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RECORD PHOTO BY KATELYN BOULANGER

There was a lot to do at the Indigenous People's Day celebration at Selkirk Park last weekend. Residents got to experience music, dance, get some food, enjoy a market, and do activities like crafting and games. Pictured: A group of local crafters learning how to make dreamcatchers. More photos inside.

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## **Local teacher Mike Di lanni helps** create new provincial curriculum

Automotive Curriculum revision keeps kids up to date

#### By Katelyn Boulanger

As technology moves forward and provincial and federal standards change, so must the curriculum that our students learn from. With his many years of teaching and experience in the automotive industry, Lord

Selkirk Regional Comprehensive Secondary School (LSRCSS) teacher Mike Di Ianni was happy to be chosen as one of the people who helped with the recent Automotive Curricu-

Continued on page 4



**RECORD PHOTO BY KATELYN BOULANGER** 

Mike Di lanni has helped improve curriculum for students.



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#### > AUTOMOTIVE CURRICULUM, FROM PG. 3

lum revision.

The LSRCSS has a few vocational programs that students have the chance to participate in as they go through their high school curriculum. The automotive program at the high school which is apprenticeship accredited is one of them.

The first time that Mike Di Ianni helped with a curriculum update was in 2018 and he said he was very honoured to be called back this year to help out again.

"Under Education Manitoba, I was called to the curriculum revision committee back in 2018. We did a curriculum revision then, and normally they do the revisions every four or five years, and that is basically to keep everything aligned with a level one apprenticeship in Manitoba," said Di Ianni.

He explained that the curriculum updates keep what students are learning inline with what they need to know for their provincial apprenticeships and that because national standards are used when making determinations for provincial standards the students benefit.

Di Ianni explained that they had a final meeting about the update and

that hopes are that it will be adopted and be in place for students next year.

He said that because this is his second time helping out with a curriculum update, he wasn't as surprised to get the call this time around.

"To me, it is a pretty big deal. I'm grateful that I was able to be part of it the first time around, and I'm even more grateful that my administration put my name forward to go a second round. It means a lot, to the program, to what we do here, because with the new, impending changes coming, I've already started, both of the teachers in the program, have already started looking at how we're going to change what we teach next year. We're going to hit the ground running. This is what we're going to do because we want to be Number One in this province," said Di Ianni.

The process of being involved with this work was a few all-day meetings and quite a bit of take home reading according to Di Ianni and he said that he believes the changes are going to be good ones.

"A big focus is on workplace safety, which I'm a big advocate for, being that I'm also the chair for workplace safety for our school, and I also am

one of the co-chairs for the divisional workplace health and safety. So that to me, is big. We are now looking at, basically the Manitoba Workplace Health and Safety Regulation is going to be part of our curriculum to have our students ready for when they leave here," he said.

Other changes involve making more time for and emphasizing areas that the curriculum revision team felt weren't getting enough attention in the current curriculum since automotive repair is an ever-evolving industry.

Di Ianni was likely chosen for this role because of his years of experience as he'd worked for many years in the automotive industry before following his dream to give back in the way that his teachers had given to him.

He started his journey working on cars with his father when he was a kid.

"He couldn't afford to pay somebody to fix his car, so he fixed it himself. And I got to learning, and that got carried on," said Di Ianni.

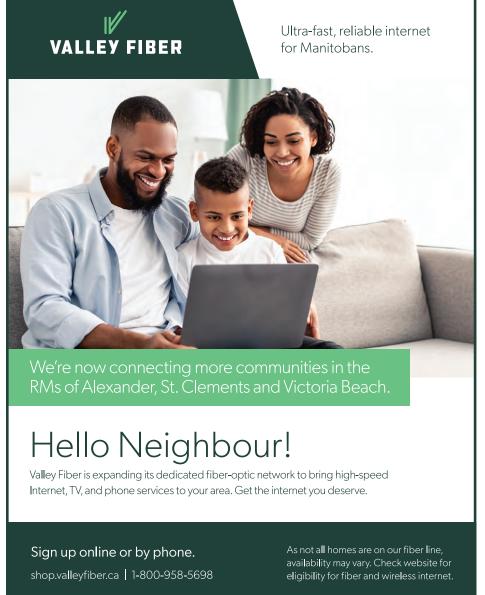
From there, his education involved learning in his high school's auto shop and two of his favourite teachers were his automotive teachers.

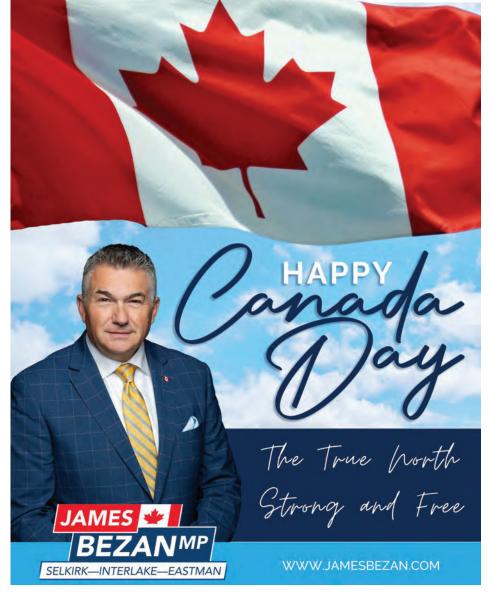
"When I graduated, for whatever reason, the last time I walked out the door in 1988 and went on graduation, I just thought to myself one day, I want to do what they do. I want to teach. I want to give back," he said.

Di Ianni worked a little under 20 years in the trade before, in 2003, he made the decision that he needed to get to teaching and from that point he went back to school, graduated and has been working in education for over 20 years.

He hopes that his and the work of his fellow curriculum revision colleagues makes it so that students will have the skills that they need to be employable in our local industry.

"What we hope to see for our students, is that they can go out there and hit the ground running and impress, right? Fresh out of high school, we do have a lot of students that are pretty impressive and we see that by the comments that the shops in Selkirk give us, especially the three big dealerships here, and just the community themselves. They're, very impressed with the quality of students who at a young age, are equipped with, when they leave here, they have personal skills, they can carry a conversation with a customer, and they work well by themselves, and they work well as a team. I can't ask for more than that, especially with the short amount of time that I have them. To take them from where they were when they come in with little skill, if any, to a 'We want to hire your students,'," he said.





## Reel big catch at derby



**RECORD PHOTO SUBMITTED** 

Twelve-year-old Jackson Daly of Selkirk landed a 34 1/2-inch, 21-pound catfish during the Grand Beach Derby on June 11.

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## **Selkirk RCMP respond to fatal motor** vehicle collision on Highway 8

#### Submitted by the Manitoba RCMP

On June 17, at 11:00 a.m., Selkirk RCMP and RCMP Central Traffic Services responded to a fatal motor vehicle collision on Highway 8 north of Bay Road in the Rural Municipality of St Andrews.

Officers responded immediately, along with Emergency Medical Services and the local fire department. When they arrived, officers observed

a large truck on its side in the west ditch and a sedan was in the middle of the road.

Further investigation revealed that the large truck was travelling south on Highway 8 and the sedan was heading northbound, when it suddenly veered into the other lane, col-

Continued on page 16





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## Local firefighters helped with province's fires





RECORD PHOTO SUBMITTED AND FROM THE SELKIRK FIRE DEPARTMENT FACEBOOK PAGE

Selkirk Firefighters helped out others by deploying to the Davidson Lake Area and helped with evacuations in Pukatawagan. Members of the Selkirk Fire Department and Clandeboye Fire Department also helped in Lynn Lake dealing with Manitoba's eventful start to the 2025 fire season. All have returned home safely. Photo left: Firefighters who answered the call to help out our fellow Manitoba communities. Right: A firefighter putting up sprinklers to help keep people's homes safe.





## Lily Pad Cruisers celebrate 25 years of car enthusiasm and fundraising for community

### Show and Shine on July 12 celebrates car club's anniversary

#### By Katelyn Boulanger

The Lily Pad Cruisers are preparing to celebrate their 25th anniversary as a car club this year. The grand celebration will take place at their annual summer car show on July 12 at Mallard Park in Petersfield, Man.

Marcel Lemire, president of the Cruisers and a founding member, explained that the Lily Pad Cruisers are a group of like-minded car enthusiasts who like to get together and talk about classic and antique cars. He explained that though not everyone participates in every event, they are a fairly large and growing group with 120 members on the books.

"We (have members) as far as West Kildonan and East Kildonan and out to Libau and Lac du Bonnet so it's quite a spread," he explained.

The group started in 2000 when a group of friends and classic car enthusiasts who met up at the Lily Pad Restaurant in Petersfield decided that they wanted to get a formal group together.

"We were thinking, there's enough cars around the area, why don't we start our own car club? So that just projected from there. There was a few of us sitting there, and then we decided to hold a meeting and we invited the people in the area that we knew had a (classic) car and that's how it started," said Lemire.

He said that the cars that the group has between them are pretty varied and that the group doesn't have rules about what you need to drive to be a member. Their oldest car is about 100 years old but they also have newer cars like the newer Corvettes and Camaros, which Lemire says may not be antiques yet, but are definitely special interest cars.

The Lily Pad Cruisers aren't just a group of people who meet up and chat about cars, though there is some of that at their monthly meetings at Hunts Roadhouse in Petersfield or their weekly meetings at A&W in Selkirk. They also participate in many events during the year.

"Our earliest one in the spring is we go to Tudor Home and Betel Home. This is two years now in a row that we've done this. This is going to become an annual event. We take our cars in there for the seniors to enjoy them. It's quite amazing to listen to them reminisce," said Lemire.

Additionally, towards the end of the school year, the Cruisers visit our local Lord Selkirk Regional Comprehensive High School to show their cars to and chat with our local

high school students who are going through the automotive program. Additionally, the Cruisers have also sponsored many scholarships for our high school students over the years.

You can also catch the Cruisers and their cars at the annual Burgers to Beat MS event hosted by A&W which takes place in August.

"We get to park all down Main Street and all in front of A&W so that people (can see the cars when they) come to enjoy the show. They come to support MS, is why they're there to start with, I think Elvis is second, and we're third," said Lemire.

Their biggest event of the year is their annual car show, their Show & Shine, at Mallard Park in Petersfield where they absolutely fill the park with cool rides that everyone is invited to check out. This year it's also a celebration of their 25th anniversary.

"With our 25th coming up, we're going to have a live band this year, which we've never had. We're going to have a few new raffles that we haven't held before. There's always a 50/50, and a silent auction. There are some extras, I have a member who has donated six miniature cars, they're 1/18 scale, that will be going up for auction. This is all new that we've never had before," said Lemire.

If you would like to enter your car into the show, the entry fee is \$10. Residents who want to stroll by and check out the show can do so for free but the Cruisers do encourage a donation of canned food which they are going to donate locally.

The Lily Pad Cruisers are not just a bunch of people who like cars and hosting car shows, they are also a group that works pretty hard to give back to our community. They've taken the proceeds from events like their car show and regularly support com-



RECORD PHOTO BY KATELYN BOULANGER

The Lily Pad Cruisers will be hosting their annual car show on July 12 from 11 a.m. to 2 p.m. Registration takes place from 10 a.m. to noon.

munity organizations.

There's hardly ever an event that they host where they don't have a Tin for the Bin collection and proceeds from their events regularly get donated to the High School, our local palliative care services, and the Selkirk Food Bank. They've also set up a fund through the Selkirk and District Community Foundation so that, even if the group has to disband at some point, they will continue to be able to

"I have to thank the community and the surrounding area. One purpose of the car club is to show awareness

that we want to be involved with community. Anytime there's a call for assistance, we try to help as much as we can," said Lemire.

If all of this sounds like something that you might be interested in taking part in the club is always happy to have new members join their ranks.

Lemire explained that their membership is pretty reasonable at \$25 a vear and that with that there is the benefit of not only comradery but 120 other people who can help with auto-related questions, tracking down parts and more.

