



The Selkirk Record

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Vaccination celebration

RECORD PHOTO BY BRETT MITCHELL

Pictured: Sean, Tanya, Malian, Liam and Gracin Monkman with Selkirk's new Super Heros COVID-19 vaccination sign. The City of Selkirk put up two signs at Queen's Park where residents can go to celebrate getting vaccinated.

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COVID restrictions lessen for area restaurants

Restaurants able to open patios at 50 per cent capacity and indoor dining at 25 per cent

By Katelyn Boulanger

Manitoba's restaurant businesses have had a difficult time adjusting over the COVID-19 pandemic with the changing restrictions making future business decisions very difficult for the whole industry and while David Truthwaite, owner of Gaffer's in Lockport, is glad to have customers back in the building, he wishes that the provincial government would've given him more notice.

Right now, though he is able to open up Gaffer's once again, he is struggling to find the staff to keep it going.

"They get disillusioned. They go and work in a different industry. They go find something that has not been or in the future will most likely will not be as impacted by something like this," said Truthwaite.

He's also struggled with directions from the provincial government, which he says have been partial or incomplete which have left him and others in the restaurant industry feeling like yo-yos.

"We were told on [June 23] that we can open on [June 26]. Meanwhile, for the last month, or we were told in July 1 would be the day that they will be considered. So, you know, everybody that I know, in the game, has been caught short with the announcement," said Truthwaite.

He was luckily able to get Gaffer's open for customers by that June 26 opening deadline, however he says that he and other restaurant owners have already lost half of their main summer earning season this year.

Manitoba's current regulations for indoor dining say that patrons seated together must be from the same

household unless all patrons at the table are fully immunized. Patrons who are fully immunized and from different households may dine together. For outdoor dining, tables are limited to a maximum of 8 patrons and can be from different households regardless of immunization status.

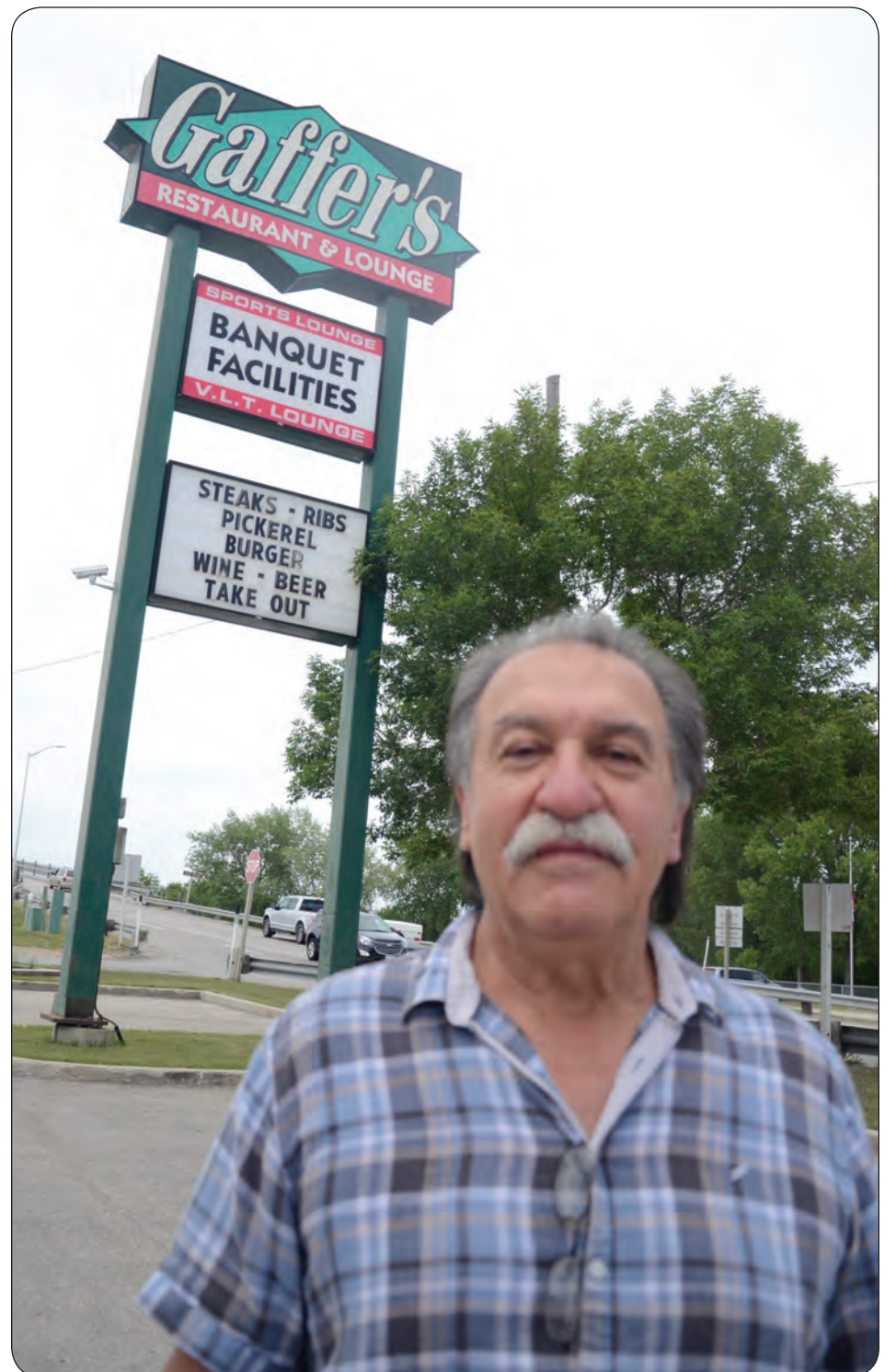
"We don't know what the vaccination documents look like. My staff don't know what double vaccination documents look like. We don't have the mechanisms in place. We don't have the procedures in place to handle a procedure that no one has really explained to us," said Truthwaite.

He's most looking forward to just having people back in his place of business.

"The personal interaction with people. We're in the hospitality business that's what we do. We have one on one personal interactions with our customer base. That's why take-out for us, it's a different animal because that's not what we do. We don't make food and put it in a box or a bag," said Truthwaite.

He can't wait to be able to provide the personal dining experience that Gaffer's and other similar restaurants in our communities haven't been able to.

"We're very happy to finally have the opportunity to reopen our location to our supporters and the general public. I'm sure that many of the local businesses in the area are happy to be able to provide personal services as well," said Truthwaite.



RECORD PHOTO BY KATELYN BOULANGER

David Truthwaite, owner of Gaffer's in Lockport, is glad to have customers back in his restaurant.

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LSRCSS renames cafeteria after prominent Selkirkian

The renaming honors Murray Sinclair prominent Indigenous leader and retired senator

By Sydney Lockhart

The Lord Selkirk Regional Comprehensive Secondary School has renamed its cafeteria room the Senator Sinclair Commons in recognition of former student the Honourable Mr. Justice Murray Sinclair.

"Murray Sinclair is such an important, significant figure in reconciliation in this country, to know he's from our school, to know that this significant person is one of us, is from Selkirk, I think it was a no brainer that we should be celebrating," said Kevin Lopuck, Social Studies Department Head for the school.

The new name has been placed above the doorway where students will walk past it every day as they go to eat lunch together. The name change was supposed to happen sooner but was postponed due to the pandemic.

"I don't think Indigenous kids did see themselves a lot in the school, that got us to think about renaming maybe the social studies hallway or something like that and at this point the school division kind of got on board and said, 'Well why don't we rename the cafeteria for him,'" said Lopuck.

Sinclair grew up in Selkirk and graduated high school in the com-



The Murray Sinclair mural at the comp.

RECORD PHOTO BY KATELYN BOULANGER

munity, before the Lord Selkirk Regional Comprehensive Secondary School was built, he then went on to be a voice for the Indigenous people of Canada.

He was the first Aboriginal judge in Manitoba to be appointed to the Associate Chief Judge of the Provincial Court of Manitoba. For the Manitoba Human Rights Commission, he also

served as legal counsel. He also played a vital role in the Truth and Reconciliation Commission of Canada.

"I had one kid, one student who asked me when we watched the video, he said, why aren't we naming the school after him. So, you know, that was an interesting comment coming from one of my grade 10 students," said Lopuck.

Kevin Lopuck's YouTube channel. He said that the naming of the cafeteria has been well received by students, staff and parents of the school.

"This is a real honour that is being bestowed upon me and I am so glad to be a part of this because I have a strong connection to Selkirk having grown up here," said Sinclair, "Home is a concept that is very important to me, you will find yourself at some point in your life recognizing that," Sinclair said in the video.

"A cafeteria of this type is an important opportunity for you to form relationships with each other to form friendships, to learn about not only this community but about the role of this community and the world," he said.

The cafeteria is not the only part of the school dedicated to Sinclair; a mural also decorates a hallway with a portrait of Sinclair.

Sinclair has been unable to spend time with students as was planned as part of the dedication but Lopuck is hopeful that this might be able to happen in the future.

A dedication video that includes a message from Sinclair himself can be found on

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PASS passing out awards at LSRCSS

By Katelyn Boulanger

The Promoting Aboriginal Student Success (PASS) program at Lord Selkirk Regional Secondary School honoured some of those who have contributed to the success of students this year by continuing the annual tradition of presenting outstanding achievement awards.

This year Steve Grahame, director of the Lord Selkirk Education Centre, received the 2021 PASS Crystal Educational Leadership Award and Bucky Anderson, local Métis leader, culture and heritage minister for the Manitoba Métis Federation, and creator of the famous Métis Music Van received the 2021 PASS Crystal Community Leadership Award. Also recognized, were Ruth Christie and Bill Ballantyne who received PASS Honorary Elder Awards.

"I just want to commend our award recipients here, especially Mr. Grahame, and also Bucky. You two here play an important role and I want you to know that that you're recognized for all your hard work that you're doing and making that difference not only for Indigenous students but for students in general. So thank you for that," said Steve Richard Indigenous Student Advisor/Counsellor for the Lord Selkirk Regional Comprehensive Secondary School.

Grahame received his award first which was presented by student Layne Taylor.

"It's always just been a pleasure working with the community of Selkirk and it's something I've really enjoyed and I'm just really honoured and humbled to have this award. I was not expecting it," he said.

Anderson stepped up to the plate next accepting his award and receiving thanks for all the joy that he brings to young people with his Métis Music Van which was a great way to spread cheer and Métis culture when social distancing has been needed this past year.

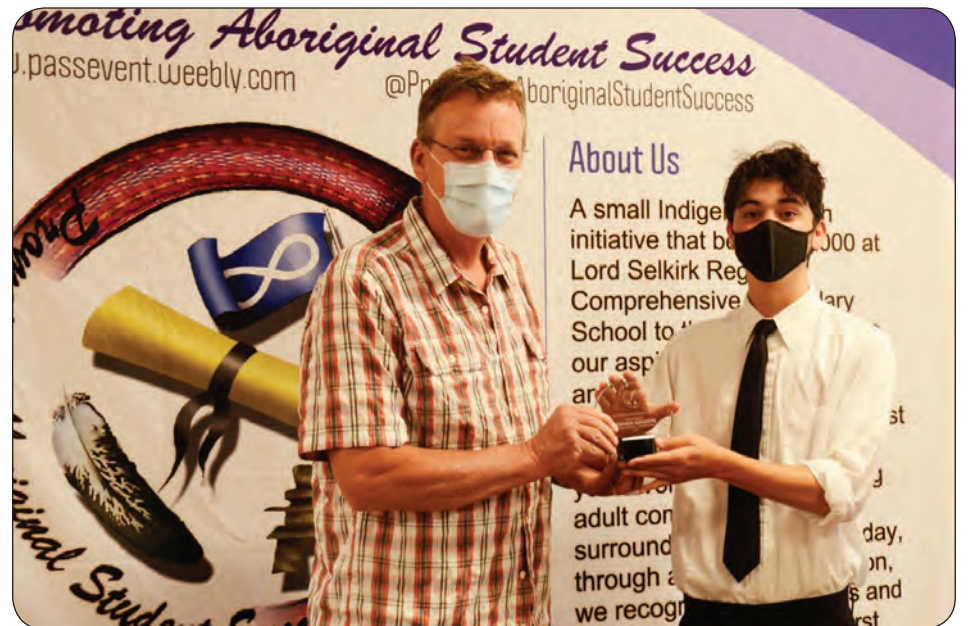
"It's just a fantastic response that I get [when driving the van] and all the positive response I get on Facebook, I just can't say enough and this gives me inspiration to keep going. I know that we're doing the right thing," said Anderson.

Next, the elders received their awards in recognition of their leadership and mentoring efforts as well as the sharing of the cultural aspect of who they are with this generation of students.

Christie who is a staple in our community in and out of the high school shared her secret to success when she stepped up to accept her award joking that every time she meets with young people she steals their energy.

Ballantyne then stepped up and used his speaking time to remind the school's educators of the importance of continuing to make sure that Indigenous history and culture are taught to our students.

"You are educators, change that. Change, help and have the compassion to change those things. Most of



RECORD PHOTOS BY KATELYN BOULANGER
Steve Grahame receiving his award from student Layne Taylor.



Elder Ruth Christie receiving her PASS Honorary Elder Award.



Bucky Anderson expressing his thanks for the encouragement and support.

the [Indigenous] kids that have that have come here. It's hard for them because they say, 'Well, there's nothing there for us.' There isn't really anything. We have to learn about European history," he said.

Richards agreed that keeping Indigenous culture alive for students in the

LSRCSS was something they would continue to do.

"We have some really strong people here. We will continue on in keeping our culture, our language, our identity and we're going to pass that on to our children," he said.

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COVID super heros spotted



RECORD PHOTOS BY BRETT MITCHELL AND BILL NEWZMAN SMYTH

Residents are in luck if they want to celebrate getting their COVID-19 vaccines as the City of Selkirk has put up two signs in Queens park that allow you to take a snapshot after getting your shot. The Selkirk Super Heros or the Selkirk Covid Taskforce interactive signs show support for all health care and front line workers who've gone above and beyond throughout the pandemic. Pictured: (left) Jagroop and Panthbir Prab and (right) Ian and Wanda showing their support.

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Vaccine town hall allows doctors to answer residents questions

What we know and don't know about COVID vaccines

By Katelyn Boulanger

Residents were invited to tune in to four vaccine town halls last week where Manitoba doctors answered submitted questions. On June 23 a town hall for all took place hosted by Ace Burpee with questions about allergies, pregnancy, vaccine effectiveness and much more.

This article is a summary of some of the questions and answers that took place.

Q - How effective are these new vaccines at preventing COVID infections?

A - "The latest study that I've seen has come out just about a week ago from England. Public Health England reported on their real world data, when they would have had the original strain and some of the variants going around, especially that delta variant, and what they found was that if you had two doses of the vaccine, and they had Pfizer, and they had Astra-Zeneca, if you had two doses of the vaccine, it was over 90% effective in keeping you out of hospital if you got COVID-19," said Dr. Gigi Osler.

