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THURSDAY, JULY 3, 2025

VOLUME 16 EDITION 26

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# LSRCSS Valedictorian encourages fellow grads as they take next steps

Madeline Beerling on what it's like being part of the class of 2025

By Katelyn Boulanger

The Class of 2025 has walked out of the doors of the Lord Selkirk Regional Comprehensive Secondary School (LSRCSS) for the last time as students and is now looking forward to figuring out what comes next. LSRCSS's 2025 valedictorian, Madeline Beerling, caught up with the *Selkirk Record* before graduating to chat about what it was like being a student in the Class of 2025.

"I think the biggest thing about the Class of 2025 is we were still affected by COVID. It happened in middle school, so grades seven and eight were those big years for us. But I think that what sets us apart is we were separated in those years, but we were able to come back together in

high school and really connect with each other and get a sense of belonging and sense of community within our high school and that was really important. I think that we are really strong when it comes to that sense of community," she explained.

Another one of the strengths of the Class of 2025 that Beerling has seen in her journey is that the class's social skills are strong thanks to the unique setup of the high school where students from the junior high and middle schools throughout the region come together at the Comp.

"I think that we lost some of those years in middle school when we were separated. But I think that again, com-

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Class of 2025 Valedictorian Madeline Beerling on what it's like being a student in 2025.

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ing together and being able to connect with kids (that came to high school from) every junior high is really important because everybody's raised differently, and everybody has different cultural backgrounds, and just like being able to associate with different people who have different beliefs is, I think, really important. So, I think that our social skills are really strong, and that should help us in navigating our future," she said.

As for what the Class of 2025 got up to, Beerling explained that their upcoming graduation meant that during the school year they took the time to come together for some fun.

"Everybody realized that we're graduating, and everybody was getting a little bit emotional about it. So over, even the past five or six months, we've done a lot of things, like the grad fashion show, that's a big one. We had like 100 students come together and put on a fashion show and raise money for convocation. And then recently, we did a grad car wash and we sold doughnuts. That was super fun. We had lots of businesses there we were playing music, and, it literally, you could hear it from the other end of town. So, that was a was

like a mini party," she said.

Beerling herself is a pretty outgoing student having played volleyball on the girl's varsity team and the junior varsity teams all three years in high school. She also concentrated very hard on academics in school and so that combination of academics and athletics means that she was able to make friends with a variety of different students.

"I've been really focused on my academics. I've taken a lot of science courses and math courses. My hopes for the future, next year, I'm going to the University of Winnipeg, and I'm taking my undergrad in neuroscience," she said.

Before she left high school behind, Beerling had a little bit of advice to share with the current Grade 8 and Grade 9 students who will be calling the Comp home as next year's Grade 9 and 10s.

"For the incoming students, back to the idea of the sense of community, is just joining clubs and being a part of athletics and doing everything you can. You don't want to leave high school and think, 'Oh, I could have done so much more,' or my high school experience could have been

so much better or different. You don't want to live with regrets. So, I think that just doing as many things as you can without overwhelming yourself is really important," she said.

Her advice to her fellow 2025 grads is to live in the moment.

"I think that goals are really important aspects of planning a great future, but I think that if you don't live in the moment, you'll miss out on the best things that life has to offer. And so I've been really trying to live by that myself these past few weeks because graduating is scary and the future is scary, but I don't want to miss these moments with friends and my class, because the reality is I won't see a lot of these people after this, right? So I think that really living in the moment and having a fulfilling life is something that everybody should live by," said Beerling.

She also wanted to thank all of the people who helped her and her fellow graduates on their way to getting to their graduation day.

"I loved my teachers. Something I've noticed throughout high school is how much I appreciate the teachers who really love what they do and how that reflects on their students. I've had some teachers that were really amazing, and they really were passionate about what they were teaching, and I found that that has



**RECORD PHOTO BY KATELYN BOULANGER**  
Valedictorian Madeline Beerling with her diploma.

really reflected on me as a student, and has given me more of a reason to care about what I'm learning about. Because, if you don't care about what you're doing, you're not going to pick it up (as easily). So, I'm really thankful for those teachers in particular, and also I've been thinking about my early years teachers as well and just how they've shaped me as a person. And I think that those elementary school teachers, are really important in developing (their students) and so I want to thank them as well and also all the support staff," she said.

  
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# Triple S Fair and Rodeo riding into town on July 11-13

You'll want to barrel down to see this amazing local fair

By Katelyn Boulanger

Organizers are hoping that residents make some time on the weekend of July 11 to 13 to check out the Triple S Fair and Rodeo.

"It's a fun community event. It's a great way to get to know your neighbours and see everybody because we get a huge crowd. There's, so many activities going on, there's, always something to see," said Gail Hiebert, secretary for the Triple S Fair and Rodeo.

She explained that it's a jam packed three day fair and rodeo with a bunch of activities that will be fun for the whole family.

The children's festival kicks off the morning of July 11 at 11 a.m. to start the fun. From there there's a petting zoo, the Midway Fair, performances for kids as well as musical performances, and Home Living & Craft Displays. The main shows in the evening are the Battle of the Broncs on Friday night and the Bull Bash Bull Riding on Saturday but make sure to get out early on Saturday to check out the barrel racing event as well.

The event's title sponsor is Interlake Rentals and Services and many local businesses have also contributed to the fun.

Hiebert says that this is an event that you just can't miss.

"The Friday night and Saturday night performances are absolutely must sees. If anybody's interested in any of the events at all (they'd probably enjoy stopping by.) The barrel racing is going on all day long, so they can always see that. Team roping is going on all day long. Starting at 11 a.m. there's face painting, craft tables and the vendor area is a high-

light (and) the home exhibition show is back this year," she said.

In addition to the return of the Home Living & Craft Displays this year, there are a couple of new events on the roster.

"On Friday night, We're going to have a breakaway competition as part of the interim shows during the bronc riding. Saturday, we're going to have a big loop competition for a longhorn steer as a fill in between the bulls," said Hiebert.

She explained that there are events taking place all weekend for people of different ages, abilities, and interests.

"We try to make sure that everybody has something to see and do, and that it's accessible for everybody. We have accessible parking, and then we have people transporting people with mobility issues, we have golf carts that will run people back and forth. We have a great group of volunteers that help us out with that," said Hiebert.

The event is in Selkirk Park, which many people will find a walkable or bikeable distance from their homes thanks to the city's active transportation system, but if you are from outside the city or prefer to bring your vehicle, there is on site parking which costs a reasonable \$5 a day.

