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THURSDAY, JUNE 27, 2024

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Kyrie Brinkman and her big brother Everett, pose with the 19 million pop tabs collected for the Tabs for Wheelchairs program at the presentation at Holy Cross School in Winnipeg. Kyrie was the benefactor this year and received a Ki Mobility Little Wave Arc chair on June 19.

RECORD PHOTO BY TAMMY BRINKMAN

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	<p>BEST PATIO IN MANITOBA (WEATHER PERMITTING)</p>				

Ruth Hooker School gets a beautiful new three sisters mural

Grand unveiling celebrated with release of monarch butterflies

By Katelyn Boulanger

On June 12, students, staff and community members gathered at Ruth Hooker School for the unveiling of the latest Interlake Art Board mural. The school is playing host to the new mural which is called Three Sisters: Harmony in Diversity.

The unveiling ceremony started with introductions by Ruth Hooker School principal Kristine Duke. She was followed by a land acknowledgement read by an RHS student which was followed by words from the school's elder.

The emcee for the event, grade 4 teacher Kathleen Marsch, next explained how the school's outside space has changed over the years.

"When [the current grade five class] were in grade two with me, there was nothing over here. We got a grant to do three butterfly garden boxes where we are able to release our butterflies every year. Those grade fives painted those boxes with the butterflies on them. Then the following year, we got a grant to do another gar-

den. We planted medicine. We grow now our own sage in-house, here at Ruth Hooker School along with some yarrow and we have cedar here," said Marsch.

This year they've expanded their garden plots with a new food sovereignty garden which is actually a community garden that residents are welcome to harvest from in the summer. They also secured funding in partnership with the Interlake Arts Board from the Manitoba Art's Council Indigenous 360 program and the Arts, Culture & Sports in Community

Continued on page 4



RECORD PHOTOS BY KATELYN BOULANGER

Ruth Hooker School is now home to the Three Sisters: Harmony in Diversity mural by Ella Fontaine. This mural was made in partnership with the Interlake Art Board.



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New bench acknowledges Dr. Ian Reid



RECORD PHOTO SUBMITTED
Selkirk's Age Friendly Committee is making our community a more restful place while also acknowledging a person who contributed to our community. The committee is responsible for the new bench acknowledging Dr. Ian Reid in Queen's Park in Selkirk.

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> RUTH HOOKER MURAL, FROM PG. 3

fund from the Government of Manitoba for this new mural.

The lead artist on this project was Ella Fontaine a local Indigenous graphic artist and former Lord Selkirk School Division student. She was inspired to include many aspects of local wildlife and Indigenous culture inspired by her mishomis into this mural. There are blueberries and strawberries, a three-sisters garden, water and marsh plants, monarch butterflies and more.

Fontaine was helped along the way

by student artists who painted alongside her making this vision a reality.

Marsh on behalf of Justine Scramblestead, executive director of the Interlake Art Board, said, "The Three Sisters: Harmony in Diversity [mural] is a testament to the power of collaboration and the importance of celebrating diversity through art. The mural, inspired by the Indigenous agricultural tradition of planting corn, beans, and squash together symbolizes unity and mutual support mirroring the spirit of

the Selkirk community."

Mayor Larry Johannson then took to the podium congratulating the efforts of the many people involved.

"You did a beautiful, beautiful job. There's just something about looking at it quietly that touches the heart," he

said.

The celebration ended with the school's drum group performing a few songs while some of the monarch butterflies that students sheltered over this spring season were released.



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RECORD PHOTOS BY KATELYN BOULANGER

Ruth Hooker School's drumming club played at the new Three Sisters: Harmony in Diversity opening while students released monarch butterflies.



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Selkirk Age Friendly hosts AGM

Group discusses ways all citizens can be more involved

By Katelyn Boulanger

The Selkirk Age Friendly Committee recently met for their Annual General Meeting (AGM) as well as a session which allowed attendees to contribute to goals and ideas with the aim of making our community a more age friendly place.

The Selkirk Age Friendly Committee is a group that promotes independence, activity and health for older adults in our community by engaging with an array of organizations and people in our area with diverse backgrounds.

The aim of the AGM was to teach residents a little more about the Selkirk Age Friendly Committee and their initiatives in our community, to give residents an avenue to share their ideas and thoughts on Age Friendly priorities and to host elections for committee positions.

The meeting was opened by Selkirk Age Friendly Co-Chair Lee Hanson. Introductions took place and the AGM's agenda was approved as well as previous years' minutes.

Corrine Wiebe then took over providing an overview of the Financial Reports for 2022 and 2023.

In 2022 the committee was quite active considering that it was less than two years out from the initial declaration of the pandemic. During that time, they hosted draws on Facebook and a raffle but their largest revenue source was the 55+ Games as they ran a canteen during the event. Expenses of note that year would be their transit sponsorship as well as donations to the Alzheimer's Society.

The Committee had a more conventional year in 2023 and items of note include their hosting of a 50/50 draw as well as canteen during Holiday Alley.

Hanson then presented the co-chair report.

"Last year in 2023, we established four priority areas. The first priority area was increasing the Age Friendly committee. It's kind of ongoing throughout the year. We're always looking for new members, we've kind of been struggling lately with getting

new members, the hope is going forward we'd like to have a full committee," said Hanson.

Other priorities are ongoing and include establishing a fundraising committee, completing age friendly capital projects such as the recent installation of the bench in Queen's Park which acknowledges Dr. Ian Reid, and partnering with community groups which offer senior's programming such as the memory and aging workshop that was hosted in partnership with the Gordon Howard Centre.

"Another big thing this past year, we

had a sub-committee that did a walk-about on Eveline and Manitoba Ave. [in Selkirk] just looking at some challenges and some concerns on the new development from an age friendly lens," said Hanson.

He explained that they shared their concerns with representatives from the City of Selkirk. Since new development is expected in the city, sharing age friendly feedback is important and Hanson felt it was a productive meeting.

To end his report, Hanson reiterated

Continued on page 6

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New East Beaches Resource Centre Transportation Project/Ride Program

Submitted by the East Beaches Resource Centre

East Beaches Resource Centre has received funding of \$18,400 from the Government of Canada's New Horizons for Seniors Program. These funds will provide a significant portion toward a subsidized transportation program to help eligible individuals age 55+ and/or ambulatory persons with disabilities with a ride service that connects them to medical appointments, shopping trips and ac-

tivities integral to their wellness and wellbeing.

The New Horizons Program is a federal grants and contributions program whose goal is to support projects that help improve the well-being of seniors and foster social inclusion and engagement in their communities.

The ride service will establish eligible drivers to provide required transportation for those individuals who meet the qualifications to accept this

ride service as they age comfortably in their own homes.

James Bezan, MP for Selkirk-Interlake-Eastman has offered this statement on behalf of Service Canada

"Congratulations to the East Beaches Resource Centre team on their successful application for funding from the New Horizons for Seniors Program. I always enjoy my visits to the East Beaches, including for the East Beaches Social Scene's recent 50th anniversary. This funding to expand the Resource Centre's transportation services will be put to good use by the residents who call this beautiful area along Lake Winnipeg home. I thank the East Beaches Resource Centre for

all they do to create a sincere sense of community and encourage seniors to stay here as long as possible. It has never gone unnoticed."

Residents of East Beaches now have access to enhanced transportation services, thanks to the East Beaches Transportation Program funded by the Government of Canada's New Horizons for Seniors Program. This initiative aims to address transportation barriers faced by older adults and individuals with disabilities in rural communities, ensuring they can access essential services and maintain their independence.

> SELKIRK AGE FRIENDLY, FROM PG. 5

the eight features of an age friendly community that the committee is focused on: transportation, outdoor spaces and buildings, housing, respect and social inclusion, social participation, communication and information, civic participation and employment opportunities, and community support and health services.

After talking about the past year, Hanson then turned focus to the future for the committee. As it would be difficult for a volunteer committee to make changes in all areas at once, the committee has decided to focus its efforts.

"Out of the eight [features] that I mentioned, our committee, at our last meeting, determined that we should focus on these three – transportation, outdoor spaces and buildings, and social inclusion and respect," said Hanson.

From there, attendees at the meeting were asked to vote on ideas under the three categories that they felt would have the biggest impact to our community. Selkirk Age Friendly will use this feedback to choose future projects to focus on.

Some of the ideas discussed that could take place would be working with Selkirk Transit and relaunching their age friendly business recognition program.

The meeting ended with some changes to the Selkirk Age Friendly Committee's terms of reference which were approved and the voting in of Selkirk Age Friendly board members all of whom were acclaimed.

The Selkirk Age Friendly Committee currently has openings for volunteers from our community. If you are interested in learning more check them out online at the city of Selkirk's website or on Facebook at <https://www.facebook.com/SelkirkAFriendly/>.

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Specialized wheelchair donated with the help of soft drink tabs



By E Antonio

Happy Thought School Grade 2 student Kyrie Brinkman received a life-changing gift on June 19 that will bring joy and freedom to the little girl. Kyrie was chosen to receive a new wheelchair through the Tabs for Wheelchairs initiative.

This program involves collecting pop can tabs to assist in fundraising for wheelchairs for children with disabilities.

Born prematurely with cerebral palsy due to a brain injury at birth, Kyrie's mobility depends on her wheelchair. Her previous chair became too small, prompting the need for an upgrade.

According to Kyrie's mother, Tammy Brinkman, the arrival of the new chair could not have been timed better.

"She got her old chair when she was three and it is way too small for her," said Brinkman.

Kyrie outgrew her previous chair and used a medical stroller in the meantime.

"It's not meant for all-day use, and it didn't have much support," Brinkman said.

The Brinkmans got to choose the Ki Mobility Little Wave Arc chair.

The new chair boasts advanced features like reclining and tilting mechanisms and enhanced support for comfort and proper posture - all in vibrant pink and purple colours selected by Kyrie herself.

The new chair perfectly fits Kyrie and has a big foam cushion.

"It has lots of supports and features to keep her in a proper condition and super comfortable," added Brinkman.

One recipient each year is selected through the Tabs for Wheelchairs program.

"We are incredibly grateful for this chair."

Brinkman explained that their occupational therapist at the Rehabili-

tation Centre for Children recommended Kyrie to Tabs for Wheelchair co-ordinator Gwen Buccini.

Buccini gets recommendations from the Rehabilitation Centre for Children and Manitoba Possible. She then selects the lucky recipient.

Kyrie's new chair is estimated to have cost over \$7,000.

In 2024, the Tabs for Wheelchairs program collected a record number of 19 million tabs.

Each June, a new recipient is selected.

"For every 1500 tabs, they get 60 cents when recycled," said Brinkman. "It takes millions and millions of tabs for one wheelchair."

