archery event in the Americas.

It was the first medal of Waterman's para archery career after several tries on the international stage.

"At first, it was hard to believe that it happened — like, 'What did we just do?'" said Waterman. "We just kind

Continued on page 23



A head-on highway collision in 2018 shattered Chris Waterman's T-12 vertebrae, leaving him paralyzed from the waist down.



RECORD PHOTOS SUBMITTED

Chris Waterman, right, won his first gold medal in men's double team archery in April at the Pan American Para Championships in Brazil.

Royals' athletes preparing for track provincials



RECORD PHOTOS BY BRETT MITCHELL AND HALEY FISHER

Track and field athletes from all over Manitoba competed in the Lord Selkirk Regional Comprehensive Royal Rumble on the Rubber track on May 14. Athletes had an opportunity to showcase their abilities and gain a better understanding of their opponents leading up to the Manitoba High School Athletic Association Track and Field Provincials. The Provincials will take place on June 6-8 at the University of Manitoba.

> PAN AMERICAN PARA CHAMPIONSHIPS, FROM PG. 22

of clicked and everything fell into place. All of a sudden it's like, 'Hey, this just happened' and then all of a sudden they start ushering us over to hit the podium and it was a pretty good high.

"For me," he continued, "it's an emotional thing because it's my first event that I won a medal at, and it was the first event that I was at that I actually saw the (Canadian) flag go up and the anthem play. Sitting up there on the podium, it was hard to not break down."

The Canadian duo overcame their underdog status to knock off Brazil 146-144 and later Mexico 150-144. The doubles event required archers to alternate shooting from different distances. Each arrow is critical, as shooters only have two chances at each target.

Tremblay has been alongside Waterman at two events. The Manitoban's progress has been noticeable.

"Archery is a very mentally intense sport and Chris had problems with those really intense matches before and he shot real well in those matches that let us break records and win the gold," Tremblay said.

Waterman is grateful he has any chance at all.

After dropping archery at 16 years old, Waterman's desire to shoot resurfaced in 2018 in the form of bowhunting. Those plans were violently halted in short time as a head-on highway collision shattered his T-12 vertebrae, leaving him paralyzed from the waist down.

Waterman's new circumstances didn't crush his will to shoot, but he also didn't know how to do it from a chair.

He received an email informing him of an upcoming accessible sports expo that would include archery. After learning the basics of shooting from a chair, Waterman quickly rose

up the ranks before eventually joining Team Manitoba in 2019 and later Team Canada.

He's since travelled the world, shooting at the World Para Archery Championships in Dubai, two events in Czechia, Chile and now Brazil.

"When I first started, not in a million years," Waterman said about whether he ever imagined he'd get to this point.

"I didn't think it was going to go as far — I figured I'd just do some shoots across Canada and in 2022 was my first international shoot, they put me in Dubai. It was like, 'Holy cow, this is crazy.'"

The persistence Waterman showed after his accident has carried over to his archery career, Tremblay said.

"Chris is very competitive, he takes the sport seriously and he understands his strengths and weaknesses," he said. "He takes the time after each shoot to analyze what he could have done better or what he needs to work on in practice to be better for

the next one, and that's important because archery is a never-ending cycle of learning."

The learning curve for archers can be steep, indeed. Adapting to weather conditions, equipment changes and different time zones can all take time.

"You have to develop a wealth of knowledge, and Chris is finally getting the amount of experience where he's getting the knowledge and collecting it over time. To see him put it to use in Brazil at a Pan Am Championship and help take us all the way to the gold was incredible."

And perhaps Waterman is only just beginning to find his stride. Though he came up short in his bid at the Paris Olympics this summer, he said he will make every effort to wear the Maple Leaf in Los Angeles in 2028.

"I'm going to keep going," he said. "Like I said, I enjoy it. My goal this past year was to try to get to Paris but it didn't pan out for me."

"That's going to be a big drive, is to try and hit Los Angeles."