"We have designated parking areas set up. We have a group that is in charge of directing parking so you're not on your own in finding a parking spot. They're very helpful in keeping that all organized and directing people at the gate. There's tons of parking. There's lots of room for everybody," said Hiebert.

If you'd like to attend this event, entry tickets are only needed to get into the rodeo grounds. They can be

purchased at the gate and are \$10 for adults and \$5 for children (6-12) daily as well as \$20 for adults and \$10 for children (6-12) for a 3-day pass. Children 5 and under are free all weekend.

Hiebert encourages residents to, whether it's their first time coming or they've been coming to the fair all their lives, grab a ticket and check out the Triple S Fair and Rodeo.

"If it's something you do every year, come back and see all the new food vendors, there's always somebody

new. Select Shows is back again this year, and they always have exciting rides for everybody. We've got a 50/50 draw going this year during performances on Friday and Saturday night. And if you're new, it's just a great experience. I mean, there's so much excitement around it, a fair experience and a rodeo experience is just something that everyone, in my opinion, everybody needs to check out," she said.



RECORD PHOTO BY KATELYN BOULANGER

Stop on by on July 11-13 and see the Triple S Fair and Rodeo. Photos from last year's event.

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# Lockport School thankful for donation to Healthy Living Centre

## Selkirk and District Community Foundation donation brings top tier equipment to school environment

By Katelyn Boulanger

Lockport School students and staff are very thankful for a recent grant they received from the Selkirk and District Community Foundation (SDCF) which outfitted their Healthy Living Centre with much needed equipment to fill out the space.

"(The Healthy Living Centre is) a space to come to exercise, enjoy some physical activity, and get away from it all for the staff, students, and the community use it sometimes," said Marco Morelli, a physical education teacher at Lockport School.

Unlike the gym which is a large and open space that students use during designated class and practice times. This space is open during non-class hours, like on lunch breaks, and people are able to choose for themselves what physical activity they want to do. Students and staff can choose from a variety of cardio machines, such as treadmills and stationary bikes, weight lifting stations — with a deadlifting area, free weights, and a squat rack available — and a place to do chin-ups, a universal machine, and a HOIST machine in the corner. This allows everyone to be able to strengthen their cardiovascular health, muscles, or endurance based on what their individual goals might be.

Morelli explained the history of the space which a few years ago was a bit dusty and is now a vibrant space that people want to use.

"This room became a space for staff and students when I first started

teaching here, in (the mid to late 90s). It was bare bones. Systems were not commercial. They were from private people donating bikes and different machines and (they were) very, very rickety. And so that would stay that way right until about 2020," he said.

The original work that went into upgrading the space in 2020 or so was made thanks to the first donation from SDCF as well as some money invested by the school and a large donation from the school's Parent's Advisory Council (PAC). This initial work got the space most of the way towards where it needed to be for comfortable use with some new equipment and upgrades.

"The new stuff is commercial grade. You'd see the same thing in different exercise gyms," said Morelli.

It was found, however, that after using the space for a couple of years, it needed a little more investment.

This second grant that the school received came from the SDCF's Curtis Niemi Legacy Fund and was \$2,500. In addition, the school added some money from its funding and the PAC stepped up again to round out the figures. To finish off the space they installed a second treadmill, extra weights, and some additional safety equipment like gloves and belts.

Morelli explained that it's important to have spaces like this for students.

"(It's good) for physical and mental health. Just to be able to get away and have a little bit of a quieter space. It's a place you can relax. You're not overwhelmed with many people.

You have a small group. It's open every noon hour for all grades. We



RECORD PHOTO BY KATELYN BOULANGER

Physical education teacher at Lockport School, Marco Morelli, and student Eryk Rasnussen showing off the Healthy Living Centre's equipment.

have our regulars come in here. We have a Tuesday session with females only in here, and so it's a great space to get fit, to set some goals and achieve them. From the students at the start of the year to the end, you see a lot of gains," he said.

This space is an opportunity for students to exercise a little bit of control over their fitness for themselves but also, since they have teachers coming in to supervise them as well as use the equipment, they can see those teachers modelling healthy habits and

learn how to use exercise equipment in a non-judgemental space.

Morelli said that he was very happy to learn that the SDCF had chosen the school for this grant. They have supported the school in the past and this was once again something that was going to benefit students.

"We're so very thankful for their support, and we couldn't have had the space without them. And so we're very grateful," he said.

He hopes that this space continues to help students during their time at Lockport School.

"I think this space will continue to help students and staff in the community stay fit and healthy, physically and mentally, for years to come. And when I'm retired, if I come back here to be a substitute teacher, I'll come and pop in and say hi," he said.

Morelli wanted to thank everyone who put time and energy into fundraising to make sure that this space is available for students.

"We want to thank the Parent Advisory Council and SDCF for their generosity. Their donations have helped us to create this space, and without them, we could not have done it. And so we are very, very thankful," said Morelli.

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# 57th Highland Gathering comes to St. Clements



RECORD PHOTOS BY KATELYN BOULANGER

The Highland Gathering was a sword fighting, yarn spinning, unicorn sighting good time on the weekend of June 21 and 22. Residents gathered to learn about and share aspects of Scottish cultural heritage and how the people who came from Scotland to our area and their descendants carry on these traditions.



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## Canada Strong Pass offers free admission to Lower Fort Garry until Sept. 1

By E. Antonio

Visitors of all ages are invited to explore Lower Fort Garry National Historic Site through a variety of free summer programs.

Until Sept. 1, the site is open daily from 10 a.m. to 4:30 p.m., offering self-guided tours and nine historic demonstrations — all accessible at no cost with the Canada Strong Pass.

The Canada Strong Pass, announced by the federal government, provides free or discounted admission to Parks Canada sites, national museums, participating provincial and territorial museums and galleries, and VIA Rail tickets. Passholders can visit any participating location — including Lower Fort Garry — to benefit from free admission or discounts.

“We expect visitation to be strong this year as Canadians are looking to explore their own backyards,” said Sarah Antymis, interpretation officer at Lower Fort Garry.

A range of programming is included with the Canada Strong Pass, giving visitors the chance to step into the shoes of Hudson’s Bay Company employees from the 19th century and take part in Indigenous education experiences.

