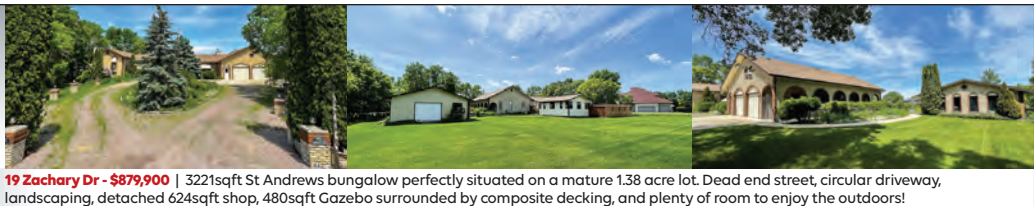




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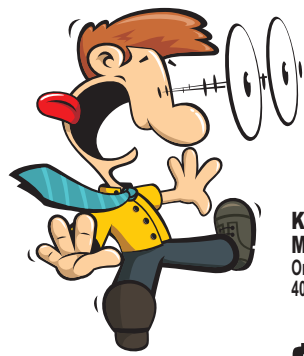
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Brokenhead to get new splash pad for kids

Families to have fun new local place to play

By Katelyn Boulanger

Brokenhead residents will have a new place in their community for families to gather and to stay cool in the summer after the recent announcement that funding has been raised to build a splash pad on the greenspace by Old Hall.

The announcement of the splash pad opened with a performance from a group of young singers who sang a traditional Indigenous song to the beat of a drum.

From there Chief Gordon Bluesky welcomed residents to the event.

"I'm excited to be here at the sod turning and the announcement that we're making. Of course, we have a lot of our families here today. We have a lot of issues in our community that need to be addressed through projects to start occupying our young people's time and to start creating a safe and healthy space in our community. And I believe this project is going to be one of those steps towards that," said Bluesky.

Pam Kent from Jordan's Principle who lead the charge to have this project in the community then said a few words.

"This project started about a year and a half ago, shortly after I started with the Jordan's Principle program. I came in and I found out about this opportunity and it wasn't something that I was really comfortable doing because I had never done it before. My previous experiences were in child welfare but I thought, you know, let's give it a shot," she said.

And she absolutely gave it a shot. Kent found a partner in Prairie Economic Development Canada who provided \$450,000 for this project. The Sergeant Tommy Prince School's

after school program, the area's ELCC program and the Brokenhead Ojibway Nation East Resource Program also partnered to contribute to the new splash pad.

"I want to send that message to our children today. Never doubt yourself. Always try, just take on tasks. Try whatever you can. You shouldn't limit yourself and have the courage and push through," said Kent.

Representatives from Brokenhead Council as well as Bluesky and Kent then did a ceremonial sod turning where they flipped over a few shovelfuls of dirt. They then made an offering of tobacco.

Construction on the project is set to begin in early July and they are hopeful that the splash pad will be completed by the end of the summer so that children will be able to use it this year.

"I hope that [our families] can get together in this area, and really spend quality time together. A lot of our families have struggled since COVID and have really been isolated so it'll be wonderful to have them be able to come together in a healthy environment and spend time with their children. That's one thing that we really want to foster through our Jordan's Principle program is healthy families. I know Jordan's Principle is a child first initiative, but we in Brokenhead believe that we need healthy families and healthy parents to make healthy children. So, we want to have more opportunities for our families to come together," said Kent.



RECORD PHOTOS BY KATELYN BOULANGER

Representatives from Brokenhead Council as well as Gordon Bluesky and Pam Kent performing the sod turning.

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Plein Air Saturdays at Gwen Fox Gallery

Stop by to see local artists outside of gallery

By Katelyn Boulanger

The Gwen Fox Gallery is always looking for fun and interesting new ways to support the artists in our community. Their latest project to bring a little more interest to Selkirk's local art scene is Plein Air Saturdays. Until the end of the month, local artists will be making art outside of the Gwen Fox Gallery on Saturdays and anyone who's interested can stop by and check out what they're doing and chat with some artists from our community.

"We had volunteers almost instantly. It's just a trial event for this year and it's running every Saturday [in July]

starting on July 2," said Patti Simko the Gwen Fox Gallery's special events chair.

The event is, of course, weather permitting, however, they have a variety of local artists who work in different mediums who will be interchanging every week.

"We're going to have the artists set up on Main Street on either side of the main doors of Gwen Fox Gallery. They're going to set up an easel if they're a painter or a table if they're a fabric artist or whatever they need depending on what type of artists they are. From 11 a.m. to 1 p.m., they are going to sit out there and let the

public see what goes on inside the doors of the gallery," said Simko.

The idea of doing art outside is not a new one as artists have been



RECORD PHOTO BY KATELYN BOULANGER
Bev Hart demonstrating plein air painting outside of the Gwen Fox Gallery.

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taking to nature to make their pieces for centuries but the popularization of the concept of plein air painting is often attributed to the French impressionists.

"When you go to Europe, it's very common to see artists setting up their easels in public areas and showing off their skills. That's the whole point of why we're doing this is community engagement. We want to engage the community in the goings on of the gallery. And for people who are non-artists or non-creatives, I think it's fascinating to watch someone, take a plain piece of canvas and turn it into something that's recognizable," she said.

One of the main reasons that the idea for this project came to fruition is because so many people in our community don't know that the Gwen Fox Gallery is a place that people can go to check out amazing local art whether they want to buy or just be inspired by it.

"They have no idea what an absolute treasure that gallery is. And so, we're hoping that if, we can get people that are stopped at the light or driving by or walking down the street. Preferably if someone's walking down the street, they can stop, have a chat with the artists and see what it's all about then maybe we can get them to go in the front door of the gallery, walk around and then carry on, on their way," said Simko.

Alex the Barber thanks customers for years of business

Local retires after over 40 years in community

By Katelyn Boulanger

Alex Litvin who is locally known as Alex the Barber has recently closed up shop after over 40 years of cutting hair in our community. His story of finding community and a career in Selkirk shows what an amazing place Selkirk has been and continues to be for people looking for a place to call home.

"I came to Canada in 1978 on the 19th of July," said Litvin.

He was originally born in Kyiv, Ukraine and made the trip over with his wife, daughter and their dog. It was a long journey as it involved a 40-day stay in Austria as well as a trip to the German embassy in Moscow to arrange the paperwork. This was before the fall of the Soviet Union and the unification of East and West Germany and so travel paperwork was much different than it would be now.

"It was my wife [who originally wanted to come to Canada]. She had relatives here," said Litvin.

When he came to Canada, Litvin brought his barber skills with him. He originally learned to cut hair on the job from one of his great uncles and Litvin worked for him for some time and also managed a salon in Riga, Latvia, before he came to Selkirk.

"I didn't know English. Nothing you know but some guy said that the barber shop in Selkirk was looking for a barber," said Litvin.

Despite not knowing the language, Litvin was able to prove himself a very competent barber and was hired to work in Selkirk at Bob's Barber Shop by Bob Benediktson. The barber shop that he worked at was at that time located in Keystone Source for Sports.

When Benediktson passed away, Alex opened a shop of his own.

His shop had many regular customers until he was forced to move in 2018. From there Connie Rapko who owned Hair Fantasy offered him space in her salon. He worked out of

that salon until its recent sale.

"I had lots of customers—from Gimli, from Petersfield, from Beausejour, [from all over the place]," said Litvin.

Now at 85 years of age Litvin has officially retired. He lives in Winnipeg and misses all of the regular customers who came back throughout the years.

"I love them all. And I'd like to tell them 'Thank you very much for supporting me for so many years'," he said.



RECORD PHOTO BY BRETT MITCHELL

Alex Litvin was a barber in Selkirk for over 40 years.



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She and fellow local artist Bev Hart were the first artists who took to the street to share their art with people on July 2.

Hart said she enjoyed her time outside, "It's nice to be out in plein air. Not that we're painting trees or anything, because I'm not. I'm just

painting what I feel like painting. But it's a nice experience."

Hart welcomes any residents or visitors who want to check it out to stop by.

"I'd encourage them to come by and see the art. We've also got a wonderful display of art in our gallery right

now and a nice gift shop," said Hart.

For those wanting to check out the Gwen Fox Gallery the July Exhibition

the gallery is open Tuesday to Saturday from 11 a.m. to 4 p.m. and as always, it's free to visit.



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RECORD PHOTO BY KATELYN BOULANGER
 Patti Simko was outside of the gallery picking up her brush for the first Plein Air Saturday.

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Local monarch might need a helping hand this year

Selkirk resident urges others to keep an eye out for monarch caterpillars

By Katelyn Boulanger

Local Selkirk resident Gerrie Wright has been working to keep our local monarch butterfly populations up for many years now and wanted to let her fellow residents know that this year has been difficult for monarchs in the area.

So far, she has only managed to find one monarch caterpillar in her garden which is way less than she has been able to find in previous years.

Wright started becoming interested in monarchs about six years ago when she noticed the caterpillars on her milkweed plants.

"I would go out each morning and count. I'd have five and the next day, have I still got five?" she said.

She noticed that there was a lot of predator pressure on the monarchs before they even got to the butterfly stage of their life cycle and so she decided to help them out by providing a safe environment for them to live in while they are caterpillars and then she releases them when after they've hatched from their chrysalids. She does this by bringing them inside her home and creating a special safe environment for them.

Wright is not the only one who tries to preserve monarchs this way with many online groups of like-minded monarch butterfly fans connecting to discuss the best ways to help them. They do this because monarch butterflies are an endangered species.

"I started finding the little tiny caterpillars [at first] and then after that, I got smart enough to recognize an egg and then bring in the eggs and raise as many as I could from the eggs. Because a lot of them don't even get past the egg stage because spiders, wasps and all sorts of things will eat them," she explained.

Once she finds the caterpillars or eggs on one of her milkweed plants, she brings them inside her home by picking up the leaf they are on and setting them close to a window under a mesh food cover. The ends of the leaves are put into a narrow container filled with water and she changes out new leaves regularly so that the caterpillar has fresh food to eat.

Monarch butterflies will only eat milkweed leaves during the caterpillar portion of their life cycles so making sure that this native plant is growing in our community is a great first step to helping them out.

Wright first noticed that she had

very few monarch eggs and caterpillars on her milkweed this year at the end of last month.

"I started looking once the plants were about 10 inches high, once they started having leaves," she said.

She thinks that the monarchs are having a difficult year because the local weather conditions haven't been ideal with the butterflies being unable to migrate up to our region while it's raining or their wings would get wet. She also says that droughts and fires south of us where the butterflies are migrating from are also likely a factor.

"All of it just comes together to make things very difficult for a colony of butterflies, let alone one little [butterfly] to survive," said Wright.

She believes the one little caterpillar that she has found and is helping is currently at its second instar stage. Monarchs hatch and then go through five instars or molts before going into their chrysalis and then emerging as a butterfly.

Monarchs will lay eggs throughout the summer so being aware that they are there and being careful of them is something we should be doing for the next few months.

Another thing that we can do to help is to avoid spraying any pesticides on milkweed plants as that would kill the monarch caterpillars.

For those who want a fun project for themselves or their children, Wright says that helping to raise monarch caterpillars at home is actually not very difficult.

In fact, last year she had one of her neighbour's children come over to help her look for the eggs and she was able to teach him all about the butterfly's life cycle over a few weeks of them taking care of some caterpillars.

"It's almost magical to take something and look after it for a while, protect it, feed it, and all the things that are necessary for that. And then, the day that you open your hand and put

it on a flower or you let it go. Wow! When you stop and think about it, maybe that wouldn't have happened [if it wasn't for what you did]," she said.

For more information about getting into contact with people who raise monarch caterpillars or



RECORD PHOTOS BY KATELYN BOULANGER

Gerrie Wright with her monarch caterpillar.



Wright's set up to keep the caterpillar safe until it becomes a butterfly.



The monarch caterpillar.

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Manitoba COVID cases this week; other provinces enter new waves of infection

By Patricia Barrett

As some Canadian provinces head into new waves of COVID-19 infections and rising hospitalizations, Manitoba continues to chart a steady course, according to the provincial government's restricted testing regime.

For the period June 26 to July 2, the province's COVID surveillance report shows 125 new cases of the virus based on another decrease in the volume of restricted PCR lab tests. The province doesn't track rapid antigen test results. Its data is an undercount of the true number of infections.

The province also reported 46 new hospital admissions, of which seven people required intensive care treatment, and one death.

Manitoba's COVID death toll now stands at 2,047, an increase of four deaths from the previous week's death toll report of 2,043.

Omicron subvariants BA4 and BA5, which have been confirmed in Winnipeg's wastewater, are able to sidestep immunity generated from previous infections. They can re-infect people several times.

Ontario confirmed last week it's in its seventh COVID wave, with infec-

tions spiking in long-term care facilities and some doctors asking for the return of mandatory vaccination of health-care staff. British Columbia entered its third omicron wave last week, with hospitalizations increasing by 35 per cent over the previous week.

Other health news:

The Public Health Agency of Canada reported 97 additional cases of monkeypox. There were 375 cases reported, with 248 in Quebec, 101 in Ontario, 18 in British Columbia and eight in Alberta as of July 8. There were 278 cases as of June 29.

Figure 2. Sex and Age Distribution of COVID-19 Cases, Manitoba, March 1, 2020 – July 2, 2022



Provincial data show all cases by age and sex since March 2020, as well as cases between June 26 and July 2, 2022, which include infections in children nine years of age and younger.

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

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Seniors Tea and Tales born from “personal experience”

By Tammy Karatchuk

A free resource for seniors in Selkirk and the surrounding areas hopes to combat the loneliness and lack of social interaction caused by the pandemic or being separated from families.

The Mood Disorders Association of Manitoba created “Seniors Tea and Tales,” taking place every Thursday at the Gordon Howard Centre. Executive director of the MDAM, Rita Chahal, said the idea spurred from “personal experience.”

In 1966, when Chahal was nine years old, she and her family immigrated to Canada, leaving both of her grandmothers in India, whom she missed, “even after they’re long gone.” Chahal remembers spending time with them in the evenings while they “were cooking and long after all had gone to bed around the open fireplace. They would tell me these wonderful stories about their lives.”

Her grandmothers would talk about the struggles when India was struggling to gain its independence and about her parents and siblings as children.

“I could listen to them for hours of how they did things back then,” said Chahal. “I always saw the happiness in their eyes and heard the joy in their voices when they talked with me. It always made me happy and I always wanted more.”

Today, Chahal has four grandchildren – ages two to five – however, she hasn’t been able to share her stories due to the pandemic. Her children and grandchildren reside in Ontario, and Chahal hasn’t been able to see them often. When she can, the visits are brief because her grandchildren are busy with other “activities.”

“Inside my heart I keep looking for time to tell them stories, and I think there are many grandparents who may have similar thoughts and feelings and sometimes these thoughts lead to feelings of sadness and some sort of loss which we keep inside and the sadness grows,” said Chahal. “After all most people, especially as you age, just want to share their stories with others brings them joy to talk about happier times.”

Another inspiration for the tea was her late-father, who was in a long-term care home in Niagara Falls, Ontario.

“(He was) an indirect casualty of COVID,” said Chahal. “After he left us I kept saying to myself, ‘God, if only I had asked Dad about this or that, especially about their journey to Canada and their earlier struggles. If only I would have spent a few more

hours with him. If only I had recorded our conversations. So, there are some regrets. ‘If only, if only.’ I know he wanted to always spend more time talking, but life was always such a rush when I would go visit him in Niagara Falls a few times a year.”