Q - If the vaccines are effective then why to the fully vaccinated still need masks and why can't they gather indoors?

A - "Manitoba is starting to reopen and what we're going to see over the next few weeks or months is this, sort of, rolling, reopening. As cases of COVID-19 go down, as hospitalizations go down, as more people get vaccinated, and especially with two doses, we are going to see more of Manitoba reopen up. So, more people indoors, more things opening up and Ace you're absolutely right, it is a bit of a moving target. I for one, I'm really happy to see our numbers come down, our vaccine rates go up, and Manitoba start to reopen," said Osler.

Q - Does anyone keep track of how many people get COVID-19 after being fully vaccinated?

A - "When you hear those numbers, the case numbers each day, it looks like it's about one in a thousand, who are fully immunized. Those are the people who are in that case count that you hear about daily or so in the press and a very small number of those people, those fully vaccinated people, are actually finding themselves in the hospital," said Dr. Alex Singer.

Q - How do we know these vaccines are safe not just in the next day or two but in the long term?

A - "We know, the vaccines are safe from a trial perspective, because

even though the trials have been very quickly over the year, there has never been a medical trial that took this many patients into account and with worldwide collaboration. So, we know the safety is there. The other thing that we are comfortable with [is] the long term effects here. These are not new technologies. I don't know if people know there's been other mRNA vaccines is under trial as we speak, and have been in the past. So, with that previous vaccinology knowledge and the fact that we have the safety data from the trial, we are, as physicians, we are comfortable saying this is the safe vaccine," said Dr. Amila Heedeniya.

Q - More than one person has written in saying they've heard that many people have died from taking the vaccine and they have cited the vaccine adverse event reporting system. What is that reporting system? Is this true?

A - Dr. Chrystyna Kalicinsky explained that the vaccine adverse event reporting system is an American system where adverse reactions can be reported and that she would speak to the Canadian data as Canada has a similar system called the Canadian Adverse Events Following Immunization Surveillance System which is completely publicly accessible online. This system reports events according to age, gender and severity.

"The actual adverse events that are listed as severe are definitely the absolute minority. And also, if you look at the numbers, even within Canada, the huge number of vaccines administered and you take that into context with what you see on that site, you can see how very small those kinds of serious adverse events are," she said.

Q - Speaking about the opening of vaccine access to Manitobans ages 12 to 17, how can these vaccines be safe for children?

A - Dr. Singer acknowledged that the World Health Organization is not recommending that children get vaccinated yet as they are waiting for feedback from trials and when they have that additional information they will make their decision.

"What we know, from vaccines in general is, we know that they have a very high safety profile on children. We don't see issues in general in vaccines and children. What we know about the COVID vaccines is that they appear to be very, very safe in adults. So, we don't see any safety signals that make us think there's any particular reasons why they wouldn't

be safe in children and we think that they're probably going to be effective in children, in part, because they're so effective in adults," said Singer.

Q - I'm worried about my adult son getting the vaccine. He is 22 and there's now a possibility that he will get myocarditis. Is this as bad as it sounds?

A - Dr. Heedeniya first explained that myocarditis and pericarditis which are swelling in the heart muscle and the lining around the heart. He said that they are uncommon but are usually caused by different reasons such as viruses, including COVID, autoimmune diseases, medications and sometimes the cause remains unknown.

"We are not really exactly sure if the number of cases we are seeing is higher than the normal number of pericarditis cases we are seeing. But, that said, we are, at this point, reading this as a potential side effect of the COVID-19 vaccine. Let's talk a little bit about numbers. The most recent numbers that came today from the US showed with the very, very rare side effects of pericarditis [as] 12.6 cases per million doses administered. So, if you compare that to the pericarditis cases we have seen in COVID-19, there was one study that can think of that looked at the younger adults that

got COVID-19 [and] the number was 2.3 per cent. That means one in 50, young, healthy adults," said Heedeniya.

Q - Are there risks of getting the vaccine if you are pregnant or breastfeeding. Also, are there any connections between vaccines and miscarriages?

A - "At this point in time, while we still have the randomized control trials going on including pregnant women, we certainly have a large body of data that is highlighting no signal of harm to pregnancy or increased risk of miscarriages. When it comes to breastfeeding, again, the data continues to build but we do have a recent study that came out that demonstrates that if you look at breast milk four to 48 hours after vaccination, there is no vaccine in the breast milk. So we are not anticipating that the baby is getting exposure to any vaccine themselves," said Dr. Vanessa Poloquin.

Q - Is there any information about vaccines and fertility?

A - "In the past few weeks, we've gotten a number of great publications that have come out that demonstrate that men who get their vaccine compared to men who did not get their vaccine, there's no drop in their

Continued on page 9

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Hydro responds to Consumers Coalition accusations

Submitted by Bruce Owen

Financial information submitted by Manitoba Hydro to the Public Utilities Board demonstrates there has not been a substantial change in Manitoba Hydro's financial circumstances since the last General Rate Application in 2017-18.

The utility today responded to comments regarding the Crown corporation's actual financial results and budget filed with the PUB.

"Our submissions to the PUB provide a comprehensive picture of Manitoba Hydro's actual and budgeted 2021-22 financial position," Manitoba Hydro President and CEO Jay Grewal said. "The coalition groups did not dispute the information we provided that supports this fact.

"It's verging on offensive to suggest we are defying orders by not supplying information we have already told the PUB does not exist," she said. "To be clear, what we supplied will allow

the PUB to answer the question it currently has before it – whether there's been a substantial change in Manitoba Hydro's finances. And we're confident the information we provided clearly demonstrates that there has not been a substantive change since the last GRA."

Grewal said that going forward, the Corporation's long-term financial forecasts will be more informed and comprehensive, with a thorough integration of long-term strategic and operating plans. Those forecasts will underpin the utility's first five-year GRA, which will be filed with the PUB in the winter of 2022-23.

"We are in the midst of identifying, developing and assessing what is required to successfully execute on our long-term strategic vision for Manitoba Hydro, which puts our customers at the forefront of everything we do," Grewal said.

"We are implementing new pro-

cesses and improved approaches that we believe are necessary to prepare Manitoba Hydro to be able to effectively respond to the changing energy landscape of the future and ensure we operate as efficiently as possible, both today and into the future." Grewal added Manitoba Hydro routinely provides the PUB with information on its financial state, including operating and administrative costs, capital projects, and other information to ensure the regulatory body is always aware of state of the organization.

Manitoba Hydro always operates in full compliance of all legislated and regulatory requirements.

"I want to assure our customers that Manitoba Hydro and its employees remain committed to providing them with the affordable and reliable energy they have come to rely on, today and always," Grewal said.

Province reopens biz bridge grant program

Staff

The provincial government is re-opening a bridge grant program designed to help ease the burden on pandemic-stricken Manitoba businesses.

Finance Minister Scott Fielding last week announced the province will provide an estimated \$5 million in support for seasonal businesses, new applicants, and others affected by public health restrictions.

"Throughout the pandemic, our government has been working with Manitoba's business community to provide support throughout this challenging time," he said. "We want to ensure this program includes new businesses or seasonal operations who could not apply for previous rounds of the Manitoba Bridge Grant so they have an opportunity to receive provincial government support."

The Manitoba Bridge Grant program

has provided more than \$291 million to over 15,000 private enterprises, not-for-profit organizations, and registered charities affected by pandemic restrictions since last November.

The program offered four rounds of grants up to \$5,000, with many eligible businesses receiving up to \$20,000 total. In May, the province provided a \$2,000 top-up to nearly 1,800 restaurants to compensate for food waste connected to the closure of dining rooms just ahead of Mother's Day weekend.

Now, the bridge grant intake is open to businesses that did not previously apply, such as new and seasonal businesses that were not operating as of the original Nov. 10 program deadline.

Eligible storefront businesses will receive \$5,000 and home-based businesses will receive up to \$5,000 based on 10 per cent of their most recent cal-

endar year revenues.

Nearly 1,000 businesses may be eligible, estimated Fielding.

The province is also extending the \$2,000 food waste top-up to both new and previous bridge grant applicants that offer prepared food services but did not receive the May 15 deposit, as it was only provided to restaurants. It is now open to other businesses that offer food services, including hotels, bars, and lounges.

"Manitoba's businesses have made great sacrifices to follow necessary public health restrictions and keep all Manitobans safe," said Fielding. "Our focus now is to vaccinate Manitobans so we can loosen restrictions and safely reopen businesses and our economy this summer."

Businesses can learn more about the grant program at www.gov.mb.ca/covid19/programs/bridge-grant.html. Deadline to apply is July 16.

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> VACCINATION TOWN HALL, FROM PG. 7

sperm parameters when they do a semen analysis. We have evidence now that a women who have gotten their vaccine versus women who have not gotten their vaccine, there's no difference in how their ovaries are functioning and looking at IVF outcomes," said Poloquin.

Q – Should people be concerned about getting their vaccine in relation to allergies?

A – Dr. Chrystyna Kalicinsky says that these concerns came out of the first week of vaccine rollout in the UK where there were some anaphylactic reactions reported however as more info has come in and more people have been vaccinated researchers have been able to rule a connection out.

"Individuals [with allergies] are not at increased risk of having an allergic reaction to the COVID vaccine nor are they at increased risk of having any side effects greater than the overall population. So, that's very reassuring. There will be people that happen to have both allergies and reactions. There will be people that have absolutely no allergies, and will have side effects but the reassuring [bit] is that this is no greater in the allergic population compared to the general population," she said.

Q – If someone is taking medication to suppress their immune system or going through chemo will two doses of the vaccine be enough to create antibodies?

A – "We don't know how well patients that are people that are immunocompromised, will respond to the vaccine and there are, as we speak, there are studies within Canada coast to coast multicenter that are working on answering those questions, both in the immunodeficiency ones where their immune system just doesn't work, because that's the way it is, and also those that are secondary to other conditions. Now, that still means that it's still definitely recommended that they receive both vaccines. The vaccines will not give them COVID," said Kalicinsky.

She said this is the reason that they need everyone who can to get vaccinated as whether other people are on chemotherapy or immunosuppressive drugs for a particular condition, they may not be fully protected and so it's everyone else's job to help out those folks.

Q – How was the vaccine approval for COVID-19 vaccines different from other vaccines?

A – Dr. Singer answered this question by explaining that all of the rules and regulations that take place in testing other vaccines were done on the COVID-19 vaccines, however, be-

cause of the urgency of the COVID-19 pandemic these vaccines were able to skip the line and have their data analyzed ahead of other treatments for other illnesses that would have otherwise gone first.

Q – Can you treat COVID-19 with Ivermectin?

A – "Unfortunately, from the data we have so far, there's no real effect on COVID-19. The trials are ongoing. So, of course we are keeping our ears down to the ground as waiting for those results," said Heedeniya.

Q – I have both ethical and faith based concerns about the injection of a product that has been developed using fetal cell lines. Is this true of the COVID-19 vaccines?

A – "So the Pfizer and the Moderna vaccines do not involve fetal cell lines in any part of the production process. So that's really not an issue for those vaccines at all. For the other vaccines, the Johnson and Johnson vaccine and the AstraZeneca vaccines were that is a very small part of it. It's important to know that there's no actual fetal material that is in the final vaccine product and for many of the faith based groups that are that have commented on this, they've looked at the morality, they've looked at all the issues, the pros and the cons, and how the process worked, and where it came from, and all of that. And, they have almost universally ruled that the pros of the vaccination, make it more moral to get the vaccine than to avoid it," said Dr. Jennifer Potter.

Q – Can you get the vaccine from your family physician?

A – Dr. Potter said that sometimes you can but you would have to talk to your doctor specifically to see if they have vaccines available. She also recommends that you talk to your doctor about any questions that you might have about the vaccine and how it specifically relates to your health.

Q – Should someone go for a check-up before they go get their vaccine?

A – Dr. Potter said that it's not routinely needed but if you have questions you should talk to your personal doctor.

Q – Why can't people choose what vaccine they get?

A – "It is mostly a supply issue and what's available at a given time. Because this is a worldwide rollout, everybody is trying to get these vaccines around the world. The manufacturers are trying to get them out as quickly as they can and sometimes it's just an issue of what do we have at this particular moment," said Potter.

Q – How are children ages 12-17 allowed to make their own decision on this vaccine?

A – Dr. Potter said that isn't just something that affects vaccines but medical care in general and if people are competent to make their own decisions, they're allowed to do that.

Q – How can people get a second dose of the AstraZeneca vaccine?

A – "Right now it is a bit of a supply issue. So the supply of the AstraZeneca vaccine in Manitoba is limited, and is currently being used for second doses for people who got AstraZeneca as a first dose, who cannot get an mRNA vaccine as their second dose for specific reasons," said Osler. She says people can check for updates at the province's vaccine website and the Doctors Manitoba website which are both updated regularly with this kind of information.

Q – Is it safe to mix vaccines?

A – "The short answer is completely fine to mix and match as long as the immune response is the same," said Heedeniya.

Q – How effective are vaccines on variants of concern?

A – "It depends on which variant of concern you're talking about. Looking at the mRNA vaccines, and even the other viral vector vaccines, the overall effectiveness of reducing severe infections, hospitalizations, and deaths still work, even with the variants. So that's the good news. You might be at a slightly higher risk of getting the infection,

even if you're fully vaccinated if you get exposed to some of these variants of concern, but remember, with the vaccine, we're trying to achieve three things. One thing we're trying to reduce the risk of infection, and if you do get infected, we want to reduce the risk of you getting symptomatic. And if you do get symptomatic, you want to reduce the risk of you having to go to a hospital," said Heedeniya.

Q – How long will the COVID-19 vaccine last and will we need boosters?

A – Dr. Singer said that we will know more about this in the coming months and years but that studies are already underway looking to see if you can detect antibodies six months, one year, two years out. We will also know that people need a booster if people start to come into the hospital again with COVID-19 after we get vaccination numbers up.

More information as well as a recording of the town hall can be found at <https://www.manitobavaccine.ca/> which is run by Doctors Manitoba and is independent of the government COVID-19 website.

Notice of Environment Act Proposal

Manitoba Conservation and Climate has received a proposal pursuant to The Environment Act regarding the following operation and invites public participation in the review process:

RURAL MUNICIPALITY OF ST. CLEMENTS – EAST SELKIRK WATER SYSTEM UPGRADE – FILE: 6114.00

An Environment Act Proposal has been filed on behalf of the Rural Municipality of St. Clements for upgrades to the East Selkirk water system. The upgrades include possible new pumps and other changes to the two existing wells adjacent to the East Selkirk water treatment plant, an expansion of the plant to provide reverse osmosis and nanofiltration treatment, as well as bypass cartridge filtration and increased treated water storage, and a pipeline to provide treated water to a new reservoir at Lockport. Reject concentrate water from the water treatment plant would be discharged to Cooks Creek when ice and flow conditions allow, and to the community's wastewater treatment lagoon during cold and low flow periods. A concentrate water discharge pipeline to the Red River may be constructed in the future. Construction of the upgrades could begin in 2021.