The beloved Prairie Dog Central in need of donations

Raising funds to repair No. 3

By Emma McGill

The Prairie Dog Central (PDC) Railway, a cherished gem of the Grosse Isle community, has been transporting passengers back in time from near and far since its inception in 1970.

However, maintenance needs have sidelined Steam Locomotive No. 3 due to extensive boiler repairs requiring fundraising efforts upwards of \$250,000 through Go Fund Me. The iconic locomotive, along with its counterparts, brings roughly 12,000 passengers annually from Inkster Junction Station to Grosse Isle from May to October.

The PDC is owned and operated by the Vintage Locomotive Society and hosts a diverse array of events throughout the year, including Family Fun Days, Mystical Magic Trains, Heritage Village Picnics, Howlin' Halloween Express, and Great Train Robberies.

The PDCR currently has 139 members, 50-60 of which are active. These volunteers carry out tasks such as working in the maintenance shop looking after coaches and locomotives, selling tickets in the station, in the gift shop, aboard the train as Porters in each coach, as a member of the licensed operating crew, on the track gang, or maintaining the grounds.

Paul Newsome, retired locomotive

engineer and current General Manager at the Vintage Locomotive Society.

"We are a Manitoba and Winnipeg icon. We run the oldest operating steam locomotive in Canada and one of the oldest operating in North America," said Newsome.

Built in 1882 by Dubbs and Co. in Glasgow, Scotland, Steam Locomotive No. 3 is the oldest operating locomotive that Newsome speaks of. In Canada, steam locomotives are required to have the tubes in their boilers replaced. Steam Locomotive No. 3 has hit

that 15-year mark. Due to these extensive maintenance needs, that being the replacement of 187 tubes within the boiler barrel, this locomotive is currently out of service. Because the Railway is predominantly volunteer based and specialist work is necessary to get this 142-year-old engine back up and running, the PDC Railway is asking the community for help in letting people know about these essential repairs.

Typically, locomotive No. 3 operates on three quarters of PDC excursions. Otherwise, the excursions are handled by one of the railway's vintage GP9's. Fortunately, there has always been an operating locomotive. However, this means that there is only one operating steam locomotive and right now, it is out of service.

When visitors come to board the PDC's locomotives, each experience approximately a 45-50 minute ride.



RECORD PHOTO SUBMITTED

PDC's railway trips take passengers on a journey through Manitoba's landscapes and history.

"There's quite a lot for passengers to see and do. We have a 19-minute ground time for passengers when we get up to Grosse Isle," said Newsome. "There's a lot to eat and places for people to sit."

Beyond its iconic locomotives lies a journey filled with history and charm. Passengers can explore the Grosse Isle Heritage Village during layovers and immerse themselves in Manitoba's rich cultural tapestry while supporting Prairie Rail Solutions' revenue-generating initiatives.

The Grosse Isle Heritage Village features a restored school house, the old Gunton Station, the Grosse Isle United Church, and 1886 Ridgeway Heritage House, along with many other antiques and artifacts to look at and

learn about. Behind the school house is tall grass prairie, providing the opportunity for a self-guided walk during which visitors can learn about native plants and flowers.

The railway provides families with many opportunities to plan to catch an event and experience the historical importance of the railway and its locomotives to Manitoba's communities. Tickets can be purchased through the Prairie Dog Central website.

The PDC will continue to operate this season, from May 12 to Oct. 27, without locomotive No. 3. To help get this historically rich part of Manitoba's railways alive, people can visit the Go Fund Me page labeled "The Prairie Dog Central Railway."

