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THURSDAY, JUNE 16, 2022

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After 2 years on pause 55+ Games brings community together

There's nothing like some friendly competition to create lasting friendships

By Katelyn Boulanger

The 55+ Games finally took place in Selkirk last week having been postponed for two years due to the COVID-19 pandemic. In total 840 participants were able to take part and it was made possible by over 100 volunteers stepping up in the community.

"I was so impressed with how it all came together. The volunteers just stepped up to the plate. Amazingly, where there was a gap, we had

a list of people and they just filled in and came to us and said, 'What can I do?'" said Deborah Vitt, 55+ Games host committee public relations co-chair.

It was the wonderful support from our community that made many wonderful moments happen.

"Many little moments that were really significant to the participants and their supporters. There was a woman

who came to me and asked if there was seating available for watching the bowling. I said, 'Yeah, there's limited seating but yes, there's certainly room,' She said that it's my mom's 90th birthday and we all came to watch my mom bowl," said Nancy Mueller, 55+ Games host committee public relations co-chair.

There were participants that came from all areas of the province from The Pas, to Thompson, to Winnipeg and of course, there was local participation.

Overall, the response was outstanding and participants were thrilled she

said.

One of the key areas that Selkirk shined in was getting participants out to the Arts and Crafts event. This event allowed people who are more artistically than athletically inclined to have a venue to participate in at the games.

"The Active Aging Manitoba staff came to us and said they have not had this many entries. For years," said Vitt.


One event that didn't go on as planned was the golfing events that

Continued on page 7



RECORD PHOTO BY BRETT MITCHELL
Elaine Strilaeff didn't let anything slow her down when she won first place in the 3km Predicted Walk/Run.




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Batter Up! Don't miss the Marine Museum's pancake breakfast

Bring your dad out for a pre-Father's Day treat and support the Marine Museum

By Katelyn Boulanger

Once again, the Marine Museum is serving up its annual pancake breakfast. This year, like last, it will be a drive-thru event and residents will be able to enjoy a pleasant drive through Selkirk Park in order to avoid the construction on Eveline St.

"During COVID, we ended up going from a pancake breakfast inside the museum, being served on our dock here, to doing a drive-thru pancake breakfast, which we found was more accessible for more people. Which is why we're going to keep it that format again this year," said Shay Nordal, general manager for the Marine Museum of Manitoba.

Proceeds from the pancake breakfast go towards the maintenance of the Marine Museum. Since the Keenora, where most of the Marine Museum exhibits are located, is celebrating its 125th birthday this year, there are many projects that the Marine Museum staff have to take on to make sure

that it remains in shipshape.

Back when the ship first set sail in the region in the 1800s it was one of the few ways that residents along the Red River received supplies since airplanes weren't invented yet and roads hadn't yet been built to all of the areas that people were living.

"[People shipped anything] from

Continued on page 7



RECORD FILE PHOTO

Don't miss the pancakes on June 18.

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Fundraiser concert to support Ukrainian family

Pianist Beth Emmers performing at Selkirk United Church on June 18 at 6:30 p.m.

By Kiana Crouse

The Bobrowich family from St. Andrews have made space to welcome a Ukrainian family to our community. They've been helping Ilona, and her two young children, Demian and Milena with housing since this March giving them a safe place to flee since Russia invaded Ukraine in February of this year. Corinne Bobrowich's friend and talented pianist Beth Emmers noticed Bobrowich's efforts and decided to hold a fundraiser concert to help Ilona and her family get settled in their new life in Canada.

Emmers initially wanted to put on a fundraiser concert to support an organization helping Ukrainians, but she wasn't sure which organizations to support since they are such a wide variety of options. Once she saw Bobrowich make a post on Facebook about the family she was helping, Emmers decided to contact her and help support Ilona and her family.

"I just wanted it to really be personal and go to someone who really

needed it," said Emmers. "If I could help a family directly, that made more sense to me."

Emmers is an accomplished pianist who has been invited to compete in the Cremona International Music Festival in Italy this summer. She is well-known throughout the community as she teaches piano lessons to local children, which coincidentally is how she and Bobrowich met, as Emmers taught her daughter.

All funds for the event go directly to Ilona and her family to help support her children and living expenses. Since Ilona is unable to work while taking care of her children, she has been making bracelets and plans to start selling them soon. Ilona said she will be donating some of the money raised from the event to help support the Ukrainian Army since she now has the opportunity to.

"[This event] was meant to be," said Emmers. "Music goes through all

Continued on page 7

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FLIPPING FOR MUSEUM PANCAKES, FROM PG. 4

livestock to medicine to mail. There'd be excursions on the ships or you could buy a pass to go on a cruise up to all the different landings. The Keenora itself was a passenger and freight vessel, so it did both those things," said Nordal.

Even though Manitoba, geographically, might not be the first place you think of when you think of waterborne transport, it was a way of life for the people who lived by the Red River and to mark that history the Marine Museum of Manitoba opened its doors in Selkirk 50 years ago.

Fundraising is very important for the museum because it is a non-profit. In addition to grants, like those provided by the City of Selkirk, fundraising is an important way they keep the place running.

"Our Pancake Breakfasts and Halloween Haunt, help keep us running, along with the admissions. So, the more people we can make aware of the museum, to come down for a tour and come to our events, the better it is for us," said Nordal

This year the museum is selling pancake breakfast tickets for \$12 with children 12 and under's tickets being \$6 and tickets can be purchased at the event so there's no need to purchase in advance.

"You're going to drive up and we're going to serve you some hot pancakes

and sausage and your choice of juice or coffee. And, you'll also get a voucher to come back and tour the museum some other time this season," said Nordal.

An extra consideration that residents will have to keep in mind when visiting the museum this summer season and also when going to get their pancakes will be the construction on Eveline Street.

"I've had special signs made up to go on the boulevards that are going to point you right down Main Street to Taylor Avenue. You're going to follow Taylor right to the back gate of the park, which is right by Stewart House. We're going to have so many signs up with arrows pointing the direction to get to us that nobody should get lost. But, we just want everyone to know that it's probably going to be best to approach off of Main Street and follow the signs and go through the park to get to us because our entrance at the stop sign right by Queen and Eveline will be barricaded and only access to us is through the park," said Nordal.

Once residents get into the park they will travel to the Marine Museum and will be able to purchase tickets and get their breakfast at the loop by the Marine Museum parking lot between the two lighthouses.

"We will have all our tents set up on our grassy area. [Residents] will pull



RECORD FILE PHOTOS

The Marine Museum's pancake breakfast has been an annual event since 2000 when it was first put on to celebrate the 100th anniversary of the Keenora.

up on the road and turn into the loop and they'll be able to circle back and go into the park and either enjoy their breakfast at the picnic tables or take it home and enjoy," said Nordal.

She encourages residents to come out and support this amazing local at-

traction in our community.

"We just want people to come down and help us celebrate our 50th anniversary and the Keenora's 125th. [It's a] fantastic year to get out and explore and come back and see all the new additions we have to the museum," said Nordal.

> CONCERT FOR UKRAINIANS, FROM PG. 5

languages. It's for everyone, and it's a good way to connect."

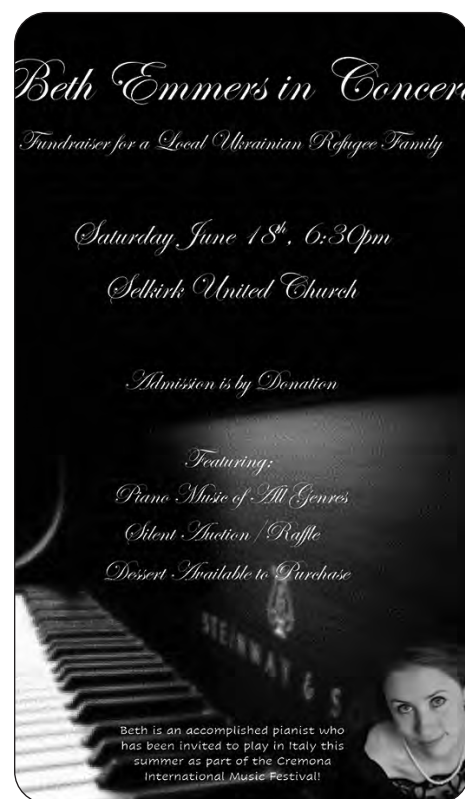
The concert is being held at Selkirk United Church on Saturday, June 18th, at 6:30 p.m., and Ilona will also hold a special Ukrainian performance.

Admission is by donations. There will also be a silent auction and desserts available to purchase.

"I think people would be really missing out if they didn't come to hear [Emmers] play and her amazing talent," said Bobrowich.

If those interested cannot attend the event, donations can be sent via e-transfer to bethemmersmyc@gmail.com, and they will be sent a link to the concert recording as a thank you. If any local businesses have any raffle prizes they are willing to donate to the event, they can drop them off at Bobrowich family-owned Steelcity Physiotherapy & Wellness Centre (145 Main St, Selkirk, MB R1A 1R2).

Those wanting to support Ilona and her family anytime can drop off cheques or cash to that same address. Any questions regarding the event can be made to Emmers at 204-482-9314.



RECORD PHOTO PROVIDED BY BETH EMMERS' FACEBOOK PAGE
Poster of the Beth Emmers Fundraiser Concert.

> 55+ GAMES, FROM PG. 3

were supposed to take place at the Selkirk Golf and Country Club. Unfortunately, the wet spring has left sitting water in low-lying areas. However, the Club as well as the host committee were able to pivot as they have done throughout and golfing events will be taking place this August.

One area of the games that Vitt and Mueller said went surprisingly well was the opening ceremonies.

There, of course, like every aspect of the games was a pivot when the person who was slated to sing O'Canada came down with COVID. Luckily the students from Ruth Hooker school who helped hold signs announcing which areas the athletes were from, stepped in and everyone sang together.

"Because of COVID [some of the younger students] had not sung [the national anthem] ever before. And so, it was our opportunity. [We asked] the elders, I said to them, 'Okay, sing to these kids, help them figure it out.' It was an intergenerational moment that I did not expect," said Vitt.

They are glad that the 55+ Games were finally able to take place in our community.

"After we started planning in 2019, it just is really cool that it came and it has gone and we did it," said Vitt.

She also wants to thank all of the people and the volunteers who made this event possible.

"A huge thank you to the staff and the volunteers at the Gordon Howard Centre. They were a backbone in this and they went over and above to help us and our host committee get off the ground, [and thank you] to the host committee itself. A huge thank you to Gerry Hamm, our chairperson, an amazing guy who kept it all together for all of us and to the community, who rode the wave with us. There were people who would talk to us in town and say, 'You guys still doing the games? Oh, good on you.' And the community sponsorship," said Vitt.

The games will take place again next year in Portage la Prairie.

The Selkirk Record



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Call Katelyn Boulanger

COVID deaths in Manitoba surpass 2,000; monkeypox cases increase

By Patricia Barrett

The number of Manitobans who have lost their lives to COVID surpassed 2,000 last week.

The provincial government's latest weekly COVID-19 surveillance report, May 29 – June 4, shows the total number of Manitobans who have died because of the virus now stands at 2,004. It also shows 337 new COVID infections that week, 100 new hospitalizations and seven deaths.

Overall case counts for the month of May – including June 1 to 4 – show there were 2,920 new infections, according to the weekly reports. That number is an undercount as it is based on PCR lab tests that are restricted to select Manitobans. For the majority of May, lab testing decreased and that caused the positivity rate to also drop. The reports for that time period also show a total of 677 new hospital admissions and the death of 55 Manitobans.

COVID outbreaks continue at Selkirk's Betel Personal Care Home (declared May 30) and at Lunder Personal Care Home (declared June 3), according to the Interlake-Eastern Regional Health Authority's website (as of June 10).

Canada's chief public health officer Dr. Theresa Tam said hospitalization rates across the country remain "elevated and variable," but severe illness

trends are continuing to decline.

"Nevertheless, as we expect the SARS-CoV-2 virus to continuously evolve, we are closely monitoring the domestic and international situation and preparing for new variants, including possible recombinant variants that can arise from genetic mixing during co-infection with two variants," she said in a June 3 statement posted on the Public Health Agency of Canada's website.