"We have people in every part of the trade of automobile and others. As they retire, it doesn't matter what

Continued on page 8



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## Selkink Regard







**EDITOR** Katelyn Boulanger



Brittany Hiebert



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REPORTER/PHOTOGRAPHER Patricia Barrett



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ADMINISTRATION Jo-Anne Procter



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# NEWS > VIEWS > SELKIRK > ST. CLEMENTS > ST. ANDREWS > SURROUNDING AREAS

#### National school board congress pivots online to free hotel space for evacuees

Event to be held virtually July 3-4, featuring Suzuki, Fontaine, Hughes, Penner

#### By E.Antonio

The Canadian School Boards Association (CSBA) Congress and National Trustee Gathering on Indigenous Education will take place virtually this year, freeing up nearly 350 hotel rooms in Winnipeg for wildfire evac-

Originally scheduled to be held in person July 2 to 5, the conference will now take place online July 3 and 4. The decision was made in response to ongoing wildfire evacuations, with the Manitoba School Boards Association (MSBA) requesting that rooms at the Delta Hotel and Hampton Inn by Hilton be released for those displaced by fires in northern Manitoba.

"This is a really important event for us, but we are able to pivot and offer some really important learning on our public education system and Indigenous education virtually," said Alan Campbell, CSBA and MSBA president, in a June 11 radio interview with CBC's Marcy Markusa.

Campbell, a Stonewall resident, noted the conference has been four years in the making and was meant to highlight the province's Indigenous and Franco-Manitoban cultures. Venues across Winnipeg had been lined up to showcase Manitoba's strengths to visiting trustees and educators.

Despite the shift to a virtual format, Campbell said the event remains packed with value. Registration fees have been cut in half, and the online format eliminates travel and accommodation expenses. In turn, registration has increased, and for the first time, the general public is also invited to participate.

"We will offer the same professional development opportunities and keynote speakers without having to incur the costs of hotels and the full congress rate," Campbell told the Stonewall Teulon Tribune. "The quality and breadth of the program is second to none."

Speakers this year include environmentalist Dr. David Suzuki, Indigenous leader Phil Fontaine, Olympian Clara Hughes, and children's entertainer Fred Penner. All sessions are aligned with CSBA's strategic priorities: advocacy, Indigenous education, comprehensive school health, and equity, diversity and inclusion.

"We recognize the impact of school boards leading the charge for the Calls to Action," Campbell said. "We work to aggressively strengthen the autonomy of our school boards and we do this with the professional development opportunities we provide—virtual included."

While the shift online means fewer tourism dollars for Manitoba in the short term, Campbell said financial losses for CSBA have been minimal.



**RECORD PHOTO SUBMITTED** Alan Campbell was elected President of the CSBA in July, 2022.

The association has worked with hotel partners to reschedule future in-person events once conditions improve.

Meanwhile, school divisions across the province have been supporting evacuees in various ways. In the north, school bus drivers have been helping with transportation, while in the south, Winnipeg and Brandon divisions have provided learning materials for displaced students. Divisions like Lord Selkirk have organized local donation drives.

"I am proud of the support and engagement our school boards have provided during these times," Campbell said.

More information about the congress and registration is available at www.winnipeg2025.ca.

#### > LILY PAD CRUISERS, FROM PG. 7

job they held, they have expertise in something that somebody might be interested in. So, when you get talking to each one of them, there are so many fields that we can branch into or get information from," said Lemire.

He believes that the group has lasted in our community for so long because they are very flexible with how much people need to be involved.

"There are no rules. It is very lax. To

become a member is \$25. If you want to come to a meeting or participate in any aspect of what we're doing, you can. We don't force you to do anything. It's all up to you. The (more flexible) you make your organization, the easier it is to belong to, the easier it is to attract new members," he said.

If you would like to learn more or become a member of the Lily Pad Cruisers get in touch with Lemire at

204-485-6899 or marcellemire@outlook.com or Dale Hiscock at 204-482-5493 or tbird.dale@gmail.com.

The group would also like to thank General Signs who are a sponsor of the Cruisers.

"The door is always open to anybody, it doesn't matter. We have members who don't have a car. Anybody who's interested, if you want to come and see what it's all about, come and join us," said Lemire.



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Katelyn Boulanger 204-485-3337 news@selkirkrecord.ca

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Letters must include the name and mailing address of the writer.

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## Local resident collecting signatures for petition to increase palliative care options in region

Sheila Kaltenberger hoping to get more local old when they ended up in the per- have forwarded the petition to people services for terminally ill people

#### By Katelyn Boulanger

Local resident Sheila Kaltenberger wants to spread the word about the need for increased care for terminally ill people who are in need of palliative care in our region.

She's put up a post on change.org which is called 'Develop Hospice Care for Terminally Ill People in Interlake & Eastman Regions' which she is asking residents in our region to support. The petition is meant to be sent to the Manitoba Ministry of Health, Seniors and Active Living, Interlake-Eastman Regional Health Authority and Selkirk's City Council to demonstrate that there is a need for additional palliative care services in our region.

"I know if something doesn't have some backing behind it, you're not going to get a change happening in the system or to create that. So, I thought I've got to find something. I looked online, and this was something I could utilize, change.org," she said.

She explained that she decided to create this petition online because she wanted to show that there was support for this kind of care.

The reason that Kaltenberger decided to take this step was because she recently was helping with the care of a friend who is terminally ill. That friend, who Kaltenberger wishes to keep anonymous for their privacy, was diagnosed with cancer that eventually spread to their brain.

"She struggled with the effects of her cancer metastasizing to her brain. It caused a lot of changes in her physical mobility. She was falling a lot, and that's what got her hospitalized," she

Kaltenberger said they were getting very good at-home palliative care from our local health-care workers before the falls but after the fall that hospitalized her friend, it was determined that the friend was too unsteady to go back home. Because of this, her friend, though terminally ill, was not imminently at risk of dying and had to go to a personal care home.

Kaltenberger explained that before their illness her friend was a singer, musician, and artist who was very physically active, played pickleball, was 'outdoorsy', loved camping and going to the lake. They were 68 years sonal care home.

"When it was determined that she was not safe to be at home, she was referred to a personal care home, a nursing home. And I was quite shocked by that. That, end of life care was going to nursing homes, I'd never heard of that before," said Kaltenberger.

She wants residents in our region to know that she doesn't want to place blame on the front-line health-care workers or personal care home but that she doesn't believe that it was the correct fit for her friend.

"It is not set up with the physical equipment to keep people safe, the expertise is not developed for end of life care. There are many different needs, including psychosocial needs that people that are dying have that are not the same as a geriatric population," explained Kaltenberger.

She hopes that residents will sign the petition and this will draw the attention of our region's leaders to the fact that a dedicated in-patient palliative care space would be a good addition to our region.

"I think it's important that people have access to care within a certain kilometer area so that they can continue with visitation," she said.

Kaltenberger also wanted to say that the people she's interacted with from the health minister's office have been very receptive when she came to them with her experience.

In addition to this petition, Kaltenberger has been doing additional advocacy work to help spread the message in our community.

"I've been emailing a lot of council members and mayors and towns and municipalities, sending the petition to them. I've had some good responses back and some good conversations. I've been trying to involve other people so that there are other people talking about this, and again, that's how you garner support and raise awareness. You can't be by yourself doing this, you have to invite other people in, and also to use people's expertise and their connections. It has a real pull when I talk to people. This is a subject that people really care about," she said.

She has made some presentations to the local community and the response has been positive.

"The discussions afterwards have been very helpful. It has also built some connections. People

that need to see it," said Kaltenberger.

When contacted, a spokesperson from the Interlake-Eastern Regional Health Authority responded to the petition saying, "Palliative care is a person-centered approach that supports individuals living with lifelimiting illnesses. It focuses on improving quality of life—physically, emotionally, and spiritually-while respecting each person's unique values, choices, and needs. Palliative care can be provided wherever someone calls home—whether that's in a hospital, personal care home, or their own residence—ensuring comfort, dignity, and support throughout the journey, right up to the end of life. While many people receiving palliative care prefer to stay in their own homes, there are times when additional support is needed which may include hospitalization. Regardless of location, the goal remains the same: to provide high-quality, compassionate care tailored to each individual's needs."

Kaltenberger encourages residents to check out the petition and sign it should they feel, like her, that there is a need for this in our community.

The petition can be viewed by using your phone to scan the QR Code below or through the link https://www. change.org/p/develop-hospice-carefor-terminally-ill-people-in-interlake-eastman-regions?recruiter=900 774430&recruited\_by\_id=f68cfd40bcce-11e8-9772-2f526c0d4c3b&utm source=share\_petition&utm\_ campaign=petition\_dashboard\_ share\_modal&utm\_medium=email.



## **Junior High kids planing to** rock the waterfront



RECORD FILE PHOTO BY BRETT MITCHELL

École Selkirk Junior High student rock band, The Missing Assignments, will play on the stage at the Selkirk Waterfront on Canada Day. The group will be starting their set just after 4 p.m. and are very excited to be playing live in front of an audience of community members for the second time. The band played their first live show on May 29 at a concert at the Junior High.



## Indigenous People's Day celebrated at Selkirk Park













RECORD PHOTOS BY KATELYN BOULANGER

The Manitoba Métis Federation and the Selkirk Friendship Centre hosted our region's annual Indigenous People's Day celebration once again at Selkirk Park on June 21. The event shared many aspects of local Métis and Indigenous culture while also being a gathering place for our community to come together for a fun time.







## Selkirk & District Community Foundation June Community Report out now

**Submitted by Selkirk & District Community Foundation** 

The Selkirk & District Community Foundation's June report is out now and full of the kind of news that puts a smile on your face and highlights the great people in our communities.

Called 'Community is Vital', the report takes a look at the work being done by volunteers across the region whose goal is always to lend a helping hand and improve the lives of others. In many ways, the community report emphatically announces the Foundation is 'Here for Good'!

"When the Foundation's report comes out, it's always such a positive thing," says Foundation Vice Chair Deborah Vitt.

"The most difficult part of putting this report together is narrowing it down to which groups we choose to showcase. The grant applications the Foundation receives every year represent the fantastic work that individuals and groups are doing day in and day out. So picking just a few to feature in the report is a challenge, but they represent the efforts of volunteers from the entire region."

The Foundation supported 140 projects, including individual scholarships and bursaries, in 2024-25 to the tune of \$730,910.

In the report, you'll read about Rev-



**RECORD PHOTO SUBMITTED** 

Reverend Naggie Sterling with volunteers from Our Daily Bread Soup Kitchen.

## **Donation of Perogies**



RECORD PHOTOS SUBMITTED BY BEVERLY ZITEK

Garson restaurant, Perfect Perogies, made a generous donation of their perogies to people who have been displaced by the forest fires that have caused evacuations throughout our province. Pictured: Perfect Pierogies volunteers and the Chef of Community Helpers Unite with whom the volunteers worked to get the Perogies to those in need.

erend Naggie Sterling and a group of Knox Presbyterian Church members who have revived a practice that was paused during COVID - they have started providing a Saturday lunch at Our Daily Bread Soup Kitchen.

In years past, a group of churches in the region took turns providing a weekend meal at the soup kitchen all month long. A Foundation grant helped Sterling and his crew get going again, and he's hopeful other churches will join in.

"We wanted to find ways and means to be supportive of the community, do community outreach. We want our outreach to be touching lives and meeting real and practical needs," Sterling says.

"It was done before and it is a present need."

Over at the Gaynor Family Regional Library, expansion is on the horizon. The area vacated by the Planning Board will be transformed into a magical space that will educate and illuminate the minds of the young.

Ken Kuryliw, Director of Library Services, says with 150,000 visitors to the library each year, it is one of the busiest in the province and the new space is needed.

"The 6,000 square feet where the

Planning Board used to be will become the Rotary Hideaway, a massive children's area," Kuryliw said. Big Brothers Big Sisters (BBBS) is

also making a return to the area. A Foundation grant is helping the organization hire a Regional Coordinator. Phase 1 will see the program work with local schools.