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

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SUDOKU

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

Fun By The Numbers

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

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

Sudoku Answer

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Crossword Answer

X CROSSWORD

CLUES ACROSS

- 1. Lunatic
- 7. Doctor of Education
- 10. Able to make amends
- 12. Tight-knit group
- 13. Gland
- 14. Intestinal pouches
- 15. Fungal spores
- 16. Erstwhile
- 17. Engine additive
- 18. Nasal mucus
- 19. Fit a horse with footwear
- 21. Consumed
- 22. Settle
- 27. Larry and Curly's pal
- 28. Basketball's GOAT
- 33. Exclamation of surprise
- 34. Made tight
- 36. Before
- 37. Actor Nicolas
- 38. Not hot
- 39. Talk
- 40. Pledge
- 41. Abandon a mission
- 44. Trims by cutting
- 45. Aspects of one's character
- 48. Boxing GOAT's former surname
- 49. Holy places
- 50. Body art (slang)
- 51. Attributes

CLUES DOWN

- 1. How one feels
- 2. American Nat'l Standards Institute
- 3. Information
- 4. Licensed for Wall Street
- 5. Keyboard key
- 6. Born of

			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						

- 7. Choose to represent
- 8. Small European freshwater fish
- 9. Everyone has their own
- 10. Line from the center of a polygon
- 11. Lebanese city
- 12. Type of watercraft
- 14. A way to twist
- 17. Soviet Socialist Republic
- 18. Greek island
- 20. Medical practitioner
- 23. __ DeGaulle, French President
- 24. Partner to "oohed"
- 25. Atomic #52
- 26. Santa's helper
- 29. Rapper __ Rule

- 30. Month
- 31. Word formed by rearranging letters
- 32. Nullifies
- 35. Young woman ready to enter society
- 36. Unemployment
- 38. Weight unit
- 40. Formal party
- 41. Computer language
- 42. Residue formula in math
- 43. Duty or responsibility
- 44. Part of (abbr.)
- 45. Time zone
- 46. Body part
- 47. Nucleic acid

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HELP WANTED

Galay Landscaping is currently conducting interviews for the position of landscape technician, foreman and labourer for the upcoming 2024 season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. Class 5 license and own reliable transportation is required. Please send resume by email to: info@galaylandscaping.com No phone calls.

UPCOMING EVENTS

St. Andrews Anglican Church invites you to High Tea, Saturday, May 25, sittings at 1 and 3 p.m. Location: Selkirk Community Arts Centre in Selkirk, MB. Tickets \$20, call 204-757-9332 or 204-339-3090.

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The Garson Community Rink Facility Inc. is seeking an independent contractor to fill the role of Arena Operator for the 2024/25 season

Request for Proposal document is available online at www.garsonarena.com

DEADLINE

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4:00 pm on July 19, 2024

For more information, contact
Kristopher Maranchuk at 204-268-3312 or
email.garsonarenamb@gmail.com



RURAL MUNICIPALITY OF WEST ST. PAUL PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2024-11 IN THE AREAS KNOWN AS NYE AVENUE AND BALDOCK STREET

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 30th day of May, 2024 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2024-11:

Installation of wastewater sewer pipes, including surface restoration in the areas known as Nye Avenue and Baldock Street in the RM of West St. Paul.

The cost of the project is \$1,775,317.50. The Municipality has secured 50% funding from the Manitoba Water Services Board up to \$1,037,901.48, estimated to be \$887,658.75 for the project.

The Municipality will allocate \$202,230.25 of one-time provincial funding from the Strategic Infrastructure Basket to the project.

The Municipality will allocate \$56,407.14 of interest the Municipality earned from the Manitoba Water Services Board advanced funds and the one-time provincial funding from the Strategic Infrastructure Basket to April 30, 2024.

Council is proposing that the Municipal costs of \$629,021.36 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.975% with an annual payment of \$63,948.07. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

Per Parcel Rate

- Cash option of \$13,978.25 per parcel, or
- Finance option of \$1,421.07 per parcel to be levied annually for 20 years.

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on May 30, 2024. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2024-11 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 23rd day of May A.D. 2024, and issued pursuant to Section 318 of *The Municipal Act*.

Dave Wardrop, FCPA, CPA, P.Eng.
Chief Administrative Officer
RM of West St. Paul 204-338-0306 info@weststpaul.com



RURAL MUNICIPALITY OF WEST ST. PAUL PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2024-10 IN THE AREA KNOWN AS EVELYN AVENUE

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 30th day of May, 2024 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2024-10:

Installation of wastewater sewer pipes, including surface restoration in the area known as Evelyn Avenue in the RM of West St. Paul.