Other health news:

-The total number of monkeypox cases in Canada is now 112. The Public Health Agency of Canada reported one case of the virus in British Columbia, 98 in Quebec, nine in Ontario and four in Alberta (as of June 10).

Dr. Tam said last Friday that all cases to date have been in males between 20 and 63 years of age, and that the majority reported that they had sexual contact with other men.

"However, this virus can spread to anyone through close contact with an infected person," said Tam.

Canada's National Microbiology Lab is testing a number of suspected cases, and Tam said there could be more monkeypox cases confirmed in the coming days and weeks.

PHAC issued a travel precaution, advising Canadians that monkeypox has been reported in several countries outside the virus' endemic region of

central and west Africa. Travellers could experience problems returning to Canada from their trips.

"During your travel, you may be subject to procedures at your destination put in place to limit the spread of monkeypox, such as isolation, should you become infected," states PHAC in a June 10 update on its website. "You may have limited access to timely and appropriate health care should you become ill, and may experience delays in returning home."

Monkeypox, which resembles chicken pox, is spread through contact with blisters, scabs or bodily fluids, through respiratory droplets (coughing and sneezing) and though contaminated towels, linens and objects and surfaces. Symptoms can begin within five to 21 days after exposure.

The World Health Organization's tracking of the virus shows 780 lab-confirmed cases of monkeypox detected so far (as of June 2) from 27 member countries that are not endemic for the virus.

"Most reported cases so far have been presented through sexual health or other health services in primary or secondary health care facilities and have involved mainly, but not exclusively, men who have sex with men (MSM)," states the WHO in a June 4 update.

Interlake-Eastern RHA student bursary deadline June 30

By Jennifer McFee

Do you know a student pursuing education in a health-care profession? If so, this program might help them reach their goals.

Student Education Funding is an Interlake-Eastern RHA program offered through human resources, and the application period is open until June 30.

With a focus on recruitment and retention, Interlake-Eastern RHA developed a funding program for students

enrolled in educational programs for health-care professions. The fund provides a pre-determined monetary contribution towards tuition and books to full-time or part-time students per year.

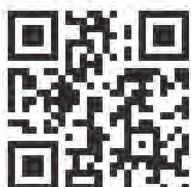
Examples of applicable occupations include nurses, health-care aides, health information management professionals, pharmacists, occupational therapists, physiotherapists and social workers.

"This program is extremely benefi-

cial to our region to help recruit and retain qualified individuals in health care," said Kerri Simcoe, human resources generalist. "With education costs rising, every little bit helps. This is a win-win for the individual pursuing their education and for the IERHA."

The funds, which are conditional upon a return-of-service agreement, aim to assist full-time or part-time

Continued on page 9



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Inconvenience store brings snacks and learning to students

Local High Schoolers learn about running a business with new school venture

By Katelyn Boulanger

When this year's computer science class at Lord Selkirk Regional Comprehensive Secondary School put their minds together to figure out how to open a business and keep it in the green they faced a challenge. But, this challenge was something that they and their teacher Lisa Michaleski were definitely up for starting a new venture that will continue at the school for years to come.

"Originally, the class was more like apprenticeships with businesses, but it started around like the tail end of COVID restrictions, so, we couldn't do that. So, we revived the old school store," said LSRCSS student Tayten Fey.

When it came to putting together a business from scratch the project could have seemed daunting but the students took it one step at a time.

"It first started off with research because we needed to find out [what people wanted]. I think we actually started with names first, what we actually want to name the store," said LSRCSS student Samuel Senchuk.

This isn't the first time that the school has had a small convenience-style store in the building but after the expansion of the foods and nutrition lab that store had to be closed.

When opening this new store the students could have gone in a few different directions as far as name options, but after polling as much of the student population as possible, the students went with what the polls suggested which was the Inconvenience Store. This punny name is reflective of the fact that the store is inconveniently on the school's second story instead of the first where



RECORD PHOTO BY KATELYN BOULANGER

Students decided to create a new business to fulfill the needs of fellow students at LSRCSS. The new 'Inconvenience Store' provides snacks for students while also giving them an opportunity to learn about retail and running their own business.

much of the school's activities are and also of the fact that student's wallets might be inconveniently lighter after visiting.

The research also determined that students would appreciate an ice cream machine and a slushie machine both of which ended up in the final store.

"What kinds of chocolate people wanted and what kinds of chips," said LSRCSS student Emma Keeping.

The students then undertook a search for vendors, programmed the cash register, compiled a database so that they could keep track of profits and undertook a marketing campaign which involved graphic design work.

They decided to do a soft opening of the store so that they weren't overwhelmed in the first few days but the store quickly grew in popularity.

Michaleski says that the students may not realize all of the skills that they acquired through the class including retail experience, collabora-

tive communication, critical thinking skills, confidence and database management skills just to name a few.

"They don't realize the leaps and bounds that have occurred since the start of the school year. Right at the start of the school year, they weren't talking to each other. Now, they're all engaging, talking, chatting, right. It's amazing.

The original goal of the store was to break even and the students say that they are well on their way toward that goal.

"We've definitely gone above even, I say our profit is like 50 per cent, which is very good for a small store. I don't know if we've completely paid off everything, like the machines stuff. But I know that we're in the green," said Fey.

This is especially great as the store has the added benefit of providing a service for the students that keeps them in the building which helps them to develop that sense of commu-

nity which was more difficult to have when COVID-19 kept them apart.

All the students agree that they would recommend the class to future students looking to learn how to run a business.

"[I enjoyed] the human interaction specifically. Because in the school there are lots of people. And, especially after COVID [restrictions were lifted] when you work in the store, you run into a bunch of people you never met in like the three years that you've been here. So, it's pretty crazy to see all the different people," said Justyn Graham.

Because of the success that they had this year the Comp plans to continue to offer this opportunity as a Grade 11 retailing class next year.

"I have enjoyed so much watching their growth from the sidelines. I would consider myself a person on the sidelines watching them all fall into roles naturally, has been amazing," said Michaleski.

> STUDENT BURSARY, FROM PG. 8

IERHA employees, self-identifying Indigenous students and Interlake-Eastern residents. The recipient must apply for posted vacant positions and start employment with IERHA within

three months of graduation.

Students can apply for funding a maximum of two times. They can receive up to \$2,500 for a four-year program, up to \$1,500 for a two-year pro-

gram, and up to \$500 for programs that are one year or less.

To apply, applicants need to complete a funding application form and submit it to Human Resources as well as a cover letter, resumé, confirmation of registration or transcripts and two

reference letters.

For more information, contact Human Resources at hr@ierha.ca or Kerri Simcoe, human resources generalist at ksimcoe@ierha.ca or 204-485-5436. More information is also available online at www.ierha.ca.

Fun at the Manitoba 55+ Games





RECORD PHOTOS BY KATELYN BOULANGER, BRETT MITCHELL AND SUBMITTED

People from all over Manitoba came to Selkirk last week to participate in the Manitoba 55+ Games. The event welcomed 840 participants who participated in many athletic activities as well as the Arts and Crafts event. Just as impressive were the over 100 volunteers who came together to make the games happen.



**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, adressez vous à votre prestataire de soins.

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

Community Writing Contest winner tells humorous tale

Denise Jacob writes about customer service in a way that will make you smile

By Katelyn Boulanger

When Denise Jacob entered the Selkirk Adult Learning Program's Community Writing Contest she didn't realize that her comedic tale of life as illustrated through customer service woes would bring her the top prize.

"I've just done casual writing bits on and off over the last year or two years and I saw a poster about the contest. I had just written this little essay that I thought was pretty good. I had shown it to friends and family and everybody enjoyed it so I thought I'm just going to send it in. It really was just an impulse," said Jacob.

She says that the writing of the short essay, *I'd Like More Customer Service*, itself was also done on a whim in a moment when she felt a bit frustrated and needed to express how she was feeling.

"It was triggered by something that was going on with my husband, medically. We're in our 70s and we've had 50 years of marriage and moments of wonderfulness and moments of not-so-wonderfulness. And so it just kind of spewed out to me on the spur of the moment. It's sort of a request for a refund. This is not a satisfactory product, and I need a refund," she said.

She says that her writing journey actually began in a similar way to the essay that she submitted by journaling her thoughts but also evolved be-



RECORD PHOTO BY BRETT MITCHELL

Troy Mercer, Chair of SALP's Literacy Working Group with Wayne Bird and Neil Zebinski congratulating Denise Jacob on her winning entry in the Community Writing Contest.

cause of the needs of her family.

"When my grandkids were little, I started writing children's stories for them. I recorded them on tape back then and they will play them at bedtime because my husband and I travelled away in the winter and that was a way of keeping in touch with my grandkids," said Jacob.

Now her grandchildren are less interested in bedtime stories but she still has the writing bug.

Jacobs feels that this writing contest is a good place for community writers to get feedback about what they are working on.

"It was very self-affirming. I thought [my

story] was well written. And I liked it. And other people, I showed it to thought it was well written and liked it. It's a humorous piece [meant to] make people laugh that's the whole point, or kind of go, 'Oh, yeah, I can relate to that'. It made me feel gratified. I think that people saw some value in it and enjoyed the story," said Jacobs.

She also hopes that people check out the winning entries this year and come away with a chuckle.

"I think anybody that's been married for 50 years will see a connection to the story," said Jacobs.

She also encourages any interested area writers to submit to next year's contest.

"If you have a thought in your head that you think it's worth putting on paper, put it on paper, because you never know where it'll take you," she said.

An excerpt from Jacob's *I'd Like More Customer Service*

Do you not recall, you agreed to 'until death do us part' when you took this man to be 'your lawful wedded husband back' in 1970?

...
"Oh, hello? Hello? Is that customer service? I need to talk to you about a refund. I know the item is over 70 years old, but I thought there was a lifetime guarantee. What the warranty expired when he turned 65? Why wasn't I told that? That is ridiculous. What do you mean, exchanges or full refunds are only permitted up to 90 days post nuptials? Sure, I could divorce him, but that will cost me money. Nope, I want a full refund. Let me talk to your supervisor.

"Fine, I'll hold."
Check out the full story at <https://selkirkadullearning.wixsite.com/salp>.



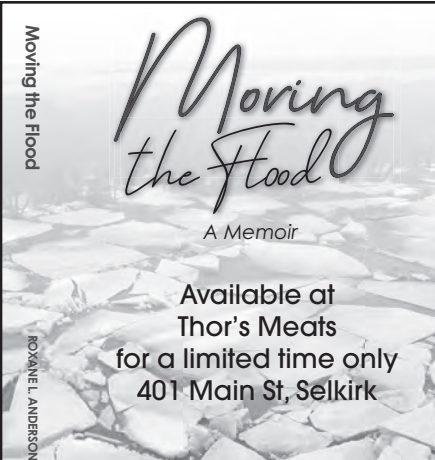
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Family of foxes make Selkirk backyard their spring home

By Emma Honeybun

Springtime pushes forth bundles of life; out of the shadows and back into where we can actually see.

Whiskered snouts poke from holes or dens to sniff at the outside world and the changing weather. Animals begin to really show themselves after a winter of hiding away.

In rural communities, this often means the animals integrating themselves back into average, everyday life. Remarkably different from those living in the city. An abundance of animals is just usual.

For some, this means watching closely for families of deer hidden in the ditch on the side of the road or turkeys blocking driveways or side streets.

For others, it's a lot more up-close and personal.

Shelly Foss lives on the north side of Selkirk Park, with the Red River just beyond her backyard. The location is perfect for welcoming different wildlife right to her doorstep.

Foss listed deer, birds, even a badger and a groundhog, but this year she's been frequently visited by a family of foxes. The animals dug a den on the property and have been around and growing since April. The pups or kits, still newborns when they had originally moved in, have since grown to medium-sized dogs.

Foss said the foxes are very docile, never causing trouble with her or her dog. Instead, they keep a safe distance and go about their business in the river and nearby park. She said that she and her family never feed nor approach the wildlife, and ensure that the dog is inside when the foxes tread closer to the house.

Recently, she said that she had seen less of the younger foxes and worries about them as she would with any animal or pet. There is a strong possibility that they have gone down the riverbank to hunt geese or other bank-dwellers, as she's seen them drag prey out of the water more than once, hauling their weight in food.