Once COVID hit, the visits to long-term care homes stopped and her father died from what Chahal believes is “... loneliness and sadness because he didn’t understand what had happened. He thought his family abandoned him.”

That was the moment, according to Chahal, when she realized the importance of sharing peoples’ – especially seniors’ – stories because “sharing and talking gives us relief from our sadness if only for awhile.”

Seniors Tea and Tales are underway, according to Interlake community outreach worker, Michael Carvalho.

“We had a small group yesterday and they loved it,” said Carvalho. “It was amazing. It felt like old friends catching up after not seeing each other for a while. We cried, but we smiled and laughed a lot more.”

Carvalho expects the group numbers to increase, and he believes the MDAM started this program at the right time.

“Starting it now also allows a lot of seniors to connect with new friends and create that support system for themselves,” said Carvalho. “Also, it can help give seniors the confidence to provide peer support to others in need that aren’t capable of attending the group.”

Seniors Tea and Tales offers a “safe and welcoming environment for seniors to get together and talk,” said Carvalho. “By creating that type of community, we are able to help each other as a community and heal each other.”

Carvalho is grateful for the Gordon Howard Centre for providing the space for this integral community program.

“I want to bring as much mental health support and resources to Selkirk and without their (GHC) support this journey would be a lot more difficult.”

Besides chatting, there will be activities, such as group puzzles, painting and colouring. Plus, seniors will learn about “anxiety, depression and anything else that may come up.”

The program welcomes seniors in groups, couples, and those who are alone, looking for social interaction – or simply a listening ear.

“Even if you show up alone, you can still share your story,” said Chahal. “The facilitator is there to listen.

COME JOIN US!

registration required! Come on down to the Gordon Howard Centre, 384 Eveline St, Selkirk MB for hot coffee and tea at 12:00pm to 2:30pm every Thursday. Come ready to discuss mental health, mood disorders and a variety of other topics.

We look forward to seeing you!





CONTACT

☎ 204-786-0987

📍 100-4 Fort Street, Winnipeg, MB

Seniors
Tea & Tales

FANCY AN
AFTERNOON TEA?



Seniors are being invited to join Seniors Tea & Tales on Thursdays at the Gordon Howard Centre.

That’s what’s most important. It is to talk and listen.”

Chahal hopes to continue the Seniors Tea and Tales throughout the year and hold outings and celebrations such as birthdays, Valentine’s Day, and other events, especially during our harsh winter.

“Talking and listening has no season,” said Chahal. “Winters are harder on people, especially when we have long periods of frigid weather in Manitoba, so these social interactions indoors are even more important. We will do all we can weather permitting to offer the weekly sessions in Selkirk.”

Further down the line, Chahal would like to create a group with younger people and seniors, a form of peer-to-peer learning.

“The younger ones hear and learn from the collective wisdom of seniors and the seniors hear and learn about hopes, dreams, aspirations, innovation especially technology of the younger generation. Sometimes they

may even see themselves in each other.”

The first step is seniors attending the tea and tales, and sharing their stories and making new connections.

“For now my hope is the people will come weekly and join us for some sharing and camaraderie,” said Chahal. “If in that process, we can help someone who may be struggling with loneliness, depression, anxiety, sadness or any other issue by listening and sharing or helping then find other resources that they may be in need of, then it’s worth it for us to be part of their journey.”

Seniors Tea and Tales runs every Thursday from 12 p.m. to 2:30 p.m. at the Gordon Howard Centre, 384 Eveline Street. This is a free resource and seniors can attend without a reservation. If you require more information, please reach out to Michael Carvalho at interlake@moodmb.ca.

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Winnipeg Folk Festival sees huge crowds after two years hiatus

By Becca Myskiw

After a two-year hiatus, one of Manitoba's most beloved outdoor music festivals was back and jam-packed with music, food, and people.

The Winnipeg Folk Festival was held July 7 to 10 at Birds Hill Provincial Park. The smell of sunscreen, bug spray, and wet grass was in the air after the Thursday rain. However, the rain didn't dampen anyone's spirits. Lawn chairs were spread in front of stages, people were carefree and smiling, and food and the sound of music was all around.

Bands worldwide came to play their music for people, including Japanese Breakfast, Boy Golden, the Blind Boys of Alabama, The Strumbellas, and Portugal. The Man.

The festival kicked off Thursday evening with performances from Sweet Alibi, Allison Russell, and Weyes Blood. The party continued Friday at 11 a.m. and went late into the night as The Strumbellas serenaded thousands. Saturday ended with Portugal. The Man and Tash Sultana closed off the festival Sunday with an 8:50 p.m. performance.



The band Ifriqiyya Electricque performed on the Snowberry Field stage Friday.

Festival goers had their choice of 10 stages to visit, almost all of which were going at the same time — the main stage, Big Blue @ Night, Big Bluestem Stage, Bur Oak Stage, Green Ash Stage, Little Stage in the Forest, Shady Grove Stage, Snowberry Field



Trio Svin performing with Ifriqiyya Electricque.

Stage, Spruce Hollow stage, Main Stage — Tweener, and the Chickadee Big Top. There was also Folk School, which had continuous workshops for aspiring musicians. The main stage was where the main attractions performed.

This year, the Winnipeg Folk Festival partnered with Little Brown Jug, a local brewing company who supplied the beer to the fully licensed park. This was the first year that allowed adults to take their drinks with them to the various stages.

an astronomical number of people, with 75,000 tickets sold in total. The Folk Festival was one of the first music festivals since the COVID pandemic shut everything down. Seventy performing artists had a chance to take to the stage and perform live again, while making money and crowd connections. Two things that keep them going. People could buy camping tickets, weekend passes, single-day tickets, or just donate to the festival if they couldn't go. On Friday of the festival, all full weekend passes, including the camping ones, were sold out.

Festival goers did not have to show proof of vaccination to enter the event this year but all volunteers, festival workers, artists, media, backstage guests, and vendors did.

The festival saw

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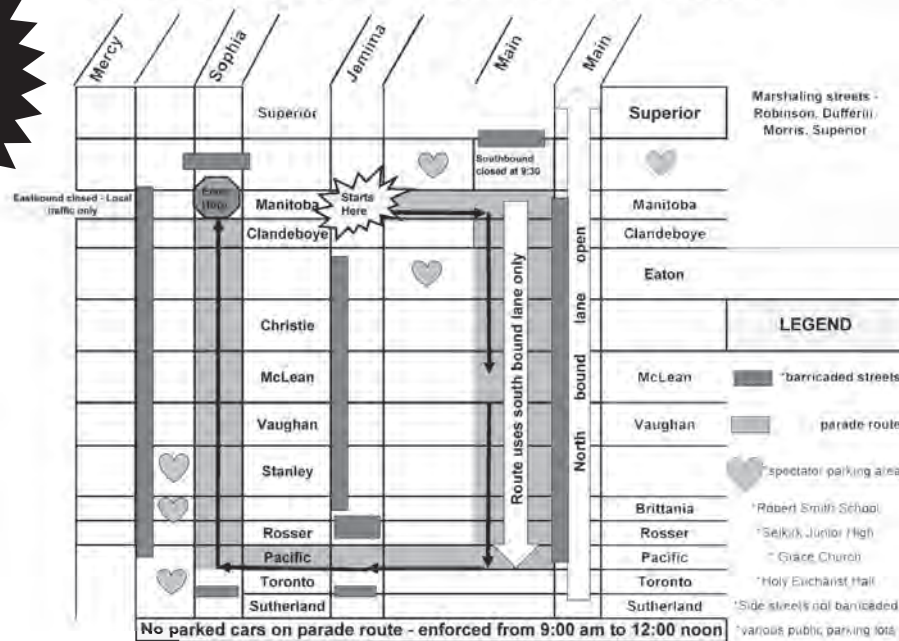
Saturday, July 16 ♦ 10am

NEW ROUTE this year

On parade day - no parked cars on the route please

Since 1953

2022 Selkirk Biz Fair Parade Route



RECORD PHOTOS BY BECCA MYSKIW

Seventy-five thousand festival goers attended the Winnipeg Folk Festival this past weekend.



PARADE VOLUNTEERS NEEDED

from 9am to noon - email: info@selkirkbiz.ca

First weekend of 'First Farmers' Market in Lockport



RECORD PHOTOS BY KATELYN BOULANGER

The Lockport Community Development Group is responsible for a new farmers market in the area. Last week the inaugural 'First Farmers' Market in Lockport took place. Vendors with a variety of items from baking to spices, to art and jewelry came together to give residents in Lockport the chance to purchase locally made items and see more of what our region has to offer. The market is located in Lockport Heritage Park on the site of the first farmers in Lockport. This summer the market will take place every Sunday from 11 a.m. until 5 p.m. and residents are welcome to stop by and check it out.



“It is my passion”: Local historian investigates Red River floods

By Iris Dyck

Roxane Anderson remembers the early morning of April 12, 2009 like it was yesterday.

“I just start to shiver just thinking about it,” she said.

She woke up to the sound of her phone ringing at 2 a.m. It was her neighbour warning her that her property was flooding. Roxane ran to the front door.

“There was just water everywhere,” she said. “Then I ran to the back door, and there was water there. It was like we were in the middle of an island.”

Roxane woke her husband, John. They hurried to their vehicle and drove through the dark as the water rose quickly.

“I remember the water was hitting the sides of the Jeep, and I remember looking at all the trees and thinking, ‘Which tree will I hang onto when this Jeep gets swept away?’” she said.

The Andersons managed to get to higher ground, but the damage had already been done. Until then, their Breezy Point property had never flooded, even during the “Flood of the Century” in 1997.

The next day, Roxane decided she had to find out why.

Since then, she has spent countless hours researching the history of Red River floods. She has made many trips to the Manitoba Archives, searching old records and maps for clues. She has interviewed neighbours, met with experts, read old newspapers, and even conducted her own experiments to get to the bottom of her question. She keeps boxes of documents and photos in her home, and maps of Manitoba cover the walls.

Roxane admits the research gets overwhelming at times.

“It’s kind of an obsession,” she said.

At first, Roxane and John hoped the research would help them and other

flood victims in the area access flood mitigation from the province. They were fearful they were at risk of flooding again. The Andersons eventually had a dike built around their house in 2012 – but they “had to work hard with government to get that protection.” Their property has continued to flood since 2009, and the dike has saved the house six times since it was built.

It wasn’t until 2012 that Roxane had the idea to compile her findings in a book. Despite beginning with a very specific question, her research had led her in a variety of directions. She followed each lead she got, discovering bits of local history along the way.

“People tell you something, and you go and check it out,” she said.

She looked into a rumour she’d heard that the original plans for the Red River Floodway had it flowing right into Lake Winnipeg. She walked her property with her neighbour, whose family had lived on the land for over 150 years. She read up on Bungee, a now-extinct mix of Gaelic, Cree, French and Saukteaux spoken in the Red River Settlement.

The Andersons continued their research for a decade until 2019. When John was diagnosed with a rare type of cancer, Roxane promised to finish the book and share their experience.

“As with all the flooding I simply had no control over anything in my life,” she said of John’s death.

Roxane kept her promise to her husband. Her book *Moving the Flood* chronicles her journey in researching river lot 95, the place Roxane still calls home to this day.

Thirteen years after the flood that started it all, Roxane believes a changing landscape is affecting drainage, altering how water moves around the province. Even though her book has been published, the self-proclaimed



RECORD PHOTO BY ROXANE ANDERSON

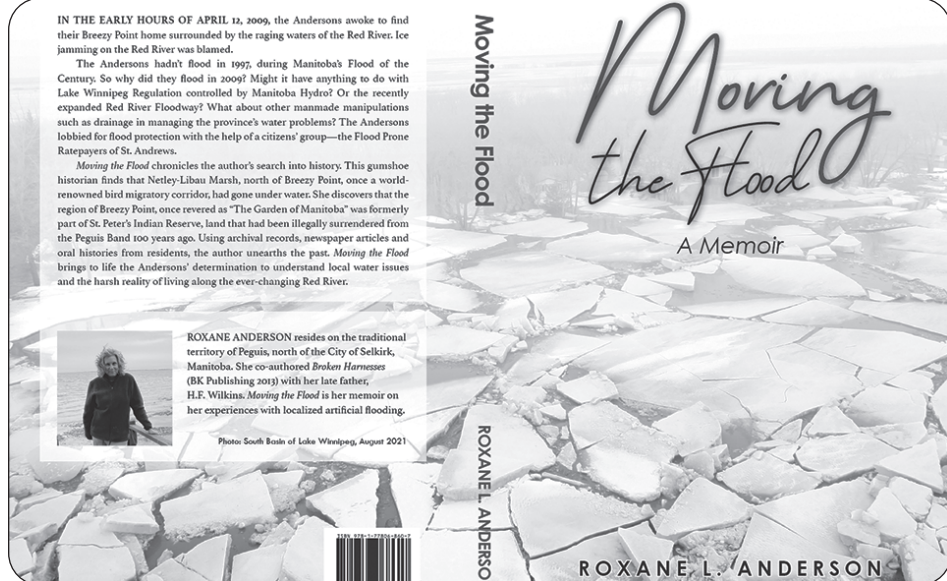
Roxane Anderson’s property flooded for the first time in the spring of 2009. The day before, the cars pictured were parked on dry ground.

“gumshoe historian” is just getting started.

“[But] I’ll never stop researching!” she said by text correspondence. “It is my passion in studying the past to

learn about the future.”

Moving the Flood is available at Thor’s Meats in Selkirk and at Lucky Stone Books and H. P. Tergesen & Sons in Gimli.



Over a decade of research led to *Moving the Flood*, Roxane Anderson’s second book.

Celebrating local player



RECORD PHOTO BY BRETT MITCHELL

The staff at Harry’s Fine Foods are more than just a bit excited that local St. Andrews NHL player Darren Helm can now say he has been part of two teams that have taken home the Stanley Cup.

Grade 9 students say farewell at Walter Whyte



PHOTOS SUBMITTED

Graduation season has come to an end and in addition to the high school students saying goodbye, the Grade 9 students in the region have had to say farewell to their schools. Pictured: Some photos of the farewell event held at Walter Whyte School this year.



Safety at boat launch top priority for Selkirk

Submitted by the City of Selkirk

The boat launch in Selkirk Park remains closed out of an abundance of caution due to high river levels and fast-moving water.

Selkirk CAO Duane Nicol said the city takes public safety very seriously and it will not put the public, city staff or Selkirk Firefighters in a situation that is less than reasonably safe.

"While we know that a small number of people have expressed concerns on social media about being inconvenienced because they have to drive a bit farther to launch their boats in a more safe area, we'll be strictly following our safety protocols for the benefit of Selkirk residents, staff, and our volunteer first responders," Nicol said.

"If something were to happen it's our volunteer firefighters who have to risk their lives in an unsafe environment to respond and it's the taxpayers of Selkirk who have to pay for that. As a public entity we take public safety very seriously and have a higher level of responsibility."

Brady Clark, Director of Culture, Recreation and Green Transportation, said the city's boat launch is somewhat unique, in that its location on the river without a breakwater means there will be times, albeit rarely, that the water will be too dangerous to put the launch into operation.

The city has been in discussions with the Province of Manitoba's Senior Hydrologic Engineer who said the flow this year is significantly stronger than

most years.

Clark said the city was told where the boat launch is the typical flow is 500 cubic metres per second when the launch is put in. Right now, the flow is nearly double at 905 cubic metres per second. There have been some years when the boat launch was installed at 700 cm/s, but not higher.

According to the engineer, 900 cm/s, it would take about four times more force to remain at rest in the water when compared to a normal year. This applies to people putting the boat launch in, the docks and boaters using the launch.

