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THURSDAY, JUNE 9, 2022

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Impromptu concert

RECORD PHOTO BY BRETT MITCHELL

The Interlake's Amanda Cannon didn't let a beautiful day go to waste while waiting for service work at Selkirk GM, she brought her guitar and practiced for an upcoming show while passersby were able to have some fun listening to her impromptu performance.

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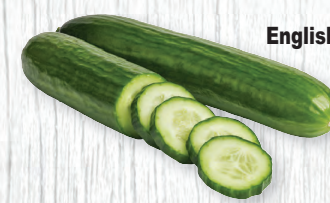
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Safe Grad hosting fundraising car wash

By Katelyn Boulanger

With the pandemic altering the way that graduation took place the past couple of years, students haven't had the same opportunity to celebrate together. This year that changes as the Safe Grad event is set to return giving kids a chance to celebrate their achievements and have some fun.

"Safe Grad is a well-organized, well-controlled event. Where kids can come and celebrate, and have fun but in an environment where they don't have to worry about safety and neither do their parents or guardians," said Cyndi Typliski

The event is coordinated alongside the graduation ceremony and has fun activities for kids to take part in after the graduation ceremony is over. For some kids that will mean taking photos with their friends, playing at the fun casino, trying their hand at kara-

oke, or spending some time in a quiet room hanging out and chatting.

Typliski says that it's important that the students take some time to celebrate their achievements.

"It's definitely a big part of their lives that deserves to be celebrated and, you want there to be some really great memories around that but tragedies have occurred in the past. And so, we want to ensure that those memories are happy ones," she said.

To put on an event like this means that students and staff accept generous donations from the community and also participate in fundraising events. This weekend they will be hosting the Safe Grad Car Wash on June 11 from 1 a.m. to 3 p.m. at Boyd Autobody's parking lot. A minimum \$10 donation is requested for the car wash but there is no maximum to the amount that residents can donate and

every fundraising dollar keeps tickets at a reasonable price for kids.

"The grads themselves are there to wash the vehicles so they're putting some effort into the fundraising dollars that come back to them," said Typliski.

In addition to needing to fundraise to keep the event on track, they of course need volunteers to help out with Safe Grad.

The event still needs over 100 volunteers to get it off the ground.

"It's that old saying, it takes a vil-

lage, well, in this case, it takes the city, the whole city to get this event off the ground," said Typliski.

Volunteers can take on many different roles at the event but one of the big ones that they need people to help with at this point is security but Typliski wants residents to know that security doesn't mean that you have to be a big strong person to get the job done.

"It's really more of a chaperone-type

Continued on page 4



PHOTO SUBMITTED

LSRCS grads at a previous Safe Grad Car Wash event.

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- Jocelyne Fournier,
Operations Manager,
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> **SAFE GRAD, FROM PG. 3**

of a role. So, anybody can do it regardless of their physical abilities or gender. Anybody can do it," she said.

It's also a great way for family members that can't be there for the graduation ceremony to be part of the event since tickets to the ceremony are limited.

"There's a maximum of four tickets for each grad. So, unfortunately, aunts and uncles, or grandparents and siblings can get left out of the actual celebration. So, this is really a nice opportunity to be able to see the kids all dressed up and having fun and without partaking, but you get to watch from afar, which is where we see a lot of the volunteer base come from. It's family and friends and you get to really feel like you're part of the event," said Typliski.

To sign up for the event residents can check out the Lord Selkirk Regional Secondary School website at <https://www.lssd.ca/schools/lsr/Pages/Default.aspx>. Once there they check out the 'Our School' tab and click on "Graduation Information" which brings residents to a website where they can sign up.

She encourages anyone in the community who wants to help out to give it a go.

"These kids deserve to celebrate and deserve to celebrate together. So, [volunteer] for the kids, whether you've had children of your own graduate, or whether you have children who are going to be a graduate in the future, or if you have any kind of interaction with the kids do it for them because it's a fun night," said Typliski.

Popcorn fundraiser for Ukraine



PHOTO SUBMITTED

Students, Ukrainian teachers, and school administration at East Selkirk Middle School, as well as Kernels Popcorn franchise owner Lisa Springman, teamed up to organized a fundraiser that benefitted the Canada Ukraine Foundation. The CUF has supported Ukrainian families in and outside of Ukraine with aid after the Russian invasion of Ukraine last February. The team raised \$8672.



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Selkirk health practitioner receives NHPC President's Award

By Kiana Crouse

Selkirk's own Nancy Rowsell, owner of the Interlake Lymph Clinic, is the recipient of the 2022 Natural Health Practitioners of Canada President's Award due to her efforts to improve the quality of life for those with lymphedema.

The NHPC President's Award is granted to those working in the health and wellness field who have made meaningful contributions and have demonstrated dedication to their community's enhanced health and wellbeing.

"After all these years of being a member, it's kind of nice to be recognized for my contributions to the community," said Rowsell.

The Clinic Manager at Easton Place Medical Centre, Marianne Tom, nominated Rowsell for the award. Rowsell didn't think anything of it at the time and was shocked when she received a call from the NHPC saying that she had won.

"I didn't think that out of all of Canada that they would recognize me, but one of the directors said he researched what lymphedema was, because they weren't quite sure or heard much about it, and they looked at my website," said Rowsell. "They were impressed with what we're doing here in our province and how I was helping promote treatment and bring awareness of this disease."

Rowsell owns and operates the In-

terlake Lymph Clinic located at Selkirk's Easton Place Medical Centre. She is a registered massage therapist, a certified breast cancer rehabilitation specialist, and a certified lymphedema therapist.

Lymphedema is a chronic disease where excess lymphatic fluid collects in the body's soft tissues, typically in the arms or legs, causing the area to swell. Lymphedema occurs when there is a blockage or disruption with a lymph vessel, and lymph fluid cannot adequately distribute throughout the body. As a result, cancer patients who have undergone surgery, and cancer patients who have undergone radiation treatment, are more at risk of developing the disease due to the nature of the tumours or procedures potentially disrupting lymph vessels. Rowsell said it could also occur through pregnancies, obesity, venous insufficiencies, and other medical conditions.

"It's a new advancement in health-care. I guess there's not a lot of awareness out there. So, the fact that I'm initiating the conversation and bringing our community together to support these people that are affected by the disease shows the mean-

Continued on page 7



PHOTO SUBMITTED BY NANCY ROWSELL

Nancy Rowsell (middle) holding the NHPC President's Award with Clinic Manager, Marianne Tom (left), and General Surgeon and owner of Easton Place Medical Centre, Dr. Anthony Anozie (right).



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Celebrating 50 years of the Selkirk Bridge Club

By Autumn Fehr

For some, bridge isn't just a game, but a way to connect as a social group. The Selkirk Bridge Club has provided this community for others to get together and connect for almost

50 years.

When the 10 founders started the club in 1972, they never thought it would expand the way it has, nor did they think it would welcome so many people across the province through-

out the years to come.

Since the Selkirk Bridge Club was founded by Shelley and Don Lugtig, Ruth and Frank Hooker, Hiltrud and Al Wehrle, June and Roy Gilbert, Gerry Johannson, and Jean Davis have seen many members come and go, but the club has continued.

"We were all pretty enthusiastic about bridge," said Hiltrud Wehrle, one of the club's founders.

Wehrle says her brother-in-law taught her family how to play bridge, and from then on, they were hooked.

Since there was no bridge club in Selkirk in 1972, Wehrle thought starting one with her newfound interest in the game was necessary.

This month, the Selkirk Bridge Club will celebrate 50 years.

The club is a not-for-profit, independent club, operated and staffed by volunteers. It is not sanctioned but follows the same rules as the American Contract Bridge League (ACBL).

Twice a week, on Tuesdays and Thursdays from 1 to 4 p.m., the members get together to play duplicate bridge, averaging 10 to 15 tables of games every meeting. Although, more recently, just before the pandemic, the club averaged seven to 11 tables a meeting.

Duplicate bridge is the most played

Continued on page 8



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RECORD PHOTO BY BRETT MITCHELL

Selkirk Bridge Club members at the Gordon Howard Centre where they play bridge together on Tuesdays and Thursdays from 1 to 4 p.m.



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➤ ROWSELL RECEIVES NHCP AWARD, FROM PG. 5

ingful contribution that [NHPC] was looking for and how it helps the community develop holistic health care and promote it," said Rowsell.

Manitoba's healthcare does not cover treatments for lymphedema patients, such as manual lymphatic drainage, compression therapy, and massage therapy. Patients have to pay for their treatment entirely out of pocket or receive support from organizations such as the Never Alone Cancer Foundation, which helps cover expenses for people that need it.

"If you get lymphedema from your cancer, you've already combated one disease, and now you've got another," said Rowsell. "So, the Never Alone Cancer Foundation really tries to look after those individuals that have gone through cancer and now have to deal with the side effects of having their lymph nodes removed."

Being a professional member of the Lymphedema Association of Manitoba, Rowsell is aiding in the effort to help bring awareness to the provincial government that lymphedema is a disease that needs to be treated and financially covered. The association collectively gets together and tries to contact MLAs and other government senators to get them involved to help the push.

Rowsell said that those personally affected by lymphedema or who know somebody who should join the effort and reach out to their local MLAs, writing letters and expressing how lymphedema has affected them and ask the question, "Why doesn't Manitoba health pay for this?"

"I think if more people do that, the more we're going to make a difference, and the government, hopefully, will legislate it and allow people to get the treatments they deserve," said Rowsell.

Rowsell's healthcare journey started 22 years ago when she got her diploma in massage therapy. She decided to pursue her certificate as a lymphedema therapist after years of practicing and seeing all different types of bodies through massage therapy.

"In our province, we don't have a lot of certified lymphatic therapists. There's probably about a dozen of them. So hopefully, more people will hear about it and get more therapists out there to help increase proper health care to those that need it," said Rowsell.

Some of her patients were friends and family members with lymphedema. Since there wasn't a lot of awareness on how to treat lymphedema, Rowsell said that she would

treat them to the best of her ability, but she didn't understand the full degree of how she could help them with therapy.

"One of my close friends got diagnosed with breast cancer, and I treated her based on what I knew from just my massage course. But it wasn't thorough enough, and I didn't think there was anything more I could do. But now with the advancement and more education, I wish I knew then what I know now," said Rowsell.

Rowsell researched lymphedema further and reached out to directors and therapists at the Lymphedema Association of Manitoba. Rowsell said they helped guide her on how and where to get her certification.

"I got my certification to be a lymphedema therapist and that's really ex-

panded my holistic practice to the community, bringing awareness to everybody around Selkirk and surrounding areas on what lymphedema is and how it's an undereducated disease," said Rowsell. "We're just trying to bring awareness. So hopefully over the last few years, I've been able to do that."

Rowsell says that seeing clients' swelling reductions, helping improve their quality of life, and leaving them happy with a better range of motion always sticks with her in a positive way. She also visits patients in critical condition and provides her services to give them some comfort in their final days.

"It's just about improving quality of life, whether I'm going to see them again or not," said Rowsell.

2022 Spring Flooding

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Disaster Financial Assistance (DFA) is available to assist Manitobans and communities who experienced damages from 2022 spring flooding.

DFA is available to help with the cost of evacuation, the cost of preventing or limiting flood damage, and the cost of recovering from damages that were experienced. DFA is also available to assist with the cost of non-insurable damage to property such as principal residences and buildings essential to the operation of eligible farms and businesses. DFA is also available to assist with repairs to damaged municipal infrastructure.

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You may also apply online at: Manitoba.ca/emo/dfa

Deadline to apply for DFA is August 8, 2022.

Manitoba.ca/flooding



Buck on the run



RECORD PHOTO BY MATTHIEU MEIER

This young buck was struggling to find a safe place to dodge into the forest. Flooding negatively affects the life of human beings, and it continues to pose a challenge for wildlife who are in search of food, safety or a place to have their young. Flood waters cover many dens and nests, forcing the wildlife inhabitants out. Most animals tend to migrate temporarily and return to their homes after however, some animals, get caught in the overflowing waters and drown.

The Selkirk Record



PUBLISHER
Lana Meier



MARKETING & PROMOTIONS
Brett Mitchell



EDITOR
Katelyn Boulanger



SALES
Michelle Balharry



DISTRIBUTION
Christy Brown



REPORTER/PHOTOGRAPHER
Patricia Barrett



ADMINISTRATION
Corrie Sargent



OFFICE MANAGER/ADS
Lucy Kowalchuk



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Call Katelyn Boulanger

COVID hospitalizations increase at end of May; outbreaks in Interlake PCHs

By Patricia Barrett

COVID-19 hospitalizations increased in late May, according to the province's weekly COVID surveillance data.

There were 120 new hospital admissions, of which nine required intensive care, and 15 more Manitobans died from the virus, according to the May 22 – May 28 report. There were also 416 new COVID infections, based on restricted PCR testing. The total number of Manitobans who've lost their lives to the virus is currently 1,980.

The province doesn't track rapid antigen tests.

The report also states that wastewater surveillance data for the city of Winnipeg indicated "ongoing activity" for COVID.

Other health news:

The Interlake-Eastern Regional Health Authority's medical officer of health declared a COVID outbreak on May 30 at the Betel Personal Care Home in Selkirk.

The IERHA also declared on May 31 a COVID outbreak at the Lundar Personal Care Home, where six resi-

dents tested positive for the virus and results on 10 other people in care are pending.

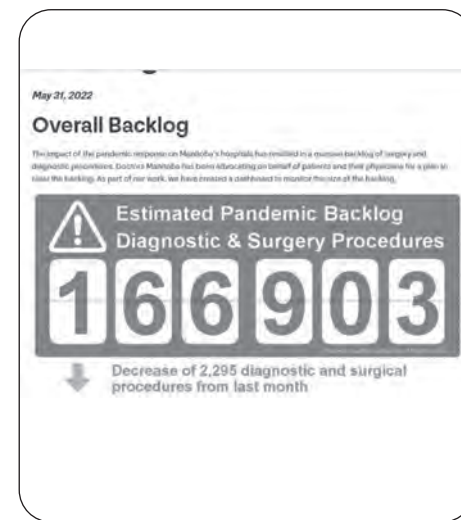
"We appreciate this is unsettling news for our residents and their loved ones. Please be assured that we have moved quickly to enact precautions that will prevent any further spread of illness. The care of our residents' health is our top priority," said acting clinical team manager Margarete Moulden in a May 31 update to the family of Lundar residents.

Outbreak protocols and visitor restrictions are in place at both PCHs.

A health authority spokesperson said the COVID outbreak at the Teulon hospital was declared over on May 31, and the outbreak at the Red River Place care home in Selkirk was also declared over last week.

-Doctors Manitoba, a physician-advocacy organization, provided a new estimate on May 31 of the number of backlogged medical procedures in the province. There are now 166,903 procedures in the queue, a decrease of 2,295 from last month

-Canada's chief public health offi-



DOCTORS MANITOBA

Doctors Manitoba's May 31 update shows a decrease since last month in the number of backlogged medical procedures. There are now almost 167,000 procedures in the queue.

cer Theresa Tam reported 77 cases of monkeypox in the country as of last Friday, with five cases in Ontario, 71 in Quebec and one in Alberta.

> SELKIRK BRIDGE CLUB, FROM PG. 6

form of bridge. For this form of bridge, the same deal is played at each table and scoring is based on the player's performance.

Today, the club has 75 members, the only two remaining founding members being Ruth Hooker and Hiltrud Wehrle.

Another key member is Reg Johnson, holding the place of Director for the past 20+ years, ensuring all the members a part of the club follow the rules while playing.

"We are known as 'the friendly club' – a very cohesive, very friendly, very welcoming group of people, and are always welcoming to new members," said Linda Homenick, Coordinator for the Selkirk Bridge Club.

The club has members from Gimli, Winnipeg, Pinawa, Beausejour,

Lac du Bonnet, Stonewall, Winnipeg Beach, Teulon, Pine Falls and Belair, and even one from Ireland who join the Selkirk Bridge Club on Tuesday and Thursday afternoons.

"It's such a wonderful game to play. Every hand is different. There are no two hands the same. It's exciting and it brings competition," said Linda Gawryluk, club member since 2010.

The club has seen a decrease in membership over the past two years due to the pandemic and aging players. Since returning in 2021 from the pandemic, the club now averages five to six tables a meeting.

During pre-pandemic times, both club members, Shelly Lugtig, and recently Dale Klassen, gave bridge lessons to new players.

Now that the province is slowly

getting back to a 'new normal,' and slowly getting back to activities that we love, the club hopes to welcome new players to the group with lessons if needed.

Although the past few years have changed the group, the club has remained a strong presence in the community 50 years later.

On June 23, members of the club will gather to celebrate 50 years in the community.

The event is for members-only and takes place at the Gordon Howard Centre from 1 to 4 to play bridge with wine and cheese, with a Chinese food dinner from Merchants Hotel to follow in the evening.

It will be a social gathering like members are used to, but this time with a little something extra to celebrate a special milestone.



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EDITORIAL

Katelyn Boulanger 204-485-3337
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Christy Brown, Distribution Mgr.: 204-467-5836

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Services to Seniors Selkirk encourages new volunteers to those interested

By Emma Honeybun

Services for Seniors Selkirk is a non-profit organization that has been operating for almost 40 years. The program's goal is to provide safe, easily accessible transportation for older Manitobans who do not have access to a licence anymore. Those volunteering for the program drive participants to medical appointments and grocery stores.