The cost of the project is \$585,090.00. The Municipality has secured 50% funding from the Manitoba Water Services Board up to \$342,060.38, estimated to be \$292,545.00 for the project.

The Municipality will allocate \$40,446.05 of one-time provincial funding from the Strategic Infrastructure Basket to the project.

The Municipality will allocate \$11,281.43 of interest the Municipality earned from the Manitoba Water Services Board advanced funds and the one-time provincial funding from the Strategic Infrastructure Basket to April 30, 2024.

Council is proposing that the Municipal costs of \$240,817.52 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.975% with an annual payment of \$24,482.18. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

Per Parcel Rate

- Cash option of \$26,757.50 per parcel, or
- Finance option of \$2,720.24 per parcel to be levied annually for 20 years.

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on May 30, 2024. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2024-10 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 23rd day of May A.D. 2024, and issued pursuant to Section 318 of *The Municipal Act*.

Dave Wardrop, FCPA, CPA, P.Eng.
Chief Administrative Officer
RM of West St. Paul 204-338-0306 info@weststpaul.com

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RURAL MUNICIPALITY OF WEST ST. PAUL PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2024-12 IN THE AREAS KNOWN AS HIAWATHA AVENUE, MINNEHAHA AVENUE AND KENABEEK STREET

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 30th day of May, 2024 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2024-12:

Installation of wastewater sewer pipes, lift station and forcemain, including surface restoration in the areas known as Hiawatha Avenue, Minnehaha Avenue and Kenabeek Street, in the RM of West St. Paul.

The cost of the project is \$3,797,347.50. The Municipality has secured 50% funding from the Manitoba Water Services Board up to \$2,219,677.68, estimated to be \$1,898,673.75 for the project.

The Municipality will allocate \$269,640.33 of one-time provincial funding from the Strategic Infrastructure Basket to the project.

The Municipality will contribute \$390,993.75 from the Sewer Reserve towards the installation cost of the Lift Station and Forcemain.

The Municipality will allocate \$75,209.52 of interest the Municipality earned from the Manitoba Water Services Board advanced funds and the one-time provincial funding from the Strategic Infrastructure Basket to April 30, 2024.

Council is proposing that the Municipal costs of \$1,162,830.15 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.975% with an annual payment of \$118,216.56. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

Per Parcel Rate

- Cash option of \$19,380.50 per parcel, or
- Finance option of \$1,970.28 per parcel to be levied annually for 20 years.

A written objection may be filed with the Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on May 30, 2024. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2024-12 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 23rd day of May A.D. 2024, and issued pursuant to Section 318 of *The Municipal Act*.

Dave Wardrop, FCPA, CPA, P.Eng.

Chief Administrative Officer

RM of West St. Paul 204-338-0306 info@weststpaul.com

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CITY OF
Selkirk

REQUEST FOR PROPOSAL

LAND SALE AND DEVELOPMENT Part of Lot 2, Plan 50139, Manitoba Avenue RFP No. SED-2024-05

The City of Selkirk invites proposals from proponents who have the capacity to deliver a quality development project in the City of Selkirk. The site is located in the City's West End on Manitoba Avenue in a prime commercial area. The site is approximately 4.38 acres.



Submissions must be received **no later than 4:30 pm (CDT)**
June 28, 2024.

Details and submission information can be obtained online
at: MySelkirk.ca/Tenders.

The City reserves the right to accept or reject any submission(s).

Contact Information:

City of Selkirk
200 Eaton Ave, Selkirk MB R1A 0W6
citizensupport@cityofselkirk.com
or (204) 785-4900

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ANNOUNCEMENT

BIRTH ANNOUNCEMENT



Callie Marie Mitchell

The entire Mitchell and McGregor families are so excited about our newest wee heartbeat!

