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THURSDAY, JUNE 25, 2020

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RECORD PHOTO BY LIGIA BRAIDOTTI

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# Doctor's passion recognized with two awards

IERHA's Dr. Manish Garg committed to continuing education, patient-centred care



Award.

Garg has been taking care of hundreds of people from Pinawa, White-mouth and Lac du Bonnet for years at the Pinawa Primary Care Health Centre. For the last three years, he has been increasingly involved in the training of medical learners, providing teaching and learning experience to University of Manitoba medical students and physician assistants in these communities.

"I am extremely honoured to be presented with the international medical graduate mentorship award for this year," Garg said. "As an international graduate myself, having trained and worked in India and the United Kingdom prior to migrating to Canada, I felt that I could take on this role of mentorship to share my trials, tribulations, joys and experiences of working in the rural communities of Manitoba in order to help my colleagues to become an integral part of their local health teams and communities. It has been a rewarding and humbling experience, and one which I hope to continue sharing with my fellow colleagues."

His expertise goes beyond the university settings. Garg teaches management of drug and alcohol problems in primary care to nurse practitioners working for the IERHA and sees patients as part of the region's Rapid Access to Addictions Medicine (RAAM) clinic in Selkirk.

According to the Manitoba College of Family Physicians, Garg is deeply patient-centered, with a broad skill set that supports provision of hands-on care in primary and emergency settings. He fosters an environment of mutual respect, courtesy and col-

legality. He is committed to continuing education, quality improvement, teaching and training. He has extensive experience in working for the United Kingdom National Health Service as well as private and not-for-profit organizations.

Dr. Myron Thiessen, IERHA's vice president of medical services and chief medical officer, said this award is presented to a person, group, or community who has supported and/or advocated for a family physi-

cian who is an international medical graduate. The successful nominee is recognized for the help given to assist these physicians as they integrate professionally and personally into life in Manitoba.

"Physicians and staff at IERHA congratulate Dr. Garg on winning a second prestigious award this year. It is an honour to have a physician so widely recognized by his colleagues working alongside us in the region," Thiessen said.

**RECORD PHOTO SUBMITTED**  
Dr. Manish Garg is the 2020 recipient of the Manitoba College of Family Physicians' Claude H. Murphy Continuing Medical Education Award and the International Medical Graduate Mentor Award.

By Ligia Braidotti

An Interlake-Eastern Regional Health authority doctor is being recognized for his practice and mentorship.

Dr. Manish Garg is the 2020 recipient of the Manitoba College of Family Physicians' Claude H. Murphy Continuing Medical Education Award, and also the 2020 recipient of the International Medical Graduate Mentor

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# BIG DOLLAR



# Red Bomb celebrates 20 years of lighting up events

## Exploding from a business in a bus to five locations in Manitoba

By Katelyn Boulanger

Red Bomb Fireworks celebrated 20 years at their original Bird's Hill location on Highway 59 having started the business on May long weekend in 2000.

"My dad, my brother and myself started it. My brother managed the retail division which at the time was called Lightning School Bus Fireworks and he ran the first bus for a number of years with me and it's still located by Bird's Hill Park. That's the original location," said Matt Bialek, President of Red Bomb.

Bialek finds it hard to believe that his family has been in the community selling fireworks for 20 years.

"I've been in the fireworks business for 21 years. My dad was in the business before me and knowing that Red Bomb our retail division has been in business for 20 years, it's been a giant blur. It flew by," said Bialek.

The business started as a summer retail business while Bialek was pursuing post-secondary education.

"It started out as a weekend getaway with me and my brother on the way to the lake on highway 59 by Bird's Hill Park and it grew from there. After we saw success there we got heavy into distribution and our sister company Blast Off Fireworks does distribution all over Canada now to about 4,000 retailers," said Bialek.

In addition to the original location, the company also has locations on Highway 1, Highway 8 by St. Andrews Airport, in Selkirk and in Winnipeg.

"Nothing that we used to do [20 years ago] applies to today at all. The product mix is different. We're buying it differently. It is coming out of Chinese factories because of their knowledge of fireworks. The Chinese manufacturers have made fireworks for thousands of years and their quality and pricing is much better than we could do in Canada. Everything is different. The way that we price the product is different. The staffing is different. It's pretty much been a continuous state of iteration or change and learning.



RECORD PHOTOS SUBMITTED

Top: The original Red Bomb location in 2000. Bottom: The Red Bomb location now, 20 years later. Red Bomb Fireworks currently has five locations throughout Manitoba.

We've kept what works well and reinvented where we've had to modify for the customer," said Bialek.

He says that Red Bomb's biggest challenge in business has been like many others dealing with COVID-19 as importing products into Canada has been difficult.

"Our orders are taking extremely long this year. Orders that we should have had in February is literally going to be docking at our docks mid-July. It's been a challenge this year," said Bialek.

Because of the changes that COVID has caused this year to normally scheduled Canada Day services, Bialek would like residents who decide to buy and light their own fireworks to keep safety in mind.

"Safety is very important this year because people will be doing more fireworks that might not have experience with fireworks so safety is really

important. Online if you are following our Facebook page we've been trying to push safety more. Consideration for neighbours is a huge one in my books. We don't want fireworks to be going off at midnight or 1 a.m. or 2 a.m. We need to realize that our neighbours need to sleep too," said Bialek.

Bialek's biggest safety tips are to follow the instructions on each package, make sure to have consent from neighbours and let them know you are going to be lighting fireworks and maintain a safe distance from spectators.

He would like to thank all their customers for the past 20 years.

"I owe the community a tremendous amount for accepting us and supporting us over the twenty years. Without the support of council here and the support of the people in the Selkirk and St. Clements areas we wouldn't be in business now," said Bialek.

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# Peguis owned mall in Selkirk officially opens

Community celebrates new businesses on Manitoba Avenue



Pictured from left to right: Larry Johannson Mayor of Selkirk, James Bezan MP for Selkirk-Interlake-Eastman, Grand Chief Arlen Dumas of the Assembly of Manitoba Chiefs, and Chief Derrick Henderson from the Sagkeeng First Nation.

By Katelyn Boulanger

It's been nearly two years since the groundbreaking of the commercial mall at 620 Manitoba Ave. in Selkirk took place and on June 19 Peguis First Nation Chief and Council came back to Selkirk to celebrate the mall's grand opening.

"I wanted to show people that we can continue to do things just like everyone else. This [also] represents our businesses and [our desire to be] able to do things that will help society, not only to help ourselves but to help society, realize things in terms of development going forward. There are many things that went into this vision and this hope and today it's a reality," said Peguis First Nation Chief Glenn Hudson.

The mall currently contains the Selkirk One Stop Gas and Convenience Store, and a pharmacy with plans to add a pain management clinic in the

future.

"The last business that will be in there at the other end of the mall will be a retail cannabis store," said Alan Park, President and CEO of Chief Peguis Investment Corporation.

Continued on page 6



RECORD PHOTOS BY KATELYN BOULANGER  
Chief Glenn Hudson cuts the ribbon at the mall opening ceremony on June 19.

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## > CHIEF PEGUIS INVESTMENT CORP. DEVELOPMENTS, FROM PG. 5

This project, along with a similar mall project recently celebrated in Winnipeg, is only the beginning for developments by the Chief Peguis Investment Corporation according to Hudson.

In his speech at the event, the chief was glad to celebrate the opening saying the goal of these development projects is to have community members come together and create job opportunities.

According to Park, this mall projects should create between 35 and 50 jobs.

"It services so many needs in the community. There's no question that there's no shortage of pharmacies or gas bars but there is at this end of town and the uniqueness of the pain management service is something that our partners in Toronto and they have clinics like this all over Canada, but this is a first of it's kind in this area," said Park.

Park wants to let the community know that they can come to the mall and check out the new businesses there.

"We're open for business. It's a First Nation's owned business and Peguis not only owns the mall but owns [many of the] businesses in the mall," said Park.

Mayor of Selkirk Larry Johannson was also at the opening event and was glad to see the new businesses opening in the community.



**RECORD PHOTO BY KATELYN BOULANGER**  
Selkirk Mayor Larry Johannson speaks at the mall opening ceremony on June 19.

"It's a strong partnership and Selkirk and Peguis have a strong history. We have a large population of Indigenous people from Peguis in Selkirk and we're all on the same page. We all want strong economic development. We all want employment for our youth and we all want safety and security for our elders and our seniors. We all see the future here and the future is very bright," said Johannson.

He also mentioned how the addition of a clinic specializing in pain management contributes well to Selkirk's continued efforts to become a hub for medical care.

"We wanted to excel in something. We're good in commercial. We're good in housing. We're good in recreation but where we're excelling is we're becoming a medical centre of excellence. It wasn't by chance we worked hard with the provincial and federal governments. We've got the new regional hospital here. We have private investment building across from our rec centre and this is another jewel in the crown," said Johannson.

He encourages residents to check out the new businesses in the community.

"We're all going to reap benefits from this. It's going to be an economic boom," said Johannson.

## Local scouts help keep roads clean



**RECORD PHOTO SUBMITTED**  
1st-Selkirk-Beaver scouts Quinn Fyfe and Tim Curle did their part to clean up Highway 9 this past weekend.