Foss has generally seen a lot more wildlife this year and believes the weather may have something to do with it, especially following 2021's summer drought. Wet grounds have brought in more waterfowl and small mammals. Foxes are perhaps included, as Foss has never had them settle nearby for this long.

With the return of foxes, however, there has been concern over Selkirk residents taking unethical control measures, stuffing dens with sticks or setting traps.

Fox traps, commonly metal neck-



RECORD PHOTOS BY SHELLY FOSS

A fox and a kit checking out their surroundings.

hold traps, result in long, painful deaths for the animals caught. These animals are not limited to wild foxes; there is also a high chance of pet dogs getting caught and killed by mistake.

"I've grown up with animals all my life; I'm originally from Pine Falls. So we've had wildlife in our yard back then too, and I learned to respect them," said Foss.

"My dad would take me out into the bush, and I'd learn how to track and do certain things... And to take care of the surroundings that we live in."

Foss says that a lot of the time, the most important thing when it comes to handling local wildlife is simply having mutual respect.

"Give them their space," she said. "They're not there to hurt you. Don't hurt them and just enjoy nature and look around you because every day is just a blessing to have what we have."

Foss is thankful for the area she currently lives in and the education she was able to have earlier on in life through her father. She recounted watching bears and moose, dangerous animals, up close but beautiful at a respectful distance.

She said her parents would have loved seeing the wildlife near her home.

Growing up, her father often rescued rabbits and let her and her sister give them water with pipettes. So when asked if the love for animals ran in her family, Foss laughed and



A young fox on Foss's property.

agreed.

Foss is a photographer and especially loves wildlife photography. She's taken a collection of photographs of the foxes and other animals she finds frequenting her yard. She hopes to travel further out to other provinces to explore and capture unfamiliar areas and their native species.

She shares her photos with the 'Manitoba Wildlife' Facebook group.

Leaving wild animals as they are and never feeding them is crucial to

keeping a safe environment; for yourself and the wildlife that occupies it.

According to the Manitoba Government's Wildlife and Fisheries Branch, feeding wildlife in one area too often can condition them to expect food from every human they meet. As a result, it renders them dangerous when they don't get exactly that.

Overreliance on food from an outside source can also make it harder for them to hunt and survive independently.

Canadian Premium Sand rebrands as solar glass company

Critics say greenwashing exercise

By Patricia Barrett

Alberta-based Canadian Premium Sand stated its intent last year to move away from mining silica sand for oil and gas fracking to mining it for a multi-million-dollar solar glass plant the company says it intends to build in Selkirk.

But critics say CPS' rebranding from a mining company for the oil and gas industry to a solar glass company is a greenwashing exercise that will divert attention from the detrimental impacts that sand mining will have on the environment and on human health.

Don Sullivan of What the Frack Manitoba says he's not opposed to solar energy, but the extraction of sand from CPS' mine near the shore of Lake Winnipeg will create acid drainage that will contaminate the land, waterways and groundwater in the area, generate greenhouse gas (GHG) emissions and potentially cause silicosis.

"The two primacy impacts will be acid mine drainage and silica dust. Acid mine drainage occurs from pyrite [a mineral consisting of iron disulfide] that's in the sand there. Pyrite is a sulfur-generating mineral, and when it's exposed to water and air, it oxidises and creates acid, which then leaches toxic heavy metals," said Sullivan, who worked for the Manitoba government as a special advisor for seven years and is the recipient of the Queen's Golden Jubilee Medal. "Acid drainage will occur; it's not a question of if it will occur. And it will impact streams, rivers and the groundwater aquifer in the area."

At an abandoned silica sand mine on Black Island, just west of CPS' mine site, "the water is completely red – that's acid drainage," said Sullivan.

CPS' quarry leases are near Seymourville and Hollow Water First Nation on the east side of Lake Winnipeg, across from Hecla Island-Grindstone. Its project, called the Wanipigow Sand Extraction Project, is not yet operational.

Sullivan said employees who will be working at CPS' mine, those living closest to it (Seymourville and Hollow Water) and cottagers in the area will be exposed to fine silica dust, which when inhaled can lead to incurable silicosis.

Sullivan helped formed What the

Frack Manitoba in 2018 in response to CPS' plan to mine sand for fracking. The incorporated, not-for-profit organization provides advice about sand mining in Manitoba, including CanWhite Sands' Vivian Sand Project in the RM of Springfield. Sullivan said What the Frack works with Hollow Water First Nation community members who are opposed to CPS' mine and who formed Camp Morning Star on Hollow Water territory to protect their land after band council waived their Section 35 rights, signed a memorandum of understanding with CPS and agreed to an initial payment of \$250,000.

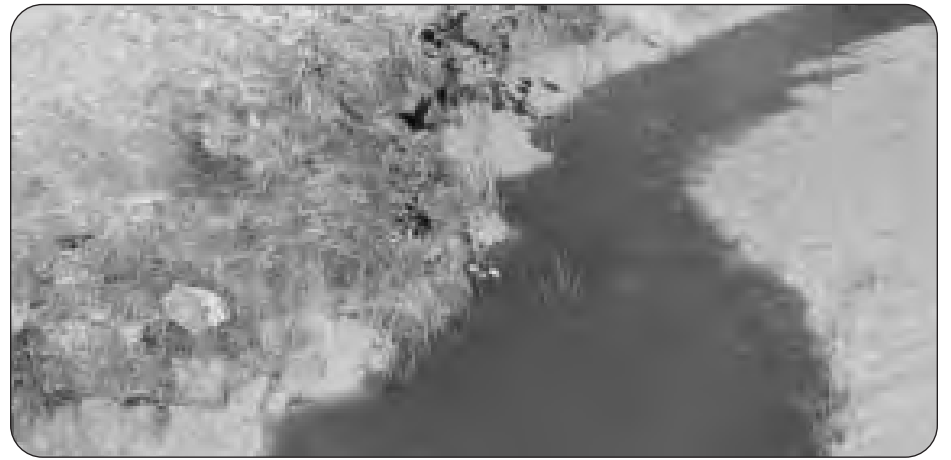
CPS received a licence from the provincial government in May 2019 "for a completely different project," [i.e., sand mining for the fracking industry], said Sullivan, and a new Environment Act proposal is required.

"Within that [2019] license are three review and revocation clauses. All three clauses are now triggered," said Sullivan. "One of the clauses says that if they hadn't proceeded to the construction phase of the project within three years of the issuance of the licence, the project would be revoked. They haven't, and May 16 has come and gone."

CPS' website says the company had originally proposed to extract 1.2 million tonnes of sand a year, 24 hours a day, seven days a week over 12 months of the year. It's now proposing to extract 300,000 tonnes a year, 10 hours a day, seven days a week over six months of the year. It will size, scrub and remove magnetic iron at a wet plant. It will truck out the sand two to four times an hour, 10-20 hours a day, five to seven days a week for 10 months of the year. Whereas the original mining proposal had a timeframe of 54 years, the latest proposal has a timeframe of 35 years.

Once the mine is up and running, CPS intends to truck the sand to Selkirk via PR 304 and Highway 59 – the main route to Grand Beach and other cottage and tourism-heavy towns on the east side of the lake. Trucking will impact safety on the single lane roads and generate greenhouse gas emissions, said Sullivan.

He said trucking alone (there will also be a carbon footprint from mine excavating equipment, which will run on diesel, the wash plant and the solar glass plant), based on 80 loads of sand a day from Hollow Water over 20 hours, will produce 15,600 kilograms of GHG a day. Over 300 days a year [10 months], trucking will create 4,680,000 kilograms of GHG.



RECORD IMAGES FROM DON SULLIVAN

Acid on Black Island, created by a former silica sand mine.

What the Frack Manitoba's science researcher Dennis LeNeveu, who attended a CPS meeting on May 26, says CPS dodged the acid drainage issue. In a May 28 article titled "Canadian Premium Sand Lacks Basic Knowledge of Their Own Technical Data," LeNeveu wrote that CPS "has not admitted" that the silica sand to be extracted is acid-generating, even though CPS' own data, from its technical report, proves that it's acid-generating. The company intends to water down sand stockpiles to prevent silica dust exposure.

"The watering will increase acid production from the silica sand that will run off," LeNeveu wrote. ".... The acid water and heavy metals coming off those silica sand piles will drain off and [go] straight into the community below and into the groundwater, the lake and at the mouths of both the Wanipigow and Manigotagan Rivers."

The *Express* asked CPS by email how it will handle iron in the silica sand. It sent the newspaper a Frequently Asked Questions document in PDF (slightly different from the FAQ page on its website). The PDF FAQ states: "Very small traces of iron are found naturally in the sand at Hollow Water which makes it suitable for producing solar glass. Our sand treatment process, which includes scrubbing and the use of large magnets, removes most of this iron."

Sullivan said that in addition to the environmental impacts generated by CPS' mining operation, CPS is still interested in using the sand for fracking; the company itself says so in its 2021 Technical Report, which is available on SEDAR.com.

"They identified 25 million tonnes of sand for fracking in their 2021 NI 43-101 Technical Report. They still see this as a material business interest," said Sullivan. "[Solar] is a greenwashing exercise right from the

get-go."

The technical report states the "main emphasis" is on sand for the solar glass plant, but sand for fracking is still "material to," or important to, CPS. The Oct. 14, 2021, technical report, which replaces and supersedes previous reports, states:

"Frac sand resource and reserve estimations as part of a Preliminary Feasibility Study effectively dated March 19, 2020 are summarized in this report, but the main emphasis is on the Wanipigow Silica Sand Glass Project and its respective maiden resource estimation. The frac sand resource/reserve, which pertains to hydraulic fracturing in the energy industry, is still material to CPS. The 2020 frac sand resource and reserve estimations, and associated economics, from the Preliminary Feasibility Study are reiterated in this, the current CPS Technical Report (page 19)."

Sullivan added that there's nothing stopping CPS from requesting an alteration to its Environment Act licence at a future date "to increase the amount of silica sand mined annually."

CPS states on its website (cpsglass.com) that it has no interest in supplying sand for oil and gas extraction, and that it is a solar glass company.

The *Express* asked CPS whether it plans to sell some of the sand to the oil and gas industry. It referred to the PDF FAQ document, which states: "Does CPS plan to sell any percentage of the extracted sand to the oil and gas industry? No. CPS will use all of the sand it extracts to manufacture glass for solar panels."

The City of Selkirk's chief administrative officer Duane Nicol said the city has not received a proposal from CPS to sell or lease land for the proposed solar glass plant.

As to where CPS would get abundant quantities of water – which

Red River North RCMP investigate found remains in WSP

If you have any information please call Red River North RCMP

Submitted by Manitoba RCMP

On June 6, at approximately 4:30 p.m., Red River North RCMP received a report of remains found in a field east of Highway 8, close to Grassmere Road in the RM of West St. Paul. Of-

ficers attended immediately and were able to ascertain the deceased was a female between 40-50 years of age.

Through investigation, RCMP determined the deceased was Lori Ann Manchese, 53, from Ebb and Flow

First Nation.

Investigators are awaiting the results of an autopsy and continue to investigate the circumstances of Manchese's death. At this point in the investigation, Manchese's death appears non-criminal in nature.

If you have information, please

call Red River North RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.



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> CANADIAN PREMIUM SAND, FROM PG. 14

could include the Red River – required for the manufacturing of solar glass, Nicol said the city is “hopeful” that reclaimed water from its wastewater treatment plant could be used.

“We’ve submitted water quality tests to the company for their consideration,” he said. “If this water meets their needs, this would drastically reduce, if not eliminate, the need to draw water from any other source for their manufacturing processes.”

Nicol did not say whether there will be any pollution impacts associated with the solar glass plant, but the environmental impacts of “any industrial activity” are of great concern to the city, and it would work with the provincial and federal governments – which oversee environmental regulation – to ensure the health and safety of Selkirk’s citizens and the local environment.

“In our engagements with CPS we have seen a serious and responsible approach to minimizing any potential impact of their operations,” said Nicol. “We await the results of the formal environmental reviews conducted by the expert regulators.”

A spokesperson for the provincial

department of environment, climate and parks would not say whether CPS’ 2019 licence was revoked, but said CPS has “not submitted” a new Environment Act proposal for a new licence.