It also prioritizes helping those in need of services keep their independence, as losing the ability to drive freely limits much of what most take for granted.

"What does personal independence mean to you? For many of us, independence means the freedom to hop in the car and go where we want, when we want to. For many seniors that freedom is a thing of the past. Unfortunately, lack of transportation may keep them from accessing necessary resources, services, and medical assistance," wrote Services to Seniors in an email.

Helen Brosowsky expressed the importance of programs like Services for Seniors, and how older Manitobans living in rural towns should be aware of their commonality.

She said that she has heard of cases where people have missed important medical appointments because they did not want to seem like a burden to family members, and were not aware that there were options that were available for them.

"As long as we are having people who are aging with dignity, because aging in place is important and we want people to stay as long as they can around with their own people," said Brosowsky. "It's better if they're surrounded in their own environment and they have the things that they love around them."

The program has grown and evolved over the years. Alongside driving, they have housekeepers, they provide Meals on Wheels services, and a life-line program.

The program has gained friendly, long-time volunteers over the years, but they are in need for more people who are willing to help. COVID-19, much like everywhere and everything has made it harder for people to feel comfortable enough to come out and drive. They aren't the only driving program that has been struggling, Brosowsky said.

Because of this, there's currently a need for those available to volunteer to drive participants to medical appointments. That is their top priority, but there is also always a need for rides to grocery stores.

Volunteer schedules are flexible and

easy to navigate. Many current volunteers at the program are retirees themselves.

Their newest volunteer, Judy Schmidt, joined after moving to Selkirk from Flin Flon. She covers a variety of different work in the program, including the driver escorts, Meals on Wheels delivery, as well as shopping, errands, and office support.

Henry Fast, a driver escort, has been volunteering for the program for 14 years.

He was brought to the program through his wife, who had been working with local seniors. He said she had recommended it to him as a way to pass the time and an opportunity to meet new people, and he's been driving ever since.

"And now at 86 they still won't let me quit," he joked.

"I like to help people. It's a given, because if you don't like talking to people or helping people out, well, it's not a job for you," Fast said. "But well, I enjoy it. I have a pretty good time and I get to meet all kinds of interesting people."

Howard Shiels, a driver escort for over six years, was nominated for the Manitoba Municipalities Award in 2018, and was recognized at the Manitoba Legislature for his acts of volunteerism.

Shiels has also volunteered to transport those undergoing cancer treatments through CancerCare.

"They're so grateful when you get them, especially the older ones that live out in the country," Shiels said. "You know a lot of times they have like the empty nest syndrome... They're so grateful because like, there's no other way for them to get in. There's just no family around, the neighbours are working, and you know, it's a really good service for them. They're very happy."

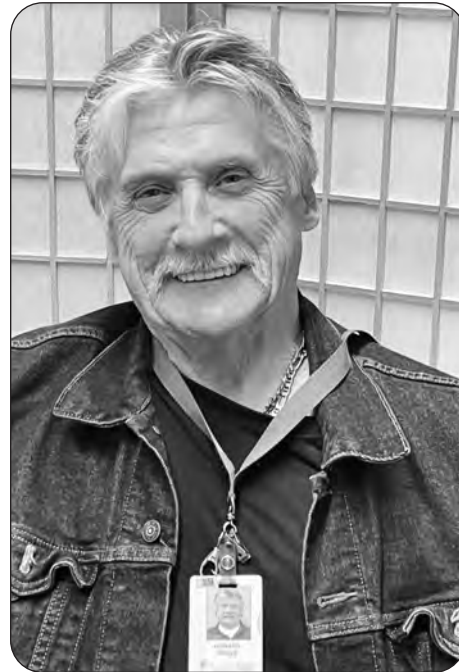
He encouraged those interested to call in and ask any questions, noting Brosowsky's knowledge on the program and any thoughts they may have.

"You know there's no payment good enough for that, you know. They see you and they're so happy to see you. They're so happy that they are getting the help that they need, and they just love it all the way to the city and all the way back," he said.

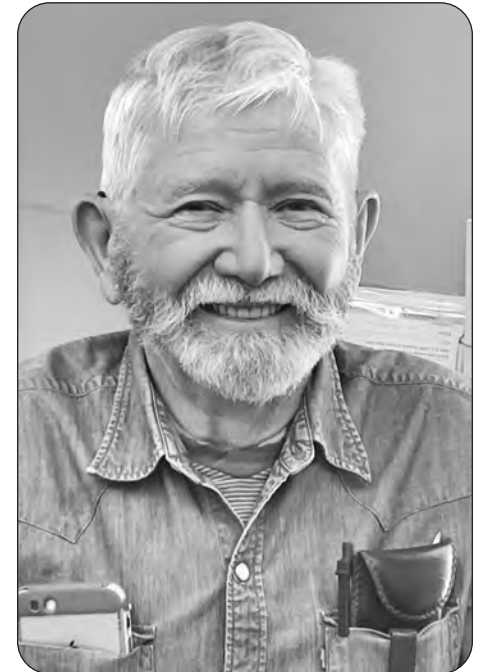
Those interested are able to visit in person, call in, or apply online. Because of the schedule flexibility, volunteers are able to put together drive times based on their availability.

Other than a drivers licence, those who are interested just need commitment, care, and compassion.

"If you love to drive, or you don't



Howard Shiels



Henry Fast

mind being in a vehicle and meeting new people,

I think that's a great thing about this program. You meet new people, and you gain friends because a lot of these people are regular people... You know it's just giving a smile and I always say a smile is a hug when you're not allowed to hug," said Brosowsky.

Brosowsky understands the isolation caused by the COVID-19 pan-

demic, something that was especially scary for high-risk participants or volunteers. During the height of the pandemic, Services for Seniors delivered sunshine bags for participants and supplied deliveries.

Website: selkirkseniors.com

Number: (204) 785-2737

Facebook Page: <https://www.facebook.com/SDSRCI/>



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Manitoba

Selkirk Toastmasters adopt hybrid meetings so more people can join in

Group celebrates 43rd anniversary

By Katelyn Boulanger

The pandemic made it difficult for groups like Selkirk Toastmasters, who typically meet in person, to do so, but that didn't stop the group from gathering. They quickly adapted to video call meetings, allowing more people than ever to join. Now that restrictions have allowed them to gather in person again, they have pivoted once more, introducing hybrid meetings, which will enable new and returning members to continue to learn leadership and presentation skills and gain self-confidence.

"If you can communicate well, people will look to you as a leader right away," said Lyle Appleyard, a toastmasters member of Stonewall.

The group is one of the largest in Manitoba with 17 members aged 18 to a member in their 80s. There is also a reasonably even split of men and women in the group who have various interests, which makes it a great environment to find someone to connect with.

"We have Dave [Storey] as president, but we have other executive roles. And, each one helps to develop your leadership and your skills so that you can take them out in the real world," said Appleyard.

The program works because there are specific pathways that the group members can choose from. Each pathway allows them to determine what areas of personal growth they wish to work on.

"If you want to come in and you just want to do presentations, there's one for you, if you want to develop your humorous speaking style [there's one for you] but there's also several for developing different leadership styles. So that's what Pathways is," said Appleyard.

Each week people volunteer to take on roles at the next meeting and each of the available roles helps to develop skills in the pathways people are working on.

"One of the things that's exciting about this club is that all of our meetings are hybrid. They're all online and in-person. So, if a person can't come regularly, well, then they can attend a meeting online, be at home at the meeting, but still be a part of the fellowship within the group," said Kay Boyd a member of the group who lives in Gull Lake.

They intend to continue to offer hybrid meetings in the future because it allows members from outside of Selkirk and the Interlake to join the group who may not be able to leave their homes for one reason or another to take part still.

Boyd says that this club is something that anyone would likely benefit from because people don't realize how often you need to give impromptu speeches.

Their group has helped people who want to be better communicators and people who have specific goals for instance, when Bob Hebert was selected as Selkirk's Citizen of the Year in 2018. At that time, he knew that he would have to give a speech and relied on the group members to help him work out the kinks before the big day.

"[I like] just being here with everybody and learning from them, and [we're] just a big happy family," said Hebert.

He has been part of the group since 2011 and initially joined as he was giving presentations advocating for the rights of people with disabilities from his perspective as a person with an intellectual disability.

He says that he's continued to participate in the group over the years because of the friendships he's made.

The toastmasters invite anyone interested to view their website at <https://3977.toastmastersclubs.org/> for more information and contact them there if they would like to learn more about joining.

"Do you have [an event] coming up? Join toastmasters. Gain confidence and improve your speaking skills," said Boyd.



RECORD PHOTOS BY KATELYN BOULANGER

The Selkirk's Toastmasters group continues to meet on-line and in person to allow people from all over the country to participate.



Toastmasters David and June Story cutting the 43rd anniversary cake.

Moving the Flood

Moving the Flood

A Memoir

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Selkirk Community Garden plots grow by leaps and bounds

By Autumn Fehr

For two years, the community garden plots at the Water Tower Park have sat unused and empty.

In 2019, the Selkirk Communities in Bloom committee recognized the condition of the space and reached out to the City of Selkirk.

Later that year, Taylor Gyselink, owner of The Flower Child, a greenhouse in Selkirk, partnered with the City of Selkirk, Communities in Bloom, Selkirk Home Hardware, and the *Selkirk Record* to start a project to revitalize the once-forgotten space.

In their first year, the committee completely replaced 14 of the original 32 plots and repaired 14 of them.

Last year, they replaced the remaining 4 plots making it so the entire space has been spruced up.

Three years later, the committee has managed a total of 40 plots, adding eight new plots so far this year.

All the garden plots are four feet by eight feet, like a raised garden bed.

"It's very community involved. Between all the supporters, and all the people who have plots, it's like a small little community of people, so it's pretty special to just get the vibe across of the community coming together," said Gyselink.

Home Hardware has donated all the materials and the soil for the community gardens.

"Rob and Krista Borthistle from Home Hardware have been very instrumental in helping it come to life," said Gyselink.

The City of Selkirk built and installed the plots and maintains the grass area around the plots, so they stay in good condition.

All the plots within the community garden are free to the residents of Selkirk. But demand is high and plots need to be reserved quickly when the sign-up period is announced in February or March for next year.

"We just continue to build more just because of the success of the gardens having a waitlist every year," said Gyselink.

In addition to Selkirk residents who own some plots, the committee also has many community organizations with garden plots.

These groups include a grade 3/4 class from Robert Smith school, a business called Bonded Health & Mobility growing for the food bank, and a group from the high school called the Indigenous Knowledge Keepers who plant sacred ceremonial plants.

Gyselink says that there's an apparent want and need for gardening in the community and that's what they hope to fill by continuing to build the garden plots.



RECORD PHOTOS BY BRETT MITCHELL

Taylor Gyselink, owner of The Flower Child, help Sveya, Taylee and Tara Nore with beautiful plants for their community garden plot.



Plaque in memoriam of Raymond Peebles and Sybil Finnsen, a couple that shared plot 21 for two years.

"This year we just want to maintain what we have. In the future, we'd like to put more gardens around the city where they're needed," said Michelle Balharry, Chair of the Selkirk Communities in Bloom.

Balharry says the city has plans to build higher-density housing, and the committee has plans for plots for those downsizing into townhomes and condos in the future.

"We are just so grateful for the support of Home Hardware because, without them, this wouldn't happen," said Balharry.

The committee is dedicating one of the plots in remembrance of plot-holders Raymond Peebles and Sybil Finnsen who passed away in January, days apart from each other.

The committee has had a memorial plaque made up that they will install on their plot, in loving memory of them.

TEMPORARY SERVICE DISRUPTION PINE FALLS EMERGENCY DEPARTMENT

Due to a shortage of emergency department nursing staff, emergency department services at Pine Falls Health Complex are temporarily suspended.

In the event of a health emergency, please call 9-1-1 or your local 10-digit emergency number.

Emergency care can also be accessed at Pinawa Hospital.

Hours of operation at Pine Falls primary care clinic at 37 Maple Street have been extended.

9 am to 8 pm
Walk-ins are welcome.

For patient safety, no opioid prescriptions will be provided at the walk-in clinic. Please see your regular care provider for this service.

We apologize for this inconvenience while we work to address nursing shortages.

INTERRUPTION TEMPORAIRE DE SERVICE D'URGENCE DE PINE FALLS

En raison de la pénurie de personnel infirmier pour les services d'urgence, nous devons fermer temporairement le service d'urgence du complexe de santé de Pine Falls.

Si vous avez besoin de soins d'urgence, veuillez composer le 911 ou le numéro à dix chiffres de votre localité pour les cas d'urgence.

Vous pouvez aussi obtenir des soins à l'hôpital de Pinawa.

Les heures de la clinique de soins primaires de Pine Falls, au rue 37 Maple, ont été prolongé.

9h à 20h

Les visites sans rendez-vous sont bienvenues.

Pour la sécurité des patients, les ordonnances d'opioïdes ne seront pas fournies à la clinique sans rendez-vous. Pour ce service, adresser vous à votre prestataire de soins.

Nous nous excusons pour cet inconvénient alors que nous tentons de régler le problème de pénurie de personnel.



Interlake-Eastern
Regional Health Authority

Office régional de la santé
d'Entre-les-Lacs et de l'Est

ParticipACTION event gives people an excuse to get outside

St. Andrews gives community a boost to kick start community activity competition

By Katelyn Boulanger

The ParticipACTION Community Better Challenge started at the beginning of the month and St. Andrews has given their community a boost to their activity score with an event which might put them in a good position to win the title of Canada's Most Active Community.

"ParticipACTION is about just getting up and getting moving and just being an active person, in many different ways. It doesn't have to be sports," said Kelly Kimball, recreation manager for the RM of St. Andrews.

Last weekend the RM hosted a day of free activities to get the community moving. This included yoga, a community walk, and a boot camp style class.

Kimball said that this event is a way that people can learn more about their communities.

"[ParticipACTION] being free, means that everybody can try so there are no barriers to inclusion, which is really, really important. [Learning] what's available in their own area. Exposure to something they never would have tried before is just another way to live a healthy lifestyle," she said.

In addition to the health aspect of getting more active, events like this can be very good for community building.

"It's a way to feel included in your own community just to realize that there's another group of people out there who have similar interests," said Kimball.

She encourages residents to continue

to take part in ParticipACTION even though the June 4 local event is over by getting active all month and logging in on the ParticipACTION app.

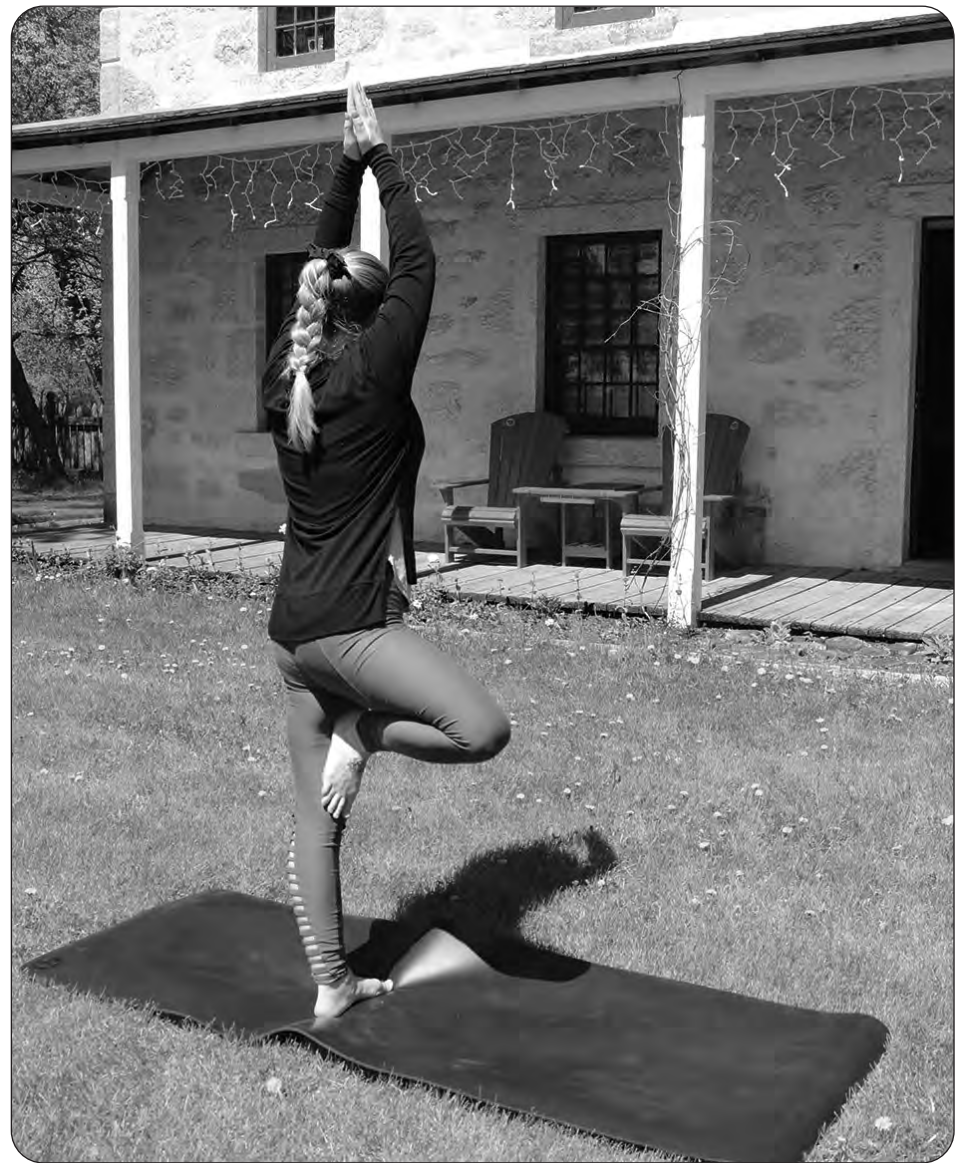
"ParticipACTION also is a month-long program from June 1 to June 30, where you can track your minutes of activity. They collect the data by postal code, and you get a ranking, I believe, provincially and nationally, to see where your community lies in its activity levels for the month of June. So, it's actually a very fun activity," said Kimball.