Anyone likely to be affected by the above operation and who wishes to comment on the proposal should contact Bruce Webb, Senior Environmental Engineer, in writing or by email at Bruce.Webb@gov.mb.ca not later than August 1, 2021. Further information is available from the Online Public Registry: www.gov.mb.ca/sd/eal/registries

Information submitted in response to this proposal is considered public information and will be made available to the proponent and placed on the public registry established in accordance with Section 17 of The Environment Act.

Environmental Approvals Branch Manitoba Conservation and Climate

1007 Century Street
Winnipeg MB R3H 0W4
Toll Free: 1-800-282-8069
Fax: 204-945-5229

Website: www.gov.mb.ca/sd/eal/registries



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Safe Workers of Tomorrow Fishing Derby registration opens

The fundraising derby starts July 26

By Sydney Lockhart

Safe Workers of Tomorrow is hosting a virtual fishing derby this summer to help raise funds to continue educating youth about safety in the workplace.

This is the third fishing derby that they have held, but the first to be held virtually. In the past, they have had around 10 participants but are hoping that the virtual aspect of this year's event will encourage more people to participate across the province.

"If you catch a fish anywhere in Manitoba you take a picture of it measured and send us the details and then we'll see who wins, that's pretty simple," said Peter Reimer executive director of Safe Workers of Tomorrow.

The cost to participate is 15 dollars unless you are under 18 in which case it is free to register.

"The way we're doing now is even better [this year] because more people can join. If they're up north or if they're not from Winnipeg, they can participate as well," said Reimer.

He said that about 15 per cent of workplace injuries in Manitoba every year are young workers, and hopes that they not only raise money, but spread awareness with the fishing derby.

"This is a fundraiser to help expand our reach across the province. We're funded primarily by Workers Compensation Board, before COVID we were reaching about 55,000 students a year," he said.

The derby will take place from July 26 to August 8, however, registration is currently open.

"The aim of our organization is to reduce the number of injuries and deaths to young workers in the workforce. So, as you can imagine, seeing that many people in person takes a lot of time and effort, especially travel outside of work," said Reimer, "And, the fundraising for us is a way to increase the scope and reach of our presentations."

The derby will be catch and release anywhere in Manitoba, but a valid fishing license is required. The prizes are yet to be determined but submitting additional nature photos along with photos and measurements of fish can enter you in a chance for additional prizes.

"We're still looking for sponsors so the last couple years has been big prize baskets. We'll see what we get donated and what we can buy this year," said Reimer, "We're hoping to get a lot more participants this year especially because it's virtual."

He said the competition is for all ages and skill levels, and that they hope some inexperienced anglers take this derby as an opportunity to get outside this summer.

"Young workers who are new to the job are four times more likely to be injured so we want people to be aware that young workers are vulnerable, and that education helps reduce injuries and that's our main goal here," said Reimer.

To register and help fund Safe Workers of Tomorrow's presentations and training phone 204-770-9936 or email erik@workersoftomorrow.com.



RECORD PHOTO SUBMITTED

Last year's safe Workers of Tomorrow held an in person fishing derby.

Homeowners can expect cheques soon

More than 244,000 education property tax rebate cheques distributed to Manitoba municipalities with June tax deadline

By the Government of Manitoba

The Manitoba government has completed mailing approximately 244,426 education property tax rebate cheques to owners of residential, farm and commercial properties in municipalities with a June 30, 2021 property tax deadline. Rebates valued at more than \$146 million were sent to property owners in Winnipeg, Brandon and Dunnottar.

As part of the provincial govern-

ment's education property tax phase-out, property owners in municipalities across Manitoba will receive a cheque in the month property taxes are due, from June through December 2021. Tax deadlines are determined by each municipality's bylaws. Manitobans do not need to apply for the rebate as the province will calculate the amount and mail cheques before the municipal property tax due date.

The cities of Dauphin, Selkirk and

Portage la Prairie are among the municipalities that have set tax due dates at the end of July, so rebate cheques will be sent to property owners in those areas before the end of next month.

Budget 2021: Protecting Manitobans, Advancing Manitoba committed to providing \$248 million in education property tax rebates to the owners of approximately 658,000 eligible properties, based on municipal assessment information. In 2021, residential and farm property owners will receive a 25 per cent rebate, which will increase to 50 per cent in 2022. Other property owners will see a 10 per cent rebate this year. The average rebate will be an estimated \$1,140 per property for

2021 and 2022.

Depending on the municipality, owners of multiple properties may receive one combined rebate cheque. Property owners with questions about property tax due dates are encouraged to contact their local municipal office.

An education property tax rebate calculator is now available online so property owners can calculate their 2021 rebate once they have received their 2021 property tax statement. To use the calculator or learn more about Manitoba's education property tax rebate, visit www.manitoba.ca/education/propertytax.

150th anniversary of Treaty No.1 signing August 3

The commemorative events will take place via livestream for the public to take part in

By Sydney Lockhart

Treaty One Nation and Parks Canada along with Treaty Relations Commission of Manitoba and Treaty One Development Corporation have started a countdown to the 150th anniversary of the signing of Treaty No.1.

"The purpose of the content is to build awareness and understanding for what Treaty No.1, and other treaties are all about, from various perspectives. So, there'll be stories, there'll be oral histories, they'll be probably some cultural teachings," said Terrie Dionne superintendent for the Manitoba Field Unit for Parks Canada.

On the Treaty One Nation website videos and information will be posted in the weeks leading up to the commemorative ceremony on August 3.

"We're encouraging people to check back to the website on a regular basis or to follow along," said Dionne.

On August 3 there will be a commemorative ceremony at Lower Fort Garry with invited guests from members of the Treaty One Nation communities, some provincial and federal government representatives as well as Parks Canada.

"There will be a series of ceremonial kind of activities then there will be some speeches and there will be some traditional activities that happen on site," she said.

The event will be livestreamed on the anniversary so that those who are not invited can still participate. Peguis First Nation, Sagkeeng First Nation, Brokenhead Ojibway Nation, Roseau River Anishinaabe First Nation, Long

Plain First Nation, Sandy Bay Ojibway First Nation and Swan Lake First Nation are the First Nations that are represented by Treaty One Nation.

"Lower Fort Garry National Historic Site was the location where Treaty No.1 was negotiated and signed with the Ojibwe and Swampy Cree people and the crown. So that is why we're involved," said Dionne.

According to the Treaty One Nation website, live at Lower Fort Garry will be Wab Kinew and Emilie McKinney as the emcees followed by a pipe ceremony, Oyaate Techa Honour Riders, opening remarks by Treaty 1 Nations and invited dignitaries, Treaty No. 1 nation flag raising, Treaty No. 1 memorial unveiling and a Treaty No. 1 exhibit.

"Treaty No.1 was the first of 11 treaties that followed, and they improved upon this release, as they went and we have an opportunity through reflecting on treaty number one, each year to understand what they meant

and what they continue to mean today," said Dionne

In the afternoon of August 3 there will also be a live event at Naawi Oodena with emcee Ray "CoCo" Stevenson followed by the grand entry, invited drum groups, an Inter-tribals, honour song to recognize residential and Indian Day school survivors and 60's scoop survivors.

"Parks Canada and our Treaty One partners have been collaborating on this event for almost two years, and while the plans have had to ebb and flow along with COVID guidelines, our collective goal has been and continues to be a commemorative event that is both meaningful and memorable," said Dionne

She said Parks Canada hopes that people take advantage of this opportunity to learn about Treaty No.1.

Lifeline service scam calls in area

Free service offers often a way to sell residents other products

Submitted by Selkirk Lifeline

Selkirk Lifeline has received reports that another company has been randomly calling individuals and saying they may qualify for a free medical alert service.

Many mistakenly believe this is Lifeline calling.

As always with these type of calls, it's recommended that you do not share any credit card information over the phone.

The lure of qualifying for a free medical alert service is usually a way to sell residents another competitive service.

Just hang up if you are not interested in what they are selling or if the deal sounds too good to be true.

Selkirk Lifeline:

- Does not collect credit card information over the phone for service calls.
- Never solicits seniors through the phone book, third party list, or uses telemarketing techniques to sell their service.
- Never shares their subscri-

ers' personal information to third party vendors.

Remember, if you ever have any concerns about the legitimacy of a call you receive regarding Lifeline services, call Selkirk Lifeline at 204-785-2737 to verify if someone from their office has contacted you regarding a service appointment or offer.

Sixty-one new COVID cases Monday, no deaths

By Ashleigh Viveiros

Manitoba's Public health officials announced 61 new cases of COVID-19 and no deaths on Monday—the lowest daily case number in months and the first time in weeks there have been no new deaths attributed to the virus.

The current five-day COVID-19 test positivity rate was 6.2 per cent provincially and 5.8 per cent in Winnipeg.

There were 1,454 active cases and 53,443 recoveries from COVID-19 at press time. The death count remained at 1,139.

A total of 194 Manitobans were hospitalized with the virus in Manitoba and neighbouring provinces, includ-

ing 61 in intensive care.

Locally, Eriksdale/Ashern leads the way in active case counts with 97, followed by 74 in Fisher River/Peguis, 25 in Powerview/Pine Falls, 18 in Selkirk, eight in St. Clements, seven in Northern Remote, Stonewall/Teulon and in the Unknown district, five in St. Laurent and Winnipeg Beach, two in Beausejour and one in Pinawa/Lacdu-Bonnet. Arborg/Riverton, Gimli and Springfield all recorded zero.

The Interlake-Eastern region has lost 45 people to the virus since the pandemic began.

At Monday's briefing, Dr. Brent Roussin, chief provincial public health

officer, continued to sound a note of caution even as restrictions begin to slowly ease.

"We're certainly not out of the woods. We still see the virus here, we still the effects of the virus in Manitoba," he stressed, adding, however, that the plan is to dial back on restrictions in the months ahead as more Manitobans get vaccinated and the stress on the health care system lessens. "The vaccine rates continue to climb, our numbers continue to trend in the right direction, and so we fully expect to be continue to be able to reopen things over this summer."

Meanwhile, on the vaccination front,

all Manitobans age 12 and up are eligible to book their first or second dose appointments (there must be at least 28 days between the first and second vaccination). Individuals can book online at <https://protectmb.ca> or by calling (toll-free) 1-844-MAN-VACC (1-844-626-8222).

All super sites are currently offering walk-in appointments as well, though the hours and number of available doses daily varies. As of Monday, more than 1.3 million doses of vaccine has been administered in Manitoba, representing 72.9 per cent of eligible people with at least one dose and 38 per cent with two.

Gwen Fox Gallery delights with July exhibit

Creative artists bring their art to the gallery in July

By Katelyn Boulanger

Though artists at Selkirk's Gwen Fox Gallery didn't know if they would be able to exhibit their work until late last week, the creativity displayed this month will not disappoint with a colourful selection of pieces that would bring a smile to any art lover.

Alain Cayer

Cayer is a woodturner, leatherworker and resin artist from Selkirk who makes a variety of pens, knife handles, knife sheaths, wine stoppers and game calls.

"I grew up South of Montreal, around Sherbrooke, Quebec and that was a family trade carpentry. So learning to do woodworking was part of that," said Cayer.

He learned his craft from his father and grandfather who mostly made pressure fit furniture but has expanded making the materials such as cast resin and stabilizing local woods that

he turns into the items that he makes. He even salvages items like broken second-hand watches and circuit boards, which he incorporates into his fountain, calligraphy and ballpoint pen designs.

"I tried to do as much local stuff in environmentally friendly materials as I can," he said.

His ideas and designs come from whatever pops into his mind but he doesn't discount social media, which he says can be a very good place to get ideas that you can adapt in your own way.

He would like people that are interested but haven't yet taken the plunge into woodturning to not get discouraged.

"It's not as difficult as what people think and to not to get discouraged either by the cost of tools. You know what I find? I belong to the Woodturner's Association of Manitoba and a lot of woodturners will say if you don't have an expensive lathe, you're

not a woodturner but you don't have to [have the best tools] just start at the bottom and learn and just grow into it," said Cayer.

Sandra Artimowich

Artimowich is a mixed media artist that has acrylic, watercolour, wax, resin and beads incorporated into the art that she's displaying at the gallery.

Many of the pieces that she's displaying this month are a mixture of acrylic with resin on top creating texture.

"I call it touchable art because you can actually feel it and then I don't

worry about the oils from people's hands and stuff because it is it is completely covered with resin epoxy," she said.

Her artistic talent started when she was very young painting Ukrainian eggs with her mother and grandmother which she feels gave her a very good start in colour theory.

"I learned very young, hues, the values of paint, the colours, how to mix them, how to bring out the bottom colour," said Artimowich.

Living in the Sage Creek area and never leaving home without her sketchbook means that Artimowich never ceases to find beautiful wildlife



RECORD PHOTOS BY KATELYN BOULANGER

Suzanne Barrow with one of her sky paintings.



Alain Cayer with a selection of his custom made pens and game calls.

A campaign graphic for James Bezan MP. It features a large red maple leaf with the words "HAPPY CANADA DAY" in white. Below the leaf is a portrait of James Bezan, a man in a suit and tie, smiling. Underneath the portrait is a red and white banner with "JAMES BEZAN MP" and a small Canadian flag. Below that is a blue banner with "SELKIRK—INTERLAKE—EASTMAN".

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to sketch and incorporate into her latest art piece.

"What inspires me is just nature, people around me doing different things," said Artimowich.

In addition to her own art, she shares art within the community as an acrylic painting teacher to students of all levels.

"My encouragement would be to anybody who's always wanted to, never be fearful that you can't do it. Everyone is an artist. They're just on different levels of artistic talents," Artimowich said.

Cynthia Flett

Flett who is a teacher in a Winnipeg school, but lives in Selkirk, describes her art representing teachings that she receives and stories from her students in a way that honours the woodland style, but is interpreted through her own contemporary style.

"During the quarantine, I decided that I would start doing acrylic painting again. So I have a stack of sketchbooks, and every time I receive a teaching, or student tells me a story that intrigues me about their lives, I sketch it. It's like my visual diary. So finally, I decided that I would take time again, to take those sketches that are like my visual diary, and interpret them," said Flett.

Her start as an artist and an art teacher came from the same place when other students enjoying her elementary school artwork asked to have it to take home. Flett wanted to keep her work and so she offered to teach her classmates how to make their own versions.

The advice that she gives to all of her budding art students is that to be an artist you have to be brave.

"And you have to be willing to take

creative risks. And you have to be because art is so subjective. And you can't worry about the opinion of one person because you have to love it, and you have to make it," said Flett.

Suzanne Barrow

Barrow also known as 'the sky lady' is an artist from Gimli that paints abstract acrylic art as well as prairie skies in oils.

She's been painting since 1995 when she was looking for a way to get herself outside of her home more despite not being a fan of the winter temperatures.

Her main inspiration is, of course, wanting to share the beautiful skies that you see in our part of the world.

"I like them to see what Manitoba has, our prairie landscapes, our skies are amazing. So that's what I want them to feel. The movement, the clouds everything going by," said Barrow.

