



# The Selkirk Record

THURSDAY, JULY 15, 2021

VOLUME 12 EDITION 28

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# Results are back from the Court of Queen's Bench of Manitoba

## Decision made that mayor's duties can be removed by rest of council

By Katelyn Boulanger

Justice Victor Toews has returned his verdict on the judicial review launched by Joy Sul into the St. Andrews council's decision to pass by-law 4319, which, along with resolutions 653-2019 and 656-2019, prohibits her to chair council and committee meetings.

In his decision, he sided with the RM of St. Andrews, ruling that the municipal act allowed for these changes.

This saga started in 2019 when by-law 4319 was passed as an amendment to the RM's procedures by-law. As part of this policy, the council would appoint a chair and deputy chair to all council and committee of the whole meetings. The previous by-law stated that the mayor and, in their absence, the deputy mayor would chair all meetings.

On Dec. 16, 2019, the council met in a special meeting and appointed Coun. John Preun to the position of chair of municipal council meetings. At the same meeting, Preun was also selected as spokesperson for the municipality. This decision did not affect Sul's ability to debate, vote, or sit on other committees. However, it did transfer most of the duties of a mayor from their fellow councillors to Preun.

In the review, Sul's attorney argued that the municipal act needed to be read as a whole. By that interpretation, the power to appoint a council member, other than the head or deputy head of council, to preside over meetings only takes effect where the head or deputy head cannot act.

The attorney for the RM of St. Andrews argued that the head of council's duty to be the chair at council meetings could be altered under a by-law as noted by s. 83(2)(a) of the Municipal Act.

In his judgement, Toews first consid-

ered whether the appointment of the chair of council meetings other than the head of council is statutorily authorized by the Municipal Act. He determined that there was no clear demonstration that the by-law exceeded the legislation.

He also noted that the power to appoint a spokesperson to speak on behalf of the RM is not explicitly spelled out in the Municipal Act. However, he said that even though Sul could no longer speak representing the RM during the judicial review proceedings, it didn't stop her from speaking as the mayor.

He also considered whether the by-law and resolutions were passed in a manner that offended procedural fairness, breached the rules of natural justice, or were otherwise passed in bad faith. He determined that they did not pass them in bad faith. Ultimately, it was the voter and not the court who should decide whether those reasons are sufficient to satisfy the political duty that each councillor has to the municipality's electorate.

The conclusion of the judgement states that Toews saw no basis that this by-law or the resolutions were passed for an improper purpose or in a manner that breached procedural fairness or any other rules of natural justice.

Currently, by-law 4319 and resolution 653-2019 have been replaced by by-law 4338 and resolution 429. Thus, the conclusion relies on the same statutory and regulatory basis as its predecessors and, in Toew's opinion, is valid.

Coun. Preun, speaking as a councillor of the RM of St. Andrews, said that he felt relief that this would no longer be hanging over council and thought the decision was fair.

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

Mayor Joy Sul has been prevented from chairing council meetings, according to Justice Victor Toews verdict.

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# Communities in Bloom 2021

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

## > PREUN SAYS, FROM PG. 3

"The judge looked at this thoroughly and didn't rush through the decision. There was a lot of thought given to the decision made," said Preun.

Preun said that residents should know that, "I think that now that this is behind us — this nonsense can stop and we can move on and do what's right for all residents to move St. Andrews forward. I think there's a great opportunity in St. Andrews to move ahead on different items, whether they're recreational, or whether they're road building, or South St. Andrews sewer, which would seem to be the linchpin of all the issues, and I think I look forward to the valves being turned on and us moving forward in other initiatives, as well as far as solid waste goes and things like that. I think the one thing that has to be said here, that's never been said is that, we should be thanking the prior councils for their foresight and their work and diligence on this project, to bring it to the point where we are now where we get to see what \$40 million of invest-

ment looks like,"

Sul's reaction to the verdict was different, describing it as one of disbelief.

She is concerned about the precedent that this judgement has set for Manitoban and Canadian municipal councils.

"Even though, like for me personally, you win in a huge majority in an election. [If] you have a majority of council that doesn't like you or don't want you to speak, don't agree with you, then you're up," said Sul, speaking on behalf of herself and not as a representative of the RM of St. Andrews.

In light of this ruling, residents from all municipalities that do not have legislation to counter this precedent-setting judgement need to make sure their votes reflect both councillors and mayors who represent them since this type of by-law could be passed anywhere.

Sul says that she will continue to keep residents as her number one priority in her term as mayor.

"This job, we're to work for the residents and act in their best interest. We all took an oath and I take that seriously," said Sul.

## Spotted: Wild turkey



**RECORD PHOTO SUBMITTED**  
Selkirk residents spotted a wild turkey roaming around on Queen Avenue on Monday, July 5. The turkey was the talk of the neighbourhood.



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# Lily Pad Cruisers cruisin down Manitoba Ave.



RECORD PHOTOS BY KATELYN BOULANGER

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Lana Meier



**MARKETING & PROMOTIONS**  
Brett Mitchell



**EDITOR**  
Katelyn Boulanger



**SALES**  
Michelle Balharry



**REPORTER/PHOTOGRAPHER**  
Syndey Lockhart



**REPORTER/PHOTOGRAPHER**  
Patricia Barrett



**DISTRIBUTION**  
Christy Brown



**OFFICE MANAGER/ADS**  
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**ADMINISTRATION**  
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**SPORTS EDITOR**  
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**PRODUCTION**  
Debbie Strauss



**PRODUCTION**  
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## Most hospitalized with COVID-19 unvaccinated: Roussin

By Ashleigh Viveiros

Manitoba's top doc on Monday announced the lowest one-day jump in new COVID-19 cases in months.