Callie Marie Mitchell

was born Tuesday, May 14th at Interlake - Eastman Regional Health Centre at 9:41 a.m. Callie was born 8 lb. 13 oz. and 52 cm. to very excited

Mom and Dad, Aly and Julien Mitchell. Thank you to the great people at the Health Centre for their incredible care.



ANNOUNCEMENT

IN MEMORIAM



Diane Walker

October 10, 1956 - May 23, 2023

Good Morning My Love,
Happy 1st Birthday in Heaven.
It's been 1 year since you've been gone, and there hasn't been one day that I haven't missed you.
I know you're celebrating in Heaven and we will be celebrating here with our memories and stories of you.
Just knowing one day we will be together again forever helps with the loneliness.
I love you and when I see you again I am going to hug you and never let go.
See you on our park bench.

-Love Chris and family

OBITUARY

Betty Lou Moore (Gray)

Peacefully on Monday, May 13, 2024 at the Whitemouth Personal Care Home, Betty Lou Moore of Selkirk, Manitoba passed away at the age of 86.

She leaves behind her children Derek, John and Karen; grandchildren Codey, Gerald and Odessa; daughter-in-law Michele; Gerald's mom Melinda and her special cousin Marlene (Blair).

Mum was predeceased by her husband Harry; her parents Frank and Rosetta; her sisters Kathy, Frances, Edythe, Margaret, Colleen, June and Gail; her brothers Frank, David, Bill, Henry and Bob.

She was born in Fort William (Thunder Bay), Ontario on October 20, 1937 and was the 12th of 13 children. She attended school in Neebing Township and vocational school at the Fort William Business College. Mum started work at the Post Office in Fort William (Thunder Bay) on December 1, 1955; this is where she met her future husband Harry and they married on May 21, 1960.

Mum always made a home and friends wherever our family moved but she never forgot her first home on Rosslyn Road in Neebing Township in Rural Fort William (Thunder Bay) as her poem reflects:

Wherever I May Wander
be it Far or Near
the Rosslyn Road is Always Here
Walking by my Side
Always on my Mind
for Therein Lies the Ties that Bind
in the Place that I Call Home

At Mum's request, cremation has taken place and there will be no formal service.

The family would like to thank all the staff at the Whitemouth Personal Care Home for taking such excellent care of our Mum and a special thank you to Candace for making her feel so loved and special while she was there.

Condolences may be left at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM

In Loving Memory

Evelyn Joan Geard (Humes)

November 17, 1932 - May 19, 2023

It doesn't take a special day
To bring you to my mind;
For days without the thought of you
Are very hard to find.

-All my love, Edward (Ted)
and family

OBITUARY



Rudolf Ullmann
March 25, 1932 -
May 14, 2024

It is with great sadness that the family of Rudy announces the passing of our beloved husband and father on May 14, 2024. Rudy passed away peacefully in his sleep with his family by his side at the age of 92.

Rudy was predeceased by his father in 1983, his mother in 1990 and his brother in 2023. He is survived by his wife of 60 years, Beverly and his children

Robert (Tracy), Michele, Diane (David) and Brenda.

Dad was born in Trinksafen, Czechoslovakia in 1932 and moved with his family to West Germany in 1948. He then immigrated to Canada in 1956, settling in St. Martin, Manitoba. There he met his future wife Beverly and eventually settled in East Selkirk in 1967 and raised his family along Cooks Creek. Dad worked as an Industrial welder, first with Dominion Bridge in Winnipeg and then with the Manitoba Rolling Mill in Selkirk, until his retirement in 1995.

Dad was always a crafty man, tinkering in his workshop, dreaming up his many inventions. He loved his garden and camping with family and friends and enjoyed watching his favourite shows on tv.

The family would like to express their gratitude to the excellent staff at Selkirk Betel Home for their loving care of our father.

According to his wishes, cremation has taken place, and no formal service will be held at this time. A private family celebration of his life may be held at a later date.

Rest easy Dad. You and Peter can raise a toast to us left to mourn....

Friends and family are invited to visit Rudolf's memorial page at www.interlakecremation.ca, where memories and condolences may be shared.