Happy Thought School collected tabs throughout the year, and Brinkman brought them to Trailblazers Life Choices in Winnipeg to be sorted and bagged.

Kyrie was presented with her new wheelchair at Holy Cross School in Winnipeg.

Each June, a new recipient is selected.

This marks the 26th year of the Tabs for Wheelchair program, which has donated 61 wheelchairs so far.

All 19 million pop-can tabs were at Kyrie's presentation.

"It was really neat seeing all the tabs on display!" exclaimed Brinkman.

Kyrie's classmates were also able to join in the celebration.

Brinkman said they were transported by bus to



RECORD PHOTOS BY E ANTONIO

Left photo, Kyrie Brinkman, Grade 2 student at Happy Thought School, was gifted a brand-new specialized wheelchair on June 19 from the Tabs for Wheelchair program. Right photo, Kyrie and Tabs for Wheelchair Coordinator Gwen Buccini.

Holy Cross School to witness Kyrie receiving her new wheelchair.

Over 400 schools and businesses across Manitoba are collecting tabs for donation.

For more than 15 years, Gary McGregor from Gimli has been amassing tabs at his residence.

McGregor has collected over 2.75 million tabs for specialized wheelchairs.

"If it helps that little girl, that's all that matters," said McGregor.

In Selkirk, Amanda Hargreaves has been donating the tabs collected at Lord Selkirk Regional Comprehen-

sive Secondary School for two years.

Hargreaves explained that there are water jugs throughout the school to collect the tabs.

"Cafeteria, library, classrooms... there is a place for the tabs everywhere," said Hargreaves.

Each June, a new recipient is selected.

The Brinkman Family and Tabs for Wheelchairs program thank all their donors for their continued support over the past 26 years.

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Red River North Tourism's Garden & Art Tour coming back

Combining the beauty of local gardens with stunning local art

Submitted by Red River North Tourism

Tickets are now available online for the Red River North Tourism 2024 Garden & Art Tour.

The Tour takes place Sunday, July 21, from 10 a.m. to 5 p.m. and features seven beautiful private properties, including a flower farm and other sites of interest in St. Andrews, St. Clements, and Selkirk.

"With over 85% of those participating in the one-day event coming from outside the region, this is a significant tourism initiative for the area", said Lois Wales, president of Red River North Tourism Inc.

Artists are located throughout the gardens with their work available for purchase. Several artists will be creating works en plein air.

Master Gardeners will be available to answer gardening questions and musicians have been engaged to provide ambient entertainment in various gardens on the tour.

Optional public spaces on the self-guided tour include the Perennial Garden on Main Street at Schultz Avenue, and Memorial Park on Eveline Street, both in Selkirk.

Tickets for the 2024 Self-Guided Tour are \$25. The Guided VIP Bus Tour tickets are \$65 and include transportation to all the gardens, lunch at the Shops of St. Andrews, a knowledgeable guide to share the history and stories of the area, and more. Seating is limited.

Further information is available at <https://www.redrivernorthtourism.com/2024-garden-art-tour>.

This event is sponsored by Canadian Tire and the 2024 Garden & Art Tour is presented by Red River North Tourism Inc. in partnership with Shops of St. Andrews, the volunteers of the Selkirk and District Horticultural Society, Wishme, and The Flower Child.

Grab your tickets at <https://www.redrivernorthtourism.com/garden-tour-tickets>.



RECORD PHOTO SUBMITTED

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Head Start program graduation!



RECORD PHOTOS BY KATELYN BOULANGER

The Selkirk Friendship Onashiwini Aboriginal Head Start program held its graduation ceremony for students last week. The kids have mastered their ABCs and 123s and will now be confidently moving on to the next phase of their educational journey.



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MMF celebrates Indigenous Day at Selkirk Park



RECORD PHOTOS BY KATELYN BOULANGER
Selkirk Park was packed with jigging, singing, creating, culture and history last week at the Manitoba Métis Federation's 2024 Indigenous Day celebration. People of all ages enjoyed a good time celebrating our local Indigenous culture.



Paws for a Cause walk seeking community sponsorships

Walk supports needs of cancer patients that fall through the cracks

By Katelyn Boulanger

Organizers of the annual Paws for a Cause Walk which supports the Never Alone Cancer Foundation are hoping that businesses and community members consider sponsoring this year's walk so that they can get the most out of fundraising for this great cause.

"This event is the main fundraiser for the Never Alone Cancer Foundation to help support and bring money in to help [cancer patients and their families] throughout the year. Last year they supported over 500 families and it's more and more every year," said Nancy Rowsell, one of the volunteer organizers of Selkirk's Paws for a Cause Walk.

The Never Alone Cancer Foundation helps patients, families and caregivers affected by cancer with all kinds of needs that may not fall under traditional treatment coverage. This includes emotional, financial and informational support.

Rowsell explained that from basics like making sure people get their medication filled, to help with transportation needs or costs, to individual needs, the Never Alone Foundation has helped cancer patients in many different ways.

"Just yesterday, I did a delivery for a lady who is going through treatments. We took her a blanket. We took her a grocery gift card just to help her out a little bit. She's a mother of three and she's self-employed so she has no sick days," said Never Alone Foundation volunteer Cheryl Disbrowe.

The Paws for a Cause Walk is an event in which people in our community come together to walk bringing awareness and raising funds to support patients, families and caregivers affected by cancer. As the name suggests it's a dog-friendly walk but you don't need to have a tail-wagging companion to participate.

The event is hosted annually and starts outside Selkirk Home Hardware. The business's parking lot will host booths associated with the walk and, so far, has been getting busier every year.

For businesses who would be interested in sponsoring this event, there are three different tiers of sponsorship — gold, silver and bronze — which will provide different opportunities to get your business logo out there and know that at the same time you are making it so that this event can raise awareness and bring in even

more funds for those in need.

"All that money will be given back to the community or to the foundation, but you'll be advertising your business in the community all over social media, in the *Record*, on the event website, and on the banner," said Rowsell.

Disbrowe explained that she got involved with the Never Alone Cancer Foundation not as a volunteer but because her father was a cancer patient who was helped by the foundation. She explained that having that help and support for her family was important.

"I'm not somebody who asks for help easily. When Nancy connected with Michael [Schiefer the executive director of Never Alone], they showed up at my door at the worst time for us, but they showed up in a warm blanket for my dad and food gift cards for us to have a meal together. It was just very overwhelming but that love you feel, that support you feel is pretty important," said Disbrowe.

She started to volunteer with the Never Alone Cancer Foundation so that she could share that feeling with others.

Rowsell and Disbrowe also encourage individuals in our community to mark their calendars and come out to the Paws for a Cause Walk.

"Save the date for September 8th," said Rowsell.

If you have a business that would like to sponsor this event contact Paxton at paxton@nacf.ca. To learn more about the Never Alone Cancer Foundation visit <https://nacf.ca/>. If you are a cancer patient in need of some support or information you can contact them at 204-779-2441 or online at <https://nacf.ca/contact-us/>.



RECORD FILE PHOTOS BY KATELYN BOULANGER

Last year's Paws for a Cause Walk.



EXPANDED HOURS TO ACCESS PRIMARY CARE

From June 29 to Sept. 2, hours of operation at the following clinics will be extended to improve access to care for non-urgent health concerns.

Please use the following contact information to access extended service:

Grand Marais Primary Health Care Clinic Grand Marais Community Central & RV Park (36058, PTH 12)	204-754-8372 Walk-ins Welcome	9 to 4, Sat., Sun. and statutory holidays
Winnipeg Beach Primary Care Clinic 54-60 Main St. Unit J	204-389-3649 Please call for an appt.	9 to 5, Sat., Sun. and statutory holidays

Selkirk's Quick Care Clinic, #3-1020 Manitoba Avenue, regularly offers care after hours and on weekends and holidays for non-urgent health care needs. Phones answered at 9:30 a.m. daily. Call 204-482-4399.

Please visit <https://www.ierha.ca/find-us/> for more details.



Three local RMs participate in joint emergency preparedness exercises

Practising ways to keep our community members safe

By Katelyn Boulanger

The RMs of St. Clements, East St. Paul and West St. Paul joined forces last week in order to make sure that they are prepared should an emergency situation happen and residents need to evacuate. The emergency scenario was created by Napier Emergency Consulting and the RMs were tasked with creating a reception centre in West St. Paul's Access Centre.

"What we do is we always plan for anything related to an emergency in general — that can be preparing for an emergency itself, which can be practicing, hypothetically, if a tornado touched down, how do we respond? What does that look like or anything that would be 'live emergency' so we can train for that — this exercise, however, was geared towards opening up a reception center," said Tyler Freeman, emergency coordinator for St. Clements.

He explained that a reception centre is the place that residents coming from an emergency situation would come to for help.

The benefit of having exercises like this is that even though all of our municipalities have plans on paper about what to do in an emergency, having a mock-emergency situation allows questions like — where everyone will go, how can everyone be helped, and what a functioning reception centre looks like to be looked at in real-time.

Some considerations that people may not think of like, what to do with pets or how to handle people with big emotions, were all part of the drill.

"We set up the pet reception center outside and then we basically put the invite out to all members of the participating communities, to volunteer and play the role of a person in need, coming to a reception center. All of

the people who came in to participate were given a little description [of what to do] so each person played a role. We tried to play as many roles as we can because as you can imagine, during an evacuation and or an event like this, people are going to be in all types of mental states," said Freeman.

Circumstances where a reception centre like this could be needed are rare but do happen. Freeman explained that a flood, a fire, extreme weather that causes damage like a tornado or even an accident like a chemical truck overturning and spilling dangerous substances in our region could all prompt the need for evacuation.

Freeman says that this is the first time that he's been in a mock emergency situation in which all three municipalities teamed up to learn together bringing their emergency staff which includes councils as well as services like fire departments and police departments together along with volunteers.

He explained that it's important to practise for possible emergencies.

"We don't see these things every day but yet at the same time, if it were to happen, we're responsible to take care of our residents. We have to educate ourselves, educate our ratepayers, our residents and our staff on how, if we have to do this, what does it look like? ... the best thing to do is to run a large scale exercise and practice," said Freeman.

Something that Freeman said was something that he learned from the situation was just what a wide variety of concerns people might have who come to a reception centre.

"[People may not realize the] uncertainty about the amount of people that may come through and the wide variety of issues that each person may or may not have.



RECORD PHOTO SUBMITTED

Personnel from St. Clements, East St. Paul and West St. Paul worked together on a mock-emergency situation.



That goes back to how people are affected by an emergency. They're coming in needing help, but not everyone's going to be calm and collected, right? There are going to be people that are scared and emotional and looking for help. The challenge that

we were able to figure out was how do we make sure each person comes in there and we can help them and make them comfortable while trying to deal with the next person that's coming through the door," said Freeman.