She says that there are many great places in the RM that people can get out to.

"We have lots of brand new trails and more that are being built this year. We have the outdoor rinks, which are free to use in St. Andrews and in Clan-deboye. We have obviously, lots of parks, in all of the communities. They have playgrounds and things like that that can be used," said Kimball.

She encourages residents to use this as an excuse to get active.

"Especially with everything we've been through the last couple of years, it's always good to get out. Take this opportunity to meet new people, just to in general, make ourselves happy by experiencing new things and meeting new people and doing activities. Think of it in terms of just your own general well-being. Communities are only as strong as the people that get involved in them and get out. In order to offer programming and to encourage the development of more things in our communities, like trails, parks, [etc.], we need to use them. So, if you



RECORD PHOTO BY KATELYN BOULANGER

Yoga in front of the St. Andrews Rectory.

get out and get using them, it really helps us to determine where we're going to increase our development in our infrastructure for those kinds of activities," she said.

If you would like to download the ParticipACTION app you can find it

on Google Play or the App Store. This is available not just for St. Andrews residents but residents all over Canada so even if you live in another RM in the area you can get out and get active too.

Did you know your pharmacist can help you quit smoking

Local pharmacist Carolyn Capell gives tips on how to butt out

Submitted by Carolyn Capell, Shoppers Drug Mart pharmacist and owner

May 31 was World No Tobacco Day. It's a day meant to raise awareness about the consequences of tobacco use and what we can do to minimize global tobacco usage. Unfortunately, smoking continues to be the largest cause of avoidable illness and early death in Canada.

Only five per cent of people successfully quit smoking without the use of

smoking cessation medications or the help from a counsellor, so don't feel discouraged if quitting cold turkey isn't working for you. Nicotine, the chemical found in all tobacco products, including cigarettes, is addicting and is what makes it so hard to quit. With help, you can increase your chances of success.

There are many methods to quit smoking, including seeking guidance from healthcare providers, visit-

ing smoking cessation clinics, using medications and following self-help guides. Research has found that combining different methods has a higher chance of success than using one alone, but the most important thing is to find the best approach that works for you.

Health care professionals, including pharmacists, can help you assess your needs, come up with an individualized plan to help you quit and address any concerns you have about quitting. As your local pharmacist, I'm here to support you as you reclaim your health, and to help, I've put together some tips and resources

to help you quit smoking:

The power of peer support – Consider joining an in-person or online support group for people trying to quit smoking. Knowing you're not alone and discussing your experiences with others in a similar circumstance might be beneficial. Your group members may also be able to share new ideas and tactics for quitting smoking and staying smoke-free.

Cut the caffeine – Caffeine's effects are amplified in the absence of nicotine. When you first quit smoking, you may feel jumpy or restless and

Continued on page 13

Zumba Jan raises funds for school and Ukraine

Every little bit helps

By Katelyn Boulanger

When Jan Keryluk heard that there were going to be refugees coming to Manitoba from Ukraine with few possessions, she decided that she wanted to help them out. As the owner of Zumba Jan, she enlisted the help of her Zumba students to raise some funds.

"I talked about wanting to do some fundraising in class in our fitness class, to support Ukraine and then [Heather Hogg who is on the Lord Selkirk School Division Board of Trustees] talked about what Happy Thought School was doing to support Ukrainian refugee students that were coming to the bilingual school and I thought, instead of my original plans, wouldn't it be great if we could give them money from our in-class fundraising to help make Ukrainian refugee students feel more welcome in Manitoba?" said Keryluk.

That's when she decided to put together a silent auction for her students of Zumba items. The Zumba students embraced the idea and by the end of the project, they had raised \$280 for Happy Thought School.

"[My students] thought it was an amazing idea to help those students feel welcome and to have some resources there that could help them settle in," she said.

Keryluk currently runs Zumba classes locally out of the Gordon Howard Centre but in the summertime, she embraces the opportunity and hosts classes at the Selkirk waterfront. She called the fundraiser for Ukrainian refugees Cue the Love.

"I know there're a lot of other fundraising efforts out there. But I think every little bit helps and I think by



PHOTO SUBMITTED

One of Zumba Jan's outdoor Zumba classes at the Selkirk Waterfront.

having our story out there raising the awareness for the needs of Happy Thought School, and also the need to help Ukrainian people settling here in our province feel like this is their new home, [we are making a difference]. [We also want the newcomers to know] we really are happy to have them here," she said.

Happy Thought School's principal Trish Goosen wanted to thank the Zumba students for their donation which will go towards additional Ukrainian bilingual resources such as dual-language (English and Ukrainian) books.

"On behalf of the students and staff at Happy Thought School, we thank Zumba Jan for organizing this fundraiser. Thank you to the Zumba participants who supported this fundraiser. Our students and staff appreciate your support," said Goosen.

Keryluk says that she would absolutely host another fundraiser like this in the future and in fact hosted a simi-

lar fundraiser with her Gimli Zumba classes which raised funds for the Gimli Chamber of Commerce and the Gimli Community Development Corporation's Gimli Stands with Ukraine fundraiser which supports families coming from Ukraine to Gimli.

Keryluk's favourite part of hosting these fundraisers was seeing people give back.

"People would make a bid on an item and say it was \$15. And they top it up with 20 or \$25. The generosity

was overwhelming," she said.

Keryluk also encourages residents who want to donate to Happy Thought School or to the Gimli Stands With Ukraine fundraiser to do so saying that it's really easy to do.

To donate to Happy Thought School residents can contact Goosen at tgoosen@lssd.ca and the Gimli Stands With Ukraine GoFundMe page is <https://www.gofundme.com/f/gimli-stands-with-ukraine>.



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> QUITTING SMOKING, FROM PG. 12

may have trouble sleeping. While these are common symptoms, caffeinated beverages such as coffee and tea might exacerbate them.

Talk to your pharmacist – Simply talking to a health care professional about quitting has been shown to increase motivation to quit. Your pharmacist is a health care expert who can listen, give smoking cessation information, and assist you in developing an individualised plan to quit. Your pharmacist can also recommend products to help you quit that may be available without a prescription. In Manitoba, pharmacists can prescribe smoking/tobacco cessation medications to help you quit. To sup-

port thousands of people in becoming non-smokers, Manitoba launched the Quit Smoking with Your Manitoba Pharmacist social impact bond. Smoking cessation appointments with pharmacists are free of charge and include up to \$100.00 in smoking cessation products.

Quitting tobacco is challenging, but not impossible. Pharmacists are here to help you take one of the most important steps towards improving your health. Speak with your local pharmacist to learn more about the importance of quitting smoking and the supports and services available to you.

Manitoba Municipal Administrators elect Nicol president

Local CAO will represent Manitoba at municipal conferences in other provinces

Submitted by the City of Selkirk

At its recent annual general meeting, members of the Manitoba Municipal Administrators made Selkirk CAO, Duane Nicol their president. Nicol, who has served as the association's vice-president for the past two years, will serve a two-year term.

Manitoba Municipal Administrators is a professional association established by provincial legislation. The association exists to support the professional development of municipal administrators and advocate for the profession.

Nicol says having the opportunity to serve Manitoba's local government administrators is both an honour and a great responsibility.

"This organization has existed for over 90 years and has a long history of supporting and growing the capacity, skill, and professionalism of municipal administrators," Nicol said.

"I'm honoured to be one of the few people to serve in this role, and I'm excited by the opportunity to address the challenges that Manitoba's local governments face."

According to Nicol, municipalities in Manitoba and across Canada are operating in some of the most challenging circumstances seen in generations.

"We are at the forefront of climate change, both in terms of reducing GHG emissions and adapting our communities and infrastructure to be resilient to its impacts. Infrastructure is aging and failing, but our current revenue sources just can't keep up," Nicol said.

"We are still dealing with the fall out of COVID-19, and we are seeing the rise of a more vocal, anti-social, anti-

government, self-interested populism which we see represented more and more in our citizens, and unfortunately, sometimes the people they elect. We're doing all of this while the rapid change of technology and the changing expectations of the modern workforce are completely reshaping the workplace."

Nicol, who teaches Leadership in Municipal Management at the University of Manitoba for the Certified Manitoba Municipal Administrator program, says that local government leadership has never been more needed. Part of his mandate is to continue the evolution of the association to better meet the needs of its members and arm them with the skills needed to overcome the current challenges and help their communities thrive.

"While councils set direction and vision, it is administrators that have the technical skills and experience to develop strategies and policies and implement processes and systems that will deliver on that vision. Councils that are supported by strong administrative teams accomplish more and achieve the strategic outcomes they set out. As president, I want to keep MMA advancing and rising to meet the needs of today's members. By enhancing the capabilities of municipal administrators, we give councils more tools to strengthen their communities which makes for a more successful Manitoba."

Selkirk Mayor, Larry Johannson says that he is not surprised by Nicol's election to the MMA presidency.

"I offer my congratulations to Duane and I know he will be a fantastic leader for the MMA membership," Johannson said.



PHOTO SUBMITTED

Current MMA President/CAO Duane Nicol, Past President Nettie Neudorf and Vice President Nicole Chychota.

"The City of Selkirk and its citizens are fortunate to have Duane as our CAO and his outstanding leadership skills combined with his unique knowledge and insight into municipal government and municipal administration, having three terms on Selkirk council before taking on the CAO position, make him an exceptional administrator. I have all the confidence in the world that Duane will excel in this new role as well."

The new role will put additional responsibilities on to the already busy Nicol, including representing the association across the country as well as with stakeholders in Manitoba. As president, Nicol will also serve on the board of directors for the Association of Manitoba Municipalities.

"It's going to be more demanding on my time at work and at home. This is only possible because I have such an incredible team in the office and the support of Selkirk council, not to mention my wife, Erin. There is a big benefit to the city as well. Part of my representation of the MMA is attending municipal conferences in other provinces, so there is lots of education and training I will receive at no cost to the city. Also, I have the opportunity to network and build stronger relationships with key stakeholders here in Manitoba and nationally. This is extremely valuable to the city."

Meridian Agriculture Scholarship up for grabs

By Staff

There's a new scholarship available for high school students in Manitoba and Saskatchewan.

The Thanks for Farming Tour has teamed up with Meridian Manufacturing Inc. to offer two \$1,000 awards for students in grades 11 and 12.

The Meridian Agriculture Scholarship is meant to connect students with their communities to understand and recognize the importance of agriculture and the role it plays, organizers say.

Prospective applicants are asked to submit a one-minute video answering the question: How is agriculture important in your community?

"Agriculture is a community in itself. The industry is constantly working together, but many people don't understand or see how important and involved agriculture is within communities," said Meridian's Sid Lockhart. "We're looking forward to hearing the views on this topic from our next generation."

The top finalists for the scholarship will present at the Thanks for Farming Tour events in their respective provinces in July.

"We are excited to be offering the Meridian Scholarships in conjunction with the Thanks for Farming Tour events this summer," said tour organizer Jeremy Matuszewski. "We cannot say enough about the next generation of farmers and we want to ensure they are supported in their journeys to be the next leaders in agriculture."

The deadline for applications is July 1 for Saskatchewan residents and July 15 for Manitoba residents.

Full application details are available online at thanksforfarmingtour.com/scholarship.

The Thanks for Farming Tour will be in Swift Current, SK July 12-13 and in Winkler, MB July 27-28.

Manitoba Road Trip Ideas

48 Hours in Winnipeg

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. Explore Manitoba's largest city, where you can discover everything from luxury to joie de vivre. Winnipeg offers culture, history and relaxation—perfect for creating your ultimate.



1 PASSION & HISTOIRE

When you visit Winnipeg's **St. Boniface** neighbourhood, you'll find its Francophone history, architecture and culture line the streets. Cross the striking **Esplanade Riel** pedestrian bridge that links The Forks and downtown Winnipeg to St. Boniface.

Start at the information centre inside the former **St. Boniface City Hall** building on Provencher Boulevard. Here you can book a walking tour, get information or watch a documentary about the history and passion of Manitoba's Francophone community. Visit the **La maison des artistes visuels francophones**—the only French-run gallery in western Canada.

Next, check out le **Musée de Saint Boniface Museum**, the oldest building in Manitoba. Built more than 170 years ago, the building was originally a convent. Today, it is full of Francophone history and art,

including a permanent exhibit on Louis Riel, the founder of Manitoba. A block away is the **Saint Boniface Cathedral**. The current church was built in 1971 after a fire burned the majority of the previous church. The old facade from 1894 still stands tall in front of the modern building, making for stunning photographs. Louis Riel's tombstone sits in the cemetery in front of the cathedral, where a plaque informs visitors about his life and legacy.

Another St. Boniface treasure is **Fort Gibraltar**. This replica of a 19th century North West Company fur trading fort features costumed interpreters who bring the fur trade period alive. You can also visit **la Maison Gabrielle Roy**, the original home of the renowned Franco-Manitoban author. Her hometown and the house itself are featured throughout much of her work.



2 A WALK IN THE PARK & A NIGHT WELL SPENT

A day spent at the **Assiniboine Park Zoo** is an absolute must. The Journey to Churchill exhibit features the Sea Ice Passage, an underwater viewing tunnel to watch swimming polar bears and playful seals. See Arctic fox, caribou and wolves, along with tigers, gibbons and other exotic animals. Check out Aunt Sally's Farm, where colourful bridges give safe passage to goats and kids can play next to the animals. Another playground option in **Assiniboine Park** is the wide

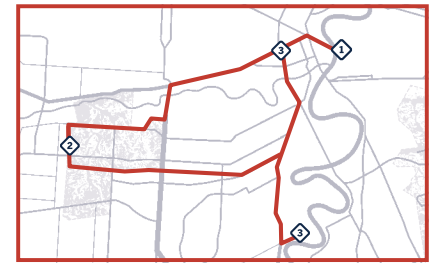


open space in the **Nature Playground** or spend some time in the tranquil **Leo Mol Sculpture Garden**.

Winnipeg boasts a variety of hotel options to suit any need, from trendy boutique hotels in the heart of downtown, to family-friendly hotels with pools and water slides close to your favourite attractions. Many hotels offer special packages, so now is a great time to stay overnight in Winnipeg. (Find unique accommodations at travelmanitoba.com/stay.)



SCAN THE QR CODE TO OPEN THIS ROAD TRIP MAP ON YOUR PHONE.



3 THE ART OF RELAXATION

The **Winnipeg Art Gallery's** iconic downtown building features a modernist design and more than 27,000 works of art. Browse the galleries where local Manitoban and Canadian artists are at the forefront, along with international works representing various cultures, centuries and mediums. The WAG is also home to one of the most sought-out gift shops in the city.

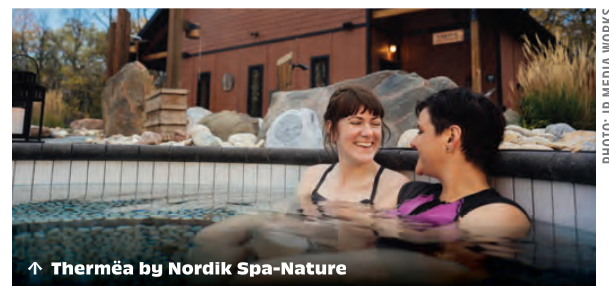
Be sure to spend some time at **Qaumajuq**, the Winnipeg Art Gallery's stunning Inuit art museum. The architecture was inspired by Canada's northern landscape and it is home to more than 14,000 pieces of Inuit art, many of which are on display in the visible vault. The first of its kind in the world, Qaumajuq offers a space where Inuit voices are front and centre. This accessible gallery combines art and technology to create direct connections to the land, people and culture of the north.

Experience deep relaxation at **Thermëa by Nordik Spa-Nature**—an outdoor oasis set

in a quiet nook of the city. The signature thermal experience is the ultimate way to relax. It follows a hot-cold-rest cycle. The spa can be enjoyed in any season and is a different experience depending on when you go. Steam rises over the dreamy temperate and hot pools, while the cold plunge beckons the brave. Enjoy a variety of saunas and steam rooms. During the rest period, lay down on a slab of hot rock or lean back on a heated seat and be soothed into a slumber with the aid of relaxing music overhead. Fire pits are located throughout the facility for s'mores roasting and a tasty restaurant onsite where you can eat in your bathrobe! Feel the sand between your toes on the new forest beach where you can lounge in a cushioned chair or hammock.