### INCLUDED WITH ADMISSION:

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RECORD PHOTOS SUBMITTED

Admission to Lower Fort Garry National Historic Site is free this summer with the Canada Strong Pass. The site is open daily from 10 a.m. to 4:30 p.m. until Sept. 1.

days and Fridays: Hear Anishinaabe storytelling and knowledge sharing.

- The Im-press-ive Fur Bale, 3 p.m. Mondays and Fridays: Learn about the importance of fur bales and try twisting the fur press.

- Nature’s Pharmacy, 1 p.m. Tuesdays and Wednesdays: Match local plants and explore their medicinal significance.

- Threads, Hoops and Knots, 3 p.m. Tuesdays, Thursdays and Saturdays: Learn about decorative clothing techniques and try hand embroidery.

“These programs are excellent engagement opportunities that include several great interpretation prompts,” said Antymis.

She recommends visitors plan ahead by visiting [www.parks.canada.ca/lhn-nhs/mb/fortgarry](http://www.parks.canada.ca/lhn-nhs/mb/fortgarry) to make the most of their experience.

While at the Fort, guests can also explore the visitors’ building, browse the Stone Fort Trading Co. gift shop (operated by Friends of Lower Fort Garry), enjoy the Life a Little Sweeter restaurant, or have a picnic at one of the available tables — all open during daily operating hours.

“We have such beautiful facilities,



so why not check them out? It’s truly where history comes to life,” Antymis added.

Returning this summer is the Parks Canada Knowledge Sharing Series, with sessions on July 5, July 19, Aug. 2 and Aug. 16 featuring Indigenous artists sharing stories and demonstrating artistic practices important to their cultures. Topics include soapstone carving, beading, embroidery and quillwork, birchbark biting and Red River cart building. All sessions are free with the Canada Strong Pass

Continued on page 8



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### EDITORIAL

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

### TROUBLE WITH PAPER DELIVERY?

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

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> LOWER FORT GARRY, FROM PG. 9

and run from 12 to 3 p.m.

Lower Fort Garry also offers paid experiences for those seeking more in-depth programming.

A two-hour guided tour, offered daily at 11 a.m., provides a behind-the-scenes look at the buildings and stories of the fort.

Workshops such as Bake-a-Bannock, Simon Says Blacksmithing, and candle making are available for an addi-

tional fee, with schedules posted on the Lower Fort Garry website.

Paid programming is available in English and French and can be joined on-site or booked in advance by emailing manitoba@pc.gc.ca or calling 204-785-6050.

"We are working hard to ensure each visit is a positive experience," said Antymis. "We cannot wait for things to get loud and busy again."



RECORD PHOTO SUBMITTED

Don't miss out on this opportunity to visit Lower Fort Garry National Historic Site.

# Farewell for East Selkirk Middle School students



RECORD PHOTO SUBMITTED

On Saturday, June 21, the grade 8 students at East Selkirk Middle School (ESMS) had a farewell dance to celebrate the completion of their middle school years. These students will be attending the Comp as Grade 9s in the fall. The parents who volunteered to organize this event want to thank the Municipality of St. Clements, Aaron's No Frills, Atlas Roofing, Domino's Pizza, Chad Krut- Co-Operators, Lockport Grocery, Old Dutch Chips and Stylings RV Ltd. for generously sponsoring the fun.

# SDCF grant goes to Project Linus



RECORD PHOTO BY CATHY SVEINSON SUBMITTED

Project Linus wants to give a big thank you to the Selkirk and District Community Foundation (SDCF) and residents who have given to the Foundation for a recent grant of \$1500 which will continue to allow the volunteer group to continue its mission of making quilted, crochet, and knit blankets for children in need. Pictured left to right: Karen Hygaard, Selkirk Project Linus Coordinator; Julie Moffat, Selkirk Project Linus Treasurer; Pam Seekings, SDCF Board Member; and Meredith Boerchers, SDCF Community Development Officer.



## Public Notice

### You're Invited

to share your views about the rate application filed by Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2026 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2026 through March 31, 2027.

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

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

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll free 1-866-854-3698, no later than **September 30, 2025**.

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

A public hearing on the proposed rate application will be held beginning: **Tuesday, October 14, 2025 at 9 a.m.**

Please view the hearing via the PUB website link.

**Manitoba Public Utilities Board**  
400-330 Portage Avenue, Winnipeg,  
Manitoba R3C 0C4  
Phone: 204-945-2638  
Email: [publicutilities@gov.mb.ca](mailto:publicutilities@gov.mb.ca)

# 'The Fellow in Yellow' runs through WSP and Selkirk on cross-country journey

By Lana Meier

Trevor Redmond, better known as The Fellow in Yellow, passed through West St. Paul and Selkirk last week on his third trek across Canada — a journey now totalling more than 33,500 kilometres to raise funds and awareness for mental health, addiction recovery and mobility support.

Redmond began his current campaign, A Run for Courage, in Halifax on March 26 and has since run more than 7,583 kilometres westward. He hopes his effort will inspire Canadians to get involved in their own way — whether through movement, support, or donations.

"Dollars above what I require to keep moving have been going towards Dollar a Day Foundation this year," he said. "I would like to see Canadians match each day they see me making the effort to run, with an effort of their own. Drop a dollar a day into a jar or cup and let's give it to Dollar a Day Foundation to help support mental health and addiction initiatives across Canada."

Redmond nearly lost his leg at age 15 due to a medical condition. That personal experience has become the driving force behind his mission to support others facing phys-



RECORD PHOTO SUBMITTED

Trevor Redmond, known as The Fellow in Yellow, passed through West St. Paul and Selkirk on his third cross-country journey to raise awareness and funds for mental health and mobility recovery. Redmond began his trek in Halifax on March 26 and had run more than 4,800 km by the time he reached Manitoba, in support of the Dollar a Day Foundation.



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ical and mental health challenges.

His message is simple: "The more we move, the more we move others."

Supporters can "own" a kilometre of his journey by donating \$10 or more — each kilometre is dedicated to a name of their choosing. "I would like to have names attached to every single kilometre I run," he said.

"My favourite part is seeing and hearing the excitement. When a person is excited about something then anything can be accomplished. This is A Run for Courage, and I am out to encourage everyone to exercise their minds, bodies and spirit."

In addition to GoFundMe (search The Fellow in Yellow), donations can be made via e-transfer to [contact@thereandbackcanada.ca](mailto:contact@thereandbackcanada.ca), directly to the Dollar a Day Foundation at [adollaraday.ca](http://adollaraday.ca) (mention The Fellow in Yellow), or in person by tracking Redmond's location using the real-time map posted daily on his Facebook page, The Fellow in Yellow.