"Overall the project is aiming to start youth in school mentoring programs," says Jane Marion, BBBS Winnipeg Executive Director.

"It's older students mentoring younger students in school partnerships, in both Gimli and Selkirk. Thanks to the Foundation's funds, we are able to start to take next steps in terms of project implementation."

The report also provides an update on Vital Signs 2.0, which the Foundation team has been working on with a very engaged community over that last year.

A town hall in October 2024 attracted 110 people, who were engaged, enthusiastic and committed to putting in the hard work necessary to complete Vital Signs.

And, earlier this month, 75 people came out to put the finishing touches on the report. Vital Signs 2.0 will be released this fall.

## **Truth and Reconcilliation art gallery at Sergeant Tommy Prince School**











#### RECORD PHOTOS BY KATELYN BOULANGER

Sergeant Tommy Prince School hosted a Truth and Reconciliation themed art gallery as a tribute to the continued work needed towards reconciliation with Canada's Indigenous people as well as in recognition of the learning that the school's students did on the subject this year. The gallery featured art from all classes at the school and was opened on July 17 with walkthroughs continuing for the next two days. The exhibit was titled, Gipimooikewin-Our Legacy, Gidibaaiimowininam-Our Stories, Giinitamawind -Our Future, and featured murals, sculptures, written work and more. Perhaps the most eye-catching display in the room was the ten dreamcatcher hangings with red ribbons which was a combined project from all of the classes in the school and acknowledged the Truth and Reconcilliationation commissions #41 call to action demanding accountability for MMIWG2S+ people.







## Silver Lining Event honours William Prince and addiction recovery

By Katelyn Boulanger

Last week St. Raphael Wellness Centre(SRWC) honoured Peguis First Nation's William Prince with their Community Champion Award at their Silver Linings Gala. Prince was honoured for his dedication to the community and the work that he does.

The event kicked off with a welcome from Karen Burwash the chair of the SRWC Board of Directors.

"Our theme for this year's gala is celebrating joy in recovery. And there is joy in recovery at SRWC, we see that every day with the individuals that we work with. We see joy in the participants, rebuilding their lives, joy in them reconnecting with their families, joy in seeing them finding new strength and new hope and your presence tonight and your support for SRWC helps us create that joy and continue that joy," she said.

SRWC is a charity that offers preand post-treatment non-residential counselling and education for individuals and families affected by substance use disorder, addiction, and other mental health issues.

Up next for the evening came the Starr family. They performed a traditional jingle dress dance and a hoop dance while drummer Melvin Starr played and sang.

Many dignitaries representing all levels of government came next, talking about the good work that SRWC does.

A woman who was helped by the SRWC then came up to talk about how the organization changed her

"It is said that the opposite of addiction is connection. And as I found myself lost and addicted and terrified of losing all that I love. Unwilling to risk losing those that I love the most, I set out determined to break free from using. I have found many programs that all had ridiculous wait times, endless intake fees that I simply could not afford until I called SRWC," she said.

The woman continued explaining that after contacting them she was



Colleen Allan.

scheduled on intake the following day and started classes the next Monday where she was welcomed. She felt that she had found her second home and learned the skills that she needed to maintain sobriety. After her time in the program, she became a volunteer wanting to give back to the amazing community at SRWC. Eventually, an alumni group was formed and she was happy to be able to participate.

Another woman shared her story which started with the tragedy of her losing her partner. From there, she struggled and fell into addiction. When looking for help, she, like the previous woman, encountered long wait times and care that was too costly. Luckily, she found the SRWC and went through their program. Now she continues to stay connected to the SRWC and gives back by being a childminder for people participating in the programs.

"There's not a lot of programming where you can do a day program and still have your kids and still do all the things you need. So SRWC saved my life, and the people in it saved my life,

and I'm so grateful," she said.

From there, the Hon. Bernadette Smith, Minister of Housing, Addiction, and Homelessness came up to present the award to Prince.

After listing his many, many achievements as a Canadian folk singer who has reached an international audience with his amazing voice and beautiful music, she spoke of his contribution to the community.

Smith said, "What sets William's music apart is the frequent exploration of themes like identity, spirituality and healing. His music is more than entertainment. It's medicine. It carries the stories of his people, the strength of his ancestors and the spirit of reconciliation. He has performed on some of the world's biggest stages, yet he remains deeply rooted in his community and culture. He has used his platform to advocate for Indigenous voices and uses the power of storytelling as a path for healing. As someone who shares a commitment to community, I see William as a reflection of what is possible when we lead with heart and purpose. William's commitment is unwavering in supporting his own community, including the North Point Douglas Women's Center and the North End Women's Center. From the early experiences of travelling with his father to AA meetings across the Interlake, William has seen many of the devastating effects addiction issues have in our community, and he has taken on the important role as an inspiration



**RECORD PHOTOS BY KATELYN BOULANGER** 

William Prince was honoured at the Silver Linings Gala.



for Indigenous youth with dignity and humility. William, we want to thank you for the beautiful reminder that healing is not only personal, it's collective."

Prince then said a few inspirational words when accepting his award.

"When we take care of those that are more vulnerable in need, we will alleviate the ongoing pain that runs through this community, both generational and current and new and acquired because of generational trauma," he said.

He also took the time to acknowledge others who do good work in our communities and those who are in the process of recovering.

Local resident Colleen Allan who is also the Executive Director of SRWC spoke next reminding attendees that donations make the work that they do possible.

If you would like to donate to the SRWC and the work that they do helping those with addiction, you can do so online at their website at https://srwc-mb.ca/. For those in our community who would like to learn more about their services, they can also check them out online at that

## Flipping out for pancakes at the Marine Museum!









**RECORD PHOTOS BY BRETT MITCHELL** 

The Marine Museum of Manitoba held its annual pancake breakfast last weekend. As always, this fun local event was well attended and combined the fun of eating breakfast on a ship with education about our local marine history. Don't miss out on the Marine Museum's upcoming events posted on their Facebook page at https://www.facebook.com/marinemuseumofmanitoba/.











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## Provincial grant leads to free childcare transportation

By Jennifer McFee

An innovative transportation initiative is getting a boost through a provincial government grant.

Last year, Teulon resident Kirt Ansell customized a retired school bus to look like a life-sized toy car nicknamed Hot One. He envisioned using the eyecatching bus to transport daycare kids on field trips and other outings, so he started up a non-profit childcare transportation project now known as Hot One Transport.

Based on the organization's successful launch last year, Ansell applied for and received a provincial grant to cover the cost of busing services for children's activities.

"The Province of Manitoba's From the Ground Up grant was awarded to Hot One Transport to fill the gap to provide cost-effective childcare transport for childcare organizations to move children within the Interlake to various summertime opportunities," Ansell said.

"The service is now free of charge to childcare organizations, and that's been well received by the return customers from 2024. So if you're a daycare, school, summer camp or children's sporting team, you can book the service free of charge so you can

give your kids the experience of a field trip to other communities within Interlake."

The impetus for the idea began five years ago when Ansell founded a 100-space non-profit child-care facility called Playstreet Childcare in a former fire-training facility through his company Ansell Managed Properties. The unique space included a vehicle bay that formerly housed a fire-training vehicle

Ansell tried to think of a way to use the vehicle bay to complement the daycare. During his time on the daycare board, he noticed that rural childcare organizations often didn't have the same access to summer amenities as larger communities.

"We all want what's best for our children. I figured it would be really cool to see the daycare's children get the opportunity to experience things outside of their community," he said.

"Rural communities in the Interlake don't have services such as taxis, Ubers or a city transit network so, historically, rural communities' children simply lose out on the opportunity for summer field trips."

After he stepped down from his Playstreet Childcare board position, Ansell started up Hot One

Transport as another not-for-profit organiza-

In March 2024, restoration efforts wrapped up for a bright orange bus designed to resemble a kid's Hot Wheels toy. The eye-catching bus made its first appearance at the 2024 World of Wheels event where it won first place for best in class. Last summer, the Hot

WOOD CHIPPING 204-981-87-31





**RECORD PHOTO SUBMITTED** 

Children line up beside the eye-catching Hot One bus, a repurposed school bus made to resemble a toy car, now offering free transportation for Interlake childcare organizations thanks to provincial funding.

One remained a popular attraction at parades, children's events and more throughout the region.

"I continue to be amazed every time I take the bus out as to the attention that it draws," he said. "Kids love it, but the parents love it even more."

In addition to offering childcare transportation, Ansell has also started hiring out the bus for adult functions as well.

"I charged a flat rate for the adult functions and used the income to subsidize the fees that had to be charged to daycares for the service because the new

service had expenses and the bills needed to be paid, of course," he said.

"In 2024, the bus service was used from everything from private family functions, community group outings, kids' field trips, sporting events, summer camps and, of course, providing transport for children enrolled in daycares. Basically, if you didn't have a bus for your organization, you now had access to one."

Plenty of dates are still available for 2025

summer outings. Anyone interested in booking an event for their group of children can contact Ansell at 204-886-7717



he Flower Child



## > MOTOR VEHICLE COLLISION, FROM PG. 5

liding head-on with the truck.

The driver, a 36-year-old male from Winnipeg, and sole occupant of the sedan was pronounced deceased on scene. The driver of the large truck, a 67-year-old male from St. Pierre-Jolys, was transported to the hospital with non-life-threatening injuries.

The RCMP Forensic Collision Reconstructionist, an RCMP Remotely Piloted Aircraft System operator and Motor Carrier Enforcement assisted with the investigation at the scene. The Highway was re-opened at approximately 3:40 p.m.

Selkirk RCMP continues to investigate.

## Sharing a meal at the Legion's Veterans Dinner







RECORD PHOTOS BY BRETT MITCHELL AND SUBMITTED BY NEIL ZEBINSKI The Branch 42 Legion celebrated with a Veteran's Dinner earlier this month. Food, and community were shared at this celebratory event.

## State of emergency lifted in Manitoba as wildfire threat eases

By Haley Cvar

The Manitoba government has officially lifted the provincewide state of emergency declared under the Emergency Measures Act, Premier Wab Kinew and Transportation and Infrastructure Minister Lisa Naylor announced Monday.

The decision comes as conditions improve and many evacuees begin returning home.

"The decision to lift the state of emergency reflects the progress made on the ground and the dedication of the firefighting teams," said Kinew. "As a government, we acted when we needed to and now we're stepping back at the right time. This is still a serious situation, so we will remain

vigilant and prepare for any changes, but this marks a positive step for Manitoba."

Initially declared May 28 under sections 10(1) and 10(2) of the Emergency Measures Act, the state of emergency expired at noon on June 23.

Evacuation orders issued by local authorities remain in effect where required and will only be lifted once it is safe to do so.

"I want to extend my deepest gratitude to the front-line responders, the Emergency Management Organization and government departments for their continued efforts during this wildfire crisis," said Naylor. "Their co-ordination, dedication and tireless work has been instrumental in protecting lives, property and communities across Manitoba."

Information on active wildfires, fire restrictions and bans, evacuations,

and wildfire prevention is available at gov.mb.ca/wildfire.



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## Local artists contribute to Bison on the Boulevard installation

By Emma McGill

As symbols of strength and resilience, bison stand together to protect their young. Inspired by this collaborative, protective nature, Toba Centre has launched a new art installation—Bison on the Boulevard—on Winnipeg's Roblin Boulevard.

Unveiled May 28, the project features 26 concrete bison, each painted by a Manitoba artist, as a reminder to children, youth and families heading to Toba Centre that their community is standing with them. Just as each member of the Toba Centre team brings something unique to Manitoba's coordinated response to child abuse, each painted bison offers a distinct voice in the herd.

The goal is to spark conversation, raise awareness of child abuse, and inspire community involvement. Organizers say the bison represent not only strength, but a message to children: they are valued and supported.

Among the artists involved is Erin Waterer, a Balmoral native in her fourth year of the Fine Arts program at the University of Manitoba. Though she's always loved creating, Waterer said she once questioned whether art school was a practical path. After



Bria Fernandes of Winnipeg and Leanne Differ of Stonewall collaborated with two other artists to paint Bison 11.

trying other routes, she ultimately returned to her passion.