SCAN THIS QR CODE FOR MORE ROAD TRIP IDEAS.



Winnipeg Beach dog behaviour professional encourages unique dog training course

By Emma Honeybun

Local professional dog trainer from Winnipeg Beach, Jodie Fitzgerald, is currently encouraging people from the community to take advantage of a new, discounted online training course, currently available to the public for \$10.

"The Dog's Truth - The Science of L.E.G.S.® for Families" is an esteemed dog training course that directs its attention to understanding dogs as intelligent creatures instead of simple pets. It debunks a variety of myths surrounding dog training, and helps owners understand the reasoning for dog behaviour.

Dogs are often rehomed due to behavioural issues, and the class aims to prevent that through proper education.

"Indeed, the recognition that dogs are in fact much more than "how we raise" them is a strangely profound assertion in a culture that has continued to falsely promote such "blank slate" thinking about dog behaviour. In light of the recent headlines reporting the results of a Broad Institute study on dog genetics & behaviour, the questions about what really influences a dog's behaviour are on the minds of dog lovers worldwide," wrote Fitzgerald in a press release.

The class is represented by applied ethologist and professional dog trainer Kim Brophy. She's the author of the novel *Meet Your Dog: The Game-Changing Guide to Understanding your Dog's Behaviour*.

The class operates on the L.E.G.S strategy, something that – believes all animals operate on:

"Learning: Yes, "how you raise them" matters. The experiences and education that a dog has day in and day out are an important element of a dog's behaviour- but it's just ¼ of the story.

Environment: The external conditions of a dog's life – historically, previously, and currently – are highly influential in the recipe of a given dog's behaviour.

Genetics: The DNA that designs each dog inside and out does matter, specifically where there has been selective pressure on creating certain kinds of dogs for specific behaviours historically; and this will definitely make a difference to the family who lives with them.

Self: Each dog is an individual having their own experience as a sentient being. The internal conditions of their world – sex, age, health, personality, etc – are entirely unique to them and important factors in their behaviour."

In the press release, Fitzgerald expressed her confidence and optimism in the course and training method. She uses the strategy for her own course, *Fitz Your Dog Training*.

"This makes all the difference for her clients, says Fitzgerald. 'Utilising the L.E.G.S. ® model, I am able to offer dog owners and caregivers a way to understand the truth about their dog's natural behaviour, and find simple and practical solutions that will relieve the stress that dogs and owners are experiencing daily.' She is thrilled to join an international community of professionals who have chosen to join the future of the industry with Fam-



RECORD PHOTO SUBMITTED

Jodie Fitzgerald is encouraging dog owners and anyone interested in learning to understand dogs as intelligent creatures to sign up for the on-line training course currently for \$10.

ily Dog Mediation."

More information on the course is available online at www.familydogmediation.com.

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COVID study shows “significant reduction” in working memory, concentration

By Patricia Barrett

Medical research on COVID-19 continues to reveal the extent to which the virus can damage body organs and also impair brain functioning.

A U.K. study looked at the impact of COVID on the brain, revealing problems with memory and the ability to concentrate in those with COVID and in those who continued to suffer long after their initial period of infection.

The study titled “The negative impact of COVID-19 on working memory revealed using a rapid online quiz” was published May 21 as a preprint – studies that have yet to be peer-reviewed and should not inform health care decisions until verified as good science – by researchers from the University of York, the University of Hull and the U.K. National Health Service.

The study’s findings point to cognitive deficits COVID can cause in people aged 25 years and older while sparing those under 25.

“Given the importance of working/short-term memory for everyday tasks, such as having a conversation, decision-making, reading comprehension, performing a sequence of actions, it is reasonable to conclude that COVID-19-induced working memory deficits may compromise performance in daily life,” the researchers wrote.

They developed a “CORONA” survey and a memory quiz after reading reports in the media of many people with COVID experiencing “brain fog” problems, which include difficulty remembering, concentrating and performing daily tasks, as well as reports of those still suffering with COVID symptoms long after they were infected.

The researchers focused on assessing “working memory,” defined as a form of short-term memory whereby information is stored and retrieved while performing a task. Working memory is involved in problem-solving, reasoning, reading comprehension and conversing, and is highly correlated with measures of cognitive function.

People 25 years of age and older suffered from cognitive impairment based on their memory scores.

“Our main finding was a significant reduction in memory scores in all COVID groups (self-reported, positive-tested and hospitalized) compared to the non-COVID group. Memory scores for all COVID groups combined were significantly reduced compared to the non-COVID group in every age category 25 years and over, but not for the youngest age category (18-24 years old),” the researchers wrote.

Previous research on brain functioning has sug-

gested there are short-term memory deficits arising from COVID, but that research had been limited to small numbers of patients (6-87 people), the researchers wrote. A large pool of test subjects statistically improves the reliability of findings.

The online, anonymous survey was available for seven months, between Dec. 8, 2020, and July 5, 2021, and could be completed on a mobile phone, tablet or personal computer.

Of the 5,428 participants who took part, 3,722 (68.6 per cent) said they didn’t have COVID while 1,706 (31.4 per cent) said they did. The greatest number of participants (1,385) were in the 45 to 54 age group. The majority of participants said they were living in the U.K. while others indicated residence outside the U.K. (from 43 other countries).

The survey consisted of yes or no questions that included COVID status, the month and year they had it or may have had hit, what symptoms, if any, they experienced – including a new continuous cough, difficulty breathing, high temperature and tiredness – and whether they had ongoing symptoms.

Participants were also asked to rate questions that asked about concentration on simple and complex tasks, thinking quickly, thinking clearly, tiredness after mental effort, their gender and what age group they were in (i.e., 18-24, 25-34, 35-44 etc.).

The working memory component of the test consisted of 55 simple and unique visual images across

four categories (animals, numbers, fruits and other objects) which required minimal levels of English proficiency and education. Participants were shown a grid of six images and were then asked to select two images that were shown previously. The number of images was then increased whereby participants were asked to recall three, four and five previously shown images.

The factors most affecting objective memory scores were COVID status, age, time post-CO-

Table 6. Principal component analysis of subjective questions in the CORONA survey (N=5428).

Subjective Questions ^a	Principal Components ^b		
	Cognitive	Sensory	Smell/ Taste
Thinking clearly	0.835	0.238	0.087
Concentrating on complex tasks	0.832	0.193	0.082
Thinking quickly	0.799	0.256	0.094
Concentrating on simple tasks	0.790	0.174	0.081
Having a conversation	0.762	0.264	0.067
Getting tired easily after mental effort	0.736	0.271	0.115
Remembering things	0.716	0.279	0.070
Fatigue	0.706	0.262	0.149
Low mood	0.646	0.129	0.029
Balance	0.222	0.757	0.161
Dizziness	0.231	0.702	0.222
Vision	0.242	0.631	-0.012
Hearing	0.175	0.605	-0.029
Touch or pain	0.248	0.598	0.219
Taste	0.123	0.153	0.936
Smell	0.126	0.144	0.933
Eigenvalues	7.127	1.801	1.231
% of variance	44.544	11.253	7.695

^aEach subjective question was preceded by the introductory phrase “During the COVID-19 pandemic, have you had **MORE** problems with?”
^bRotated factor loadings over 0.50 appear in bold.

STUDY SURVEY

The CORONA survey, which was completed by 5,428 people, asked about thinking clearly, thinking quickly, concentration on simple tasks, recall and how tired participants got after mental effort.

VID and ongoing COVID symptoms, the study found. Although short-term memory naturally declines with age, those with COVID – compared to those without COVID across the various age groups – had reduced memory scores.

“With respect to age, we found that memory scores

Continued on page 18

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Turkey Steaks with Chimichurri

- 1 Turkey Roast, frozen
- 1 shallot, finely chopped
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- 1/2 tsp | 2.5 ml fresh cilantro, finely chopped
- 1/4 tsp | 1.25 ml fresh mint, finely chopped
- 1 tbsp | 15 ml oregano
- 1/4 cup | 60 ml red wine vinegar
- 1/4 cup | 60 ml olive oil
- 3 garlic cloves, finely minced

Preheat oven or bbq to 325°F (160°C). Cook turkey roast for 2.5 hours, remove and rest for 10 minutes. Slice into 1” (2.5 cm) steaks. Preheat bbq to med-high (375°F | 190°C). Grill steaks for 4-5 minutes per side to achieve golden brown grill marks, set aside. While the turkey steaks rest, combine all other ingredients into a mixing bowl. Season with salt and pepper to taste. Spoon onto steaks and serve with grilled potatoes and salad.



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Manitoba government introduces legislation to allow larger increases to minimum wage

Changes to employment standards code would bring affordability for more Manitobans

Submitted by Manitoba government

The Manitoba government is introducing legislation that would allow larger increases to the provincial minimum wage, given current uncertain and challenging global economic conditions as employees and employ-

ers struggle to recover from the COVID-19 pandemic, Labour, Consumer Protection and Government Services Minister Reg Helwer announced Monday.

"Our government is committed to making life more affordable for Manitobans," said Helwer. "This legislation would make critical changes to the Employment Standards Code to permit larger increases to the provincial minimum wage under certain economic conditions."

Bill 44, the Em-

ployment Standards Code amendment act (minimum wage), would allow cabinet to mandate a larger increase to the minimum wage when inflation in Manitoba, as measured by the Consumer Price Index, exceeds five per cent in the first quarter of a calendar year.

Under current regulations of the Employment Standards Code, Manitoba's minimum hourly wage is set to increase by 40 cents to \$12.35 on Oct. 1. The proposed legislation would allow cabinet to authorize a larger increase. Any increases authorized would continue to come into effect on or after Oct. 1.

Currently, the Employment Standards Code regulates increases to Manitoba's minimum wage rate. Annual increases are indexed to inflation as measured by the Consumer Price Index. Each year on Oct. 1, the minimum wage is adjusted in proportion to the change in the previous year's

inflation. While this approach to tying predictable increases to inflation works well under more normal economic conditions, the minister noted the government requires flexibility under extraordinary economic conditions to consider additional adjustments.

"This change would provide much-needed support to hard-working Manitobans who have been burdened by soaring cost-of-living increases," said Helwer. "Manitobans have worked tirelessly throughout the COVID-19 pandemic, and this legislation would relieve some of the financial strain they are experiencing due to rising food and fuel prices."

This legislative amendment strikes an appropriate and workable balance for employers and employees in Manitoba who continue to struggle to recover from the challenging economic conditions brought about by the pandemic, the minister added.

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> COVID COULD AFFECT MEMORY, FROM PG. 17

for the COVID group were reduced compared to the non-COVID group in every age category 25 years and over, but not for the youngest age category (18-24 years old)," the researchers wrote.

The results suggest that deficits in working memory can "recover over time," taking about 12 or more months, but cognitive impairment may persist in those with ongoing COVID symptoms.

"For the COVID group, memory scores increased as the number of months elapsed since having had COVID-19, indicating that working memory deficits can recover over time," the researchers wrote. "However, scores were reduced for those with ongoing COVID-19 symptoms suggesting that working memory impairments can persist in those who continue to suffer the effects of COVID-19."

Future studies, they suggest, should examine the relationship between COVID and different age groups to "determine which factors protect younger adults from memory deficits with COVID-19, with the

aim of designing interventions to protect older adults."

Limitations of the study include the survey and quiz not being carried out in "controlled laboratory conditions" where participants might be compelled to answer questions more accurately.

The exact mechanism by which the virus negatively affects neurological functioning is unknown, but previous research suggests that inflammation within the brain or spinal cord (i.e., the central nervous system), impaired clot formation and underlying medical conditions could play a role.

"While our study provides evidence that working memory is negatively impacted by COVID-19, the underlying mechanisms for this are unknown," the researchers wrote. "Several pathophysiological mechanisms underlying the neurological impact of COVID-19 have been proposed, including neuroinflammation, vascular dysfunction, coagulopathy, and pre-existing co-morbidities. It is possible that some of these mechanisms may affect brain areas involved in working memory."

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RCMP reminds motorists to drive safe

By Ty Dilello

The RCMP and Winnipeg Police Service met with the media last Tuesday on a service road just south of the Perimeter Highway to talk about road safety at the scene of a fatal collision earlier this year that took four lives.

The RCMP responded to 71 fatal collisions in 2021 across the province. Already this year, there are 26 people who have died on Manitoba roadways in RCMP jurisdiction.

To mark Canada Road Safety Week, the RCMP and Winnipeg Police Service wanted to have an open conversation about what police are seeing on the roads in Manitoba.

However, this is not just about education anymore.

"People know to avoid high-risk driving behaviours," said Inspector Joe Telus, Officer in Charge of RCMP Traffic Services. "They know to slow down, buckle up, pay attention to the road, and drive sober. At this point, it is time to realize this is about people making choices, and some of those choices have cost people their lives."

The Winnipeg Police Service is also very concerned about the same high-risk driving behaviours on its city

streets that has led to six motor vehicle fatalities already in 2022 (in comparison, there were nine in all of 2021)

"Some of that has to do with increased traffic volumes, but it also reflects some of those seemingly small decisions motorists make that have a big impact on our roadways," said Inspector Doug Roxburgh, commander of the Winnipeg Police Service Traffic Decision. "The decisions drivers make don't just affect them. They can affect their passengers, other drivers, cyclists, and pedestrians."

The police forces are using increased enforcement, and more enforcement tools are being used to combat high-risk driving behaviours. Mandatory alcohol screening, automated license plate readers, and continued work by front-line traffic enforcement officers are some of the ways they are doing that.

"It is so important to have the message of making safe choices get through to people," said Sargent Ken Pinsent, a forensic collision reconstructionist with the RCMP and the officer who investigated the fatal Perimeter collision last August. "It is my job to go to the worst collision scenes,



RECORD PHOTO BY TYDILELL

Members of the RCMP and Winnipeg Police Service met at the site of a fatal car accident last week to discuss road safety. Left to right, Sargent Ken Pinsent (RCMP), Inspector Doug Roxburgh (WPS), Inspector Joe Telus (RCMP).

and I have been to many. What I saw that day will stay with me forever. The amount of tragedy on that little

stretch of roadway is haunting. I can't help think, if only."

The search is on!

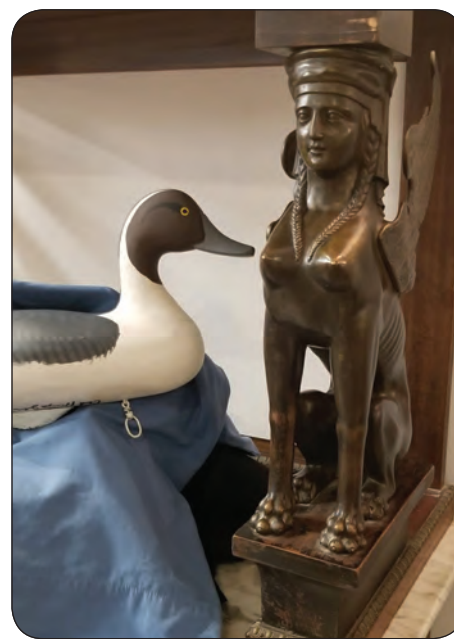
Be it that elusive Viking helmet in the attic, the Wayne Gretzky rookie card tucked into a sports magazine or an Egyptian artifact, collectors are actively looking. Prehistoric man collected pretty stones, warriors the spoils of war and now with access to the world on the internet, people have the opportunity to collect in what ever field they choose.

We offer many services to buy-



ers and sellers. If you are a collector looking to add to your collection, we can help by being an extra set of eyes in the market place. For sellers, we purchase with quality, rarity and price in mind. Sometimes we purchase a single item, sometimes an entire collection. With design today people are mixing classical with contemporary styles, making the search for unique pieces that can be the focal point of a room, even more challenging.

Having been collectors our entire lives, we have many private sources in the antiques world and are familiar with many auction houses. We carry an ever-changing inventory which we are proud to share with you at our rural location near Argyle and Kenora, Ontario. The



more experience a person can gain by seeing in person and touching, the better a decision they will make in future purchases. When looking at pieces some simple questions a

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buyer should know the answers to are: what materials you are looking at? can you tell the differences between oak and rosewood, alabaster and marble and if a painting actually has age? was this item made in 1720 or 1920? When a snap decision has to be made, knowledge is your ace.

People ask us all the time if the antique market is holding its own, and honestly the market is always changing. Items that may have been popular in the 1970s and 80s have fallen out of demand and new items from our global economy have filled their places.

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letter to the editor

Beware of scams

Have you ever been tempted by an offer that seemed too good to be true?

Scam artists count on the gullibility of their targets. Many people have lost a substantial amount of money and their pride when they get taken advantage of.

Personally, I read a text that said that I had an e-transfer. All that I had to do was press A to accept it. Luckily, I had the foresight to get advice from my siblings and son. All three of them told me to delete the text and block it from appearing on my cell phone again. They told me that an e-transfer will identify the financial institute or individual that is sending it to you. I was relieved that I got support.