At a briefing in Winnipeg that day, Dr. Brent Roussin announced 31 new cases of the virus, alongside 150 cases that were identified on Saturday (87 cases) and Sunday (63).

Two new deaths were also reported alongside one from Sunday, bringing the number of deaths due to COVID-19 to 1,162.

As of Monday morning there were 1,025 active cases of the virus in Manitoba and 54,733 recoveries.

The current five-day COVID-19 test positivity rate was five per cent provincially and 4.1 per cent in Winnipeg.

A total of 138 Manitobans are currently hospitalized with COVID-19, including 30 in intensive care here and three at hospitals in Ontario.

Officials note that 74 per cent of the 412 COVID-19 hospital admissions between June 1-30 had no vaccine

doses and 22 per cent had one dose but two weeks had not yet passed since that dose—the time needed for the vaccine to take full effect.

Furthermore, of the 90 patients admitted to ICU in June, 77 per cent had not yet received a dose of the vaccine and three per cent had just one dose.

"We don't bring this up to blame or to shame anyone ... for the reason of their illness," Roussin stressed. "We're here showing the power of vaccine. We see very few people being admitted to hospital, really, after a single dose but especially after two doses.

"As we see less and less Manitobans that are unvaccinated, we're going to expect to see that translate into less and less need for hospitalizations and ICU admission," he said, noting they will be reporting this data regularly moving forward. "You can see the incontrovertible evidence of the value of vaccines right here in Manitoba.

"We know some Manitobans are hesitant to get vaccinated," Roussin

continued. "If you have questions, please contact your health care provider. You trust them with a lot of discussion and information—trust them with this."

Breaking the numbers down further for Monday, Interlake-Eastern reported four new cases of the virus for a total active caseload of 227. There were 13 people in hospital in the region with the virus, including four in ICU. The death count for Interlake-Eastern is 47.

In the Interlake-Eastern region, Arborg/Riverton confirmed six active cases, Beasejour 11, Eriksdale/Ashern 38, Fisher River/Peguis 93, Gimli 0, Northern Remote five, Pina-wa/LacdBonnet 4, Powerview/Pine Falls 44, Selkirk five, Springfield 10, St. Clements three, St. Laurent one, Stonewall/Teulon four, Unknown two, Whiteshell one and Winnipeg Beach/St. Andrews 0.

## Folklorama back with online festivities starting Aug. 6-8

By Record staff

Folklorama will be bringing the world to Manitoba in a modified format this year.

Organizers announced last week that the festival, thanks to sponsorship Manitoba Liquor Marts, will be offering three themed nights of entertainment streamed free online.

"We are thrilled to be able to deliver a unique Folklorama experience to festival goers both local and international," says executive director Teresa Cotroneo.

Folklorama Fusion will include performances from some of Manitoba's favourite ethno-cultural performers Aug. 6-8.

Friday, Aug. 6 will feature Asia and Africa, Saturday, Aug. 7 will display The Americas, and Sunday, Aug. 8 will showcase Europe.

During each show, viewers will get to learn about each performance and the importance of keeping culture alive.

A full performer lineup is available at [folklorama.ca/festival/schedule-free-access](http://folklorama.ca/festival/schedule-free-access).

"Today definitely marks a moment in Folklorama's history that we will never forget," says Stan Hall, Folklorama board president.

"The idea of the Folklorama Fusion event began in the fall of 2020, when we met virtually with our pavilions," he explains. "With the reality that a festival as we have known would still not be possible in 2021, the one message that resonated was the importance of keeping the spirit of Folklorama alive and finding a way to come together safely.

"I would like to take this moment to thank all of our communities—our Folklorama family—for coming together for the better."

The festival is also launching a new virtual marketplace on its website offering treats from the various cultural pavilions.

Learn more online at [folklorama.ca](http://folklorama.ca)

## RCMP's youth advisory council members needed

Staff

The Royal Canadian Mountain Police are looking for new members for its National Youth Advisory Council (NYAC).

Canadian residents ages 13 to 21 are invited to apply by Sept. 10, though those who get their applications in by July 30 will be a part of the first selection round and have a better chance of being selected.

NYAC members interact with participants from all over the country and discuss important issues they face in their respective communities. They share their thoughts about youth crime and victimization topics and help shape RCMP programs and initiatives. NYAC members can also receive reference letters and volunteer hours.

This commitment requires approximately two to four online hours per month, from October to June.

For more information or to request an application package, email [RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca](mailto:RCMP.Youth-Jeunesse.GRC@rcmp-grc.gc.ca).



### > CONTACT US

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Michelle Balharry: 204-485-1419  
Email: [michelle@selkirkrecord.ca](mailto:michelle@selkirkrecord.ca)  
or call our office at 204-785-1618

### EDITORIAL

Katelyn Boulanger 204-485-3337  
[news@selkirkrecord.ca](mailto:news@selkirkrecord.ca)

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# Dr. Reimer addresses concerns about COVID-19 vaccine development

## How were they created, approved so quickly?

By Ashleigh viveiros

Manitoba's task force co-lead Dr. Joss Reimer took some time last week to address those Manitobans who have not yet chosen to get vaccinated against COVID-19.

"Today I want to talk to some of the people who still have questions, who may not be sure, and may not be confident in the decision to get the vaccine," the Winkler native began at a press conference in Winnipeg July 7.

"There are two top reasons that we hear most often, and they're somewhat interconnected: concerns about how quickly the vaccine was developed and concerns about how quickly it was approved for use."

Some people worry the speed at which this happened means corners were cut, making for potentially unsafe, untested vaccines.

Reimer stressed that is simply not the case.

She acknowledged that vaccines are often years in the making, but the COVID-19 vaccines are unique in that work was already underway on developing vaccinations against other coronaviruses long before the pandemic broke out.