"In addition to painting, I've gotten into printmaking through my education and have done some sewing, ceramics and beadwork as well," said Waterer, who hopes to eventually make a living through commissioned paintings and murals. "I think, most importantly, this project has given me



**RECORD PHOTOS SUBMITTED** 

Erin Waterer grew up in Balmoral and always knew she'd end up doing something creative.

recognition as an artist. It also shows that I am serious about pursuing art as a career."

Waterer's contribution is Bison 23, titled 'Sincere Protection'. The painting features a ruffed grouse shielding its chicks from coyotes, symbolizing sincerity and integrity.

"Where the majority of art is seen in galleries by people seeking it out, public art is a way to communicate ideas or address relevant issues with the public at large," she said. "This installation is meant to raise awareness of child abuse and to lead the way to Toba Centre. The bison also connect with people on their own terms. They communicate something that can't always be said in words."

Winnipeg artist Bria Fernandes also contributed to the installation, painting Bison 11, 'Colours of Courage', in collaboration with Timothy Brown and Jillian Mazur. Fernandes, who holds a Bachelor of Fine Arts from the Alberta University of the Arts, works primarily as a figurative painter.

"My work explores themes of iden-

tity, vulnerability and belonging, particularly through the lens of being a Black woman in Canada," she said. "I often use symbolic objects, body language and layered imagery to reflect on emotional and cultural experiences."

Her work has been exhibited at the Winnipeg Art Gallery, the Esplanade Arts and Heritage Centre in Medicine Hat, and on the online platform Artsy.

"It means a lot to be included in something connected to Toba Centre. The work they do is important, and I don't take lightly that this piece will be placed near a space where children and families go during incredibly difficult times," Fernandes said. "I approached the design with care, knowing it would be part of a public space that holds that kind of meaning."

Stonewall artist Leanne Differ worked on the project as Fernandes' mentee. A caregiver and painter, Differ said the project felt personal.

"Growing up, I didn't have the best

Continued on page 23







No matter what comes our way, let's come together and celebrate!

#### CANADA DAY

### 4 reasons to celebrate this beautiful country

On July 1, the people of Canada come together from coast to coast to celebrate in style with live events, entertainment, large gatherings, fireworks and parades. Living in a nation filled with wonders and treasures, as well as passionate and inspiring people, Canadians have every reason to be proud of their country. Here are some examples of what makes Canada spe-

#### 1. STUNNING NATURE

As the second-largest country in the world, Canada boasts breathtaking landscapes from Cape Breton to Vancouver Island, including the Bay of Fundy, the Saguenay Fjord, Niagara Falls and the Rocky Mountains, to name just a few. Of course, you can't forget about the stunning Northern Lights!

#### 2. DECORATED ATHLETES

Canada is a powerhouse of sports, especially in hockey, with remarkable victories in the 4 Nations Face-Off and a record for the highest



number of wins among goalkeepers. Legendary Canadian goalies like Martin Brodeur, Marc-André Fleury, Patrick Roy, Roberto Luong and Ed Belfour dominate the top five.

Manitoba's Olympic achievements include speed skaters Susan Auch, Clara Hughes, and Cindy Klassen, 6-time Olympic medalist cyclist and speed skater Clara Hughes, Skeleton racer

Jon Montgomery, Judoka Mark Berger and Curler Jennifer Jones. Also Terry Fox was born here in Manitoba

#### 3. DELICIOUS FOOD

From poutine, butter tarts, Nanaimo bars and pastries shaped like a beaver's tail to lobster rolls, Caesars, Montreal smoked meat sandwiches and even peanut butter, Canadians know how to indulge in delicious treats.





#### 4. REVOLUTIONARY INVENTIONS

Many familiar inventions, including the telephone, sonar, insulin, the snowmobile, the walkie-talkie, IMAX technology, the electric wheelchair, the pacemaker, the goalkeeper's mask and the garbage bag, stem from Canadian ingenuity.

Cheers to Canada!



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# FIREWORKS







## **CANADA DAY Itinerary**



**United for** Literacy's Tales & Trails Storybook Walk

**TIME:** 12-8PM

**LOCATION:** Next to the Selkirk Park Pool

**DESCRIPTION:** This Canada Day, join United for Literacy's Tales & Trails

storybook walk. Enjoy pages from "Métis Like Me" by Tasha Hilderman, celebrating cultural heritage through food, crafts, music, and stories.

Find Tales & Trails near the pool entrance on Canada Day!

#### **Kids Zone**

TIME: 4-8PM **LOCATION:** Selkirk Waterfront

**DESCRIPTION:** 

Featuring outdoor games and activities, Kurrent Motion's signature





#### **Makers Market Hosted** by Bud & Bloom

**TIME: 4-10PM** 

LOCATION: Selkirk Waterfront

**DESCRIPTION:** Bud & Bloom are returning with their third annual Canada Day Market. This 100% HANDMADE market

features amazing local makers who sell honey, soap, jewellery, candy and so much more!

#### **Entertainment at the** Waterfront

- Notre Dame
- •And so much more!
- Check our website for fireworks info MySelkirk.ca/CanadaDay





#### **BAND: The Stanley County Cutups**

**TIME:** 7:15pm

From hard drivin' banjo solos to four part harmony singing, blues infused mandolin breaks and hair-raising fiddle tunes, this quintet covers all the bluegrass bases. Some nights, when the moon is just so, you can even hear the wail of a lonesome dobro.

#### **BAND: Heartbreaker**

**TIME:** 8:30pm



Heartbreaker explodes onto the scene, delivering a raw and electrifying tribute to the legendary Pat Benatar! Get ready to be blown away by the powerhouse vocals of Ali, channeling Benatar's iconic intensity with a passion that's simply undeniable. Backed by a band of exceptional musicians, Heartbreaker doesn't just play the hits - they ignite them!

#### **BAND: Men in Kilts**

TIME: 10pm

Since 1999, this Winnipeg-based band has been fusing the traditional sounds of the fiddle and



the highland bagpipes with the electric guitar, bass, and drums to create a sound that is uniquely their own.

# How to get to the event

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PLUS - Selkirk Transit is FREE on Canada Day with service every 30 minutes starting at 5PM and ending after the fireworks. Pick-up location from the event will be on Manitoba Ave. in front of the Garry Theatre. Route information: MySTA.ca

Driving? Note that there is street parking as well as parking lots nearby but that spots fill up quickly. Please do not park in the Legion parking lot if you are not visiting the Legion.





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THE RESERVE THE PARTY OF THE PA

## How well do you know Canadian artists?

Over the years, Canada has produced many artists whose talents have shone both here and abroad. Can you identify the following ten?

#### WHO AM I?

- 1. As an icon of dance sport, I was a judge on *So You Think You Can Dance* in both the United States and Canada.
- 2. An influential painter associated with the Group of Seven, I was also the first president of the Canadian Group of Painters.
- 3. The red-haired orphan with a sharp tongue that I created has travelled the world, both on paper and on screen.
- 4. I played a leading role in the series *Cardinal* and hosted the reality TV show *The Traitors Canada*.
- 5. I sing both pop and jazz music and have sold over 75 million albums worldwide.
- 6. I have directed episodes of many popular series, including *The Walking Dead* and *Game of Thrones*.
- 7. As a legendary guitarist and songwriter, including with The Guess Who, I have been awarded the Order of Canada.
- 8. A self-taught photographer, I focus on capturing moments that reflect the Arctic environment and Inuit culture.
- 9. I work with various materials including wax, stone, bronze and steel. I am particularly known for my "Women are Persons!" monuments.
- 10. In addition to being a symphony and opera conductor, I'm the musical director of the National Youth Orchestra of Canada.

#### **ANSWER CHOICES**

- A. Barbara Paterson
- B. Jean-Marc Généreux
- C. Jimmy Manning
- D. Karine Vanasse
- E. Lawren Harris
- F. Lucy Maud Montgomery
- G. Michael Bublé
- H. Michelle MacLaren
- I. Naomi Woo
- J. Randy Bachman























## Province invests in crane training to bolster skilled trades workforce

Tower crane facility expected to open this fall with government support

#### By Haley Cvar

The Manitoba government is investing \$215,000 to support a new tower crane training facility aimed at preparing more Manitobans for careers in the skilled trades.

Business, Mining, Trade and Job Creation Minister Jamie Moses announced the funding Tuesday, calling it a step toward meeting workforce demands and creating more opportunities for Manitobans to upgrade their

"We are putting Manitobans to work building One Manitoba with goodpaying jobs in the skilled trades," Moses said. "This investment will create more opportunities for workers to

level up their skills and for businesses to find the highly skilled workers they need to grow."

The funding will go toward constructing a foundation base and erecting a tower crane at the new training site being developed by the Operating Engineers Training Institute of Manitoba Inc. (OETIM). The facility is expected to be operational as early as this fall.

Tower and mobile crane operators are critical to Manitoba's construction and manufacturing industries, Moses added. The province forecasts 46 job openings in the sector over the next five years.

Jordan James, executive director of

OETIM, said the support is vital to helping Manitobans receive highquality, local training for in-demand jobs.

"As a not-for-profit organization, OETIM relies on partnerships and support from governments and industry alike to enable us to deliver

this type of training," James said. "This addition to our training capabilities allows us to safely train Manitobans, in Manitoba, to the highest standards."

Marc Lafond, business manager for Operating Engineers of Manitoba Local 987,

also welcomed the investment.

"A thriving economy always is synonymous to having cranes on the horizon and having safe and qualified people at their controls is paramount," Lafond said.



#### > BISON ON THE BOULEVARD, FROM PG. 18

family upbringing, which led me to the foster care system," said Differ. "To this day, I'll always be thankful for CFS and where I am now in life. So, to be a part of this bison project makes me incredibly proud to help spread awareness. It is so important that we all stand together to show the

youth who have been impacted by child abuse that the community supports them."

Those wishing to view the installation can drive down Roblin Boulevard in Winnipeg, where the bison stretch from the Shaftesbury Boulevard entrance to the Assiniboine Park Zoo entrance. For more information, visit tobacentre.ca/bison-on-the-boulevard or follow Toba Centre on social media.





#### OPEN EXTENDED HOURS THIS CANADA DAY!

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Prep time: 10 minutes Cook time: 55 minutes Yield: 2 dozen 1 cup DairyPure Milk50 Vanilla 3 chai tea bags, divided nonstick cooking spray 2 cups old-fashioned oats 1/2 teaspoon salt 2 teaspoons baking powder 2 tablespoons flaxseed 1 teaspoon vanilla 1/3 cup maple syrup 1/2 cup chopped pecans

In small pot, heat milk until hot but not simmering. Take off heat and place two chai tea bags in milk. Steep tea in milk until cool, about 30 minutes, then

## Chai Oatmeal **Energy Bites**

discard tea bags.

Preheat oven to 350 F. Spray mini muffin pan with nonstick cooking spray. In large bowl, stir cooled chai milk, oats, salt, baking powder, flaxseed, vanilla and maple syrup.

Open third chai tea bag and measure 2 teaspoons tea. If tea is coarse, blitz in spice grinder or use mortar and pestle to grind more finely. Stir tea into batter and let mixture sit 10 minutes so oats can soak up milk.

Give batter another stir then fill each mini muffin cavity about 3/4 with batter, about 1 tablespoon in each. Sprinkle chopped pecans on top. Bake bites 12-13 minutes, or until toothpick inserted in center of bite comes out clean. Let cool 5 minutes.



## **Vanilla Coffee Protein Shake**

Prep time: 5 minutes Cook time: 8 hours Servings: 1

5-6 ounces DairyPure Milk50 Vanilla

1/2 banana, sliced and frozen

1/4 cup, plus 2 tablespoons, cold brew concentrate

1/2 teaspoon vanilla extract

1-2 scoops protein powder of choice

2 teaspoons simple syrup (or to taste)

Make ice cubes by pouring milk into ice cube tray and freezing until solid, about 8 hours.