"The decision to use barricades at the docks was to reduce dangers to boaters using the ramp and launching a boat," Clark said.

"For inexperienced, or even experienced, users this high-water flow could be an issue. It's significantly greater force than normal. The fire department has raised concerns about entering the water for boaters in an emergency situation.

"The good news out of this is the river is trending back towards normal river levels."

Keeping the public and city staff and volunteers safe aligns with the city's Strategic Plan Priority 1 that calls for a vibrant, safe and healthy community.

Based on when the boat launch opens, the city will consider whether passes – which are already significantly discounted and very reasonably priced – will be pro-rated for the season.

Balmoral business looking to expand with Kickstarter

By Emma Honeybun

Marc Liss and Origin Handcrafted Goods opened up about giving an up-close look into the business and creative process to promote a new Kickstarter. Liss is currently looking for support through backers of the project to meet a goal of \$20,000.

The Kickstarter, entitled 'The Origin Culinary Series,' has a goal to produce sets of two crafted, high-performance kitchen knives for more mass, wide-spread distribution.

The knives, the Utility and the Santoku, cover a great scope of different uses in the kitchen. They're durable, sustainable, and fitted with reclaimed whiskey barrel oak and Manitoba Maple handles — also produced by Liss.

More information on these knives and why they're special can be found on the Kickstarter's page: www.kickstarter.com/projects/marcliss/origin-culinary-series.

The campaign is all or nothing, meaning the project will not be funded if the goal was not met by June 30, 2022.

The business produces a quality selection of hand-crafted rings and knives; made in what's currently a small workshop close to Liss's home. Currently, Liss creates the products independently but is grateful for the large amount of help and support from his wife, Kayla.

He began on the website Etsy, selling wooden rings, which developed into metal rings and jewellery, then different kitchen, pocket and bushcraft knives. He still makes and sells all of these products, and they are available to view on the company site: origin-handcrafted.com

Liss said that the business is still very small, but has seen a large amount of change in the recent years it's been operating. (His workbench began as a



The Utility and Santoku knives are durable, sustainable and fitted with reclaimed whiskey barrel oak and Manitoba Maple handles.

balanced wooden door, something he has since been able to look back at.)

Liss has since moved up and along to keep up with the changing market he operates on.

A reason for the Kickstarter being important currently, he said, is that constant need for change. Origin is looking to expand and perhaps hire one day, but they're currently still growing and moving upwards.

The previous years have been a "rollercoaster" with the pandemic, as Origin has a specialty for custom wedding rings, but they were grateful to see an uptake in orders after wedding delays started to actually come to fruition.

Liss was fortunate to discover that he could tie his passion for creating and sculpting in with making a profit for himself.

"Doing what you love, there's a certain amount that you have to give up, like it's a compromise, I guess that's the best word," he said. "It's very rare that someone is able to just do what they love all the time like true, like some sort of true artists who never has to do any sort of business. Just, you know, paint what they love every day and people buy it."

And then they move on to the next thing.

It's like usually you have to be willing to bend and move in ways that you maybe wouldn't otherwise, but that's what you do to allow yourself to continue doing your art or your craft."

Growing up,



RECORD PHOTOS BY EMMA HONEYBUN

Marc Liss in his workshop, demonstrating how a knife is made.

Liss was always very fond of artistic or otherwise unconventional hobbies — unicycling, for one — and has since been able to take that to his working environment.

Liss said that at first he didn't exactly have a set plan or direction on where he wanted to go. A lot of his beginnings were up to circumstance and discovery, but he said that that's how he does a lot of things in life. Not being uncertain, but trying everything he can.

He joked that he thinks there are probably more people with an unused instrument in their closet than not who had bought them and realized it wasn't something they had the motivation to do. Of course, it's possible for someone to both try and succeed, but the motivation to get there makes all the difference.

"So I started (to make a knife,) and made one and loved it just the same way as it happened with the rings. And then I kept making them and sort of gradually started selling them to friends and family. And then that has slowly over the last seven years or so,

taken on more and more of a part of the business. So it's just they've, even though they seem like very separate items, they've just flown together very well," said Liss.

Liss began making wooden rings first, and started to work with metal afterwards. He creates every product available to buy on Origin's website in his workshop by hand.

Metal is one of the most recyclable materials available, and many of Liss's products demonstrate previous life. He said that with the knives especially, he enjoys keeping the evidence that the metal has been recycled. The marks and etches on the otherwise smooth surface remind us it had a life before this use.

According to Kickstarter, the funded culinary series knives could possibly be the most sustainable on the planet.

Liss and Origin Handcrafted Goods are a great example of a hard-working local business, and will hopefully grow even more through this campaign and beyond.

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Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service?

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A young entrepreneur starting out?

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

The *Selkirk Record*

2022 Sail West Regional Championships at Gimli

Submitted by Sail Manitoba

Sailors from across western Canada and the US will gather at Gimli Yacht Club (GYC) on July 15-17, for the Sail Canada Regional Championships and Masters Titles.

Sail Canada's Regional Championships allow sailors to train and compete with high-level sailors in their region. They also assist in developing competitive youth sailors through valuable training and racing experiences.

GYC is no stranger when it comes to hosting big events. As GYC has hosted many regattas since its inception in 1969, most recently the Canada Summer Games sailing in 2017. In 1994, the World Board Sailing championships and two Pan Apt Games sailing competitions were also held at Gimli as were many other regional and national events.

Competitors at Sail West will primarily sail the ILCA (International Laser Class Association) 4.7, Radial, and Standard rigs, the 29er, a two-person skiff, and the Optimist dinghy, a boat sailed

mostly by younger sailors. Since Sail West is an open regatta other boats like the two-person Club 420, and other dinghies compete as well. The No Coast and Western Canadian Masters Championships are sailed in the ILCA 6 & 7 dinghies.

The ILCA No Coast Masters and Western Canadian ILCA Masters Championships will also be decided. Competitors in those classes are 30 years of age or older.

"Hosting Sail West and the Masters events is a great opportunity to showcase everything we have to offer in this region," said Sail Manitoba Executive Director Sheila Bellido. Adam Reeder, Commodore of Gimli Yacht Club, said, "we were supposed to host Sail West in 2020 and 2021, but the pandemic had other ideas. We're thrilled to be able to host it this year, along with the Masters regattas."

To date, there are entries from all four western provinces as well from the United States.

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Ways you can prevent and aid chronic diseases

Submitted by Carolyn Capell, pharmacist and owner of your local Shoppers Drug Mart

July 10 marked Chronic Disease Day, an opportunity to raise awareness about chronic diseases and the impact they have on Canadians' day-to-day living.

Chronic diseases are defined as

persistent health conditions that can be treated but not cured, and are a pressing health concern many Canadians face. In fact, nearly half (44%) of Canadians over the age of 20 have at least one chronic disease, with cancer, heart disease and stroke being the three most common conditions.

There are many risk factors that con-

tribute to the onset of a chronic disease. While some risk factors cannot be controlled, such as age, sex and genetic make-up, we can decrease our likelihood of developing chronic diseases by making changes to our lifestyle. Some of these behavioural changes include eating a healthier diet, eliminating tobacco use and exercising regularly.

Although living with a chronic disease is challenging, many Canadians can self-manage their symptoms and maintain independence with support from their health care team. As your Selkirk pharmacist and a health care professional, I am here to help you manage your chronic conditions.

Here are some ways pharmacists can support chronic disease management:

- Medication reviews – The use of medicine is common in chronic disease treatment, but it is not always used correctly. Taking medications irregularly can lead to worsening of chronic disease symptoms. Your local pharmacist is a great resource if you are finding it difficult to maintain a regular medication routine. Pharma-

cists can conduct medication reviews to assess the correct frequency and dosages for your medications and work with you to address challenges in maintaining appropriate use. Your pharmacist can also provide tips and tools, such as blister packs and reminder apps, which can make it easier to stay on schedule with your medication.

- Accessible education – From chronic disease risk factors to resources like support groups and counselling, pharmacists can connect you with information to help you self-manage your chronic conditions. By providing accessible education and support in the community, pharmacists can help you better understand and manage your chronic conditions and overall health, which in turn can lower your risk of developing further complications and improve your quality of life.

- Heart health – Heart disease is the second leading cause of death in Canada, and nine in 10 Canadians have at least one risk factor for heart disease.

Continued on page 29

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Manitoba Road Trip Ideas

Call of the North

Northern Manitoba is an area as vast as it is diverse. Discover the region's natural beauty along with its true hospitality in the places you visit along the way. Hit the road and remember *home is where the heart is.*



↑ Rocky Lake

1 DISCOVER THE NORTHERN JEWEL

Make your way north on Highway 10 to **The Pas** and **Opaskwayak Cree Nation**, neighbours across the Saskatchewan River. Start your exploration in the heart of The Pas—the former courthouse and current Sam Waller Museum. The oldest brick building in Manitoba now houses artifacts detailing the Indigenous history of the area along with Sam Waller's amazingly eclectic collection. See dressed fleas, a Cree syllabic typewriter and a two-headed calf.

The jewel of the North is Clearwater Lake, the dazzling focal point of **Clearwater Lake Provincial Park**, less than 30 minutes from The Pas. The spring-fed lake is crystal clear and its beautiful turquoise colour is beyond impressive. The giant lake takes up almost half of the park with access from sandy beaches as well as public boat launches. Fishing excursions—either on your own or guided with an operator—will likely set you up

near an underwater shelf where large lake trout like to gather. Clearwater Lake is a top choice for fishing year-round.

Another of the park's unique features is a collection of deep crevices, where rocks split from the cliffs along the shoreline, known as the "caves". Follow a short self-guided hiking trail on the lake's south shore and explore the caves from the trail, viewing platforms and stairways.

There are hotels in The Pas as well as the Kikiwak Inn in Opaskwayak Cree Nation. Rent accommodations at one of the lodges in Clearwater Lake Provincial Park, stay in one of the park's campgrounds or opt for one of the yurts (wheelchair accessible options are available). Thirty minutes north from The Pas on Highway 10 is **Rocky Lake**, another favourite destination for water recreation with two resorts offering a range of options, from cabins to seasonal and transient campsites.

2 FALL FOR WEKUSKO FALLS

About two hours northeast of The Pas is the town of **Snow Lake**. The town is surrounded by many more beautiful lakes like Herb, Kormans, Tramping and Osborn Lakes.

Learn about the history of this town at the **Snow Lake Mining Museum**. See exhibits of authentic mining equipment, including mock-ups of mining drifts and a mine rescue centre. Relax in the cutest community space, the Ladybug Garden, before checking out Sweet Nothings, where exhibits and creations from local artists

are on display. The town has two hotels as well as bed and breakfast options.

Snow Lake is also just 15 minutes away from **Wekusko Falls Provincial Park**. The park has camping, beaches, hiking, fishing and scenic views from the suspension bridges over the Grass River as it tumbles down 12 metres—the impressive Wekusko Falls. Across the highway is a full-service lodge, a perfect spot in summer and winter for a fishing trip to catch monster northern pike, walleye and lake trout.



↑ Wekusko Falls Provincial Park



↑ Grass River

3 FOLLOW THE GRASS RIVER

Head back east along Highway 39, this time stopping at **Grass River Provincial Park**. A top paddling destination, the Grass River connects First, Second and Third Cranberry Lakes with the park's large Reed Lake. There are designated backcountry campsites along the routes, but the park also has three campgrounds and lodge options. Check out the 3.2-kilometre Karst Spring Trail, a lovely loop that features a spring gushing from the sedimentary rock cliff.

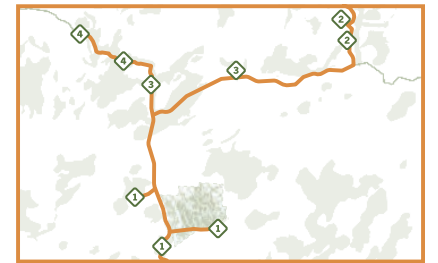
Then continue west toward **Cranberry Portage**. Going

back 2,000 years, this was an important portage route connecting the Grass and Saskatchewan River systems. Learn about the area's history at the carefully restored rail station, home to the **Cranberry Portage Museum**. Stop by the **Irvin Head Gallery** showcasing Indigenous carvings and paintings by local artists.

In addition to the campgrounds at Grass River Provincial Park, there are a handful of fishing lodges in the area or you can continue on to Bakers Narrows Provincial Park or to a hotel in Flin Flon.



SCAN THE QR CODE TO OPEN THIS ROAD TRIP MAP ON YOUR PHONE.



↑ Snow Lake



↑ Flin Flon

4 THE WATER AND THE WILD

Bakers Narrows Provincial Park is centred around Lake Athapapuskow. Cree for "rocks all around", this clear blue lake is known for giant lake trout and walleye all year-round. A boat launch in the park provides easy access to the lake or you can opt for a guided trip. The lodge here also offers canoe and kayak rentals. While in the park, keep an eye out for wildlife, like moose, beaver or great blue herons. The park offers camping, including the option to stay in a waterfront yurt.

Next, head to **Flin Flon**, a charming city built atop volcanic rocks on the Saskatchewan border. Begin your exploration at the statue of Flin Flon's namesake—the fictional Flintabbatey Flonatin from the science fiction novel *The Sunless City*. Follow Flin Flon's Boardwalk along Ross Lake, an accessible 2.2-kilometre path. Flin Flon begins where the boardwalk

ends—adding another two kilometres along with some amazing views of the city.

Stop into the **Flin Flon Station Museum**, a former CN Rail station that features artifacts from the city's mining and pioneering history. Visit the **NorVA Centre**—an artist-run studio and gallery cooperative. See local and travelling exhibits and purchase some original art. Check out what's playing at a retro night under the stars.

In addition to accommodation options at Bakers Narrows Provincial Park and lodges nearby, there is a campground just off Highway 10 as you enter town. Flin Flon also has a number of hotel and motel options.



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RRC Nursing program gets 30 new seats

Submitted by Manitoba government

The Manitoba government is investing over \$830,000 to add 30 new nurse training seats to help sustainably increase the number of nurses working in the province in the years to come, Health Minister Audrey Gordon and Advanced Education, Skills and Immigration Minister Jon Reyes announced.

“Our government is strengthening health care,” said Gordon. “Investing in nurses who are an integral part of our health-care team is building our province’s health human resource capacity. We have been working closely with post-secondary institutions to sustainably increase the capacity of existing nursing programs throughout the province.”

“Our government’s multi-faceted action plan is responding effectively to labour market shortages in the health-care system that were amplified by the COVID-19 pandemic,” said Reyes. “This investment brings

us even closer to fulfilling our July 2021 commitment to add 400 seats in nursing programs at post-secondary institutions across the province.”

Funding will add 30 new seats to the nursing program at Red River College Polytechnic (RRC Polytechnic). It will help renovate necessary learning spaces, add laboratory equipment and support new staffing, supplies and other operational needs, the ministers noted.

“The work we do at RRC Polytechnic anticipates and aligns with the nursing and health-care needs of Manitoba and this announcement recognizes the importance of investing in post-secondary institutions that provide highly trained graduates,” said Fred Meier, president and CEO, RRC Polytechnic. “We are ready to grow and expand our programs as needed to prepare students to contribute on day one and in turn strengthen our province. We expect that all 30 seats will be filled by the end of the 2022-23 academic year.”

With this latest expansion, the Manitoba government has committed more than \$30 million to establish 289 nursing seats that will support recruitment for the health-care system. The ministers noted work remains underway on the next phase of the plan to further expand training to meet the 400 space commitment made in 2021.

For more information about RRC Polytech’s bachelor of nursing program, visit <https://catalogue.rrc.ca/Programs/WPG/Fulltime/NURBFDG>.