Residents can be reassured that our local municipalities are working to make sure that they are prepared.

"That's the bread and butter at the end of the day is to ensure that everyone is safe," said Freeman.

If residents are interested in becoming volunteers and helping to drill with the municipalities for emergency situations they can contact their RMs directly and get in touch with the local programs.

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1 - Cornhole & Horseshoe
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 5 - Destiny Band 8pm
 12 - Uncle Basic 8pm
 13 - Uncle Basic 2pm
 18 - Over 60's Lunch
 19 - Gary & The Chips 8pm
 26 - Karaoke Anonymous 8pm
 31 - General Meeting 7:30pm

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 Friday and Sunday

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Canadian Dental Care Plan Misconceptions

The Government of Canada started implementing a \$13 billion Canadian Dental Care Plan (CDCP) last month. This plan represents a significant opportunity to improve oral healthcare access for Canadians without dental access to dental benefits.

Today, over two million Canadian seniors have been approved to receive dental care coverage. By next year, an estimated nine million uninsured Canadians will be eligible for the plan. This is excellent news. Yet only a small percentage of Canada's 25,000 dentists have registered to participate in the program so far.

Despite our continued advocacy for changes to **reduce** program complexity, **protecting** patient privacy, and **securing** clarity on terms and conditions, the program remains flawed. Further, issues and misconceptions about the program by the public persist.

In fact, in a survey conducted this month by the Canadian Dental Association (CDA) and the Provincial and Territorial Dental Associations (PTDAs), we learned that while many seniors require extensive dental work, 40% seniors would struggle to afford \$100 copay and 60% are not aware they will face additional costs under the CDCP.

This is a problem. Our primary concern with these troubling findings is that patients will not receive the care they need under this program. Additionally, this misunderstanding about the program is likely to add extra pressure on dentist visits.

Unless things change and the government makes a concerted effort to clearly communicate the parameters and limitations of their plan, many people in Canada will experience difficulty in accessing a dentist.

Dentists are deciding how and when they may participate. They care about their patients and their oral health and are looking for a program that can integrate efficiently with their staff and practices.

Although we acknowledge Health Minister Mark Holland's responsiveness and the progress that has been made to date to address dentists' concerns with the program, there are still some fundamental issues that directly impact patients that have been left unresolved.

Dental offices across Manitoba and Canada are faced with having difficult conversations with patients about CDCP misconceptions. In fact, recent surveys with dentists show that dental office staff spend on average 50 minutes per day explaining the federal program to patients. This creates a huge administrative burden to dental offices.

Canada has a severe shortage of skilled dental office staff, particularly dental hygienists & dental assistants. There is concern these shortages may affect dental offices' ability to participate with the CDCP.

The Manitoba Dental Association, PTDAs, and the CDA are undertaking an education initiative encouraging people who are eligible for the CDCP to **Know Before you Go**.

Based on what we're hearing from our patients and know about our profession/practice, this is what Manitobans and Canadians need to know before they go to their dentist and seek treatment under the CDCP:

"For many patients, treatments under the CDCP will not be free."

Many people are under the impression the CDCP will cover all the costs for their care. This is not the case. Patients with an adjusted net family income between \$70,000 and \$90,000 are responsible for a federal government required "co-payment" of between 40-60% of fees set out by the government. In addition, the coverage provided by the federal government for all eligible CDCP patients (regardless of family net income) is less than full cost of the dental service. The difference will be on you.

"Patients can receive CDCP covered treatments from any dentist."

Until July, patients can only see a dentist registered to participate in the program.

After July, patients can also see a dentist that will participate through the government claim-by-claim pathway. However, this non-registration pathway still requires dentists to accept the same unclear terms and conditions with patient privacy concerns and not all dentists are willing to do so. This lack of clarity will leave patients confused and, in some cases, they may be unable to find a dentist to treat them under the CDCP.

"The CDCP will cover all oral treatments today."

Currently, the CDCP offers limited coverage and treatment options. Care options like sedation, crowns, partial dentures and additional units of scaling, as needed by youth, seniors, and persons with disabilities, will need government pre-approval which does not start until November of 2024. We still don't know how long you, our patients, will need to wait for the government to approve the treatment we know you may need.

Canada's new national dental plan still has the promise of being a true game-changer for oral health, enabling expanded access to care for many Canadians, but only if done correctly. Troublesome aspects that are holding dentists back from participating have not been fully addressed. While there's still time to fix what's wrong with CDCP, the clock is ticking.



The Canadian Dental Care Plan (CDCP) Information for Patients

The Manitoba Dental Association is deeply committed to assisting the Government of Canada in designing, implementing and sustaining a successful and effective Canadian Dental Care Plan (CDCP) for the benefit of all Manitobans.

1. The Manitoba Dental Association has advocated for the right of patients to see their provider of choice.
 - a. Starting after July 8, 2024, patients will no longer be restricted to Sun Life Canada-registered dentists.
 - b. Please contact your dentist to see if they are accepting the Canadian Dental Care Plan in their office.
2. The CDCP is not a free dental program. It is a dental benefit program administered by Health Canada.
 - a. Health Canada is not paying for the full cost of your dental care.
 - b. Patients may be required to make a payment up to 75% depending on their adjusted net family income.
3. Not all services are covered.
 - a. It is not a comprehensive plan, so please talk to your dentist about your oral health needs.
4. The Manitoba Dental Association will continue to advocate for positive changes for CDCP-eligible patients.

Know before you go.
 Visit the Health Canada website at
www.canada.ca/en/services/benefits/dental.html

Talk to your Dentist
 Good for you. Good for life.



Shelter Movers announces expansion into Winnipeg to address rising need

By Lana Meier

Shelter Movers is a prominent charity focused on offering no-cost moving and storage assistance to those escaping abusive environments. Their latest chapter launch will take place in Winnipeg. This growth reflects their unwavering dedication to reaching areas with the highest demand for these crucial services.

Shelter Movers is a national charity that offers moving and storage services free of charge to people and families seeking refuge from abuse. In collaboration with local businesses and community organizations, their team of 900 volunteers provides a dependable and respectful means for survivors to take their possessions with them when leaving an abusive environment. Since 2016, Shelter Movers has successfully completed over 7,000 moves for primarily women and children in 6 different provinces.

Violence Against Women (VAW) remains a pervasive and under-reported issue affecting Manitobans from all walks of life. Thousands of women and children face abuse by intimate partners or family members, with alarming statistics revealing that, on average, a woman in Canada is killed by her intimate partner every two days (Can. Femicide Observatory, 2019).

In light of this pressing necessity, and with the backing of WAGE Canada, Shelter Movers is delighted to unveil its latest branch in Winnipeg. As the sole charitable moving organization for survivors of abuse in Canada, Shelter Movers addresses

a crucial gap in support resources. Without this essential aid, survivors may face the daunting possibility of losing all their possessions if they choose to escape from their abuser.

The decision to leave an abusive situation is fraught with challenges beyond physical danger.

Survivors frequently encounter obstacles in the form of logistics and finances, such as the expenses involved in hiring movers and storing their belongings. Moreover, having to leave discreetly offers little chance to collect crucial documents and possessions. Essential resources like law enforcement, shelters, and social services often lack the means to aid survivors in navigating the intricate process of arranging moving and storage services. Shelters commonly operate at full capacity and do not have adequate resources to address the logistical demands of survivors.

Shelter Movers provides a safe and dignified solution for survivors seeking to reclaim their belongings. By offering free moving and storage services, Shelter Movers alleviates survivors' concerns about potential volatility when attempting to retrieve items from an abusive household.

Shelter Movers plans to begin serving clients in Winnipeg in the Fall of this year, and is currently hiring a Chapter Director to oversee the daily operations of the Winnipeg Chapter.

Given the cultural expertise required to effectively serve Indigenous survivors in Winnipeg and surrounding areas, Shelter Movers is actively seeking Chapter Director applicants who identify as First



RECORD PHOTO SUBMITTED

Shelter Movers, a no-cost moving and storage assistance charity is expanding into Winnipeg and surrounding communities.

Nations, Inuit, or Métis for the full-time, hybrid position learn more at <https://sheltermovers.applytojobs.ca/directors/30236>.

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MANITOBA MUSEUM | 49.90022° N, -97.13644° W



PHOTO: BEN DARTNEL

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Whether it's a change of scenery, a change of pace or a change in your perspective, we all need to get away from time to time. Because there's nothing like finding new places that make you feel alive. Discover museums, arts, culinary experiences and more when you try something new on an urban escape in Winnipeg.

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Find things to do at travelmanitoba.com/urban-escapes.

MANITOBA

Boreal Shores Art Tour showcases local art

By Emma McGill

The annual Boreal Shores Art Tour features artists from all over Eastern Manitoba and provides a self-guided art experience, displaying works from the shores of Sandy Bay all the way to Falcon Lake. The tour includes works of glass, pottery, photography, sculpture, sketches, paintings, beading, and more. Founded in 2017, it is the largest visual art tour in Manitoba.

Krissy Ryhorchuk, an oil painter, is one of the 41 artists featured on the Art Tour for 2024. As a child, she was always crafting something, including Christmas ornaments, gifts for her family, and projects made out of the paper towel rolls she would hoard.

Once she got to highschool, she chose art class over band class, thinking it would be an easy credit and a class she could have fun with. The class ended up reinforcing her love for painting with mediums like watercolour and acrylics. She also learned about working with pastels, clay, and photography. Oil painting, however, was never something Ryhorchuk got to try. In fact, its process was daunting to her.

After highschool, Ryhorchuk became a hair stylist for 24 years. She started in salons but moved to managing her own home salon after having her first of three children. Still, she kept nourishing her passion for art by



PHOTO SUBMITTED

Krissy Ryhorchuk's work is currently showcased at Gibson's Class & Art Gallery in Albert Beach.

taking a pottery class, working with acrylics, and painting plenty of watercolour. She also loves to crochet.

It was later that Ryhorchuk made the leap to oil painting. She gathered supplies from Michaels craft store and instruction from Youtube. "I don't want

to brag, but I was really impressed with my ability and also just the way the paint was so smooth and forgiving," said Ryhorchuk. "I was in love!"

When she first started creating her oil paintings, Ryhorchuk found the

Continued on page 22

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CANADA DAY

Cheers to our great nation!



5 unique facts about Canada

Canada Day is a federal holiday celebrated annually on July 1. Canadians have much to celebrate come the first of July, and these are five things that make the Great White North unique.

1. Canada is the second largest country in the world, with a total area of more than 9.9 million square kilometers. In fact, according to Worldometer, Canada takes up 6.1 percent of the world's land mass, making it just one of six countries across the globe to count more than 5 percent of the global land mass as its own.