To make shake: In high-speed blender, blend frozen banana slices, cold brew, vanilla, protein powder, simple syrup and 5-6 milk cubes until creamy. Serve in glass.



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#### **Orange Juice Citrus Chicken Kebabs**



## **Expert patient here to help!**



Susie Schwartz

#### Do as I say, not as I did

This week, I've got some "do as I say, not as I do" advice for you.

On a recent trip with Canadian family to Wales, Belfast and Dublin, I expected to struggle with dodgy, painful legs thanks to ME/CFS. So, I took precautions—using a mobility scooter or having Don push me in a wheelchair whenever it made sense. I took my own advice and paced myself. (Pat on the back.)

Even still, I developed unexplained pain in my foot during the last week. Then, at the Titanic Museum in Belfast, I missed two steps and landed hard on the floor-on the dodgy foot. A sore ankle joined the party.

What should I have done? Rested, elevated, iced.

What did I do? None of that.

On the last day before heading home, I had Dublin to myself while the family did some aggressive touring. I found myself on a street lined with clothing shops, coffee shops and buskers. Can we say heaven?

But I was hurting bad.

My job was to take it easy, then cab it to the restaurant where we'd all meet for dinner. I did get into a cab, but the driver said that to cross the river he'd have to take a really long route—and that "it isn't that far to walk." So I got out and limped my way to the bridge.

Moving so slowly I was practically going backwards, I pushed on. Almost in tears, I finally made it to the restaurant, barely able to move my legs, foot, ankle—or hip. I was a

Fast forward two days, and I'm in the exam room at my local ER. My leg was swollen like a boa constrictor that had just swallowed a real-life Bugs Bunny. And it hurt. A lot.

Turns out I'd sprained it. Oops. My bad. (Did I mention I've had type 1 diabetes for 42 years and that foot care is especially important?)

So yeah—once again, I pushed through pain to my detriment. I don't recommend it. I'm a little ashamed of myself, especially with a column called Expert Patient. (Feel free to reprimand me the next time you see me on the streets of a small Manitoba town. Or email me. Go ahead.)

Hopefully, the "here to help" part of the title still stands—even if it only means you're learning from my mis-

I recommend listening to your body. Pushing beyond your limits is silly. (And painful!)

*Less health stress, yes?* 

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

Recipe courtesy of Aaron Himrod on behalf of the Florida Department of Citrus Servings: 8 (2 kebabs per serving)

large Florida Orange, zest only

lime, zest only

1/2 teaspoon ground thyme tablespoons vegetable oil

teaspoon granulated garlic

teaspoon salt

white pepper, to taste cup Florida Orange Juice

cup lemon-lime soda

pounds chicken tenders

wooden skewers

To make marinade: In medium mixing bowl, combine orange zest; lime zest; thyme; oil; garlic; salt; white pepper, to taste; orange juice; and soda.

Add chicken and completely coat with marinade. Cover bowl and place to increase flavor.

in refrigerator at least 1 hour.

Soak wooden skewers in water 20-30 minutes.

To make kebabs: Remove chicken from fridge and lace through each skewer using weaving motion. Repeat for all chicken tenders and set aside.

When skewers are prepared, drizzle extra marinade over chicken.

Heat grill to medium. Place chicken on grill. Cover and cook 3 minutes per side, or until center of meat reaches internal temperature of 170 F.

Remove from grill and serve immediately, or cover with foil and serve later.

Tips: Cover kebabs with foil for at least 20 minutes after cooking to trap in flavor and juices.

Add vegetables to kebabs, if desired,

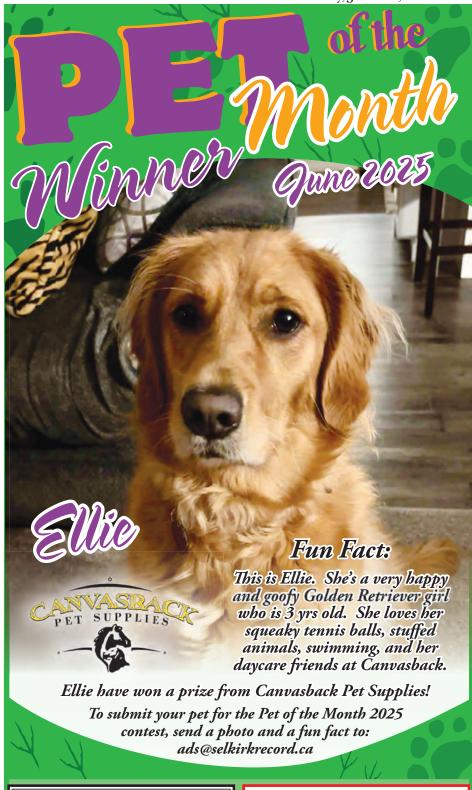
## Pancake flipping fun at **Clandeboye Fire Hall**





#### RECORD PHOTOS BY BRETT MITCHELL

The Clandeboye Fire Department held their annual Pancake Breakfast earlier this month. The crew cooked up over 800 pancakes and visitors also enjoyed sausages and a beverage along with their meal, and getting a chance to check out the fire department's cool equipment. There were also fun activities for kids like the pictured bouncer. Pictured top: The Sterzer family came down and enjoyed their plates full of pancakes.





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### Patient and health-care staff connections stand out for medical students in Teulon

University of Manitoba's Rural Week allows future physicians to experience rural life

#### By Patricia Barrett

First-year medical students from the University of Manitoba's Max Rady College of Medicine spent a week in Teulon to get a firsthand look at how medicine is practised in the rural community, learn about rural living and make connections with local residents.

Athena Koodoo, who was born and raised in Winnipeg, said Rural Week was a really good way for her to gain personal perspective on what rural medicine entails and what a rural lifestyle looks like.

The Teulon Healthcare Foundation played community host to Koodoo and fellow medical student, Vidhi Arya, who spent most of their week at the Teulon Medical Clinic a family practice, primary-care clinic whose staff include physicians, a physician assistant, nurse practitioners and registered nurses.

For the most part, they shadowed health-care staff in the clinic as they treated patients, but they also got to speak with patients on their own – people presenting with respiratory ailments – do a physical exam and provide health-care staff with a preliminary diagnosis, said Koodoo. They also spent time in the Hunter Memorial Hospital which is attached to the clinic, and the personal care home. First-year medicine is focused

more on physiology while secondyear study focuses on specific illnesses.

What stood out Koodoo was the interpersonal nature of rural practice in which physicians and other healthcare staff had a deeper insight in to their patients and a closer connection to generations of rural residents that health-care providers aren't normally able to acquire if they work in large centres with hundreds of patients.

"We spent a lot of time observing doctor-patient interactions and health-care provider-patient interactions. And something that was really memorable about that was how well all the health-care providers knew their patients. I and my fellow student have a very distinctive memory of a mom and her child who was seen by the doctor, who was also caring for older generations of their family. I think there was something so cool about that as it isn't seen in the city so much. Both of us were impacted by that," said Koodoo. "There's such a unique opportunity in the rural area to form a special relationship with a patient because you know a little bit more about their life story than you would otherwise."

The university's Rural Week program is designed to give first-year medical students insight into rural medicine, gets some one-on-on prac-



PHOTO COURTESY OF TEULON HEALTHCARE FOUNDATION

From left Lorraine Campbell (Teulon Healthcare Foundation), Alain Clark, Dr. Jennifer Setlack (2025 medical student graduate), Athena Koodoo (UM medical student), Vidhi Arya (UM medical student), Anna Pazdzierski (Foundation), Rilda VanHussen (Foundation) and Jill Young (Foundation). Owners of the Overby Bison Ranch gave the medical students a taste of rural living and agricultural practice.

tice with patients and get to know members of the communities that host them. The program is coordinated by the university, provincial Shared Health and the regional health authorities. Various communities volunteer host the students.

With declining numbers of physicians practicing in rural Manitoba, showcasing rural communities and rural medicine might help with re-

cruitment efforts.

The Teulon Healthcare Foundation, a volunteer organization that fundraises to offset shortfalls in local health-care funding and enhance services in the town and surrounding areas, took care of the students, providing them with shelter, activities and tours. The foundation partners with the clinic, the Overby Bison Ranch

Continued on page 30



# **Communities** in Bloom 2025

The Selkirk Communities in Bloom Yard of the Week contest showcases well cared for yards within the City of Selkirk.

The contest is now closed for the season.

Thank you to all who entered and thank you for sharing your beautiful yards!





# 52nd Annual Ceremonial Review for Selkirk Cadets 27









RECORD PHOTOS BY BRETT MITCHELL

Navy League Cadet Corps #96 Lord Selkirk Cadets and Officers invited families and guests to their 52nd Annual Ceremonial Review which took place on June 9 at Selkirk Memorial Hall. In addition to the review, cadets received awards and celebrated the year of learning that the cadets received from the program.







## Stonewall resident set to paddle Nahanni River in support of military mental health

By Lana Meier

A Stonewall-based military police officer is preparing for the adventure of a lifetime — one that's as much about personal healing as it is about paddling through one of Canada's most remote wilderness areas.

Warrant Officer Katherine Vick, who serves as the Police Operations Warrant Officer with 17 Military Police Flight at 17 Wing Winnipeg, has been selected to take part in the 2025 True Patriot Love Women's Expedition to the Nahanni River. The two-week journey from Aug. 25 to Sept. 7 will see an all-female team paddle 240 kilometres through the rugged terrain of the Northwest Territories — part of a national campaign to raise \$1 million for programs that support Canadian Armed Forces members, Veterans and their families.

"This expedition is more than just an adventure," Vick said. "It's part of my own journey of healing and reconnection — not only with nature and others, but with myself."

The journey comes after a challenging chapter in Vick's 17-year military career. In late 2023, shortly before a family posting to Winnipeg, a fellow member under her command died by suicide — a loss that deeply affected her

"I was advised to begin trauma therapy immediately," she said. "I was devastated to leave Ontario just as I was about to start. It took months to get into care in Winnipeg, and with two young kids at home, I felt like we were starting over — without our support system."

The move to Stonewall, however, proved to be a turning point. Despite the stress of relocation and limited time to house-hunt, the family quickly embraced the warmth of small-town life.

"Stonewall has been a blessing," Vick said. "Our daughter joined the U9 Stonewall Blues, and the hockey community became a lifeline. People like Brett and Kellie Maxwell, Kim and Lance Marohn — they may not even realize how much their kindness helped me feel less alone."

Vick credits her close friend and fellow MP member Nicole Laidlaw, who participated in a previous expedition, for encouraging her to apply.

"She described it as 'life-changing,' and she was right," Vick said. "This trip is helping me reconnect with the person I used to be — before everything fell apart two years ago. It's become an outlet for healing, strength and rediscovery."

For Vick, mental wellness has become a deeply personal mission. She speaks openly about the toll of service





RECORD PHOTOS SUBMITTED

Warrant Officer Katherine Vick joins fellow expedition members during a training camp ahead of their 240-kilometre paddle through the Nahanni River this summer. The all-women team will embark on the True Patriot Love expedition in August to raise funds and awareness for mental health support in the military community.

and the ripple effects on her family.

"I started reacting with anger to things that didn't deserve it. I was exhausted, irritable, and sad — and my kids were starting to notice," she said. "That's when I knew I had to get help. They deserve a happy, present mom — and I deserve that too."

Her upcoming adventure isn't her first experience with healing on the water. In 2022, she completed a smaller canoe trip through Warrior Adventures Canada.

"It reminded me how strong I am — mentally and physically. Somewhere along the way, I lost that part of myself," she said. "This expedition has reignited that spark. I finally feel like I have a purpose again."

Vick and her teammates — a mix of military members, Veterans, civilians and guides — recently gathered for a five-day training camp in Ontario. The experience underscored the common ground between women, military or not.

"We were all juggling work, motherhood, and life. It made me feel less alone," she said. "In my detachment, there are only two women — including me. This trip will be a chance to connect with others and learn from them."