"Fortunately, scientists and other experts around the world were not starting from scratch. While this coronavirus is new, it is not the only coronavirus we have dealt with," Reimer said, explaining that it took scientists a matter of weeks to map the COVID-19 genome after it was first discovered. "That told us what kind of vaccine we would need in order to stop the virus."

"The scale of international partnership and collaboration that was needed to develop a vaccine was unprecedented," she continued, noting multiple vaccines were created in countries all over the world by companies taking different approaches (the normally substantial financial risk to do so offset by government support). "That in and of itself is unique and gives the world a much larger pool of vaccine candidates. A larger pool means the odds were better that some of them would prove to be effective."

The groundwork for all these vaccines had already been laid by previous research, Reimer said, noting viral vector vaccines (AstraZeneca) have been used for decades while mRNA vaccines (Pfizer and Moderna) are using a relatively newer technology but one that had been well tested long before COVID-19 showed up.

"In fact, human trials of cancer vaccines using the same mRNA technology have been taking place since 2011. And work is underway on a new rabies vaccine using this technology," she pointed out, adding Moderna had even developed an annual influenza mRNA vaccine a few years ago. "So we were able to take something that was already in development and adapt it to the COVID pandemic."

When it came to testing these vaccines, once again the unprecedented nature of this pandemic worked in our favour.

"The steps that are truly important, and the ones we care the most about, are the underlying science, the medical evaluation, the clinic trials where the vaccines were tested on animals and

on people who agreed to participate," Reimer said. "Those all happened as they needed to, as they would for any vaccine. What changed was the pace."

It can normally take years to deal with all the red tape that comes with getting medical trials approved, securing funding, and finding test subjects.

But with the entire world motivated to find a solution to the pandemic, that timeline was able to be condensed significantly.

"For example, it was very easy for the studies to recruit participants," Reimer said. "Volunteers were very eager to take part all around the world."

"It was also much easier to study how well the vaccine protected against the virus because there was so much virus present around the world," she continued. "Normally, you have to wait quite awhile before a large number of your participants are exposed to a virus that you're studying ... this time, the exposures were happening to participants regularly, and so it did not take very long to get that information [about effectiveness]."

The vaccines that proved effective in trials then moved on to be approved for use by Health Canada.

"Again, for COVID-19, the same processes were followed as for any other vaccine," Reimer said, explaining all new medications and vaccines must complete three trial phases before approval. These phases include a variety of different sizes of test subject pools and test appropriate doses, potential side effects, and efficacy.

"The science didn't change," Reimer stressed, "but, again, the timeline for all of the administrative processes that support the science were condensed."

Health Canada normally asks companies to submit their data for phases one, two, and three at the same time for evaluation. Given the ongoing health crisis, the agency in this case expedited the process by evaluating each phase as it was completed.

"So while the same review occurred, it meant that less time was required at the end of the phase three trial in order to get approval, because phase one and two had already been reviewed," Reimer said, explaining Health Canada was able to do this by prioritizing the COVID-19 vaccines over everything else in the approval queue.

Even once approved for use, the vaccines continued to undergo evaluation in the same way all new vaccines do.

"Canada has one of the best vaccine monitoring systems in the world," Reimer said. "And we use the information that we gather and the information from countries from all over the world to guide our decisions."

That process is what led to the discovery of rare side effects like blood clotting with the AstraZeneca vaccine, for example, which impacted public health officials' recommendations on who should or should not receive that vaccine.



SCREENSHOT

Dr. Joss Reimer, co-lead of the province's vaccination task force, took time last week to address a few concerns people hesitant to get the COVID-19 vaccines often ask about their development.

"I know it can be a challenge to wade through all of the information out there about vaccines, especially when you have questions, but I do want to correct the information and make sure people know that these vaccines were tested, they were approved, and they were shown to be safe and effective in the same way as other vaccines," Reimer said. "The science behind these vaccines is solid. It's built on technology that we know and that we understand."

The speed of their creation will perhaps be food for thought once the pandemic is behind us.

"Now that we've seen how the world can come together to solve a health crisis, the real question may be why other vaccines and other medical interventions take so long," Reimer observed.

If you've got questions about the COVID-19 vaccine, talk to your family doctor or head to [protectmb.ca](http://protectmb.ca)

**FORTUNATELY, SCIENTISTS AND OTHER EXPERTS AROUND THE WORLD WERE NOT STARTING FROM SCRATCH. (THIS) IS NOT THE ONLY CORONAVIRUS WE HAVE DEALT WITH.**  
- REIMER

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# Zebra muscles on Hillside Beach are a persistent problem

## Residents left with responsibility to clean up zebra muscles, says community group

By Katelyn Boulanger

Representatives from the Hillside Beach Community Association are asking for direction from the province to make a Lake Winnipeg-wide plan to tackle zebra muscles instead of leaving it up to individual community groups and RMs to deal with the invasive species.

"Currently, the situation is that our Community Association has no direction at all from anyone in terms of how we can manage the intermittent challenges with zebra mussels," said Lynnette Froese, president of the Hillside Beach Community Association.

Her group is finding that because zebra muscles blow onto the beach when there is wind coming from specific directions, their clean-up efforts take a great deal of work and can sometimes not last for a long time.

"There will be times when the winds are blowing from the west, and the conditions are right that we will have up to rows of them up to 18 inches deep along our beach and our beaches are 1.8 kilometres long," said Froese.

There are a few reasons why it isn't a great idea to have zebra muscles on your beach. There is a safety risk as they are very sharp and easy to cut yourself on. Also, zebra muscles eat the good algae, allowing the harmful algae to grow, some of which are toxic to people. Finally, when the zebra muscles eat all the good algae, there is less for the fish to eat, which can affect the whole ecosystem.