“The company has publicly communicated that it plans to submit a notice of alteration to their existing Environment Act licence for the sand mine,” said a departmental spokesperson. “The department will assess any proposed alteration under The Environment Act when it is received.”

When asked if the department has any concerns about acid drainage and toxic heavy metals generated by the mining operation, the spokesperson said:

“While evaluating the proposal, the department assessed all potential environmental impacts, including risks of acid drainage and discharge of metals. The Environment Act Licence has limits, terms, and conditions to protect human health and the environment, including surface and sub-surface drainage. Canadian Premium Sand must comply with the terms and conditions of its licence.”

Red River North RCMP investigate human remains found by kayaker

Submitted by Manitoba RCMP

On June 11, at approximately 12:50 p.m., Red River North RCMP received a report that what appeared to be human remains had been located by a kayaker on a bank of Lake Winnipeg

north of Highway 12, near Road 103 North in the Grand Marais area of the RM of St. Clements.

The site where the remains were located is only accessible by boat. Officers attended to the scene by water

and were able to transport a Forensic Anthropologist to the location. It was determined the remains are human.

RCMP Major Crime Services and RCMP Forensic Identification Services also attended the scene to as-

ist. The remains were removed and are awaiting autopsy. No identity has been confirmed.

The investigation continues.

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Reading in the sun



RECORD PHOTO BY BILL NEWZMAN SMYTH

The Selkirk Rhyme and Reading Circle group enjoyed some time outside last week. The program is just finishing but will be back next fall. To keep an eye out for when this program comes back visit Family Connections-Interlake Manitoba on Facebook for information.



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NON

▲ Captain Bob Pearson with Ram Air Turbine on display within Gimli Glider Exhibit

50°37'44"N 97°02'38"W



TICKETS \$150
Tickets are very limited

204-642-5577 | gimliglider.org
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The Gimli Glider Exhibit



We are Thankful for

Chair's Message

I've been giving a lot of thought to what I'm thankful for and I've realized there's not enough space on these pages to include it all. If the last few years, and the current world climate, have taught us anything, it's that we are truly blessed.

We have come through a global pandemic, and though we've not made it completely to the other side, we can see it now. It has made us stronger, and of the many lessons learned, one was that we have nature all around us. When breathing fresh air was one of the few joys available through public health orders, I realized how thankful I am for our beautiful environment. May we never take it for granted again.

We've had to rally during these difficult times, and I am thankful for my community. Rarely has there been a time in our lives when we were so united in a common battle. Public health orders kept us physically distant, but we were cradled so tightly by a sense of community, that we were ok. I hope that sense of security lingers for a long time.

I'm always impressed with young people. They are resourceful, optimistic to a fault, and brave. These past couple of years have reminded me of the power of youth, and that they are a shining light and the leaders of tomorrow, and I am eternally thankful for them.

And finally, I'm thankful for all the wonderful people who donate to the Selkirk & District Community Foundation. Your commitment to our cause is inspiring and your resilience has been evident through these tough times. I am thankful for each and every one of you. Thank you for ensuring the SDCF will be "Here for Good"



TOP PHOTO: SDCF Board Chair, Shauna Curtin - Thankful for... Beautiful Environment

Board of Directors (2021-2022) and Staff
 BACK ROW: Greg Dewar, David Thorne, Pam Seekings, Brian Chorney, Carole Wiedemann, Brandon Sutherland
 FRONT ROW: Bonny Wynnobel, Eileen Janowski, Shauna Curtin (Chair), Bev Clegg (Executive Director)
 MISSING: Barbara Knoll, Terry Neplyk.



Ukrainian dance groups thankful for culture, community

Grants to the Troyanda Dance Ensemble and Rossdale Ukrainian Dance School, pictured above, have both groups thankful they can honour their heritage at this extremely difficult time.

Every time the members of Troyanda Dance Ensemble and Rossdale Ukrainian Dance School perform, they have Ukraine in their hearts.

"Ukraine is our homeland. She is our heart and our soul. In November 2022, Troyanda was planning to stage a production entitled Snow Folk Song, but with the devastating events that have come to Ukraine, we are changing direction," said Troyanda's Carina Breanne Romagnoli.

The Selkirk & District Community Foundation provided a grant to Troyanda to help with a new production that focuses on the soul (dusha) of Ukraine and its people using music and inspiration from the Winnipeg-based musicians, Paris to Kyiv.

The Troyanda board members say they are thankful for the ability to deepen the connection to their ancestral roots through the preservation and promotion of Ukrainian culture.

The Rossdale Ukrainian Dance School received a grant to help purchase new costumes for their intermediate group.

The costumes purchased will be for a Buko or Transcarpathian dance.

Rossdale President Crystal Leochko Johnson said they had ordered costumes from Postmark Ukraine that couldn't be shipped because the owner was fleeing her home.

"A lot of people in our community have friends and family who they are worried about," she said.

"It has been difficult for our School to resolve the idea of celebrating while our people are suffering."

They've also pulled a dance the Vitretz performing group had been working on for about a year because it had some Russian influence in it.

"It didn't seem appropriate right now," Leochko Johnson said.

Still, they are thankful.

"Rossdale Ukrainian Dance School is thankful for our community - we have so many families who have stuck with us through all of the challenges of the past two years, and have been very understanding," Leochko Johnston said.

Save
The
Date

Bob Jefferson Memorial Golf Tournament presented by IG Wealth Management

Thursday, September 8, 2022
Selkirk Golf & Country Club

Citizen of Year 2022 Nomination deadline

Friday September 30, 2022

Endow Manitoba Giving Challenge Week

November 14 - 20, 2022

Online Grant Application Deadlines

Friday, September 30, 2022
Tuesday February 28, 2023

The Selkirk & District Community Foundation supports and serves on Treaty One Land and the home of the Anishinaabeg, Cree, OjiCree, Dakota, Dene and Metis peoples. We acknowledge that our Indigenous peoples are the stewards and guardians of this land. As a community and workplace that embraces the values of diversity and inclusion, we honour and celebrate our Indigenous nations, their traditional knowledge and their contributions to all our communities. We acknowledge the harms of our shared history on Indigenous people, and that we pursue a path forward that is inclusive and supportive of reconciliation within all our communities.

Scholarship and bursary recipients thankful for continued learning

Graduating from high school is one of the big milestones in a young life; receiving a scholarship at your grad ceremony makes it bigger and the next step in your education journey more manageable.

The Selkirk & District Community Foundation has put educational support into overdrive this year with new funds and one time grants providing 44 students with scholarships or bursaries this year.

Mia Loepky graduated from the Comp in 2021 and was presented with the Shirley Onishko Kuivenhoven Memorial Bursary, and she knows how this year's recipients will benefit.

"I am extremely thankful to have received the Shirley Onishko Kuivenhoven Memorial Bursary as it has been a big support in my pursuit of post-secondary education," said Loepky, who's now studying at Canadian Mennonite University.

"Thanks to the generosity of others, this assistance has allowed me to focus on my studies, and to discover what I am passionate about!"

Loepky originally thought she would go into education, but is now taking a wide range of classes before choosing what degree she will pursue.

Victoria Goosen also graduated from the Comp in 2021 and was the recipient of the Vicki Cielen Memorial Scholarship. She too is thankful that she can concentrate on her studies at the University of Winnipeg, and she said she was inspired by Cielen, a teacher and former principal at the Comp who passed away in 2014.

"The scholarship helped me in my pursuit of further education by lessening the stress that comes with financing post-secondary education. The lessened stress allowed me to focus more on the subject areas I want to pursue and enjoy my chosen courses more fully," Goosen said.

"Receiving the Vicki Cielen Memorial Scholarship was special because she was an educational leader, and I hope to involve my studies in educational psychology. It was gratifying to see the hard work that I put into my high school studies result in receiving scholarships."



Goosen and Loepky are both thankful they can focus on learning without financial stresses.

By the Numbers

SDCF SCHOLARSHIP & BURSARY PROGRAM

23 NUMBER OF AWARDS

44 NUMBER OF STUDENTS SUPPORTED

\$63,591 VALUE OF STUDENT AWARDS

Scholarship & Bursary

- Gaynor Family Education
- Vicki Cielen Education
- Gilhuly Family Education
- Bob Jefferson Century & Associates Realty LT
- Micky Hannesson Schol
- Dare to Dream Educat (Nova House)
- Selkirk Youth Hockey
- Rotary Anns Education
- Wayne Sutherland Mem (one-time)
- Clive Rennie Memorial
- Knights of Columbus S # 6150 Education Fun
- Parker Sutherland Mem Scholarship
- Olive & Bill, Joseph an
- Ernest & Helga Kromr
- Robert John Jefferson
- Elizabeth Neskar Burs
- St. Andrews Airport Av
- Selkirk & District Com Foundation Bursary
- McLeary Family Educa
- Fred Jensen Memorial
- Sean Nicol Legacy Bur
- Nancy Bogaski Memor
- Graeme H. Lowden Me



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sdcf.ca

Tennis for the generations in Victoria Beach

Tennis in Victoria Beach will continue for years to come with a newly rebuilt tennis facility. The Club is Thankful for...generations



In Victoria Beach, tennis i have served the communi than a little love, they nee

The Selkirk & District C Canada Games Legacy Fu a portion of the new nets

The six courts that make u will be resurfaced.

John Heppenstall, Presiden ful for the SDCF grant that beach goers winning game

"We're very thankful for t years ago at the beach an step up to take us from t take the six courts to full

"Now it's our generation' facility to make sure it's g ation. It's quite an interest

Players of all ages take months, and Heppenstall s juniors and have had a num tennis. And except for a fe the courts, it's a total volun

"That's why I'm part of it be was a kid. I've been at the b up playing tennis and now i

Scholarships Bursaries

Gaynor Family Education Fund (18)
 Ticki Cielen Education Fund (2)
 Gilhuly Family Education Fund
 Bob Jefferson Century 21 – Jefferson
 & Associates Realty Ltd. Bursary
 Micky Hannesson Scholarship Fund
 Dare to Dream Education Bursary
 (Nova House)
 Selkirk Youth Hockey Association Education Fund (2)
 Rotary Anns Education Fund (2)
 Wayne Sutherland Memorial Bursary
 (one-time)
 Olive Rennie Memorial Bursary (one-time)
 Knights of Columbus Selkirk Council
 #6150 Education Fund
 Parker Sutherland Memorial Environmental
 Scholarship
 Olive & Bill, Joseph and Michael Cholosky Music Fund
 Ernest & Helga Kromrei Memorial Bursary
 Robert John Jefferson Education Fund
 Elizabeth Neskar Bursary
 St. Andrews Airport Aviation Fund
 Selkirk & District Community
 Foundation Bursary
 McLeary Family Education Fund
 Fred Jensen Memorial Welding Program Bursary
 Jean Nicol Legacy Bursary
 Nancy Bogaski Memorial Bursary (one-time)
 Graeme H. Lowden Memorial Bursary

Victoria Beach, tennis is a way of life and the courts that
 have served the community for almost 100 years need more
 than a little love, they need to be replaced.

The Selkirk & District Community Foundation's Western
 Canada Games Legacy Fund will provide a grant to help fund
 a portion of the new nets and posts.

The six courts that make up the Victoria Beach Village Green
 will be resurfaced.

John Heppenstall, President of the Tennis Club, says he's thank-
 ful for the SDCF grant that will help keep future generations of
 players winning game, set and match.

"We're very thankful for the grant. Tennis started about 100
 years ago at the beach and various generations have had to
 step up to take us from three courts to six courts and then
 to the six courts to full hard courts," Heppenstall said.

"Now it's our generation's turn to rebuild the entire tennis
 facility to make sure it's going to be there for the next gener-
 ation. It's quite an interesting progression."

Players of all ages take to the courts during the summer
 months, and Heppenstall said they have great programming for
 seniors and have had a number go on to high level, competitive
 tennis. And except for a few kids hired during summer to run
 the courts, it's a total volunteer effort.

"That's why I'm part of it because it was so good to me when I
 was a kid. I've been at the beach since I was 6 years old, grew
 up playing tennis and now it's our turn to give back."