Not everyone has someone to warn

them about scam artists. That is why so many innocent people lose their hard-earned cash to these internet predators.

The rules to follow when someone tempts you are easy. Never open an email or text of an unknown person. A decade ago, many of the money scams were emails from a Nigerian Prince. He needed help with money transfers.

It became known as a type of scam.

Never send money to anyone that you don't know. Some scammers pretend that someone you love is in distress. The best way to find out if that is true is to clarify their whereabouts. Don't let your emotions take over. Ask to speak with your loved one. Think through the situation clearly. If you are unsure of what your next move should be, call a friend, family member or the local police for advice. They will assist you to make the

best decision.

Never give out your password, social insurance or credit card numbers to someone you don't know. If scammers have your password, they could get into your email account and have access to all of your contacts. The devious people could try to steal their identities. If they know your social insurance number, they would have the ability to set up an account in your name and would have access to your accounts. They could make withdrawals. If they know your credit card number, they could buy items that you may be responsible to pay for.

If any of these incidents occur in your life, report them to the local police or the credit card companies. They will assist you in dealing with the situation.

Scammers have to be stopped before they take advantage of innocent

individuals.

Scammers are prevalent in our society. They prey on vulnerable people who are convinced that the offer that they are provided with is legitimate. If they accept the e-transfer or send money to a stranger, there is a good chance they will regret it. Their funds will probably be lost. Any time that scam artists are successful, it makes them want to continue with their illegal activity since it is lucrative. Your naïve actions put others at risk.

Don't fall for scams. If you are taken in by one, tell a friend, family member and the local authorities about it. Protecting yourself and your loved ones is the key.

- Submitted by
Patricia Witzke

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Stonewall woman speaks out for motorcycle safety

By Jennifer McFee

A Stonewall woman is driving home the importance of motorcycle safety while she steers down the road to recovery after a near-fatal highway accident.

Ellen Francis of Stonewall says she's lucky to be alive after she hit a deer with her motorcycle 10 months ago.

On Friday, Aug. 13, 2021, the experienced motorcyclist was travelling a familiar route to Saskatchewan.

"I was on my way to see my sister, who lives in Indian Head close to Regina. That's a trip I've made dozens of times over the years. I've been riding for 20 years. I'm not a new rider and I certainly wasn't a new rider that day, but there are some things you just cannot foresee," Francis said.

"Lots of drivers of cars have hit deer, but the only people I've ever known who hit a deer on a motorcycle are no longer here. I'm fortunate to be alive because most people do not survive. There are a few that do and I'm one of them — and I'm very grateful for that."

Although she was alert to her surroundings, Francis didn't see the deer, which was likely tucked out of sight in a nearby ditch.

"When you're on a motorcycle, you're always looking everywhere and scanning the ditches, the bushes, the horizon. It literally came out of nowhere. I blacked out from the impact," she said.

"Then I realized I was laying in the middle of the highway. Luckily,



RECORD PHOTO SUBMITTED

Ellen Francis of Stonewall is recovering after hitting a deer with her motorcycle last summer. The experienced motorcyclist shares some advice for Motorcycle Safety Awareness Month.

there was no traffic right on my tail. I told myself 'You've got to get off the highway so you're not in the traffic.' I rolled my body to the yellow line. As I looked back, a semi went by my head four inches away."

A man driving the other direction was the first on the scene to help.

"He didn't see what happened. Nobody saw what happened. He

Continued on page 27

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WAVE Tour artist finds Wisdom at the Crossroads

By Iris Dyck

Every time Amanda Onchulenko steps into her studio, she tries to solve a puzzle.

Sometimes, the answer comes to her quickly. The bright flowers and landscapes she is known for flow from her paintbrush, every stroke falling in just the right place.

Other times, it's a more difficult process. She'll turn her canvas upside-down and paint over it, looking for a new angle to work from. The closer she gets to finishing a painting, the more impact each mark has.

"You do eventually get to a resolution," Onchulenko said. "Knowing when something is finished can be really challenging."

Onchulenko has been working toward "resolutions" in her art for over 20 years. After completing art school in Australia where she grew up, she travelled and taught art and English on three continents before settling in

Winnipeg. She finds inspiration in Manitoba's changing seasons.

"I'm fascinated by the perennial gardens that can survive in the extreme conditions that we live in here," she said.

Onchulenko draws from her gardens at her cottage in Ponemah to create abstract scenes bursting with colour. During the winter months, when the landscape is cold and grey, the summer hues from back home brighten her studio and drive her painting.

"As an immigrant... where you come from comes with you, and so I'm naturally drawn to colour," she said.

She started her studio practice in 2001, around the time of the birth of her first child. She went to her space in Winnipeg's Exchange District whenever she had a spare moment, and was able to go regularly once her children were in school. She has always seen art as a type of therapy – an

exercise of the body and mind.

"It's solving a visual equation, is what really what you're doing, and it's physical, it's active," she said. "It can be really inspiring, it can be really infuriating, but it's always something that I want to keep doing, so I keep doing it."

Recently, Onchulenko moved her studio to a smaller space in Winnipeg's South Osborne neighbourhood. The move got her thinking of new ways to create. Her most recent project is a podcast called Wisdom at the Crossroads, a series that reflects on lessons she's learned through her artistic career.

Each episode begins with soft music, and Onchulenko invites the listener to grab a warm drink and "settle in for a short while." She wants the podcast to be a space where people can take a moment for themselves.

"The world is really fast, and we're stressed, and we juggle a lot of balls, and we have a lot of things on the go," she said. "So the idea of having you come to my studio and just chilling out for half an hour with your cup of tea... that is sort of what I'm hoping to convey."

Onchulenko describes the process behind some of her paintings, similar to what she does when she opens her cottage to visitors for the WAVE Artist Studio Tour. She keeps that audience in mind as she writes her



RECORD PHOTO SUBMITTED
Amanda Onchulenko poses with some of her colourful works that she will have on display at her Ponemah Cottage during the Wave studio tour from June 11-12.

script, answering questions while making the listener feel welcome. To her, it's a type of meditation.

"Meditation was my way of finding to how to deal with things in a different way," she said. "I find I'm energized by the peacefulness of it, which sounds ironic, but it really has been helpful and I highly recommend it."

Onchulenko is looking forward to once again hosting WAVE visitors in Ponemah on the weekend of June 11, and says the podcast is a way of saying "thank-you" to all those who have supported her over the years.

"I want to serve my clients and I want to give back to them, so I want to share some of the stories that they've asked me in a new way," she said.

For more information on Amanda Onchulenko and the other artists participating in the WAVE Interlake Artist Studio Tour, visit watchthewave.ca or download the Free App from the App store.

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4 brioche buns

1 medium tomato, sliced into rounds

Spread:

2/3 cup full-fat Greek yogurt

1 clove garlic, grated

1/3 cup mayonnaise

1 tablespoon Dijon mustard

Salad:

1 small English cucumber, thinly sliced

2 green onions, thinly sliced into rounds

2 tablespoons flat leaf parsley, chopped

2 tablespoons fresh mint leaves, chopped

1 tablespoon fresh dill, chopped

1/4 cup micro greens

2 tablespoons lemon juice

1 teaspoon lemon zest

2 teaspoons olive oil

To make burgers: Gently divide lamb into four equal parts and shape into rounds slightly larger than buns. Cover and refrigerate at least 1 hour.

To make spread: In small bowl, mix yogurt, garlic, mayonnaise and mustard; refrigerate until ready to assemble burgers.

To make salad: In medium bowl, mix cucumber, onions, parsley, mint leaves, dill, micro greens, lemon juice, lemon zest and olive oil; refrigerate until ready to assemble burgers.

Preheat grill to medium-high heat, creating hot and cool zones. Salt patties then grill about 6 minutes on each side until internal temperature reaches 150 F. As patties near 150 F or start to brown, move to cool zone to regulate doneness. Transfer to plate and let rest about 5 minutes.

To assemble burgers, add dollop of spread to bottom buns. Top each with one tomato slice, one lamb burger, salad and top bun.

Ask the Money Lady.ca

Dear Money Lady: One of my friends put all their retirement savings into an annuity and said we should too. What exactly is an Annuity? Janice

Janice, I am often asked about annuities, so let's discuss this strategy that is often recommended as a way to create a lifelong income in retirement. Life annuities are designed for clients who have insufficient savings and/or a very low risk tolerance to investing in the market. There are four main types of annuities: straight life, joint life, term-certain and deferred. We will discuss each one plus some of the added features you can opt for.

Straight life annuities are the simplest. This annuity guarantees a periodic income for life with payments starting immediately minus a premium. Be careful with this one. This annuity does pay the highest amount for life, but when you die the payments stop and there is no payout to the estate. The benefit from this plan is if you live longer than your life expectancy, you will benefit from the funds left in the pool by those who died earlier. One thing I am not a fan of with this product is that the payments are fixed over time and do not compensate for inflation. Because of this you can add an income protection option called an increasing life annuity. The plan will then increase by a defined pre-set percentage each year. You can also choose an indexed annuity (often less expensive) that will increase the payments each year in line with inflation (measured only by the Canadian Consumer Price Index).

Joint life annuities last as long as either partner is alive. There are a couple of options with this one. You can buy an income-reducing annuity which is less costly, whereby the payment from the joint annuity declines when the first spouse dies. There is also an option in



Christine Ibbotson

this plan to guarantee the payout of the premium if you choose a cash payment provision. When the annuitants die, the difference between the premium and the payout can then be paid to the beneficiaries.

Term-certain annuities are usually the one I prefer. In this annuity, payments are made for a specific period whether or not the annuitant dies. If you are using funds from your RRSP/RRIF in a term-certain annuity, payments usually only last until age 90. You can manipulate your term from 3 to 40 years and most are highly flexible. A cashable option is only available with this type of annuity since the convertible value can be easily calculated at any time. If needed, you could cash in your plan in the event of a serious medical condition or financial emergency.

The last type of annuity is called a deferred annuity and often purchased long before the income from the product is required in retirement. With this plan clients can take advantage of a slightly higher rate of interest by purchasing the annuity years earlier than actually required. You will be encouraged to pay a higher premium during the deferral period, allowing interest to accumulate in the product and therefore increasing the overall value at the agreed upon conversion date when it switches to a paying annuity. With this

product, it is best to opt for a return of premium guarantee in the event that you die prematurely before the payments start. One thing to remember with this one: interest earned during the accumulation phase is taxable, so it is best to fund this product with your registered investments.

All annuities are insurance products and vary widely based on the provider. Some insurance companies offer variable pay annuities which can be linked in part to the return of a specified stock market index. These plans offer something for everyone. Clients can choose an index tailored to specific profiles, such as conservative, moderate, growth or aggressive. Depending on the insurance provider, you may even be able to choose a combination of indexes with variable payments. Basically, a person chooses an annuity product because they don't want to be concerned with the ups and downs of the stock market, and they want a "set-it and leave-it" strategy with a guaranteed monthly income for life. Now before you all run out to purchase an annuity, let me just go over some of the disadvantages. Most annuities cannot be cashed or altered after income payments have commenced. Payments often cannot be adjusted to reflect changing needs, and the funds cannot be accessed in an emergency. Remember, you are giving up ownership of your investments and control of your capital to the annuity. It cannot ever be used as a loan guarantee or reassigned. Annuities are great to help diversify a retirement portfolio, but it is always a good idea to use them with other investments that offer more flexibility, such as RRIFs and TFSA's.

Good Luck & Best Wishes,

ATML - Christine Ibbotson

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

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Indigenous artist dives deeper into her outlet

RAMP program provides opportunities for local artists

By Autumn Fehr

Annie Courchene is always looking for ways to express herself through visual images rather than words.

When Courchene paints, her space is sacred and is used as her outlet to express her creativity and to keep her grounded. It's her happy place.

Her art reflects her Anishinaabe culture and is filled with the passion she has had for art since she was young.

"My mom always encouraged us to express our creativity since we were little kids," said Courchene, an Indigenous artist from Sagkeeng First Nation.

Courchene is a self-taught, Anishinaabe/Nehiyah visual artist from Sagkeeng First Nation.

She has always made art since she was a little kid, as she grew up around a very artistic family.

"I think, as humans, we all enjoy creating and being creative. I think that's something really primal. It's good for the heart," said Courchene.

As a child, Courchene always found ways to make art with things around her, even if that meant using the walls of her home as a canvas.

Courchene says her mom let her and her sister draw on one of their bedroom walls to express their creativity at a young age.

"She would say, you are only a kid once, and kids should have fun like that," said Courchene.

Courchene does many different types of artwork, such as acrylic painting, aerosol painting, and sewing.

"It's my happy place. It brings me a lot of peace and joy to just make art, and to make something really beautiful and colourful," said Courchene.

Courchene finds herself inspired by other Anishinaabe painters such as Quill Christie-Peters.

"Her work is really powerful and beautiful. Someone to look up to I think," said Courchene.

Her mom and her grandparents also play a huge role in the work she does.

"When I think of who I am as an artist, I think of my family and all their support throughout the years. I don't think I would have kept up with my practice or be where I am without them and their support," said Courchene.

In her own practice, Courchene uses her artwork as an outlet, that helps spin positivity into her everyday life.

"My artwork helps with my mental health – it keeps me grounded," said Courchene.

"I DON'T THINK I WOULD HAVE KEPT UP WITH MY PRACTICE OR BE WHERE I AM WITHOUT THEM AND THEIR SUPPORT."

In September 2021, her mom encouraged her to take her work and invest in it one step further, so Courchene applied for the Indigenous Rural Art Mentorship Program (RAMP).

RAMP is a ten-month program where five emerging artists from northern and rural communities are mentored by Lita Fontaine, a professional artist.

Through Fontaine, the artists learn by her knowledge, experience, and practical tips to take into their own artistic practice.

The program is a partnership between Mentoring Artists for Women's Art (MAWA) and the Manitoba Arts Network (MAN).

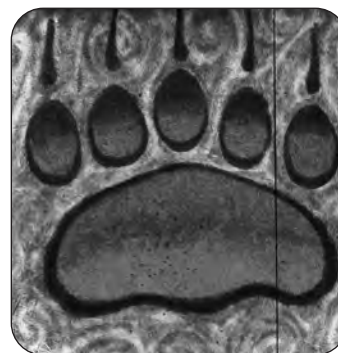
Courchene says she was surprised to get in, as she hadn't done much towards her practice through the pandemic.

"The program has been really nice and helpful. It's been super wonderful to connect with other Indigenous



RECORD PHOTOS SUBMITTED

Members of this year's Indigenous Rural Art Mentorship Program (RAMP).



Pieces of artwork created by Annie Courchene.

artists. I don't think I would have had those connections without the program," said Courchene.

On Saturday, May 28, Courchene participated in the From Within, online opening reception of visual art facilitated by franco-Métis, Yvette Cenerini, as part of the 2022 RAMP Exhibition.

The exhibition, From Within, presented the works of artists: Frances Cooper (Métis), Tess Ray Houston (Cree), Kristy Janvier (Dene), and Annie Courchene.

Courchene says the exhibit was a team effort of all the artists in the group, working together as a collective.

The exhibit has artwork that reflects the land, and its presence as a foundational base within each of their creative processes.

Courchene says she is the youngest in the program, so she has learnt a lot from the other artists in the group who are wise in their experiences with their craft.

"It's been really helpful, not only as an artist but as a person and as an Indigenous woman to connect with



Annie Courchene

other Indigenous women, and just to learn all I can from those ladies," said Courchene.


In October, the group will have an in-person exhibition in Brandon to showcase what they have been working on since their previous virtual exhibit.

As one of her artistic goals in the future, Courchene hopes to learn to make her own clothes as she wants to be more sustainable.

"Fashion is one of the biggest polluters today," said Courchene.

Another one of her goals is to paint murals and to work towards becoming a muralist.

The Selkirk Record
 217 Clandeboye Ave., Selkirk
 Proof Deadline **Fridays at 4 p.m.**
 Booking Deadline **Mondays at 4 p.m.**
 Office Hours: Monday-Friday 9:30-5:00



Local photographer connecting through the lens

By Iris Dyck

When Michelle Westman takes a portrait, she's looking for a feeling.

She carefully frames her subject, balancing them with the background and props. Sometimes she adds colourful lighting to change the mood. But just before she presses the shutter, she takes note of where her subject is looking.

"I'm looking and making sure the eyes are connecting," she said. "The whole face matters, but the most important thing is eyes, and the way someone's eyes can show so much emotion."

Westman has been capturing that emotion since she was 15. She started photography as a hobby, taking photos of herself and friends in her backyard in Stony Mountain.

"Then it became a little bit more than that," she said, "and I was like, you know, I can do this as an actual job."

Westman took the Professional Photography course at Red River College Polytechnic in Winnipeg, graduating in 2019. She learned different photography styles and techniques, but portraits are still her favourite.

"I like to capture how unique everybody is, because everyone has their own personality and their own style," she said.

After graduation, Westman worked for Lifetouch, a company head-

quartered in Winnipeg focusing on school headshots. She has since photographed families and couples, and is starting to "dip her toes" into wedding photography. She also likes to experiment with different themes, using costumes and makeup for styled sessions.