**View the Selkirk Record online at [selkirkrecord.ca](http://selkirkrecord.ca)**



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or call our office at 204-785-1618

### EDITORIAL

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The Selkirk Record welcomes submissions to Letters to the Editor. Letters can be emailed to [news@selkirkrecord.ca](mailto:news@selkirkrecord.ca) or dropped off at our office. Letters must include the name and mailing address of the writer.

### TROUBLE WITH PAPER DELIVERY?

**Christy Brown**, Distribution Mgr.: 204-467-5836

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# Province to install outdoor shelters for care home visits

By Lorne Stelmach

The province moved to allow limited indoor visits in personal care homes this week while also announcing a plan for semi-permanent, all season shelters that could provide another alternative for visits by family or caregivers.

The measures come because allowing personal care home residents to safely maintain connections during the COVID-19 pandemic is central to their ongoing health and well-being, said Health, Seniors and Active Living Minister Cameron Friesen.

The Morden-Winkler MLA stressed the idea of finding a safe balance and taking gradual steps to reconnect residents with their families. In-person, outdoor visits were recently allowed once again after being suspended in mid-March due to the pandemic.

"It had a real and undeniable effect on residents, on their caregivers, on their families and friends who quite suddenly found themselves without that ability to go into the home and to visit that individual," Friesen said at a news conference Monday. "Virtual visits, video conferences, telephone calls and window visits only go so far ... Manitobans are getting back to see those loved ones in person."

The government will ask for feedback on conceptual designs for the personal care home shelters in the near future, but Friesen stressed the outdoor structures must be accessi-

ble, protected from the elements, easily cleaned, and provide a space for quality connections. Feedback can be provided at EngageMB.ca.

Friesen's hope is to see work underway by August and for the shelters to be in place for use by September.

As for allowing limited in-person visits, the minister said it will be for a limited number of designated caregivers or family members, and the facilities will ensure they create the acceptable conditions for visits.

"We believe it is a calculated risk, but we believe that it's a balanced risk," he said. "We're taking this step because the evidence supports it. If we see that the numbers are rising, we may curtail those right across the province or we could take a more localized approach, a site-by-site approach."

"Our numbers are good in Manitoba. They are some of the best numbers in all of North America. I think along with those low transmission numbers, there can come a sense of lethargy, you can relax your guard," said Friesen. "We've seen in other jurisdictions how quickly the situation can turn. Our continued success depends on our willingness to do the right things."

"This is not a return to normal," emphasized Lanette Siragusa, chief nursing officer with Shared Health, speaking later that day as part of the province's COVID-19 update.

She noted care facilities have had a refresher course in personal pro-

TECTIVE equipment and have also reviewed protocols for cleaning and outbreak procedures. The indoor visits will be for a minimal number of people, Siragusa stressed, and will follow an approved plan setting out such conditions as the duration and timing of the visits.

"There was a lot of work behind the scenes to make sure that we made this safe, as safe as possible," she said. "This is a high risk population, and we do want to find a balance between making sure that people can visit their loved ones and stay safe."

## CASES HIT 314

Two new cases of COVID-19 were announced over the weekend as well as one new case on Monday, bringing the total number of lab-confirmed positive and probable positive cases in Manitoba to 314.

There are currently 14 active cases, none of which required hospitalization at the start of the week. A total of 293 people have recovered from COVID-19. Seven people have died.

Three cases last Friday included a male truck driver in his 40s from Winnipeg and a male and a female from the Southern Health region. Those cases were linked to travel and a previously known case.

In one instance, it was found a person attended JT's Store and Diner in Blumenort June 10 at 6 p.m. despite showing symptoms, though public health officials say the risk was mitigated by the business having social distancing measures in place.

Two cases reported Saturday involved a male truck driver in his 30s and a female in her 20s from Winnipeg.

The case reported Monday involved a male truck driver in his 40s from the Southern Health region.

"COVID-19 is not going away. We've still seen this virus, and as we continue to reopen, we'll continue to see this virus," stressed Dr. Brent Roussin, chief provincial public health officer. "We need to learn to live with the virus because we know that we need to deal with this virus in one shape or another for the foreseeable future."

Phase 3 of the province's reopening plan began on Monday, lifting or easing restrictions on countless businesses and also upping the cap on group gatherings to 50 people indoors and 100 outdoors, with flexibility for more if subgroups are kept separate from one another.

Details of the plan are available at gov.mb.ca/covid19

## East St. Paul man arrested for cigarette contraband

By Ligia Braidotti

A 36-year-old Winnipeg man and a 54-year-old East St. Paul man were arrested and charged on June 8 after the Manitoba Finance Taxation Special Investigations and the RCMP apprehended 300,000 contraband cigarettes.

The cigarettes were brought into the province by a local transport company.

The province stated that had these cigarettes been sold, the Manitoba government stood to lose \$90,000 in tax revenue.

The two men will face charges under The Tobacco Tax Act and The Tax Administration and Miscellaneous Taxes Act. For a first-

time offence under the provincial tax acts, the individuals face fines between \$1,000 and \$10,000 and/or up to six months imprisonment if convicted. In addition, they may face a triple tax penalty of \$270,000. The accused will also face charges under the Criminal Code of Canada.

The province urges anyone who has information on contraband tobacco to contact their local police department, call the Manitoba Finance Special Investigations Unit at 204-945-1137, email [smuggling\\_manitoba@rcmp-grc.gc.ca](mailto:smuggling_manitoba@rcmp-grc.gc.ca) or call Manitoba Crime Stoppers (toll-free) at 1-800-222-TIPS (8477).



## Public Notice

### You're Invited

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The Manitoba Public Insurance Corporation (MPI) has applied to the Public Utilities Board (Board) for an overall 10.5 per cent decrease to Basic Autopac vehicle insurance rates and premiums, effective April 1, 2021 through March 31, 2022.

For further details, please contact MPI at [inquiries@mpi.mb.ca](mailto:inquiries@mpi.mb.ca) or visit the Board's website at [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

An electronic-based virtual public hearing on the proposed decrease will be held beginning:

**Monday, October 19, 2020**  
at 9:00 a.m.

Please view the hearing via the Board's website ([www.pubmanitoba.ca](http://www.pubmanitoba.ca))

If you are interested in learning more about this rate decrease, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll-free 1-866-854-3698, no later than **October 1, 2020.**

For more information, visit [www.pubmanitoba.ca](http://www.pubmanitoba.ca).

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

> BY ALAN CAMPBELL, PRESIDENT OF THE MANITOBA SCHOOL BOARDS ASSOCIATION AND A TRUSTEE IN THE INTERLAKE SCHOOL DIVISION

## Pandemic amplifies school boards' value

Since in-school learning was suspended on March 23, school boards have been meeting frequently with education department officials and other organizations. While these meetings have been invaluable, the work of supporting students and their learning takes place at the community level, thanks to the tireless efforts of senior administrators, principles, teachers and other front-line staff, with the support of locally elected school boards.

School boards filled gaps in online learning by providing devices, establishing WIFI hotspots for access to their schools' existing high-speed in-

frastructure, or working with industry to provide connectivity at home. Where online solutions weren't possible, teachers prepared thousands of learning packages and school divisions redeployed staff to ensure the materials got to students. With the province laying out what it wanted to achieve for learning at home, it has been local school boards, with their roots in the community, implementing the how.

There is shared concern with the toll on mental health the pandemic could take on Manitoba's students and families. The government quickly added mental health resources to its

COVID-19 page, but in local Manitoba communities, school boards immediately ensured that existing, locally funded resources were maintained. With the support of boards, staff are reaching out to students, to make sure each one knows someone is there to help. They know who those students are, they know their needs, and they have the capacity to provide the supports, because their local school board is there to allocate local resources accordingly.

The pandemic has not changed the role of school boards. They continue to support students' academic, physical, and emotional well-being. In responding to COVID-19, school boards are using their knowledge of local circumstances to develop and

implement plans that work for their students, staff and families. That's not something that can be done from Broadway, because those plans don't look the same from community to community.

Education is after all, a community enterprise—local voices making local choices. The provincial government paints the broad outline of K-12 education in Manitoba, but school boards fill in the details that ensure schools belong to communities. This is true not just today, but always; and it is something that we all need to keep in mind as we await the release of the report of the education review commission, with recommendations that may shape our K-12 system for decades to come.

## Head Start celebrates students accomplishments

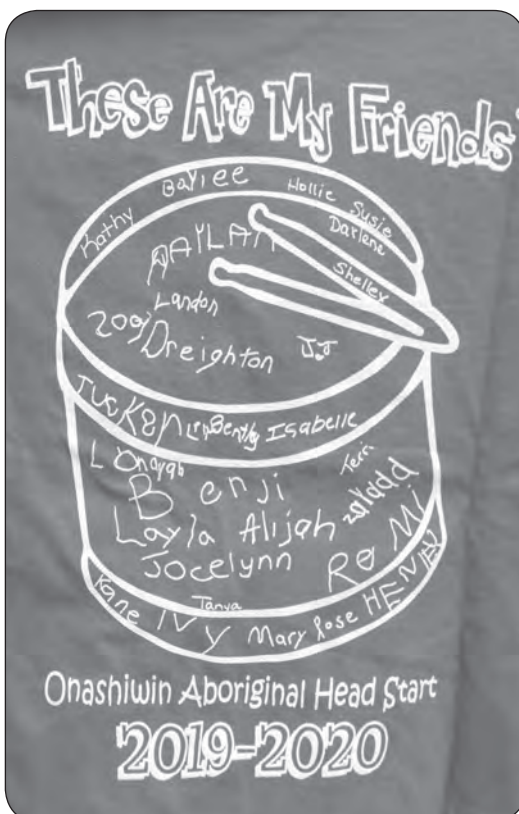


RECORD PHOTO BY KATELYN BOULANGER

On June 18, the Selkirk Friendship Centre Onashiwini Aboriginal Head Start Program students celebrated their graduation a little differently with staff taking the program's bus to each graduating student's home to present them with their diploma as well as a backpack filled with things to use next year at elementary school.