To date, Redmond has walked more than 11,400 km and cycled 14,600 km across Canada. On this leg, he's already surpassed 7,583 km of combined travel, much of it on foot.

You can follow his journey live on TikTok and Facebook under [@thefellowinyellow](https://www.tiktok.com/@thefellowinyellow).

**3rd Annual Libau Summer Fest**  
**Saturday**  
**July 5th, 2025**

**2 PM - 12 AM**

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**Bounce Houses Live Band @ 8pm**  
**Beer Gardens 18+ Petting Zoo**  
**Face Painting Silent Auction**  
**50/50 Farmers Market**  
**& MORE!**

More Information @  
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 Instagram: [@libauecommunity\\_club](https://www.instagram.com/libauecommunity_club)

Libau Community Club  
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**SAVE \$3**

**Chicken Quesadillas**  
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**SAVE \$9**

**Deep Dish Chicken Pie**  
907 g

**SAVE \$7**

**Battered Cheese Curds**  
280 g

**SAVE \$4**

**Haddock Tenders**  
8-12 PIECES 454 g

**SAVE \$6**

**Sausage Rolls**  
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**SAVE \$5**

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# Shoppers Drug Mart raises \$1,415 for women's resource centre

By Lana Meier

Shoppers Drug Mart in Selkirk has donated \$1,415 to the Interlake Women's Resource Centre following a successful fundraising campaign.

Store staff raised funds through bake sales and a lemonade stand organized by Amber Blue and her sons, Rheo and Diesel, who contributed \$380.95. Customers also pitched in to support the cause.

"When it comes to supporting a worthy cause, our area is always amazing," said store owner Mike Olynik.

Each year, the store supports a registered non-profit organization that helps women in the Interlake. Staff say they plan to team up with the resource centre again this fall with new fundraising ideas.



RECORD PHOTO SUBMITTED

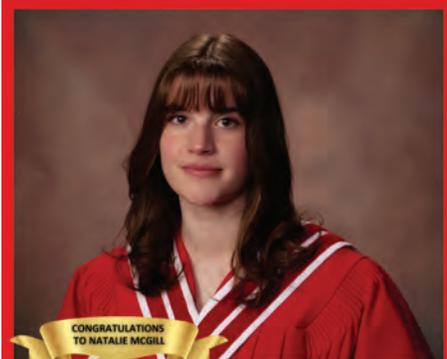
Shoppers Drug Mart staff in Selkirk present a \$1,415 cheque to the Interlake Women's Resource Centre, raised through community donations, bake sales and a lemonade stand organized by Amber Blue and her sons Rheo and Diesel.



GROW OUR OWN SCHOLARSHIP



VIDIR HERO SCHOLARSHIP



VIDIR HERO SCHOLARSHIP



## Congratulations to Vidir's Scholarship Winners

Vidir Solutions is a fully integrated tech and manufacturing company that provides automated material handling solutions in every industry and in over 45 countries around the world. Operating out of Manitoba's Interlake region, Vidir believes strongly that education elevates excellence and that community creates meaning, and therefore are proud to provide scholarships to local students going into a variety of fields. This year, Rylan Mott is the recipient of the Vidir Grow Our Own Scholarship of \$1,000 for his pursuit of engineering in University. Natalie McGill and William Caldera are each recipient of the Vidir HEROs scholarship and have received \$1,000 each towards their pursuit of graphic design and engineering respectively. Congratulations Rylan, Natalie, and William!



## MPI files rate hike application for 2026-27 insurance year

By Haley Cvar

Manitoba Public Insurance is seeking a 2.07 per cent increase to basic auto insurance rates for the 2026-27 insurance year, according to a general rate application filed Tuesday with the Public Utilities Board.

If approved, the increase would add about \$21 to the average annual premium for a private passenger vehicle, or roughly \$1.75 per month. The new rates would take effect April 1, 2026.

MPI says rising claim costs—driven by increasingly complex and expensive vehicle technology—are impacting auto insurers across North America.

"While the market remains volatile and the cost of claims continues to rise, this rate request truly emphasizes MPI's commitment to

keep auto insurance affordable for all Manitobans," said Satvir Jatana, MPI's president and CEO.

The proposal also includes a change to the Basic deductible, increasing it from \$750 to \$1,000. MPI plans to introduce a new \$750 deductible option under its Extension line of business, which also offers \$200, \$300 and \$500 deductibles.

A two per cent increase to Extension product pricing—covering items like rental vehicle insurance and added third-party liability—is also proposed.

Jatana said the changes give customers more flexibility to manage costs while maintaining access to lower-deductible options if they choose.

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# LSEC grads walk the walk at graduation ceremony



RECORD PHOTOS BY TOMAHAWK PHOTOGRAPHY

The Lord Selkirk Adult Learning Program gives residents in our region who haven't graduated high school in their teens, or youth who benefit from a calmer environment for their studies, a way to achieve their educational goals. And, a group of students who were ready for a challenge did just that this year celebrating their success at their graduation ceremony last week. Pictured: Graduates throwing hats (above). Staff who helped the grads along the way (above left). LSSD Superintendent Jerret Long congratulates grads (far left). Local MLA Richard Perchotte sharing his congratulations (near left).



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# All Fore One Golf Tournament a hole in one



RECORD PHOTOS BY BRETT MITCHELL

The Springfield Chamber of Commerce, Beausejour Chamber and Selkirk Biz joined forces to host the All Fore One Golf Tournament on June 19. It was a beautiful day as participants from the Selkirk and Eastman areas swung by the Selkirk Golf Club.



**Legion** **Royal Canadian Legion Branch 42**  
 403 Eveline Street, Selkirk  
 204-482-4319 www.SelkirkLegion.org

**JULY EVENTS!**

1 – Bean Bag/Horseshoe Tournaments 1pm  
 4 – Proven Guilty Band 8pm  
 11- Uncle Basic Band 8pm  
 12- Sports Day 1pm (no bingo)  
 -Meat Draws 1pm  
 -Uncle Basic 2pm  
 17-Over 60 Club lunch-noon  
 18- Geoff Erickson Band 8pm  
 25-Bowman Bros Band 8pm

Open Sunday 11 am-6:00 pm  
**Chase the Ace**  
 \$10,000+ As of Friday, June 27/25  
 54 cards left

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Mondays	Tuesdays	Thursdays	Fridays	Saturdays
Crib 1:00 pm	Member Pricing	Poker 7:00 pm	Meat Draw & Chase the Ace 4:30-8pm	Bingo 1pm

All Welcome! - Ask about Member Specials



# Congrats to award winners for work with Indigenous youth

By Jennifer McFee

Two Indigenous elders are in the spotlight for sharing knowledge with the next generation.