Making dreams come true

Community Grant Program 2021/22

**SDCF helped support 114 projects/
 scholarships & bursaries with
 \$531,357, including immediate and
 future granting. Two times a year,
 charitable organizations in the region
 – City of Selkirk, RMs of St. Andrews
 and St. Clements – are welcomed to
 submit proposals to the Foundation
 detailing how we can help them
 activate their wishes and dreams.**

*Red River Churches Refugee Team
 members Mawejje, Margaret Spears
 and Dave Wilkinson say that the
 family of Shail and Sana Nelson are
 thankful for the peace they've found
 in Canada.*



*St. Andrews School students put their
 fingers to work to show what's in their
 hearts, through the Tied with Kindness
 fleece blanket project. They recently
 donated 12 blankets to Nova House
 Shelter for Women and Children in Crisis.*



Organization & Project	Awarded
Community Fund	
Inclusion Selkirk - Eveline Street Building Project phase two	\$ 25,000
Friends of Old St. Jude's – Vive le Vestibule	\$ 20,000
R.M. of St. Clements – Community Spirit mural at East Selkirk Legacy Park	\$ 10,000
Selkirk Community Renewal Corporation – Indigenous Cultural Teachings & Pow Wow Club	\$ 7,000
Interlake Art Board – Meeting Hidden Needs mural, Manitoba Ave., Selkirk	\$ 6,000
St. Andrews Community Club – Bleacher upgrade project	\$ 5,000
Survivor's Hope Crisis Centre – Counselling Survivors of Sexual Violence, training	\$ 4,125
St. Andrews Community Club – Skate sharpener	\$ 3,825
Community Youth Connections - LSRCSS Global Issues Class	\$ 3,000
Rossdale Ukrainian Dance School – Costume update for intermediate class	\$ 3,000
Holiday Alley – Expanding Indigenous education programming	\$ 1,500
Growing Years Family Resource – Supporting Safety for All – Big & Small project	\$ 1,484
St. Andrews School – Tied with Kindness, fleece blanket project	\$ 1,065
St. Andrews Heritage Centre – Loom program and equipment	\$ 1,000
Project Linus – Supplies for blanket program	\$ 750
Maude Gordon (Poulter) Fund	
Red River Churches Refugee Team – Supporting new refugee family program	\$ 20,000
Charity of Choice – Christmas Hamper Programs throughout the region	\$ 12,500
Clandeboye & District Recreation Assoc. – Outdoor light upgrades at Clandeboye Rink	\$ 11,500
Troyanda Ukrainian Dance Ensemble – Supporting a dusha (soul) of the Ukraine production	\$ 8,000
Community Fund & Rob Cox Memorial Fund & Kusner Fund & Maude Gordon (Poulter) Fund	
Petersfield Community Club – Community park rejuvenation	\$ 9,425
Community Fund & Jeanne & Dexter Harvey Fund	
STARS Air Ambulance – Electronic Flight Bag project	\$ 5,172
Community Fund and Ruth & Richard Konzelman Fund	
Manitoba Brain Injury Association – MBIA Selkirk Brain Wellness Support Program	\$ 5,500
Community Fund & Gaynor Family Fund	
Selkirk Community Renewal Corporation – Girls Wellness After School Program/Summer Day Camp	\$ 20,000
Gaynor Family Fund & McLeary Family Fund	
City of Selkirk – Swim platform at Selkirk Park Pool	\$ 9,600
Children's Program Fund	
For future granting	\$ 611
Curtis Niemi Legacy Fund	
KidSport Manitoba (East)	\$ 567
Endowment for the Arts Fund	
For future granting	\$ 614
Local Environmental Action Fund	
For future granting	\$ 630
Homes for All Fund	
For future granting	\$ 2,288
Kirstin's Walk for Kids	
Hand in Hand Daycare – Children's play centre program upgrades	\$ 1,550
Gaynor Family Fund	
LSSD – Sources of Strength Program through Student Services Centre	\$ 20,000
St. Andrews Community Club – Kinder Gym, Parent & Tot, and Caregiver/Child Play Group	\$ 6,400
Frontier College – Summer Reading Tent Program	\$ 5,000
Hand in Hand Daycare – Children's play centre program upgrades	\$ 3,193
Lord Selkirk Education Centre – Identification aid for students	\$ 1,000
Lord Selkirk Education Centre – LSEC's students gym night	\$ 1,000
Scholarships & Bursaries	\$ 63,591

Making dreams come true

Organization & Project	Awarded
Community Fund & Kinsmen, Kinette & K-40 Clubs of Selkirk	
Marine Museum of Manitoba (Selkirk) Inc. - S.S. Keenora 125th Anniversary Exterior Restoration	\$ 7,000
Polinuk Family Fund	
R.M. of St. Andrews - Walking Trail Installation, phase 2	\$ 15,000
Red River North Trail Assoc. - Lockport to Duff Roblin Parkway Trail Installation	\$ 11,410
Betel Home - Courtyard Activity Project	\$ 2,500
Gordon Howard Centre - In support of health and wellness activities	\$ 1,090
R.M. of St. Andrews Fund	
Little Britain Community Club - Stucco replacement with shingles repairs	\$ 5,000
Clandeboye & District Recreation Assoc. - Paint & Play Project - paint outdoor rink's clubhouse & replace youth hockey & broomball equipment	4,500
For future granting	\$ 2,166
R.M. of St. Clements Fund	
For future granting	\$ 6,343
Western Canada Games Legacy Fund	
Victoria Beach Club - Tennis Facility Improvement Project	\$ 4,160
Town of Beausejour - Portable pitching mound	3,500
Charity of Choice - KidSport Manitoba (East)	\$ 3,467
Stonewall Collegiate Institute - New volleyball standards	\$ 3,200
Sail Manitoba - Sail West championship & regatta	\$ 2,500
Sean Nicol Legacy Fund	
For future granting	\$ 3,869
Designated Funds	
Edith Schofield Estate - Supporting the St. Amant Centre	\$ 39,130
Selkirk General Hospital Fund	34,996
Selkirk Heritage Endowment Fund - Supporting the Marine Museum of MB (Selkirk)	\$ 20,323
Lord Selkirk School Division Scholarship Foundation Fund	\$ 15,068
Chief Peguis Heritage Park Fund	\$ 13,503
Palliative Care Fund	\$ 7,249
SDCF Administrative Support Fund - Buhr Family Endowment Initiative	\$ 6,250
Our Daily Bread Endowment Fund	\$ 4,216
Marine Museum of MB - Selkirk Fund (Agency)	\$ 3,883
Selkirk Parks Endowment Fund	\$ 2,474
Selkirk Youth Hockey - Supporting KidSport Manitoba (East)	\$ 1,520
Amma's Book Shelf Fund - A gift of the book "Good Night Moon" for every baby born at the SRHC	\$ 1,298
Mooring - Griffioen Library Fund - Supporting the Gaynor Family Regional Library	\$ 1,281
Inclusion Selkirk Futures Fund (Agency)	\$ 1,010
St. George Anglican Church, Wakefield Fund (Agency)	\$ 739
Travel Kit Fund - Supporting LSSD students/classrooms with learning opportunities through travel	\$ 640
Leslie & Marguerite McRae Fund - Cemetery Fund of St. George's Wakefield Anglican Church	\$ 500
For future granting	\$ 682

Total Grants Awarded \$531,357

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National Indigenous Peoples Day

National Indigenous Peoples Day returns to Selkirk Park

By Tammy Karatchuk

Summer solstice is the official start to sun, surf, and summer. A brief three-month stint, starting on June 21. Indigenous peoples have celebrated their culture on the solstice according to their varying traditions for thousands of years.

"National Indigenous Peoples Day is an important day to mark," said Alfred Anderson - the Manitoba Métis Foundation's Minister of Culture and Heritage.

After a two-year in-person hiatus, Selkirk's National Indigenous Peoples Day returns to Selkirk Park on June 21 from 11 a.m. to 7 p.m. Everyone is invited to join the festivities, which will include music, food, and prayer.

There will be an opening ceremony at 11 a.m., including prayers for a good event.

"The traditional music and jigs of our Nation will also be performed throughout the course of the day, and food will be served," said Anderson, "There is always food at Red River Métis events. The Métis are giving people that centre on kinship. My father taught me the saying 'caring and sharing no matter how daring,' and I think that captures the basis of how the Red River Métis navigate the world."

National Indigenous Peoples Day at Selkirk Park will feature new and returning performers including Mor-

gan Grace, Krista Rae, the Norman Chief Memorial Dancers, and the Métis Club Traditional Dancers. Sound technician, Bill Smolinski, will ensure the performer's voices and dance music are fine-tuned.

In 1996, Canada's former Governor-General, the late Roméo LeBlanc, declared June 21 as National Aboriginal Day. The term "Aboriginal" was changed to the more inclusive name, National Indigenous Peoples Day.

"People often don't understand that the term 'Indigenous' refers to three recognized peoples," said Anderson. "First Nations, Métis, and Inuit. They don't know that Métis isn't a term that means anyone having First Nations heritage. It is unique people with a distinct culture and history, including language and arts."

National Indigenous Peoples Day celebrations are taking place across the country and Manitoba. Winnipeg, Riverton, Teulon, Swan River, and Dauphin are a handful of towns and cities holding ceremonies. People are encouraged to post their National Indigenous Peoples Day experiences on social media with the hashtags #NIPD2022 and #NIPDCanada.

Anderson believes "our country has been making strides on the path of truth and reconciliation, there is still a lot of work that must happen in order for the Indigenous Peoples of Canada to be better understood."

He believes it's essential for people,



RECORD PHOTO SUBMITTED
 Manitoba Metis Federation's Minister of Culture and Heritage Alfred Anderson with the Metis Music Van and flag crew on Main Street.

especially today's youth, to understand and respect Indigenous traditions.

"Many people are starting to return home to their Nation and starting to learn about our proud history," said Anderson. "Sharing our culture with our youth is critical to keeping our culture alive and helping it grow and thrive. To truly recover what was threatened by the effects of colonization. Many people within our Nation lost connection with our culture and community through systems like the sixties scoop, residential and day schools, as well as the racism faced by many families, who choose to hide to

protect their children.

After learning and understanding more about the Indigenous culture, Anderson said he hopes people at National Indigenous Peoples Day "have a good time and learn about our people and our culture."

"Our Nation was born here in the heart of the prairies, and our culture can't be found anywhere else in the world," said Anderson. "We hope everyone enjoys coming together again and celebrating the kinship and community that is at the heart of our culture."

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What is the Assembly of First Nations?

The Assembly of First Nations (AFN) is a national political organization that represents First Nation citizens in Canada. This includes more than 900,000 people living in 634 First Nations communities and cities and towns across the country.



The organization was created in 1982 to serve as a nationwide assembly of chiefs who could serve as a collective voice for First Nations in Canada.

The AFN is composed of First Nations chiefs from across the country who are elected to the assembly by their local communities. The organization is led by the National Chief, who is elected by the chiefs-in-assembly for a three-year term and an executive committee made up of 10 regionally elected chiefs. The current National Chief is Perry Bellegarde.

The AFN also has three special councils that help shape its agenda: the Elders Council, the Women's Council and the Youth Council. The chairs of these committees also sit on the AFN executive committee.

The National Chief and executive committee work closely with the federal government on specific issues that affect Indigenous peoples. For example, the AFN is currently involved in addressing the urgent issue of missing and murdered Indigenous women in Canada, advocating for compensation and support for survivors of residential schools, investigating instances where Canada has violated treaties with First Nations communities and campaigning for Indigenous language rights.

To learn more, visit the AFN website at afn.ca.

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Zoon releases new single 'Astum'

Astum' teases 'Big Pharma' EP releasing on Indigenous People's Day

By Kiana Crouse

Selkirk-born musician Daniel Monkman, A.K.A. Zoon, released his latest single, 'Astum,' featuring Leanne Betasamosake Simpson, on June 1, 2022. Zoon's intention for this song is to reflect on us as a society being in motion constantly, whether it's for better or worse. The single is aptly named as it is the first Cree word his father taught him, meaning "hurry up" or "quickly."

"Sometimes we don't have enough time to stop and take a breath and ask the big questions about who we are," said Monkman. "People are lost, and it's an effect from the by-product of capitalism."

'Astum' starts with a slow, melodic progression, followed by Monkman's gentle vocals. The song takes listeners through an ethereal trip that allows them to take a deep breath and relax.