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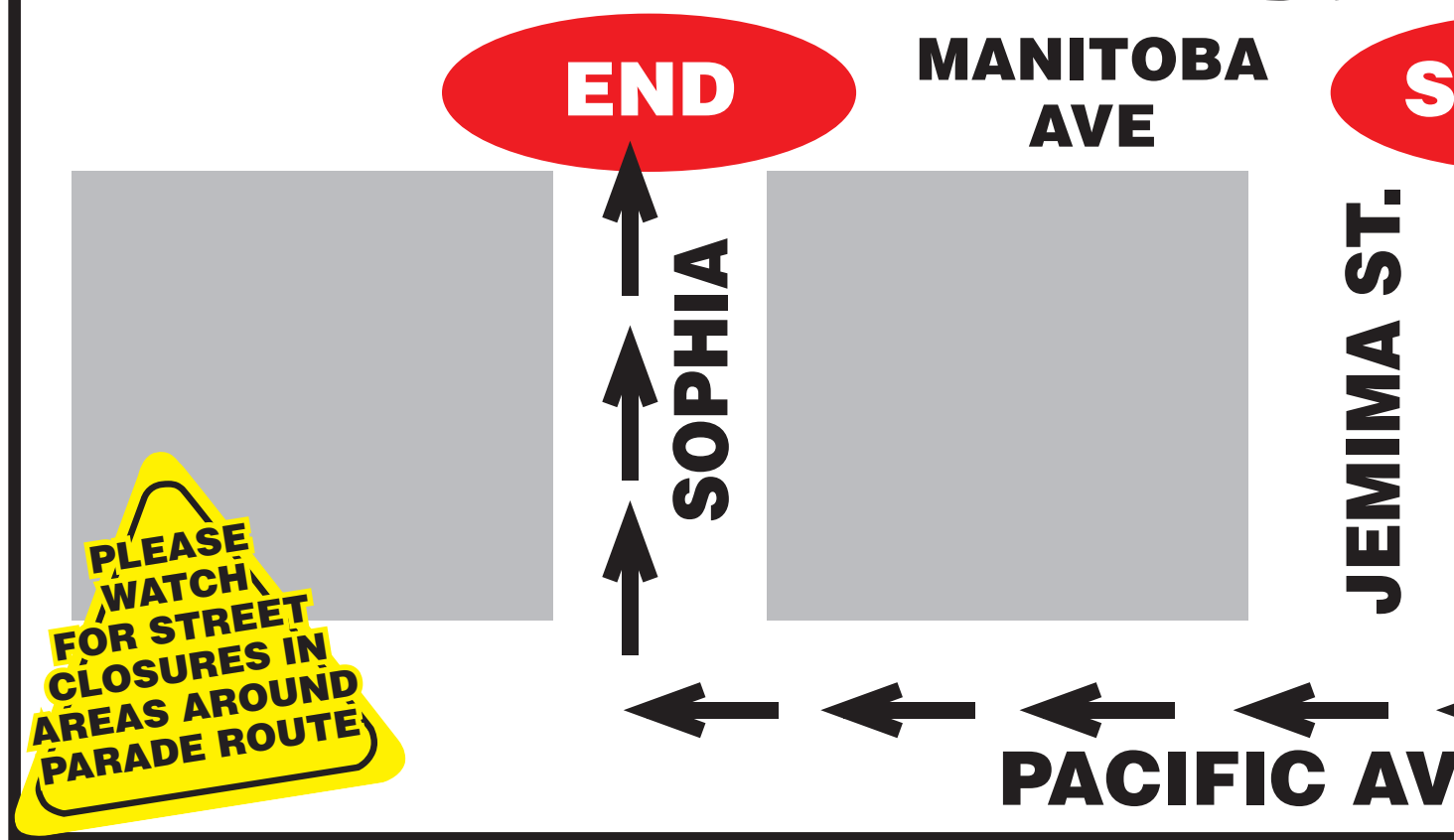
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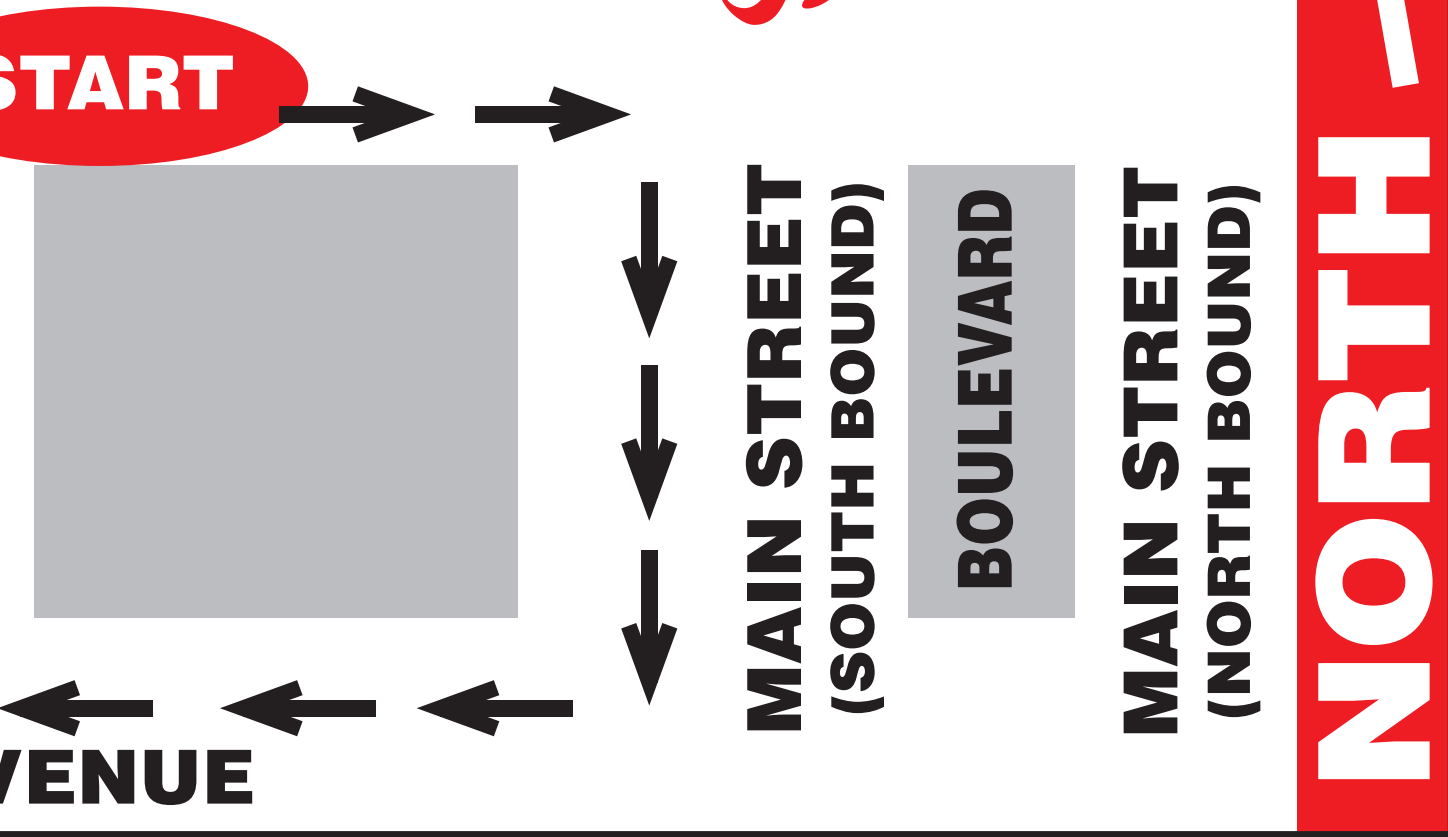
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FRIDAY, JULY 15

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11:00 AM Children's Festival PRESENTED by the RM of St. Andrews and the RM of St. Clements

11:00 AM – 4:00 PM All Day Activities During the Children's Festival include: Crafts, Games, Face Painting, Balloons, and much more!

11:00 AM – 4:00 PM – Prairie Wildlife Rehabilitation Centre (Kidzone Tent)

11:00 AM - Ricklyn Farm Petting Zoo

11:30 AM – **Mr. Richard Magic Show** (Kidzone Tent)

12:00 PM – **Captain Bubbles** – roaming at Kidzone Area

1:00 PM Wild Dogs Performance Team (Kidzone Tent)

1:00 – 3:00 PM – **Balloon Artist – Zachary Antonio** (Kidzone Tent)

1:00 PM – 4:00 PM – **Bubble Soccer**

2:00 PM Select Shows Midway Opens

2:00 PM Home Living and Craft Displays (Agriculture Building)

3:00 PM Wild Dogs Performance Team (Kidzone Tent)

6:00 PM Demo Pit Bar & Food Booth Opens (Infield)

7:00 PM No Bull Demolition Derby (Gerdau-Metallics Recycling Pit – Rodeo Grounds Selkirk Park)

8:00 PM – Open Pole Bending Jackpot

9:00 PM "Almost Famous" in the Beer Garden



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SATURDAY, JULY 16

TRIPLE S FAIR & RODEO

SELKIRK PARK . SELKIRK MB

- 10:00AM Selkirk Parade Uptown
- 10:00 AM 4D Barrel Racing Jackpot
- 12:00 PM Select Shows Midway Opens
- 12:00 PM Infield Bar Opens – Rodeo Grounds
- 12:00 PM Ricklyn Farm Petting Zoo
- 1:00 PM Home Living and Craft Displays (Agriculture Building)
- 1:00 PM Manitoba Mud Racers Association (Rodeo Grounds)
- 1:00 – 4:00 PM – **Children’s Activities** – Crafts, Games, Face Painting, Balloons, and more.
- 1:00 – 4:00 PM – Prairie Wildlife Rehabilitation Centre (Kidzone Tent)
- 1:00 – 2:00 PM – **Captain Bubbles** – roaming at Kidzone Area
- 1:00 – 3:00 PM – **Balloon Artist – Zachary Antonio** (Kidzone Tent)
- 1:00 – 4:00 PM - Giant Hamster Ball
- 2:00 PM – **Mr. Richard Magic Show** (Kidzone Tent)
- 3:30 PM Wild Dogs Performance Team (Kidzone Tent)
- 6:15 PM Pre Rodeo Show – Wild Dogs Performance Team (Rodeo Grandstand)
- 7:00 PM Canadian Cowboys Association/MRCA Rodeo Performance (Rodeo Grandstand)
- 9:00 PM Rodeo Dance featuring “ALMOST FAMOUS”



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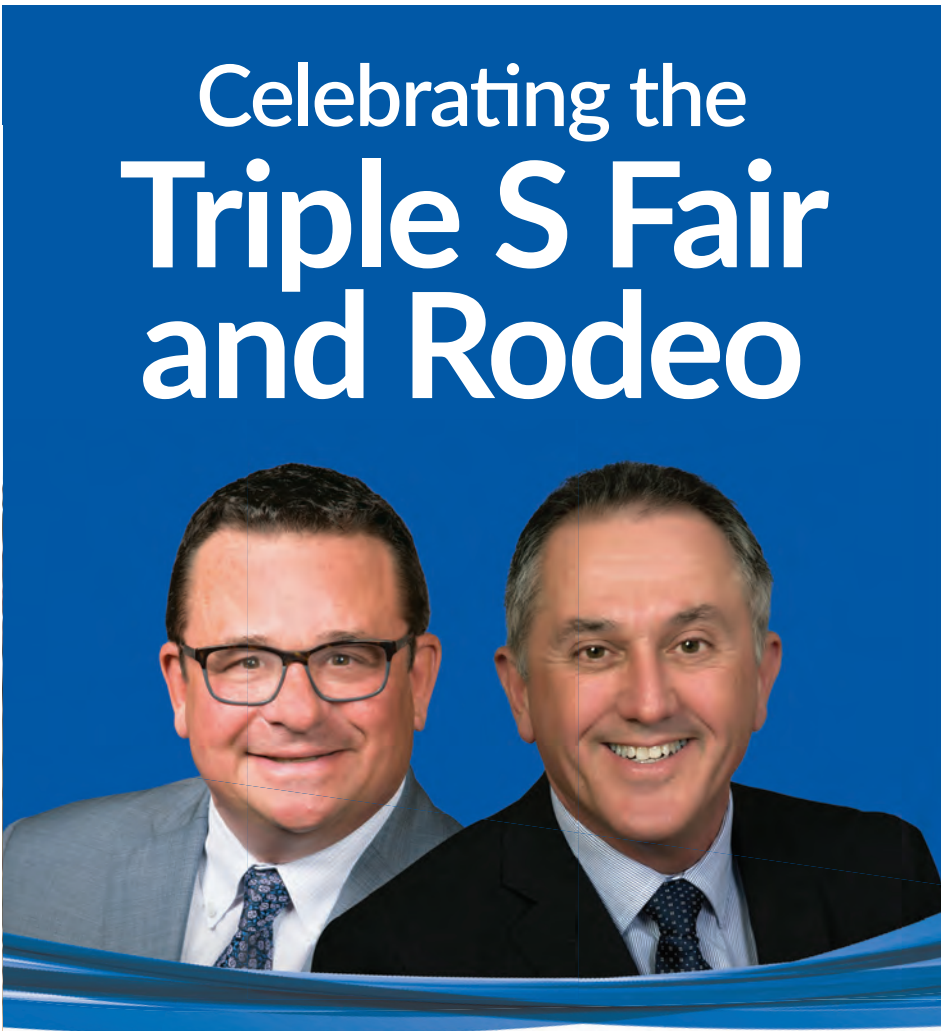
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- 10:00 AM 4D Barrel Racing Jackpot
- 12:00 PM Select Shows Midway Opens
- 12:00 PM Infield Bar Opens – Rodeo Grounds
- 12:00 PM Home Living and Craft Displays (Agriculture Building)
- 3:00 PM Canadian Cowboys Association/ MRCA Rodeo Performance (Rodeo Grandstand)

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RCMP respond to assault

Submitted by Manitoba RCMP

On July 1 at approximately 11:20 p.m., Selkirk RCMP responded to a serious assault involving a fire-arm, at a business on Parkview Avenue, in Grand Marais.

A group of people attended a local business, assaulted an employee and threatened him and others with a firearm.

The suspects fled the business in a vehicle at a high rate of speed, and crashed into a ditch on Parkview Avenue.

A bystander at the scene of collision approached the vehicle and was assaulted and threatened by the suspects. A second vehicle showed up, picked up the suspects and fled towards Winnipeg.

Witnesses provided a description and licence plate of the suspect vehicle and officers located the vehicle going south on Highway 59 towards Winnipeg. Officers initiated a traffic stop, however the vehicle refused to stop and continued to drive erratically and at a high rate of speed into Winnipeg. Winnipeg Police Ser-

vice was advised and with the assistance of Air-1, the suspect vehicle was tracked to a location in the Maples area of the city.

The victim and employee of the business, a 51-year-old male from Grand Marais, is currently in hospital with serious injuries.

The second victim, the bystander at the scene of the collision, a 46-year-old male from the RM of Bifrost, suffered minor injuries and did not require medical attention.

Ethan Jones, 24, from the RM of Portage la Prairie, has been charged.

A 22-year-old male from Winnipeg is facing charges. A 24-year-old male from Winnipeg is facing a charge.

Both were released on conditions and are scheduled to appear in court in Selkirk on Sept. 16.

A 20-year-old female from the RM of Hanover is facing charges.

Selkirk RCMP continue to investigate.