Lord Selkirk Regional Comprehensive Secondary School's Indigenous student centre (Manidoo Mai'ingaan Skaabewaag) and the Promoting Aboriginal Student Success committee (P.A.S.S.) recognize elders and knowledge keepers who impact youth in a positive way within the school division and community.

This year, Elder Cara Widrick and Ally Elder Ron Bell were named as recipients of the 2025 P.A.S.S. Lifetime Elder/Knowledge Keeper Award at a gala luncheon on June 14 at the Selkirk Rec Complex.

In her role as the Indigenous Elder for Selkirk Regional Health Centre, Widrick provides cultural guidance, personal consultation, active listening, support and mentorship to patients and their families on an as-needed basis. She also takes the time to connect with Indigenous youth in the community. Similarly, Bell is an Elder who has worked with Grade 9 Indigenous Studies students at École Selkirk Junior High over the past few years.

P.A.S.S. is a charitable organization that launched in 2000 through the efforts of a few students and community members. Currently, the community committee is made of 13 members who are all Indigenous. The majority of board members are former award

recipients who understand the positive impact that P.A.S.S. has on Indigenous youth.

It's the only charitable organization of its kind in the Interlake that serves Indigenous youth in Selkirk, St. Andrews, St. Clements and Brokenhead Ojibway Nation, empowering them to finish school and continue towards post-secondary or their chosen career. The organization connects with Indigenous youth mainly at the local high school, as well as at École Selkirk Junior High. Teacher-facilitators work with P.A.S.S. on projects and workshops throughout the school year.

Meanwhile, Manidoo Mai'ingaan Shkaabewaag, the Indigenous Student Centre at Lord Selkirk Regional Comprehensive Secondary School, has been in place since 2008. It has grown from a schoolwork help centre to an academic program that provides Indigenous students with classes and supports in an alternative setting. It also offers cultural connections, activities and workshops to Indigenous students throughout the school year.

P.A.S.S. chair Jacqueline Bercier noted that they started handing out the award in 2021 during a time of COVID restrictions. Winners receive a red enameled P.A.S.S. Lifetime Elder medallion.

"We weren't able to have our usual grad gathering and gala, but we still wanted to celebrate the people around us, especially our elders and knowledge keepers that have been



RECORD PHOTOS SUBMITTED

Cara Widrick, left photo, and Jacquiline Anderson with Ron Bell, right photo, were honoured with the 2025 P.A.S.S. Lifetime Elder/Knowledge Keeper Award for their contributions to Indigenous youth and community connection.

working with Indigenous youth in our communities and schools," she said.

"We created the award to reflect the gold medallion that we give to the Indigenous youth award winners. We chose red for that medallion to respect all the heart work and hard work that the elders and knowledge keepers have done in keeping connections alive for the young people."

She acknowledged Widrick's nurturing yet no-nonsense personality, as well as her wisdom while work-



Continued on page 17



## Communities in Bloom 2025

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

If you would like to enter a yard, please visit Selkirk Home Hardware customer service desk or email: [selkirkcommunitygardens@gmail.com](mailto:selkirkcommunitygardens@gmail.com) and let us know whose place is looking great!



**Yard of the Week: 365 Agnes Street**

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# get inspired

> MEAL IDEAS



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## BLT Wraps

pepper, to taste  
4 taco tortillas, warmed  
3-4 slices lettuce  
In bowl, mix bacon pieces, tomato, mayo, onion powder and garlic powder until blended well. Add salt and pepper, to taste.  
Spread onto warmed tortilla and add lettuce. Roll up and cut in half.

Tip: Recipe can be doubled, if needed.

Recipe courtesy of "Cookin' Savvy"  
Servings: 4  
1 package real bacon pieces  
1 large tomato, chopped  
1/2 cup mayo  
1 teaspoon onion powder  
1 teaspoon garlic powder  
salt, to taste



## Frosted Peach Lemonade

2 scoops Premier Protein Vanilla Milkshake 100% Whey Protein Powder  
1 cup lemonade  
1 cup frozen peach slices  
In blender, blend protein powder, lemonade and frozen peach slices until smooth.

## Protein Marshmallow S'mores

2 cups Premier Protein Vanilla High Protein Shake  
5 tablespoons gelatin  
3 scoops Premier Protein Vanilla Milkshake 100% Whey Protein Pow-

der  
3 graham crackers  
3 chocolate bars  
Add protein shake to small saucepan and layer gelatin on top. Let set 5-10 minutes (gelatin will start to "bloom").



Over low heat, whisk mixture periodically until consistency thins. Pour into mixing bowl and allow to cool 5-10 minutes until mixture is warm, not hot.  
Add protein powder; whisk 10-20 minutes, or until light and fluffy. Mixture should not break and fall immediately when whisk is lifted.  
Pour mixture into lined pan and allow to set in refrigerator.  
Slice and serve alone or with graham crackers and chocolate bars.

**BINGO**  
SUNDAY NIGHT BINGO  
Pots are as follows:

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In 51 Numbers

4 ● **\$18,232 POKER FLUSH**  
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4 ● **\$8,309+ BONANZA**  
In 52 Numbers

4 ● **\$2,733+ LUCKY STAR**  
In 53 Numbers

## Ask the money lady

Dear Money Lady: I am a single mom and wondering how to get started investing. The market right now is really scary with all the US Tariffs and the stock market going down. Should I stick with my high interest bank account until things get better? Jan

NO Jan, now is the time to invest in the market – everything is "on-sale," and you could earn a lot more from your investments when the market turns, than keeping your money in a bank account.

More women like Jan, need to be looking at investing for the future but unfortunately the stats on women investing today are quite dismal. Because we are still experiencing a gender wage gap, it makes it all the more necessary for women to invest today. Here's some facts: women on average earn 20% less than men. When broken down by demographic compared to a white man, Asian women earn 13% less, white women earn 18% less, black women earn 35% less and all other women (visible minorities) earn 42% less. Over an average women's working career, it's estimated she will earn \$450,000 less than the average white man will earn over his lifetime. This reality makes it imperative, especially for single women, to invest sooner so they can use the benefit of time to grow their investments, (through dividends and compounding). Women tend to be much more conservative with their investment decisions than men and typically feel intimidated by a financial advisory community of mostly men.