2. Canadians love their maple syrup, and perhaps some love it a tad too much. The first season of the Netflix documentary series "Dirty Money" included an episode about the Great Canadian Maple Syrup Heist. That theft, during which 3,300 short tons of maple syrup valued at nearly \$18 million CAD were stolen

from a storage facility over 2011 and 2012, is the most significant heist in Canadian history. The heist was discovered during an inventory of the Federation of Quebec Maple Syrup Producers' strategic reserve. During the inspection, an investigator realized several barrels at the facility were empty, prompting a wider investigation and realization of the scope of the crime. Various individuals were ultimately found responsible for the theft and sentenced to prison.

3. Canada is surrounded by the Atlantic Ocean to the east, the Arctic Ocean to the north and the Pacific Ocean to the west. That undoubtedly contributes to Canada having the longest coastline in the world. According to the World Population Review, Canadian coastline stretches more than 202,000 kilometers, which easily bests Indonesia, which has the second longest coastline at roughly 99,000 kilometers.

4. Though it's the second largest country in the world, Canada is the twelfth least densely populated nation across the globe. Estimates indicate that Canada's population stood at around 41 million people in 2024. By comparison, the Japanese city of Tokyo is estimated to have more than 37 million people living in its metro area in 2024.

5. Roughly



two-thirds of the world's polar bears call Canada home. According to Polar Bears in Canada, the global population of polar bears is divided into 19 subpopulations, and 13 of those are managed or co-managed by Canada. All told, roughly 16,000 polar bears reside in Canada, with just 10,000 residing beyond Canadian borders.

Canada Day is an annual celebration of the Great White North and a great time to consider the many things that make this beautiful nation so unique.



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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 "Rock Your Mocs" by Laurel Goodluck and Madelyn Goodnight, celebrating cultural heritage and the joy and power of wearing moccasins.

Find Tales & Trails near the pool entrance. Count the mocs for a chance to win a family prize package!



BAND: Orvis & His Higher Guns

Orvis & His Higher Guns is a Manitoba-based Country Music super group. Comprised of Orvis Thomas on lead vocals and guitar, Vaughan Poyser on bass, Rory Verbrugge on pedal steel, Mark Bannister on drums, Jeremy Penner on fiddle, Josue Beaudoin on keys, and guitarist Tony Pizzi, Orvis & His Higher Guns are a sight to behold and a pleasure to the ears. From Alan Jackson and Alabama to Dwight Yoakam and Hank Williams, Orvis & His Higher Guns masterful musicianship and dedication to putting on a great show leaves audiences wowed, mesmerized, and coming back for more.



BAND: ZRADA

Join ZRADA on a kaleidoscopic journey through the dark heart of Ukrainian folk music and emerge somewhere in the cosmos. Ancestral sounds explode within an amplified soundscape full of joy, anger, melancholy & madness. ZRADA's music transcends language and beckons to those ready for a transformative & wild musical experience.



BAND: Men in Cheap Suits

Introducing "Men in Cheap Suits" a sensational R&B Funk Band ensemble that's here to ignite your senses. With a dynamic horn section and groovy beats, they bring the funk to life. Dressed in vibrant, multi-coloured suits, this powerhouse band delivers an unforgettable live experience, blending soulful melodies with infectious rhythms. Get ready to dance and immerse yourself in the soulful sounds of Men in Cheap Suits, where style meets groove!



BAND: Sheena Rattai

Sheena Rattai is a Winnipeg-based artist who has toured across Canada, Europe, the UK and parts of the US over the last 12 years with their folk/roots/pop outfit Red Moon Road. With a soulful, honest and engaging stage presence, Sheena has established herself as a prominent figure in the Winnipeg music community and as one of Canada's most enchanting singers.



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!



Kids Zone

TIME: 4-8PM

LOCATION: Selkirk Waterfront

DESCRIPTION: Featuring outdoor games and activities, Kurrent Motion's signature Hula Hoop Jam, and glitter tattoos by Glitter Bugs.



Entertainment at the Waterfront

- Eddie Fleury "The Breeze"
- Kinew Métis Youth Council Dancers
- Norman Chief Memorial Dancers
- United Thunder

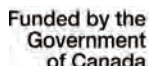


How to get to the event

BEAT THE PARKING HASSLE AND USE SELKIRK'S SAFE AND ACCESSIBLE MULTI-USE PATHWAYS TO WALK OR RIDE YOUR BIKE TO THE EVENT. LOCK UP YOUR RIDE AT ONE OF OUR MANY BIKE RACKS ON EVELINE STREET OR MANITOBA AVE.

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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CANADA DAY

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- What's the main ingredient in poutine?
 - Pasta
 - French fries
 - Rice
 - Bread
- Which Canadian province is known for its lobster rolls?
 - Ontario
 - British Columbia
 - Nova Scotia
 - Quebec
- What's a traditional topping for butter tarts?
 - Maple syrup
 - Bacon bits
 - Whipped cream
 - Raisins
- Which type of meat is commonly used in Canadian bacon?
 - Beef
 - Pork
 - Chicken
 - Turkey
- What ingredient gives Canadian Nanaimo bars their distinct flavour in the middle layer?
 - Peanut butter
 - Chocolate
 - Custard
 - Coffee
- What's the main ingredient in Beavertails, a famous Canadian pastry?
 - Deep-fried dough
 - Puff pastry
 - Beaver meat
 - Maple syrup
- What type of seafood is traditionally found in a Caesar cocktail?
 - Shrimp
 - Lobster
 - Clams
 - Oysters
- Which Canadian province is famous for its *tourtière*, a meat pie traditionally served during the holidays?
 - Alberta
 - New Brunswick
 - Yukon
 - Quebec
- Which Canadian city is famous for its smoked meat sandwiches?
 - Vancouver
 - Montreal
 - Toronto
 - Calgary
- Which Canadian city is known for its peameal bacon sandwiches?
 - Toronto
 - Montreal
 - Vancouver
 - Halifax



ANSWERS

1. B, 2. C, 3. A, 4. B, 5. C, 6. A, 7. D, 8. C, 9. B, 10. A

Canada Day: honour the past and look to the future

Canada Day celebrates everything that makes Canada unique, diverse and exceptional. From the rugged landscapes of the Rocky Mountains to the bustling cityscapes of Toronto and Montreal, Canada is a tapestry of cultures, languages and traditions woven together to create a vibrant and inclusive nation.

HISTORY

On July 1st, Canadians from coast to coast come together to commemorate the birth of the nation. It's a day to reflect on a shared history, from the Indigenous peoples who've called this land home for thousands of years to the waves of immigrants who've contributed to Canada's rich cultural mosaic. It's a day to celebrate the country's achievements, from universal healthcare and multiculturalism to a commitment to peacekeeping and environmental stewardship.

CELEBRATE WITH PRIDE

Canada Day is a time to proudly wave the maple leaf flag and sing O Canada with your friends, family and neighbours. It's a day to revel in the beauty of your natural surroundings, whether hiking in the wilderness, lounging on a sandy beach or paddling down a winding river.

SHARED VALUES

Above all, Canada Day reminds you of the values that define you as a Canadian: compassion, tolerance and inclusivity. It's a day to reaffirm your commitment to building a society where everyone has the opportunity to thrive, regardless of their background or beliefs.

As you celebrate Canada Day, take the time to honour the past and look to the future with hope and optimism. Happy Canada Day!



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RECORD PHOTOS BY BRETT MITCHELL

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Percy is amazing! Playing fetch and getting all the cuddles are his two favourite things to do! Percy in this picture looks completely opposite of his personality.

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*Percy has won a prize from Canvasback Pet Supplies!
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> BOREAL ART TOUR, FROM PG. 16

final products hard to part with.

“Over time I think I’ve realized that I surely can’t keep them all so I put my heart into them while I create them and then basically wish them well, wherever they may end up,” said Ryhorchuk.

To be able to keep the paintings to herself in a different way, Ryhorchuk photographs them to create cards and prints which she can look at whenever she pleases. She can also share these photographs with others, helping to spread the work and the joy they bring farther and wider than they would go if she had just let the original go without documentation.

“My first painting that sold was through a gallery so I don’t know who might have bought it, but it was my favourite,” said Ryhorchuk. “I’m thankful that I have a small print of it at my cottage. I know it’s not the real painting but it honestly brings me as much joy as the original.”

Ryhorchuk’s favourite part of painting is getting caught up in the flow of the process.

“I’d describe that feeling as when nothing else matters and I’m just painting away. This likely is not going to happen when I’m listening for the oven timer to go off or if anyone, in-

cluding our dog, is bugging me.”

She draws inspiration from nature, including animals, plant life, and landscapes. While painting her favourite things, she keeps her grandmother, who was an artist herself, in her heart and mind.

She became involved in the Boreal Shores Art Tour thanks to her friend and lake neighbour, Krista Gibson, who was a part of the tour last year. Ryhorchuk is very enthusiastic about sharing her art with fellow Manitobans.

“I was thinking that if people were stopping to see her amazing glass work they’d likely stay out of their cars long enough to cross the road and take a peek at my oil paintings. Now, we are actually hosting our exhibits at Gibson’s Glass & Art Gallery, which is the gallery she just opened in Albert Beach in May. I can’t wait!”

“Basically, when I paint I feel I can be happier and can continue on with the rest of my life,” said Ryhorchuk about the process of creating her works of art, which can be seen when the tour takes place on Aug. 17 and 18.

More information about the tour, its history, and its featured artists can be found at borealshoresarttour.ca.

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Winnipeg Beach welcomes motorcyclists for the Sadie Grimm Ride

By E Antonio

More than 90 bikers revved up for the 7th annual Sadie Grimm Ride,

which took place on June 9.

Motorcycle enthusiasts from all corners of Manitoba have joined together



RECORD PHOTOS SUBMITTED

The Sadie Grimm Ride saw 90 motorcyclists take the highways on Sunday, June 9. Event Coordinator, Mary Johnson poses with a 1913 Indian motorcycle owned by Kim Wiklund. This motorcycle is similar to the one Sadie Grimm rode when she won the gold medal in 1914.

to raise funds for a special picnic shelter dedicated to the memory of Sadie Grimm.

In 1914, Sadie Grimm made history as the first woman to win a motorcycling competition. She raced from

Winnipeg to Winnipeg Beach and was awarded a gold medal by the Winnipeg Motorcycle Club for her outstanding achievement.

"Sadie is a role model for female riders," explained Sadie Grimm Ride Event Coordinator Mary Johnson.

Although motorcycling is often seen as a male-dominated industry, Grimm's ride served as proof that women are just as capable. As stated by Johnson in regards to female riders, "women can do that."