One of the photos she is most proud of comes from a Halloween themed shoot. Purple and red tones in the background make the model's spooky clown makeup pop as she stares into the camera. But Westman has a hard time choosing any one photo as her all-time favourite.

"The newest photo I've taken is always my favourite because it shows my growth," she said.

Westman has run into some roadblocks along the way. Her application to register her photography business, Visions by Michelle Westman, was delayed because of the pandemic. She also says finding clients can be difficult coming from a small town.

"It's really hard to branch myself out into Winnipeg," she said. "That's been a big challenge, just finding my people that want my work, but I'm getting there."

And her perseverance is starting to pay off. Some of her former Lifetouch colleagues sent her their clients when they stepped away from photography. She's met clients through friends

and family. And recently, she travelled to Los Angeles with Winnipeg band Encore to take photos for their album.

"As a photographer, going to L.A. has been my dream ever since I was in college, and I finally got to do that. So that was a really big step for me," she said.

Westman is also participating in her first large showcase on May 27. The event is put on by RAW, a group that hosts multi-disciplinary art showcases around the world. Westman will share the Exchange Event Centre in Winnipeg with other local photographers, musicians, designers, and artists.

"It's my first time actually getting to sell my physical prints, and I'm just really excited to meet the other artists and get to showcase my work," she said.

For Westman, photography is all about connection. She loves helping the people on the other side of her lens feel comfortable, showing them they don't need to be camera shy.

"It feels really nice after knowing that someone likes my work and that they finally have photos that they feel confident in," she said.

"Time is limited, and with photography, you get to capture that time in a photo, and it's quite beautiful."

To contact Michelle for a photoshoot



RECORD PHOTOS SUBMITTED

Michelle Westman's camera has become a part of her since she started her photography career.

and to see her work, visit visionsbymichellewestman.squarespace.com. To buy tickets to the RAW artist showcase, visit rawartists.com/visionsbymich.

> MOTORCYCLE SAFETY, FROM PG. 21

stopped traffic and then the ambulance showed up first, followed by the cops. Everyone was terrific," Francis said.

"My bike was totalled and ended up 50 feet down the road. As they were loading me into the ambulance, a cop stuck his head in the door and said they found a deer in the ditch. They had to shoot it."

Francis ended up with a broken shoulder, fractured hand and severe road rash — but she was alive.

"Anything can happen in a split second," she said. "Even now when I tell my story, I get a shiver down my back because it is so unbelievable that I survived that."

She still experiences some mobility issues with her hand and can only raise her arm halfway, which has impacted her work as the owner of Elemental Artisans jewelry shop in Stonewall. She closed her business for the first six months of her recovery, and she's now open once again.

"I repair jewelry and I do custom work for people. It is a challenge. I've learned to do things in a different

way. It takes me a lot longer to do the processes than it used to, but I'm grateful that I can still do it," she said.

"I came back to work two months ago and I had customers who were waiting for their jobs that they dropped off before I had the accident. They waited patiently over the winter and now I'm only just finishing up some of those jobs. Everyone has been terrific."

Since May is Motorcycle Safety Awareness Month, it's the ideal time to remind motorists to share the roads responsibly and exercise caution around motorcycles.

Speaking from decades of experience, Francis offers some words of wisdom.

"When a driver and a motorcycle are involved in an accident, the driver always says 'I just didn't see him.' It's because we become so complacent about shoulder checking, checking in your review mirrors. There's no magic solution. Everybody gets complacent as we get comfortable driving certain routes or certain vehicles. Always double check. Always

look twice," says Francis, who used to work at Harley Davidson Winnipeg.

"When you come up to a motorcycle on the highway or one passes you, give them lots of room. Don't crowd them or force them to take a small portion of the road just because you want to get where you're going. A huge issue for all motorcyclists is the danger that cars present when drivers aren't paying attention."

For riders, Francis stresses the importance of choosing the right gear and wearing it properly.

"Always use good eyewear that blocks the wind so your vision is not impaired. And always wear a helmet. I'm a huge advocate for wearing helmets. If I wouldn't have had a helmet on that day and I hit the pavement, I definitely would've had some kind of brain injury," she said.

"All my gear was destroyed, but that can all be replaced. You can buy a new helmet, new boots, a new motorcycle — but you cannot buy a new life."

At the same time, she encourages people to get to know motorcyclists and talk to them about their hobby.

"A lot of people are wary of motorcy-

clists, yet motorcyclists can be one of the most wonderful, caring, compassionate, giving groups ever. They're involved in fundraisers and they take time to stop and help people on the side of the road. It's a great community," said Francis, who encourages women to take the mandatory motorcycle course if they're interested in giving it a try.

"Most of us enjoy talking about our bikes, so don't be afraid to ask us about our bikes and how long we've been riding."

Now that the weather is warming up, motorcyclists start to get the inclination to ride, she added.

"It is a dangerous hobby; however, it's an exciting hobby. For me, it's a balance of exercise and being outside. It's a feeling of freedom. It is a passion, and once you get that passion in you, it's very difficult to get away from it," she said.

"Even now, after my injury, I'm still considering getting another motorcycle even though it was totalled that day. I understand that I might not ever be able to do that again. It's too early to tell. It's something I just have to accept."

Timberline Farms celebrating Turkey Lovers Month

June is Turkey Month, support local farms

By Autumn Fehr

Turkeys are more like people than many would think.

When you open the door of a turkey barn, at any time of day, you are met with thousands of turkey heads popping up to look at you.

Then the turkeys usually come running towards you, from the far end of the barn, greeting and welcoming you into their space – excited to see you.

And if you make any noise, they will respond like they are answering back.

Quentin Wiebe, owner of Timberline Farms Inc. looks forward to that greeting every day as part of his work as a turkey farmer.

“When you walk into a barn, it’s like you have 7, 8, 10 thousand friends happy to see you,” said Wiebe.

For 27 years, Wiebe and his wife Theresa Wiebe, have been looking after the turkeys on their farm in Gunton.

“My wife is an integral part of the farming process. It’s very much a team effort,” he said.

Wiebe starts his typical day at seven in the morning with his daily tasks to upkeep the farm, starting with a walk-through of all the barns.

“You wake up in the morning, and immediately your mind goes to the birds and what’s happening in the barn,” said Wiebe.

As a turkey farmer, checking on your birds is an integral part of your day and is done multiple times a day to ensure all is well with the turkeys.

“I think most farmers would feel this way; when the birds are doing well, then life is good,” Wiebe.

Checking on the birds is both the first and the last thing done in a turkey farmer’s daily routine.

“That’s always the first thing to make sure all is well in the barn,” said Wiebe.

Other daily duties include giving the birds food and water and ensuring all equipment is working.

Depending on the bird’s age, they may require some extra attention. When the birds are young, some more manual labour is involved, like filling the feeders by hand.

“You have to babysit the young ones,” said Wiebe.

Wiebe says they are always getting ready for the next flock of turkeys.

Timberline Farms could have up to four different flocks at a time.

The farm raises four different flocks at a time, raising seven flocks a year.

Timberline Farms ships their turkeys through Exceldor Cooperative, located in Blumenort, formerly known as Granny’s Poultry, which is the only turkey processor in Manitoba.

“Excledor’s process is all very highly controlled and very closely monitored,” said Wiebe.

Timberline Farms Inc. turkeys that the farm prepares are Butterball turkeys; turkeys raised without antibiotics that are fed a mixed, natural grain diet of soybeans, grains, and other vitamins and minerals.

Once they ship a flock of turkeys, the work of hauling out the manure and cleaning and disinfecting the barn happens in preparation for their next incoming flock.

Wiebe says they receive the first flock around mid to end of February and the last flock of the year between mid to end of November. The flocks vary in size. The smallest they receive is 7,000 birds, and the largest is 10,000 birds.

This means that from December to January, and most of February, the barns are empty, but Wiebe says during this time there is a lot of maintenance, cleaning, upgrades of equipment and disinfecting equipment that needs to be done.

“Life is a little bit easier. There’s still a lot of work, but it’s just not so pressing,” said Wiebe.

The farm’s busiest season is spring and fall, between shipping and receiving birds. During the summer, the farm is steady with added yard work to get done on the land.

Although his work is busy and at times pressing, Wiebe loves the lifestyle, especially the ease of having his work in his own backyard, and the flexibility of being his boss.

“It’s very rewarding when all the birds are doing well and happy. It can be a lot of fun,” said Wiebe.

Not only does turkey taste good, but it reaps many health benefits.

Turkey is the leanest meat – whether it’s white meat or dark meat. It is packed with high-quality protein, that energizes your body with a boost of iron, strengthens your immune system with zinc, and provides potassium which is healthy for the heart.

These are only some of the many benefits of eating turkey in your diet.

When using turkey as part of a meal, there are many options of how to use it, whether you bake the whole bird, use parts of it in a soup or sandwich, barbeque or smoke it.

“I think a lot of people when they think turkey, they think we have to



RECORD PHOTOS SUBMITTED

The day in the life of turkey farmer, Quentin Wiebe, at Timberline Farms Inc. in Gunton. June is Turkey Lovers Month.

make this whole bird. A lot of people don’t even know what to do with those leftovers. There are so many options – sandwiches, soup, curry turkey,” said Wiebe.

Like any poultry, it is important to cook turkey to the right temperate. Whole turkey and roasts are cooked when a meat thermometer reads 170°F (77°C) for unstuffed turkey, or 180°F (82°C) for turkey stuffed with a dressing. Turkey cuts such as breasts, thighs, drumsticks and wings are cooked when it registers 165°F (74°C). Always insert your thermometer into the thickest part of the meat, away from any bones.

To ensure proper handling, those preparing a turkey can follow the set guidelines listed on the Manitoba Turkey Producers website turkey.mb.ca, such as properly handling, cooking, and defrosting a turkey.

The Manitoba Turkey Producers website also has turkey recipes for ideas on what to make the next time you cook a turkey, whether using the whole bird or the leftovers after a big dinner with friends and family.

After 27 years of running a turkey farm, it becomes a lifestyle and a routine way to make a living.

Wiebe says that since he has been taking care of turkeys for so many years, when he is walking through the barn, he can tell just by the way they sound and even by the way they stand, if there is a potential problem, if they are happy or not and if they are



Turkeys are curious and will come up to greet you.

comfortable.

“Bottom line, it’s a fun way to make a living,” said Wiebe.

This month, support turkey farmers like Wiebe by enjoying some turkey. Some great options are a whole turkey, turkey roast, turkey cuts, like a breast, thigh, or a couple of drumsticks, ground turkey, or something quick and easy like frozen turkey burgers, sausages, ham or franks.

Experiences Canada holds first in-person event after two years

Program promotes teachings on allyship topics not as familiar to rural youth

By Autumn Fehr

First thing Thursday morning, Elisee Moore grabbed her bags and headed out the door with her parents.

After months of virtual webinars, she looked forward to truly experiencing the program through the in-person summit and exploring the City of Winnipeg with the knowledge she had learned.

From May 5 to 8, Experiences Canada brought together 60 youth participants and youth leaders for their summit on allyship and advocacy in Winnipeg, after two years of running their program virtually.

Over the past three months, the participants learnt about a variety of allyship topics through their regular monthly webinars, including Islamophobia, LGBTQ2S+, reconciliation, accessibility for persons living with disabilities, environmental racism, mental health, and the impacts of social media, to prepare them for the in-person event.

Through the program, Moore learned about the importance of advocacy.

"Joining together with a group of people can create better change than individuality. For example, working together in a team can really help push towards the change that you imagine," said Moore.

As part of the summit, the participants volunteered with Pride Winnipeg to clean up the Assiniboine Forest, visited the Canadian Museum for Human Rights, Quamajug: the Inuit Centre at the Winnipeg Art Gallery (WAG), and toured Fort Whyte Alive.

"It was really cool to explore the city with a group of individuals who are likeminded," said Moore.

The participants also had the opportunity to hear from guest speakers such as an Indigenous elder named Parry who spoke about respecting others and the land and the importance of



keeping family traditions alive.

"It was really inspiring," said Moore.

Experiences Canada also taught Moore the importance of and how to be an ally to those in marginalized

communities by creating a podcast to inform others on human rights issues.

As part of the in-person event, the participants were split into groups and given different topics to focus on in creating their own podcast.

Moore's group took on the issue of environmental racism, focusing specifically on Curve Lake First Nation and the lack of access to clean water.

Curve Lake First Nation is one of the most endangered communities in Manitoba regarding

RECORD PHOTO SUBMITTED

Participants of Experiences Canada's summit on allyship and advocacy on May 6, in front of the Canadian Museum for Human Rights.

not having safe drinking water.

For over 15 years, the community has not had safe drinking water and witnesses 10 to 15 boil-water advisories a year.

"We wanted to raise awareness about that specific issue and tell people about how it's not really right considering Canada has so much clean water," said Moore.

The podcast's goal was to learn more about human rights issues and have a hand in educating others by releasing the podcast to Spotify later.

Moore has completed this specific youth forum with Experiences Canada and won't be able to participate next year as she will be graduating from high school.

"The program exposed me to lots of different ideas which isn't really talked to you in school like Islamophobia and all those things, which isn't as common around here. So, I thought it would be really neat to get some knowledge about that before I head

off to university," said Moore.

Moore wants to apply as a volunteer or youth leader for next year's forum to continue to be a part of the change and learning experience that Experiences Canada offers.

"It really inspired me to continue to look at topics like environmental racism, and further explore how we can change and make an impact on these issues. It really inspired me to continue to be involved in groups like these and organizations," said Moore.

Moore said the experience was eye-opening and a valuable opportunity.

She encourages others to also participate in the program, either as participants in the forum or as volunteers or youth leaders.

"I really took away the importance of community and how working together can really help drive change," said Moore.

"THE PROGRAM EXPOSED ME TO LOTS OF DIFFERENT IDEAS WHICH ISN'T REALLY TALKED TO YOU IN SCHOOL LIKE ISLAMOPHOBIA AND ALL THOSE THINGS." WHICH ISN'T AS COMMON AROUND HERE.

Grand Opening of Winnipeg's Royal Aviation Museum

By Autumn Fehr

The planes standstill in the places they have been left to retire after years of making memories and creating experiences.

These vintage aircraft are a part of Canadian history, representing the stories of pioneers and innovators who are responsible for putting Canada on the aviation map.

After years of dreaming and anticipation, the Royal Aviation Museum of Western Canada in Winnipeg celebrated its grand opening from May 21 to 23.

The museum had been going through the process of planning, building, and assembling for nearly 15 years.

Devin Long, from Stonewall, and a pilot for WestJet has been a witness to this lengthy process, being there to lend a hand or two along the way.

"The new museum was a good decade in the making. The capital campaign was going on for several years," said Long, a volunteer in the museum re-build.

Long grew up with airplanes, as his parents ran a small flying outfit in Northern Manitoba.

"It was my chosen career path early on," said Long.

He became involved with the museum re-build through several friends he knew were a part of it, from the annual Out of the Blue Gala – a fundraising gala held every year at the museum.

The last Out of the Blue Gala was held in 2018 at the old museum, marking the next step in their journey as they began the process of transitioning to the new museum.

The old museum was the original TransCanada Airlines hangar in Winnipeg that was built in 1929.



Welcome to the new Royal Aviation Museum of Western Canada.



The Fokker Super Universal

Long heard that those planning the re-build were looking for a space to store some of the more fragile aircraft that could not be stored outside, such as the de Havilland Fox Moth.

At the gala, Long approached Joel Nelson, the Vice President of Operations and Facilities for the museum, and offered to store one of the planes at his shop until the museum was ready.

The property had been purchased by the Exchange Income Corporation and the old museum was being torn down.

Long returned in October 2021, to pick up the de Havilland Fox Moth.

When he went inside, he realized they were low on volunteers to help move the aircraft and artifacts out of the old museum.

Long had some holidays and volunteered his time to help move the five other planes and artifacts from the old museum into a safe place for



RECORD PHOTOS BY AUTUMN FEHR

Garry, Lucille and Devin Long had a pre-opening tour for the Royal Aviation Museum of Western Canada. The Longs are standing in front of the Fairchild 71, the aircraft they built a dolly for to arrive safely at the new museum.

them to rest until they were ready to be moved into the new museum.

"They had five airplanes that were in the back of the museum, and they were fully assembled, and they could not remove them from the museum unless they were either disassembled or they knocked a wall down and took them out through a hole in the wall," said Long.

Fortunately, the latter option was not a problem, as the old museum was set to be torn down anyway.

On Jan. 28, at minus 38 degrees C., one of the coldest days in Winnipeg in over a decade, Long bundled up in his winter gear and headed to the old museum one last time to move the de Havilland Beaver and the Fairchild 24.

Long prepped the Vickers Vedette, the Fairchild 573, and the Stinson Reliant to be moved on the 30th of January by a tow company, as he had to work.

Although, the Fairchild 71 needed a little extra help to remove it enact, and undamaged.

Long and his dad Garry Long, came up with a solution to build a dolly for the aircraft to remove it safely from the museum to its resting place.

Now, after several years of struggling to raise funds, you can see all six-vintage aircraft at the new Royal

Aviation Museum of Western Canada on Wellington Crescent.