A t-shirt was made to include all the graduating student's signatures on the back. (Bottom right)

Selkirk Friendship Centre Onashiwini Aboriginal Head Start Program staff are pictured outside of the decorated school bus before presenting student's with their diplomas. (Right and below)



### NEW HOURS

Selkirk COVID-19 Community Testing Site  
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For more information on COVID 19, please visit [Manitoba.ca/COVID](https://manitoba.ca/COVID)



Interlake-Eastern  
Regional Health Authority



# Gwen Fox Gallery re-opens with July exhibit

Courtney Jensen, Peggy Kasuba, Les Hummerston and Bev Hart's art on display

By Katelyn Boulanger

After COVID-19 restrictions temporarily shuttered the Gwen Fox Gallery, artists Courtney Jensen, Peggy Kasuba, Les Hummerston and Bev Hart art bringing a bit of colour back to the gallery with the July exhibit which will be available for public viewing on June 30.

"It's the first time open since March. That's something to celebrate," said Bev Hart.

She believes that all four artists though they create different styles of art have a common thread in their origin and how they all paint from their hearts.

"I think that it's a great idea [to have artists with different styles exhibit together] because it is so much fun to see the different styles," said Hart.

Hart will be exhibiting all new work at the gallery this time around but still maintains her signature whimsical style.

"I still have my bicycle ladies. They're still going. The wheels haven't fallen off yet but they're a little different they year. They're crazier, wilder, or freer and I've got my florals and I've got some landscapes," said Hart.

Each artist will have about 12 paintings each on display at the gallery.

Kasuba, who calls herself a free-range artist, will be bringing some of her multimedia paintings to the gallery for visitors.

"The things that inspire my art would be for sure trees, overcast skies, shadows, and bird wings, so nature, my travel to Istanbul, Turkey and I have a passion for middle eastern architecture and art. I love the elegance

of the calligraphy," said Kasuba.

She likes to incorporate textural elements into her art because she doesn't like to throw things away and likes to explore expressing none visual ideas like the flapping of a bird's wings in a visual medium like painting.

Hummerston also likes to explore nature with his art being primarily a wildlife artist.

"I've got pictures of elk, deer, antelope, I've got ducks, geese, fish, all kinds of different fish. I paint all kinds of birds and fish and animals," said Hummerston.

He hopes that his art inspires a love of nature.

"I hope that they can see nature through my eyes. I hope that they enjoy it. Of course, it would be nice if they wanted to purchase something and if they did I hope that they enjoy it for as long as they have it. I hope that they leave with a smile and be happy they came and come again to the gallery," said Hummerston.

Jensen a recent University of Winnipeg graduate will be exhibiting her abstract multimedia paintings.

She finds inspiration for her art from anything that catches her eye.

"I often go for drives so in a lot of my work lately there have been things that I've seen driving. It's abstract but then the materials that I use pop and look different," said Jensen.

Because of COVID-19 the gallery has instituted new policies for visitors and will be following all provincial guidelines. Hand sanitizer will be provided, extra volunteers will be there to make sure that social distancing is maintained and residents are encouraged



RECORD PHOTOS BY KATELYN BOULANGER

Pictured left to right: Peggy Kasuba, Les Hummerston, Bev Hart and Courtney Jensen (front) are the July exhibitors at the Gwen Fox Gallery.

to wear masks if they feel they would like to.

The Gwen Fox Gallery is open from 11 a.m. to 4 p.m. Tuesday to Saturday.



Peggy Kasuba with one of her large art pieces (top left), Courtney Jensen with an abstract mixed media piece she created (bottom left) and Les Hummerston looking at his wildlife art.



Bev Hart with her floral art.





# Playing in the rain



RECORD PHOTOS SUBMITTED BY RACHEL COFFIN

Kids had a lot of fun and cooled off together on a rainy Saturday afternoon on June 20.



## St. Andrews will seek public input for new water rates

By Ligia Braidotti

The RM of St. Andrews will be asking the Public Utilities Board to set user-rates for the first year of operation by the end of this summer.

"We want to make sure these rates are as fair and affordable as possible, right from the beginning, and soon we will be seeking your input and ideas for achieving that goal," said DJ Sigmundson, the RM's Chief Administrative Officer.

In May, council heard several concerns about the initial rate application for the new South St. Andrews Wastewater System. Council said they agreed the rates were too high for the first year, and have withdrawn their application to the Public Utilities Board. They are reconsidering their rate model with the community's input.

Residents will be provided with information about the decisions facing us and the possible implications. Feedback will be asked through a survey, written comments and other appropriate means to help people keep social distance.

"Decisions about rates can be difficult to make, particularly during the first years of a new utility," Sigmundson said. "Originally, Council

agreed that the costs of operating the system should be shared only by those households using the system during any given year. The drawback of that principle is that costs would be high during the initial phase-in period, when only a few hundred households are likely to be connected to the system. In the longer term, as more households connect, there will be more ratepayers to share the costs, so everyone's rates should go down. The big question facing us now is, what should we do in the meantime to ensure that utility rates are fair and affordable?"

Another question the RM is asking is how much it is reasonable to pay for utility services in a less-dense community like St. Andrews. With fewer people and more distance to cover, they have less opportunity for economies of scale, the RM said.

During the public consultation, the RM will be seeking residents' views and ideas. The goal is to balance all of the RM's priorities for rates, including the desire to have users share the costs and the need to ease the transition as people in South St. Andrews move to the new system.

TRUE NORTH STRONG AND FREE

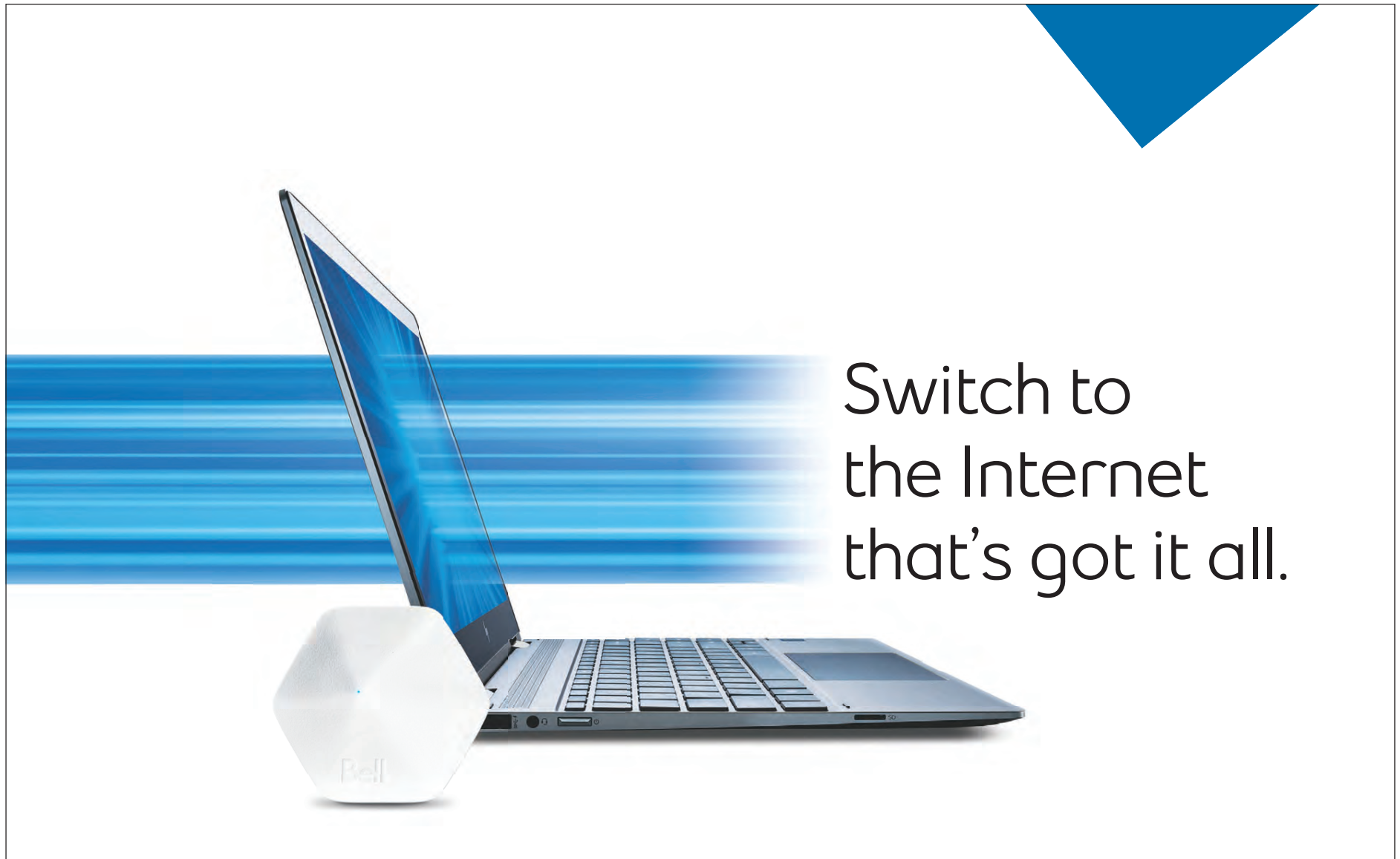


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# Sandy Bar was pretty knotty last month

## The bar a vital food source for migrating birds

By Patricia Barrett

A female red knot with a flag on her leg was rooting around piles of zebra mussels on the shore of Sandy Bar last month, taking birders by surprise and re-affirming the importance of continuing to preserve the Bar's unique habitat.