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Here's a different way to wear your dentures

BY ELISHA VANDOR

Truthfully, the outer appearance of full dentures has not changed much. Let's not judge a book by its cover, though. It's what's inside that counts and this advancement changes how you eat and what you can eat.

Specifically, a full lower denture poses the most issues for denture wearing individuals. These issues include:

- Looseness
- Soreness
- Lack of confidence while eating/talking

If you're experiencing any or all of these issues and need a solution, then it's time to consider using anchors. Anchors are the advancement that will change how a denture feels and functions. Let's talk about this more...

For this particular type of dental implant anchor, you will still be able to remove the

denture yourself, which is ideal for cleaning and oral hygiene. The anchor mechanism is like a button snapping closed and pulling open to unsnap. Snapping the denture into the anchor allows the denture to stay secure and stable to the gums, which solves looseness issues and improves confidence while chewing or talking. The anchors are embedded into the underneath side of the denture so they are completely unnoticeable while wearing. This is the most cost effective and popular way to stabilize your lower denture, other than going to a permanent denture. You may not even need a new denture, either! Other functional benefits include:

- Greater chewing force
- Able to enjoy eating foods you couldn't eat before
- Reduced adjustment period
- Reduction in sore spots

Without the denture anchors,

the lower jaw bone tries really hard to keep the denture in place, but has a hard time because of its inability to create suction. Therefore, the lower denture relies on gravity, the tongue and the upper denture or teeth for stability, making it harder to chew and bite into foods like an apple. The good news is, those issues are being resolved and many people have switched to a denture that snaps in and out of the anchors so they can enjoy eating all types of food again.

Let's be honest, today not many things are free, but information is! Information is so readily available, but not many people can access the truth. We provide the truth about dentures and all their options, for free, during a consultation with Brock or Matthew, our Denturists. You can call anytime!



- supplied photo - Brock Vandor (Denturist) uses one of his examples to show how denture anchors are used to resolve both looseness and sore spots. **SENIOR PRICING**

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Manitoba government ensuring free private well water testing

Flooding leads to challenges for home owners

Submitted by Manitoba government

In response to widespread flooding, the Manitoba government is providing additional support to private well and cistern owners by fully subsidizing costs associated with water supply testing, Environment, Climate and Parks Minister Jeff Wharton announced Friday.

"Our government recognizes that spring flooding has caused many challenges for Manitoba homeowners and we are here to offer our support," said Wharton. "All Manitobans with a private water system affected by flooding should test their water once floodwaters recede to help keep their loved ones safe."

Free water testing for private well and cistern owners will be available at Horizon Lab Ltd. Costs will be waived for private well and cistern owners for drinking water tested between April 1 and Aug. 31. Individuals who previously paid for their water tests at Horizon Lab in Winnipeg are eligible for reimbursement.

"We encourage everyone with a private water system that may have been affected by flooding, to test their water once flood waters recede, to ensure their drinking water is safe during a season of elevated risk," said Dr. Brent Roussin, chief provincial public health officer. "Preventing the risk of waterborne disease is important, and we want well and cistern owners to take steps to protect themselves."

Manitobans are reminded to test their private water supply at least once a year and after flooding, noted the minister. Homeowners who suspect their well or cistern might be compromised by flooding should have their water tested for bacteria once floodwaters recede and boil their drinking water until testing confirms it is safe to use.

Indicators that a water well may have been affected by flooding include:

- a change in the taste, odour or appearance of the well water;
- laboratory tests show bacteria in the well water or other wells nearby; and
- water lying around the well head or collecting in the well pit or around other wells nearby.

In order to be eligible for this subsidy, samples must be sent to Horizon Lab Ltd. at 4055 Portage Ave., Winnipeg, MB R3K 2E8. For information on reimbursement of prior testing, as well as sample collection, shipping and test results, contact the laboratory directly at 204-488-2035.

A Flooding and Well Water Safety fact sheet and other flood-related information, is available at: www.gov.mb.ca/asset_library/en/spring_outlook/wellwater_safety_factsheet.pdf.

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Communities in Bloom 2022

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 ads@selkirkrecord.ca and let us know whose place is looking great!

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A look back on the 9-1-1 system in Manitoba

By Autumn Fehr

After living without a centralized emergency number for decades, North America aimed to adopt a similar system to what their allies had over in London, England.

In July of 1937, London adopted 9-9-9, their own phone number for reporting emergency situations.

The number allowed callers in emergency situations to connect to hospitals, emergency services, and the police.

Since the number was introduced in England, Canada was looking to jump on the idea and adopt their own telecommunications system for emergency situations.

Associated Electrical Industries (AEI) Telecommunications, a company in Winnipeg, had their head office operating out of London, England.

Ron Hickey an employee of AEI Telecommunications, and resident of Stonewall, worked with the company from 1965-1994.

Hickey said back in 1953, if you had an emergency, you would have had to

phone either a specific police department, a specific hospital, or a specific fire department, so there were quite a few numbers to call.

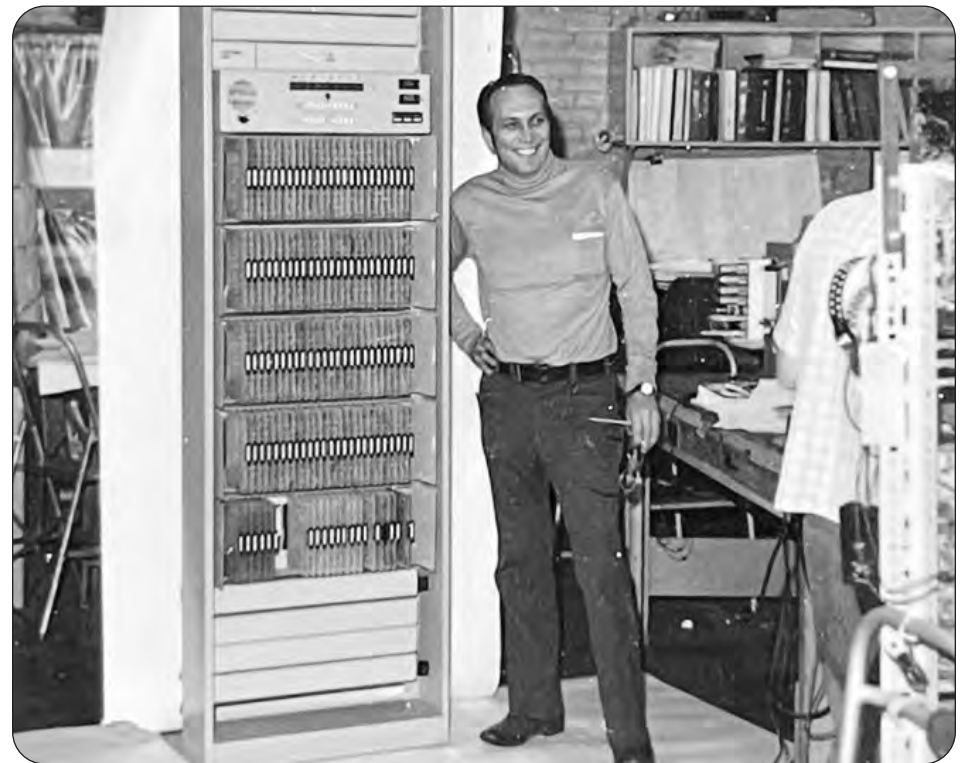
"It would depend on if you were living in a particular area, you probably know your local numbers, but if you were travelling and you had an emergency you would have difficulty finding who you needed to call," said Hickey.

At this time, there were a lot of delays in getting help for emergency situations due to not having a centralized emergency contact number.

"If you needed a fire department and if somebody phoned the wrong fire department, by the time you got switched around and back, a lot of things could happen," said Hickey.

After dealing with these difficulties for too long, the fire chiefs in Winnipeg were pushing for something better for a centralized number they could use to respond to emergency situations.

After the fire department started advocating for something better, it



RECORD PHOTOS SUBMITTED

Andy Drystek of AEI Telecommunications with the control boards of the early days before it was switched to the automatic system.



An employee of AEI Telecommunications with the racks, that contain the switching equipment for the earlier versions of the control boards.

wasn't long after current mayor at the time, former mayor of Winnipeg, Steven Juba, got on the bandwagon with the group, pushing for some sort of alternative option.

Hickey said AEI Telecommunications were aware of this and were lobbying for the equipment to get it started.

Once AEI Telecommunications had the equipment to implement a system like the one in London, they came up with a design for an emergency centralized number that could be used in Manitoba.

To do this, they modified the UK design system to adapt to the Manitoba telephone system.

Hickey said at the time he started working with the company they had already implemented a system, so he had worked on the systems, but not the initial system that went into Winnipeg.

On June 21, 1959, the 9-9-9 emergency number was adopted in Manitoba.

Although 9-9-9 was a start to improving the emergency tools in place for citizens in Manitoba, the particular number still wasn't the best option.

At the time 9-9-9 was implemented, rotary phones were still used within households. With having to dial the number manually by turning the dial,

9-1-1 was much faster than 9-9-9.

"The number one was a short spin on the dial," said Hickey.

In 1968, 9-1-1 was already adopted as a centralized emergency number within the United States

Officially, in 1972, Canada adopted 9-1-1 as a centralized emergency number.

Later, in 1975, Winnipeg was the first to go live, using the emergency centralized number in Manitoba.

Hickey said, initially with the Winnipeg system, you would have to give your location and specific details of your emergency.

Later on, the system was enhanced so that it tied in with the MTS database, so when you dialled 9-1-1, the individual's location would appear on their screen so if something happened where an individual couldn't speak, emergency services would know where the call came from, and where to find them.

Hickey said when they upgraded the Winnipeg system to include the enhancements, he did end up working on it.

This year, Manitoba celebrates 63 years since they first introduced 9-9-9, their first ever emergency centralized number to improve the way we respond to emergency situations today.

"IF YOU WERE TRAVELLING AND YOU AND HAD AN EMERGENCY YOU WOULD HAVE DIFFICULTY FINDING WHO YOU NEEDED TO CALL,"

Animal advocates stand up against live horse exportation

By Jennifer McFee

Local animal advocates saddled up to show support for a Winnipeg Humane Society initiative to stop the air exportation of live horses.

On Saturday, June 11, the Winnipeg Humane Society (WHS) hosted a rally at the Manitoba legislative building to bring together horse lovers from across the province to denounce horse exportation.

According to WHS, Canada currently exports up to 5,000 horses each year to be slaughtered overseas. Draft horses, purposefully raised for exportation, are shipped out of airports in Winnipeg, Edmonton and Calgary.

"Horses destined for exportation are raised in feedlots without sufficient protection from the elements and once horses arrive overseas, there is no accountability, no way to know how they will be treated or how they will be slaughtered," noted WHS CEO Jessica Miller.

"These beautiful companion flight-or-flight animals do not deserve this fate."

Cari Ann Dorian, who lives near Meleb in the RM of Armstrong, attended the rally along with her horse Angel, a 14-year-old black Hanoverian mare. Her partner, Mark Williams of Meleb, also attended with his Palomino named Spirit.

"I decided that it was important to bring one of my horses because people could see her and be reminded of who it is we are fighting to save from harm — beautiful, strong, noble, trusting and simply amazing animals," Dorian said.

"I also felt it was important to share my love of horses with others and give anyone interested a chance to meet them, get their picture taken with them and even get up in the saddle for a photo. How often does a

person get an opportunity for a photo on a horse in front of our legislature? It was a pretty incredible experience for all involved."

As they rode their horses to and from the trailer, Dorian and Williams stopped to talk with curious onlookers, answering questions about the horses and why they were there.

"Many cyclists stopped to say hi, and my favourite visitor was an elderly woman in a motorized wheelchair," Dorian said.

"It was heart-warming and wonderful, connecting so many of us, all strangers, bonding over such beautiful horses."

The WHS organized this first rally, in collaboration with the Canadian Horse Defence Coalition, in an effort to stop the export of horses overseas while also bringing awareness to the abuse that can occur when horses are exported by air, Dorian added.

"I attended because I have loved horses, and all animals, my entire life. I believe that no animal should suffer. We human beings should be the protectors and advocates of animals. At the very least, we shouldn't be the cause of pain, abuse or suffering," she said.

"Horses are highly sensitive, emotional creatures. They have helped the human race throughout history, in the military, farming and transportation."

These days, horses most commonly serve as companion animals and for pleasure riding or sport. More importantly, Dorian noted that horses also play an integral part of therapy programs to help people with PTSD, low self-esteem, trauma and a wide range of physical challenges.

"We owe them the dignity and respect of a life without pain and suffering," she said.

In addition to Angel, Dorian has six



RECORD PHOTOS BY ALISON KOLISNYK

Cari Ann Dorian, left, and her partner, Mark Williams of Meleb.

more horses: Vincent, Hershey, Ivy, Dan, Nashira and, her latest addition, Montana.

"Five of them are rescues from the auctions, where Manitoba rescue organizations bid against the meat buyer to save them from that terrible fate. I grew up here in Winnipeg and have recently returned to the province after living in Alberta for the past 15 years. Since moving back this past August, I have taken in four Manitoba rescues. Montana arrived at my acreage Monday, June 13," she said.

"While I was at the legislature, I met a friend I hadn't seen for over 20 years, and she and her daughter run a horse rescue. She told me about Montana and how she was struggling with trust issues and needed so much time and specialized help. I agreed to take her. They are all my personal horses, and I love each one."

It's been a lifelong connection for Dorian, who started riding at age five and bought her first horse at age 18.

"I saw my first pony at a fair in Winnipeg Beach, and it sparked a lifelong passion," she said. "You could say I lead a very horse-centric life."

For more than 30 years, Dorian has been certified with Equestrian Canada as an English and Western coach. She's also an equine first aid instructor with Equi-Health Canada and a certified instructor for students with challenges with CanTRA (Canadian Therapeutic Riding Association).

Now, she's expanding her knowledge by learning about equine-assisted learning and studying Indigenous teachings about healing relationships with ourselves, others and all of nature.

"If you haven't had the privilege of getting to know horses, I really encourage you to do so. They are my therapy. I was bullied in school growing up, and horses were my solace," she said.

"They taught me how to find my voice and speak up; helped me devel-

op a deeper level of empathy towards all living things. They instilled patience, developed my physical fitness and, most importantly, made me feel valued and loved."

For anyone interested in learning more about the cause, Dorian suggests visiting the Facebook page called "Canadian Horse Defence Coalition."

"They have links and easy steps a person can take to send a letter to the government, sign a petition and attend rallies like this one," she said. "Another good way to support this cause is to donate to horse rescues like The Little Red Barn and Sanctuary to help them save more horses."

For Dorian, she shows her support by taking horses that are "un-adoptable" due to being unstarted, fearful, unable to approach or lead, and not rideable.

"Spending hours, days, weeks and years helping these horses learn to trust and enjoy life with humans is one of my all-time favourite things to do. I live for those moments when they reach out, when they move towards me and not away," she said.


"It's amazing feeling of accomplishment and pride for me — and someday they might just help me with a new rescue horse, showing them how to trust."

Over the years, her 22-year-old horse Vincent helped Dorian to gently start many other horses, she added.

"He has been retired from riding for the past six years. Now he's living his best life out in the tall grass of my pastures as the lead horse in my herd," she said.



"Angel and Hershey have now taken his place as my partners in helping frightened horses become happy, healthy, well-adjusted, horses."

More information about horse exportation in Canada is also available on the Winnipeg Humane Society website at www.winnipeghumanesociety.ca.



Selkirk Rotary Club

THE LONG-AWAITED ROTARY BOOK SALE IS COMING SOON!