Her abstract acrylic paintings happen in the downtime between coats of oil paint drying.

Her advice to new artists that want to make art like hers is to purchase the best supplies you can and start learning.

"Start out with paintbrushes, and canvases the best they can afford to buy the best paints you can afford to play and practice and paint every day a little bit. Because that's what I tried. I'm still doing that for all these years," she said.

She encourages residents who weren't able to access the gallery last month because of COVID restrictions who want to get out to check out this month's show.



RECORD PHOTOS BY KATELYN BOULANGER

(Left) Sandra Artimowich with a selection of textural acrylic and resin florals. (Right) Cynthia Flett with a woodland inspired beetle.



Communities in Bloom 2021

The Selkirk Communities in Bloom Yard of the Week and Commercial Property of the Week contest continues to showcase well cared for yards and businesses within the City of Selkirk. If you would like to enter a yard or business, please email ads@selkirkrecord.ca and let us know whose place is looking great!

Yard of the Week: 501 McLean Ave.



Commercial Property of the Week:

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Selkirk Pride



RECORD PHOTO BY BILL NEWZMAN SMYTH

Though Pride month events this year were few and far between because of the COVID-19 pandemic that didn't stop Selkirk from rocking the rainbow. The City of Selkirk now has a beautiful new rainbow crosswalk on Eveline St. and Manitoba Ave. Check out the video of its construction at facebook.com/cityofselkirk/videos/241761890653509/.

West St. Paul concillors take on a wheelchair challenge

By Katelyn Boulanger

It's not often that a resident issues a challenge to their mayor and council but when Michael Alberg saw the West St. Paul Trails Challenge he decided to challenge his municipal council to travel the trails like he would have to in a wheelchair.

"For me, [this was the] perfect opportunity to challenge them, they say that these, the West St. Paul trails are accessible. Give it a try," said Alberg.

He wanted the councilors to understand the struggles that a resident in a wheelchair would face should they be independently taking a wheelchair out of their home and experiencing different terrains and ways that our world is constructed that make going out on your own more difficult for those who wheel rather than walk.

"Some of the sidewalks that we do have mainly around the Middlechurch Home, they've torn all that up and then just laid gravel down and what remains is all buckled. So even the families that want to push their family members around the home, just to take them out for some fresh air they can no longer do that," said Alberg.

He does acknowledge that there are a lot of old sidewalks that have been around for a long time that were built before accessibility standards are what they are now but he hopes that this will spur on improvement in our region.

"If a building doesn't have accessible doorways, for example, they're not required to put in an automatic door but if they make a major renovation to the building, then you have to do that and slowly over time you improve," he said.

Alberg said simple things like curb cuts and paved paths are some basic improvements that can be done if they are not there already.

"The sidewalks should be paved. Putting down gravel makes it pretty much impossible to go down those paths and subsequently, what you end up doing is you have to go on to the road. That becomes a hazard not only for the person in the wheelchair but the people who are driving on the road. They shouldn't have to have another obstacle to contend with. You get to the curb and you can imagine a curb is probably about four inches in height. You can't get down on a curb and that's probably one of the reasons I put up the challenge because until you've actually tried to navigate these

things in a wheelchair, probably you can't understand the reality of going in a wheelchair. Try to maneuver these things and it tends to open your eyes," said Alberg.

Two of the RM's councilors did take him up on his offer. Dorothy Kleiber and Eleanor Link both indicated that this experience gave them an increased appreciation for the experience of wheelchair users in their community.

"I thought it'd be a good thing to do that, because we're designing developments right now and one of the key things that I'm looking for is accessibility because a lot of developers are saying, 'Oh, yeah, you can age in place in our development,' and so when you go and you actually are in a wheelchair, you see what you really need in a development that's going to be truly accessible for people," said Kleiber.

She noted that even things that are to code when it comes to accessibility can still be a challenge such as wheelchair ramps and other things like differences in heights of terrain can cause people to not be able to go places.

Link also noted that wheeling yourself around in a wheelchair is not easy to do when you start out and that things like gravel, sloped pavement and even getting too close to the side of a sidewalk are things that can be challenging.

"I [hope] that the government will be making more grants available to municipalities in the future, so that they can improve the current trails, maybe not the whole shebang, but certain sections, specific select sections might be more important to improve that accessibility," said Link.

She also noted that, though learning more about accessibility will benefit wheelchair users, it also benefits everyone else because it also helps people with strollers, walkers or carts and guides people in where they should walk in order to stay in the safest areas of our communities.

In the future, both councilors said that they would be putting the knowledge that they gained from this challenge to use in making a better community for residents.



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Vaccination targets met, restrictions ease a week early

By Ashleigh Viveiros

The first full weekend of summer started on a high note as Manitoba was able to get a head start on its "4-3-2 One Great Summer" reopening plan.

Manitobans managed to meet the government's July 1 vaccination goals a week early, which meant an easing of some COVID-19 restrictions ahead of schedule.

"This is a good news day for Manitobans," Premier Brian Pallister said at a press conference announcing the new public health orders going into effect last Saturday. "After nearly a year and a half of fighting COVID-19, it's time for Manitobans to start to get some of their freedoms back and enjoy this beautiful summer ... Manitobans have earned that right."

The province had set a goal of having 70 per cent of eligible people at least partially immunized (one dose) and 25 per cent fully immunized (two doses) by Canada Day.

Last week, Manitoba surpassed that with 71 per cent of eligible Manitobans having received their first shot and 27 per cent their second. By press time this week those numbers had risen to 72.9 and 39 per cent.

As a result, restrictions have relaxed somewhat on several fronts.

Manitobans who are fully immunized (two weeks past their second dose) are now allowed to visit fully immunized loved ones in personal care homes or hospitals, participate in social or communal activities if they are a resident of a personal care home or congregate living facility, travel domestically for essential and non-essential purposes outside of Manitoba without the requirement to self-isolate on their return, and dine indoors at restaurants and bars with other fully immunized friends and family from outside their household.

Large-scale, outdoor professional sports or performing arts events may also allow fully immunized Manitobans to attend, subject to approval by Manitoba Public Health.

Meanwhile, all Manitobans, vaccinated or not, are now able to gather in larger numbers (10 people outside on private property, 25 people on public property), dine out in restaurants (with members of the same household if not vaccinated) and on patios, attend faith-based services, and go to gyms, hair salons and retail stores in every region of the province, with some restrictions (full details below).

The orders are in effect until Monday, Aug. 2, which is the date of the province's next hoped-for vaccination

milestone. If Manitoba hits that goal of 75 per cent first-dose vaccinations and 50 per cent second dose before Aug. 2, more restrictions could be eased earlier.

"So book your vaccination appointment," urged Dr. Brent Roussin, Manitoba's chief public health officer, who called this first step towards a return to normalcy a "ray of hope" after months of missed celebrations.

"When people get vaccinated the community transmission is reduced," Roussin stressed. "It protects the individual, it protects the people around them, the people they love, the people they care about. It helps us get back to days like this where we start loosening these restrictions."

"We can protect all Manitobans by each of us getting fully vaccinated."

New public health orders in effect

- Outdoor gathering sizes on private property double to 10 persons and now allow outdoor visitors to briefly access homes for essential activities (e.g. to use a washroom).
- Public outdoor gathering sizes increase to 25 persons.
- Retail businesses can now open with 25 per cent capacity to a limit of 250 people, with no restrictions on the number of household members permitted to shop together.
- Personal service businesses (hair and nail salons, estheticians, barbers, etc.) may reopen at 50 per cent capacity, on an appointment basis only.
- Restaurants and bars can reopen at 25 per cent capacity for indoors and 50 per cent for outdoor dining. For indoor dining, patrons seated together must be from the same household unless all patrons at the table are fully immunized. Patrons who are fully immunized and from different households may dine together. For outdoor dining, tables are limited to a maximum of eight patrons and can be from different households regardless of immunization status.
- Indoor faith-based services and organized community gatherings (pow wows, sun dance ceremonies) can resume at 25 per cent capacity

to a limit of 25 persons. Masks must be worn at all times.

- Outdoor faith-based and organized community gatherings can resume for up to 50 persons, provided distance can be maintained between households. Drive-in services continue to be permitted.
- Outdoor weddings and funerals may take place with up to 25 participants, in addition to photographer and officiants. Indoor weddings and funerals remain limited to 10 persons.
- Indoor dance, music, theatre and other organized sports and recreation activities may reopen at 25 per cent capacity to a limit of five persons, with no tournaments allowed.
- Outdoor dance, music and theatre classes and other organized recreation activities may reopen for groups up to 25 people, with no tournaments allowed;
- Swimming and wading pools, both indoor and outdoor, may reopen at 25 per cent capacity.
- Gyms and fitness facilities may reopen for individual and group fitness classes at 25 per cent capacity with three metres distance maintained between patrons.
- Summer day camps may reopen to a maximum of 20 participants in groups.

Fishing fun



RECORD PHOTO BY BILL NEWZMAN SMYTH

The Red River has been hopping this year as residents get out and spend time relaxing at all of the great fishing spots that our region has to offer.

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Matlock yoga teacher welcomes all ages to join her on the beach

By Nicole Brownlee

A local instructor welcomes people of all ages to join yoga classes to start July 6 at Matlock Beach.

Carley Matkowski has been involved in the fitness community for six years, working as a certified fitness instructor, but she became more interested in yoga in the past year.

"I just really found, like, the love and interest of turning on good music and just being able to stretch," said Matkowski.

"Especially now, it's always busy and chaotic in our world... If you have that time to take for yourself, then it's very beneficial for your health. For your body. For your mind. For everything."

To learn more about the craft, Matkowski attended a 26-day Yandara Yoga Institute course in Baja, Mexico, in January to complete a 200-hour yoga training certification.

"I learned so much and experienced so much, so I just really wanted to bring it into the community," said Matkowski. "Yoga is really for anyone and everyone."

"You can be 90 years old and not be up to move and still be able to do yoga just by breathing, feeling movement in your fingertips... There's no criteria

you need to do yoga."

Matkowski learned about the eight limbs of yoga throughout the course, which are eight areas that yoga focuses on, including yoga positions, meditation, and more.

"Yoga is about some physical, but it's a lot of mental aspects too," said Matkowski. "Like, really learning how to handle a stressful situation or a little anxiety that you have."

Matkowski was forced to return home after her training because of the COVID-19 pandemic, but she soon started offering free, live-streamed yoga sessions through Instagram to continue teaching.

She is also taking additional courses to learn more about how yoga can help people in different environments, said Matkowski. One of the courses she's taking now is called the Prison Yoga Project, which explores the benefits of mindfulness and support through trauma-informed yoga.

"[Yoga is] just really about getting people to think like into their body and just be in that moment of peace without chaos, without thinking about what's going on around them, just really being present."

Matkowski hopes to continue work-



RECORD PHOTO SUBMITTED

Carley Matkowski demonstrates a tree pose in this photo taken in Costa Rica. She will be teaching yoga classes on Matlock Beach starting July 6.

ing towards offering more accessible yoga classes.

Matkowski's yoga sessions will be taught on Tuesday and Thursday mornings from 7 a.m. to 8 a.m., July 6

to August 24 at Matlock Beach. To reserve a spot or to learn more, contact Matkowski at colorcarley@gmail.com.

Gimli Film Festival fun

By Tyler Searle

Filmgoers can look forward to on-demand streaming, filmmaking workshops, and a new drive-in theatre at the 21st annual Gimli Film Festival (GFF).

Organizers have extended the customary five-day festival for two weeks between July 12 and 25.

Attendees can expect a predominantly virtual format for the second year in a row, but fest staff added features to make the event more interactive, said Communications Coordinator Drew Jensen.

New this year, the fest is offering a late-night drive-in experience in lieu of its flagship RBC Sunset Beach Screenings.

The RBC Sunset Drive-In Movie Theatre will be a temporary installation in Gimli's Pavilion Park.

The theatre will screen six films between July 21 and 25, including a special midnight showing of Steven Kostanski's cult-horror, *Psycho Goreman*.

Other films include the comedies *Indian Road Trip* from Allan Hopkins (*Smokesignals*) and *Golden Arm* from Maureen Bharoocha. A documentary from Lance Oppenheim called *Some Kind of Heaven*. And Carlos López Estrada's *Summertime*, an ambitious

drama set in L.A.

Tickets to the drive-in cost \$15, and space is limited, so festival staff are employing a lottery registration. Registration opens July 3 at noon, and the first 200 people to sign up are guaranteed a ticket—everybody else will enter in a draw to secure a spot.

Also new this year is the Super Pass.

For \$90, attendees can enjoy unlimited access to more than 100 films on the GFF On Demand streaming service, five filmmaking workshops, and an invitation to a VIP reception on opening night.

The reception takes place on an interactive web service called Gather and will feature a virtual replica of Gimli. Using digital avatars, Super Pass holders can tour the town and interact with other filmgoers.

A Regular Pass for the fest costs \$70 and grants access to 20 films on demand. Individual tickets are also available for \$8 apiece.

An early-bird discount of \$10 is available to anybody who buys a pass on or before July 1.

Tickets to the drive-in are not included with the purchase of a pass.

People can get passes and tickets or review the full film lineup online at <https://gimlifilm.com/>.

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Fresh veggies good for the community and the body

By Nicole Brownlee

A Winnipeg Beach produce vendor offers garden fresh vegetables and flowers to encourage community members to shop locally.

Tiffany Nykolyshyn and Will Kingdon launched Even Hand Farm in early June. The same day the couple created the farm's Facebook page, they started receiving messages asking about their vegetables.

"It's been really crazy," said Nykolyshyn with a laugh.

One of their key goals is to grow their products with organic, eco-friendly practices, said Nykolyshyn.

"We want to provide locally grown vegetables to our community in a sustainable fashion," said Nykolyshyn. "[Buying local] supports your local economy and your community members and neighbours."

On their eighth of an acre in Petersfield, Nykolyshyn and Kingdon use physical barriers for pest control, companion planting, crop rotation, and other strategies to keep their garden as natural as possible.

"We want to work with nature, basically, and not against it," said Nykolyshyn.

Creating something like Even Hand Farm has been a constant goal for Nykolyshyn for years.

"I went to school with this idea in mind," said Nykolyshyn who graduated from a horticulture program at Assiniboine Community College. "I wanted to build a foundation to eventually run a small farm and provide vegetables for the community."

Nykolyshyn has spent the past six years researching, learning, and practicing sustainable methods while waiting for the opportunity to make her dream a reality.

For their first year, Nykolyshyn said they want to focus on produce that has a quick growing cycle.

"Stuff that goes into the ground and then comes out of the ground pretty quick, so that we're constantly planting all summer long and we have a constant flow of vegetables," said Nykolyshyn.

Even Hand Farm offers herbs, leafy greens like swiss chard and arugula and will supply kale, peppers, and tomatoes nearing the end of summer.

Nykolyshyn and Kingdon will visit farmers' markets to meet community members while organizing their online service throughout the season.

"What I really want to focus on is doing an order to pick up option," said Nykolyshyn.