The Lake Winnipeg spit, about five kilometres east of Riverton, is a go-to destination for breeding shorebirds and is a vital re-fuelling station for migratory bird species, such as the red knot, in the spring and fall.

The red knot was foot-deep in water beside piles of zebra mussels – which it eats – when birders and first-time Bar visitors Ian Ward and Donna Danyluk from Winnipeg spotted it on the spit on May 25, said Joanne Smith, who's the caretaker of Sandy Bar, a designated Important Bird Area (IBA). The same red knot was spotted and photographed again on May 30 by Peter Slusarenko, another birder who reported it.

"Christian Artuso [Canadian Wildlife Service biologist] pointed out to me how big of a deal this was," said Smith, referring to the bird's presence on the spit for at least six days, possibly more. "I wrote on my Facebook page that this area is very important as a food source for migrating shorebirds. To think that our very own Manitoba IBA plays such a big part in the survival of such shorebirds is very special."

Red knots continue north to the Arctic where they nest and hopefully raise young, said Smith.

The flag (some people call it a band, but banding is actually the name of the process) indicated the bird had been captured, fitted with the flag then released for scientific study.

Smith found out the flag was placed on the red knot's left tibia on March 7, 2017, on Chiloe Island, Chile. Juan Navedo, director of the Quempillen Experimental Field Station, Universidad Austral de Chile, and his team had banded the bird.

With much levity, Smith said the bird managed to dodge COVID-19 border restrictions despite having travelled



RECORD PHOTO BY JOANNE SMITH

Joanne Smith spotted a red knot having a zebra mussel snack on Sandy Bar in May.



RECORD PHOTO BY IAN WARD

This female red knot with a flag on her left tibia was banded by researchers in 2017 in Chile. She showed up on Sandy Bar in May.

10,800 kilometres from Chiloe Island to Sandy Bar. And it took precisely 1,174 days before anyone reported her to authorities.

In addition to its IBA status, Sandy Bar is a provincially designated Special Conservation Area. Because its vital to both breeding and migrating birds that fly several thousand kilometres each year, the province prohibits vehicular traffic, including pick-up trucks and ATVs. Foot traffic is discouraged during breeding season.

The area needs all the birds it can get as North America

has suffered a decline in bird numbers.

Scientists found significant and alarming population losses in Canada and the United States over a 48-year period, according to a 2019 study titled "Decline of the North American Avifauna" in the Oct. 4, 2019 issue of the journal *Science*. Scientists undertook a survey of more than 500 bird species and found a net loss of about 3 billion birds (or 29 per cent) since 1970.

The decline, scientists noted, was not restricted to rare and threatened species, but to common and widespread species. Habitat loss and pesticides are major bird killers.

When the world loses birds, ecosystems suffer. Birds are not only important for the cheery songs that give us a boost, but they also eat insects we don't like such as mosquitos and grasshoppers and invasive species such as zebra mussels, pollinate plants and distribute tree seeds that make forests flourish.

Red knots, along with ruddy turnstones and rusty blackbirds (both of which inhabit the Bar) eat zebra mussels, said Smith.

Birders do more than watch birds. They count them during seasonal surveys and submit their data to scientists to help them monitor bird populations, which in turn indicate how healthy a particular ecosystem is.

As caretaker of Sandy Bar, Smith leads a cohort of bird lovers each year to the spit to pull up clover that grows, well, like a weed. Weeds are inhospitable to some birds who like open sand.

The annual Sandy Bar weed pull has seemingly paid off in terms of increasing red knot numbers, based on Smith's personal observation.

"It seems that in the last few years the numbers of red knots have increased. In my view it has. I've checked the dates I've been out there and in the last couple of years, I've had at least 10 or 11 at one particular point. Before we started the weed pulls, there were two or three red knots."

Smith cautioned that's just her observation and other factors such as an increase in zebra mussels and the square footage of the spit (because of low lake levels) may have made the area more attractive to red knots.

But she's not alone in thinking weed pulling has made a difference.

"Weed pulling works", said Dr. Artuso to Smith by text, which he agreed to share with the Express.

"That bird is probably a rufa red knot as it is migrating through Manitoba. People have suspected that some rufa overwinter on Chiloe Island and this seems to confirm it," he wrote. "Also the 6 day stopover is significant plus the resighting of this individual."

**Summer of 2020 ~ Covid-19**

**Carside Entertainment Series**

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| <p><b>WINNIPEG FOLK FEST</b><br/> <b>YOUNG PERFORMERS WEEKEND;</b><br/> <b>JUNE 27<sup>th</sup> 5-9PM</b><br/>         • Mitchell Mozden<br/>         • Annika Marie</p> <p><b>JUNE 28<sup>th</sup> 5-9PM</b><br/>         • Victoria Turko<br/>         • Lindsay Thomson</p> <p><b>IT'S A FAMILY CIRCUS WEEKEND;</b><br/> <b>JULY 4<sup>th</sup> &amp; 5<sup>th</sup> 5-9PM</b><br/>         • Vision Cheer Company Demos<br/>         • The Teakle Family Circus<br/>         Roaming Performances</p> | <p><b>POLAROID DANCE PARTY WEEKEND;</b><br/> <b>JULY 11<sup>th</sup> &amp; 12<sup>th</sup> 5-9PM</b><br/>         • Free Polaroid pictures with Peg City PinUps<br/>         • DJ Dance Party</p> <p><b>BLUE &amp; GOLD WEEKEND;</b><br/> <b>JULY 18<sup>th</sup> &amp; 19<sup>th</sup>, 2-8PM</b><br/>         • Mascots • Cheerleaders<br/>         • Player Autographs<br/>         • Giveaways with each order</p> |
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RECORD PHOTO SUBMITTED BY GERALDINE HORBAS

Dead fish have been washing up on the shores around Lake Winnipeg.

## Hundreds of dead fish wash up on Lake Winnipeg shores

By Becca Myskiw

Thousands of dead carp started washing up on the shores of Lake Winnipeg in early May — and the reason is still unknown.

University of Winnipeg ecologist Scott Forbes said scientists are currently testing for Spring Viremia of Carp and Koi herpesvirus.

Spring Viremia of Carp is a viral disease in carp, but Forbes said he hasn't yet seen it in Manitoba. Koi herpesvirus is another infectious disease in fish, and it has already been found in Ontario and Manitoba.

Forbes said he's personally ruled out Koi herpesvirus as the cause of the fish kill because the water temperature in May would have been too cold for it to manifest. For Koi herpesvirus to exist, the water has to be at least 18 degrees C.

But there is a cause for the large number of dead fish, he said. This time of year, dead fish typically wash up on shore often due to the stressful spawning season, but not in numbers this great.

"If you see hundreds of dead or dying carp you know something's going on," he said.

If he had to put money on the reason for the thousands of dead fish on the shoreline, Forbes said he'd guess it's due to a lack of oxygen.

He said he's heard from people he knows that when the ice on the lake started to break up this year, there was a lot of ice movement on shore. This essentially would have trapped the carp in shallow water with a short supply of oxygen.

"The carp are pretty hardy fish," said Forbes. "But they can't survive water without oxygen."

He said anoxia (the absence of oxygen related to algal blooms) is often a cause for fish kills too, but he also ruled that out because it's too early in the season for it.

This fish kill, Forbes said, will likely have no lasting effects on Lake Winnipeg as it's only a fraction of the carp population that has died.

"Fewer carp is probably better," he said. "They're a destructive species."

Carp were introduced to Manitoba deliberately in the early 20th century and they took off. Now, they're a nuisance and tear up the lake's rock bottom by uprooting vegetation, they degrade water quality through feeding habits, and they stir up the sediment.

Forbes said getting rid of carp would be a good thing, but it's too late now as the species are prolific breeders.

The last fish kill Forbes recalled was in 2013 when all species of fish in the lake were dying due to boiling water temperatures.



# Danny's Whole Hog turning up the heat on "buy local" movement

By Patricia Barrett

A popular Stonewall-area catering and food service company that's famous for its pulled meat products is putting some extra muscle into the "buy locally" movement in the Interlake as COVID-19 continues to flatten markets and restrict large gatherings.