Ladies, start believing you can be smart with money; learn more. You just need to ensure you invest enough of your money to provide for the future you want.

Often times people pursue complicated investment strategies, believing the complexity will give them a better return. Some advisors will take it a step further, talking about the amount of time they must spend evaluating different companies for things like pricing, dividends and growth potential, to convince clients that their investment strategy is the best. Personally, after 35 years in the industry, I have found that there is no need for complexity - simple is still the best.



Ladies, here is how you should get started. I want you to choose 3 or 4 ETF Index Funds (exchange traded funds). Index funds are a great way to get into the market because they're professionally managed funds that follow a benchmark index. They provide superior diversification, lower risk and lower costs. You want to choose different asset types: 1. US Stock, 2. Canadian Bonds, 3. International Stock. Stay away from emerging markets for now and stick to funds that follow the NASDAQ and the S&P. Here are some funds you could check out.

- Fidelity ZERO Large Cap Index
- Vanguard S&P 500 ETF
- BMO S&P 500 Index ETF
- Vanguard Total Stock Market ETF
- TD Active Global Dividend ETF
- Vanguard Conservative ETF
- TD Active US Dividend ETF
- Vanguard Global Momentum ETF

Saving money in a high interest savings account is good for emergencies or short term commitments, but to keep up with inflation, you will need to invest and get your money working for you. Women live longer than men and will most likely need more money to support their retirement. Don't wait ladies – get started now.

Good Luck and Best Wishes,  
Money Lady

Written by Christine Ibbotson, Author, Finance Writer and Syndicated Money Coach on BNN Bloomberg. Christine is also part of the everyday lineup on CTV Your Morning in every province. No AI. If you have a money question you want answered FREE – send it to: [info@askthemoneylady.ca](mailto:info@askthemoneylady.ca)

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**> PASS AWARDS, FROM PG. 15**

ing with youth — particularly at the Huddle in Selkirk, which offers a safe space for youth aged 12 to 29.

“Cara has been doing good work around the community for ages, and this was an opportunity to acknowledge her dedication to culture, tradition and uplifting youth. It is so important to share Indigenous culture with Indigenous youth because it teaches them about themselves and it connects them to the larger sense of kinship and community — two concepts that are often lost in society today,” Bercier said.

“Having a strong sense of self, identity and belonging has a profound impact on Indigenous youth. It positively impacts their mental well-being so that they can become confident and successful. This carries them forward to becoming leaders in our communities in the future.”

Allison Savoie, P.A.S.S. teacher-facilitator, nominated Widrick for the prestigious award based on her positive interactions with students during a visit to Selkirk’s high school earlier

this year.

“She did presentations for some of our students on the possibility of going into careers in the health-care field one day. She also talked a little bit about her story and how proud she was to be Indigenous. The kids just really liked her, and we had lots of good conversations after that. It was so great that she was open to coming out to the school,” Savoie said.

“In addition, Elder Cara has offered a number of teachings at the Huddle. I was able to take a small group of students to the Huddle and she was so generous in sharing her teachings in such an amazing way that I really wanted to nominate her for the award.”

For Widrick, she feels both humbled and honoured to receive the recognition.

“It is a beautiful experience to be able to share about our Indigenous culture, teachings and to know your identity as an Indigenous person. Working towards reconciliation for our Indigenous people, to share knowledge that

has been passed down and learn, is an honour and a big part of my life,” she said.

“I am very humbled to be honoured in my home community by the P.A.S.S. committee. Miigwetch.”

At the same time, Métis educator Melissa Muir explained why she nominated Ron Bell for the award as an Ally Elder. Although he’s not Indigenous, Bell has followed ceremony to receive his teachings and he doesn’t claim those teachings as his own.

“He has worked with us for the past few years (as) Elder when we travel to Whiteshell Park, specifically to Bannock Point. Ron is known for his stories relating to the petroforms, the formations made with stones, at the site,” Muir said.

“Now, close to 80 years old, Ron is slowing down with the tours and teachings. He will still do a tour with our students if he is up to it physically, as a favour to us. Touring the Bannock Point site can be a workout, as it is quite a large area to cover. He is always full of stories of the petroforms, the plants in the area, the star stories and the teachings of the spirits

that dwell at that sacred site, Bannock Point.”

She said Bell encourages students to look past what is right in front of them and to believe that energy and spirit have things to teach us.

“While walking around, he will speak with the students and he will sometimes tell me about particular students to keep a special eye on, as he has recognized something in the student’s spirit that needs some nurturing. When he tells his stories, he always asks if anyone is interested in learning about the petroforms and star stories, looking for the next young person to carry that knowledge,” Muir said.

“Ron is a very kind, quick-witted, jovial person who loves the land that he teaches on. It is evident in how he conducts himself and how he teaches others. He is a wealth of knowledge and I am glad that we have connected over the years to build that relationship. He definitely deserves the P.A.S.S. Elder Award for all his knowledge, teachings and relationship building that he has provided us over the years.”

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Strikeforce lose title of only undefeated club in MMSL Div. 4

By Kieran Reimer

All good things must come to an end.

For the Selkirk Strikeforce, it was a seven-game unbeaten streak to open the season that came to a halt last Wednesday on home field at the Selkirk Recreation Complex.

Facing the Hanover Strikers for the first time this season, Strikeforce struggled to replicate the solid defen-

sive play that had defined their early success.

Hanover scored six times—doubling the most goals Selkirk had allowed in any previous match this season—and handed Strikeforce their first loss with a 6-3 final.

One bright spot for Selkirk was the continued strength of their offensive unit. Devin Racicot, Evan Bedard and Yaya Ramadan Adam each found the

back of the net as they continued their productive campaigns.

Now sitting at 5-1-2, Strikeforce are in second place in the Manitoba Major Soccer League’s Division 3B, which now has no undefeated teams remaining.

Selkirk returns to action Wednes-

day at home for the second match of a three-game homestand. They’ll take on TDS for the first time this season, with kick-off set for 7:30 p.m.

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**The Selkirk Record**

# West St. Paul's Bear drafted early by Original Six club

By Kieran Reimer

Carter Bear didn't have to wait long to hear his name called on Friday night.

The 18-year-old Everett Silvertips stand-out sat through just 12 picks before the Detroit Red Wings selected the West St. Paul product 13th overall in the 2025 NHL Entry Draft, held at the Peacock Theatre in Los Angeles, Calif.