The new state-of-the-art building aims to guide visitors through the story of flight across western and northern Canada through 14 immersive galleries. Along with 22 vintage aircraft and artifacts the museum also features a new outdoor aviation plaza, an observation lounge, a kids' interactive play area, an archive room and an engine room that lets visitors to put the pedal to the metal and experience the sounds and feel of different types of aircraft engines.

The museum also seeks to commemorate the role women and Indigenous people played in Western Canada's aviation history. Some exhibits were developed in collaboration with Nigaaan Sinclair, a professor of native studies at the University of Manitoba. He also helped the museum fulfill calls to action issued by the Truth and Reconciliation Commission.

The museum has a variety of programs and events for groups and schools, open to the public shortly after the grand opening weekend.

After two years of building and \$46 million raised through fundraising and donations, the museum is ready to continue its journey in telling the historical stories of the aircraft.



Devin and Garry Long specially built a dolly, for the Fairchild 71 to assist with the moving of the plane while the museum was being built.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals win third-place rugby game

By Brian Bowman

The Selkirk Royals picked a great time to play some phenomenal rugby.

Trailing at half-time, Selkirk stepped up their play on their way to a 29-14 victory over the Tec Voc Hornets in the third-place game of the playoffs.

The Royals scored three tries in the second half.

"They played really well," said Royals' coach Gord Dehn. "We were down at half-time and they really came back and found it in them and played really hard and played some really, really outstanding rugby in the second half."

Selkirk moved the ball well and maintained the majority of possession in that second half.

Last Thursday, the Royals soundly

defeated the Hornets 17-5 in Selkirk.

Selkirk started the season with losses to the St. Paul's Crusaders (27-0) and the Sisler Spartans (14-12).

Selkirk got a lot better throughout the short season. It was great to see the players have a chance to play high school rugby.

"They were a keen bunch and really athletic," Dehn said. "They were a great group to coach. We have a really good mix and we have a lot of really good guys coming back (for next year). We're going to lose a couple of really good players...but I think we'll be really strong next year. After a couple of years of COVID and these guys not playing it's learning a whole different game to play."



RECORD PHOTOS BY BRETT MITCHELL

The Royals' Jaiden Reeb is tackled by a pair of Tec Voc players.



The Selkirk Royals' Vincent Mennessier gets free in some open space against Tec Voc last Thursday.

Ingram an all star



RECORD PHOTO YOUNGSTOWN PHANTOMS

West St. Paul forward Adam Ingram, a former Selkirk Steeler, was named to the USHL all rookie first team. Ingram played last season with the Youngstown Phantoms, scoring 26 goals and 55 points to lead the team in both categories.

Interlake Blue Jays drop doubleheader

Staff

The Interlake Blue Jays are still searching for their first victory of the Manitoba Junior Baseball League season.

Interlake was swept by the Altona Bisons in a home doubleheader last Sunday in Stonewall, losing 9-3 and 11-4.

The Blue Jays are now 0-6 and in last place in the eight-team league, 4.5 games back of first-place Altona.

Interlake posted an 0-4 record in May, losing to Altona (6-2), the Pembina Valley Orioles (13-7 and 10-3), and the St. Boniface Legionaires (14-2).

The Blue Jays will visit the Elmwood Giants on Wednesday (7 p.m.) and Pembina Valley on Sunday (1 p.m. and 4 p.m.).

Meanwhile, the Stonewall Blue Jays are 1-0 in the Winnipeg Senior Baseball League after a 7-1 win over the Winnipeg A's on May 24.

Stonewall played the South Winnipeg Longhorns this past Monday and



Blue Jays' left-hander Landon Irvine delivers a pitch against the Bisons.



The Interlake Blue Jays' Keenan Allen gets the force out against the Altona Bisons in Manitoba Junior Baseball League action last Sunday in Stonewall.

the Elmwood Giants on Tuesday but no scores were available.

The Blue Jays will host the A's on Thursday (7:30 p.m.) at Quarry Park.

RECORD PHOTOS BY LANA MEIER

Purvis to lead Memorial University Sea-Hawks women's volleyball program

Staff

Sydney Purvis has spiked her way to becoming the new head coach of the Memorial University Sea-Hawks' women's volleyball program.

Selkirk's Purvis, an associate coach at the University of Manitoba and assistant with Volleyball Canada's under-19 national team, takes the helm in advance of the 2022-23 AUS season.

"I am excited and honoured to be named Memorial's next women's volleyball head coach," Purvis said on the Sea-Hawks' website. "To become a part of such a strong academic institution that offers a competitive athletics program is truly a dream come true. I look forward to all the challenges of competing in the Atlantic University Sport (AUS) conference, as well as getting to know the Memorial University community."

The Sea-Hawks, who play out of St.



Sydney Purvis

John's, N.L., struggled last season, posting a 2-13 record.

Purvis, 29, a former Selkirk Royal, played five years with the University of Manitoba, leading the Bisons to a national championship in 2014. She graduated with a kinesiology degree.



RECORD PHOTOS SUBMITTED

Selkirk's Sydney Purvis has been named the new head coach for the Memorial University Sea-Hawks' women's volleyball program in St. John's N.L.

Memorial athletic director Karen Murphy said the university is excited to have Purvis lead the program.

"Sydney's experiences as a coach and student-athlete make her a great fit to build a competitive women's volleyball program at Memorial in a student-athlete centred environment," she said. "Her extensive expe-

rience with volleyball club programming will serve Memorial well as we expand our girls' program and community engagement.

"Sydney has a busy summer ahead of her with the under-19 national team program and we look forward to her arrival in St. John's."

What's *Your* story?

We want to hear from you.

The Selkirk Record connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337



**55+ GAMES
SLO-PITCH PLAYOFFS
are THURSDAY, JUNE 9
9:30am - 3pm
Behind Selkirk Arena
15 Teams on all 4 diamonds**

Steelers building for the future

By Brian Bowman

The Selkirk Steelers feel that they had a very successful draft on Saturday.

With its first pick, second overall, Selkirk chose forward Nick Giasson. He played last season for the Winnipeg Bruins.

"We're very, very happy, the draft went really well," said Steelers' head coach Hudson Friesen. "We had guys outlined going in that we were really hoping to get. A lot of the guys that we had on that list, we were able to check off. We're really happy, we got a lot of good character guys coming and obviously good players as well."

In the second round, 21st overall, the Steelers selected Bruins' forward Tyler Bernier.

Later in the second round, Selkirk stuck with picking Bruins' players as they chose defencemen Carter Willson and Luke Wagner 26th and 27th overall.

In the third round, Selkirk snagged Winnipeg Thrashers' forward Brandon Corda.

The Steelers went local in the fourth round, 44th overall, by taking Thrashers' forward Dawson Dear of Selkirk.

"He is somebody that we have had our eye on for a while," Friesen said. "I really like the way Dawson plays. He plays a very energetic game, he's

in the mix, he's in the battles, and he's not a soft player."

Selkirk then took Thrashers' defenceman Kaiden Dela Cruz in the fifth round, 64th overall.

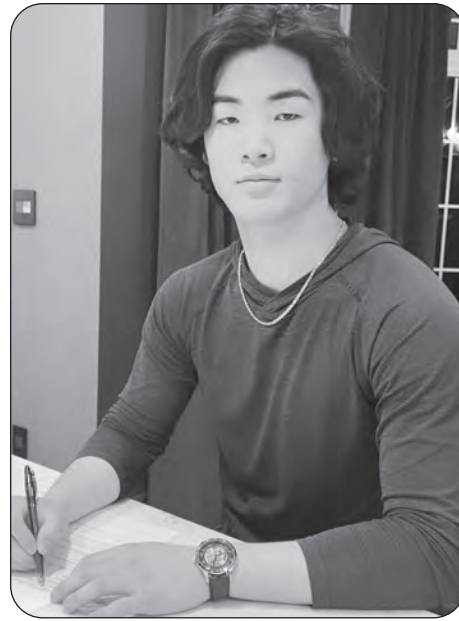
Meanwhile, the Steelers' two auto-protects were forward Ian Lavallee of Petersfield and defenceman Cole Bilous from Lockport. Both played last season for the Winnipeg Thrashers.

"We're really, really happy with those two," Friesen said. "If they were in our draft they probably would have been first, second-round picks. We're extremely happy that we were able to protect those guys beforehand and they both have bright futures."

Local players taken in the draft included Lockport defenceman Luke Fetterly of the Thrashers by the Winkler Flyers (fourth round, 56th overall), St. Andrews' blueliner Kieran Koshelanyk of the Thrashers by the Winnipeg Freeze (fifth round, 57th overall), and Narol defenceman Michael Sullivan of the Rink Hockey Academy by the Neepawa Titans (fifth round, 57th overall).

In off-ice news, the Steelers were busy on the trade front last week.

"We made a couple of moves where players were looking to get an opportunity elsewhere so we accommodated those requests," Friesen said. "We made some deals and we're happy



The Selkirk Steelers announced last week the signing of goaltender Josh Kirton (03). Kirton played last season for the Potomac Patriots in the USPHL Premier League.

with the return."

Selkirk traded local goaltender Cole Plowman (2003) to the Steinbach Pistons in exchange for future considerations.

The Steelers also dealt forward Hunter Friesen (2002) and future considerations to the Niverville Nighthawks in exchange for future considerations.

Selkirk also traded defenceman Spencer Penner (2004) to Steinbach



RECORD PHOTOS SUBMITTED

The Selkirk Steelers announced the signing of forward Lucas Gillson (04). Gillson played last season for the Winnipeg Bruins where he posted 24 points in 27 games.

in exchange for forward Owen Weihs (2003), the MJHL list rights to forward Lucas Gilson (2004), and future considerations.

Finally, Selkirk traded future considerations to the Neepawa Titans in exchange for future considerations.

The Steelers also announced the signing of goaltender Josh Kirton (03). Kirton played last season for the Potomac Patriots in the USPHL Premier League.

Hill commits to University of Wisconsin Stevens Point

Staff

Selkirk Steelers' forward Quinton Hill has committed to play NCAA Division III hockey at the University of Wisconsin Stevens Point.

The 5-foot-11, 181-pounder from Port Coultlam, B.C. spent his only season in the MJHL with the Steelers where he led the team in scoring with 17 goals and 35 assists in 54

games.

Hill was also named the Selkirk Steelers' RBC Community Ambassador for his outstanding work off the ice in the community.

The University of Wisconsin Stevens Point Pointers play in the Wisconsin Intercollegiate Athletic Conference.

Garden City wins MHSAA baseball provincials

Staff

The Garden City Fighting Gophers are the 2022 MHSAA baseball provincial champions.

Garden City defeated the Stonewall Collegiate Rams 4-1 in the final last Saturday in Brandon.

St. Andrews' Colson Smith was named the provincial MVP. His father, Donnie, is the Fighting Gophers' coach.

Garden City jumped out to a 3-0 first-inning lead and rode the outstanding pitching

of Nixon Carriere.

The Fighting Gophers reached the final after posting playoff victories over the Steinbach Regional Sabres (15-6) and the Boissevain/Wawanesa Broncos (3-2).

Garden City was 1-1 in pool play, losing 13-3 to Stonewall and then blasting the Helen Betty Osborne Ininiw Education Resource Centre Huskies (22-5).

The Fighting Gophers won the KPAC title after beating the Springfield Sabres 5-3 at Shaw Park on May 25.



RECORD PHOTO MJHL WEBSITE

Selkirk Steelers' forward Quinton Hill has committed to play NCAA Division III hockey at the University of Wisconsin Stevens Point.

Classifieds



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OFFICE SPACE FOR RENT

Office space for rent, avail. June 1st, 650 sq ft, 300 block of Main St., Selkirk. \$960 + GST per month. Air conditioned, recently renovated, includes utilities. Call 204-785-0105.

APARTMENT FOR RENT

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

SHOP LOCAL

APARTMENT FOR RENT

Century Apartments, Selkirk, MB. Spacious 2 bedroom apartment with balcony. Rent \$1248, water, heat and one parking stall included. Hydro extra varies on use. Contact caretaker Heather 204-785-2200.

WANTED TO RENT

House or apartment wanted to rent. Family of 5 looking for a 3 or 4 bedroom in or around Selkirk. Must be pet friendly. Call Rob at 204-485-1503 or Michelle at 204-485-2984.

GARAGE SALES

Moving sale - June 18, 9 a.m. - 4 p.m. 1/4 mile east of Hwy. 7 on Rd. 75N. Rain or shine.

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Want to learn how to fly? Recreational Pilot Program is the best way to get started, must be 16 years of age. Privileges: fly for fun in a certified airplane, a home-built aircraft or an ultralight; fly by day only in Canada with one passenger; can easily add float rating to permit. Lakeside Flight School 204-642-4799.

HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

HELP WANTED

Help wanted to load, transport and assemble large temporary maze in the Selkirk, Lockport area. Possible summer employment. Email Don at: walkablemazes@gmail.com

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The Selkirk Record Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication. Please Call 204-785-1618

Employment Opportunity

In cooperation with the Interlake-Eastern Regional Health Authority and the Manitoba Métis Federation, the following summer student positions are available:

- Student Dietary Aides: Various Locations in the IERHA**
- Must be Metis, Non-Status or Inuit.
 - Must be students between the ages of 16-29

Please see: <https://selfservice.ierha.ca/> and search under: "Support Services" and scroll to find: **Student Dietary Aide** for the complete job postings. (Competition numbers: **MMF 1157/22 and MMF 1158/22**)

Please apply on-line at <https://selfservice.ierha.ca/> under the competition you are interested in with resume attached. Deadline for submissions is Thursday June 9, 2022 at 11:59 pm.



Interlake-Eastern Regional Health Authority

FULL-TIME POSITION, CAREER OPPORTUNITY



Teulon, MB

Journeyman Construction Electricians and all levels.

Must have a valid driver's license.

Must be dependable.

Please email resume to ile@mymts.net

R.M. OF ST CLEMENTS EAST SELKIRK SECONDARY PLAN 2012-14 BY-LAW AMENDMENT 7-2022 PUBLIC HEARING

As per *The Planning Act*, any person can make representation on the matter at the meeting.

We are Listening.

Public Hearing Tuesday, June 28, 2022 6:00 PM
Council Chambers
1043 Kittson Rd.
East Selkirk, MB

Phone:
(204) 482-3717
1-800-876-5831

Fax: **(204) 482-3799**

E-Mail: info@rrpd.ca

Website:

www.redriverplanning.com



What is BL 7- 2022 about?

This application is to refine the East Selkirk Secondary Plan Policy 4.6.2.2 to now read as: "New lots and subdivisions should be of a size that can accommodate an onsite wastewater management system in compliance with Provincial standards".

Seating at the public hearing will be limited to accommodate social distancing. We ask that you contact the municipal office at 204-482-3300 or info@rmofstclements.com to register your attendance so that we can ensure adequate physical distancing seating. Alternatively, you can contact the R.M. of St. Clements to receive an invitation to public hearing remotely through Zoom, submit questions or concerns in writing or visit the municipality's website for the link to live streaming with interactive chat.

For more information please contact the Red River Planning District.
Red River Planning District Mon-Fri*
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm

*excludes all statutory holidays

*NOTE: Property owners are responsible for notifying "Tenants"

R. M. OF ST. CLEMENTS ZONING BY-LAW 5-2002 ZONING BY-LAW AMENDMENT 8-2022 PUBLIC HEARING

As per *The Planning Act*, any person can make representation on the matter at the meeting.

We are Listening.

Public Hearing Tuesday, June 28, 2022 6:00 PM
Council Chambers
1043 Kittson Rd.
East Selkirk, MB

Phone:
(204) 482-3717
1-800-876-5831

Fax: **(204) 482-3799**

E-Mail: info@rrpd.ca

Website:

www.redriverplanning.com



What is BL 8-2022 about?

To rezone the subject property from "RA" Suburban Residential zone to "RS" Serviced Residential zone in order to accommodate a future multi-lot subdivision.



Unaddressed (St. Peters Road) (Roll No 424600)

Seating at the public hearing will be limited to accommodate social distancing. We ask that you contact the municipal office at 204-482-3300 or info@rmofstclements.com to register your attendance so that we can ensure adequate physical distancing seating. Alternatively, you can contact the R.M. of St. Clements to receive an invitation to public hearing remotely through Zoom, submit questions or concerns in writing or visit the municipality's website for the link to live streaming with interactive chat.

For more information please contact the Red River Planning District.
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You must be at least 18 years of age, grade 12 education and valid driver's license required.

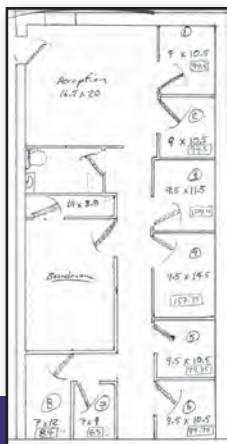
Send a resume to Personnel@aclinterlake.ca or call 204-467-9169 Ext. 231

CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



Property Features

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



For information please contact:
BIG Real Estate
204-485-0010

email bigandcolourful@mts.net

WANTED

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

WANTED

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WANTED: Couple (M/W), seeking another couple M/W, to share common interests, go on adventures. NO DRINKING, NO SMOKING, NO RECREATIONAL DRUGS. Email 7eve nof13@gmail.com

NOTICES

INTERNET ADVERTISING NOT WORKING? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

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

News Tips? Story Ideas? call the Record 204-785-1618

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NOTICE TO CREDITORS

In the matter of the Estate of **Julian Zaluksy**, late of Selkirk, Manitoba, Deceased.