IMAGINE ROTARY

DATES FOR THE SALE ARE:

**Thursday, Friday & Saturday
Sept. 22, 23 & 24
and
Thursday, Friday & Saturday,
Sept. 29, 30 & Oct. 1**

Books donated for the sale may be dropped off at Red Bomb Fireworks until September 15

Location: Agricultural Building in Selkirk Park

First female president of Rotary International visits Winnipeg

By Autumn Fehr

Since women's suffrage in the early 19th century, women have continued to fight for equal rights to men internationally and in many forms and fashions.

Even though women had secured the right to vote, it didn't mean their work was over; it was far from it.

There were still many areas in society where women were not equally included, such as the workplace or education.

Still today, women are making strides in society and holding positions of power they were never previously granted. They can use their newfound privilege to make a difference and create change within the world.

This year, Jennifer E. Jones, a Rotary Club member from Windsor-Roseland, Ontario since 1996, made ground-breaking history, becoming the first woman to hold office in the organization's 117-year history.

"The receptivity of being selected for this has been celebrated by people of all ages, and I think it's everyone whose saying at this point and time in our collective history that we need to make sure we are being our best selves and we are reflective of our communities," said Jones.

Jones feels honoured to serve as the first female president in the organization's history.

"I think more than anything it helps to punctuate that the conversation about diverse perspectives is so important and knowing that we are having such an open dialogue about wanting people to show up as their authentic selves and that looking different than perhaps has been seen in the past is helping to open up that dialogue," said Jones.

Many would be surprised to know that even after 60 years since women were granted the right to vote, they were still not accepted as members within Rotary International.

It took a Supreme Court ruling in the United States in 1987 for women to be permitted to join Rotary International.

After taking on many other leader-

ship roles within the club, such as RI vice president, international director, and district governor, Jones acquired the experience to become qualified within the organization to take on leadership.

As president of Rotary International from July 1, 2022, to June 30, 2023, Jones chose the presidential theme, Imagine Rotary.

To kick off her time as president, she embarked on an Imagine Rotary, Canada Tour from June 17 to July 11.

Jones visited Winnipeg from July 6 to 7 and met with District 5550 Rotarians from across Manitoba.

"It was nice seeing old friends again. We had every career type person at our table - some young people, some middle aged. Listening to the new Rotary International president, you could feel how down to earth she is and she really just fit in with everyone there," said Donna Krebs, a Rotary member from Gimli who attended a breakfast event at The Fort Garry Hotel on July 7.

Jones also joined individuals from various levels of the Manitoba government, Winnipeg's Mayor Brian Bowman, leaders of philanthropic organizations for breakfast on July 7.

Throughout the morning, the room was filled with comical relief and like-minded individuals who all had a similar goal - to make a change within their community.

Greetings were given by Lieutenant Governor of Manitoba Janice Filmon, who reminded the crowd that it was fitting; they were celebrating Jones's presidency the same year the Queen celebrated her Platinum Jubilee - imagine 70 years in service.

Filmon thanked all Rotarians for their time served in the community.

Rotary members give their time - that is the very stuff this world is made of, said Filmon.

Nigaan Sinclair, academic and columnist for the Winnipeg Free Press shared his connection to the Selkirk Rotary. When Sinclair was younger, he had the chance to go to South Africa on a Rotary youth exchange program to experience the inauguration of Nelson Mandela as the first black

president of South Africa.

He also spoke on the Four-Way test into truth and reconciliation, which refers to creating better friendships, not more friendships. These friendships are built on: respect, trust, reciprocity, shared experience, and mutual enjoyment of each other's company.

Sinclair believes that Rotarians have a part in this process.

"Rotarians are carriers of the truth," said Sinclair.

By being the first female president, Jones hopes to inspire the next generation to see themselves reflected in leadership and for young men and women to see that something different is possible.

Krebs said it's about time Rotary International had a female as president and, she foresees a lot of powerful change to come within Rotary with Jones as president this year.

In her time as president, Jones wants to emphasize empowering girls, diversity, equity, inclusion, and the comfort and care of the members.

"When we take care of our members, they take care of our communities," said Jones.

Jones feels strongly about the power of storytelling.

Jones said the idea behind the Imagine Impact tour is to tell the stories of the Rotarians' work.

"The big incredible things we are doing, and the small things too and that people of action are taking on immense projects for the betterment of our world," said Jones.

Through her international tour, as she journeys through places like Pakistan, Guatemala, and Haiti, she plans to tell these stories, and she hopes people at home will tell their stories at a local level too.

"When we tell those stories, like-minded people want to join and engage in doing good things," said Jones.

She believes as the first woman president, it opens up the opportunity for an entry point into dialogue to talk about diverse perspectives that



RECORD PHOTOS BY AUTUMN FEHR

Jennifer Jones spoke at the Rotary International breakfast on July 7 at The Fort Garry Hotel.

people are strongest because of their diversity.

During her time as president, Jones looks forward to connecting with people.

"I get energized being around people, by hearing their stories and listening to what it is they are doing. The privilege of being able to meet our members across the globe at a time when travel is resuming is definitely one of the largest gifts, I know I will ever receive," said Jones.

Jones recognizes that her new position as president gives her the power to speak and to be able to be heard. She intends to use it wisely to help open doors to create good in our world and to create more diversity within their membership.

> CHRONIC DISEASE, FROM PG. 16

The good news is that many of these risk factors can be reduced by making healthier lifestyle changes. Your pharmacist can work with you to identify specific factors that may put you at a higher risk of developing heart disease and help you develop action plans to lower your risk. This could include maintaining a healthy blood pressure, learning to manage stress, limiting alcohol consumption and quitting smoking.

While chronic diseases can't be cured, they can be managed through a range of treatment options. Visit your local pharmacist to learn how they can help you manage your chronic condition.

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 Office Hours: **Monday-Friday 9:30-5:00**

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Dolphins' trio outstanding at ManSask

Submitted by Michelle Stamm

The Dolphins' Swim Club made a huge splash in the pool at the ManSask Championships last weekend in Saskatoon.

Cate and Alexis Liebrecht, 11, and Harrison Douglas, 14, all recorded significant best times and all made finals over the course of the weekend.

"It was a great opportunity for the swimmers to experience a higher-level competition out of province," said Dolphins' coach Michelle Stamm. "Cate had been feeling a bit frustrated after two days of competitions, missing out on medaling, finishing fourth in most of her events until her 50 fly final Sunday evening. She fought hard right to the end to win gold with a time of 34.66 and locked in a spot on the 12u girls' provincial relay team."

This 50-point win also earned her top female swimmer in the 12u category.

"We are all looking forward to having a good break over the summer and getting back in September to train for future championship meets and develop a bigger competitive team," Stamm said.

The meet was host to over 400 swim-



The Dolphins' Cate Liebrecht won gold in the 50 fly final on Sunday evening at ManSask.

mers with teams from Ontario and west to Vancouver Island.

The great results at ManSask was a Cinderella story as the Dolphins had to relocate and travelled to Winnipeg from September until late April when



RECORD PHOTOS SUBMITTED

The Dolphins Swim Club's Cate Liebrecht, far left, Harrison Douglas, and Alexis Liebrecht swam very well at ManSask in Saskatoon last weekend.

we returned to our pool in Selkirk. Our final week of training was at the

outdoor pool in Beausejour prior to travelling to Saskatoon.

Ingram picked by Predators in NHL Draft

Staff

West St. Paul's Adam Ingram was selected in the third round, 82nd overall, by the Nashville Predators in the NHL Draft in Montreal on Friday.

The 6-foot-2 centre spent the 2021-22 season with the USHL's Youngstown Phantoms, scoring 26 goals and 55 points in 54 regular-season games.

He was later named to the USHL's All-Rookie Team.

"He's a tall, wiry, skilled and smart hockey player," Predators' North

American scout David Westby said. "We think he's going to be a big kid when he is done developing physically. He's a competitive kid who can play wing and centre, sees the ice well and can make plays."

Ingram, 18, played eight games for the Selkirk Steelers during the 2020-21 season, scoring twice and adding five assists.

He will be playing hockey and attending school at St. Cloud State University this fall.



RECORD PHOTO NASHVILLE PREDATORS

West St. Paul's Adam Ingram was selected in the third round, 82nd overall by the Nashville Predators at the NHL draft in Montreal last Friday.

Interlake rugby club looking for players

By Brian Bowman

The Interlake Defenders Rugby Club is looking for a few good men.

The club has started a U19 program (but allowing U23 players) that is looking to attract athletes from all over the Interlake.

Brad Hirst is a co-coach along with Dave Simpson and Gord Dehn. The team plays games at the Maple Grove Rugby Park in Winnipeg and the Selkirk Recreation Centre. The team practices every Monday at 7 p.m. at the Selkirk high school and played

their first actual game last Wednesday.

"We'll take as many people that want to come out," said Hirst last week. "Basically, all of our guys have been coming from the Selkirk high school program."

They are really lucky that the Selkirk Royals have fielded a high school rugby team for many years.

Currently, the Interlake program has about 15 players but they would prefer to have 25 or more because of the possibility of injuries.

Hirst said there have been a lot of talented players that have come out to play so far.

"Considering we had 90 per cent or more of rookies for the first season back since COVID, they have done very well and picked things up very quickly," Hirst said. "They have been very receptive to the sport, especially since rugby is not a common sport in Canada right now. People are still unsure how to play and what the sport is. But once these kids understood the basics of (the sport), they really ran

with it."

Hirst said they are hoping to attract young athletes to the sport.

"We're looking to grow this club beyond just one team," he said. "Maybe have multiple teams and spread it out where maybe Gimli has its own team or Lundar or wherever. Right now this is year one of a multi-year program."

Anyone interested in joining the program can simply show up at practice. The program wraps up in the middle of August.

Stonewall to host 2022 Women's Invitational Tournament

Submitted by Patti Hacault

In the 21st century, when athleticism of all types is lauded and encouraged, it has become accepted and more common to see girls on the baseball diamond, playing a man's game. Women are as capable and talented as men playing baseball. They are tough.

Manitobans will have an opportunity to see some of Canada's talented female baseball players in action as

Manitoba Girls Baseball Committee in partnership with Manitoba Baseball will host the 2022 Women's Invitational Baseball Tournament at Quarry Park in Stonewall.

This facility, complete with bleacher seating, food concession and sound booth, and class A diamonds, has been the site for several national tournaments. They have previously hosted the Baseball Canada Cup on three

occasions in the late 90's while recently putting on successful editions of the 21U Women's Invitational in both 2017 and 2018.

Nine participating teams from Alberta, British Columbia, Nova Scotia, Ontario 1, Ontario 2, Quebec 1, Quebec 2, Saskatchewan, and host Team Manitoba will compete from July 21-24. These games will be live streamed through Manitoba Baseball's website.

The calibre of baseball is excellent, and it would be an experience for fans across Manitoba to come out and enjoy a weekend of exceptional baseball.

"We look forward to hosting these athletes who will be competing in the Canadian Nationals here in Manitoba," said Gail Lanqlais, Co-chairperson, Women's Invitational Championship Committee.

Strike Force spiked by St. James Spurs SC

Staff

The Tri-S Strike Force was defeated 3-2 by the St. James Spurs SC in Manitoba Major Soccer League 5th Division action last Wednesday in Selkirk.

Tanner Berube and Kris Pellaers scored for Tri-S while James Acton, with two goals, and Ross Pinhammer replied for St. James.

The Strike Force now has a 2-5-1 record and seven points to occupy eighth place in the 10-team division.

Tri-S will visit Stonewall United on Wednesday (7:30 p.m.).

Mariners reach semifinals at 11U A baseball provincials

Staff

The St. Andrews/Selkirk Mariners's great season ended at the 11U A (Zone 1) baseball provincial championships last weekend in Garden City.

The Mariners were defeated 16-3 by Gateway in a semifinal game on Sunday.

The Mariners started the tournament on Friday with wins over MacDonald (19-10) and East End (11-4).

On Saturday, St. Andrews/Selkirk defeated Dakota No. 2 (12-3) and Headingley (16-8).

U18 Pirates sweep Orioles

Staff

The North Winnipeg Pirates U18 AAA baseball team swept the Interlake Orioles in a doubleheader on July 5, winning 11-4 and 3-2 in Stonewall.

North Winnipeg (8-12) will play the Bonivital Black Sox on Thursday (7 p.m.) at Whittier Park and then will take on the Winnipeg South Wolves Friday (7 p.m.) at Charleswood Park.

On Saturday at noon, the Pirates will battle the Elmwood Giants at Koskie Field.

The U15 Pirates were scheduled to play the Red River Pioneers on Sunday evening but

no score was posted on the league website at press time.

North Winnipeg started the week with a 3-2 home win over South Central on July 5. Last Friday, North Winnipeg lost 12-2 to the Winnipeg South Wolves.

North Winnipeg played Carillon this past Tuesday but no score was available.

The Pirates will take on the Interlake Orioles on Wednesday, the Bonivital Black Sox Friday (6:30 p.m.), and St. James on Sunday (6:30 p.m.).

All three games will be played at the West St. Paul Su-

nova Complex.

The U13 Pirate, meanwhile, were scheduled to play the Winnipeg South Wolves on Sunday but no score was available.

Last Thursday, North Winnipeg was swept by the Bonivital Black Sox in a doubleheader. Bonivital won by scores of 12-2 and 14-4.

The Pirates hosted the Red River Valley Pioneers this past Tuesday but no score was available.

North Winnipeg will visit Pembina Hills on Thursday for a 6:30 p.m. game.

To see more photos of your favourite Interlake Athletes

GO TO

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get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



Buffalo and Blue Cheese Chicken Recipe

2 tablespoons Buffalo sauce
1 tablespoon crumbled blue cheese, for garnish
1 green onion, sliced, for garnish
Heat rice according to package directions.

In a small, microwave-safe bowl, combine chicken and sauce. Microwave on high 2-3 minutes.

Serve chicken over rice. Garnish with blue cheese and green onion.

Prep time: 2 minutes
Cook time: 3 minutes
Servings: 1
1 cup Minute White Rice
1 breaded chicken tender, sliced



"Mac" and Cheese in a Cup Recipe

Heat rice according to package directions.

In a microwave-safe cup, stir rice, milk, cheddar cheese, cream cheese, garlic powder and mustard powder, if desired.

Microwave on high, stirring occasionally, 2 minutes, or until heated through and cheese is melted and saucy.

Tips: For extra-cheesy rice, add 2 tablespoons grated Parmesan cheese.

Substitute garlic powder with 1/2 clove minced, fresh garlic.

Prep time: 2 minutes
Cook time: 3 minutes
Servings: 1
1 cup Minute Jasmine Rice
1/3 cup 2% milk
1/3 cup shredded cheddar cheese
1 tablespoon cream cheese
1/4 teaspoon garlic powder
1 pinch dry mustard powder (optional)



Summer Shrimp and Squash Kebabs

2 zucchini, sliced 1/2-inch thick

Soak skewers in water at least 30 minutes. In large bowl, combine vinaigrette, shrimp, cherry tomatoes, corn, red onion, yellow squash and zucchini; marinate 30 minutes-1 hour.

Preheat grill to medium heat. Skewer pieces of cherry tomato, shrimp, corn, zucchini, red onion and yellow squash on wooden skewer. Repeat with remaining ingredients and skewers. Grill kebabs about 8 minutes, turning frequently until shrimp and veggies are cooked. Serve with additional vinaigrette.