She admits paddling in a straight line might be the biggest physical challenge, but emotionally, she's prepared.

"I'm ready. I need this," she said.
"My hope is that we build strong bonds as a group and support each other through the tough moments."

Vick also hopes the trip will be a springboard to greater awareness around mental health in the Canadian Armed Forces.

"We need to drop the stigma," she said. "Reaching out isn't weakness — it's strength. I want others to know



that it's okay to ask for help, that they're not alone, and that healing is possible."

She also sees the expedition as a chance to highlight the unique challenges faced by women in uniform—and to represent those whose stories often go untold.

"I've had a pretty rough career. I took on a lot of stuff I probably shouldn't have, and I didn't always speak up — mostly out of fear that I wouldn't be seen as part of the team," she said. "It's not easy being a woman in the CAF. You're constantly trying to prove yourself, keep up with your male counterparts, and still juggle everything at home — being a full-time mom, wife, all of it. It's a lot. And I think it's important we start talking about that more."

As part of her commitment to give back, Vick is fundraising for True Patriot Love, which is covering all expedition costs for participants.

"I've already surpassed my initial goal of \$1,000 in just two weeks," she said. "The support is incredible, and I want to do more. I haven't even start-

ed asking around locally yet — I'm hopeful this article helps spread the word."

Vick says her husband — though skeptical about calling a 240-kilometre paddle "fun" — has been fully supportive. Her daughters, too, are proud of her. She's even considering sharing her story with local schools or Veteran groups after the expedition.

"I want to be a voice for those suffering in silence," she said. "And I want to build bridges between military and civilian women. That's how we start making change."

For now, Vick is focused on her training and making space for her own recovery.

"Sometimes I feel like a loaf of bread, with everyone taking the best pieces and only the heel left for me," she said with a laugh. "I need to start putting myself first."

To support Vick's campaign, visit: https://truepatriotlove.akaraisin.com/ui/nahanniriver25/p/katherinevick

## Three first-year medical residents share skills in Interlake-Eastern

By Jennifer McFee

A trio of medical residents continue to hone their skills in rural medicine.

Krista Sigvaldason, Alexandra Peper and Gabriel Kingma are completing a two-year residency through a family medicine residency program in the region. Residency is the final training stage for doctors after they graduate from medical school.

Krista Sigvaldason grew up in Arborg and moved to Winnipeg after graduating from high school to attend the University of Manitoba to earn an undergraduate degree in kinesiology. She pursued medical school and graduated in May 2024.

Sigvaldason said she decided to come to IERHA for her residency because of her positive rotation experiences in Selkirk and Lac du Bonnet during medical school. She also participated in the Home for the Summer program in Arborg and Gimli.

"I found the preceptors to be very supportive and welcoming, and I wanted to train rurally during residency to become a well-rounded physician," said Sigvaldason, who enjoys running, going to the gym and spending time with family and friends.

"My goals for my future medical practice include to work rurally in family practice, and I hope to gain a broad and well-rounded knowledge base to best provide for my patients."

Looking ahead, Sigvaldason plans to work in rural Manitoba and is open

to working in any health region — including IER-HĂ.

Alexandra Peper grew up near Oakbank and is proud of her strong Dutch and Ukrainian heritage. She attended U of M for her undergraduate degree, earning a bachelor of science with a major in psychology. After that, she completed her medical degree.

"I was inspired to become a physician because of experiences I had in communities lo-

cated in the Interlake-Eastern region as a youth and considered it a natural fit to return to these areas for my residency training," said Peper, who enjoys travelling, visiting her family's cabin in the Whiteshell and spending time with family and friends.

"After completing an elective rotation in Selkirk during my last year of medical school and learning more about the Interlake-Eastern residency program, the decision was solidified. The attending physicians, residents and staff are all very knowledgeable





**RECORD PHOTOS SUBMITTED** 

Medical residents, from left, Krista Sigvaldason, Alexandrea Peper and Gabriel Kingma are completing a two-year family medicine residency through the Interlake-Eastern Regional Health Authority, gaining hands-on experience in rural Manitoba communities.

and welcoming, along with the community members."

Currently, she spends time working at Selkirk Medical Centre, local personal care homes and the Selkirk Regional Health Centre.

In the future, she hopes to return to IERHA for her medical practice.

"There are many opportunities as a rural family physician, and my goal

> is to incorporate several of them into my career," she said.

"During my residency training, I will be keeping an open mind and gaining as much experience as I can in a variety of areas. I look forward to seeing where my career takes me."

Ğabriel Kingma, from Winnipeg, completed a bachelor of science degree with a major in biochemistry from the University of Winnipeg before earning a medical degree from the

University of Manitoba.

"I WANTED TO

TRAIN RURALLY

TO BECOME A

PHYSICIAN."

**SIGVALDASON** 

- KRISTA

WELL-ROUNDED

**DURING RESIDENCY** 

He decided to come to Interlake-Eastern for his residency because it aligns perfectly with his passion for both medicine and the great outdoors.

"Having spent time working in rural Ontario for several years before entering medical school, I developed a deep appreciation for communityfocused health care and the unique challenges that rural populations face," said Kingma, who enjoys cooking, music, reading, exercising and spending time with his wife, family and friends.

"The Interlake's beautiful landscapes and tight-knit communities really resonate with me. I love being outdoors, whether it's hunting, fishing or simply enjoying nature. I believe that my active lifestyle and commitment to community health can help me connect with patients in meaningful ways."

At this point in his training, Kingma is still undecided about his future career path; however, he's discovered that he really enjoys working in acute care environments.

"The fast-paced, dynamic nature of acute care excites me, and I thrive on the challenges it presents," he said.

"At the same time, I'm passionate about building meaningful relationships with my patients. I believe that providing long-term care is incredibly rewarding, as it allows for deeper connections and a better understanding of each patient's unique needs."

His goal is to find a balance between these two aspects — leveraging his skills in acute care while fostering strong, supportive relationships with patients throughout their health-care iournevs.

'Ultimately, I aim to create a practice that not only addresses immediate health concerns but also promotes ongoing wellness and connection," Kingma said. "I could very much see myself working as a member of the IERHA to achieve my future medical practice goals."

In addition to the three first-year medical residents, Dr. Rita Costa and Dr. Amanda Wong are currently in their second year of the residency program.

The family medicine residency in Interlake-Eastern is run by Selkirk Medical Associates in collaboration with the Department of Family Medicine, Max Rady College of Medicine and Interlake-Eastern Regional Health Authority. Dr. Ian Alexander of Selkirk Medical Associates is the lead.

Dr. Alexander stressed the need for ongoing support for the residency program, as well as other programs that support medical learners along the way.

"The development of the residency training program has been a game changer in the recruitment of new family physicians. We expect this to continue as our program becomes more established," he said, adding that the residency program wouldn't be possible without the support of Selkirk Medical Associates and the Lac du Bonnet Medical Group.

"It's exciting to see the next generation of physicians choose the IERHA as their home and site to practice."

To date, the Interlake-Eastern Family Medicine Residency Program has trained and graduated seven residents since the program launched in the region in 2019, and six of them continue to work in the region. The residency program is looking to expand in 2025 and is seeking space to accommodate more learners.

The Interlake-Eastern Family Medicine residency program has accepted six incoming residents who will begin their program on July 1, 2025.

## Dunnottar's Art Hive expands weekly drop-in sessions

Art Hive offers expanded summer schedule and creative support

#### By E. Antonio

Calling all artists — Art Hive, a free community art program, is back for the summer with more opportunities to get creative.

First launched in 2021 by Age Friendly Dunnottar and the Ponemah Beach Central (PBC) Art Centre, Art Hive offers a weekly space for participants to explore their creativity.

"It is a space for people to bring their creative ideas to life," said Althea Howard of Age Friendly Dunnottar.

The drop-in program runs every Thursday in July and August at the PBC Art Centre, 27 Central Ave. in Dunnottar. All are welcome from 10 a.m. to 1 p.m., and an adults-only session follows from 1 to 4 p.m. Participants can attend one session or all nine, and are free to come and go during each session.

"We want everyone to know that



this is an open and non-judgemental space for you to play around with, and we supply everything you need for free," Howard said.

Funded by the Village of Dunnottar and community donations, the program offers a wide variety of supplies including fabric, driftwood, paint, polymer clay and rocks. Participants are also welcome to bring their own materials. Those wishing to donate supplies can contact Age Friendly Dunnottar through its Facebook page.



**RECORD PHOTOS SUBMITTED** 

Art Hive is a free art program hosted by Age Friendly Dunnottar and the Ponemah Beach Central (PBC) Art Centre. Drop-in sessions run every Thursday in July and August at PBC, 27 Central Ave. in Dunnottar.

Howard said she continues to be amazed by the creativity shown each year.

"I love when people catch an 'art bug,'" she said.

New this summer, a student completing practicum studies with the Winnipeg Holistic Expressive Arts Therapy Institute will attend all sessions to assist, offer suggestions or simply chat with participants. Thanks

to this added support, Art Hive will run for nine weeks this summer, up from the usual four.

"It's always thrilling to see people follow their creativity," Howard said. "We supply the space and materials, and you can let your creative ideas take control. I love seeing what people come up with."

#### > FUTURE PHYSICIANS COME TO TEULON, FROM PG. 26

and a local Hutterite colony to give students a glimpse of a rural lifestyle. Foundation board member Lorraine Campbell said they enjoyed hosting

Athena and Vidhi, and look forward every year to hosting medical students.

"The students did, once again, have a great time and it was a wonderful experience hosting them and sharing a bit of our community and its people with them," said Lorraine Campbell. "The Teulon Healthcare Foundation, along with Dr. Loudon and his clinic staff, are eager every year to host Rural Week for first year medical students."

Another aspect of their stay that stood out for Koodoo was the number of complementary health-care services available in Teulon.

After clinic wrapped up, members of the Teulon Healthcare Foundation took the students on tours of the town and outlying areas where they got an authentic agricultural experience. Koodoo said she thought there wouldn't be much to do in the rural area.

"They were quite incredible in Teulon with the number of activities they had planned for us after 4 p.m. They had activities for us every evening; we saw a different aspect of the community and got to experience what it was like. It was really cool. It surprised me, coming from the city and going to a small town and thinking there's not much to do," she said. "On the first night we went to a bison farm and got to get up close to the animals. The farmers drove us right into the field. Afterwards we sat on their porch, had a meal and chatted with them for a few hours. It was lovely."

They also visited a Hutterite colony where the residents took them on a tour and were very "friendly and open", went kayaking, did arts and crafts, gazed at the stars and toured the town.

There was discussion of some of the disparities in health-care resources and services in rural areas and the fact that Teulon' hospital lost its emergency room because it didn't have enough physicians to staff it, she said. Rural Week did a "very good job" of emphasizing the importance of providing medical services in rural Manitoba. However, she saw a variety of complementary health-care services in town.

"We had a tour of the town itself, which I think was the most impactful day because we got to see all the complementary health-care services that are available there such as a massage therapist, a foot-care specialist, a reflexologist, the personal care home, a senior living centre, an addictions counsellor at the high school and public health," she said. "All of them emphasized the need for communication and connection between physicians and nurses and their services and how we all have the same goal for our patients. It was eye-opening to see all the resources available to you and your patients."

Koodoo said she was attracted to medicine for a number of reasons, including having a lot of health-care providers in her family and having grown up in a milieu of caring for others. What made her most determined to enter medicine was seeing recent politically driven health-care changes in the United States and realizing how "powerful education is" and how it can be harnessed to encourage people to learn and advocate for themselves within the realm of health care.

After four years of medical school, medical graduates can move on to postgraduate education in which they can specialize in family medicine or other areas.

Koodoo said that after her experience in Teulon, she'd consider working as a physician in a rural commu-

....

"I would definitely consider rural practice. I was coming into this imagining I'd want to do family medicine. This has encouraged me a little more towards rural family medicine," she said. "There is truly something so special about an actual person-toperson relationship between patient and physician that goes beyond just providing health care. There's something refreshing about hearing the causal conversations that were going on, the checking in with how patients' kids were. I feel that I haven't really seen that in the city. And that's very important to me. It brings back the humanity into a field that can be very sterile."