All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Courtney Scott, Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 26th day of July, 2022. Dated at Winnipeg, Manitoba, this 24th day of May, 2022.

Nicole Hamilton
 The Public Guardian and Trustee of
 Manitoba
 Administrator

Open House - Saturday June 11th, 1-3 pm

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\$117,000 - Great potential as a starter/downsize/or revenue property. Open concept layout makes the 632sf feel spacious. Needs some work, but offers newer shingles as well as a shed on a large, treed lot. Great location close to K-6 school, hall, rink and store. Offers presented June 13th.
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4BR 4 bath WATERFRONT year round 1 3/4 story log home in Siglavik, private dock, great swimming depth LP \$499k

12075 Road 100 - 40 Acres, 2180 sq.ft. 3 bed 2 bath home, lrg shop A MUST SEE.
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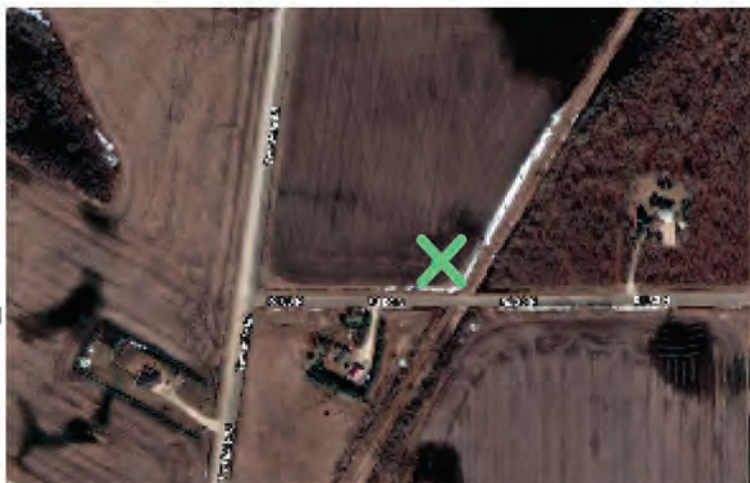
Public Notice Proposed Valley Fiber Radio Communications Project Telecommunications Tower

Valley Fiber Limited is a locally owned and operated technology firm based out of Winkler, MB. The ever-growing need for fast and reliable telecommunications has spurred our innovation. To continue this innovation, Valley Fiber in partnership with the Rural Municipality of St. Clements, is proposing to construct a 58m tower in East Selkirk at the corner of 2 mile Rd and Rd 80N. The tower will support communication equipment and Transport Canada required lighting. The tower will support three types of antenna that are .33m², 0.1m² and 0.38m² in size. In addition to these antenna the tower has been designed for future sharing capacity to better serve the area. The tower will require a small 3.6m x 4.2m ancillary building at the base of the tower. To ensure the public's safety, anti-climbing shielding and signage will be posted on the property. No suitable structures were observed within the area that met project requirements.

Valley Fiber is inviting the public to comment on the proposed tower location prior to **July 11, 2022.**

This tower is going to be constructed and operated to be fully compliant with Industry Canada guidelines found in the client procedures circular (CPC-2-0-03, including Safety code 6 and CEEA 2012). For more information on Industry Canada's requirements please see (www.ic.gc.ca/towers).

Location: East Selkirk, MB
Legal: DESC SE14-14-5E
Coordinates:
 50.180979, -96.800201
Valley Fiber Contact:
 Tim Peters
 800 Monticello Way
 Winkler MB R6W 0N3
tim.peters@valleyfiber.ca
RM of St. Clements Contact:
 1043 Kittson Rd, Box 2 Grp 35 RR1
 East Selkirk ROE OMO
 204-482-3300
info@rmofstclements.com
Industry Canada Contact:
 400 St. Mary Ave, 4th floor
 Winnipeg, MB R3C 4K5
lc.spectrumwinnipeg-winnipegspectre.ic@canada.ca



X - proposed tower location

Announcements *The Selkirk Record*

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ANNOUNCEMENT

IN MEMORIAM



Robert Loutit
June 21, 1947 - June 11, 2020

We miss your smile,
Your joking ways;
We miss the things
You used to say.
And when old times
We do recall,
It's when we miss you
Most of all.

-Sadly missed and lovingly remembered
by your wife Leslie
and your family
and your dog Gomez

ANNOUNCEMENT

IN MEMORIAM



James Barr
June 6, 2017

I know I cannot bring you back,
Although I wish it every day;
A piece of me went with you,
The day you went away.
-Love Rod, Janice and Ruby

ANNOUNCEMENT

IN MEMORIAM

Myrtle Johanson
Mother, Nana, Great-Nana
September 26, 1923 - June 11, 2014

We will always have fond memories,
And your love to be our guide;
Although we cannot see you,
We know you are always by our side.
-Love always, Laverne and family

OBITUARY

David L. Hebert LLB

On Thursday, May 26, 2022 at his residence in Winnipeg, MB, David Hebert, passed away, at the age of 51 years, beloved son of Dave and Judy; brother of Tara (David) Twerdochlib.

A celebration of his life will be held on Thursday, June 16, 2022 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

Full obituary to follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Rita Ann Taylor



Rita Taylor age 79 years, born December 9, 1942 passed away peacefully on June 1, 2022 at Tudor House, Selkirk, MB.

Rita is survived by her brothers Richard (Lorraine), Dennis, Chris (Lillian); her sister Connie (Pat); her nephew Daryl (Heather); nieces Tina (Keith), Courtney (Kevin), Catelynn (Jesse), and Chandra (Nick).

Rita was predeceased by her husband Bill; her parents Nicholas and Helen; brother Ronnie; sister-in-law Janet; and her brother Dale.

Rita and Bill married in 1961 and farmed 300 acres on the 100 year old Taylor family farm. Rita began her working career at the Petersfield store moving on to Kitchen Craft in Selkirk and then to Vita Health for more than 30 years retiring in 2008. Both Rita and Bill loved spending time and taking care of their nephew, nieces, great nieces and great nephews for more than 50 years. She always had candy in her pocket for the kids.

A graveside service will be held at St. George's Anglican Church Cemetery, Wakefield, MB at 2:00 p.m. on Thursday, June 16th. Celebration of life to be held at the Netley Community Hall after the service concludes.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Philip John Kereliuk



Philip John Kereliuk, 73, passed away at home on June 3, 2022 from pancreatic cancer. He had his loving wife and children by his side.

Phil is survived by his dear wife, Rose of 48 years; son Kevin (Silvia); daughter Tanya (Dale); adored granddaughters Paige, Chelsea, Valeria and Xienna; siblings, Mike (Margaret), Margaret, Tony, Elizabeth (Gene), Marian, Theresa (Michael) and many nieces and nephews. Along by Garth (Ethel), Henry (Maureen) and Iris.

Phil was predeceased by his parents, Philip and Nettie Kereliuk; brother Paul; sister-in-law Mary; sister Irene Bouris; brother-in-law Norman Perchaluk; sister-in-law Laura Kereliuk and niece Susan Derrough. Along by John (Lena) Mckay, Mareleen, Doug, and Elaine.

After high school in Vita and TCI in Transcona, Phil attended University of North Dakota for a short time, then joined the army. Phil then took a job with Manitoba Hydro and worked there until his retirement.

Phil enjoyed his retired Hydro friends and meeting them regularly for breakfast. Campfires or sitting on the deck, going to the Legion, family gatherings, and trips to Sundown or Grand Rapids were memorable times spent with friends and family.

Phil had a great sense of humour and his joking personality attracted many friends. He would light up the room.

He was especially close to his granddaughters Paige and Chelsea. His play acting during reading stories to the girls when they were young epitomized his wit, love, warmth and kindness.

His daily routines were driving Chelsea and Montana to school, and walking the Selkirk Park trails. His hobbies included gardening, reading, keeping up with the politics of the world, fishing at Grand Rapids and sitting in his chair watching baseball.

Phil will be remembered for his smile, his sharp wit and his kindness. His memory will be with us always.

Donations can be made to CancerCare in lieu of flowers.

A memorial service will be held on Wednesday, June 8 at 1:00 pm. in the Gilbert Funeral Chapel, Selkirk, Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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WITH AN ANNOUNCEMENT IN THE



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Announcements *Selkirk Record*

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OBITUARY

Harold Johnson

Peacefully on May 30, 2022 at the Betel Home in Selkirk, Manitoba, Harold Johnson, passed away. Memorial service will be held on Friday, June 17 at 11:00 a.m. in the Gilbert Funeral Chapel, 309 Eveline St. Selkirk, MB.

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Owen Wayne Sutherland

September 7, 1934 - December 16, 2021

With profound sadness, we say goodbye to our beloved Dad, Papa, Uncle, and friend who passed away peacefully with family by his side.

Left to cherish his memory is daughter Kelly and husband Larry, (Tara, Landon, Breanne); sons Scott and wife Krystal (Megan, Katelyn), Paul and partner Shelley (Alexis, Jimmy, Jodie) and Reed (MacKenzie), daughter-in-law Brenda (Madison, Brandon) and 11 great-grandchildren who stole Papa's heart. Wayne also leaves behind nieces, nephews, in-laws and many dear relatives and friends.

It's comforting knowing Wayne will be reunited with his wife, Helen, who was the love of his life. The reunion will be met with beautiful anticipation as they resume playing crib, walking on the beach, golfing, and waltzing to Frank Sinatra, all the while playfully teasing each other. He will also be reunited with his parents Hector and Freda, brother Ken, sister Phyllis Joanne and son Parker.



Growing up in Selkirk, Wayne was a sport enthusiast and an athlete - he enjoyed golf, baseball, curling, hunting, fishing but his true passion was hockey. Pursuing a hockey career, Wayne ventured off and played with the Brandon Wheat Kings, Killarney Shamrocks, American League in Washington and in Scotland UK with the Kirkcaldy Flyers. He continued to play hockey with the Selkirk Seals and the Selkirk Settlers Old Timers until he was 65, which was a special time for him. "The Coach" cherished the camaraderie and banter among teammates as he flexed his competitive moxie.

Upon returning to Selkirk from Scotland, Wayne's courtship with Helen began at an innocent dance in 1957. A year and a half later they danced into marriage and for 57 years loved each other unconditionally, raised five children, laughed and played, and always devoted time to each other.

Wayne's working career began in 1956 as a Postal Clerk. During that time, he attended night school for Accounting at Red River College. After graduating, he was promoted to a leadership role - Supervisor, Finance. Four years later, he accepted a position as Secretary-Treasurer at the Lord Selkirk School Division and retired in 1994 after 27 years. Following retirement, he continued to work as a School Board Trustee. In 1981 he was President of the Manitoba Association of School Board Officials and throughout his career was a mentor and admired role model to many.

Wayne adored the community he was born and raised in, and as such, felt strongly about giving back to Selkirk organizations such as Ducks Unlimited, Kinsmen, and junior hockey organizations for which he was an active member. He was a founding member of the Music Appreciation Club in 1968, and always enjoyed the birthday party celebrations that were so widely anticipated. In the early 1950's he started devoting his time to the Selkirk Golf and Country Club by participating on committees and as a member of the Board of Directors (1975-2007). Between 1983 and 1988 he was President and was instrumental in the construction of the present clubhouse. In 1992 he was awarded a life-time membership for his involvement with the SG&CC by the Board of Directors.

It was important to Wayne to connect with people. Cultivating strong loving relationships with family and friends was a core value. He warmly welcomed drop-in visitors, and always made time to say hello and "catch-up". He was a remarkable conversationalist - his genuine care and curiosity for the well-being of others allowed him to listen without judgement, seek to understand, and learn from people which always ended with a firm handshake/hug and a kind word.

Wayne and Helen shared a passion for travel near and far and frequently explored North America and Europe. They always made the effort to stay connected and visit relatives whenever possible. Wayne's passion for family and inquisitiveness of origins, made him the patriarch of the family tree. He was tremendously proud of his heritage and was quick to share his knowledge to encourage awareness, especially with his grandchildren, who always brought him happiness as he cherished spending time with them.

His family would like to thank the community for the out-pouring of support shown to Wayne and his family. Special appreciation to the doctors and nursing staff at the Selkirk Regional Health Centre and Home-Care attendants, especially Alvin and Fatima for their compassion and care. We will always be grateful for the fellowship shown to Dad by his neighbours at Cambridge House.

A celebration of Wayne's life will be held on Wednesday, June 15, 2022 at 2:00 p.m. at Good Shepherd Lutheran Church, 106 Sawchuk Drive, St. Andrews. (south of the Rolling Mills on Highway 9). Masks will be required. The service will be livestreamed via a link on his obituary on Gilbert Funeral Home's website.

In lieu of flowers, and keeping with Wayne's wishes to support the community, donations are graciously accepted to the Selkirk and District Community Foundation, 200 Eaton Ave, Selkirk MB, R1A 0W6 or at on-line www.sdcf.ca (donate today-Endow Manitoba).

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

Gilbert Funeral Home, Selkirk in care of arrangements.



OBITUARY

Carl (Ted) Thomas

January 31, 1934 - June 3, 2022

It is with broken hearts we announce the passing of our beloved husband, father, grandfather and great grandfather on June 3, 2022 at Beausejour Hospital at the age of 88.

Ted leaves to cherish his memory his wife of 65 years, Irene; son Ronnie (Donna) and grandchildren Brooke (Angus), Shelby (Dan) Parker, son Kerry (Kim) and grandchildren Megan (Josh), Carsen (Sean) Rana; daughter Debbie and two great grandchildren Keira and Scarlett and sister Wilma Gunn.

A funeral service will be held on Thursday, June 9, 2022 at 10:00 a.m. at Sobering Funeral Chapel, 1035 Park Avenue E., Beausejour.

In lieu of flowers, donations may be made to a charity of your choice.



Beausejour

204-268-3510 or MB Toll Free 1-877-776-2220

www.soberingfuneralchapel.com



OBITUARY

Casmir Surowich

Casmir passed away peacefully June 1, 2022 at Tudor House Selkirk at the age of 94.

He will be lovingly remembered by son Stan (Joyce); daughter-in-law Carol; grandkids Kevin (Christa), Jen (Dan), Neil, Mark (Lindsay), Ryan (Nicole) and 10 precious great-grandkids. As well three sisters and their spouses, and many nieces, nephews and two sisters-in-law.

Casmir was predeceased by his beloved wife Vicky (2016), son John (2018) and a brother and sister.

Born in Ladywood, MB, December 12, 1927 to Rose and Martin, he loved farm life and all the adventures growing up in the country. He married Vicky in 1951 and enjoyed 65 years together, moving to Selkirk and working at MRM for 30 years of accident free employment.



Casmir was a wonderful role model to his sons and could be relied on to help with anything related to construction, electrical and plumbing. He could fix anything or design something to improve it.

In retirement he enjoyed travel with Vicky, gardening and designing and creating life-sized birds (Blue Herons, penguins and pelicans), but mostly he loved visiting with family and relishing in the grandkids as they grew.

Casmir's positive outlook was an inspiration.

Cremation has taken place and a life celebration will be held with family.

Thanks to the special staff at Tudor House Selkirk for the care and compassion over the past six years. We will always remember and appreciate the extra thoughtfulness of Sharon, Dawn, Susan and Val.

ANNOUNCEMENT OF GRAVESIDE SERVICE

TROY PETER BIRSTON

August 15, 1974 - January 17, 2022

A Graveside Service to celebrate the life of Troy will be held on Friday, June 17, 2022 at 1p.m. in the Old St. Andrews on the Red Anglican Church Cemetery, 3 St. Andrews Road, St. Andrews, Manitoba with Rev. Merv Lanctot officiating.

Arrangements entrusted to



204.482.1040



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<p>HH TEAM WATER FRONT!</p> <p>\$425,000</p> <p>284 Lake Ave Lac Du Bonnet</p>	<p>HH TEAM CREEK FRONT</p> <p>\$324,900</p> <p>140 Grand Circle Petersfield</p>	<p>HH TEAM 0.33 ACRES</p> <p>\$19,900</p> <p>0 Sandstone Cres Valhalla Beach</p>	<p>HH TEAM 2+ ACRES</p> <p>\$109,900</p> <p>Lots 2 & 10 Fuller Rd East Selkirk</p>	<p>HH TEAM LAKE FRONT!</p> <p>\$627,800</p> <p>60 Arnhold Street Gull Lake</p>
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YOUR MAY 2022 MARKET UPDATE!

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NEW LISTINGS	SOLD LISTINGS	AVG DAYS ON MARKET	NEW LISTINGS	SOLD LISTINGS	AVG DAYS ON MARKET	NEW LISTINGS	SOLD LISTINGS	AVG DAYS ON MARKET
31	5	13	26	20	13	30	20	24
AVG SALE PRICE	HIGHEST SALE PRICE		AVG SALE PRICE	HIGHEST SALE PRICE		AVG SALE PRICE	HIGHEST SALE PRICE	
\$527,360	\$760,000		\$327,200	\$502,983		\$338,931	\$542,500	

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