They plan to have a list of available products and prices listed on the Even Hand Farm Facebook page for visitors to purchase online and select a date for the items to be picked up.

"It's simplified. You don't have to go to a grocery store with a bunch of people. You can come and feel safe outside and grab their veggies and go," said Nykolyshyn. "Plus, the vegetables people would be picking up would probably be harvested, you know, three hours before they have them on their kitchen counter."

"It's the freshest way to get your vegetables, that's for sure."

Even Hand Farm will also offer various cut flower bouquets, pollinated by the farm's hives of honeybees, in July.

"It's kind of a side project, but it's something that brings us a lot of joy," said Nykolyshyn.

Even Hand Farm will be at the first Market on Main farmers' market in Winnipeg Beach on July 1 at 48 Main St. To learn more about the market, visit the Market on Main Facebook page.

Visit the Even Hand Farm Facebook page for updates on produce and flowers or call (204) 802-9528 or email: evenhandfarm@gmail.com



RECORD PHOTO BY TIFFANY NYKOLYSHYN

Tiffany Nykolyshyn and Will Kingdon started Even Hand Farm this summer in the hopes of supplying the Winnipeg Beach community with farm fresh produce and flowers.



Even Hand Farm is selling fresh produce including mini lettuce, radishes, onions, beets and beet leaves, along with lots of fresh herbs. Produce will change as it ripens.

Inclusive and accessible mental health services

By Jules Stevenson

Peacepipe is a non-profit charitable organization in Winnipeg Beach that offers resources, education, and mental wellness services. Their mental wellness services include counselling, group therapy sessions, long-term therapy, and anything to do with mental health. All their services are free.

Included also is helping with EIA applications, Manitoba Housing, childcare subsidies, navigating the CERB system and workshops on how to do an interview and write a resume.

"Everyone is welcome. Any gender, any race, any faith, anyone is welcome here," said Kym Edinborough-Capuska, the director, Elder in residence, and senior council for Peacepipe.

People can knock at their door if they need help and apply to become a member. Members have full, unrestricted access to all the services they provide.

"The only thing we don't provide is the thing you haven't asked for yet, and then we will provide that too," said Edinborough-Capuska.

Peacepipe provides education for community-based needs, youth groups with at-risk youth.

"It's so cute and heartwarming when people walk in through our door and find out what we do, and they always say 'why don't you advertise?' and the answer is we don't have to. The people who need us, find us," said Edinborough-Capuska.

For those who are nervous to ask for the help they need, Edinborough-Capuska said the easiest way is to walk through their door and ask for infor-

mation.

"That gets you through the door, that gets you face to face with one of our amazing workers, and where that leads is entirely up to your needs," said Edinborough-Capuska.

In 2019, Edinborough-Capuska worked at another organization as a counsellor with 54 clients when her position was removed.

"Those 54 clients were left with no mental health services," said Edinborough-Capuska.

Continued on page 18

Barn quilt trail expands across the Interlake

By Nicole Brownlee

Colourful quilts embellish barns across the Interlake region and offer a new way to explore communities.

The Interlake Tourism Association joined with the Interlake Barn Quilt Trail Committee in 2015 to create a trail that leads tourists to barn quilts throughout the region.

Barn quilts are painted designs hung on buildings that could double as quilting patterns. Donna Sue Grover started the trend in Ohio in 2001, which has since spread across the United States and Canada.

Interlake residents Donna Kerns and Janice Skene first discovered barn quilts while touring the northeastern seaboard down to the southern United States.

"When I got back from this trip, I just wanted one," said Kerns. "I wanted to make one for myself."

Kerns said it took a few years of trial and error to find the right supplies to create a quilt that would last, but once she hung her first quilt, she spotted a few more in the Winnipeg Beach community.

"The Interlake is an ideal spot for something like this to grow," said Kerns.

Before her first barn quilt, Kerns had recently started quilting but had never ventured into painting.

"Painting was not my forte," said Kerns. "I had never painted anything before in my life. I've never painted a fence... So this was, kind of, a new experience."

"It's like quilting. It's fairly specific work," said Kerns. "It's just satisfying when you get one area done, and it's very colourful, and it looks really good... By the time you finish, you've got this great design."

Using signboards, outdoor exterior latex primers and paints, Kerns jumped into the project alongside several community members to create numerous quilts and start a tour across the Interlake.

"We started out with basically friends," said Kerns. "Then it was just a matter of people seeing them. People becoming interested in them. Then, our spreading the word just talking to people... and it, kind of, grew from there."

By the end of 2015, there were 21 registered barn quilts on the Barn Quilt Trail. As of June this year, the trail has expanded to 53 quilts, with more on the way.

"People can submit their barn quilt [to ITA] whenever they get one or create one," said Melissa Van Soelen, ITA manager. "They can fill out a form on-



RECORD PHOTO SUPPLIED BY ITA

This barn quilt, called the Harvest Sun, is hung in the Arborg and District Multicultural Heritage Village in Arborg and was one of the first quilts added to the 2015 trail.



Two 12'x12' barn quilts are featured on "The Sentinel" elevator at the West Interlake Trading Company in Warren.

line and then just submit it to us, and we add it to our little trail."

The quilts add history and encourage people to explore their community, said Van Soelen.

To access the tour, visit interlaketourism.com or use the Driftscape app to access the map offline.

For more information on registering your barn quilt to join the Barn Quilt Trail, visit interlaketourism.com or contact ITA at admin@interlaketourism.com. To purchase a barn quilt, contact Karen Debraga at karen2@live.ca or Wendy Church at wchurch@hotmail.ca.



RECORD PHOTO BY LANA MEIER

> MENTAL HEALTH, FROM PG. 17

ough-Capuska.

Edinborough-Capuska then decided that she and like-minded individuals could create a better, more accessible mental health service.

"To go from a position at another organization to literally having that ripped out of my hand with no notice, to six months later being able to open in a very kind, gentle, all-inclusive place, the healing goes beyond words. It's absolutely amazing," said Edinborough-Capuska.

Peacepipe is opening a thrift store called Kookum's Kloset in the Win-

nipeg Beach Plaza Mall to help fund their organization and other community enterprises.

She was inspired to open the thrift store because she had received many donations over the past year. The store is low priced, and those who need it always can take what they need. Peacepipe often puts out calls to the community for donations of items to help their members in need.

Exhibit showcases 150 years of wedding dress fashions

By Lorne Stelmach

The highlight of a special Manitoba 150 exhibit at Nellie McClung's Homes in Manitou is obviously connected to the famous author, social activist, suffragette and politician.

The star attraction is the recreation of McClung's 1896 wedding dress, but it is part of a larger exhibit entitled "I DO - Showcasing 150 Years of Wedding Gowns & Dresses" that features 30 gowns from across all of Manitoba's 150 years and more, and it has been years in the making.

"It was a labor of love getting this finished," said Barbara Biggar, co-chair of the Nellie McClung Heritage Site. "Weddings have always been at the heart of family celebrations in Manitoba," she said, "so what a great opportunity to showcase gowns, changing fashion styles and the stories of strong Manitoba women."

The announcement of the I DO exhibit was made on June 25 to mark Nellie McClung Day in Manitoba.

It features a diverse range of gowns that come from across the municipality and province with Nellie McClung's 1896 gown sponsored by the Association of Manitoba Municipalities.

There is also the trailblazer collection featuring the gowns of Asper Foundation co-founder Babs Asper, human rights advocate Gail Asper, Allison Filmon Carvey, who is the daughter of Lieutenant Governor Janice Filmon, and CTV broadcaster Rachel Lagace.

The exhibit also features the vintage collection showcasing the oldest gowns, including one worn on July 1, 1867, Canada's first Dominion Day, while the prism collection features colourful gowns representing Manitoba's diversity.

"The wedding dress has been on our minds for almost five years ... wanting to recreate the wedding gown

because it's basically tucked away in storage at the Western Development Museum and rarely sees the light of day publicly," explained Biggar.

Among the features that stand out with the Nellie McClung gown is the period appropriate ginger coloured cotton brocade.

"We had two volunteers who worked meticulously," said Biggar, noting project lead Joanne Rodeck worked with Kristina Maitland, who works as a costumer designer for the Royal Winnipeg Ballet. "She is an extremely skilled seamstress. She knew that time period ... and she was able to create what is a historically accurate recreation of Nellie's gown."

It took a long time for it to come to fruition because even sourcing authentic fabric was a challenge.

"It really gave us time though to be thoughtful and make sure that we were creating a gown that looked as close as it could to the original," Biggar said.

Biggar sees the gown as having significance in a number of ways.

"It was from a period of time she was young and getting married to Wes McClung," she said. "It also says something about her style ... of all the gowns in our collection, it is truly the most unique gown."

"Nellie McClung always credited Wes, that she married well and he allowed her to do so much," she added. "Let's remember we're talking about the late 1800s, early 1900s, where women had a very traditional role, and she always credited Wes and having a strong marriage to be able to do the things that she did, to travel, to speak and to accomplish the milestones that she achieved for us as women."

So it revolved around the McClung gown, but the project developed further starting with local long time volunteer Bette Mueller having a collec-



SUPPLIED PHOTOS

The 'I DO' exhibit at Nellie McClung Home includes a recreation of their namesake's wedding dress (left) along with dozens of other gowns worn by Manitoban women through the ages.

tion of gowns, but others had gowns to donate then as they found out about the project.

"It took on a life of its own. The more people we spoke to, the more people got excited about it, so the gown collection kept growing," said Biggar, noting that in celebration of the 150th anniversary of the making of Treaty No. 1 on August 3rd, 1871, the I DO exhibit will also feature a specially curated Indigenous collection created by Cree designer Edna Nabess of the Mathias Colomb Cree Nation.

"We honour the women and their stories in the First Nations communities who were here since time immemorial and acknowledge the Treaty 1 territory on which we are located today," said co-chair Diana Voddén.

Biggar said they have further plans to continue to make further use of the collection, but for now they await word for public health orders to allow the reopening of museums.

When that happens, admission will be \$10 per adult, but to encourage young Manitobans to learn more about Nellie McClung and the women's movement, the Marty Morantz



family is offering free admission to anyone 17 years and younger.

With public health limitations on capacity continuing, reservations are highly recommended, so email visit-nellieshomes@gmail.com to confirm your booking, and note that all public health guidelines will be enforced.

Bell MTS launching innovative Wireless Home Internet service in rural Manitoba

Staff

Bell MTS announced the official launch of Wireless Home Internet (WHI) service in Manitoba, bringing enhanced broadband access to eligible homes in 12 communities, with approximately 40,000 rural and remote locations planned by the end of 2021. WHI is 5G-capable technology delivered over Bell's wireless network using 3500 MHz spectrum, enabling access speeds of up to 50/10 (50 Megabits per second download/10 Mbps

upload) with no overage fees.

Fully funded by Bell and designed to connect more rural and remote locations with next-generation broadband Internet connectivity, the Wireless Home Internet program is part of Bell's accelerated network investment plan to support Canada's recovery from the COVID crisis and ongoing leadership in broadband communications. With a positive investment

Continued on page 20

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Anderson's Hitch N' Post Ranch closes after 37 years

By Iris Dyck

Anderson's Hitch N' Post Ranch has always been a place of connection.

For the past 37 years, the venue just outside of Grosse Isle has hosted countless weddings, conferences and events. Owners Kyle and Louise Anderson ran the business with a commitment to give each client a positive and memorable experience.

So when they had news to share, they knew they wanted to do it in an honest way where they could connect with their community of clients, guests and industry members they'd become close with over the years.

"It just felt right that we should announce it live, together with everybody," Louise said.

In a tearful Facebook Live video on June 23, Kyle and Louise announced Anderson's Hitch 'N Post Ranch would close its doors at the end of the 2021 season. Extended COVID-19 lockdowns and restrictions made continuing unfeasible.

"Unfortunately, our ride has come to an end," Kyle said in the video.

Kyle's father Ed Anderson and his partner Arlene Kaiser started the venue in 1984. Kyle grew up helping the family business until he took over operations in 2002. That same year, he met Louise when she came to the Hitch 'N Post Ranch as a performer.

"I was playing music out here one night for an event, and I never left," Louise said.

Anderson's Hitch 'N Post Ranch's network extends beyond its business contacts and clients. The Andersons employed youth from the area, giving many of them their first jobs. Taylor Beaudry, Louise's nephew and former employee, felt "terrible" when he

heard the venue was closing for good.

"It felt like a family member died," Beaudry said. "It always felt really nice. Everyone knew each other. Everyone were friends."

Anderson's Hitch 'N Post Ranch was gearing up for a busy 2020 wedding season when COVID-19 hit the province. That summer, indoor venues like the Hitch 'N Post were capped at 50 people, with strict physical distancing rules in place. Outdoor gatherings, like backyard weddings, allowed for 100 attendees. Wedding vendors and venues were hit hard as many people chose to cancel or alter their wedding plans to allow for more guests.

"We don't blame any of the couples for wanting to do that, because your wedding is supposed to be the most important day of your life, and it's supposed to be so special," said Kyle.

The Andersons spoke with their MLA, the Hon. Ralph Eichler, who arranged a Zoom meeting for them with Dr. Jazz Atwal to discuss how the restrictions were affecting their industry. They worked with other venues in the province to create a 15-page document on how they could hold events safely. They sent it to the province and received no reply or acknowledgment.

"The thing is, this is a public health issue, and we understand that there needs to be regulations," said Louise.

"It's just that when the province puts these blanket, or umbrella restrictions on businesses...not every business is the same," said Kyle.

Nearly a year and a half after COVID-19 turned their livelihood on its head, the Andersons made the difficult decision to close the Hitch N' Post Ranch, not only for financial reasons,



RECORD PHOTOS SUBMITTED

Louise and Kyle Anderson shared that Anderson's Hitch 'N Post Ranch would be closing at the end of the season through Facebook Live.

but for their own health.

"Sometimes you have to look at your health and your well-being and take that into account, and unfortunately, this is the end result," said Kyle.

As they told their story through their Facebook Live announcement, clients and colleagues commented, wishing them well and sharing memories of the Hitch 'N Post Ranch. The Andersons have been overwhelmed with calls and messages of similar sentiments, reminding them of the role they had in connecting their community over the years.

"We walk away from a place of gratitude. This venue has given us so much to be thankful for," said Louise.

"It takes a village, right?" said Kyle. "We've had a beautiful village."

Anderson's Hitch 'N Post Ranch will follow through on all its event commitments for 2021 before closing at



Anderson's Hitch 'N Post Ranch hosted thousands of guests from all over the world for weddings, conferences, concerts and fundraisers. the end of the year.

> INTERNET UPGRADE, FROM PG. 19

climate reflecting federal support for the development and expansion of key infrastructure, Bell is investing up to an additional \$1.7 billion in capital over the next two years to accelerate the rollouts of its next-generation WHI, fibre and 5G networks. This is in addition to the approximately \$4 billion in capital that Bell has typically invested in broadband networks over the last decade.