Teulon is part of the Interlake-Eastern Regional Health Authority. Dr. Scott Gregoire, the health authority's regional lead of medical services and chief medical officer, said the local communities who host medical students are invaluable to showcasing medicine in the rural area.

"Rural Week would not be possible without community volunteers, local physicians and health care staff," said Dr. Gregoire. "Their ability to showcase rural lifestyle and practice with opportunities to experience both in positive ways is key to making this week a memorable one for students."





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## Strikeforce strike again, unbeaten season rolls on

By Kieran Reimer

Make it seven and counting for Selkirk Strikeforce.

Selkirk's Manitoba Major Soccer League Division 3B squad kept its perfect record alive this past week with a win and a draw, improving to 5-0-2 on the season.

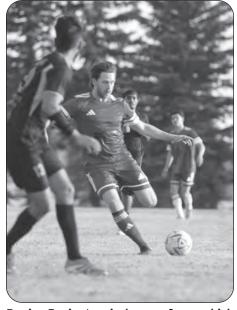
The club remains atop the division standings with 17 points.

On Monday night at Selkirk Recreation Complex, Strikeforce handed previously undefeated Maples FC a 6-3 loss to extend the streak.

They followed that up with a 3-3 draw on Friday evening in a road match against Pescara FC at Buhler Recreation Park.

Devin Racicot continued his strong start to the season with two goals in the draw, while Gerald Chukwuneke notched his first of the campaign.

Division 3B's top squad now returns home for a three-game homestand, beginning this Wednesday against second-place Hanover Strikers. Kickoff at Selkirk Rec is set for 7:30 p.m.



Devin Racicot winds up for a kick against Maples FC on Monday at Selkirk Recreation Complex. Racicot has contributed to the league-leading offence that has helped Strikeforce remain unbeaten.



**RECORD PHOTOS BY BRETT MITCHELL** 

Jordan Bruenig of Strikeforce advances the ball against Maples FC on Monday in Selkirk, Bruenig has been a steady presence on the pitch this season for the undefeated squad.

## St. Andrews soccer faces eviction, future uncertain

After more than a decade of play at the St. Andrews Airport fields, the St. Andrews Soccer Association is facing eviction—and with no clear backup plan, the future of community soccer in the area is on the line.

For many local families, evenings and weekends have long been spent at the fields located at 705 South Gate Road. The non-profit program currently serves 320 children, ages two to 18, and has become a central part of community life.

The fields have also offered a first job for many teens in the area, who help officiate games and run the canteen.

But change is coming. The St. An-

drews Airport has announced plans to develop its land, and after the 2025 season, the soccer program will need to find a new home.

The challenge now is finding both a location and the funding to make that move possible.

According to St. Andrews Soccer Association director Adam Praznik, the group has reached out to the RM of St. Andrews in the past with possible solutions—but said they were either "shut down or ignored."

Now, the countdown has begun. Speaking last Thursday, Praznik said the association will effectively be

Continued on page 33



Aaron Bell of Strikeforce controls possession during Monday's match against Maples FC in Selkirk, Bell, one of the team's top scorers, helped power the offence in a 6-3 win.

## USA tops Canada in border battle in Beausejour

**By Kieran Reimer** 

Maple Leafs and Stars and Stripes collided in an international boxing battle at the CPTC Race Barn in Beausejour on June 14.

The third edition of the Fight Night series—hosted by Maulers Boxing Club and Eastman Boxing Club—featured 10 bouts, including two cross-border clashes between Canadian and American fighters.

Johnson Jones and Madison Lovaas, both representing Barbot Boxing in Fargo, N.D., scored victories over Canada's Kayden Boulette (Pan Am Boxing Club) and Kaylee Dillabough (Eastman), respectively, giving the U.S. a 2-0 edge in the Canada–U.S. matchups.

Canada will have a chance to reclaim bragging rights later this summer when Eastman boxers travel south for a rematch in North Dakota.

Though the Canadians came up short in Beausejour, the return of international competition to Interlake soil was a win in itself.

"Back before COVID, I used to have the Americans out all the time, but since then it just kind of stopped," said Eastman Boxing Club owner and coach Kirk Fleming. "We always go their way—they had stopped coming our way—but one of my good friends in boxing, Jesse Barbot of Fargo, North Dakota, really wanted to come out here. It was just a great time, good people."

The remaining eight bouts featured domestic rivalries, including Manitoba versus Ontario matchups and a few all-Manitoba bouts.

Eastman's Sidney Meisner and Mason DeKezel both earned victories, while Aiden Christopher Godlein and Kingsley Montana Walker of Maulers Boxing Club also won their respective matches.

Other winners included Morales Pitchese (Power Boxing Club), Bohan Solyhan (Pan Am Boxing Club), Koby Chartrand (Minegoziibe Boxing Club), and Tyler Oleksiuk (United Boxing Club).

Fight Night III drew a standing-room-only crowd of more than 400. The first two editions, held in Selkirk, attracted similar attendance, as the promotional partnership between Fleming and Maulers Boxing's Devin Tomko continues to thrive.

Their collaboration dates back to when Fleming coached Tomko during his early days as a professional boxer.

"The last three cards that me and Devin have run together, everybody said they were the top cards of the year," said Fleming. "We work re-



RECORD PHOTO BY DARRYL GERSHMAN

Stonewall's Tyler Oleksiuk of the United Boxing Club earned a unanimous decision victory over Wrenn Peters at Fight Night III in Beausejour on June 14.

ally well together—we're just getting better and better at it. It was a very smooth event. I got nothing but positive feedback. Both Maulers and

Eastman Boxing Club had successful nights. It's a well-oiled machine, me and Devin."

## East Selkirk U15 boys crowned soccer champs last weekend



**RECORD PHOTO BY RIA SEMENOWICH** 

By Haley Cvar

The East Selkirk U15 boys brought home gold from the Red River Recreational Soccer League tournament held this past weekend in Selkirk. The team clinched the top spot in their age group before heavy rain forced the postponement of several other gold medal matches. Organizers hope to reschedule the remaining champion-

ship games later this week.

The East Selkirk squad was led by coaches Ria Semenowich, Christian Lundberg and

Kyle Johannson. Players included Holden Maxwell, Corbin Semenowich, Wade Shymko, Omar Alomari, Sergej Sidorov, Sean Sidorov, Liam Romanow, Oleksandr Sukhoverskyy, Alistar Clyde, Wyatt Lemonine, Levi Sidorov, Elliot Szukiewicz, Cooper Johannson and Broden Scavarelli. Jackson Starkell was absent from the photo.



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





# SPOTES& recreation INSIDE > OUTSIDE > UPSIDE DOWN

## Dolphins claim second 'Small Club Award' of season

By Kieran Reimer

Though they're one of the smaller swimming teams, the Selkirk Dolphins Swim Club has proven it can compete with the best this season.

From June 13 to 15, the club captured its second Small Club Award of the year at the Manitoba Open Junior Provincials Long Course meet, held at Pan

With just six swimmers in the water, the Dolphins earned the most points of any club with fewer than 10 athletes competing.

"This year was really important and has a lot of value and weight to it, just because it was a bit of a tough year and we had lost some swimmers from last year who were high-level," said Dolphins coach Michelle Stamm. "We were kind of trying to build again—our team and the strength of our team—so that we can move forward knowing we are a strong team and that we do have a lot of talent in the pool. When you take six, seven swimmers to a championship meet and almost all of them are winning medals, that speaks volumes."

The six swimmers included Claire Grant, 13; Everleigh Boercher, 15; Erin Garn, 12; Malkin Bighetty, 11; Ariel David, 16; and Kennedy Fuerst, 11.

Each contributed to the team's overall point total by placing in the top five in at least one of their individual events. Several earned medals, and Garn claimed gold in the 200-metre breaststroke.

The Dolphins also won gold and silver in relay

The meet also offered swimmers the chance to qualify for the ManSask Swimming Championships. Several Dolphins came within milliseconds of qualifying but ultimately fell just short.

"At the end of the meet the kids were feeling a bit



**RECORD PHOTO SUBMITTED** 

The Selkirk Dolphins Swim Club, including Claire Grant, 13, Everleigh Boercher, 15, Erin Garn, 12, Malkin Bighetty, 11, Ariel David, 16, and Kennedy Fuerst, 11, earned their second Small Club Award of the season at the Manitoba Open Junior Provincials Long Course, held June 13-15 at Pan Am Pool. The award recognizes the top-scoring team with fewer than 10 swimmers.

down," said Stamm. "I mean, we did win, and that ended up perking them up a bit, and they had a lot of medals, but they were really hoping to get to the next level. We'll do that next year, but the amount of improvement this year was incredible, so I'm

very proud of them."

Grant was the only Dolphin who had previously qualified for ManSask but will not be attending this year after moving into a new age group.

#### > ST. ANDREWS SOCCER, FROM PG. 31

"homeless" after the 2025 season.

"What we need is the RM to extend our lease until they can start building a park, or at least extend our lease at the airport until new fields are ready—and then transition us," he said. "Alternatively, there's more space to develop at the airport. They could build a new road that would allow the airport to develop more land, but it wouldn't require kicking soccer out to do so. It's a pretty simple solution."

But none of those options can happen without the RM's financial backing, he added. That's why the association plans to present at the RM council meeting this Tuesday, June 24 at 5:30 p.m. at the municipal office in Clandeboye.

St. Andrews Soccer has operated as a volunteer-run, non-profit organization since the 1970s. Praznik said the

RM had previously purchased land on Liss Road, across from the airport, for a future municipal park that was scheduled for development in 2019.

However, the municipality cancelled the funding and planning for the park in when the new council was elected in.

"In 2017, plans for the funding for the park were killed... It was supposed to be completed in 2019 and they spent the money on a ditch that runs from Petersfield to the lake for drainage. Since then, they've done nothing to replace what they took out of the rec reserve or dedicate funding to actually get a park done. The site is now home to the private A.K. Soccer Academy, with municipal resources redirected toward a drainage project," said Praznik.

"We're the non-profit. We're volunteer-run. We're the community soccer that you grew up playing," said Praznik. "Our fees just cover jerseys, field maintenance, and a few other incidentals. We've always been fully self-sustaining. We don't receive any municipal contribution, and we're not a drain on tax dollars—but we need help. We need help to get fields."

He added that without a local option, families may have to register their kids in neighbouring communities—creating potential transportation hurdles and, for some, leading to players leaving the sport altogether.

"This program matters. It keeps kids active, it teaches teamwork, and it's built around volunteers who care," Praznik said. "If we lose these fields and don't find a solution, we risk losing something much bigger."

The Selkirk Record reached out to Mayor Sul and RM of St. Andrews council members but they chose not to comment before the meeting.



# assificas Selkink Regard

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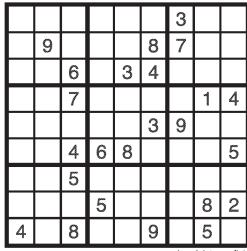
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## take a brea > GAMES

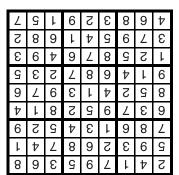


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Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in 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!