Bear, who racked up 40 goals and 42 assists in 56 games in the Western Hockey League this past season, was widely projected to go in the lottery portion of the draft.

The Red Wings made scouts look spot-on, selecting the six-foot, 179-pound centre/winger at roughly the spot many had predicted. He was the first Manitoban taken in this year's draft.

The Original Six franchise, already known for its strong prospect pipeline, added further depth with Bear, who set career highs in all major offensive categories this season.

He'll now head to the Motor City for the Red Wings' 2025 Development Camp, which runs June 30 to July 3 at the BELFOR Training Center in Detroit, Mich.



RECORD PHOTO BY EVAN MORUD

Carter Bear, pictured during his WHL season with the Everett Silvertips, was selected 13th overall by the Detroit Red Wings at the 2025 NHL Entry Draft in Los Angeles. The West St. Paul product was the first Manitoban taken in this year's draft.

## Tensions rise in latest chapter of St. Andrews Soccer saga

Tensions flared at the RM of St. Andrews council meeting last Tuesday as the St. Andrews Soccer Association renewed its call for a permanent home beyond the 2026 season.

The non-profit group, which serves 320 youth registrants, currently leases fields at the St. Andrews Airport. However, the airport plans to expand and will require the land currently used for soccer, leaving the association in search of a new home.

Director Adam Praznik addressed council during a packed meeting at the RM office in Clandeboye, with dozens of players and parents showing their support both inside and outside the building.

Praznik spent nearly 50 minutes at the podium, delivering a presentation and responding to questions from council. He laid out three possible solutions to secure a new home for the soccer program, all of which would require financial or logistical support

from the RM.

### THE OPTIONS PRESENTED INCLUDED:

A new soccer complex on Liss Road — The proposed facility would include four full-size fields with full access from April to August. This plan would also require the RM to direct the airport to extend the current lease until the new fields are ready.

Airport site redevelopment — This option involves building a new road south of the current airport development toward Parkdale Road, unlocking land for additional development, a new parking lot and permanent soccer fields for the association.

Central farmland project — Praznik proposed the RM purchase farmland in a central location and pursue a \$5-million grant from Ducks Unlimited Canada to build a retention

pond, parking, trails and lighting. No municipal contribution would be required for the grant, but the soccer lease would again need to be extended during development.

After hearing the proposals, RM councillors advised Praznik to first meet with the nearby AK Soccer Academy, located across from the airport on Liss Road. The academy's agreement with the RM includes 20 per cent field access for the soccer association.

That suggestion was met with frustration from the audience and sparked an outburst from one attendee. Praznik argued that 20 per cent access is insufficient for a program of their size, which he said requires at least three full fields.

Despite his concerns, the RM stood by its position that engaging with the AK Soccer Academy should be the next step.

"It leaves us in the exact same position we were going into that meeting," Praznik said Friday. "It accomplished nothing, but it did raise attention to the matter and real public pressure."

Praznik noted that the RM does not control the decision to extend the lease at the airport, as the airport board governs operations despite the land being RM-owned.

Mayor Joy Sul confirmed that the issue has drawn significant public attention.

"My inbox has been flooded with

emails," she said Friday.

Sul said council has not yet had time to fully examine Praznik's proposals due to a busy schedule and the Canada Day holidays. However, she noted an administration meeting is forthcoming.

She expressed confidence the issue will be resolved.

"The council — we're elected to act in the best interest of the residents," Sul said. "We want to work with the residents and with Adam's soccer group. It's challenging, but we are not abandoning our youth. Something will be put into play, and we still have lots of time."

Sul also addressed rumours that the RM had diverted money from its recreational reserve for drainage projects, saying the funds remain intact.

"When money is put into a reserve, that is strictly 100 per cent for that reserve," she said. "We wouldn't take money out of the lagoon reserve to pay for recreation. You can't do that."

She further clarified that the AK Soccer Academy site includes 80 acres of RM-owned, rezoned recreational land — meaning it could be used for a broader range of recreational purposes, not just the academy.

In the meantime, Praznik said the soccer association plans to return to council with their case at the September meeting.

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	6	8		9				1
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### ZONING BY-LAW AMENDMENT APPLICATION

RM of St. Clements

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### APPLICATION INFORMATION

**Application File:** BL 12/2025  
**Applicant:** McGowan Russel Group Inc.  
**Property Location:** Ashfield Road, RM of St. Clements **Roll No.** 249875  
**Legal:** LOT 4 PLAN 71535  
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### Application Purpose:

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

Zoning By-law Requirement	Proposed by Applicant
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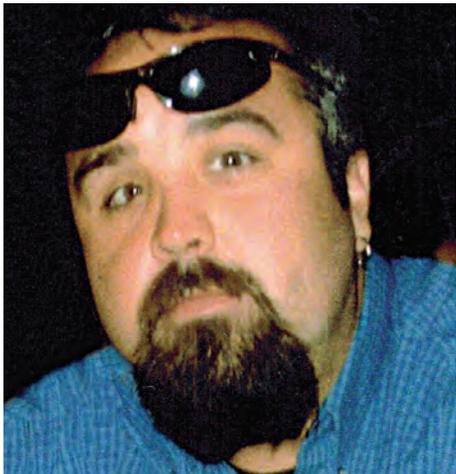
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**IN MEMORIAM**



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 They walk beside us every day.  
 Unseen, unheard but always near,  
 Still loved, still missed and very dear.  
 -Mom, Dad, Tracey and kids

**ANNOUNCEMENT**

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 -Love Conner, Andrew,  
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**ANNOUNCEMENT**

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-Love Mom, Dad, Conner and Andrew



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A total of 301 students received their high school diplomas this year from the Lord Selkirk School Division.

The ceremony concluded with the students coming up to the front of the stage and receiving their diplomas.

"You continually exemplify the values of respect, accountability, integrity and empathy," she said.