Monkman said he was obsessed with the idea of going through life very quickly and not really stopping, and he wanted to encourage people to slow down and enjoy life through this song. In his PR release for Zoon, he said that 'Astum' also touches on active addiction and the challenges it brings to an individual.

The single precedes his experimental five-track EP titled 'Big Pharma,' which displays Monkman's musical versatility, featuring songs that vary greatly in genre and feel.

"I'm an artist that likes to change, and I like to create new sounds [to] stay interested in what I'm doing," said Monkman. "Doing the same thing over and over just isn't really what I want to make."

The 'Big Pharma' EP speaks to Monkman's personal journey of drug addiction and recovery. Monkman



PHOTO BY VANESSA HEINS

Daniel Monkman's photoshoot for the 'Big Pharma' EP.

said that in his recovery, he's made many changes, and that's what the different genre of each song in the EP represents.

"It's an ongoing thing that will be with me for the rest of my life," said Monkman. "I have to really watch my emotions and how I allow myself to rest. When I'm on the road for months at a time, I start to get into the old habits, the old ways of thinking."

Monkman said that it was a lot harder ten years ago because no one was really talking about mental health,

but these days it's easier since he now has a lot of support from mentors that lend him advice and support.

"I'm very lucky, but recovery has been historically very difficult, and it took me many years to clean up my act, but I'm in a very good place now," said Monkman.

In his PR release, Monkman said that his 'Big Pharma' EP is him trying to bring awareness about the pharmaceutical industry and how it affected his community of Selkirk and many more small towns and cities just like it. He said that treaty cards ensure that medical insurance is covered, but a lot of the time, the only medication that's available for free is the stuff that's most addictive. As a result, families have been torn apart, and loved ones lost to addiction and overdoses.

Monkman tackles this painful topic by connecting through his music in a creative and spiritual way. He aims to inspire people to be the best version of themselves that they can be, as he also struggles with his own personal

journey.

At the beginning of that musical journey was a crucial moment that was the deciding factor for Monkman to pursue his music career. That moment happened when he was shopping at Twice Over in Selkirk. He found Beck's album, 'Mellow Gold' for 50 cents and took it home. He listened to it and thought to himself for the first time that he could actually make music. Beck's experimental style spoke to Monkman, and he came to the realization that music doesn't have to be traditional in order to be successful. His dream suddenly started to become a reality for him.

Those who are fans of Monkman or interested in hearing his music can listen to his single 'Astum' across all popular music streaming platforms. His 'Big Pharma' EP releases on National Indigenous People's Day (June 21, 2022) via Paper Bag Records.

The Selkirk Record

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get inspired

> MEAL IDEAS



RED RIVER CO-OP FOOD STORE

Grilled Tequila-Lime Chicken with Grilled Asparagus

Recipe courtesy of the American Heart Association

Servings: 4
 1/4 cup tequila or white vinegar
 2 teaspoons lime zest
 1/2 cup fresh lime juice
 2 medium garlic cloves, minced
 1 tablespoon chipotle pepper canned in adobo sauce, minced, plus 2 tablespoons adobo sauce
 1 1/2 pounds boneless, skinless chicken breasts, fat discarded
 nonstick cooking spray
 3 bunches asparagus spears, trimmed
 1/4 teaspoon salt
 1/2 teaspoon black pepper, divided
 2 tablespoons canola oil or corn oil
 In small bowl, stir tequila, lime zest, lime juice, garlic, chipotle pepper and adobo sauce. Pour into large resealable

plastic bag. Add chicken and seal bag tightly; turn bag to coat. Refrigerate 2-12 hours.

Preheat grill to medium-high heat. Lightly spray grates with nonstick cooking spray.

In large dish, sprinkle asparagus with salt and 1/4 teaspoon pepper. Drizzle with oil. Turn asparagus over to coat.

Remove chicken from marinade. Discard marinade and wipe most of it off chicken. Sprinkle chicken with remaining pepper.

Grill 8-12 minutes, or until chicken is no longer pink in center. Transfer to plate and cover with aluminum foil.

Place asparagus on grill, facing opposite direction of grates. Grill 7 minutes, or until tender crisp.

Serve asparagus with chicken.



Chilled Lobster with Orange and Basil Vinaigrette

Recipe courtesy of Erin Lynch on behalf of the Maine Lobster Marketing Collaborative

Servings: 4
 Dressing:
 1 tablespoon minced shallots
 2 tablespoons olive oil
 2 tablespoons fresh orange juice
 1 tablespoon fresh lime juice
 2 tablespoons chopped fresh basil
 1 tablespoon chopped fresh parsley
 1/2 teaspoon salt, plus additional, to taste, divided
 1/4 teaspoon Dijon mustard

pepper, to taste
 1 pound cooked Maine Lobster meat, cut into 1-inch pieces

1 head butter lettuce, torn
 1 ripe avocado, peeled and diced
 3 radishes, thinly sliced
 kosher salt
 freshly ground black pepper

To make dressing: In medium bowl, whisk shallots, olive oil, orange juice, lime juice, basil, parsley, salt and Dijon mustard. Season with additional salt and pepper, to taste.

Add lobster to bowl; toss to coat. Chill at least 1 hour, or up to one day.

To serve: Arrange lettuce on serving plate and place lobster on top. Sprinkle with avocado, radishes, kosher salt and ground black pepper.

Stepparents and stepchildren



Submitted

The blended family is one of the most complicated set of relationships. Two people fall in love and eventually want to live together. One or both may have children, as well as exes. While every situation is different, much of what follows will be applicable.

It's true that children should respect their elders and appreciate their parents. This is an area where parents may occasionally run into difficulty with their biological children, but the issue seems to become even more intense in the case of stepparents.

It is a touchy area, because most stepparents want to be liked and respected by their partner's children. However, the step-parenting relationship is different than being a biological parent. You cannot demand to be treated in a particular way, because that will only exacerbate an already difficult situation.

If the children instinctively like you, respect and appreciation are generally not issues. Usually when they are, it is because of underlying tension between the stepparent and the stepchildren. Sometimes an ex-partner is resentful of the new spouse, and the children show their loyalty by being cool to the new partner.

Alternatively, the children may resent the newcomer, especially if they have had a period of time when they had Mom or Dad all to themselves. Sometimes the stepparent tries too hard to be a parent, to be accepted,

or to have some control over the stepchild. This will create resistance in the child, who already has a Mom and a Dad, and does not want a second of either! It is so important to try to view the situation from the child's perspective.

Most children want their parents to be together, and unless a parent is deceased, they do not necessarily want their parent to find a new partner. When the new person is introduced to the children, it is usually as Mommy or Daddy's 'friend'. They seem to be able to handle the idea of a friend. I think if stepparents thought of themselves as friends of the stepchildren, and acted that way, that a mutually respectful parenting relationship might evolve.

Before moving in together, it is important for both parents in the blended family to discuss how parenting will be handled. Accept that there will be different rules and expectations at the bio parent's home. Do not try to "compensate" for what you feel is lacking. Changing what the child has grown up with because of a stepparent's view is unfair to the children. If changes are introduced it should happen gradually, and quite a while after the blending. Otherwise, the stepparent will be blamed.

It is also important that children be involved in discussions about the role the new adult is to play in their lives. Really listen to their concerns; this is a big change. If they are involved and have input in these discussions, they are more likely to cooperate. Blending a new family is an extremely delicate process, and so it is best to proceed slowly, gently, and with a willingness to be flexible.

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration.



Frozen Yogurt Bark

Recipe courtesy of the American Heart Association

Servings: 8
 1 1/2 cups 2% low-fat plain Greek yogurt
 2 tablespoons honey
 2 tablespoons chopped, unsalted almonds
 1/2 cup chopped mango
 1/4 cup blackberries or raspberries

1/2 cup blueberries
 In medium bowl, mix yogurt and honey. Line 9-by-13-inch baking dish with parchment paper. Use spatula or knife to spread yogurt over entire bottom of dish. Pour chopped nuts over yogurt. Use fingers to slightly press into yogurt. Top yogurt with mango, blackberries and blueberries and slightly press into yogurt.

Cover with plastic wrap or foil and place in freezer overnight.

To serve: Lift parchment paper from baking dish onto cutting board. Use hands to break bark into pieces.

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Let's Talk Science summer programming at library

By Emma Honeybun

Gaynor Family Library is back in business with summer programming; this year's theme is science (STEM) activity sessions.

The library will hold online and in-person workshops, presentations, and other educational sessions. The programs are accessible to everyone with a library card or who lives in the local area, including Selkirk, St. Andrews, and St. Clements.

"[We have programs that have them work on] more traditional projects at the library for kids in grades one to four with things like Mason Jar lanterns, tissue paper art, designing pillowcases, undersea dioramas," said Ken Kuryliw.

"That kind of stuff, and that'll be up throughout July and August."

The science themes in this year's programming will focus on finding STEM themes and lessons in the books kids take out at the library. It encourages reading and education through hands-on activities. Each session will also include a demonstration and a live reading.

The library is partnering up with Let's Talk Science; an education group based in London, Ontario, that provides STEM-based programming for Canadian schools, libraries and more.

"Let's Talk Science is a "leading partner in Canadian education – a national charitable organization committed to inspiring and empowering

Canadian youth to develop the skills they need to participate and thrive in an ever-changing world." (from a brief description sent to the Record.)

The programs vary a lot by age group, providing a fun selection for students from Grades 1 to 6.

General Descriptions offered by Michelle Trudel with Let's Talk Science:

"Why are there clouds? Grades 1-3 on June 30 at 2 p.m.

Book (s): *Olga the Cloud* by Nicoletta Costa
Topics: Earth and Environmental Science, Chemistry, Biology

Description: Join us as we read "*Olga the Cloud*" by Nicoletta Costa and learn about the water cycle, cloud formation and how rain forms.

How do we explore space? Grades 4-6 on July 7 at 2 p.m. Book (s): *The Darkest Dark* by Chris Hadfield

Topics: Astronomy and Space Science, Engineering, Physics

Join us as we read "*The Darkest Dark*" by Canadian Astronaut

Chris Hadfield and learn about the way scientists explore planets like Mars!

Magic or Science? Grades 1-3 on July 21 at 2 p.m.

Book (s): *Fairy Science* by Ashley Spire

Topics: Chemistry, Physics. Join us as we read "*Fairy Science*" by Ashley Spire and perform science experiments that seem like magic!"

Gaynor Family Library also partnered up with Scientists in School for two virtual programs: "Ewww... that science is gross!" and "Science Meets art!"

"Ewww... that science is gross!" is a "gross but science-filled adventure!" that lets kids ages 4-12 explore bodily "boogers," identify different kinds of animal scat, fungus, and more.

"Science meets art," helps kids understand shadows, colours, and theories to help them create art pieces. They'll be able to create a kaleidoscope and a painted galaxy.

The library also offers a 'Baby Time' program, one of their more popular programs that run throughout the summer on Thursdays. Kuryliw said that about 30 to 40 babies and their families participate every week.

Gaynor Family Library was able to continue summer programs over the last two years during the pandemic, but kept it strictly online.

The library regularly gains most of its visitors through being a community space, giving people a proper place to sit down and flip through books they find through wandering or new displays. Kuryliw said that someone is more likely to discover a hidden gem that they really like through physically looking rather than finding and ordering a specific book online.

"You find books that you're interested in, right? And it helps with newer authors that don't have the big-name hype," Kuryliw said. "The best-selling authors everybody knows about them and knows to look for them, but you don't necessarily know about a local author or a Canadian author who's



just starting out." So when you're in the library, you can get recommendations or see them on the shelves and give them a try and find some of your favourites."

He said that since the library became more of a community area, visitors significantly increased. Though the pandemic, like with most businesses, negatively affected the input, this year has already looked much more optimistic. The library regularly expects approximately 150,000 visitors a year. Kuryliw said that he's been feeling happy about it.

"...And now it's getting phased out that we can have people into the library again, which is quite lovely and our numbers are almost back to pre COVID levels, so I'm really pleased we're up to about 90% of where we were pre COVID and are online," he said. "Borrowing is way up 50%, so overall more people are reading."

Registration for summer programming opens on June 21, and the activities will run throughout the summer.