"It's not just about what's happening on the beach, and we know we can't get rid of them, the zebra mussels, but we really need to be paying attention to what's happening in our entire lake. The west side isn't maybe impacted as much, but the zebra mussels on the east side seem to be [causing] more challenges. Hillside seems to be the worst in the area, but our lake is not doing very well," said Froese.

The Community Association held two separate clean-ups last year to continue to make the beach a destination for residents in the area.

This involved a week's worth of coordination and many volunteers. Some people monitored the beach while ATVs moved around to pick up the zebra muscles, others sifted the sand for the muscles, and others loaded the ATVs up, which then drove the muscles to a truck. This has to happen as, unlike some other areas, muscles can't simply be buried away from the water in this area.

These clean-ups happened in collaboration with the RM of Alexander.

Froese believes that instead of spending small amounts of money on the project, there should be an effort to purchase equipment that would work throughout the Lake Winnipeg region and be more sustainable long term.

"There have been places in Ontario where they've worked together to come up with some solutions. I mean, [the zebra muscles are] not going to go away, but if we can be like other areas in Michigan, where we start to say, 'This is what we're doing this year. This is how we'll approach it. This is how we'll work together.' That'd be nice," she said.

This year unlike before, the Community Association will not be the permit holder for the clean-up,



RECORD PHOTOS SUBMITTED

Last year's Hillside Beach Community Association beach clean up efforts.

but Froese said they are willing to help out should the RM need it.

"We just needed to have a coordinated or collaborative effort," she said.



## Get laced up for the Icelandic Festival's virtual running races

By Patricia Barrett

The Icelandic Festival of Manitoba (IFM) is getting set to host its popular running races, which will be held virtually for the second year in a row as it won't be clear whether COVID-19 case numbers and vaccination uptake will result in the lifting of provincial public health restrictions.

"Due to the uncertainty surrounding public health restrictions, the annual ... 10-mile, 5-kilometre and 1-mile races will take place virtually this year," said organizers on the IFM website. "Virtual races allow participants to compete for prizes (and glory), while enjoying the flexibility of choosing a time, date and route to run that works best for you."

Runners must fill out a registration form indicating what race they intend to run. They'll receive a digital race kit and instructions on how to participate. The run has to be completed in one go, but runners can choose their own location.

The competition opens on Sunday, July 18. Runners must submit their running times by Sunday, Aug. 1 in order to be considered for judging.

"Runners must record their race in real time by a Global Positioning System (GPS) either with a GPS enabled watch or a smart phone and once completed, upload the results automatically to RaceRoster by using the Runkeeper application," said organizers.

The winners will be announced on Monday, Aug. 2 on the IFM's website and Facebook page.

Organizers are holding out hope they'll be able to host some limited in-person race-related activities on the August long weekend when the festival gets underway.

The IFM will be celebrating its 132nd festival this year from July 30 to Aug. 2. Visit the IFM website at [www.icelandicfestival.com](http://www.icelandicfestival.com), email: [info@icelandicfestival.com](mailto:info@icelandicfestival.com) or phone (204) 642-7417 for more information.



# Selkirk raised performer on short-list for Polaris Prize

Daniel Monkman is a contender for a national music acknowledgement this year

By Katelyn Boulanger

Selkirk raised Daniel Monkman who performs under the name Zoon has made the short-list for the Polaris prize this year for his latest record Bleached Wavves.

The Polaris Music Prize is a not-for-profit organization that honours artists who produce Canadian music albums of distinction. The prize is awarded without regard to musical genre or commercial popularity.

"I was pretty happy. That's for sure. I think putting out the record during the pandemic was very challenging in many ways and to be nominated for the Polaris at this time, just meant that it was not all in vain to be putting the record out."

Monkman, who has been putting out records in Selkirk since 2008, makes music that he says is influenced by genres from the 80s and 90s but also are infused with traditional Indigenous music and percussion. Listeners have described his music as having a shoegaze music style but because of the Indigenous element, it's often referred to as moccasin gaze.

"Because shoegaze is a very emotional music, and puts you into a trance, and with the hypnotic drumming that Ojibway people do. It was just like very complimentary," he said.

He got his start in music thanks to his very musically inclined family here in Selkirk and Brokenhead.

"All my relatives on the reservation, Brokenhead Ojibway Nation, they

all played bluegrass music. I would visit my grandma in Winnipeg and she would put on jazz records for me and my uncle Matt and my dad, both were music lovers, and had vinyls and record players around the house. I would have a chance to listen to old singer-songwriters like Gordon Lightfoot. It wasn't until I was maybe 13, my dad got my first guitar and started showing me chords and then I moved back with my mom. She was a musician and she showed me how to sing and form cohorts," said Monkman.

He realized that music could be a career for him when he discovered the Beck record Mellow Gold at Selkirk's Twice Over Thrift Store.

"I learned that I didn't have to go to school to be a musician. I could honestly just write music the way that I wanted to and that's how I really got started with my family and then finding a Beck Mellow Gold CD at a thrift store."

Monkman wants other kids in the area to know that growing up in a small town isn't a disadvantage when it comes to joining the Canadian music scene and that there are even some really big advantages of not coming from a bigger city.

"Being in a small town, it forced me to just to explore things on my own and really, that that's what really helped me out. I felt like every time I went to a big city, all the bands that I listened to, they always wore their influences on their sleeve and there



RECORD PHOTO SUBMITTED

Local musician Daniel Monkman is on the short-list for the 2021 Polaris Prize.

was just nothing very unique about what they were doing. But every artist that came out of Selkirk, at least my friends, we all had something really new and it felt like the talent was like really concentrated," said Monkman.