Danny Kleinsasser of Danny's Whole Hog BBQ & Smokehouse said it's not only local businesses that are buying from other businesses during these uncertain economic times, but also consumers who are shopping locally after realizing the virus could result in long-term economic consequences for their communities.

"People support the local products. They're supporting me. And not only me as a local family, they're supporting the families that work for me," said Kleinsasser as he took the Express on a tour last week of his Highway 67 facility. "People from the local community are coming here and the city people have been wonderful."

That support is going a long way to helping his company stay afloat and keeping 10 of his staff (he had two layoffs) on the job. To help ease consumers' financial pressures, Kleinsasser said he's created new products, such as family-sized Meals for 4, offered free delivery and lowered some prices as "people have less money to spend."

His never-give-up philosophy and openness to change has helped the business survive in the face of COVID's challenges.

"I'm a positive thinker. I will not put my head in the sand," said Kleinsasser. "I've got employees with families and they've got mortgages to pay. I've got mortgages to pay. I've never been a quitter."

Kleinsasser started Danny's Whole Hog 20 years ago and is guided by the values he grew up with, including integrity, treating others with respect, charitable giving to food banks and Siloam Mission and showing that a "little love can go a long, long way."

His industrial-sized stainless steel kitchen and packaging facility, situated on his family farm, has meat smokers that can do "1,000 pounds of pork a night," sausage-making machines, a



RECORD PHOTO BY PATRICIA BARRETT

From left Isaiah Kleinsasser, Danny Kleinsasser and Sharon Skinner.

huge walk-in freezer and cooler and a public store that he said saw an increase in walk-in traffic during the COVID shutdown as people were "afraid" of crowds in large stores.

Kleinsasser is a stalwart believer in supporting local and Manitoba businesses. He buys dinner rolls and buns from Upper Crust Bakery in Selkirk, pork from Manitoba producers, beef from Canadian producers, saskatoon berries for his wife's homemade pies and crumbles from a Warren farmer and ice cream from Prairie West Ice Cream in Stonewall.

"We're all helping each other. It's great what Manitoba is doing to sup-

port local small businesses. I try to buy from a lot of small businesses to support them," said Kleinsasser. "If they don't have it, then I reach out a little bit farther."

Kleinsasser's catering service took a massive hit when COVID began to rapidly spread in the province and public health orders meant gatherings such as weddings and business functions had to be cancelled. He would cater 15-25 events each weekend including about 12 weddings. He also had food kiosks at Blue Bomber and Goldeyes' games and supplied the Jets with pulled meat products.

"We do a lot of catering for business-



Pheasants in the meat smoker.

es and people all over Manitoba. All the families that work for me depend on that," said Kleinsasser. "Within two weeks, we had a couple hundred thousand dollars' worth of business cancelled."

He said he and his wife and kids and his staff went back to the drawing board to figure out how to compensate for that loss. They came up with new products and services.

"It was remarkable how quickly we could turn it around and start another cash flow," said Kleinsasser. "Since COVID, we've doubled our product offerings."

Continued on page 18

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> MEAL IDEAS

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## Fruit Tarts



Pour hot milk mixture into egg yolk mixture, stirring while pouring. Over low heat, simmer 5 minutes, stirring constantly.

Remove from heat and let cool, continuing to stir occasionally. Once cooled to room temperature, pour into individual custard cups. Chill in refrigerator 30 minutes, or until serving.

To make crust: Heat oven to 350 F. Line bottom of pie pan with parchment paper and grease with coconut oil.

In large mixing bowl using electric mixer on high, beat coconut oil and palm shortening 30 seconds. Add coconut palm sugar, baking soda, cream of tartar and salt; beat until combined, scraping sides of bowl occasionally. Beat in egg yolks and vanilla until combined. Beat in almond flour, coconut flour and starch. Chill dough in refrigerator 15 minutes.

Press chilled cookie dough into bottom of pie pan and 2 inches up sides. Bake 12 minutes, or until crust is golden and browned on top and edges. Remove from oven and cool 10 minutes. Place cooled crust in refrigerator 30 minutes or overnight before assembling.

To assemble fruit tarts: Spread custard over chilled crust. Decorate top in circular pattern with kiwis, mango strips, raspberries, blackberries, blueberries, grapes and strawberries.

Before serving, chill at least 30 minutes or freeze 1 hour to help keep toppings in place.

Remove from freezer and set out at room temperature 20 minutes before slicing. Garnish with mint leaves.

Nutritional information per serving: 192 calories; 14 g fat; 16 g carbohydrates; 61 mg sodium; 2 g fiber; 1 g protein; 9 g sugar.

Recipe courtesy of "Always Eat After 7 PM"

Prep time: 40 minutes

Cook time: 1 hour, 20 minutes

Servings: 20

Custard:

8 egg yolks

1 cup raw honey

1 tablespoon coconut flour

3 cans (13 2/3 ounces each) full-fat coconut milk

1 teaspoon vanilla extract

1/4 teaspoon lemon zest

Sugar Cookie Crust:

1/2 cup coconut oil, plus additional for greasing

1/2 cup palm shortening

1 cup coconut palm sugar

1 teaspoon baking soda

1 teaspoon cream of tartar

1/4 teaspoon salt

3 egg yolks

1/2 teaspoon vanilla extract

1 cup blanched almond flour

1/4 cup coconut flour

2 tablespoons arrowroot starch

Toppings:

2 kiwis, peeled and sliced

1 mango, peeled, pitted and sliced into 1/2-inch strips

1/2 cup raspberries

1/2 cup blackberries

1/2 cup blueberries

1/2 cup red grapes

1 cup strawberries, thinly sliced

fresh mint leaves, for garnish

To make custard: In saucepan, whisk egg yolks and honey until smooth. Mix in coconut flour.

In medium saucepan over medium heat, combine coconut milk, vanilla extract and lemon zest; bring to boil then remove from heat.



ASK THE MONEY LADY,

Dear Money Lady Readers,

I wanted to do something a little different this time. I always get questions from people who want to retire early, leave their careers, and finally make that hard stop to working. The thought of waiting until they are 65 or longer seems like torture. So, today I am asking you a question!

Can you really retire earlier?

You know I'm going to answer it! For most of us – the answer is NO. Short of knowing when you will die, there is no real way to know whether you can retire early. One thing is certain: you must make sure you have a plan for the future and a retirement strategy to get there. This should be something you have considered carefully and seeking the advice of a professional advisor or financial planner is always a step in the right direction. Here are 10 questions you need to ask yourself. Be truthful with your answers; if nothing else, this will be a good exercise to help you understand what you need to work toward to retire earlier if you can. Good luck!

1. Is all your debt paid off?

2. Are you really ready to give up working, or are you just tired of your current position and in need of a change?

3. Will you need to support anyone other than yourself? If so, for how long, and how much will that cost?

4. Can you downsize your residence or move to a less expensive area to lower your expenses?

AsktheMoneyLady.ca

5. Will you have a consistent monthly revenue stream that is long-lasting and able to sustain you during times of uncertainty?

6. Do you have any future large expenditures that you have not already saved for?

7. If necessary, could you make sacrifices to live a more minimalist lifestyle?

8. Have you made a financial budget for the future and can you write out exactly how you can, to the best of your knowledge, envision your retirement? How much do you anticipate this will cost in today's dollars? What about inflation and taxation? What are your plans for assisted living should you need care as you age?

9. How will you socialize in retirement and how much will this cost? Do you plan to continue club memberships or join new ones, and how much will this cost?

10. Have you thought of ways to fill your time in retirement? Does your retirement partner want the same things as you and are they willing to make the same sacrifices to retire early?

So, how did you do? Do you have a budget or are you going to make one?

Always keep planning. Remember, you can't expect to have a future if you don't plan to have one!

Good Luck and Best Wishes,

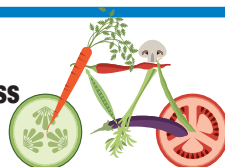
Money Lady

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

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Pots are as follows:  
\$52,734 + POKER FLUSH  
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In 25 Numbers

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## > DANNY'S WHOLE HOG, FROM PG. 15

Kleinsasser created several new products during the pandemic to add to his popular product line, which includes pulled pork, beef and turkey products, gourmet BBQ sauces (the majority gluten free) and smokehouse favourites such as garlic sausage, pepperoni sticks and slab or sliced bacon.

People are destined to eat well with a new summer sausage, homestyle beef stew with life-sized vegetables that's ready to cook in a bag, meat pies (pork, beef, turkey-vegetable), a do-it-yourself marinated whole hog, marinated roasts "for a great experience," marinated meats for smaller gatherings, saskatoon pies made with (he quipped) "local hand-rolled dough" and Meals for 4.

He's also offering free delivery within a 30-mile radius (orders of \$50 or more). That includes Stonewall, Selkirk and Teulon as well as Winnipeg.

"We established Meals for 4 and we began delivering literally right to people's driveways in Winnipeg. I started that because I don't want to lay off my employees. I went from no cash flow because of catering cancellations to delivering a lot of meals to the city," said Kleinsasser.

Then Lundar called, Eriksdale called,

Ashern called: could he possibly deliver up Highway 6? Yes, he could.