Camp Arnes looking to fill summer lifeguard position

By Autumn Fehr

This summer, Camp Arnes needs your help. From July 4 to the end of August, Camp Arnes is looking for a lifeguard to fill the space in their newly built lifeguard tower on the sandy beach. The camp is looking for an individual who has their full lifeguard certification per provincial standards. The lifeguard will be responsible strictly for the beachfront on the grounds of Camp Arnes, from 1 to 5 p.m., Monday to Friday. The position is paid, and remuneration will be discussed with the qualified applicant. If you are interested, please go to camparnes.com for more details, and to apply.

Camp Arnes is a blended Christian, summer camp for children and youth, ages six to 17 years old, families, and various other groups.

There are other summer positions available if you are not qualified for this position or it is not of interest: visit: camparnes.com



RECORD PHOTO SUBMITTED

Camp Arnes is a blended Christian summer camp for children and youth.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Marynowski magnificent at MHSAA track and field provincials

By Brian Bowman

Navaeh Marynowski was absolutely fantastic at the MHSAA track and field provincial championship at the University of Manitoba.

Marynowski, a Grade 10 student in Selkirk, won three gold medals.

"It was pretty shocking, honestly," said Marynowski on Monday afternoon. "When I was at the finals on the Friday, I thought I was definitely not going to get first. I was kind of shocked when I got first in the high jump and the long jump and even on the hurdles the next day, I was kind of shocked that I got first again."

Marynowski won gold in the junior varsity girls' long jump (5.16 metres), the high jump (1.52m) and 80m hurdles (12.66).

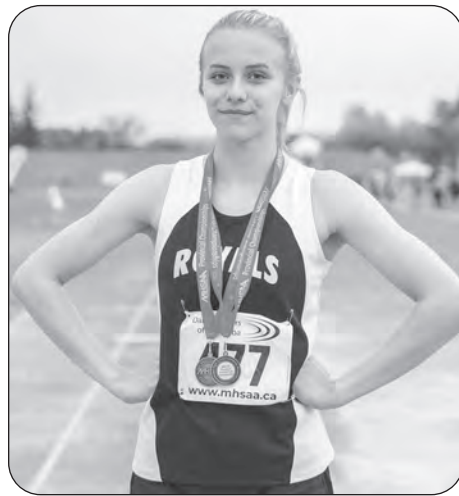
The high jump is her best event.

"It's always been an event that I have been superior at and it showed this past weekend that I have improved," said Marynowski, who guessed her height at 5-foot-8 1/2. "When I was at my last provincials in Grade 7, I got second in hurdles and second in high jump. To know now that I am a champion, it makes me feel a lot better about myself."

Marynowski really enjoyed the experience of competing at a high school provincial championship in front of a lot of people.

"It was kind of nerve-wracking but I had my parents there watching and my sister cheering in the crowd. That kind of made all of those nerves go away. But I guess I kind of like being in the spotlight," she laughed.

Marynowski plans to work out hard



Navaeh Marynowski won three gold medals at the MHSAA track and field provincials.

this summer with the hope of becoming a provincial record holder.

She has had a lot of people help her gain so much success in track and field.

"I want to thank my Lockport coach, Mr. Morelli, who pushed me really hard with track," she said. "And then at the Comp with Mr. Gurney and Mr. Pearson supporting me and my parents helping me with that to become a better (athlete)."

Gurney was very impressed with Marynowski's performance.

"At the beginning of the season, Navaeh set a goal of winning three events at the provincial championships and, true to her word, she went out and did it," said Gurney in an email. "She had dominant performances in the high jump and long jump and then dug deep to win a nail-biter in the



RECORD PHOTOS BY MATT PEARSON

Anessa Stasiuk won a bronze medal in the varsity girls' 100m hurdles.

hurdles. Despite some nagging aches and pains coming into this weekend, she was able to produce her best results when it mattered most."

Meanwhile, the Royals' Anessa Stasiuk placed third in the varsity girls' 100m hurdles with a time of 17.76.

Selkirk's Jakob Dainard placed third in the junior varsity boys' 400m dash with a time of 53.05.

As a team, the Royals' placed second in the boys' 4x400m junior varsity boys' relay with a time of 3:48.80. St. Paul's finished first (3:44.40) while Oak Park was third (3:54.03).

Selkirk's team included Dainard, Easton Woloski, Ryan Marowitch,

and Parker Carels.

The Royals also finished second in the

boys' 4x400m varsity relay with a time of 3:38.97. Dakota Collegiate won the relay with a time of 3:35.57 while William Morton Collegiate was third (3:40.71).

Selkirk's foursome included Edward Peto, Quinn Kempert, Ian Gurney, and Keenan Allen.



The Royals' foursome, from left to right, of Parker Carels, Ryan Marowitch, Easton Woloski, and Jakob Dainard won silver in the junior varsity boys' 4x400m.



The Royals, from left to right, Keenan Allen, Quinn Kempert, Ian Gurney, and Edward Peto won a silver medal in the varsity boys 4x400-metre race.



Jakob Dainard won a bronze in the junior varsity boys' 400m.

Selkirk Royals hand out athletic awards

Staff

The Selkirk Royals celebrated another athletic season with an awards banquet on June 7.

The Josten's Female Varsity Athlete of the Year was Sarah Boitson while the Josten's Male Varsity Athlete of the Year was Keenan Allen

The Keystone Female Junior Varsity Athlete of the Year award went to Nevaeh Marynowski and the Keystone Male Junior Varsity Athlete of the Year winner was Parker Carels

The Jim Schreyer Leadership Award went to Ian Gurney

Royals' Team MVP's

· Varsity Boys Cross Country – Keenan Allen

· Varsity Girls Cross Country – Elina Samuelsson

· Junior Varsity Boys Cross Country - Lucas Stadnyk

· Varsity Boys Volleyball – Keenan Allen

· Varsity Girls Volleyball – Lenae Peebles

· Junior Varsity Boys Volleyball – Dawson Dear

· Junior Varsity Girls Volleyball – Paige Bravo Bernier

· Varsity Boys Basketball – Milan Tomberli

· Varsity Girls Basketball – Sarah Boitson

· Junior Varsity Boys Basketball – Adam Armstrong

· Junior Varsity Girls Basketball – Lexi Everett

· Varsity Boys Indoor Track & Field – Keenan Allen

· Varsity Girls Indoor Track & Field – Annessa Stasiuk

· Junior Varsity Boys Indoor Track & Field – Jakob Dainard

· Junior Varsity Girls Indoor Track & Field – Nevaeh Marynowski

· Girls Curling – Jenna Kulchyski

· Boys Curling – Josh Evans

· Boys Hockey – Nathan Burzynski
Mike Woloshyn award: Ty Johnson

· Girls Soccer – Jenna Hunter

· Boys Soccer – Chase Pacey

· Varsity Boys Outdoor Track & Field – Keenan Allen

· Varsity Girls Outdoor Track & Field – Danica Kubay

· Junior Varsity Boys Outdoor Track & Field – Jakob Dainard

· Junior Varsity Girls Outdoor Track & Field – Nevaeh Marynowski



RECORD PHOTO DON MCINTOSH

The Selkirk Royals' athletes of the year, from left to right, are Keenan Allen, Parker Carels, Nevaeh Marynowski, and Sarah Boitson.

- Girls Rugby – Ella Boulanger
- Boys Rugby – Kieran Simpson
- Paul Lemire "1 – 2" Punch: Kieran Simpson and Hunter Johnson
- Baseball – Dylan Duguay
- Boys Golf - Ryan Cromie

- Award of Recognition – Reggi Hillier
- For contributions to the Royals Athletics Program

Special Olympians on track

Submitted

On June 4 and 5, Special Olympics' teams from across the province converged on the University of Manitoba Stadium.

Athletes had the opportunity to participate in the 50-metre, 100m, 200m, 400m, 800m and 1500m races, as well as shot put, mini-javelin (new this year) and standing and running long jump. And while times and distances were recorded, the focus for Interlake Athletics was to get together with other athletes, meet up with old friends, and have fun being active.

The Interlake team was small, but mighty, consisting of Alysia Roy, Erik Andersen and Justin Hebert. Three other athletes, Nolan Penner, Alec

Baldwin and Shirley Lavalee, were not in attendance because they were part of Team Manitoba for the World Winter Games that were to be held in Moscow this year. In recognition of their efforts for qualifying, Special Olympics Canada flew team members to Toronto for a weekend of celebration and fitness training but unfortunately the dates coincided with the Manitoba provincial meet.

Erik Andersen opened the meet with a national anthem solo, and the two days of competition ran like a well-oiled machine.

Here are the local athletes' results:
100m – Erik Andersen – fifth M1, Alysia Roy – second F1
50m – Justin Hebert – first M1

Mini-javelin – Alysia Roy – second F1, Justin Hebert – first M1, Erik Anderson fourth M4

Shot put – Justin Hebert – third M1, Erik Anderson - third M4

Running long jump – Erik Anderson – fifth M4

Standing long jump – Alysia Roy – fifth F3

In addition to the six athletes listed, Jordy Middleton is happy to be back at practices, but eight other athletes who were regulars pre-Covid have not returned yet.

"Everyone has different comfort levels with in-person activities," said parent, Tanis Baldwin. "Hoping that fall, and the desire to get back into a routine, will bring more back."

Spratt receives CRJHL scholarship



PHOTO SUBMITTED

The Selkirk Fishermen's Travis Spratt was one of two players to receive a Capital Region Junior Hockey League scholarship.

To see more photos of your favourite Interlake Athletes

GO TO

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Royals lose KPAC playoff soccer games

By Brian Bowman

The Selkirk Royals lost a tough 2-1 decision to the MBCI Hawks in KPAC's third-place boys' playoff soccer game on June 7.

"It was obvious that we hadn't played in a couple of weeks," said Royals' coach Kevin Lopuck. "We were definitely rusty."

Selkirk was against the wind in the first half and trailed 1-0 at the break. Mario Littardi scored Selkirk's lone goal in the second half to tie the score at 1-1 before MBCI replied with a goal with about five minutes (plus injury time) remaining in regulation time.

"I really thought we were going to

take it to them in the second half," Lopuck said. "We got a lucky (goal) and MBCI pushed back, they have some talented guys on their squad."

Lopuck said the Royals improved a lot from the start of their workouts back in March. With COVID shutting down previous seasons, Royals' coaches had no idea what they had for talent coming into this year.

"In the 12 years or so that we have been doing this, this team has improved the most in the three months," Lopuck said. "It's amazing how far along they've come in their skill development."

Selkirk will lose some talent from

this year's team, including the Royals' MVP Chase Pacey, but they should be in good shape for next season.

"Next year, we will be building around Chase's younger brother Aidan, who is in Grade 10, and he's a stud," Lopuck noted. "He's going to be really good for us."

In KPAC girls' soccer playoff action, Selkirk was defeated 3-1 by the Kildonan East Reivers in the fifth-place game of the playoffs.

"It was not a great night for us, we were missing a lot of our Grade 12s because it was awards night so we were playing with a short bench," said Royals' coach Noah Cain. "We

also had some people that had signed up as team managers who laced them up for us that day. It was a fun game with good spirits. It wasn't too competitive, both teams were having a good time."

Madison Hefferman scored a really nice goal for Selkirk in the second half.

The Royals will lose a lot of Grade 12 players due to graduation. Milina Dueck is one of the players. Cain said she had a great season offensively.

Jenna Hunter, a Grade 10 student-athlete, was also very good for Selkirk and was named the team's MVP.

Locals win Judo Manitoba awards

Submitted by Brian Jones

Two Selkirk Judo Club athletes won awards at the Judo Manitoba awards banquet held on June 4.

Sarah Ekosky, 18, a black belt, won Judo Manitoba's 2022 Most Outstanding Female Athlete award.

"Sarah had an outstanding 2021-22 season," said Brian Jones, one of the club's coaches.

Although the number of tournaments was limited by the ongoing pandemic, Sarah won both gold (senior women) and bronze (U21 women) in Vancouver in April, as well a bronze (U21) at the Edmonton International. She then went on to win silver in U21 Women under 63 kg at the National Championships in Montreal in May.

Sarah was unable to attend the awards banquet as she was competing at a tournament in Graz, Austria with the junior national team.

She fought well at the European Judo Union event in Austria, but was unsuccessful in her first bout and did not advance in the draw. Following the tournament, she participated in a three-day training camp in Graz with approximately 250 other athletes from 13 countries.