Anyone wanting to pick up a copy of Bleached Wavves can get a hold of it on Monkman's Bandcamp website at [https://zoongideewinmusic.band-](https://zoongideewinmusic.bandcamp.com/track/bleached-wavves-2)

[camp.com/track/bleached-wavves-2](https://zoongideewinmusic.bandcamp.com/track/bleached-wavves-2) or his record label's website at <https://shop.paperbagrecords.com/products/zoon-bleached-wavves>. You can also keep up with him on Instagram at [www.instagram.com/zoongideewin/](http://www.instagram.com/zoongideewin/), Facebook at [www.facebook.com/zoonmusic/](http://www.facebook.com/zoonmusic/), and his website at [www.zoongideewin.com](http://www.zoongideewin.com)

# Manitoba ahead of schedule with vaccination milestones

By Ashleigh Viveiros

Manitoba as a whole is blowing past its vaccination milestones weeks ahead of schedule.

Premier Brian Pallister announced last Wednesday that we've already hit our Aug. 2 goal of seeing at least 75 per cent of eligible Manitobans with one dose of the COVID-19 vaccine and 50 per cent with two. As of Monday, the rate was 76.3 per cent for the first shot and 57.2 per cent for the second.

"Manitobans are making the right choices to roll up their sleeves," Pallister said. "Not once but twice many Manitobans have already taken that step, but we need more. We need more to participate. Together, that's how we beat COVID."

New public health orders relaxing restrictions in recognition of the increased number of protected Manitobans were expected sometime this

week.

Pallister noted reopening will continue to be slow and steady and made on the advice of medical professionals.

"I think everyone wants their lives back, but we all don't want a yo-yo effect," he stressed, pointing out we've seen that happen before in earlier waves of the pandemic. "We're going to take, no pun intended, conservative steps here to get our lives back."

"We're going to do it with caution in mind and the learnings that have come about as a consequence of the way we've dealt with this unprecedented situation over the last year and a half."

In a bid to encourage people to get their vaccinations, this week Wednesday, July 14, all vaccination super sites are hosting only walk-ins—no appointments necessary.

More than 20,000 vaccines will be available that day, including approximately 8,000 Pfizer vaccines earmarked for young people aged 12 to 17.

Our nearest super site is at the Access Event Centre in Morden, which has been accepting walk-ins regularly alongside booked appointments for weeks now.

Manitoba's next milestone, set for the September long weekend, is to have 80 per cent of eligible Manitobans with their first dose and 75 per cent with their second.

To reach that, the province needs to see approximately 33,000 more first doses and 100,000 second doses.

"We can do this," Pallister said.

At a briefing held later that same day, vaccination task force co-lead Johanu Botha noted that demand for first doses has begun to decline even

as the number of available vaccines is on the rise.

"I think it's fair to say that for the first time, we're likely going to see that our vaccine supply is going to consistently be more than the daily demand," he said, noting the province is expected to receive hundreds of thousands of doses from the federal government over the next few weeks. "We have our vaccine distributors systems in place and ready to administer these ... but we can only get vaccines in arms when there are arms at these sites."

"The reality is that if you want a dose and don't have an appointment yet, we have one for you and we have one for you now."

Appointments can be made online at [protectmb.ca](http://protectmb.ca) or by calling (toll-free) 1-844-626-8222.



# SDCF welcomes newest board member, Brian Chorney

“You have to be involved if you want to make a difference,” Chorney

Submitted by the Selkirk and District Community Foundation

Brian Chorney is a third generation farmer and the newest member of the Selkirk and District Community Foundation Board. As someone who has volunteered throughout his life, he is excited to be part of a group known for its dedication to the communities it serves – Selkirk, St. Andrews and Chorney’s home community of St. Clements.

Chorney said he and his wife Brenda have been aware of the good work the Foundation does basically from the beginning – they had a business relationship with accountant Bill Findlater, a founding board member of the SDCF.

“Bill was there from Day 1 and he was very involved and talked about the Foundation with us,” Chorney said.

“We’ve always been aware over the years of the good they’ve done in the community, so we just thought if I can help in some small way, I’d be happy to do it.”

Chorney said his parents, John and Stella Chorney, set an example of volunteering – his mom was a 4-H leader for years and his dad part of the crew that started the East Selkirk Fire Department.

“They were always involved in many different community activities,” he said.

“And it’s something that Brenda and

I have, kind of a philosophy, you have to be involved if you want to make a difference.”

Aaron Martyniw, Chair of the SDCF board, said Chorney will be an excellent addition.

“We’re excited to have Brian take a seat at our table,” Martyniw said.

“He’s been a community supporter and volunteer over the years and he cares about people and those qualities make him a perfect fit for the SDCF board. We’re happy to have him.”

Over the years Chorney has volunteered with the Happy Thought School Parent Advisory Council, East Selkirk Recreation Association, RM of St. Clements Drainage Committee and the Selkirk United Church.

He grew up on the family farm – which became a Century Farm in 2018 – and after graduating from the Comp Chorney earned a Bachelor of Science in Agricultural Engineering from the University of Manitoba.

He and Brenda lived in the city and he worked in the ag industry, first doing technical sales before moving onto consulting work on product development.

They built a home in St. Clements in 1996 and Brian continued to do consulting while farming on the side but in 2000 he became full-time farmer.

He laughs and says people ask him if that was a good idea, and the short answer is, ‘yes’.

“I’m glad I did it. We raised two



RECORD PHOTO SUBMITTED BY THE SELKIRK AND DISTRICT COMMUNITY FOUNDATION

Brian and Brenda Chorney built a home in St. Clements in 1996 so he could work on the family farm. It became his full-time occupation in 2000.

daughters out here and Brenda quit her job in the city, she was a music teacher and she ended up with the Lord Selkirk School Division and was at Happy Thought for 19 years and Robert Smith for four years before that,” he said.