"On Mother's Day, we loaded the van with 200 Meals for 4. That's 800 people. We started in Ashern and delivered all the way down the highway, Oak Point and St. Laurent," said Kleinsasser. "I went along just to say thank you to the people. I was so overwhelmed. I said, 'Thank you for the local support' and every person that came to get a meal, I gave them a free saskatoon pie."

The new products and services are helping the company weather COVID's impact, which may have long-term consequences should a second wave, which health experts are predicting, hit. They're also catching the eye of new customers that may be looking at changing the way they shop as the pandemic continues.

"We want to provide good service to the customer and make them happy because they're dealing with their own set of issues during COVID," said Mark Skinner, who oversees the company's delivery service. "We want to provide something consistent and reliable."

Kleinsasser earned a niche in retail stores, including Red River Co-op stores, Safeway/Sobeys and Save on Foods, plus mom and pop shops, after becoming certified for retail. But he took it to a new level when he

teamed up with De Luca's Specialty Food Store in Winnipeg. De Luca acts as a distributor, getting locally made products into outlets across the province.

"In one year, De Luca grew my [presence in] 25 stores to 90 stores in Manitoba," he said. "That's amazing retail growth."

Kleinsasser launched an online store from his website. Customers can now place orders for frozen and ready-to-eat meats and meals, desserts and other items, and receive free delivery.

He said he continues to work closely with area businesses such as Harvester Outdoors and World of Water, both in Selkirk, holding combined sales-food truck lunch events to support each other. They talk on a regular basis and encourage each other to stay strong.

Kleinsasser said he's always considering adding new product lines to his business.

"I'm working with a local pheasant grower to smoke pheasants. I may have them available in the store. It would be an addition to my smoked meats," said Kleinsasser, who showed the *Record* the birds hanging in one of the meat smokers.

The most important thing businesses and consumers can do as we move through the pandemic, he said, is to continue to buy locally.



Stewing Beef Meal.

"I tell you the Interlake should be proud. Winnipeg and Manitoba should be proud of how they've supported local businesses like myself. The communities here supported us through all this. There's many a day," Kleinsasser paused, tears welling up in his eyes, "I think how the community came together to help us with the new ideas we had."

"I believe 100 per cent Manitobans have got to shop local. I've got to see where I can buy from local stores. This is about business owners' survival. When I support them, they support me back."

Visit Danny's Whole Hog at [dannyswholehog.com](http://dannyswholehog.com). To access the online store directly, visit [dannyswholehog.ca/shop](http://dannyswholehog.ca/shop). Danny's is also on Facebook and Instagram. Customers can call the store at 204-344-5675 or text 431-997-BBQS (2277). The store is located on Highway 67 (south side), three miles east of Highway 7. Look for the Danny's Whole Hog sign on the verge.

# Congratulations to Frank's Pizza

## 2020 Grads

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**PARADOSKI**

*Matt*  
**BROOKS**

*Jordan*  
**DONALD**

*Halle*  
**MELL**

*Jordan*  
**BROOKS**

*Karl*  
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*Andrew*  
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# West St. Paul Fire Department ends community tours



**RECORD PHOTO BY LIGIA BRAIDOTTI**  
Members of the West St. Paul Fire Department wrapped up their community tours on June 11, handing safety bags to kids to thank them for the community's support.

**What's *Your* story?**

**We want to hear from you.**

The Selkirk Record connects people through stories to build stronger communities. Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

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**The Selkirk Record**



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Popular Royals' coach moving to England

By Brian Bowman

The Selkirk Royals have some very big shoes to fill on their coaching staff next season.

Longtime girls' basketball coach Sue Gilmour will be leaving the school as her family of husband, Matt, and sons, Tommy and Lucca, have made the adventurous decision to move to England.

"It's been in the works since early last fall and then we kind of decided to go for it earlier this year and the final announcement came out in May that we were moving," said Gilmour last week. "We're very excited but we're in a holding pattern right now until the visas open. The offices that do all of the visas are still closed. We're grounded until that happens."

Matt has accepted a research position while Gilmour will be teaching physical education part-time at Wyndham High Academy.

"It's going to be a challenge," she admitted of her new job. "I'm a little nervous because all of the popular sports in the UK are ones that I don't really know much about. Cricket, and rugby and rounders and netball - I don't know anything about those sports so I have a little bit of learning to do. But I'm hoping I can bring some North American sports with me and it will maybe give me an opportunity to develop basketball and volleyball a little bit more."

Gilmour was recognized for her great work over the years at the Comp during the school's online presentation of its athletic awards last week.

"It was very nice, it absolutely was," Gilmour said. "It's been a good 12 years. It's hard to believe it has been 12 years - it's kind of crazy - but it's been a lot of fun. I have really enjoyed my time at the high school and working with everyone."

"But now it's time to try something new."

Gilmour started coaching basketball in Selkirk in 2008. She has also been instrumental in developing programs at the grassroots level for high school age and younger athletes, offering clinics to learn, train, and play.

Gilmour hopes the Royals will continue to develop the sport of basketball at the high school level. She noted that Annette Harman will continue with the Jr. NBA program.

"She's been with me since I started the program so she knows exactly what's going on," Gilmour said. "She's really, really good with the little ones so I know she does a fabulous job with that. Hopefully, the mini Royals will continue as well."

Gilmour really enjoyed watching her high school students and athletes grow as human beings over the years.

"That's probably one of the best things about coaching," Gilmour said. "You work with the kids when they're students in your building and then you get to watch and see as they grow into their own lives and adulthood. You run into former players at different locations and you get a chance to catch up with them and find out what they're up to. It's really neat to see where they'll all end up down the road."

Some highlights for Gilmour included taking her junior varsity girls' team to the MHSAA "AAAA" provincial final in 2013 and this past season with her talent-laden varsity girls' squad which earned a berth into the provincials before that was cancelled due to COVID-19.

This past year's team also performed very well at a Harry Ainlay High School tournament in Edmonton. Gilmour is an alumni of that school.

"This particular group of girls works



RECORD PHOTO SUBMITTED

Sue Gilmour, a longtime girls' basketball coach with the Selkirk Royals, will be leaving the school to move to the UK with her family.

really hard and we had such a great season," she said proudly. "They were coming on so strong at the end and without the cancellation, I felt this team could go further than most teams anticipated. But I'll guess you'll never know."

Annika Goodbrandson played two seasons of varsity girls' basketball under the direction of Gilmour.

"You always feel super confident when you're a player of hers," said Goodbrandson, whose father Dean is the Royals' varsity boys' basketball coach.

"She's so motivational. When you're not doing well, she's like, 'Hey, get your head out of it, you're doing just fine.' If you make a mistake, don't dwell on it. It's really nice to have a coach like that."

Goodbrandson was really impressed

with Gilmour's basketball IQ.

"She sees the court in ways that I never imagined that you could," she noted.

Goodbrandson will greatly miss her former coach as she enters her senior season next year.

"I liked having a female coach because growing up I always had my dad as my coach," she said. "It was definitely nice to see a different point of view from a different person and a different gender."

"She treated everyone nicely...and was always so open and you could talk about anything with her. It was nice to have someone you're comfortable with coaching you."

"I'm going to really miss having her in our school."

## Match Play Golf Championships decided on Sunday

Staff

Brandon's Austin Dobrescu won his second straight men's Match Play Golf Championship on Sunday.

Dobrescu, a 23 year old who plays out of Shilo, defeated Elmhurst's Jack Werhun 4 and 2 in the final.

On Saturday, Dobrescu beat Sel-

kirk's Wesley Hoydalo 4 and 3 while Werhun knocked off Breezy Bend's Justin MacDonald 5 and 4 in a pair of semifinal matchups.

On the senior side, Elmhurst's Carl Lechman, who beat top-ranked Garth Collings of Matlock in Saturday's semifinal 3 and 1, then downed

Southwood's Gordon Hudson 6 and 5 on Sunday.

In the other semifinal, Hudson defeated Quarry Oaks' Al Kehler 5 and 4.

The women's championship was won by Shilo's Bobbi Uhl, who beat St. Charles' Hannah Diamond 5 and 4

on Sunday.

Uhl earned a bye into the final after Pine Ridge's Marissa Naylor withdrew from their semifinal match.

In the other semifinal, Diamond defeated former Selkirk Royals' golf star Mikyla Albert 2 up.



# MMSL set to start season in July

## Staff

The Manitoba Major Soccer League has announced a target date for their season to begin July 6.

Teams have been asked to prepare for this date to be the tentative season opener.

If the league is not yet approved to play on July 6, the start date will then become July 13.

Last Wednesday was the first day that groups of 10 people - coaches and players - could return to the pitch while using physical distancing measures.

The MMSL outdoor registration opened on June 12. An email went out to managers to register their team with the Manitoba Soccer Association.

The league expects to play a full MMSL outdoor season schedule of 16 to 18 games based on the number of teams in each division. The two divisions with 10 teams will play an 18-game season.

The MMSL will, once again, have promotion/relegation if a full season of games is completed. There

will not, however, be any league playoffs or Bison Cup this summer.

"Please be advised that if there is a second wave of Covid-19, both the province and MSA can stop/cancel the season mid-season," read a statement on the MMSL website. "This is a change from what the league was communicating earlier."

New to the league this year is a safety protocol officer. Each team will have a designated person - player or team official - who will be in charge of adhering to new health and safety rules.