"Wireless Home Internet has proven extremely popular in rural locations in other parts of Canada, and Bell MTS is proud to take our network investment to the next level by bringing this innovative service to Manitoba," said Ryan Klassen, Vice Chair of Bell MTS & Western Canada. "By leveraging the scale and quality of Bell's high-performance, fibre-connected

wireless networks, we're delivering fast, reliable broadband access to residents in smaller communities and rural regions throughout the province."

Faster Internet for rural Manitobans
Wireless Home Internet is beginning to roll out to eligible homes in the following Manitoba communities: Dauphin, Gimli, Grand Beach, Lac du Bonnet, Libau, Peguis First Nation, Shilo, Sidney, Victoria Beach, White-mouth, Winkler and Woodlands. Bell MTS has WHI coverage planned for approximately 40,000 locations in rural Manitoba by the end of 2021, part of Bell's broader plan to eventually offer WHI service to one million rural households across Manitoba, Ontario, Québec, Newfoundland and Labrador, New Brunswick, Nova Scotia and

Prince Edward Island.

"The COVID-19 pandemic has underscored the need for better broadband access so all Manitobans have access to high-quality internet," said Denys Volkov, Executive Director of the Association of Manitoba Municipalities (AMM). "The AMM welcomes this expanded service offering as reliable broadband, particularly in rural Manitoba, is key to future economic development and growth."

"In the 21st century, high-speed Internet is critical infrastructure for our entrepreneurs, farmers and families," said Chuck Davidson, President and CEO of the Manitoba Chambers of Commerce. "The current health crisis has highlighted the importance of equipping Manitoba with this type of connectivity. Access to high-speed broadband networks will be a driver of Canada's recovery from the

COVID-19 pandemic and of future economic and social prosperity. The expansion of Bell's Wireless Home Internet service to Manitoba is welcomed and will help bridge the connectivity gap."

Added to the significant investments in wireless broadband technology, Bell MTS has been expanding its all-fibre network to meet the connectivity challenges of today and the future technology needs of tomorrow. Bell MTS is now bringing pure fibre Internet service to Churchill, Flin Flon, Morden and La Salle, which join more than 30 smaller communities in Manitoba that are connected to the world's fastest Internet technology.

To learn more about Bell MTS Wireless Home Internet service and to see if your home is now eligible, please visit BellMTS.ca/FastInternet.

get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



Apple Avocado Toast

1 tablespoon minced chives
edible flowers, for garnish
In pot, cover eggs with 1 inch cold water. Boil 6-7 minutes then place in cool water bath.
Peel eggs, halve lengthwise and set aside.
Toast sourdough bread then mash avocado across bread with fork.
Cut apple into thin slices and place on top of avocado along with egg halves. Top with lime juice, Parmesan cheese, chia seeds and chives.
Garnish with edible flowers.

- 2 eggs
- water
- 4 slices sourdough bread
- 1 ripe avocado, sliced
- 1 Envy apple
- 1 teaspoon lime juice
- 1/4 cup shaved Parmesan cheese
- 2 teaspoons chia seeds



Grilled Apple Portobello Burgers

Heat grill to high heat.
Slice apple horizontally into thick round wedges and remove seeds using fork.
Remove portobello stems.
In small bowl, combine 1/4 cup olive oil, lemon juice, garlic, oregano and salt. Using basting brush, coat mushrooms on both sides with olive oil mixture.
Grill mushrooms stem sides down 2 minutes then flip. Add goat cheese and grill 2-3 minutes until cheese is melted.
Coat apple rounds with remaining olive oil and grill 1-2 minutes per side to lightly char.
Serve mushrooms with apple rounds on brioche buns with lettuce and mayonnaise.

- 2 Envy apples
- 4 portobello mushrooms
- 1/2 cup olive oil, divided
- 2 tablespoons lemon juice
- 4 garlic cloves, minced
- 2 teaspoons oregano
- 2 teaspoons salt
- 1 cup herbed goat cheese
- 4 brioche buns
- 4 large butter lettuce leaves
- 4 tablespoons mayonnaise



Crisp Apple Tacos

12 soft taco shells
2 tablespoons sour cream
1 lime, cut into wedges
Cut pork crosswise into 1-inch medallions.
Coat pork medallions with olive oil, 1 teaspoon salt and 1 teaspoon pepper then add to saucepan over medium heat.
Slice half of one apple into thick wedges and add to saucepan. Slice remaining half into thin wedges and set aside.
Add rosemary to saucepan and heat 2-3 minutes. Flip pork and heat 2-3 minutes until pork is slightly golden and cooked through.
Let pork rest 3 minutes then slice into strips.
Thinly slice half of remaining apple into thin sticks around same size of shredded cabbage. Reserve remaining half.
In serving bowl, toss apple sticks, carrots, red cabbage and green cabbage.
In bowl, mix honey, mayonnaise, mustard and vinegar into dressing. Add additional salt and pepper, to taste.
Mix dressing and cabbage; refrigerate

- 1/2 pound pork tenderloin
- 3 tablespoons olive oil
- 1 teaspoon salt, plus additional, to taste, divided
- 1 teaspoon pepper, plus additional, to taste, divided
- 2 Envy apples, divided
- 3 sprigs rosemary
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1 cup shredded green cabbage
- 4 tablespoons honey
- 1 cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon white vinegar



Christine Ibbotson

Could you please address retiring alone – I always hear comments about “couples” retiring, but I have always been single and I would like you to comment about all us “singles” that have to retire soon. Thanks, Jan

That is a great request Jan – thank you. It is very common now for Canadians to retire as a single – either by divorce or death or maybe never marrying in the first place. In the past, retirement was seen as a “couple event,” but this is no longer the case. The fact is, even if you are a couple now, there is a strong likelihood that you will find yourself single at some point during your retirement.

Couples are more likely to have dual incomes and have more access to health and pension benefits. They also tend to discuss retirement plans together more often. Singles on the other hand, are less likely to be informed about their financial well-being in retirement and will need to make this a priority to get more involved and start a plan for retirement as soon as possible.

Loss of wealth throughout retirement is becoming more common as people live well into their 90's, and this is even more pronounced if you are a single. The typical retirement of only 10-15 years is no longer the norm, with many retirements now lasting 25-35 years. Today, singles must devote a larger share of their income to basic living expenses and this leaves them at a disadvantage when trying to save for retirement. Everyone knows that you must try to save enough money and then invest wisely to acquire an adequate rate of return on your investments to be able to cover future monthly expenses. But these will not be fixed costs, we also need to anticipate the rising costs of basic necessities like food, fuel, and clothing due to inflation. As a single, doing this all on

at least 1 hour prior to serving.

Cut remaining apple half into thin wedges.

Top taco shells with pork, slaw, sour cream and squeeze of lime juice. Top with apple wedges.

AsktheMoneyLady.ca

your own, can be an even greater challenge since they will need to save even more than other “coupled” retirees.

Paying into a company savings plan or pension plan is a necessity for singles to ensure they limit their risk of outliving their money. It is very important that they be cognizant of all income sources and have an estimated budget for the future which helps to lay out expenses and spot potential gaps in savings. Housing is one expense that will hit hardest with singles, especially women who tend to live longer and will have to bear this cost on their own. Paying off debt, especially a mortgage, is imperative at retirement. If this is not a possible task, then whether you are single or as a couple, you should be considering downsizing or renting during retirement. You must always have alternatives if your situation becomes financially challenged. Why not explore different housing options such as communal living for singles or even having a boarder in your home to provide the extra income you may need.

Remember that saving for the future should be something you make part of your regular routine. A saving plan of even \$100 a month can grow over time. If you start when you are young it could grow to \$46,204 in 20 years, \$100,452 in 30 years and \$199,149 in 40 years; (based on a 6% average return, compounded monthly). Single or as a couple, stop rationalizing your spending and making excuses for not saving. Right now - make the changes you know you need to do to keep more money in your pocket.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, Author of three finance books and the Canadian Best-Selling Book “How to Retire Debt Free & Wealthy” www.askthemoneylady.ca or send a question to info@askthemoneylady.ca

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sports & recreation

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Baseball Manitoba 2021 Return to Play update

Staff

Due to the most recent announcement regarding public health orders, Baseball Manitoba's sanctioned activities, under the Return to Play plan, began at 12:01 a.m. last Saturday.

Baseball Manitoba Return to Play Timeline:

Phase 1 - Training

Began on June 26

Rally Cap and Grand Slam sessions may proceed

Groups of 25 (this does not include coaches and Health and Safety Coordinators)

Phase 2 - Competition

Will begin July 5

Groups of 25 (this does not include coaches, Health and Safety Coordinators, and umpires)

Spectators are not included in the participant group numbers, and may attend competitions to a maximum of 25 spectators per game

The delay to the start of competition is to give associations time to prepare for the newest Health Orders and Return to Play plan. This will also allow time for associations to re-form teams and effectively create a plan to safely begin competition within the 25 person limit as per the Health Orders.

Manitoba Public Health ORDER 16:

- Sports and Recreational Activities:

16(1) Outdoor sporting and recreational facilities, including golf courses, may open, subject to the requirements of this section.

16(2) Persons may engage in any type of outdoor sporting or recreational activity but they must not engage in an activity as part of a group of more than 25 persons.

16(3) Organized practices, games and competitions may take place at an outdoor sporting facility but the operator of an outdoor sporting facility must ensure that no multi-team tournaments take place at the facility.

16(4) Spectators are permitted at an outdoor sporting facility. Spectators are not to be included when calculating the number of participants in a sporting activity. Spectators must maintain a separation of at least two metres from other spectators.

17(1/2) Indoor training is allowed at 25 per cent facility capacity to a limit of five people.

Baseball Manitoba said it will continue to monitor the Public Health Orders and will be prepared to revise its Return to Play Plan in the event of any updates to the Public Health Orders.

Soccer players hit the pitch last Saturday

Staff

Soccer players were able to get their kicks on the pitch last Saturday after the province announced its new public health orders.

The Manitoba Soccer Association announced its updated "Return to Play" protocols on Friday.

Indoor practices and training sessions are allowed but limited to a maximum of five players per group. Outdoor team practices and training sessions are allowed as long as group sizes do not exceed 25 players at a soccer field.

Coaches, managers, and other team personnel are not included in the 25-person limit.

Exhibition games, league play, and tournament-style events between teams are still not allowed because

of the limited group size.

MSA said one spectator per player is allowed to attend activities but they should maintain social distancing guidelines.

"The MSA will continue to evaluate the progress of the pandemic keeping in mind the safety of the soccer community," said MSA's executive director Hector Vergara in a media release. "We are hopeful that an increase in outdoor group sizes will allow league play to begin in the next few weeks. "We continue to remind our members to ensure the MSA RTP protocols and the facility protocols are followed."

MSA's full guidelines and recommendations are available on their website.

Staples awarded a Jim Stirling Memorial Scholarship

Staff

East St. Paul's Dante Staples was recently named one of two winners of the Jim Stirling Memorial Scholarship.

The other winner was Madisyn Smith.

Staples played this past season for the Winnipeg Thrashers U18 "AAA" hockey team.

"Dante is efficient, detail-oriented and an extreme competitor," read a statement on Hockey Manitoba's website. "He is a team leader on and off the ice who has an excellent rapport with his teammates and coaching staff."

Staples is a gifted student who was on the honour roll for four years at River East Collegiate (92 per cent average across all his Grade 11 and Grade 12 courses).

"He has shown the skills and commitment to be able to juggle hockey with his academic responsibilities and extracurricular commitments."

Staples was granted direct entry into the Asper School of Business at



RECORD PHOTO SUBMITTED

East St. Paul's Dante Staples was one of two recipients to receive the Jim Stirling Memorial Scholarship.

the University of Manitoba where he plans to continue his education.

Doerksen cards a 66 at men's mid-amateur qualifier

Staff

Delwyn Doerksen fired a 5-under 66 to post the lowest round at the Diamond Athletic Men's Mid-Amateur - Qualifier at the Transcona Golf Club last Friday.

Doerksen, a Golf Manitoba Players Club member, finished three strokes ahead of Pine Ridge's Tyler Hall and four strokes better than Glendale's Justin Price and Niakwa's Daniel Munroe.

Tied for fifth with even par 71s were

Pine Ridge's Noel Ngo, Elmhurst's Jack Werhun, and Elmhurst's Scott Mazur.

Finishing in a tie for eighth overall at 1-over 72 were Pine Ridge's Ryan Terdik, Transcona's Adam McPherson, Niakwa's Cole Peters, and Niakwa's Garrett Neiles.

The top 52 players made the cut.

The Diamond Athletic Men's Amateur will take place July 9-11 at the Niakwa Country Club.

Steelers' season opener Sept. 17

Staff

The Selkirk Steelers will begin their MJHL regular season Sept. 17 when they host the Steinbach Pistons at the Recreation Complex.

It will be the first of four straight games between Selkirk and Steinbach. The Steelers will then play a four-game series against the Winnipeg Freeze, the Winnipeg Blues, Portage Terriers, and the Winkler Flyers

that will stretch into late November.

The league announced that it will have two six-team divisions - and East and West one - for the 2021-22 season.

Selkirk, playing in the East Division, will play a total of 40 games against Portage, Winkler, Steinbach, the Freeze, and the Blues. The Steelers will also play 14 more games against Dauphin, Neepawa, OCN, Virden, Waywayseecappo, and Swan Valley.

Simard commits to Fraser Valley Huskers

By Brian Bowman

For the second time in June, the Interlake Thunder has had a former player commit to the Fraser Valley Huskers in British Columbia.

The latest commitment is Gabe Simard, a talented offensive lineman from Fisher Branch.

"It'll be fun," said Simard last Saturday afternoon. "I've been thinking about it the last two years."

Simard likes the Chilliwack area and he got great vibes from head coach Bob Reist. He admits he does not know much about the Huskers' offensive line situation. But Simard has been working hard, running about a mile a day, in hopes of trimming down to 280 pounds when he leaves for B.C. in late July.

He currently stands 6-feet tall and weighs 300 pounds.

The last time Simard played football it was in the nine-man Rural Manitoba Football League. Fraser Valley plays in a 12-man league but Simard doesn't feel it will be a problem switching back from the nine-man game.

"I'll be able to adapt again," he said confidently. "In nine-man, you have to be really fast."

Simard dominated in the RMFL, winning the league's top offensive lineman award in 2018. Thunder head coach Mitch Obach was very grateful to have Simard lead his offensive line.

"At the high school level, defensive linemen do not want to line up against a guy like that," Obach said. "He's got a little bit of nasty in him and the right amount of nasty which is sometimes tough to get out of (offensive) linemen. He's a big boy and a big boy that can move."