The daughters – Sarah and Meghan – are now 28 and 30, respectively.

After returning to the farm full time, Chorney joined the Manitoba Canola Growers Board and was there for 14

years, the Canadian Canola Growers Board for eight years, the Canola Council of Canada Board for six years and the Canadian Renewable Fuels Association for a number of years as well.

In 2021 he was awarded the Canola Award of Excellence and in 2012 he received the Queen Elizabeth II Diamond Jubilee Medal.

Chorney was nominated to the SDCF Board by the RM of St. Clements.

## An Interlake snapshot: local photographer to share knowledge

By Nicole Brownlee

Armed with a camera, great lighting and patience, Catherine Sproat captures the beauty of the Interlake through a lens.

“There’s so much beauty [in the Interlake],” said Sproat. “To try and capture it all would take more than one lifetime.”

Photographing lakes, nature and wildlife in the Interlake came naturally to Sproat as she grew up visiting family in Matlock during the summer and on holidays.

Sproat shoots local products in her spare time but said she prefers photographing landscapes.

“It’s kind of challenging compared to what I’m used to doing,” said Sproat. “Product you have to have a specific light and equipment to shoot in a smaller space and smaller items.”

When she does focus on landscapes, Sproat considers how the sun is creating highlights and shadows, the vibrancy of colours and different textures.

She’s been working with cameras her whole life, but over the past decade, Sproat decided to start sharing her work as well.

“It started off more in the form of meditation and stress relief for myself, and then it just kind of expanded with people wanting to buy stuff and me creating things for them,” said Sproat.

One of her most requested pieces is photos of piers in the Interlake.

“Everybody wants a picture of their pier,” said Sproat. “A few years ago, there’s eight piers in Dunnottar, and I photographed all eight of them.”

Last year because of COVID-19 re-

strictions many piers weren’t open, said Sproat but she’s hoping with loosening rules she’ll be able to get back to her go-to photography spot.

While portrait and event photographers have been hit hard by the COVID-19 pandemic restrictions, artists like Sproat who usually work outside, have also been impacted.

“Not just me, but all small businesses have just suffered without having the access to people and places,” said Sproat.

Working as a full-time educational assistant, Sproat also encourages her students to try photography.

“I’ve always suggested if they have an interest in stuff like that, they should pursue it... because a lot of schools offer photography,” said Sproat.

Sproat started as an EA in the city in

1999 but hopes to move to the Interlake within a few years. In the meantime, Sproat plans to teach photography in the community throughout July.

To learn more about Sproat’s upcoming classes and to check out her work, visit Catherine Sproat Photography on Facebook.

### Correction

McKenzie Weddall’s name appeared misspelled in the article “Selkirk grad wins mental health award” on page 10 of the July 8 edition of the Selkirk Record.

We regret the error.



# Canoe program brings learning to our waterways

## Activist group teaches kids about their history through the river

By Katelyn Boulanger

Despite the pandemic, Waterways Recreation Inc. has found ways to bring land base canoe programs to 16 Indigenous communities around the province, including two with stops in our region.

From July 5 to 16, they will be putting on a Community Canoe Program in Brokenhead First Nation. They are also hosting a five-day canoe trek with the Metis Environmental Leaders of Tomorrow since July 12. Youth are canoeing from Winnipeg to Lake Winnipeg, exploring environmental stewardship for Metis youth.

Waterways is a non-profit that delivers canoe programs that strive to connect Indigenous youth to their communities, cultures, and languages with a mission to support community wellness.

The organization started when paddlers in the province realized that there weren't very many Indigenous people involved in the sport, which was surprising because of its significance to the groups of people that first called our region home.

"We wanted a way to engage more Indigenous people on paddling, and kind of re-Indigenize paddling," said James Lavallee, co-founder and board member for Waterways Recreation Inc.

In addition, Waterways and other ac-

tivist groups are addressing different needs in the community.

"There's a lot of positive impacts that can happen through paddling in terms of wellness and identity and promoting this connection to culture, language, and land, especially in youth," he said.

In addition to teaching youth new paddling skills and water safety, the group tries to partner up with local knowledge keepers to share stories and experiences or perform traditional ceremonies with the kids.

"For a lot of these kids, they might do that kind of stuff during the school year, but when the school years out, it can be often difficult for us and these knowledge keepers, who are elders, to connect, because there's not that conduit to make that connection. So we try and do our best to support whatever the community needs," said Lavallee.

On July 12, the Metis Environmental Leaders of Tomorrow program youth made a stop in Selkirk Park where local Bucky Anderson, Culture and Heritage minister for the Manitoba Métis Federation and founder of the Métis Music Van, guided participants.

The program in Brokenhead is in partnership with Southeast Child and Family Services and is a day camp program where an elder will be available on the first and last day.



RECORD PHOTO SUBMITTED

Waterways Recreation Inc. is giving Indigenous youth a new way to connect with their culture.

Lavallee says that they didn't anticipate the province's communities' interest in this program. They are hosting a fundraiser called 'We are Resilient Like a River' to build capacity for camps in the future.

To learn more about Waterways, visit their website at [waterwayscanada.com](http://waterwayscanada.com). To contribute to the fundraiser, check out [fnd.us/41qLS1?ref=sh\\_09LyId](https://fnd.us/41qLS1?ref=sh_09LyId)

# Power to Selkirk's water treatment gets a boost

By Katelyn Boulanger

The City of Selkirk has announced that it will invest \$900,000 into a new generator for their water treatment plant which will keep water going to resident's homes even if there is a lengthy power outage in the region.