For example, the individual would be responsible for wiping benches before and after the game, cleaning up all trash on the playing field, sanitizing game balls, and ensuring physical distancing on the bench. This person can not be the coach.

As well, teams should arrive ready to play and proceed through the designated entry points to the fields. At the conclusion of the game, players must

leave the field and bench areas immediately and depart through the designated exit gates.

The disinfecting of benches will take place between games and washrooms will be cleaned frequently. Hand sanitizers will also be available at points around the facility, including at the washrooms, but players should also bring their own for personal use.

The league said it is important to move people through the facilities quickly to decrease clustering and close contact while continuing to physical distance as much as possible.

Fans, meanwhile, will be permitted and are encouraged to attend but they must abide by the same physical distancing guidelines for each facility/pitch.

# Golf Canada cancels all amateur championships in 2020

## From Golf Canada's website

Due to continued health concerns as well as government restrictions on travel and group gatherings during the COVID-19 pandemic, Golf Canada has cancelled all of its amateur golf competitions for the duration of the 2020 season.

The National Sport Federation had previously announced the cancellation or postponement of a number of its junior and amateur competitions scheduled through mid-June.

"National amateur competitions have been a proud focus throughout our 125-year history and while we share in the disappointment of competitors, our host clubs and event volunteers, the most important consideration is the health and safety of the people who come together at our championships," said Golf Canada CEO Laurence Applebaum. "Ongoing travel restrictions - both international and across some provincial borders - in addition to continued restrictions on larger group gatherings and limitations on player training were significant contributors to this decision. We are also sensitive to the needs of our host clubs to ensure a safe and healthy environment for their staff and members."

The 107th Canadian Women's Amateur Cham-

pionship, one of the top-ranked women's amateur events in the world that attracts many international athletes, was scheduled to begin in five weeks at The Royal Montreal Golf Club from July 21-24. In addition, the 116th Canadian Men's Amateur which features a 264-player field was scheduled to take place at The Glencoe Golf & Country Club in Calgary, Alta. from August 3-6 - marking the 125th anniversary of this storied championship. The cancellations will mark the first time since the second World War where these two national championships will not be conducted.

Golf Canada has also announced that the National Orders of Merit will not be awarded in 2020. The purpose of the points-based rankings is to identify and give recognition to top-performing male and female amateur and junior golfers across Canada who have achieved success in the golf season. The decision to not award the Orders of Merit was made recognizing the varying access Canadian golfers will have to domestic and international competitions, and the resulting difficulty in running an equitable ranking system. Golf Canada will look to resume the Orders of Merit on Sept. 1, 2020 for the 2021 rankings.

Golf Canada and Golf Ontario previously an-

nounced the cancellation of the seventh annual World Junior Girls Championship, scheduled for Sept. 30 to Oct. 3, 2020 at Angus Glen Golf Club in Markham, Ont.

Golf Canada annually conducts more than 20 championships nation-wide which play host to more than 3,000 domestic and international athletes from all corners of the world. In partnership with our host clubs, thousands of volunteers, provincial golf associations and our proud sponsors, Golf Canada is dedicated to supporting player development through world-class competition since our inception in 1895. Officiated by certified Canadian Rules of Golf referees, Golf Canada's amateur competitions are fully compliant with golf's international governing bodies and include marquee events such as the Canadian Men's and Women's Amateur Championships as well as the Canadian Junior Girls and Junior Boys Championships. Golf Canada's amateur championships are proudly supported by RBC, Canadian Pacific, Sport Canada, Levelwear, Titleist and FootJoy. For more information and scheduling visit [www.golfcanada.ca/competitions](http://www.golfcanada.ca/competitions).

# Manitoba Soccer Association enters Stage 1 in a return-to-participation plan

## Staff

The Manitoba Soccer Association entered Stage 1 of its return-to-participation plan last Wednesday, which allows sanctioned soccer.

The MSA released several recommendations to their teams for Stage 1.

There will be non-contact outdoor training being permitted as long as players and coaches remain two metres apart (except for brief exchanges). Players should bring their own balls and can only contact the ball below the waist while shared equipment is to be only handled by its owner. There will also be no spectators.

Stage 2, expected to be announced soon, would allow contact training limited to six-on-six. The third and final stage is when outdoor competition can begin.

The Tri-S Soccer Association, meanwhile, recently announced that players currently registered in the outdoor soccer season could also resume playing soccer on June 17.

Players, however, had to fill out a "RETURN TO TRAIN" registration form.

Clubs will be permitted to run training programs for Stage 1 and 2 of the MSA "Return to Participate" protocols. Games are still not allowed.

Stage 3 will be announced at a later date and is dependent on Manitoba Health guidelines.

Detailed information about the programming has been provided in the club email sent to each registered player of the 2020 season.

"We are happy to see the return of soccer in our region and look forward to offering these programs," read a statement on the Tri-S Soccer Association website. "With the help of our coaches and parent volunteers, we are confident we are taking the right steps to keep everyone safe while limiting the transmission of COVID-19."



# Classifieds

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Gramercy Park Apartments, 216 Reid Ave., Selkirk, 3rd floor, 2 bdrm. Includes fridge, stove, dishwasher, A/C, balcony. Hydro extra. No pets, no smoking. Available July 1. \$1,075/mo. Call 204-481-1967.

**HELP WANTED**

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## take a break > GAMES

### SUDOKU

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

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Level: Intermediate

**Here's How It Works:**

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

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

Sudoku Answer

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| E | E | D |   |   |   | F | L | E |
| L | T | E |   |   | G | O | V | T |
| L | O | T | S |   | A | K | K | H |
| S | I | B | I |   | H | O | N | V |
| E | R | A | T | B | A | I | O | D |
| N | O | T | E | L | P | S | N | V |
|   |   |   | V | C | U |   | K | O |
|   |   |   | E | R | G | O | F | H |
|   |   |   | L | P | V |   | H | V |
|   |   |   | S | D | O | O | H | O |
| H | O | L | I | T | D | E | S | N |
| K | N | I | T | S | A |   | V | P |
| I | V | B | N | D |   | G | I | R |
| S | R | V | O | B |   | V | R | V |
| S | F | H | S |   |   | T | A | H |

Crossword Answer



## CROSSWORD

**CLUES ACROSS**

- Protects from weather
- Superhigh frequency
- Southern constellation
- Swines
- Self-righteously moralistic person
- United Arab Emirates city
- Surinam toad
- Sign language
- Tattoo (slang)
- Makes level
- Sun up in New York
- It must be scratched
- Where people live
- Swiss river
- Buddy
- One of two equal parts of a divisible whole
- Shrek is one
- Egyptian unit of weight
- Fiddler crabs
- Carroll O'Connor's TV wife
- No longer having life
- Former OSS
- A way to emit sound
- Mandela's party
- Adult female chicken
- U. of Miami's mascot
- Southeastern Chinese people
- Casino game
- Amos Alonzo \_\_, US football coach
- Joint connecting two pipes at right angles
- Will Ferrell film
- River in NE Scotland

**CLUES DOWN**

|    |    |   |    |    |    |    |    |    |    |    |
|----|----|---|----|----|----|----|----|----|----|----|
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| 13 |    |   |    |    |    | 14 | 15 |    |    | 16 |
| 17 |    |   |    | 18 |    |    | 19 |    |    | 20 |
| 21 |    |   |    | 22 | 23 |    |    | 24 |    |    |
|    |    |   |    | 25 |    |    |    | 26 |    |    |
|    |    |   | 27 | 28 |    |    | 29 |    |    |    |
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| 43 |    |   |    | 44 |    |    |    |    | 45 |    |
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| 46 |    |   |    | 47 |    |    |    |    |    |    |
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| 49 |    |   |    |    |    |    |    |    | 50 |    |
|    |    |   |    |    |    |    |    |    | 52 |    |
| 51 |    |   |    |    |    |    |    |    |    |    |

- Occur
- Show up
- Capital of Taiwan
- Former French coin
- Some are bad
- Monetary unit
- Package (abbr.)
- Indian religious person
- Crew
- Antidiuretic hormone
- Makeshift
- Baseball box score stat
- Make a mistake
- Not moving
- Even distribution of weight
- Clumsy person
- Paddle
- Worked the soil
- Alias
- Plant cultivated in Peru
- Side-blotched lizards genus
- Wild dog
- Immoral act
- Pound
- Manning and Lilly are two
- Put on the shelf for now
- Baltimore ballplayer
- Cuddle
- Dashes
- Related on the mother's side
- Witch
- Kilogram force (abbr.)



# Classifieds

The Selkirk Record

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## HELP WANTED

Pizza Den in Stonewall is now hiring an experienced dinner cook that will work Thursday - Monday, 4-8/9 p.m. Cook candidate should go to pizzaden.ca to view menu & be experienced in preparing most of the menu. Cook to be current on Health Dept. requirements and Food & Kitchen Safety Sanitation. Individual will work in a team and also by oneself. Please send resume to robert.magnifico@gmail.com

TNT Plumbing & Heating is currently hiring helpers. Wage is \$12 - \$13 per hour. Must be physically fit and have a valid driver's licence. Call 204-482-4159. Email: [tntplumbingandheating@outlook.com](mailto:tntplumbingandheating@outlook.com) TNT Plumbing & Heating is also working in conjunction with the Manitoba Metis Federation Summer Student Program and encourages Metis students to apply.