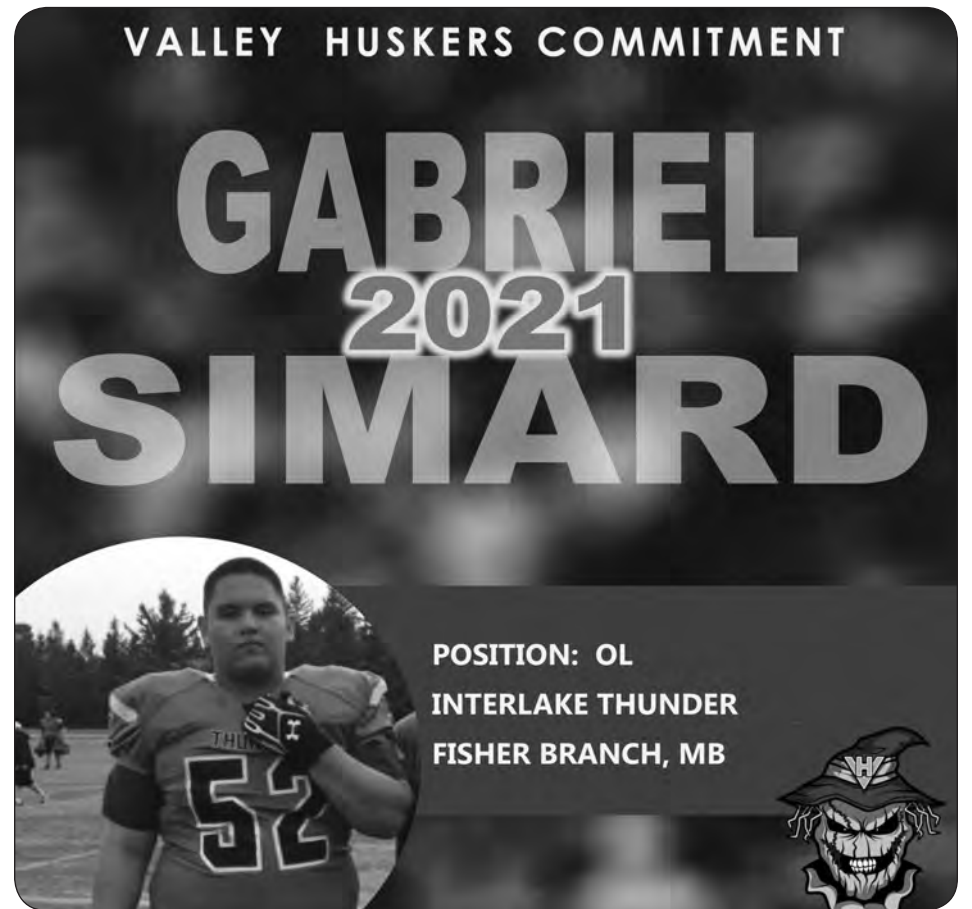
Simard's size - and athleticism - make him a very special player.

"I'm sure (Fraser Valley) looked at some of his highlights from his Grade 12 season and with a guy that big and he's pulling around and he's making blocks eight yards down field, blowing up a linebacker or a defensive back - that can be pretty intimidating for a defence," Obach said.

"He definitely has the potential to play football at the junior level and hopefully succeed."

Obach and his Thunder staff take great pride when they see their former players make the jump to junior football.

"It's the most exciting thing that can happen for a coach when you see guys get that opportunity," he said. "The deLaroque boys going down to Mayville, that's another example. Guys are going on to the next level and having pretty solid careers. With football, we can remember when a lot of them played their first game of tackle football. It's not like hockey when they start when they're five, so it's really



RECORD PHOTO SUBMITTED

Former Interlake Thunder offensive lineman Gabe Simard has committed to play football for the Fraser Valley Huskers in B.C. this season.

cool to see some of these guys, who started in high school and some when they were younger as nine and 10 year

olds, to get the opportunity...to play football as an adult."

Comeau signs with CFL's Saskatchewan Roughriders

By Brian Bowman

Carter Comeau's football dream has come true.

The very talented offensive lineman from Riverton recently signed with the Canadian Football League's Saskatchewan Roughriders.

"I'm really excited to go there," said Comeau Monday afternoon. "I had a really good interview with them during the interview process. Their staff really likes me and I think it's going to be a perfect fit."

Comeau headed out to Regina this week as the Roughriders will begin training camp on July 10. He admits he's both excited - and nervous - leading up to his pro football camp.

"For me, I feel that I'm ready to take this on," said the 6-foot-6, 364 pounder. "Of course, there's a little bit of nervousness but I'm not a 21-year-old guy. I'm a 25-year-old guy now and I think there's a difference maturity wise and I'm ready to take on that next challenge."

The Roughriders' offensive line roster is currently a mix of American and Canadian players with a few coming right from Saskatchewan.

"They've had a few retirements this year and they have a pretty good mixture of veteran guys and young guys," Comeau noted. "I would say that they are more of an older line than younger but they

have a good mixture and I think it will be a good experience to get knowledge from both ends of the fold."

As big as Comeau is, there are plenty of huge dudes on Saskatchewan's roster. It's going to be a challenge competing against pro players for a job.

"This is the level where the boys become the men," Comeau said. "It'll be a lot of fun."

In 2019, the Dinos won a Vanier Cup championship over the University Montreal Carabins. It was Calgary's first national title since 1995.

Last year was wiped away due to COVID and then Comeau went unselected in the 2021 CFL Draft.

But he was very impressive at the virtual CFL Combine, throwing up the most bench press reps at 32.

"I was happy with it," he said. "I was training like crazy before (the combine) but I never thought I would have hit that high. It was good to hit that and I think one guy had 29 and then another (offensive) lineman from Calgary was next at 27."

If Comeau does not make Saskatchewan's roster this year, he still has one more year of university eligibility.

Saskatchewan's regular-season opener is Aug. 6 when it hosts the B.C. Lions in Regina.



RECORD PHOTO DAVID MOLL/UNIVERSITY OF CALGARY
Riverton's Carter Comeau recently signed with the CFL's Saskatchewan Roughriders.

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BROKENHEAD RIVER PLANNING DISTRICT UNDER THE PLANNING ACT - NOTICE OF PUBLIC HEARING

REGARDING DEVELOPMENT PLAN AMENDMENT BY-LAW NO. 174-21

The Board of the Brokenhead River Planning District, under the authority of The Planning Act, will hold a **PUBLIC HEARING** at:
The Brokenhead Municipal Office
72013 Road 42E
JNCT PTH # 44 and PR # 302
Beausejour, Manitoba
on: **Wednesday, July 21st at: 7:00 p.m.**

At which time and place the District Board will receive representations and objections from any persons who wish to make them in respect of **By-Law No. 174-21**, being a by-law to amend By-Law No. 138-09, being the Brokenhead River Planning District Development Plan, as amended.

A copy of the above mentioned **By-Law No. 174-21** and any supporting material may be inspected at the office of the Brokenhead River Planning District, R.M. of Brokenhead Office Building, # 72013 Road 42E during normal office hours (8:30 am to 4:30 pm), Monday to Friday.

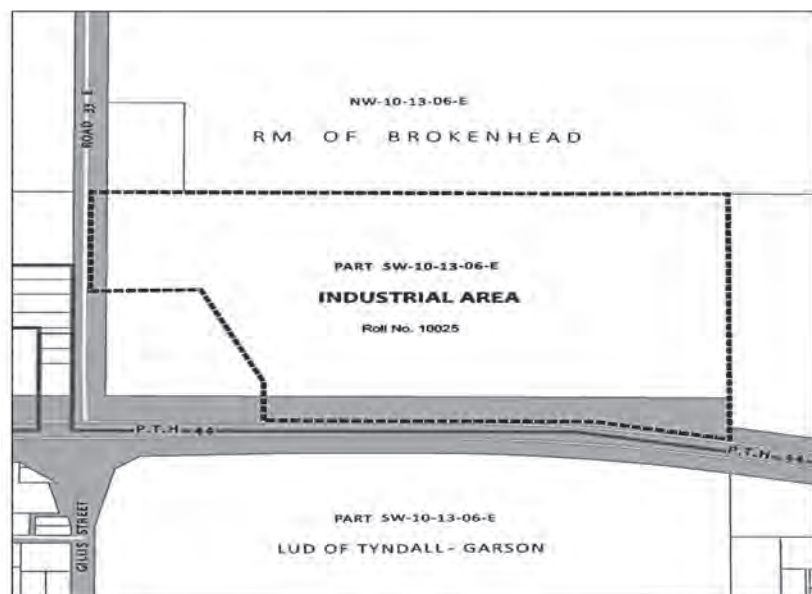
Copies may be made and extract taken therefrom, upon request.

The general intent of the above **By-Law No. 174-21** is:

To amend Map No. 3, being Part of the Brokenhead River Planning District Development Plan Map as amended, is hereby further amended so that the area generally described as follows:

Part of the SW ¼ of Section 10-13-6 EPM

and more specifically shown outlined by a heavy broken line on Appendix "A", attached hereto, presently designated Future Industrial Area be hereby re-designated Industrial Area.



SCHEDULE "A"
Attached to By-Law No. 174-21,
of the Brokenhead River Planning District,
amending Map 1 of By-Law No. 138-09,
being the Brokenhead River Planning District
Development Plan, as amended.
Date: Apr 30, 2021



1:5,000



Jacqueline VanWalleghem, Development Officer
BROKENHEAD RIVER PLANNING DISTRICT
Office Telephone: 204-268-6705
Email: admin@brpd.ca

METAL RECYCLING

Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stone-wall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

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R.M. OF ST. ANDREWS PUBLIC HEARING NOTICE 2021 FINANCIAL PLAN

PUBLIC NOTICE is hereby given pursuant to subsection 162(2) of *The Municipal Act* that the Council of the Rural Municipality of St. Andrews intends to present its financial plan for the fiscal year 2021 at a public hearing in the Council Chambers of the Rural Municipality of St. Andrews on **July 12, 2021 at 6:00 p.m.**

Due to COVID-19 and physical distancing requirements, the Public Hearing will be held via ZOOM.

Council will hear any person who wishes to make a representation, ask questions, or register an objection to the financial plan, as provided.

If you wish to do one of the above, please submit in writing prior to 4:00 p.m. on Monday July 12th, 2021. Your written submissions can either be emailed to info@rmofstandrews.com, dropped off at our office by using the mailbox at the front of the office or mailed to our office if time permits.

Any person who has questions, needs clarification or requires further information, either prior to or following the hearing, is encouraged to contact the Municipal Office at 204-738-2264.

A copy of the 2021 Financial Plan will be available for review on Monday, July 5th, 2021 and on the municipal website at www.rmofstandrews.com. As our office is currently closed to the public, please contact us by phone at 204-738-2264 or email info@rmofstandrews.com if you wish to receive a copy and we will email or mail a copy to you.

Dated this 18th day of June, 2021.

DJ Sigmundson
Chief Administrative Officer
R.M. of St. Andrews
www.rmofstandrews.com

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GARAGE SALES

78116 Two Mile Rd, Sat. & Sun., July 3 & 4, 9 a.m. - 5 p.m., Huge yard sale. Household, tools, craft, small appliances, some of everything.

HELP WANTED

The Window Factory located at 605 Mercy St, Selkirk is now hiring installer assistant and manufacturer assembly personal. Please apply in person to the office Monday - Friday. Valid driver's licence required for installer assistant.

Farmhand required for livestock operation, Balmoral area. Must be mechanically inclined. Includes fencing, feeding, haying, welding. Full time - some weekends required. Text 204-770-3554.

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ANTICIPATED TERM: August 9, 2021 up to October 29, 2021

Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email.

This competition may be used to establish a 12-month eligibility list of qualified candidates for future vacancies.

DUTIES

Reporting to the Office Manager, the incumbent will provide the customer service and clerical support necessary. Duties include, but are not limited to: providing front-line reception and respond to students, vendor, client and instructor inquiries; assisting students with registration, admissions, and the course selection process; collection of cash and electronic payments of tuition, books and miscellaneous fees; and completion of data entry for student recruitment and admissions.

REQUIRED QUALIFICATIONS

- Certificate in office administration or an equivalent combination of education and experience may be considered.
- Experience using Microsoft Office applications (e.g. Word, Excel, Outlook)
- Ability to prioritize work, meet deadlines and work under pressure
- Experience working with confidential information in keeping with FIPPA and PHIA
- Ability to work both independently and within a team setting
- Superior interpersonal skills
- Ability to recall information, policies and procedures with attention to detail
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ASSETS

- Experience using the College's student information systems - Colleague and Recruiter
- Experience in a post-secondary setting

CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada

APPLY BY EMAIL TO: humanresources@rrc.ca

CLOSING DATE: July 5, 2021

We thank all applicants for their interest, but only those selected for an interview will be contacted. If accommodation needs are required during the application or interview process, please contact our Human Resource Services.

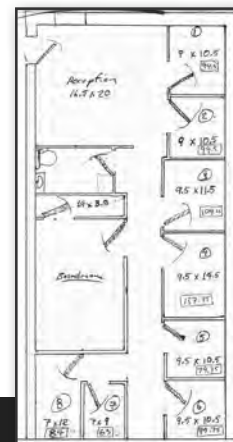
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MISCELLANEOUS

Advertise in our blanket classifieds program in MCNA's 37 weekly Manitoba community newspapers and GET SEEN! Want the province to know about something? Need to sell something? Doing curbside pick-up? On-line ordering? Hosting an on-line seminar or meeting? Each week our blanket classifieds could be helping your organization get noticed in over 352,000+ homes! Get your message out for as little as \$189 + GST! To learn more, Call 204-467-5836 or email classified@mcna.com for details. MCNA - Manitoba Community Newspapers Association 204-947-1691. www.mcna.com

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

NOTICES

Urgent Press Releases
- Have a newsworthy item to announce? Having an event? An exciting change in operations? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab or Email classified@mcna.com for more details.

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WANTED: 80-160 acres of recreational/hunting land. If it has an old yard site, that would be great. Call 204-771-3399 or email samedwardsen@live.ca

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NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF BRIAN GEORGE GILHULY, late of the City of Selkirk, in the Province of Manitoba, deceased.
ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 407 Main St., Selkirk, MB, R1A 1T9, on or before the 7th day of August 2021.
DATED at the City of Selkirk, in Manitoba, this 28th day of June 2021.
PKF LAWYERS
Adam Kelso, Solicitor for the Executrixes

REASONS TO SHOP LOCAL

- Locally grown food is fresher & tastier than goods shipped from far away and products travel shorter distances and sometimes have less packaging which creates less waste.
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- Knowing the local shop owners means you get personalized service and a sense of community wherever you go.
- Encouraging local merchants teaches your children the importance of community
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Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

CITY OF Selkirk PUBLIC NOTICE

2021 Property and Business Tax Bills have been mailed

If you have not received your tax bill by Friday, July 9th please contact CitizenSupport at (204) 785-4900 or citizensupport@cityofselkirk.com.

The deadline for payment is **Friday, July 30th**.

Ways you can pay:

- Online or telephone banking
- At your financial institution
- By mail
- 24-hour drop off box at 200 Eaton Avenue

Due to Provincial Public Health Restrictions, in-person payments are unavailable.

Instead of paying one large lump-sum every July, budget with an **Equal Payment Plan**. You can even choose how much you pay every month. Here's how to sign up:

- 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 26.