The current generator has been in service in the city since 1969 and during a power outage is only set up to power pumps. The new generator will be able to power the pumps and also the rest of the water treatment plant meaning that water will still be able to be treated and processed and unlike the old system, the city will not have to rely on water stored in its reservoir.

Dan McDermid the city's director of operations says that the new generator is anticipated to be in place sometime in October or November of this

year.

This new generator was partially funded by a Manitoba Restart grant which will cover 50 per cent of the costs up to a maximum of \$450,000.

The new generator will be much larger than the previous one as well at 500 kilowatts and will be powered by natural gas, which in addition to being better for the climate than the previous diesel-powered version, will not need to be refilled during a potential power outage as natural gas will continue to flow.

McDermid acknowledges that electricity is a cleaner form of energy than natural gas, however, the point of the generator is to be used in instances when the electricity is no longer working.

McDermid says that having a gen-

erator when the power is out is very important.

"If there's power failure, without the generator there is no water through the system. With no water in the system, it causes another layer of issues throughout the city. Fire protection is then compromised. We currently have a generator, (but) it's just very old, so going to a bigger generator is a very, very good thing," said McDermid.

We only have to look back to October of 2019 when snow and ice felled trees, causing a 10-day power outage in Portage la Prairie, or this past winter when a winter storm left many in the state of Texas without power for days, to understand why the city is taking this step.

He says that residents should not notice any difference in the level of

services that they receive.

McDermid wants residents to know the city is getting prepared.

"We are preparing for the 'inevitable' sooner or later there is going to be a long power outage that'll hit the city. This puts us in a spot where we are now prepared to handle. We could have handled a power outage for two days. No problem. But sooner or later, there's going to be a power outage that's going to last a week, and this will be us being ready for it," he said.

In addition to this new generator, they are also taking the opportunity to upgrade some of the electrical systems inside the plant at the same time as some of the electrical systems were from the original plant.



# SuperDog trainer helps owners connect with their pets

By Nicole Brownlee

Dogs have found a vacation home in a Winnipeg Beach hideaway.

Sammy Mar's SMART Dogs training has been active for seven years in the Interlake, but Mar has been involved in dog training for almost 20 years working with several facilities and even SuperDogs.

Mar moved her business from Teulon to Winnipeg Beach two years ago to establish a boarding facility.

"Where we are now, I call it a paradise for dogs," said Mar. "My goal has always been so someone [can] drop off their dogs. They don't have to worry about the dogs having fun. It's a safe place."

The property offers lots of room for the dogs to run and play outside, as well as an air-conditioned shelter for the furry friends to cool off on warm days.

"We have two play areas upstairs and downstairs, and then down the halls we have our boarding rooms, so when dogs stay with us overnight or anything like that, they don't stay in kennels each dog actually gets their own little room," said Mar.

The facility can accommodate approximately 20 dogs, but every day is different, especially as COVID-19 restrictions begin to loosen, said Mar.

"I'm seeing dogs [and people] that I haven't seen in a year and a half that are now coming out again," said Mar. "It's my business, but it's also my social life."

Jodi Coultas has been using SMART Dogs for over two years to work with her four-year-old American Pit Bull Terrier, Capone, and plans to bring her recently added seven-week-old puppy of the same breed too.

"I'm so happy and so impressed with how my dog responds," said Coultas reflecting on her dog's time at Mar's. "She did all the groundwork and taught me how to correctly work with a dog."

Coultas lives a few hours north of Pine Falls in Bissett but said Mar is worth the drive.

"I've had such a good experience here. My dog's clean, you know, he's happy. He's well-balanced. I don't see



RECORD PHOTOS SUBMITTED

Sammy Mar worked with SuperDogs for several years, training dogs to perform tricks, skills and routines before opening SMART Dogs in Winnipeg Beach.



Oreo, a Border Collie, is getting a good scrub at SMART Dogs, which also offers training, boarding and more.

a reason to go somewhere different," said Coultas.

"I have a great relationship with my dog because of all of the help she's given me."

Andrea Bjorklund has also been bringing her bulldog, Cane Corso and pitbull to Mar for over two years but initially found SMART Dogs when looking for a kennel.

"It's hard to find someone to look after three big dogs," said Bjorklund from Stony Mountain. "Sometimes people are scared to look after big dogs because they don't know if they can necessarily control them."

While her dogs were at the facility, Mar assessed Bjorklund's dogs and gave her suggestions on how to help their behaviour.

"She's more training me to look after my dog than training the dog," said Bjorklund with a laugh.



Mar studied dog behaviours through several courses, lectures and conferences over ten years after adopting her first rescue dog 25 years ago.

Mar found Bjorklund's Cane Corso had anxiety issues, which Bjorklund had believed was aggression, and within a week of following Mar's guidelines, Bjorklund saw vast improvements.

"Every so often, when they do go to board, they do come back almost better trained," said Bjorklund. "Even though they're not there for training, they do get that one-on-one time with her."

To learn more about SMART Dogs, visit the SMART Dogs Facebook page.

## *The Selkirk Record*

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# Walter Whyte students make moccasins this year

By Katelyn Boulanger

This year Walter Whyte School students got the opportunity to learn about beading and moccasin making during their shop class as COVID-19 forced changes to their regular curriculum.

The project started with an educational assistant who was making moccasins and had a student, Jeanine Patzer, show interest in the project. From there, Walter Whyte's art teacher Jocelyn Savoie, teamed up with East Selkirk Middle School's shop teacher Sheila Stark-Perreault to teach the just graduated, ten-student Grade nine class the skills they would need to succeed in this project.

"It was amazing what the kids were able to do," said Savoie.