Johnson mentioned that there has been an increase of female riders over the last few years.

Since 2017, motorcyclists from Winnipeg and surrounding communities have hit the highways to fundraise for a new covered picnic shelter in Winnipeg Beach Provincial Park.

Apart from pausing for COVID-19 in 2020, this is the seventh year for the

Continued on page 24



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The Gimli Glider Exhibit

> **SADIE GRIMM, FROM PG. 23**

annual event.

"The Sadie Grimm Ride has really been a positive experience for Manitoba riders, there has been a true empowering effect for Manitoban motorcyclists," said Johnson.

One woman from Scotland even took to the highways for the first time this year.

"She has never been on a motorcycle before and it was exciting to see her on her first ride," Johnson added.

The event aims to raise awareness for female riders and raise funds for a picnic shelter.

The picnic shelter will overlook the waters of Winnipeg Beach and will be motorcycle-themed.

The construction site for the new shelter sits on the same location as the Empress Hotel, where Grimm was awarded her gold medal.

A commemorative plaque on the front reads SADIE GRIMM'S 1914 GOLD MEDAL MOTORCYCLE RIDE to display Grimm's accomplishment.

The project was estimated to cost \$92,000. So far, over \$50,000 has been raised from annual rides, direct donations and other fundraising events.

The Sadie Grimm Ride raised \$2,500 this year on Sunday's event alone.

Riders started their journey at the Royal Canadian Legion on Henderson Ave. in Winnipeg and travelled through Lockport, Petersfield and Matlock before arriving in Winnipeg Beach.

Johnson explained that they tried sticking as close to Grimm's original

route as possible.

To celebrate the rider's arrival, Rob Barg and Headingly Reunion played live music for the motorcyclists and community members to enjoy at Winnipeg Beach's Band Stand.

Johnson was particularly excited for this year's event as she got to display

Continued on page 26

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Motorcyclists and community members have raised over \$50,000 so far for the Sadie Grimm Commemorative Picnic Shelter project. The covered picnic shelter is at the site of the former Empress Hotel in Winnipeg Beach where Grimm was awarded her gold medal.

Communities in Bloom 2024

Collectivités en fleurs

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

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get inspired

> MEAL IDEAS



Genoa Salame and Pepperoni Three-Cheese White Pizza

chopped
Preheat oven to 425 F.
Stretch each dough ball over separate lightly greased, 14-inch pizza pans.
Drizzle 1/8 cup olive oil on top of each crust then top each with 1 tablespoon garlic and 1 tablespoon anchovies followed by 1/2 cup Parmesan cheese, 1/2 pound fontina cheese, 1/2 pound fresh mozzarella pearls and 1/2 package charcuterie duo.
Bake pizzas about 15 minutes, or until cheese is bubbly and crust is golden brown.
Remove pizzas from oven and garnish each with 1 tablespoon chopped parsley.

Prep time: 10 minutes
Cook time: 10 minutes
Serves: 6
2 pizza dough balls
1/4 cup extra-virgin olive oil
2 tablespoons fresh garlic, minced
2 tablespoons anchovy filets, chopped
1 cup Parmesan cheese, grated
1 pound fontina cheese, shredded
1 pound fresh mozzarella pearls
1 package Carando Charcuterie Duo
2 tablespoons flat-leaf parsley,



Tour of Italy Charcuterie Board

5 ounces provolone piccante cheese
5 ounces fresh mozzarella pearls
6 ounces olives
6 ounces giardiniera (pickled vegetables in oil)
crackers, crostini or bread, for serving
fresh basil, for garnish
cherry tomatoes, for garnish
To make mostarda: Mix apricot preserves and whole-grain mustard.
To prepare charcuterie board: On large board or platter, arrange mostarda, genoa salame, dry salame, pepperoni, fontina cheese, provolone piccante cheese, mozzarella pearls, olives and giardiniera. Serve with crackers, crostini or bread and garnish with fresh basil and cherry tomatoes.

Prep time: 20 minutes
Servings: 3-4
Mostarda:
1/2 cup apricot preserves
1/4 cup whole-grain mustard
Charcuterie Board:
1 package (5 ounces) Carando Uncured Genoa Salame
1 package (5 ounces) Carando Uncured Dry Salame
1 package (5 ounces) Carando Uncured Pepperoni
5 ounces fontina cheese

German Potato Salad Flatbread with Bratwurst and Caramelized Onions

Recipe courtesy of "Dad with a Pan"
Prep time: 10 minutes
Cook time: 30 minutes
Servings: 4-6

2 large onions, thinly sliced
2 tablespoons butter
4 bratwurst links, sliced crosswise 1/8-inch thick
1 can (15 ounces) READ German Potato Salad, drained
1 flatbread, approximately 12 inches olive oil
1 cup shredded gruyere cheese
fresh chives, chopped, for garnish
fresh lemon wedges
Preheat grill to medium-high heat (about 425 F).
In 12-inch skillet or pan over direct heat, caramelize onions in butter 15-20 minutes. Set aside.
In same pan, cook sliced bratwursts until browned and cooked through, 7-10 minutes. Set aside.
In same pan, spread drained German potato salad. Cook until browned, 5-7

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Ask the money lady

Dear Money Lady Readers: What do you do when society says you're not enough, but reality says you are?

Attitude is transferable and your emotional mood can be contagious to others. The first step in having people believe you are successful is for you to believe you are. You absolutely can move forward with the expectations of good things happening to you and you can largely control the outcome of your life and future.

Past memories serve a purpose in our life. They allow us to travel back in time and learn from our past. Many people make use of these insights in the present to become better, to help others and to improve their life. But it is also very easy to become trapped by the past.

Regret, we all have a little. It's an inescapable emotion that every person will feel in their life. Why? Because we all make mistakes. We've all made bad decisions. For the most part, many people will try to make amends, they eventually let it go, and they know they must move on with their lives. Some of us, however, just can't. The problem lies when we fester over these mistakes and allow regret to build a home in our minds, causing us to falsely believe we are incapable of making any good decisions and are undeserving of the things we want out of life.

Let me first say - the past can never be entirely your fault and beating yourself up about it, only makes it that much longer for you to wait until your life gets better. Here are the first steps to begin turning things around for the better.

1. Stop believing that you lack the ability to make positive changes for your future
2. Get a journal and write down all your thoughts, (I like to call this a "brain-dump"). Everything that comes into your mind - good or bad, just write it all down.
3. Okay, let's put away the journal for a day or two. Now I want you to do something that makes you happy. Maybe a day at the spa, a lunch out with friends; honestly, it could be anything, as long as it gets you out of your pajamas and out of the house.
4. When you come back, read over your journal. Start brainstorm-

minutes. Set aside.

Brush bottom of flatbread with olive oil.

Place flatbread directly on grill grates. Layer with browned potato salad, cooked Bratwurst slices, cara-



Christine Ibbotson

melized onions and cheese. Close grill lid and cook 8-10 minutes, or until cheese is melted and flatbread is heated through.

Garnish with chopped chives and serve with fresh lemon wedges.

ing and finding ways to make all those dreams and possibilities for change a reality. All your ideas are welcome here, and anything is possible.

5. Try to use the past to take you in another direction. Often times staying in the same environment where a tragedy occurred, forces you to experience PTSD, (post-traumatic stress disorder) and the only way to start feeling better is to start over in a new community, a new job, or even a new life.

6. If you can, try to also use your pain to help others. This is one of the best ways to become mentally stronger. When you use your tragedy to help others going through similar situations, you now not only rescue another broken soul, but you begin to heal your own.

Just because a past tragedy lives rent free in your mind, doesn't mean you can't kick them out and evict them. Believe you deserve more. There's something that you're still meant to do with your life, even if you don't know what it is right now. Once you begin on your journey of letting go of the past, the objective of your new future will reveal itself.

Good Luck and Best Wishes,
Money Lady
Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at askthemoneylady.ca

> SADIE GRIMM, FROM PG. 24

a 1913 Indian motorcycle.

"This motorcycle is just like the one Sadie rode when she won the gold," Johnson explained.

The owner of the 1913 motorcycle, Kim Wiklund, lives in La Riviere and trailered with it to Winnipeg Beach for the event.

"We were just thrilled he brought it to the beach so people could see what the actual bike looked like that Sadie made the ride on," Johnson said.

The Sadie Grimm Commemorative Picnic Shelter is anticipated to be finished by next week, with a grand opening planned in the upcoming year.

The picnic shelter is only possible with the help of volunteers, donors, and event sponsors.

Forty-two community members volunteered for the 2024 ride and Johnson is extremely grateful for everyone's contributions.

Johnson is looking for your continued support for this commemorative project.

To donate and learn more about the Sadie Grimm Commemorative Picnic Shelter project, visit www.cmmg.org/sadie-grimm.



The Sadie Grimm Commemorative Picnic Shelter is going to be complete soon. The covered picnic shelter is at the site of the former Empress Hotel in Winnipeg Beach where Grimm was awarded her gold medal.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Royals hand out 2023-24 Athletics Awards

By Kieran Reimer

The Lord Selkirk Royals wrapped up their sports season with their annual Athletics Awards Breakfast Banquet on June 4.

Over 40 awards were handed out in the school's cafeteria that morning as the Royals celebrated the accomplishments of their student athletes from the 2023-24 Manitoba High Schools Athletic Association season.

The Athletes of the Year Awards were handed out to four of the Royals biggest standouts who represented the Royals at the highest level in their sports.

Madilyn Freiter was named the Female Varsity Athlete of the Year. She was a standout in volleyball and soccer this season.

Parker Carels was named the Male Varsity Athlete of the Year. He participated in hockey, cross country, indoor track, and outdoor track this year.

Delainey Kiteley was named Keystone Female Junior Varsity Athlete of the Year for her impressive season in hockey, basketball, and lacrosse.

Nolan Dear was named Keystone Male Varsity Junior Varsity Athlete of

the Year for his season in volleyball, hockey, and outdoor track.

The Royals also handed out the Team Most Valuable Player Awards for each individual sports team, and their Scholar Athletes of the Year for athletes who played multiple sports while maintaining an overall grade average of 85 per cent or better.