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## NOTICES

Do you have a Press Release/Media Advisory that needs to go out? Let us help you with that! Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email [classified@mcna.com](mailto:classified@mcna.com) for details. [www.mcna.com](http://www.mcna.com)

## GIVE-A-WAYS

1963 Gibbard wood bed frame, double/ queen bed frame on rollers, 8x10 area rug, 2 livingroom chairs, loveseat, older clothes dryer & misc. Call 204-785-2525.

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## NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: LAWRENCE KUPCHIK, late of the City of Selkirk, in the Province of Manitoba, deceased. ALL CLAIMS against the above Estate duly verified by Statutory Declaration must be filed with the undersigned at 235 Manitoba Avenue, Selkirk, Manitoba R1A 0Y4, on or before the 15th day of August, 2020. DATED at the City of Selkirk, in Manitoba, this 20th day of June, 2020. PURVIS LAW OFFICE Solicitors for the Executor.

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## CARE PLUS CLINIC

**Dr. Benshaban will no longer  
be practicing in Selkirk  
effective September 15, 2020.**

*He wishes to thank all his patients and colleagues  
and the Interlake Eastern Regional Health Authority  
for their support over the past years.*



Interlake-Eastern  
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**CURRENTLY SEEKING  
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## PART TIME HELP WANTED

To collate flyers into the Selkirk Record in Winnipeg (150 Wyatt Rd.) on Tuesdays from 12:30 to 8:30 p.m. and Wednesdays from 8 a.m. to 2 p.m. Must be able to work quickly with good eye hand coordination, capable of lifting bundles of newspapers and stand for long periods of time on concrete.

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**The Selkirk Record**

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This position falls within the Collective Bargaining Unit of Local 987 and is subject to all terms and conditions of the collective agreement or subsequent amending Agreements.

For a full list of Duties and Qualifications please visit [www.weststpaul.com](http://www.weststpaul.com).

Submit applications marked "Application for Public Works Assistant" by  
**4:00pm, July 7, 2020 to:**

Lainie Shaw, CMMMA  
Municipal Legislative Officer  
RM of West St. Paul  
3550 Main Street  
West St. Paul, MB R4A 5A3  
Fax: 204-334-9362  
Email: [admin@weststpaul.com](mailto:admin@weststpaul.com)

The RM of West St. Paul wishes to thank all candidates for their interest in this position, however, only those individuals considered for an interview will be contacted.



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## BIRTHDAY ~ GRADUATION



Kaylee Martin

Happy 18th Birthday and Congratulations on Grade 12 Graduation  
We are so proud of you!  
-Love Dad, Mom and Anna



## BIRTHDAY

Pauline Stolar  
The Great One, No. 99  
No, it's not Wayne Gretzky,  
it's Pauline Stolar!  
Pauline will be celebrating  
her 99th birthday on June 27th.  
What a milestone.

We love you so much, and appreciate  
all you have taught us,  
and supported us with unconditional love.  
Can't wait until next year for your 100th.  
-Love and Blessings from  
all of your family, near and far

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Loved Ones**

WITH AN ANNOUNCEMENT IN THE



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## GRADUATION



Alysha Hokanson

We are so proud of you!  
Congratulations!  
-Love Mom, Kris and Colton

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# Announcements

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**Selkirk Record**

## IN MEMORIAM



**Amy Rebecca Richards**  
August 31, 1978 - June 30, 2011  
She was taken without any warning,  
Hearts forever broken,  
Dreams forever shattered,  
But though she is gone from among us,  
In our hearts, she will always remain.  
-Love from Dad, Mom, Sarah,  
your pets and all of your friends

## IN MEMORIAM



**Garry Peter Fewchuk**  
September 18, 1954 - June 28, 2014  
Time may hide the sadness,  
Smiles may hide tears;  
But memories that you left behind  
Will last throughout the years.  
You gave us years of happiness,  
And then came sorrow and tears;  
But you left us beautiful memories,  
To treasure throughout the years.  
God has you in His keeping,  
We have you in our hearts.  
We love you and miss you.  
-Lovingly remembered and sadly missed,  
your loving Mom and family

## IN MEMORIAM



**KGB aka Kevin Mathers**  
December 31, 1973 - July 1, 2011  
Those we love, don't go away,  
They walk beside us every day;  
Unseen, unheard, but always near,  
Still loved, still missed and very dear.  
-Mom, Dad, Tracey and kids

## IN MEMORIAM

**Kevin Mathers**  
December 31, 1973 - July 1, 2011  
Forever missed, remembered, and loved.  
-Always Aunt Mary Jo

## IN MEMORIAM

**Dave Hiebert**  
May 17, 1942 - June 26, 2009  
In loving memory of  
my husband, our father and grandpa  
We speak your name with love and pride,  
We smile with tears we cannot hide.  
We thank you for the years we shared,  
The love you gave, the way you cared.  
-From Jean and family

There is a link death  
cannot sever,  
Love and remembrance  
last forever.

## OBITUARY



**Donald Russell McDougall**  
October 4, 1959 - June 20, 2020

Donny is on his next trek, as he lived doing things his own way and following his wishes, with the love of his family.

Our beloved Don left us way too early. He leaves his loving spouse, Joy Gillespie, and Joy's daughter Danielle (Ben); his mother, Thelma McDougall and brothers Duncan McDougall (Janis), Rick McDougall (Byron Johnson) and sisters Cheryl McDougall (Edwin Gluck), Norma McDougall, Alice McDougall, Beverly Belanger (Gilbert), Suzanna Kalman (John) and Joanne Hawkins (Jim); and the many nieces and nephews with whom he had a close connection. He also leaves his brother-in-law Doug Taverner. Don was predeceased by his father Russell in August 1986 and his sister Rosemary Taverner in January 2020.

Don was the epitome of the outdoorsman, spending countless hours fishing, hunting and guiding. He and Joy loved their time together fishing in and around the lakes of Manitoba and spending time in Winnipeg Beach. Don worked at Gerdau Steel in Selkirk, MB (formerly Manitoba Rolling Mills) for 34 years and made many friends throughout his life. He was always the first one to help those in need, even as a young boy. He hosted amazing meals at his home and his culinary abilities were legendary. He shared his love of music, which he inherited from his Dad, and was appreciated by all who had the joy of hearing him play and sing. Don had a gift with animals and plants and was known for caring for both. He will be intensely missed by all who knew and loved him. RIP Astro.

"Farewell my love, fly with your birds, buzz with your bees and smell all of your beautiful flowers" Joy  
Our blessings go out to all who knew Don, however, due to the COVID-19 pandemic, there will only be a private family service.

No Flowers please. The family requests donations in honour of Don to the Palliative Care Unit in Selkirk to support comfortable overnight stays for family members. Cheques can be made out to the Interlake Eastern Health Foundation at Selkirk Regional Health Centre, P.O. Box 5000, 120 Easton Drive, Selkirk, MB R1A 2M2 for the SRHC Palliative Care unit in memory of Don or online at www.iehfc.ca

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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# Announcements *Selkirk Record*

## OBITUARY



**(Christopher) Troy St. Laurent**  
June 26, 1969 - June 12, 2020

On Friday June 12, 2020 Troy left us without warning. He was predeceased by his mother Victoria November 8, 1998. Left to mourn is his father Thomas (Pat); brother Todd (Shelley); sister-in-law Shannon; sister Tara and three nephews Christopher, Justin and Gregory. All of which he had a special bond. Uncle Troy loved to spend time with the boys.

Troy was a gentle soul. Always helping out around his close knit community in Petersfield. The guy to "go to" when a dock needed lifting or repairing. The neighborhood handy man has suddenly left us far too soon. Rest in peace my friend, you will be forever missed but never forgotten.

Cremation will take place and burial will be at a later date. The family will have a celebration of life in Petersfield later this summer.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



Your memory will live forever Engraved within our hearts

## OBITUARY



**Claudio Gabriel Trajtenberg**

On Thursday, June 11, 2020, Claudio Gabriel Trajtenberg passed away after having bravely battled cancer for almost eight years.

Claudio will be forever lovingly remembered by Alejandra, his partner in life; his parents Marcos and Rosita; his sister Marcela; and his nieces Yamila (Ezequiel) and Micaela. Claudio will also be forever remembered by his extended family and numerous friends, here in Winnipeg and abroad.

Claudio and his wife emigrated from Argentina to Canada in 2002 to start a new and better life. Throughout the years, Claudio grew professionally and spiritually, and his hunger for living and amazing fortitude to withstand the ravages of cancer became an inspiration for everybody who loved and cared for him.

Special thanks to Drs. Krahn, Moffat, Kowaluk, and Bansal, as well as CancerCare Manitoba and the St. Boniface Hospital

Palliative Care Unit.

Cremation has taken place.

Donations in Claudio's memory can be made to CancerCare Manitoba, St. Boniface Hospital Foundation, or other charity of your choice.

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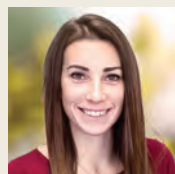
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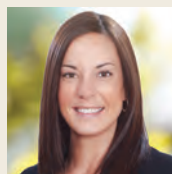


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