Servings: 4 (2 skewers per serving)
8 wooden skewers (12 inches each)
1 cup Newman's Own Garlic Vinaigrette & Marinade, plus additional for serving
16 large shrimp, peeled and deveined
16 cherry tomatoes
2 ears fresh corn, each cut into 1-inch pieces
1 large red onion, cut into 1-inch wedges
2 yellow squash, sliced 1/2-inch thick

Ask the Money Lady

Dear Money Lady: We can't earn enough to save anything for the future. My husband works two jobs, we have three kids, and it's just not possible to save. We do own a home, but I honestly believe we will never have it paid off. Short of my husband getting another job, do you have any ideas on what we could do?

Candice

Thank you Candice for your question – with all the talk in the media about more employment positions than applicants, we still need to be reminded that today's living expenses are increasing faster than employment incomes and many are feeling the squeeze in today's economic market.

Candice, I want to share a story with you about a very good friend of mine that created a homestay business and used this income to make the payments on her mortgage to eventually today be mortgage free. A homestay business is similar to an Airbnb business but uniquely different in that it is mainly used for international student housing all around the world. The idea of having a boarder in your home is not new, in fact, it was a very common practice in the early 1900's. I know, today most people would not want to take in a boarder, instantly giving up their personal space and privacy. That being said, this activity, now referred to as a homestay business, has become surprisingly popular within the academic world and it has helped many people bridge the gap with their income and the lifestyle they desire. The internet has opened a whole new world of business opportunities, with some big companies now offering services to connect students and travellers with hosting families that are all part of a new network of temporary scholastic lodging facilities.

Starting a homestay business is relatively easy, however there are few things you need to keep in mind. You can never really step away from this type of business, always monitoring your student boarders and interviewing potential new ones. This is a true home-based business and as such must be reported on your tax return. You will need to declare the rental income, but by doing so, you can also take advantage of the many household expenses you can write off annually. Good, comprehensive home insurance is also a must, and once you get the hang of things you will also want to set out the "household do's and don'ts" to your new homestay students.



Christine Ibbotson

My friend has had a homestay business for the last 30 years and used this extra income to upgrade her homes throughout the years. Besides the obvious desire for a larger residence and perhaps acquiring more boarders, my friend realized that this business was a great way to continue using the qualified home expenses as future tax write offs to lower her income. Mortgage interest, property taxes, home insurance, and all utility expenses are legitimate write-offs to lower income. The secret to really benefiting from this strategy, would be to live within your means and use all of the business income to pay down debt. This became a very manageable business venture for my friend, one that lowered her marginal tax rate through the years and ultimately allowed her to pay less taxes and increase her net worth.

If you are thinking of having a boarder in your home, please discuss this with your accountant, and never think that you cannot declare this income on your tax return. All it takes is an anonymous tip to the CRA from a disgruntled neighbour or tenant, and you will be audited. Run your homestay business the right way. Do your homework and make a business plan. Consider your home location and whether you want to provide rooms for travellers, international students, or just people from your community. Will you cater to singles, business professionals, or have an age or income requirement? Whatever you choose, if you decide to entertain the homestay business and use what my friend would call them as her "mortgage helpers," you could stand to make a lot of money and will most likely reach your goals in half the time.

Good Luck & Best Wishes,
ATML - Christine Ibbotson

Written by Christine Ibbotson, National Radio Host and Author of 3 finance books plus 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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Early Birds at 7:00 pm
Regular Bingo at 7:30

Full House in 51#s or less \$6,800
Lucky Star \$1,521+
Mini Loonie \$1,155
Bonanza in 53#s or less \$2,633
Loonie Pot \$714

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SUNDAY NIGHT BINGO
Pots are as follows:

\$796+ LOONIE POT (19, 53)

\$6,500 JACKPOT In 51 Numbers (4)

\$55,364+ POKER FLUSH (19, 53)

\$15,368+ BONANZA In 52 Numbers (4)

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PROPERTY MANAGEMENT

Do you own rental property in Winnipeg? Are you tired of dealing with long term renters and the mess they can leave? We can provide you with a different option to earn a rental income. Pawluk Realty 204-890-8141.

APARTMENT FOR RENT

Brand new, 2-3 bedroom apartments for rent in Winnipeg Beach. Granite countertops, stainless steel appliances. Starting at \$1,250/mo. utilities extra. Contact 204-612-4650.

FOR RENT

Mature person, 1 bdrm. basement suite on 80 acres. Livestock welcome. Clean, quiet, smoke free home. \$950, internet & satellite included. No indoor pets. Teulon, MB. 204-479-0294.

LAKESIDE FLIGHT ACADEMY

Want to learn how to fly? Lakeside Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, meteorology, aeronautics general knowledge) Call 204-642-4799.

GARAGE SALES

Multi-family garage sale, 5638 Hwy #9, Saturday, July 16 and Sunday, July 17. 9 a.m. - 6 p.m.

Everything you need to promote your business

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take a break > GAMES

SUDOKU

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

Level: Intermediate

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

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

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

Sudoku Answer

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

Crossword Answer



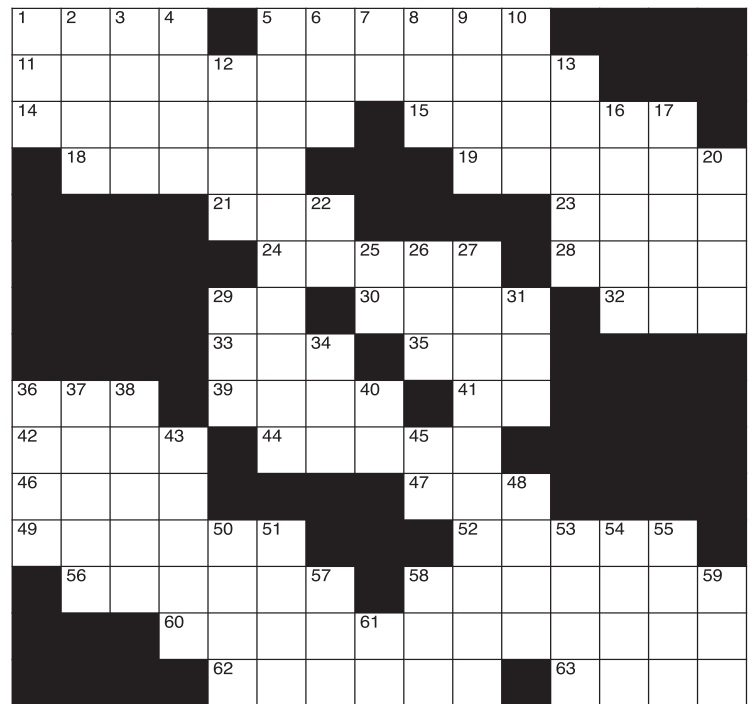
CROSSWORD

CLUES ACROSS

1. Absence of difficulty
5. Preserve a dead body
11. Gratitude
14. The act of coming together again
15. More cushy
18. Visionaries
19. Large, fish-eating bird
21. Indicates near
23. NY Mets legend Tommie
24. Icelandic books
28. Pop
29. Hammer is one
30. Sense of self-importance
32. Thyrotrophic hormone
33. Can't be found
35. Electronic data processing
36. Passports and licenses are two
39. Snake-like fishes
41. Air Force
42. Popular computers
44. Intermediate ecological stage
46. Wings
47. Used in combination
49. Laid back
52. Jewelled headdress
56. Slow
58. Famous Falls
60. Reassertions
62. Periods of time
63. Hyphen

CLUES DOWN

1. Body part
2. Mimics
3. Expel large quantities
4. Sea eagle
5. Genetically distinct varieties
6. Dialect of Chinese
7. Famous Mr. T character
8. Consumed
9. Chinese dynasty
10. Menace to yards
12. Ireland
13. Palm trees
16. Fungal disease
17. Willis and Robert are two
20. Affirmative! (slang)
22. It shows who you are
25. The First State (abbr.)
26. Get older
27. Associations
29. Woman (French)
31. Sunscreen rating
34. Brew
36. Leader
37. Plants in the legume



- family
- 38. Burn with a hot liquid
- 40. Junior's father
- 43. Scads
- 45. Morning
- 48. Length of a line (abbr.)
- 50. Double curve
- 51. Small, thin person
- 53. Worn by exposure to the weather
- 54. Mars crater
- 55. Humanities
- 57. Word element meaning ear
- 58. To the ___ degree
- 59. Residue of something burned
- 61. It cools your home

Classifieds



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WHY CLASSIFIEDS WORK

Classifieds are inexpensive.

This is perhaps the biggest advantage of using this form of advertising. Payment is generally based on the number of words or the lines of copy used in the ad. Given the low cost, you can actually run an entire series of classifieds ads. The inexpensive nature of the ad means you can reach out to your prospects on a regular basis without breaking your bank account.

Classifieds are great for generating leads.

You invite them to contact you by phone, mail, or e-mail, etc. When the contact is made, you simply follow-up with a sales call or email.

Classifieds can be used for local and regional audiences.

It's been said that the classified is the one tool that allows the little guy (or gal) to be more competitive. It enables the small businessperson to reach his or her audience on a small budget, no matter where they live.

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 TRUCK DRIVERS WANTED!

Competitive Wages, Health Benefits, Lift 50lbs
Experience an asset
info@eddiesgravel.com
204-389-2023
102086 Hwy 9, Wpg Beach, MB

PARAMEDICS NEEDED



Wanted. Contract paramedics for local medical transport company.

Must be experienced and have clean driving record. Must be able to work independently and be familiar with city and rural health facilities. Occasional evening and weekend work required. Retired paramedics welcome to apply.

Please send resume and/or expression of interest to: info@communityparamedicsservice.com
No phone calls please.

We thank all for their interest, but only those selected for interviews will be contacted.



Tender 2022-08

Supply and install Lister Rapids and Legends Estates Park Shelters

The Rural Municipality of West St. Paul is seeking proposals from qualified bidders for the supply and install of Lister Rapids and Legends Estates Park Shelters.

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

Sealed submissions clearly marked **Tender 2022-08 - Supply and install Lister Rapids and Legends Estates Park Shelters** will be received by the undersigned at the address below until 12:00 noon on the 28th of July, 2022. Late submissions will not be accepted.

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

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

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

HELP WANTED

Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

The Window Factory located at 605 Mercy St, Selkirk is now hiring an installer assistant and manufacturer assembly associates. Valid driver's license preferred. Please apply in person to the office Monday-Friday 7:30 a.m. - 4:00 p.m.

Bahara Motors in Selkirk is looking to hire a mechanic and mechanic's helper, licensed or not. Will train. Please call Tony at 204-482-4080.

HELP WANTED

Seasonal Help Wanted - Searle Greenhouses Ltd located at 345 Old Henderson Hwy in East Selkirk is accepting applications for full-time seasonal greenhouse worker positions starting in January 2023. No experience required; training is provided. Starting wage \$12.35 per hour. Apply by email to: iwanttowork@searlegreenhouses.com or fax: 204-482-8968 Attn: Kris

Full-time & part-time Class 1 drivers needed in Winnipeg (full-time position is scheduled). Need 3 years experience and non-smoker. Please call 204-782-8105.

HELP WANTED

Galay Landscaping is looking to hire another professional tandem dump truck operator. Job includes delivery of material and equipment to and from jobsites, as well as customer deliveries. Loader, skidsteer or excavator experience an asset so that you can load your own tools and equipment for transport. Hours and schedule depend on wants/needs as well as associated landscaping experience and capabilities. Company benefits and hourly wage TBD. Please email resume to info@galaylandscaping.com or drop off at shop in person.

Food server and line cook need for Grace's Deli at St. Andrew's Airport. Full-time day shift. Drop off resume or call 204-339-6904 or cell: 204-232-3630.

HELP WANTED

J&L Truck Recycling is looking to hire a licensed heavy duty mechanic or mechanics helper full time wages negotiable. Please call 204-338-1458 or email: jtruckrecycling@gmail.com

Oakwood Industries is hiring a labourer for trailer assembly/repair. Mechanical and welding skills an asset but willing to train. Email resume to oakwoodindustriesinc@gmail.com or phone 204-782-4746.

ROCKY MOUNTAIN EQUIPMENT is NOW HIRING: Managers, AG Equipment Techs, Heavy Equipment Techs - Journeyman & Apprentices, Parts Techs. View Open Roles & Apply: www.rockymtn.com/ca refers.

MISCELLANEOUS

Brand new 3 point hitch Kubota rototiller 58" wide. Brand new 10x10x8 garage in a box. 3500lb trailer axle, springs and rims. Offers 204-981-2313 Lockport.

MISCELLANEOUS

For sale, Martin guitar and a Marshall amp. Good condition, in Selkirk. Please call 204-904-7310.

Mature couple seeking house-sitter or rental opportunity in a home or apartment with parking in Selkirk and area, from November/22 to April 30/23. Call Julie at 204-295-6381.

PETS

Purebred Golden Retriever puppies (non-registered). Gentle, happy, healthy, affectionate & playful. Veterinarian checks, 1st shots. Born May 5, 2022, available now. Please call or text Paul 204-481-1260.

WANTED

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

SHOP LOCAL - SUPPORT LOCAL BUSINESS

WANTED

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

WANTED: Old advertising dealership signs, gas pumps, globes, pop machines, light ups. White Rose, Red Indian, Buffalo, North Star, Case Eagles. etc. Collector paying TOP PRICES. 306-221-5908.

NOTICES

Grand Beach & Area Development Corporation (GBADC) will be holding our AGM on Wednesday, July 27/22 at 7:00 p.m. at the GMCC & RV Park building in Grand Marais. Elections will be held for President, Treasurer and 6 Directors.

Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!

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News Tips? Story Ideas? call the Record 204-785-1618

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Is a custom manure injection business seeking:

Full Time Equipment Operators

Duties would include operation of tractors, pumps, agitators, helping with maintenance and mechanical issues.

Experience is an asset but willing to train the right candidate.

Candidates must be reliable, able to work well independently, as well as in a team environment.

Must have valid class 5 licence.

Overtime pay, bonus pay, and benefits available.

Wages negotiable with experience and commitment.

Send resume to: info@lagooncleaning.com

For more information call: 204-723-0410

ASSINIBOINE INJECTIONS LTD

Is a custom manure injection business seeking:

Full Time Equipment Operators

Duties would include operation of tractors, pumps, agitators, helping with maintenance and mechanical issues.

Experience is an asset but willing to train the right candidate.

Candidates must be reliable, able to work well independently, as well as in a team environment.

Must have valid class 5 licence. Class 1 is preferred.

Overtime pay, bonus pay, and benefits available.

Wages negotiable with experience and commitment.

Send resume to: info@lagooncleaning.com

For more information call: 204-723-0240



Mentorship Position – Arena/Facility & Ice Technician

The St. Andrews Community Club is looking for a youth (between 18-29 years of age) who is looking for a paid mentorship as an Arena/Facility & Ice Technician.

They must be willing to learn all areas of running a recreation facility, from tending to the ice to supporting the running of the hall, canteen, and community rentals. They will develop the skills to work with people of all ages and abilities.

An Arena/Facility & Ice Technician primarily tends to the resurfacing and maintenance of the ice (indoor and outdoor), monitoring of refrigeration plant, routine inspection of all facilities and grounds including minor repairs, ensuring general cleanliness of the entire facility, assisting in event set-ups and tear downs and administrative work as assigned.

We are inviting interested people to apply as soon as possible.

Please e-mail resume to rec.manager@rmofstandrews.com or drop off a resume at

28A St. Andrews Rd. St. Andrews MB, with a short cover letter telling us more about yourself and why you are interested in this position.

The St. Andrews Community Club is an equal opportunity employer.



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Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

Classifieds



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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a spring/summer 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 for more details.