Team MVP's were as followed:

- Varsity Boys Cross Country – Kyle Zorniak
- Varsity Girls Cross Country – Sydney Ostermann
- Junior Varsity Boys Cross Country – Quinn Fyfe
- Junior Varsity Girls Cross Country – Carolin Roth
- Girls Golf – Skylar Whitford
- Boys Golf – Gaven Berry
- Varsity Boys Volleyball – Max Jehle
- Varsity Girls Volleyball – Megan Carpenter
- Junior Varsity Boys Volleyball – Colby Kurbis
- Junior Varsity Girls Volleyball – Paige Whiteside
- Varsity Boys Basketball – Justin Cabaneros

- Varsity Girls Basketball – Taylor Jacyk
- Junior Varsity Boys Basketball – Max Ojala
- Junior Varsity Girls Basketball – Delainey Kiteley
- Varsity Boys Indoor Track & Field – Elliot Ferreira
- Varsity Girls Indoor Track & Field – Nevaeh Marynowski
- Junior Varsity Boys Indoor Track & Field – Quinn Fyfe
- Junior Varsity Girls Indoor Track & Field – Fiona Bailey
- Girls Curling – Evelyn Jonatanson
- Boys Curling – Hudson Strand
- Girls Hockey – Kayla Skoryk
- Ringette – Sydney Edbom
- Varsity Badminton – Kimberly Hedin
- JV Badminton – Nolan Dear
- Boys Hockey – Jonny Enns-Demchuk
- Mike Woloshyn Award: Ryan Cromie
- Girls Soccer – Allison Beattie
- Boys Soccer – Andrew Vandenberg
- Boys Rugby – Nic Borges
- Paul Lemire "1-2 Punch" – Logan

- Varsity Boys Outdoor Track & Field – Aidan Pacey
 - Varsity Girls Outdoor Track & Field – Nevaeh Marynowski
 - Junior Varsity Boys Outdoor Track & Field – Tyrell Lee-Gerrard
 - Junior Varsity Girls Outdoor Track & Field – Selina Kermani Koosheh
 - Baseball – Gilbert O'Connor
 - Girls Lacrosse – Delainey Kiteley
 - Boys Hockey Rookie Team – Nolan Dear
 - Award of Recognition: "For contributions to the Royals Athletic Program" – Dheklon Monkman
- The Royals also handed out the Jim Schreyer Leadership Award to Hannah Niemi and the Success at the National Level Award to Owen Giesbrecht and Liberty Aime.
- Athletic Director Scott Gurney said the 2023-24 season was a special one for the breadth of quality and success across the athletic programs.
- He added that the group of graduating athletes has been especially supportive of each other and have great team chemistry.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Perpetually raising the bar(bell)

Seventy-four-year-old powerlifting vanguard adds to resumé with win at World Bench Press Championships

By Jeremiah Knight

Susan Haywood has built a legacy of raising the bar.

Breaking barriers and pushing the limits is all this 74-year-old farmer from Erinview has known.

Haywood has been the queen of the Masters divisions in the growing sport of powerlifting for the better part of three decades, winning provincial and national championships by bench pressing, squatting and deadlifting astonishing amounts of weight that would make anyone's eyebrows raise.

She added "world champion" to her resumé earlier this month at the World Bench Press Championships in Austin, Tex. when she won her weight class in the Masters 4 (70-plus) division. Haywood was later surprised to find out that her best lift of 67.5 kilograms placed her in the top three competitors for her age in the world.

However, the accolades are merely the cherry on top. These days, Haywood doing it for a bigger purpose.

"Every time I go out — and I'm not bragging — always somebody comes up to me and says, 'You're my inspiration,' Haywood said recently. "If I can encourage one person to get off the couch and make themselves healthier, I will. I'll keep doing it because that's what inspires me to keep going."

Born in England, Haywood moved to the Winnipeg neighbourhood of Charleswood at 17 years old. She later married and uprooted to St. François Xavier, about 15 minutes west of the city.

Haywood's story in the gym began in the early 90s, shortly after her first husband died at an early age. Grieving from her partner's passing, she moved to St. James with her three



PHOTO BY MIMI MCRAE

Since beginning powerlifting at 48 years old, Susan Haywood has held the title of provincial, national and champion.

sons and started a hairdressing business.

Still desperate for an outlet to vent her frustration, she turned to fitness.

"I decided to get myself together, so I started going to the gym and I started bodybuilding," she said.

Years later, Haywood found herself in the thick of the fitness community at a fundraiser for powerlifting and bodybuilding. It's where she met her current husband, Brock, who was a standout in his own right in the powerlifting world.

"Of course, the first question anybody ever asks you is, 'How much can you bench?' Haywood said. Her answer floored the powerlifters, to which they coaxed the 48-year-old to try the sport.

"Back then, drugs were a big part of bodybuilding, and of course, in my 40s I wasn't going to dabble in that," Haywood said. "That was putting me off because I would train just as hard as another person beside me, but she



RECORD PHOTOS BY INTERNATIONAL POWERLIFTING FEDERATION

Susan Haywood won the Masters 4 (70-plus) 84-kilogram division at the World Bench Press Championships in Austin, Texas earlier this month.

would go on drugs and she would beat me at the last minute.

"I'm a very competitive person, and so with bodybuilding, I didn't feel like it was me being presented to the audience, it was either the drugs or my trainer or my diet. Whereas this, it's actually me being judged, and I want to be judged by who I am and not what I look like."

Haywood became an immediate sensation in the sport, impressing audiences with incredible feats of strength as a middle-aged and now-senior woman. Her legacy has reached new peaks in recent years.

In 2018, she became Canada's first female international powerlifting referee; In 2019, she became the first Masters-4 category female lifter in the country and set a new Canadian record in the division of a 73-kg bench press.

Haywood will turn 80 in 2029 — she plans to break another barrier.

"They don't have a Master 5 yet and I want to be the first," she said.

Brock has been Susan's partner in life and training for the last 30 years. He said that she's been a constant source of inspiration.

"Well, she is an inspiration just by the fact that she does what she does

and she's been a vanguard," said Brock. "There were women powerlifters, but in Manitoba, the women that came and went didn't stick around as long. When Susan started, she was having success and she trained and kept going and because there weren't a lot of women her age, she was winning and doing world championships and going up against other ladies from around the world.

"Back here in Canada," he continued, "people saw her there and the old story is that people don't think they can do something until they see someone like them doing it. A lot of women have approached her over the years, and she has been an influence and an inspiration for them to get into the sport."

Susan said the growth in the sport has been encouraging, with more senior female lifters joining and athletes as young as 10 years old taking to powerlifting. She knows what the sport has done for her, and she'll continue to push everyone to try it.

"This sport is for every age and for every weight class," she said. "It's not what you look like, it's how much you can do and how much you train.

"I encourage everybody to try because you don't know until you try."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Selkirk's newest soccer club runs in the MMSL

By Kieran Reimer

The Selkirk Strikeforce grabbed their first win of the 2024 Manitoba Major Soccer League season Tuesday night.

The name Strikeforce may ring a bell to soccer fans in Selkirk who have paid attention in past MMSL seasons.

This year's club is a combination of two former Selkirk soccer teams.

The Tri S Strikeforce and Selkirk FC were two individual MMSL teams that played home games at Selkirk Recreation Complex over the years.

In recent seasons, both clubs have struggled with attendance, often having only one or two substitute players and struggling with fatigue almost every game.

This winter, the clubs made a significant change, merging into one "super team" with players from both clubs.

They combined the two names Selkirk FC and Tri S Strikeforce to form "Selkirk Strikeforce," which pays tribute to both clubs.

As they began playing in their indoor winter league this year, the newly formed club took off, winning their division championship while having a full bench of substitute players.

As play has kicked off in the MMSL's regular season, the extra few months

of winter soccer have helped the team prepare for the steep competition they are facing in Division 3A this season.

The club had a rocky start in its first two matches of the season, dropping its opener 3-2 to the Hanover Sting and drawing its second match last week to Dunvegan Castle.

Both matches were ones the club still wishes they could have back as they were competitive in both, dominating much of the play but still falling short on the scoreboard.

Then came Tuesday's match against WPG B FC when it all came together for the Strikeforce.

The club made contributions up and down the lineup and could rip into WPG B FC's defence to score six goals en route to a 6-2 smacking.

Jordan Bruenig, Aaron Bell, Yaya Ramadan Adam, Devin Racicot, and Garion Leftchuk had goals for Strikeforce, with Bell netting two in the game.

Assistant coach Kris Pellaers said the club had recently worked on a new playing system, which he said was well-executed in the match.

"We just played like a team in every aspect," said Pellaers. "From goalie to strikers. We're sticking away from us-



RECORD PHOTOS BY BRETT MITCHELL

Strikeforce midfielder Aidan McWilliams evades Dunvegan Castle defenders on June 10. McWilliams got off to a hot start this season, scoring two goals in their season opener against the Hanover Sting.

ing the outside so we're trying to stick into the middle down the gut. We're getting used to the new formation and making it work for us."

The win was a massive boost of confidence for the club, which needed a victory to move out of the lower half of the league standings.

They now have a share of fifth place in Division 3A, with 13 games left this season.

"If we play like we did Tuesday against any team, we'll probably end up at the top of the list," said Pellaers. "We're just catching our stride, and if we keep heading in this direction,

we'll hit the top in no time."

Strikeforce's next match will be at home Monday night against the YFC Saints, who are currently second in the league.

This will be the second time this season they play a top-three team after the loss to the Sting on opening day.

"We're just wanting to go out and have fun and get some touches on the ball," said Pellaers. "It's always more fun when you're winning."

Kick-off on Monday will go at 7:30 p.m. at Selkirk Recreation Complex.



Strikeforce attacker Aaron Bell hunts down an airborne ball. Bell has two goals in Strikeforce's 6-2 victory over WPG B FC on Tuesday.

Steelers to begin regular season Sept. 20

By Kieran Reimer

The Manitoba Junior Hockey League released the 2024-25 regular season schedule set to begin on Sept. 20.

The Selkirk Steelers will begin their regular season on Sept. 22 when they host the Winnipeg Blues at Selkirk Recreational Complex.

The Steelers and Blues play again the following evening in Selkirk.

Opening weekend will feature 12 games involving all 13 MJHL member teams.

The MJHL is continuing its two divisions for the 2024-25 season, including the MGEU West Division (Dauphin Kings, Neepawa Titans, OCN Blizzard, Swan Valley Stampede, Virden Oil Capitals) and the MGEU East Division (Niverville Nighthawks, Portage Terriers, Selkirk Steelers, Steinbach Pistons, Winkler Flyers, Winnipeg Blues, Winnipeg Freeze).

Each team will play a 58-game schedule that concludes March 16.

1997-98 Smitty's Terminators step to the plate one last time

By Jeremiah Knight

The Smitty's Terminators were the class of Manitoba's softball scene for much of the 90s.

During a time when there were no catchments to regulate where players played, the Terminators recruited a group of standouts on the diamond that would become the team

's core and go on to dominate at the local, regional and national level for years.

"We wound up our team to be the best team we could have, and it was an amazing — literally legendary — team because we won a number of national championships," said Melanie Fernandes, the team's longtime shortstop.