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OBITUARY



Barbara Kohinski
August 16, 1931 – May 12, 2024

It is with heavy and saddened hearts that we announce the passing of our mother, Barbara Kohinski, on May 12, 2024, daughter to Sarah and Miller Wolford and sister to Ellen, Jim, Margaret, June, and Bob.

Barbara was the mother to 11 children – Gary (Tara), Brian (Dawn), Dennis (Tracy), Wayne (Maryann), Bill (Patty), Sandra, Sarah (Gill), Susan, Georgina, Richard (Dana), and Maria; the grandmother, great-grandmother, and great-great-grandmother to so many others. She knew them all and we aren't sure how she did it. If you were to walk into her house, you would see many photos and hear her stories.

At 92 years of age, she still had a young mischievous mind and wonderful sense of humor. Barbara was full of spunk. Whenever you would tell her to behave, she would say 'no! where's the fun in that'. So of course, when she told her children to do the same, she would get a 'yeah, right' or a 'no way, we are just like you'.

In addition to her family, Barbara loved plants and flowers. She also loved to sew and quilt, having made many blankets over the years for her family. Barbara loved to go to Fabricland and it was worth it to see her face light up every time she went. She enjoyed these outings and so many others with her close friend, Fran.

Mom loved animals and adopted a few over the years, so in lieu of flowers, the family is asking that donations be made to the Winnipeg Humane Society or any animal shelter.

A celebration of life was held on Saturday, May 18, 2024, at 1:00 p.m. at Coutu Funeral Home, located at 680 Archibald Street.

"Forever in our Hearts"

OBITUARY



Taras Komarnicki
March 2, 1958 - March 22, 2024
66 Years Old

Taras (Terry) Komarnicki was born in Winnipeg to parents Roy and Stella Komarnicki on March 2, 1958.

The family later moved to Lockport, Mantioba. It was here that Terry went to school and later learned the welding trade from his father. He had his own welding shop in Winnipeg, Econo Guard Sales, designing window bars for several years. He then decided to take a locksmithing course and open a kiosk in the Selkirk Mall cutting keys and selling accessories. He eventually purchased Selkirk Photo and enjoyed his photography and dealing with the public. He moved to Grandview, Manitoba in 2013 and enjoyed his time there. He passed away peacefully on March 22, 2024 at the Dauphin Regional Hospital at the age of 66.

He was predeceased by his parents Roy and Stella Komarnicki and his mother-in-law Anne Farion.

He is survived by his wife Joanne; sons Chris and Jeremy; sister Sherry (Wes) Wiebe; brothers Kelly and Randy; niece Heather; nephew Ryan.

A Service will be held at a later date.

OBITUARY



John (Jassen) Chwartacki

John passed away peacefully on May 14, 2024 at the Health Sciences Centre with family by his side.

John was predeceased by his parents Rose (Zawacki) and Anthony; his mother and father-in-law, Leonard and Elva Thompson; a baby sister in infancy; brothers Joe, Bill (Felicia) and Ralph (Barb); sisters Joyce and Mabel (Walter) Zaborniak; sister-in-law Jeanne and brother-in-law George Thompson.

He is survived by his loving wife of 55 years Joan; sons Derik (Lisa) and Scott (Tannis); and his loving grandchildren whom he was so proud of Braydon, Reise, Ashlyn, Jessica and Alexis. John is also survived by his siblings Mel, Tony (Vi), Rose-Ann (Jim); sisters-in-law Adele Chwartacki and Pearl Thompson; as well as brother-in-law Gordon (Janice) Thompson and many nieces, nephews, cousins and friends.

Dad was born in Winnipeg Beach on Valentine's Day, 1939. The 9th of 10 children born to his parents, Dad spent his early years in a small but very busy farmhouse at "The Beach". The family later moved to St. Andrews where Dad received his schooling and later met his life partner Joan. With hard work, Dad and Mom built a family home on McLennan Road where the backyard pool was a focal point for family and friends get together. Dad was very active in the community, coaching hockey, baseball and soccer. Mom and Dad became grandparents and became rabid season ticket holders to their grandkids' sporting events where they were their fiercest supporters, rarely missing a hockey, ringette, baseball or volleyball game or practice. No rink was too cold, or diamond too hot, Grampa was always there. During these travels numerous lifelong friendships were made with the great people of Selkirk and St. Andrews.