Daniel Ekosky, 16, a brown belt, won the 2022 David Caligiuri Memorial Award. The award is given each year to a promising Manitoba judo athlete who displays positive citizenship skills, judo talent, courage, fighting spirit, and a dedication to the sport of judo in Manitoba.



RECORD PHOTO SUBMITTED

The Selkirk Judo Club's Daniel Ekosky won the 2022 David Caligiuri Memorial Award.

"Daniel is a hard-working, dedicated athlete who is a worthy recipient of the Caligiuri award," said Jones.

His judo talent has been on display this season with a series of impressive tournament results. He won silver at the Quebec Open in November 2021, gold in Vancouver and finished fifth at the nationals in his U18 under 81kg division. Daniel joins his older siblings Damien (2015), Justin (2017) and Sarah (2020) as Caligiuri award recipients.

Strike Force earn first victory of the season

Staff

The Tri-S Strike Force picked up their first win of the season with a 4-3 home victory over Punjab FC in Manitoba Major Soccer League 5th Division action last Wednesday.

Tri-S, now 1-2-1, will play SCM Academy on Wednesday (7:30 p.m.) at the Buhler Recreation Park.

The Strike Force's next home game is June 22 when they host Scrubs

United. Game time is 7:30 p.m.

In Winnipeg Women's Soccer League 3rd Division action, the Tri-S Strikers were defeated 6-1 by the California Raisins on June 6.

Tri-S played the Diggers this past Monday but no score was available at press time. The Strikers will battle Hammer Time next Monday (10 p.m.) at the Ralph Cantafio Soccer Complex.

Steelers sign Purdom

RECORD PHOTO SUBMITTED

The Selkirk Steelers announced the signing of forward Joel Purdom last week. Purdom played last season for the Interlake Lightning where he posted 24 points in 36 games.



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Executive Director

Survivor's Hope Crisis Centre (SHCC) is currently seeking a full time Executive Director. SHCC is a sexual violence resource centre serving the Interlake Eastern Region of Manitoba.

As the Executive Director, you will have an opportunity to be part of unique and forward-thinking empowerment programs in rural Manitoba. You will impact the services available to rural survivors of sexual violence and oversee innovative preventative education programs. You will be an essential part of relationships among health care providers, law enforcement, educators, and support services to bring them together in a coordinated response to sexual violence.

Please submit your cover letter and resume by June 30, 2022 at 4pm. View the full opportunity and how to apply at survivors-hope.ca/get-involved/

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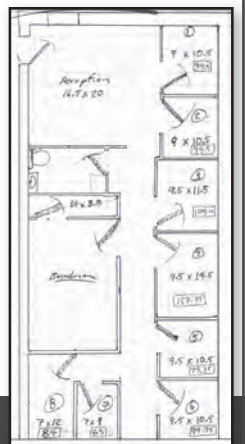
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Property Features

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 is currently one office available for lease.



For information please contact:
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204-485-0010

email bigandcolourful@mts.net

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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

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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.

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ANNOUNCEMENT
GRADUATION



Mackenzie Brook
Congratulations on completing your Bachelor of Arts in Psychology at U of W. Wishing you all the best at University of Toronto in the fall as you pursue a Masters in Speech-Language Pathology!
-Love Mom and Dad, Maddi, Markus, Dylan, Lianna, Millie and Rosie

ANNOUNCEMENT
CARD OF THANKS

Elizabeth (Betty) Saunders
To the friends and neighbours of the late Betty Saunders we wish to say thank you for the messages of condolence, sympathy and support we have received. Thanks for the flowers, food, donations and tributes to Betty you have made in her memory. Your thoughtfulness and caring have been a great comfort to us. Thanks to Gilbert Funeral Home for their kind service in the funeral arrangements and to Father Josh Gundrum and Father Carl Tarnopolski for conducting funeral mass and prayer service.
-Sincerely,
The Roger Saunders Family

EXPRESS YOUR THANKS WITH A MESSAGE IN THE RECORD

ANNOUNCEMENT
IN MEMORIAM



Virginia Drialich
June 15, 2017

It has been five years since you were suddenly and sadly taken from us but it still feels like it was yesterday. You were not only a mother and grandmother to us, you were our best friend. Whenever we needed a hand, some advice or someone to make us feel better, you were always there. We always knew when we called your number or you would stop by for your daily visits that you were there for us. Thanks. Since losing you, life has never been the same and there is not a day that goes by that you are not on our minds. We wish you were still here with us. Thanks for all the memories and being yourself. So long my friend till we meet again.
-Al, Marisa, Megan, Harley, Rick

ANNOUNCEMENT
CARD OF THANKS

The family of Mary Cartlidge would like to thank all those who joined us June 1st in remembering our mom, grandma, mormor, great-grandma and oldemor. We were so happy to share our memories with words, music, good food and sunshine!! The Selkirk Golf Club, with Victoria's Academy Florists, provided an exceptional lunch and perfect venue to celebrate Mary's life.
Thank you to Reverend John Dolloff who officiated the burial service at St Anne's Anglican Church Cemetery, Poplar Point, preceding the afternoon celebration.
Thanks also to Reverend Canon Richard Condo for comforting and encouraging Mary during these last difficult years. And as we navigated through this farewell, the guidance offered by Gilbert's Funeral Home was much appreciated.
We remain grateful for the care Mary received from the medical, recreational and personal care support team at Tudor House.
And finally, thank you to everyone for keeping in touch with our mom, in spite of pandemic restrictions and lockdowns. Your calls, emails, texts, pod visits, window waves, and occasional in-person hugs and games of Scrabble, meant the world to her and to us.

ANNOUNCEMENT
IN MEMORIAM



Laura Gowen
December 4, 1948 - June 11, 2021

In loving memory of Laura Gowen who passed away at her home in Oakbank, Manitoba at the age of 72 years. Laura is sadly missed by her husband Dudley, son Tim (Andrea) and granddaughters Trinity and Paige. Also missing her are her brothers Roy and Lyndon, her sister Shirley (Donald) and family. Laura was a well known part of the community having worked at Family Fare in Oakbank for many years.

ANNOUNCEMENT
IN MEMORIAM



Kay Onofreychuk (Hardwick)
June 19, 2016 - In memory of my baby Sister "A VERY SPECIAL SISTER"

For many years we've shared our lives One roof we once lived under. Sometimes we laughed, sometimes we cried, Through winter storms and thunder. The younger years have faded fast We've gone our separate ways. But through all time our friendship lasts Our bond in life remains. As summer brings the happy times The autumn winds will whisper A closer friend I'd never find Than the one I call my Sister. Love you and miss you, Sis

-Ingrid

ANNOUNCEMENT
IN MEMORIAM

Martin Keller
January 6, 1944 - June 20, 2016

Not Forgotten
The depths of sorrow we cannot tell,
The loss of one we loved so well,
And while he sleeps a peaceful sleep,
His memory we will always keep.
The tears in our eyes
We will wipe away,
But the ache in our hearts
Will always stay.

-Love Carol, Dwayne, Rhonda, Cameron, Brittany, Roger, Tanis, Chris, Taylor and Carley

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OBITUARY

Robert (Bob) Davis

Peacefully on Sunday, June 12, 2022 at his residence in Selkirk, MB Bob Davis, aged 79 years, beloved husband of Helene, passed away.

A memorial service will be held on Wednesday, June 22, 2022 at 2:00 p.m. in the St. George's Anglican Church, Wakefield, MB.

Full obituary to follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Lawrence Lee Smith

Peacefully, on Monday, June 13, 2022, at the Selkirk Regional Health Centre, Lawrence Smith, aged 62 years, of Selkirk, MB, passed away.

Celebration of life details are pending.

Full obituary to follow.

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



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY

Donald J. Shumilak



It is with great sadness we announce the passing of Don on June 7, 2022.

Don is survived by his wife of 52 years, Linda (nee Szarkiewicz); sons Ian (Karen) and Aaran (Lisa); precious grandchildren Zachary, Ariel and Chantel. He is also survived by, Carol (Max), Melissa (Alfredo), Julie, Janine (Usman), Tony (Heather), David, Kevin (Cher), Marsha (Mike), Jay, Justin, Richard (Bev), Andrew and Jaime, and numerous relatives and very good friends.

Don was born on March 10, 1946 to Anton and Sophie (nee Komadowski) in Selkirk, MB. He loved farming until for health reasons he had to retire, but even then he would drive to check out crops and watch them be harvested. He enjoyed playing crib and whist.

Grandpa always had a crisper in the fridge stocked with large chocolate bars and each grandchild left with a bar when going home.

A private celebration of life was held.

Rest in peace, you will be in our heart and minds forever.

The family thanks Dr. R. R. Lindenschmidt, Dr. L. Sexton and the staff of Beausejour General Hospital, and Home Care for all the special care he received.

Donations may be made to the Kidney Foundation or the Diabetes Foundation.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Moira Constance Pommer March 12, 1943 - May 26, 2022

In the evening of Wednesday, May 26, 2022 Moira Constance Wallman Pommer passed away in her sleep after a lengthy battle with dementia.

Married 59 years Moira had lost her husband, Lawrence in December 2013.

She is lovingly remembered by her twin sister, Myrna; her three sons, Mitchell, Glen, and Christian and their families.

Moira was a beloved wife, mother, sister, grandmother and great-grandmother. She and Lawrence had moved back home to Manitoba two dozen years ago to enjoy their retirement living on the shore of Lake Winnipeg. Moira's final years were spent in the comfort of Red River Place as she had always intended, as did her mother before her less than two decades prior.

The family would like to thank the staff at Red River Place for all their compassion and care over the years.

A Memorial Service will be held at Gilbart Funeral Chapel on Saturday, June 18, 2022 at 2:00 p.m. in Selkirk, Manitoba. Those who knew and loved Moira and Lawrence are invited to attend the Service.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

David L. Hebert LLB



David passed away on Thursday, May 26, 2022 at the age of 51 years.

He was predeceased by his grandparents, Bill and Myrtle Johanson and Roland and Solla Hebert, several aunts, uncles and cousins.

David is survived by his parents, Dave and Judy Hebert and his sister Tara (David) Twerdochlib.

He graduated from U of M with a Bachelor of Law and practiced law in Winnipeg. His first love was writing and was proud of the books he had published. David loved camping, with trips to the East and West coasts, and trips with uncle Roland and aunt Christine. The antics with Sheryl, Shane and Trevor are still talked about.

David had a very sharp mind, he had to know why and how. He cherished his friendships with Bobby Curtola and Ava, and with Mike Resnick, Author and Editor.

David had a rapport with everyone he met, and he will be remembered and missed.

A celebration of David's life will be held on Thursday, June 16 at 11:00 a.m. in the Gilbart Funeral Chapel in Selkirk, Manitoba. The service will be livestreamed and a link will be posted on his obituary at www.gilbartfuneralhome.com.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Harold Alfred Rathgaber



Suddenly, on Wednesday, June 8, 2022 at his residence in Selkirk, Manitoba, Harold Rathgaber, aged 75 years passed away.

He was predeceased by his father Alfred Rathgaber and mother Martha Emmerton; step-father Lynn Emmerton and his one and only sibling Donnett Hodge.

He will still be respected and loved by his wife of 48 years Barbara Rathgaber (McCallum/Moore); son Christopher Rathgaber, grandkids, Kyle and Devon Rathgaber; son Tyler Rathgaber and grandson Brennan Elphich; son Geoffrey (Dina) Rathgaber and granddaughters Alexa and Addison Rathgaber.

Harold is also survived by his brother-in-law Roland Hodge; numerous nieces and nephews; his step-mother Mary Emmerton as well as many friends he had made on his loved fishing excursions, trips to Mexico and just getting to know people with his

many questions and sharing his recommendations.

A celebration of his life will be held on Thursday, June 16th at 4:00 p.m. in the Gilbart Reception Centre in Selkirk, Manitoba. Please bring your stories of Harold to share with his family and friends.

Special thanks to the Selkirk EMT's and RCMP who helped to make a bad experience less devastating.

In lieu of flowers, please make a donation to the Selkirk Hospital or a charity of your choice. Please pay forward any helping hand that Harold might have given you to someone in need.

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

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