The Terminators junior female squad from 1997-98 was particularly powerful. They represented Manitoba at the Canadian Junior Championships both years, winning silver on each occasion with a balanced squad that could shutout opponents from the mound or run up the score on any given occasion.

There was no junior league in the province, so the team of 17-21 year-olds got their playing time in the Ladies Fastpitch League of Winnipeg, against adult teams, and travelled to play other senior squads around the country.

One of the club's highlights came in 1997 when they travelled to Saskatchewan and defeated Saskatoon's senior women's team, a dominant squad in their own right that went on to win the senior nationals later that year. That game has stuck with players decades later and was a testament to just how strong this group of girls were.

"Probably, (that) was my favourite team I ever played on," Fernandes said.

Several members of that special Terminators team took their final bow together on May 11 as they were inducted into the Manitoba Softball Hall of Fame. Also in the Class of 2024 were athletes Kevin Bartley, Shelly Bohn, Nathan Giesbrecht, Mandy Greenberg and Ron Taylor; builder Steve Mymko; all-around contributor Fran Giesbrecht; and fellow teams, the 1979-80 Brandon Westman Merchants and 1974-75 St. Vital Flocking Ducks.

Fernandes and Leanne Papineau, who was the team's catcher, were both in attendance for what was each of their fifth inductions into a softball hall of fame. The St. Andrews residents were enshrined into the Manitoba hall together as members of the 1994-96 Smitty's midget girls team in 2014, and again in 2015 into the Canadian Softball Hall of Fame.

Fernandes is also in the Manitoba Softball Hall of Fame with the 1993-97 senior women's fast pitch team and 1995-97 team, which, in 2004, became the first female softball team to be inducted into those hallowed halls.

Papineau is one of the only players from those glory years to be enshrined as a player, which came in 2019.

"Junior is a really tough age group," Papineau said. "You only have two years of junior, whereas you can play senior for (years). So, with junior only having two years to really be successful is quite challenging. That is part of why we were inducted.

"The people were probably the most memorable for me" she continued. "When you're practising two to three times per week, playing two times per week and then we really only had one weekend off



Leanne Papineau and Melanie Fernandes were two in a core group of players for the Smitty's Terminators that dominated the local softball scene during the 90s.

in the summer from beginning of May all the way to the end of August, they become your friends, then your teammates and the before you know it, they really do become your extended family."

Papineau, who has a laundry list of accomplishments from the diamond next to her name, grew up in Winnipeg's north end and began playing softball at 12 for the Terminators.

She was a leader on the team, guiding with her words and her actions, while having the time of her life playing the sport she loved.

"I'm just reflecting and thinking how much time and work it was, but it didn't feel like work, like at all. We had baseball every single day and before we went to nationals, for two weeks leading up to that, it was twice a day," she said.

"It was a huge commitment but the energy that the girls brought all the time, it really never felt like work. I can honestly say that it's something that I think I feel so grateful to have been a part of and to have experienced because I can bring myself back there in that moment at any time."

It was during those years that she was also introduced to her Indigenous culture. Papienau, who is Métis, explored her heritage while playing at the North American Indigenous Games, where her teams won gold in 2002, 2006, 2007 and 2009. She also won at the Canadian Native Championships in 2008 and 2009 as a member of the Northern Lights.

"The opportunities are endless... but I think one of the biggest things is just really the places that I got to see and the people that I've met," she said. "People say to me all the time, 'How do you know so many people?' And I always say, 'Well, I'm not really quiet,' but I think that softball has created such a rich experience with meeting people and connecting."

Fernandes was raised in the west end of the Manitoba capital, taking to baseball as a 10-year-old.



RECORD PHOTOS SUBMITTED

Papineau and Fernandes played for the Smitty's Terminators junior female softball team that was inducted into the Softball Manitoba Hall of Fame in May.

She was fearless on the diamond, playing with boys for a couple of years and being assigned to play high-pressure positions like pitcher and shortstop, which she loved due to it being a hub for the action on the infield.

She was quickly scouted to play at higher levels and fit in seamlessly as the competition grew.

"We thrived on the competition," Fernandes said. "We'd have lots and lots of people watching our nationals, sometimes hundreds, under the lights. That was really cool back then to play under the lights, you didn't get to do that (often) like you do nowadays."

These days, many of the players from the Terminators days remain close and still play slo-pitch together. Papineau hung up the cleats for good last year but has coached softball and remains a trusted resource for youth who are developing in the sport.

Fernandes has also broke into the coaching ranks and recently joined softball hall of fame board of directors, a position she will begin officially this fall.

At the end of a near-30-minute conversation, Fernandes reflected on what softball has meant to her. The success on the field kept her interested, she admitted, but her love for the game has grown deeper than the wins and losses.

"I guess it's all the things that gives you all the feels: learning resilience, being taught work ethic, the hardships of winning and losing and just the climb — really having to train with intent and reach your goals," she said.

"It has so many aspects to it," she continued. "Yes, the friendships that resulted from that, but just the sport itself kind brings you in. When you're in it and playing, it's just like a euphoria."

Classifieds



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

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The Window Factory in Selkirk, Mb at 605 Mercy St. is looking to hire a full time experienced window and door installer. Must be able to work outdoors and some heights. Driver's license required. Please submit any resumes to the office at 605 Mercy St.

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PUBLIC NOTICE

2024 Property and Business Tax Bills have been mailed

If you have not received your tax bill by Monday, July 8th please contact **CitizenSupport** at (204) 785-4900 or citizensupport@cityofselkirk.com.

The deadline for payment is Wednesday, July 31st.

Ways you can pay:

- Online or telephone banking
- At your financial institution
- By mail
- 24-hour drop off box at civic office

In-person payments are available during business hours 10am - 4pm Monday through Friday at the civic office located at 200 Eaton Avenue.

Instead of paying one large lump-sum every July, budget with a **Payment Plan**. Sign up is free and easy to do. Here's how:

- Pay the current year's Property Tax Bill.
- Complete the Pre-Authorized Payment Plan Application Form at MySelkirk.ca/propertytax
- Submit the completed Pre-Authorized Payment Plan Application Form in person, by mail, or in our 24-hour drop off.
- Withdrawals will come out of your account every 5th day of the month.

Please note, payments made online, by telephone or at your financial institution can take up to 4 business days to process. To avoid late payments, we recommend you make your payments by July 25.

If full payment is not received by July 31, a penalty will be applied at the end of day, each month against the outstanding balance. Monthly penalties are calculated at the rate of 1.25 % per cent.

All property owners are reminded that they are responsible for payment of the 2024 property taxes WHETHER OR NOT they receive a tax notice.

If you have any questions regarding your tax bill, the municipal levy or payment options, call **CitizenSupport** at (204) 785-4900 or citizensupport@cityofselkirk.com.

Kevin Richter, CPA, CMA
Director of Finance
City of Selkirk

THE RURAL MUNICIPALITY OF ROCKWOOD

EMPLOYMENT OPPORTUNITY

PUBLIC WORKS HEAVY EQUIPMENT OPERATOR

The Rural Municipality of Rockwood invites written applications for the position of Public Works Heavy Equipment Operator. Under the direction of the Manager of Public Works, the position will be mainly grader operations along with the following:

QUALIFICATIONS - Public Works Heavy Equipment Operator:

1. Valid Province of Manitoba Driver's Class (5) Licence (clear driver's abstract)
2. Experience in a Public Works related field would be an asset
3. Good interpersonal skills to deal with the public
4. Knowledge in the operation and maintenance of different equipment (grader, loader, tractor/mower)
5. Must be able to lift, pull and manage heavy equipment and objects
6. Required to work outside in varying conditions (ie: extreme cold and extreme heat)
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10. Anticipated Starting Date - July 29, 2024

Salary Range \$28.56-\$33.26 / Hr - dependent on qualifications
A complete job description may be obtained on the R.M. of Rockwood website at www.rockwood.ca or by email at info@rockwood.ca.

Applications should be marked "**Application for Public Works**" and should contain a cover letter and full resume with three references.

Forward applications to the undersigned no later than 4:00 p.m. on Friday, July 5, 2024.

Attention: Ian Tesarski - Director of Operations
The Rural Municipality of Rockwood
285 Main Street, Box 902, Stonewall MB R0C 2Z0
Telephone No. 204-467-2272
Fax No. 204-467-5329
E-mail Address: ian.tesarski@rockwood.ca

Thank you to all applicants for your interest, however, only candidates selected for interviews will be contacted.

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF: SHIRLEY JOAN CONKLIN, late of the City of Selkirk, in Manitoba, Deceased. ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 72A Centre Street, P.O. Box 6500, Gimli, Manitoba, R0C 1B0, on or before the 24th day of July, 2024. DATED at Gimli, Manitoba, this 27th day of June, 2024. BAKER LAW CORPORATION SOLICITORS FOR THE EXECUTORS Attention: Grant D. Baker

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Please submit your resume and cover letter, referencing the job posting number. Preference will be given to qualified Métis applicants and they are encouraged to self-identify on their cover letter.

MMF Human Resources Department
300-150 Henry Ave, Winnipeg, Manitoba R3B 0J7
Email to: jobs@mmf.mb.ca
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TENDER 2024-05

SUPPLY AND DELIVERY OF NEW TANDEM AXLE DUMP TRUCK COMPLETE WITH DROP IN SANDING UNIT

The Rural Municipality of West St. Paul is seeking tenders from qualified bidders for the supply and delivery of one (1) new tandem axle dump truck complete with drop in sanding unit.

Specifications and Tender packages including submission documents are available online at www.weststpaul.com.

Sealed submissions clearly marked "Tender 2024-05 - Tandem Axle Dump Truck complete with Drop in Sanding Unit" will be received by the undersigned at the address below until 11:00am on July 11, 2024. Late submissions will not be accepted.

The Municipality retains the right to reject the lowest or any bid if it does not meet the needs of the Municipality.

All inquiries related to the Tender should be directed to Rick Friesen, Public Works Manager by e-mail rfriesen@weststpaul.com or by phone 204-334-0092.