An electrician by trade, Dad was able to start his career with his brothers Ralph and Tony eventually moving on to a number of companies including CPR and CNR where he made more life-long friendships.

Dad loved the outdoors; from his large garden to family camping and fishing trips. Dad especially loved hunting and looked forward to the annual Thanksgiving weekend hunt with his family. Dad enjoyed playing hockey and baseball in his younger years and was an avid golfer. Dad was a card player and enjoyed games with his family and friends and let his sons and grandchildren win a few until they got older then taught them a few lessons!

In 2021 Mom and Dad sold their family home and moved to Selkirk. Here they met new friends and embraced their old ones. Dad enjoyed his "town" living.

Quiet, unassuming, caring, loyal, and hard-working are just a few words to describe you Dad. But your unwavering love and devotion to Mom and family down to your last breath will forever be our inspiration and guiding light.

Thanks for all you've done for us Dad. Whenever we needed anything, you were there for us. From your compassionate advice to your infectious smile, you have shown us time and again the bumpiest of roads can be paved for smooth travel. Always being quiet by nature and strong in stature. We will love and miss you forever and think of you always.

The family would like to thank all the wonderful doctors and healthcare professionals who have helped Dad over the years, especially his family doctor of many years, Dr. Jack Nepon.

Anyone who knew Dad knows he never wanted to be the center of attention. Cremation has taken place and we will respect his wishes with no formal service being held.

In lieu of flowers, the family requests if you so choose a donation to the Kidney Foundation of Manitoba can be made.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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FEATURE OF THE WEEK! 213 DORCHESTER AVE, SELKIRK \$597,000



Character, Charm & History. Benson House has been restored beyond it's former glory, all of the modern upgrades have been done to make the home both stylish & comfortable. The beautiful kitchen you may recall from the 2013 Movie "Jack". This home is worthy of your sequel. Gorgeous 9.5' high ceilings, amazing oak & maple doors, framing & woodwork. Incredible creative artisan touches that make this home one of a kind. Upgrades Incl: 43 windows & 4 doors 2011, 200A panel & Elec furnace 2012, Kitchen & main flr bath 2013, James HardyBoard Siding & Trim, Vinyl porch windows, Engineered plank flooring, elec humidifier 2018, Alarm & cameras 2021, AC air to air heat pump, Elec HWT 2022, 13x16 East side deck 2023. Full 7.5' high basement with storage room, laundry room, workout room & shop. Beautifully landscaped yard with over 1700 SqFt of paving stone & amazingly private in the heart of old Selkirk. 2 x IDT grgs. Close to shopping, schools, parks & golf course.

<div>NEW!  6 Hawthorne Ave Dunnottar \$419,900</div>	<div>NEW!  49077 Dawson Rd Richer \$499,900</div>	<div>NEW!  33 Railway Avenue W Libau \$159,900</div>	<div>BEACHFRONT!  1226 Twin Lakes Beach Road S, Woodlands</div>
<div>HOME & BUSINESS!  365 A Eveline Street Selkirk \$445,000</div>	<div>BUILD HERE!  15 Wedgewood Pl Gimli \$46,700</div>	<div>1+ ACRES!  14 Laurelyn Cove Petersfield \$89,900</div>	<div>VACANT LOT!  201 Edith Avenue Petersfield \$39,900</div>
<div>77+ ACRES!  85135 Road 36E Mars Sand Hills \$199,900</div>	<div>65+ AC FARMLAND  0 Road 74 N St. Clements \$265,000</div>	<div>PENDING!  5694 Highway 9 St. Andrews \$299,900</div>	<div>PENDING!  30 Aspen Avenue Clandeboye \$457,900</div>










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