Sudoku Answer



**Crossword Answer** 

## CROSSWOR

#### **CLUES ACROSS**

- 1. Computer manufacturer
- 5. Noted space station
- 8. Kurt Russell film "Captain"
- 11. Automaton
- 13. Evervone has one
- 14. Incline from the vertical
- 15. Fights
- 16. Dunn & Bradstreet (abbr.)
- 17. Finishes off
- 18. Places to store things
- 20. Dutch painter Gerard
- 21. Smaller quantity
- 22. There's a North, South and **Central of these**
- 25. In an early way
- 30. More spacious
- 31. Short-term memory
- 32. One who possesses
- 33. Sesame
- 38. Forbid
- 41. A way to explain
- 43. Not around
- 45. Evoke or suggest
- 47. Ancient kingdom near Dead Sea
- 49. Dekameter
- 50. Fencing sword
- 55. "Luther" actor Idris
- 56. Affirmative (slang)
- 57. Afflicted
- 59. One point north of northeast
- 60. Born of
- 61. Arabic name
- 62. Hong Kong food stall: \_\_ pai dona
- 63. Not the start
- 64 Post
- **CLUES DOWN**
- 1. Creative expression
- 2. Fiber from the outer husk of a coconut
- 3. City in ancient Syria

- 15
  - 43 56
  - 59 60 63
    - 4. College army
    - 5. More disturbed
    - 6. Pays no attention to
    - 7. Restored
    - 8. Competitions
    - 9. Lyric poems
  - 10. Famed American lawman
  - 12. Expression of disappointment
  - 14. Scars
  - 19. Satisfy
  - 23. Central European river
  - 24. Brass instrument
  - 25. One who gets paid to perform
  - 26. Propel with oars
  - 27. Long period of time
  - 28. Woman (French)
  - 29. Type of plane

- 34. Pitching stat
- 35. Pointed end of a pen
- 36. Pro sports league
- 37. Body part
- 39. Inoffensive
- 40. Yellowish cotton cloth
- 41. Feline
- 42. Does not tell the truth
- 44. Set out to attract
- 45. Spiritual leader of a Jewish congregation
- 46. Abba , Israeli politician
- 47. Repair
- 48. Genus of flowering plants
- 51. Tributary of the High Rhine
- 52. Prejudice
- 53. C. European river
- 54. Restrain
- 58. Father

## Classifieds



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#### NOTICE OF PUBLIC HEARING

**ZONING BY-LAW AMENDMENT APPLICATION** 

RM of St. Clements

Under authority of The Planning Act, the municipal Council will hold a public hearing at the time and location listed below to hear from those who wish to speak in support or objection, or to ask questions. For more info on how to register for the public hearing please contact the municipality at 204-482-3300

> Tuesday July 22nd ,2025 6:00 PM

Council Chambers. 1043 Kittson Road East Selkirk, RM of St. Clements, MB

Note: property owners are responsible for notifying "tenants"

#### **APPLICATION INFORMATION**

**Application File:** BL 12/2025

Applicant: McGowan Russel Group Inc.

Property Location: Ashfield Road, RM of St. Clements Roll No. 249875

Legal: LOT 4 PLAN 71535 WLTO IN SE 1/4 8-13-5 EPM

**Application Purpose:** 

The applicant proposes to amend the RM of St. Clements Zoning By-law No. 5/2002 by rezoning the subject land, which is currently zoned to "AR" Agriculture Restricted Zone to "CH" Commercial Highway Zone.



Zoning By-law Requirement	Proposed by Applicant
"AR" - Agriculture Restricted Zone	"CH"- Commercial Highway Zone.

A copy of the above-noted proposal and supporting material is available on the Red River Planning District website at https://www.redriverplanning.com/hearings.php or by contacting the Red River Planning District in person during normal business hours Monday to Friday at 2978 Birds Hill Road, East St. Paul, by phone at 204 669-8880, or by email at info@rrpd.ca



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# Announcements Selkink Regard

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#### ANNOUNCEMENT

#### **GRADUATION**



Matthew Nutbean
Congratulations on graduating
from The University of Manitoba
with a Degree of Bachelor of Science
in Mechanical Engineering with Distinction
on June 6, 2025.

Also has Aerospace Specialty experience in Rockets and Land Rovers. We are very proud of you!

Wishing you all the best as you pursue your dreams.

-Love Mom, Dad, brother Nickolas

-Love Mom, Dad, brother Nickolas and watching from Heaven Amma and Afi (Thelma and Olie Bell) and Grandma and Grandpa (Marlene and Bob Nutbean)

#### **ANNOUNCEMENT**

#### **BIRTHDAY**



Happy 40th Birthday on June 25th
to our beautiful
Daughter, Sister and Aunty
-Love Mom, Dad,
Ty, Ginette, Jaxon,
Jorja and Spencer



#### ANNOUNCEMENT

#### IN MEMORIAM



In loving memory of
Amy Rebecca Richards
August 31, 1978 - June 30, 2011
Cherished daughter of Bill and Sharon
Dear sister of Sarah
Loving friend of many
Fearlessly herself!

#### ANNOUNCEMENT

#### **IN MEMORIAM**

Dave Hiebert
May 17, 1942 – June 26, 2009
In loving memory of
my husband, our father and grandpa

Treasured moments keep you near,
As time unfolds another year.
From our lives you may be gone,
But in our hearts you still live on.
No matter how life changes,
No matter what we do;
A special place within our hearts,
Will always be for you.
We loved you yesterday, today, tomorrow

-Jean and family

#### ANNOUNCEMENT

#### IN MEMORIAM



Curtis Pruden
March 1909 - June 1960
Always Remembered
Forever Loved
-Son Martin and Pat and family,
Daughter Cindy and family

#### **OBITUARY**





Eleanor Morden July 8,1945 - June 15, 2025

It is with a heavy heart that we announce the peaceful passing of our mother (Baba) Eleanor May Morden on June 15, 2025 in her care home residence (River Park Gardens) with her family by her side.

Eleanor was born and raised in East Selkirk as a third child to Kasper and Katherine Kaczmar, both predeceased.

Eleanor leaves behind her brother Jerry (Verna) and sister Elsie and many nieces and nephews.

Eleanor trained in Selkirk Mental Hospital as a nurse, this is where she met and married Bryan Earle Morden of Tyndall, Manitoba.

Eleanor and Bryan had two children, Tayler Ann Morden and Crystal Rae Power (Kevin) and seven grandchildren, Natasha Flores, Bridget Morden, Jordan Power, Christopher McAlinden, Dylan McAlinden, Gavin Power, Rebecca Power and one lovely great-grandchild Emma Julianna Flores.

Eleanor started her nursing career at Middlechurch Care Home and carried on her nursing career to the Manitoba Youth Centre where she retired, this gave her more time to do street ministry for the homeless and less fortunate.

It was at this time that Eleanor met Edward Miller while working at Love Lives Here ministries as volunteers, they became close and joined as partners.

Eleanor was predeceased by Edward Miller on March 16, 2025.

Eleanor had lots of friends and a few very special ones, these include Wendell Toews and Margaret McIntyre who visited and sang and prayed with her on her last days.

Eleanor will truly be missed by all.

Funeral services will be held on Friday, June 27, 2025 at 10:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB.

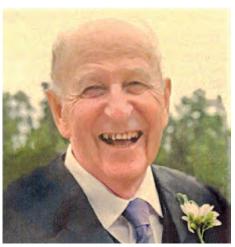
In lieu of flowers, please make a donation to the Winnipeg Humane Society or Love Lives Here. Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



#### **ANNOUNCEMENT**

#### IN MEMORIAM



Harry Kowalchuk July 25, 1936 - June 30, 2024 In Loving Memory of our Husband/Dad who left us 1 year ago

I miss you
The day I lost you, I also lost me.
Sometimes I don't know if I cry for you or for myself
Because I must live without you.
I know that you are at peace,
But the hurt is still as deep as the day you left.
Father in Heaven, hear our prayer
Guard our husband/dad with tender care.
Be a good shepherd, don't leave him alone.
Love him as we loved him
When he was here at home.

-Forever loved and so deeply missed, Shirley, Rob and Idelle, Barri, Kelly and Rebecca and family

#### **ANNOUNCEMENT**

#### IN MEMORIAM



Elaine Molson
November 23, 1938 - June 28, 2024
In loving memory of a
special Aunt
with a beautiful and gentle soul.
If teardrops could build a stairway,
And memories a lane;
I'd walk right up to Heaven,
And bring you home again.
All that life has given me,
And all that is left to do;
I will never have a greater gift,
Then the memories of the time I spent with you.
-Forever loving and missing you

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

## Announcements Se

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#### **OBITUARY**



#### Leon Dudeck

We are saddened to announce the passing of Leon Dudeck, who passed away on June 11, 2025 at the age of 91.

Celebration of Life will be held Sunday, July 6, 2025 from 1-4 at 111 Pine Avenue, Winnipeg Beach.

In case of rain the venue will be: Winnipeg beach Community Club/Arena, 32 Hamilton. In the Town of Winnipeg Beach.

Full obituary can be viewed at Arbor Memorials -Glen Eden

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



Brenda Elbers (Tanner aka Pearson) June 6, 1948 - May 10, 2025

Brenda passed away peacefully on May 10, 2025 with her husband Gary by her side.

She was born on June 6, 1948 in Mackenzie (Linden) Guyana, to Ruby (nee Tanner) O'Donoghue and Albert Pearson. In 1971, she immigrated to Manitoba to marry Gary Elbers.

Besides her loving husband she is survived by their children Shauna Elbers-Phillips (Kester), Michelle Martin (Donovan) and Monty Elbers (Kayla), eight grandchildren and many nephews and nieces.

Brenda worked as a Registered Nurse at Selkirk General Hospital and in 2009 retired from the OR after 29 years of dedicated service. Cremation has taken place, and a Celebration of Life will be held on Saturday, July 5, 2025 at 12:30 p.m. at Christ Church Anglican,

227 McLean Ave., Selkirk, Mb.

Flowers gratefully declined. As a token of sympathy, donations in memory of Brenda can be made to the Alzheimer's Society of Manitoba.

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

Arrangements entrusted to:



#### **OBITUARY**



**Hazel Elaine Greenwood** March 5, 1925 - June 14, 2025

We are sad to announce the passing of Hazel on June 14, 2025 at the age of 100. Hazel passed peacefully at the Selkirk Regional

An invitation is extended to honor Hazel at her celebration of life on Friday, June 27th at 2:00 p.m. in the Gilbart Funeral Chapel, 309 Eveline Street Selkirk, MB.

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

Tributes: www.gilbartfuneralhome.com



Gilbart Funeral Home, Selkirk in care of arrangements.

#### **OBITUARY**



#### Elizabeth Ann Kulchyski

It is with great sadness that the family announces the passing of Elizabeth Ann Kulchyski, on Saturday, June 14th, 2025 at the age of 82. Liz, as she was affectionately known, passed away peacefully with her family by her side and is survived by her husband of 62 years Len Kulchyski, her daughter Tracey (Ryan), son Craig (Nicole) and granddaughter Chantel (Enrique).

Liz was predeceased by her parents Philip and Kaye Pinarski and her brother Richard.

Liz was born in Selkirk, Manitoba April 13th, 1943. She was raised in Selkirk and eventually moved to St. Andrews where she lived with her husband and raised their two children. Liz enjoyed gardening, cooking and baking, traveling, and spending time with her family. Those who knew Liz will remember her great smile, love of food and supportive and caring nature.

Cremation has taken place, and a private family celebration of life has been held. In lieu of flowers, donations may be made to the ALS Society of Manitoba.

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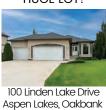








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Bay Road Beauty! Welcome to this gorgeous 1,710 SqFt bungalow situated on 5 private acres in desirable St. Andrews. Built in 2016, this spacious 3 bedroom, 2 bathroom home features a bright and open concept layout with large windows, vaulted ceilings, and a fantastic kitchen featuring peninsula with seating, walk-in pantry and stainless steel appliances. Living and dining areas filled with natural light. The huge primary bedrm features exclusive access to the 3-season sunroom, walk-thru closet with built-in storage, & 4pc ensuite fit with a standing shower & a lovely jacuzzi tub—perfect for relaxing after a long day. Two more great size bedrms, 4pc bath, main floor laundry room & spacious complete this interior. Oversized, insulated double attached garage offers heated floors & C-vac for added convenience. Long driveway leads to the back of the property where you'll find a 30' x 50' metal shop with gravel floor, 17' ceiling, 12' wide & x 13' high garage door—ideal for storage, projects, or workshop. This property offers the <u>erfect blend of country living with modern comforts, just minutes from city amenities.</u>























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