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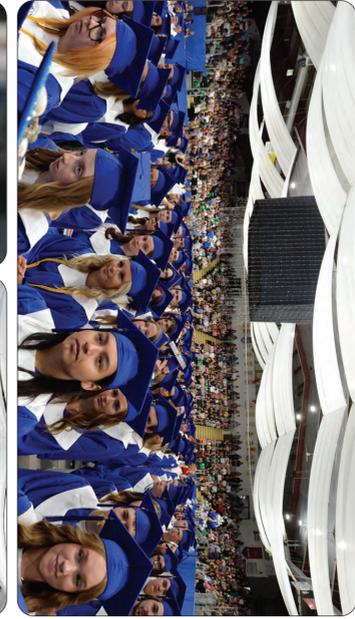
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Graduation Supplement to *The Selkirk Record* Thursday, July 3, 2025



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Aply, Izabel  
Albert, Quana Lucia  
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Bennett, Paige Olivia  
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Boucher, Jayden Asghen  
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Moussaoui, Connor Michael  
Mowat, Abbygail Ines  
Mowat, Shyreen Marilyn Sarah  
Muller, Grace Lynn Ann  
Murray, Finley  
Muth, Evan Lawrence  
Nazarek, Elara Finch  
Nepinak, Karmaine Antonio James  
Nichol, Jackson John Russell  
Noble, Dessa Maria  
Normand, Franklin Quinton  
Owen, Chastly Rachelle  
Paradisik, Jerin Jack  
Parsidis, Iris Alaina  
Pavly, Tim Jayson  
Payne, Jayden Albertine  
Pena, Miche Joseph  
Peschilli-Pearson, Lanny Ann Ruth  
Petrovski, Aniko Lee  
Pillbeam, Ryan Walter  
Pompano, Jade Denise  
Prochorow, Calvin Louis  
Prochorow, Marco  
Pronett, Adele Madeline  
Purvis, Shelby Breanne  
Purvis, Zoey Presley  
Rallo, Isidon Antonio  
Recksieltler, Joryn  
Reeb, Serena Madelin  
Remier, Ella Kaitlynn Everisto  
Remulla, Andrea Paganinhan  
Renie, Nore Heather Ireland  
Reykdal, Lijia Faith  
Reykdal, Rheanna Heather  
Reck, Zachary David  
Reisner, Kaitlen Taylor James  
Riter, Zackery Mason  
Robertson, Connor Coyle  
Ross, Aidan Rowan  
Rossignol, Alle Shanda  
Schiengang, Lina  
Scheel, Emilie Claire  
Schantz, Wyrina  
Schel, Alexis  
Scholfield, Kole Hunter  
Scott, Emily Katherine
- Sellar, Hanna Isabella  
Senchuk, Mgs Sage  
Seeger, Mackenzie Alicia Storm  
Sharpley, Kadence Mackenna  
Sizanski, Cori Dawn  
Sizanski, Kalle Lynn  
Soudair, Schneider, Mikasa Newash  
Soudair, Rowan  
Smoock, Jeffrey Timothy  
Skarpas, Peter Dimitri  
Sliworsky, Bryson Connor  
Smith, Hayden Michael  
Smith, Layla Lee  
Snodgrass, Austin Michael  
Snodgrass, Julianne Rachelle  
Sofarski, Aaron Thomas  
Stanford, Seth Daniel Cory  
Star, Shannon Dawn-Marie Lynn  
Steiner, David Brian  
Sterling, Zoyge-Carmy  
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Stewart-Kempert, Rhys Edward James  
Stull, Jackson Lukas James  
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Suter, Mera  
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Svitskiy, Jeshua David Joseph  
Tardi, Rory Madison Lynn  
Taylor, Leron Romme Raymond  
Tejera, Jessica Michelle Sousa  
Thessen-Jagodnik, Emilie Madeline  
Thuis, Gabrielle Annalise  
Trippier, Sophia Lindsey Marie  
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Uvarau, Noah Kenneth  
Uvarau, Roman  
Vagi, Addison Ronald Isid  
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VanCarpene, Evan Dean Ross  
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Vandendorp, Andrew Bob  
Varenin, Sigrid Berger  
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Verch, Madelyn Ivy  
Vermillion, Drake Reid  
Vit, Jade Iris Therese  
Wabashk, Logan Walter  
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Walker, Kayla Brooke  
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Wass, Kaiti Elizabeth  
Wilson, Riley Hewitt  
Woodford, Brooke Rose  
Woods, Aria  
Wotton, Andrew Luke  
Wyllina, Tanner James  
Young, Kyle Bradley

# They came, they studied, they graduated!

Congratulations to the class of 2025

Supintendent of the LSSD Janet Long was up next. As the students move forward, she encourages them to carry three things which they've already shown in their time in the LSSD.

"Number one, courage, you're a group of students who have survived High School, standardized tests, group projects, and a global pandemic crisis. Therefore, don't be afraid to take risks," he said. "Number two, curiosity, it's important to never stop learning, you've been doing this all throughout high school, you learned how to solve for x, how to write a five-paragraph essay in 12 minutes, and how to pretend you'd actually read the book. So be curious, ask questions and keep wondering. Number three is compassion. Lead with compassion. The most powerful change you can make is often having empathy and caring for others around you. It's what makes the world a little less chaotic, and a little more human. So be the people who make other people feel seen and heard and cared for," he said.

Long was followed by the presentation of a small selection of awards. The full awards presentations took place previously celebrating the class of 2025's academic and athletic achievements.

Graduate Madeline Beeching then came up to encourage her fellow graduates to take the time to acknowledge the success of the moment in her valedictorian speech.

"After reflecting on the past 13 years, something the adults always told us started to stand out. Growing up happens faster than you think. It's easy to rush through life chasing that next exciting thing. Dr. Seuss once said, 'Sometimes you will never know the value of a moment until it becomes a memory.' We often don't know how valuable a moment is until it is behind us," she said.

"Whatever your school experience consisted of whether it was full of academics, athletics, trades, or arts, every moment counted and it all led to this moment right now. Take a second and remember what it took to get here, the reality is our time at public school has come to a close. What becomes of it is that we are more resilient, responsible, and empathetic people. Every moment has helped shape who we are and prepare us for our futures. Today we celebrate the memories, accomplishments and the people we are because of them," said Beeching.

The ceremony concluded with the students coming up to the front of the stage and receiving their diplomas.

## Graduating Class of 2025

Graduation Supplement to *The Selkirk Record* Thursday, July 3, 2025

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The Lord Selkirk Regional Comprehensive Secondary School's Class of 2025 capped off the year with their graduation on June 26. The students studied hard, accomplished their goals, and are now off to the next steps of their adventures.

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to the Class of 2025

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Steelton Ford has joined the Lord Selkirk School Division to raise money for much needed projects in our School Division. We will be donating \$100 per vehicle purchased from any customer residing in our division.



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*Congratulations to the Class of 2025!*



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