NOTICES

PLANNING PROGRAM REGISTRATIONS FOR FALL? Advertise in the 32 Weekly Manitoba Community Newspapers to get your messaging out now and be seen all over the province! Hiring? Selling something? Have an on-line store? Let people know in the Blanket Classifieds! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

FINANCIAL SERVICES

Private mortgage lender. All real estate types considered. No credit checks done. Deal direct with lender and get quick approval. Toll free 1-866-405-1228 www.firstandsecondmortgages.ca

STRAW FOR SALE

Small squares wheat straw, Oats, green feed - good for horses. Call, leave message 204-482-5101.

HEALTH

Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail stonewoodelkranch@mymts.net

NOTICE TO CREDITORS

IN THE MATTER OF: The Estate of Moira Constance Wallman Pommer, late of the City of Selkirk, in Manitoba, Deceased. All claims against the above noted estate duly verified by Statutory Declaration, must be filed with the undersigned at their offices, 2200-201 Portage Avenue, Winnipeg, Manitoba, R3B 3L3 (Attention: Diana C. King), on or before the 13th day of August, 2022. DATED this 13th day of July, 2022. **Taylor McCaffrey LLP** Solicitors for the Executor of the Estate

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3 bedrooms, ensuite, huge kitchen, quartz countertops, walk-in pantry, island, 9 ft walls and double cathedral ceiling. James Hardie Siding.

Pictures available

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Taking orders for Fall 2022

204-346-3231

Eddie's Gravel Supply Ltd. is Hiring

GENERAL LABOURER

Must be able to lift 50 lbs.
Competitive Wages \$17-\$19 starting
Must have own vehicle with class 5
Direct Deposit and Benefits
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102086 Hwy 9, Wpg Beach, MB

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



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Entries accepted until September 30, 2022

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Arnold & Marie Funk farm auction, 3 miles north of Morden MB on First street . Timed online auction, closing Friday July 15 at 6 pm. Payment and pickup is Saturday from 9 am to 2 pm.

1977 Cockshutt 1855 std, front axle, Cab, Hydra shift, fender tanks, 3500 hrs on tack. Ford 8630 FWA, CAB, POWER SHIFT, 20.8 X 38 Rears 14208 hrs showing, 540 and 1000 pto. Ford versatile 9030 Bi Directional, w/ 7414 loader, 3 pth pto 540 and 1000, 16.9 x 28, 8 ft bucket with Grapple, 14200 hrs. White 6144 Fwa, triple hyd, dual pto, 480/80. 42R rears, front is 380/ 80/ 30R, Weight package. 7644 Hrs, model 7704Y,15 Serial # 81005. Vermeer bale shredder, 1000 pto drive model bpx 9000 #1VRA201R3F1004166 KUHN GA7932 Master drive 30 ft Rake Serial # 1141230A00038. 2019 Vermeer 605N Select DCF wide pickup, 21 x 16.1 rires, Twine or Net Wrap 1VRMI6147K1009259. 1997 western star Diesel tandem truck with mounted 12 bale stacker hauler, loads both sides & a ton of cattle related tools and equipment, panel feeders, etc. See the bidding platform at www.billklassen.com/nextlot **Bill Klassen auctioneers 204-325-6230, office 204-325-4433, owners 204-822-3789 Arnold cell 204-362-6403**



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35TH ANNUAL CONSIGNMENT AUCTION

Manitoba largest multi party auction this years auction will be conducted online with all bidding taking place at www.billklassen.com/nextlot

JULY 30, 2022 AT 12:00PM FARM AUCTION

HWY 3 AND 14 JCT 3/4 MILE SOUTH ON ROAD 24,
Morden Winkler Interchange, Winkler, MB
Yard Receiving Hours: Thurs & Fri - July 21 & 22nd - 8am to 5pm
Sat July 23 - 8am to 12 noon
Mon & Tues July 25 & 26th - 8am to 5pm
Wed July 27 - THE YARD IS CLOSED!

The auction will be on Saturday July 30th. The closing time may change after the yard has closed for receiving depending on how many items we receive. Payment and Pickup will be on Monday August 1 from 9am to 6pm. Buyers please check your spam/junk folder if you do not receive an invoice within a couple of hours after the auction closes. Items not picked up that day will be at the yard at the buyers discretion.



Additional auction details and photos are available at www.billklassen.com
Call 204-325-4433 or cell 204-325-6230



JULY 20 AT 7PM, TIMED ONLINE AUCTION, CECILE GAREAU & ED GAREAU IN LAKE FRANCIS, MB, HWY 6.

Farm Eq, New Holland 499 mower conditioner in excellent condition, low acres, misc JD PARTS, some cattle eq, etc.



Visit www.billklassen.com/nextlot
Call 204-325-4433 or cell 204-325-6230

Announcements *Selkirk Record*

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Selkirk Record

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Would you be interested in delivering the Altona Rhineland Voice Weekly Newspaper?

Email resume and driver's abstract to Bigandcolourful@mts.net



ANNOUNCEMENT

LOST DOG



LOST DOG
Archie
30 lb Red Poodle
Lost in Petersfield area
Please call or text
204-232-0836
204-510-8481

ANNOUNCEMENT

IN MEMORIAM



Jared and Ngan
July 12, 2013

Having to live a life without you has been difficult, nine years have passed. You are never far from our thoughts. Your names are spoken often, laughs shared and tears shed. You are loved and missed more than words can express. Our beautiful angels!!!!
-Love the Youzwa and Nguyen family
XOXO

ANNOUNCEMENT

IN MEMORIAM



Angela Dawn Cromarty
May 20, 1983 - July 16, 2012

To my dear Angela, gone 10 years this July 16th. I tell people Ang, that there's not a day goes by I don't think of you... Now 10 years forward, this feeling still holds true. Love You Angela, Today, Tomorrow, Always... Love and Heartfelt Tears, Dad
-So sadly missed and forever remembered by your father, Andy

ANNOUNCEMENT

IN MEMORIAM



Louis McLeod
July 13, 2021

Missing someone is your heart's way of reminding you that you love them
Remembering you always
-Brenda, Barrett, Brandi, Kaleb, Nick, Taylor, Oaklyn, Sophie and Rory

ANNOUNCEMENT

IN MEMORIAM



Glenn Salter
July 15, 2011

I think about you often, I talk about you still, You have never been forgotten, And you never will. I hold you close within my heart, And there you will remain; To walk and guide me through my life, Until we meet again.
Love you always and forever.

-Love Sandi

Don't forget to send your special wishes to your friends and family.

Selkirk Record

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Selkirk Record

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Announcements

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OBITUARY



Alice (Alexandra) Marie Ellison
May 2, 1939 - July 8, 2022

Alice was born on the family farm May 2, 1939 to Alex and Nellie Hawrysh (nee Chic). She attended school in Melnice until she went to high school in Teulon. This is where she met Merlyn, the love of her life. Upon completing high school, she went to Normal School. She then got a job teaching at Union Prairie School in Inwood. The following fall, she and Merle were married and they moved to Winnipeg where she got a job working at The Royal Bank downtown. Not long after, when her dad became ill, they returned to the family farm in Melnice where she remained until her passing. Here they started their family and she worked for many years at McGregors Drugs in Winnipeg Beach as well as Say it with Ceramics and as a bartender at the Waterfront Centre. She was also secretary treasurer for the St. William's Cemetery.

She taught Ukrainian singing lessons through the Winnipeg Beach school. Her Singing Kittens even preformed in many talent shows, on the radio and even television.

Her house was known for baking, pickles, treats, endless laughter and the phone ringing off the hook. She loved playing cards, watching her stories, good music, polka parties and spending time with her family and friends.

She was predeceased by her husband of 46 years Merle in 2003; son Blair; parents Alex and Nellie; brother Bert Hawrysh; in-laws Roy and Anne, brother-in-law Bob (Audrey).

She is survived by daughter Maureen (Bob); grandchildren Chelsey McColl (Roman), Ashley Michaluk (Nick), Saveja Ellison (Geoff), Tyler Trautwein (Abby) and Monique Ellison (Ryan) as well as her precious great-grandchildren Brandt, Violet and Emilee; sister-in-law Eileen Hawrysh as well as many nieces, nephews and cousins and special friends as well as her two spoiled fur babies KJ and Khloe.

Service will be held Sunday, July 17th at the Teulon Rockwood Centennial Centre at 2 p.m. and a private burial will follow.

In lieu of flowers, donations may be made to the Heart and Stroke Foundation or St William's Cemetery.

Vichnaya Pam'yat



OBITUARY

Robert (Bob) Hutlet
April 20, 1944 - July 3, 2022

Robert (Bob) Hutlet passed away suddenly on July 3, 2022, at age 78.

He will be sadly missed by his wife of 56 years, Georgina (nee VanDamme); son Stephen (Christine); daughters Cynthia (Elliott) Hawthorne and Tammy-Gean (Paul) Human; grandchildren Tyler (Tiffany), Brandon, Joshua, Cody, Robert, Chantal (Levi) and Hope plus many other family members and friends.

A funeral was held Friday, July 8, 2022, at Notre Dame Roman Catholic Church and an interment will be held privately.

Bob's family thanks all who helped with his care through the years.

OBITUARY

Emily Charney

Emily passed away on July 8, 2022.

A private service was held with family at Seasons Funeral Chapel with Father Sylvanus Omali officiating.

Please visit Emily's memorial page to leave condolences and for a longer obituary at seasonsfunerals.com



OBITUARY

Lorelei MacDonald (Stevenson)
March 4, 1967 - June 29, 2022

Sadly, we announce that Lorelei, 55, of Howden, MB, died unexpectedly on June 29, 2022 while away working in Saskatchewan. She was well known in the City of Selkirk, MB for working in the health care field and other various opportunities she's had throughout the years.

Lorelei is survived by her beloved husband, Jack MacDonald; daughters, Nicole Turner (Mike), Kayla Nugent; grandchildren, Riley, Leah, Colby, Reuben and Finley; mother, Sandra Stevenson and brother Jack Stevenson Jr. She was predeceased by her father, Jack Stevenson Sr.

A celebration of life with coffee and dainties will be held at 1:00 p.m. on Saturday, July 30, 2022, at Howden Community Centre, 1078 Red River Dr, Howden, MB.



OBITUARY

Mary Hrechka (Fedyck, nee Korecki)
January 19, 1935 - July 3, 2022

It is with great sadness that we announce the passing of our loving mother and grandmother, Mary Hrechka at the age of 87 on Sunday, July 3, 2022 at Red River Extencicare in Selkirk, Mb.

She will be lovingly remembered and missed greatly by her children, Debbie (Jim) and Darryl (Marlene); grandchildren Brooke (Robbie), Taylor (Jason), Terri and Tim (Samantha); great-grandchildren, Isaiah, Onyx-Rose, Nash and Violette; two surviving sisters-in-law in B.C., Val and Mildred, Gerry and Debbie Hrechka of Winnipeg, special family friend, Diana and nephews and nieces.

She was predeceased by her parents and her two brothers; husband John, in 1988; and longtime partner of 25 yrs., Engelbert, "Bert" Kuffner in March of 2020.



Mary was born in Shellbrook, Sk. She had a pen pal in Selkirk, from her Jr years, ironically, named Mary, who also shared the same birthdate and year of birth as "our Mother." This helped her make a decision to leave her parents in Sk. as she ventured to Selkirk, Mb to pursue a career in Psychiatric Nursing, graduating in 1955. She did her circuit of rounds as a nurse in Selkirk from the Selkirk Mental Hospital, Selkirk General and later retiring from the Tudor House in Selkirk.

She loved Darryl and I dearly and drove countless hours with Darryl and his teammates to ice rinks in Mb and Sk, tagging me along when we were younger.

Mom had a zest for life and a laugh or mischievous giggle which exploded, so everyone knew who it was! Her greatest gifts to life were her love, her honesty and fairness with family and friends which included lots of gift giving.

She was a "people person", a giving and friendly person with a smile that radiated love. Meeting new people was easy for Mom. She loved sharing, spending time with family and friends, and bringing joy to others. She loved people and people loved her! She was "Mom" to all of our friends when we were young.

She thoroughly enjoyed her retirement years with Bert, dining out, travelling around Mb and other parts of Canada, and dabbling in different small home-based businesses through which they extended their list of friends even more.

For more fun and excitement the two of them enjoyed the local casinos, the atmosphere, the bling bling, but she also enjoyed wearing that bling bling! They were waiting for that one big spin...like everyone else!

She would have loved to travel more. She was a softie, but tough when needed, not a complainer. She appreciated and was grateful for all opportunities that she had in her life.

MOM, may your new wings allow you to fulfill all your dreams, see the places you wanted to see, and reunite with your friends and relatives again. So keep smiling!

Love you forever Mom!

Until we meet again in the heavens!

A private Celebration of Life will be held with the family.

In lieu of flowers, donations may be made to a foundation of your choosing.

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

OBITUARY

Michael Edward Hawrysh
June 18, 1953 to July 2, 2022

It is with heavy hearts that we announce Michael (Mike) Hawrysh passed away peacefully on July 2, 2022 at the Gimli Hospital.

Michael leaves to mourn his loving wife Rachael, mother Margaret Hawrysh, father-in-law Ron Gilkes, sons Kelvin Ramsey and Greg Gilkes (Issis), daughters Lori-Lynn Rochon and Tiffany Taylor (Kyle), brothers Ron Hawrysh (Jeane) and Barry Hawrysh, sisters Elaine Hawkins (Steve) and Susan Duff (Keith). Beloved grandchildren Natasha, Kenneth, Derick, Joseph, Verona, Maya, Lennon and Cohen. Special cousin Alice Ellison, and so many friends and relatives.

Mike was predeceased by his first wife Joan Hawrysh, father Edward Hawrysh, infant brother Hawrysh and mother-in-law Anne Gilkes.



Mike grew up in Winnipeg Beach on the family farm. He moved to Selkirk where he met and married Joan. Joan had two children (Kelvin and Lori-Lynn) whom they raised together. They moved to Winnipeg Beach and lived there until her passing in 1997.

Mike met Rachael in 1998, and they were married in 2009 until his passing. Rachael had two children (Tiffany and Greg) whom he helped raise from teens.

Mike was an incredible father to all four children, and loved them unconditionally.

Mike worked at Selkirk Lumber and then at the Selkirk Rolling Mills for 30 years before he retired in 2010. Incredibly talented, Mike was the go to for anything. Always good advice and always a helping hand.

Mike loved being a grandfather (papa). There was nothing more special to him than spending time with his grandkids. Animals loved Mike and he was always the go to for treats, cuddles, and play. The coffee pot was always on for visitors.

Special thanks to Mike's very good buddies Uncle Andy and Wayne for help with snow removal this past winter. Thank you to all of the family for providing any assistance Mike or Rachael required. There at the drop of a hat, as he was for them. It takes a village and that's what they are. Thank you to Dr. Ade, and staff at Gimli Hospital for their great care. Thank you to palliative care nurse Melanie for being an advocate and sharing knowledge with us for the months when Mike was at home.

As per Mike's wishes, cremation has taken place and no funeral service will be held.

In lieu of flowers donations can be made to a charity of your choice.

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



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NEW LISTINGS	SOLD LISTINGS	AVG DAYS ON MARKET	NEW LISTINGS	SOLD LISTINGS	AVG DAYS ON MARKET	NEW LISTINGS	SOLD LISTINGS	AVG DAYS ON MARKET
33	26	17	26	21	14	30	11	27
AVG SALE PRICE	HIGHEST SALE PRICE		AVG SALE PRICE	HIGHEST SALE PRICE		AVG SALE PRICE	HIGHEST SALE PRICE	
\$469,462	\$778,500		\$293,495	\$495,000		\$555,436	\$1,300,000	