If full payment is not received by July 30, 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 2021 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

SHOP LOCAL



R.M. OF ST. ANDREWS PUBLIC NOTICE

2021 PROPERTY TAX BILLS UPDATE

PUBLIC NOTICE is hereby given that the 2021 Property Tax Bills are expected to be mailed out the middle of August. The delay was due to a scheduled Municipal Board hearing on the special service levy affecting a portion of the RM. This hearing has now been cancelled.

The 2% discount will still apply to any payments made prior to September 15, 2021. The deadline for taxes remains unchanged and are due October 31, 2021.

The tax discount has been in place for many years and with today's low interest rates, do not justify the continuation of this program. **2021 will be the final year for the tax discount program.**

We request remote payment options to be used where possible. Due to COVID restrictions, it is unknown when the RM Office will be fully open. More information on payment options and property taxes can be found at www.rmofstandrews.com. You can also submit questions through our service tracker, also found on the home page of the RM website.

DJ Sigmundson
Chief Administrative Officer
R.M. of St. Andrews



RM OF WEST ST. PAUL TENDER 2021-06 LEGENDS TRAIL AND PARK DEVELOPMENT

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for Legends Trail and Park Development.

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

Sealed submissions clearly marked **Tender 2021-06 Legends Trail and Park Development** will be received by the undersigned at the address below until 12:00 noon on the 15th of July, 2021. 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 204-338-0306.

Mr. Brent Olynyk, CAO
Rural Municipality of West St. Paul
3550 Main Street
West St. Paul, MB R4A 5A3

Eddie's Gravel Supply Ltd. is

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ANNOUNCEMENT

CARD OF THANKS

From the family of **ANDREA WOR**
Thank you to family and friends for your kindness during this difficult time, for your visits, phone calls, messages, flowers, tributes, cards, food, prayers and shared memories. Thank you to Gilbart Funeral Home, pallbearers and Father Gerald Langevin for the beautiful service. Our sweet angel Andrea's smiles and hugs will be sadly missed by the many lives she touched, but the memories will live forever. Thank you all.

ANNOUNCEMENT

CARD OF THANKS

PETERSEN (Bell) - I would like to thank our dear family and friends and neighbours for an awesome drive-by surprise, that they organized for my 65th birthday. Wow. It was incredible and unforgettable. I'm truly blessed. Also a big thank you to Bucky Anderson, with his Metis Music Van. Had us all dancing. A thank you to our dear family and friends for the fun-time photos in the paper. Thank you for all the phone calls, messages, cards and gifts. I'm so grateful to each of you. You made my special day even brighter. God is amazing. God Bless.

-With Love, Hugs and Gratitude,
Maureen



SELKIRK TRANSIT CLOSED ON

**CANADA DAY
THURSDAY, JULY 1ST, 2021**

**482-INFO (4636)
www.MySTA.ca**



www.interlake.mb.ca

ARBORG 204-376-3400 GIMLI 204-642-8501 SELKIRK 204-482-5806

**HAPPY
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**9.8 acres, Petersfield. 1405
sf 3 br, huge kit, LR + main
flr famrm, gar, remod bath
\$324,900
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**28 acres / potential /
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pool, landscaped #9 hwy
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**KATHY MARKS
204-642-8501**

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Dave Humniski
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Arborg. 2 bdrm. bungalow,
full bsmt. Garage,
private lot.

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4 bdrms, 11/2 baths,
large lot.

**JUSTIN ZINKOWSKI
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www.mcna.com

R.M. OF ST. CLEMENTS ZONING BY-LAW 5-2002 ZONING BY-LAW AMENDMENT 13-2021 PUBLIC HEARING

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

**We are
Listening.**

**Public
Hearing
Tuesday,
July 27, 2021
6:00 PM
ONLINE
ONLY**

**Phone:
(204) 482-3717
1-800-876-5831
Fax: (204) 482-3799
E-Mail: info@rrpd.ca
Website:
www.redriverplanning.com**



What is BL-13-2021 about?

To amend the R.M. of St. Clements Zoning By-law No. 5-2002 by making various text amendments related to land drainage ponds. The text amendments make a distinction between ponds on private property (e.g. decorative landscape ponds) and those used as municipal infrastructure for managing overland drainage (e.g. land drainage ponds). In addition, the text amendments expand the definition of a Public Utility (e.g. gas pipelines, wastewater & water pipes, roadways, etc.) to include land drainage facilities (including land drainage retention ponds), and, allows Public Utility as a permitted use within various zones.

Attendance at the Council meeting will be restricted to virtual only due to Covid-19. Planning meetings will be available live through YouTube via link provided at www.rmofstclements.com. Any person who wishes to make a presentation, ask questions or register an objection to Council during the Public Hearing must register online at rmofstclements.com/planning-hearings/ or by calling 204-482-3300 prior to 2:00 pm on the day of the hearing.

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

*excludes all statutory holidays

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

Announcements

Book Your Classified Ad
Today - Call 785-1618

The Selkirk Record

ANNOUNCEMENT

GRADUATION



Shaylene Geard
Congratulations on your
Grade 12 Graduation!
Good luck as you continue on your journey
at the U of M.
We are so very proud of you!
-Love Mom and family

ANNOUNCEMENT

GRADUATION



Alexandra Descoteaux
Congratulations on graduating from
Externat Sacre-Coeur High School in
Rosemere, Quebec. We wish you much
success on pre-university studies at
Montmorency College in Accounting.
-Grandma and Grandpa
Ed and Adeline Helwer
Proud mom Bonnie Helwer
Happy 20th Birthday brother Nicolas

ANNOUNCEMENT

GRADUATION



Congratulations
Conner Mathew Hladun
Graduated Honours with Distinction
Good luck at U of M, Faculty of Engineering
-Love Mom, Dad, Andrew, Elizabeth
and Natale,
Auntie Magda, Uncle Chris and Mila,
Auntie Katie, Uncle Colin, James and Adelaide

ANNOUNCEMENT

IN MEMORIAM



Kevin Mathers (KGB)
December 31, 1973 - July 1, 2011
Death leaves heartache,
No one can heal;
Memories are treasures,
No one can steal.
Some may forget you,
Since you've been gone;
But we will remember,
No matter how long.
You will always stay loved and
Remembered in every way,
No tears, no verse can ever say
How much we miss you every day.
-Mom, Dad, Tracey and kids

ANNOUNCEMENT

GRADUATION



Trinity Grove
Congratulations on Graduating Grade 12
with Honours, with Distinction
We are so proud of your achievements.
Wishing you all the best in your future
with University of Regina
and playing female hockey
with the Regina Cougars.
-Love your family XOXO

ANNOUNCEMENT

GRADUATION



Congratulations
Hailey Witko
Class of 2021 Graduate
We are so proud of you graduating with
honours!
Good luck with your studies at the U of M
and playing with the U of M
Bisons Soccer Club.
-Lots of love
from all of your family

ANNOUNCEMENT

IN MEMORIAM



Garry Peter Fewchuk
September 18, 1954 - June 28, 2014
There will always be a heartache,
And often a silent tear;
But always precious memories,
Of the days we had you here.
We will keep you within our hearts,
And there you will remain;
To walk with us throughout our lives,
Until we meet again.
-Lovingly remembered and sadly missed
by Mom and family

ANNOUNCEMENT

IN MEMORIAM

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

ANNOUNCEMENT

IN MEMORIAM

Martin Keller
January 6, 1944 - June 20, 2016
We think about you always,
We talk about you still;
You have never been forgotten,
And you never will.
We hold you close within our hearts,
And there you will remain;
To walk and guide us through our lives,
Until we meet again.
-Love Mom, Dwayne, Rhonda,
Cameron and Brittany, Roger, Tanis, Chris,
Taylor and Carley

Your memory will live forever
Engraved within our hearts

417 Elm Avenue - Beausejour, MB
Open House Banner Sunday, July 4 1-3pm

New Price & Truly Great Value

Spacious Family Home, 1625sqft, 3BR, 2Bath, Loft Area Office, Towering Cathedral Pine Ceiling, Spacious Main Flr Living Plus Family Rm, Sunrm to Enjoy Spring to Fall, Fenced Yard, 24x30 Garage/Workshop Ins, Heated, 220V. Come by open house to see if this home works for your family!

Connie Bukoski
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Selkirk Record

ANNOUNCEMENT

IN MEMORIAM



Garth Vincent Foster
March 12, 1925 - June 27, 2012
Gone but not forgotten!
-Ever remembered by your loving wife, Irene
and all your family

ANNOUNCEMENT

IN MEMORIAM



Amy Rebecca Richards
August 31, 1978 - June 30, 2011
Amazingly, it has been 10 years since we lost you. You are always in our thoughts, our daily conversations and in our dreams. We will always miss you until we meet again.
-Love, Dad, Mom, Sarah,
your pets and all of your friends

OBITUARY

Michael Wade Irvine

September 25, 1955 to June 20, 2021

It is with great sadness we announce the passing of our dear son, brother, uncle, cousin and friend; Michael's family was at his side.

Michael will be lovingly remembered and sadly missed by his mother Mabel Longbottom, sister's Gloria (George), Shelly, Nadine (Les). Many nephews, nieces, cousins and friends. Michael was predeceased by his maternal grandparents Caroline and Roderick Sinclair, sister Lorraine, brother Mitchell, niece Angela. Also, predeceased by many aunts and uncles that he was close to.

Michael was born in the Beausejour, Manitoba hospital. He grew up in Stony Point, Manitoba where he attended his early years of school.

Michael (Mog) as he was known, was a kind and likable guy who liked to playfully tease his family and friends. Some of the family affectionately called him "Brother Mog". As a young man and throughout his life he worked in the construction industry where he learned to build and fix almost everything. He was a reliable and responsible hard worker who took pride in a job well done. Michael enjoyed fishing and as a hobby made dream catchers.

Michael's family would like to thank the doctors and nurses at the Grace Hospital for their great care of Michael.

A Celebration of Life will be held at a later date and will be announced through social media.

The family is asking to not send flowers, but a card with a story of Michael, short or long, would be appreciated for his Memory Book.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Deborah Gaylene Dalebozik (nee Palmer)
January 5, 1964 - June 23, 2021

It is with broken hearts that we announce the peaceful passing of Debbie, while surrounded by her loving husband and daughters. Debbie has joined her brother John, father Crawford, sister Carol, granddaughter Juliette, and brother-in-law Ken.

She will be lovingly remembered by her husband John and their daughters Cheryl (Gabe), Leanne (Scott), Tara (Brian), and Holly (Matt); grandchildren Justin, Emma, Evan, Hannah, Katarina, Sarah, Austin, Owen, Grace, Carter, Lyla, Lilliana, Matthaya, Matthis and Ava; mother Gloria; in-laws Erika and John; sisters Sharilyn and Gwen (Darrell); nieces, nephews, great nieces and great nephews. She will also be missed by many family friends and coworkers.

Debbie enjoyed winter vacations and evening walks with her best friend and husband John and spending time on the weekends with her grandchildren, family and friends. We are so thankful for the beautiful years we shared with our daughter, wife, mother, Nan, and auntie and for the unconditional love and support she gave us daily.

In keeping with Debbie's wishes, cremation has taken place and no formal funeral service will be held, and her ashes will be laid to rest at a later date followed by a Celebration of Life.

A special thank you to Debbie's nurses and doctors from the HSC SICU for providing exceptional care and compassion during her final moments.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Gary Calder

Peacefully, with family by his side on Friday, June 25, 2021 at his residence in Burnaby B.C., Gary Calder, aged 63 years, formerly of Selkirk, Manitoba passed away.

In keeping with his wishes cremation has taken place and a family graveside service will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Edward (Eddy) Dear



It is with heavy hearts that we announce the passing of Edward (Eddy) Dear, a much-loved husband, father, and grandfather at the age of 76. He is survived by his wife Irene of 53 years; children Heidi (Greg), Dana (Barry), Danny (Kier); grandchildren Makenna, Matthew, Dawson, Nolan; siblings Mary-Louise, Barry (Caroline), Laurie (Sherisse); and many nieces, nephews and long-time friends. Eddy was predeceased by parents Sam and Siggia. He is also missed by his furry friend, Pax.

Eddy enjoyed a long career in steel and scrap metal, forming his own company in the latter part of his career which he described as, "the best years of my life." Special thanks to Gary, Jack and Lionel for the opportunities they gave him. Eddy was an avid hunter who greatly enjoyed each hunting season, meeting up with his American friends of many years, and his time as president of

Selkirk Game & Fish.

We will miss Eddy's clever sense of humour and his huge appreciation for the game show, Jeopardy!, describing contestants as, "smart f**ckers." Eddy's sweet tooth was legendary and he always had a large supply of candy within reach.

Eddy's spirit will live on in all of us whenever we put on a pair of rubber boots, eat half a cake while standing at the kitchen counter, write our name in permanent marker on everything we own, or see a rusty car going down the street begging to be recycled. Dressed in his trademark outfits, Eddy was always ready for a hunting trip, a rainstorm or family dinner - arriving just in time and never the type of guest (or host) to stay too long. Eddy loved living in his childhood home his entire life.

At this time we also want to give special thanks to the staff of Medicine 2 at the Selkirk Hospital for the exceptional care they provided Eddy in his final days.

Eddy, you were a L-ED-GEND.

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



Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Lloyd Robinson

Our cherished father, brother and best friend, Lloyd Robinson passed away on June 21, 2021 at the age of 50 years.

Lloyd was born May 4th, 1971 to Isabel and Albert Robinson. Lloyd was the youngest of a large loving family. With his sudden passing he leaves behind brothers and sisters, Larry, Neil, Susan (Russel), Janet (John) and Valerie (Ron). Lloyd is also leaving behind a son, Matthew Lee Baer and daughter Haley Waterman, grandchildren Emma and Jasper. Lloyd is now resting with his older brother Greg, mother and father at the St. Clements Church outside of Selkirk, MB.

My father was a great man. He had a lot of friends and we know you all have great memories of Lloyd, that is what his family is asking you all to remember - Lloyd from the best times and fond memories of him. We know there were many laughs and great

conversations when Lloyd was present. Growing up Lloyd was a bit of a daredevil, risk taker, amazing with technology, electronics, and always helping out numerous people. Lloyd had an amazing ability to make others feel at ease.

Lloyd's children Matthew and Haley will make their father proud. The Robinson's will continue to fly high, love and respect each other.

We will all miss you very dearly, never forgotten, always loved. RIP

A memorial service will be live streamed on July 6 at 2:00 p.m. A link will be available on the Gilbart Funeral Home website. There will be a celebration of life after the services once Lloyd is laid to rest at St. Clements Cemetery. Celebration to happen at 418 Rosser Avenue in Selkirk.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



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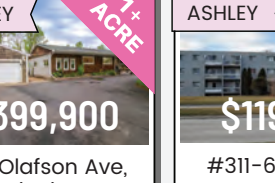
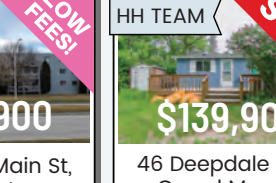


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