Mr. Dave Wardrop, CAO
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9		8			3				
						3	7		
5	3			1					
6					8	4			
	8			3	9				1
3			7			5			
								6	
	5				4	1			
				9	6	7			

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

Sudoku Answer

S	O	E	V	S	E	S	T	
E	B	E	D	V	S	E	W	
O	E	T	E	K	L	W	I	T
I	H	O	I	H	C	I	S	V
I	N	E	M	I	T	V	R	
C	O	I	L	S	N	V	C	
Y	N	V	I	O				
N	I	O	S	E	N	O	D	S
E	Y	N	E	D	O	N	N	I
L	N	U	T	I	P	S	E	D
O	N	E	R	P	V	X	E	I
E	R	V	A	L	O	B	S	V
R	I	M	E	T	V			

Crossword Answer

X CROSSWORD

CLUES ACROSS

- Volunteer school groups
- Cash machine
- Title of various Muslim rulers
- Indian hand clash cymbals
- Scarf
- Easily manageable
- Cry
- Financial term
- Reactive structure in organic chemistry (abbr.)
- Clean out a riverbed
- Seaport (abbr.)
- English seascape painter
- Bring back again
- Subtracted from
- Related on the mother's side
- Mooches
- Commotion
- Boer War general
- Silklike nylon fabric
- CNN's founder
- Sarcastic in a bitter way
- Minute reproductive unit
- Nourishment
- Large predatory tropical fish
- Small, rich sponge cake
- Drink a small amount
- Golfer Rodriguez
- Norse personification of old age
- Large flightless bird
- Capsized
- Convicted American spy
- Music genre
- Makes tractors
- Undergo cell disintegration
- Patti Hearst's captors
- Selfs

CLUES DOWN

- Post-traumatic stress disorder
- Goat-like mammal
- Swiss river

1	2	3	4	5	6	7	8	9	10	11
12			13		14			15		
16				17		18			19	
20						21			22	
			23		24			25		
26	27	28	29				30			
31							32			
33							34	35	36	37
			39	40	41		42	43		
			44	45			46			
							48			
49				50			51	52	53	54
56				57			58			
59				60						
62				63				64		

- Slithered
- Humiliate
- Tumbled
- Popular alcoholic drink
- Small round hole in a leather cloth
- Fertilizer
- State of affairs that seems deliberately contrary
- Count on
- One who discriminates against
- New Hampshire city
- One who cares for teeth
- Sent off
- Mutual savings bank
- Initial public offering
- Denial
- Northeastern institution of higher learning (abbr.)
- A doctrine
- Consumed
- Trent Reznor's band
- Perform in a movie
- Schoolhouse implements
- Mathematical term
- Man who behaves dishonorably
- Expression of regret
- Martens
- Approval
- Pleasantly warm
- The Eurasian hoopoe
- NBAer Bradley
- Engineering organization
- Horsefly
- Type of sandwich
- A day in the middle of the month

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George and Eva Horanski
Dad 1919 - 1994
Mom 1919 - 2004

Those we love don't go away,
They walk beside us every day;
Unseen, unheard, but always near,
Still loved, still missed and very dear.
Forever in our hearts.

-Michelle and Brian,
Anita and Mark and families

ANNOUNCEMENT IN MEMORIAM

Dave Hiebert
May 17, 1942 - June 26, 2009
In loving memory of

my husband, our father and grandpa
Never more than a thought away,
Quietly remembered every day.
Your presence we miss,
Your memory we treasure;
Loving you always,
Forgetting you never.

-Jean and family

Community VOLUNTEERS Needed
DEADLINE JULY 12

The Rural Municipality of St. Clements is looking for Citizen Volunteers who would be interested in sitting on the Municipal Heritage Committee.

Volunteers must be residents of the R.M. of St. Clements. If you are interested, please submit your name along with the reason why you feel you are qualified by mail, fax or email to the address listed.

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OBITUARY



Henry Goerzen

Henry peacefully passed away June 18th, 2024 after celebrating Father's Day, at home, with his family at his side at the age of 82.

He will be sadly missed by his wife Shirley of 56 years; son Shane (Glenda), daughter Cheryl (Ted), grandchildren William (Angie), Hunter, Josh, Brooke (Tanner); sister-in law Margaret, chosen grandchildren Peter (Chelsey), Melissa (TeeJay) and chosen great-grandchildren Paisley, Havana as well as numerous extended family and great friends. He will be deeply missed by his fur baby Zena.

Henry was predeceased by his mother Elisabeth Rempel and his chosen son Orville Post.

Dad was born in Tiede Ukraine and immigrated to Canada at nine years old with his family, settling eventually in Winnipeg.

In 1967, Dad graduated with his journeyman bricklaying, leaving his legacy on buildings such as the Trizec building, the Legislative building and many more throughout Manitoba/Alberta. In 1981, Henry started his second career working for Bristol Aerospace as a radiographer, x-raying rocket motors then retired to enjoy the good life.

Henry and Shirley met as well in 1967, engaged after a month of dating and marrying the following March, enjoying many years together, building their family, their home and traveling. Their first child Shane born in 1969, their daughter Cheryl in 1972, building their second home in Springfield, later building a home in Bird River when they retired, until finally settling in the River Creek Estates in Lockport where they made many great friends.

During retirement, they took many trips to their favorite hot spot, Cuba, with Orville and Margaret, as well, having the opportunity to spend time with Shane's family in Cuba and a road trip to the Maritimes. Christmas came hot one year, spending it in Puerto Vallarta Mexico with Cheryl and the family, as well as a visit to Churchill.

Dad loved travel but he would trade it all in for bush trip canoeing, fishing, and the more remote the better in his younger years. These were times he and the boys got to bond, and he could just be with nature. He looked forward to his yearly deer hunting trips up in Hartney Sand Hills with his son, grandsons, friends, the hunting crew as he would say.

Special thanks to the friends at River Creek Estates for supporting Mom and Dad through the last couple weeks and to Margaret Post for being there to support mom.

A private service will be held in his honor. Please visit Henry's memorial page at seasonsfunerals.ca to leave condolences or stories about him.

In lieu of flowers, donations can be made to Heart and Stroke foundation or Cancer Research in Dad's name.



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ANNOUNCEMENT

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 Dear sister of Sarah
 Loving friend of many
 Fearlessly herself!

ANNOUNCEMENT

IN MEMORIAM



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

OBITUARY



Arlene Cheryl Colacino September 20, 1962 - June 18, 2024

We are sad to announce the passing of Arlene Colacino at the age of 61.

She was predeceased by her father George; son Chris and nephew Nathan.

She is survived by husband Ugo of 42 years; son Justin; granddaughter Mikaela; brother Murray; niece Meghan and mother Ann.

Arlene enjoyed camping, swimming, cross country skiing, snowmobiling, spending time with her family, walking, reading books and watching movies. She took pride in what she did and was a loving and caring person, Arlene will be missed.

T.C. my best friend and soulmate.

Celebration of life will be held on Wednesday, July 3, 2024 at

11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.

Tributes: www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



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Picturesque Retreat With an Upside!

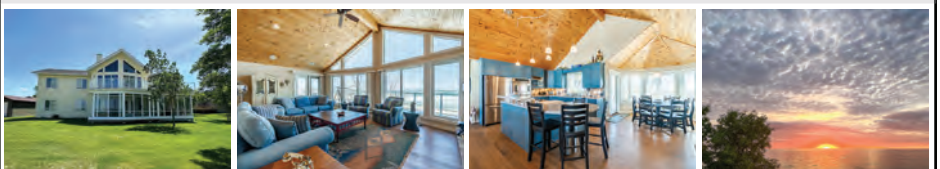
5 McNish Lane, Manigotagan
Currently operating as a bed & breakfast, charming 1+3/4 story 5 bedrm 3 bath home has breathtaking riverfront views on expansive 157 Acre property



What's Your Home Worth?
Complimentary, No Obligation Market Evaluation!
Scan the QR code or go to SELKIRKMBHOMES.COM



FEATURE OF THE WEEK! 1226 TWIN LAKES BEACH RD S, WOODLANDS



Beachfront MASTERPIECE, Multigenerational Potential! Searching for the perfect spot on the beach for ALL of your family & friends to enjoy? Look no further! 3,930 SF, 7 Bedrm 4.5 Bath Grand Estate is perfect to invest & share w/parents/kids/grandkids. Bright, airy & open concept upper level. Luxury kitchen, dining area, BBQ balcony. Huge living space. Mesmerizing panoramic views of the lake. Deluxe Primary Suite w/3pc ensuite, WIC & balcony access. 2nd Primary Bedrm option w/3pc ensuite. 2 more bedrms & 4pc complete this level. Main flr entry w/2pc, family rm w/gas FP & wet bar. Huge game-room, 3 seas sunrm. 3 bedrms & 3pc perfect for kids & guests. Tons of parking, ins&heated 48x20 grg. Very commutable 12 min to MTT Food&Gas, 48 min to perimeter!

NEW!

OPEN HOUSE
MON JULY 1st 1-3PM!
40 Pine Avenue
Matlock
\$145,000

NEW PRICE!

213 Dorchester Ave
Selkirk
\$565,000

NEW PRICE!

49077 Dawson Rd
Richer
\$497,900

1,752 SF ON 2 ACRES!

52 Thurston Drive
Ste Anne
\$510,000

SPACIOUS BUNGALOW!

233 Manchester Ave
Selkirk
\$364,900

1,472 SF BI-LEVEL!

29 Main Street
St. Eustache
\$479,900

BEACHFRONT!

1226 Twin Lakes Beach Rd S,
Woodlands
\$1,200,000

RIVERFRONT!

5 McNish Lane
Manigotagan
\$649,900

HOME & BUSINESS!

365 A Eveline Street
Selkirk
\$445,000

VACANT LAND!
16 Greening Ave, Libau
\$58,995 | 100' x 120'
201 Edith Ave, Petersfield
\$39,900 | 75' x 140'
15 Wedgewood Pl, Gimli
\$46,700 | 53' x 120'
410 Greenwood Ave, Selkirk
\$80,000 | 50' x 129' *PENDING
14 Laurelyn Cve, Petersfield
\$89,900 | 1.40 Acres
9 Fuller Rd, East Selkirk
\$109,900 | 2.20 Acres
0 Road 74 N, St Clements
\$265,000 | 65.32 Acres

PENDING!

85135 Road 36 E
Brokenhead
\$199,900

SOLD!

19 Harry Waytiuk Dr
East Selkirk
\$599,900



ASHLEY DOUGLAS, REALTOR®

Call or Text 204.485.4051

Contact me for all of your real estate needs!

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NEW!

69 Palmer Pl, Sandy Hook
\$299,900

NEW PRICE!

817 Hall Rd, Petersfield
\$400,000

NEW PRICE!

503 Tallie Ave, Petersfield
\$239,900

4.42 ACRES!

73052 Joseph St. Clements
\$195,000

35 ACRE CREEK PROPERTY!

705 CIL Rd, St. Clements
\$930,000

SOLD!

501 Moody Ave, Selkirk
\$299,900

PUNCH AWAY!
ON CANADA DAY

11AM - 9PM
JULY 1ST
MONDAY

12 CHANCES TO WIN!

Twelve lucky winners will have a chance to win a Yard Care Package, \$1000, Hotel Packages, and more!



DETAILS AT SOUTHBEACHCASINO.CA