Walter Whyte's grade nine students typically would travel to ESMS to take workshop class, however, the COVID-19 pandemic didn't allow for it this year which made this project a perfect one to do with online instructions.

The kids all completed the cutting, designing and beading of the vamp of their moccasins, which is the toe part of the shoe, which traditionally features intricate beadwork.

"It was a very big project but as they got more confident and faster, in the end you could see them beading a lot quicker," said Savoie.

Because it took longer for the new learners, including the teachers, than anticipated to do just this section, the rest of the moccasins were put together by the educators involved and presented to the grade nine's as a graduation gift.

The moccasins also allowed the students to learn more about Indigenous culture by actually participating in the historical cultural practice. This was particularly relevant with the discovery of many unmarked children's graves at former residential schools throughout Canada.

"We'd have some nice discussions, sitting and beading. It was relaxing, but intense at the same time," said Savoie.

Her favourite part of the project was learning a new artistic skill.

"The beading, I really enjoyed, I really did like it and it's something I want to continue on my own. I know that for some of the students, this is something that they'd like to continue as well," she said.

Savoie hopes that next year's students will also have the opportunity to make moccasins, though she thinks that it might be offered in a different way.

"I think we're going to continue next year more like a club



RECORD PHOTOS BY BRETT MITCHELL

The grade nine Walter Whyte graduates with their completed moccasins. Below: A memorial set up at Walter Whyte school for the children found in unmarked graves at former residential schools throughout Canada this year.

where students can participate because hopefully we won't have so many online classes next year," said Savoie.

She recommends this project to other teachers but says that she might start with a smaller project than moccasins such as a beaded necklace.



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# Your FARM



## Grasshoppers and heat disastrous combination; Interlake farmers, towns threatened

By Patricia Barrett

Grass is running low, crops are being destroyed and cattle are heading to auction in the Interlake as a lethal combination of persistently high temperatures and drought-loving grasshoppers moves in.

The repercussions on farmers and farm families are serious enough, but the unfolding disaster could also have devastating spinoff effects on local economies.

Leroy Loewen is part of a family-run farm in the community of Silver, just south of Arborg in the southern part of the Municipality of Bifrost-Riverton. He said pastures in the area have been decimated.

"With the heat and the grasshoppers combined, the pasture behind our place is brown. It looks as if we've sprayed weed killer on it," said Loewen by phone last week.

Grasshoppers hatch well during a dry year and the situation looks dire for all farmers, he said. He feels particularly bad for beef producers as they're very vulnerable right now; there should be "no question of running out of grass," but they are.

"At this time of year, we should have tall green grass and it should last for the cattle for a number of months yet. But we're getting to the point where producers are going to have to supplement hay when pastures should be supporting animals 100 per cent," said Loewen. "There's probably going to be a need for hay here to supplement pasture feeding. This is dire for beef producers."

Along stretches of Highway 7, where it passes through Silver, Loewen said the pavement is discoloured from hordes of grasshoppers squished on the road.

"You can see that the highway is a different colour from the grasshoppers that have been driven over," said Loewen. "There are other places like this, but in Silver it's really noticeable."

In the northern part of Bifrost-Riverton, Ledwyn-area grain farmer Gordon Klym said the grasshoppers are mowing fields clean.

"They've devastated the pastures and they're moving into grain. Farmers are spraying, but a couple of days later they've got to spray again," said Klym by phone. "The grasshoppers were bad last year, and I



EXPRESS PHOTO BY LANA MEIER  
Grasshoppers thrive in a hot, dry year.

Continued on page 19



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# Your FARM



## > GRASSHOPPERS, FROM PG. 18

think they'll be worse this year."

As far as his own land is concerned, he said he's not sure how things are going to play out in terms of a harvestable crop.

"At this point in time it's hard to differentiate between how much damage the drought is causing and how much the grasshoppers are causing," he said. "We see the grasshoppers and we go out and spray. We see flea beetles and we spray. But at the end of the day, if you've got no crop growing because it's too darn dry, are you really doing any good?"

Bifrost-Riverton farmers are doing what they can to get a crop, he said, but it seems as though they're "fighting a losing battle."

For a second year running, Interlake municipalities are declaring a State of Agricultural Disaster, which triggers requests to both the federal and provincial governments for immediate assistance for things such as paying freight costs to bring in feed, compensation to drill new wells and tax deferrals. The municipalities of St. Laurent and Coldwell have already declared disasters, and last week Bifrost-Riverton issued its own declaration.

In addition to "severe drought" and a "critical grazing situation," the recent manifestation of grasshoppers has resulted in "severe crop and vegetation damage," states the resolution. Producers are now having to sell off their livestock because feed and the cost of freight is prohibitive.

Keystone Agricultural Producers' District 10 (Interlake, north of Selkirk) representative Paul Gregory said the region is in its third year of drought. The Interlake is no stranger to dry conditions but "not this early in the year and not with this ambient heat." Apart from the October 2019 snowstorm, the Interlake has had little moisture.

And grasshoppers are the product of dry cycles, he said. A warm, dry spring this year came on the heels of a mild winter and has allowed the eggs and the insects to flourish.

"Grasshoppers eat grass, but when they get hungry, guess what? Anything will do, including canola, trefoil crops and even alfalfa," said Gregory, who is also president of Interlake Forage Seeds in Fisher Branch. "This is anecdotal, but my brother-in-law told

me he found dead grasshoppers before he sprayed; there are so many grasshoppers competing for food that some are starving."

It's not only the grasshoppers going hungry but so too are cattle. As Interlake pastures wither from the heat and the voracious insects, one thing people can count on is "more cows for sale," said Gregory. It makes "no economic sense" for producers to shell out for expensive hay and feed.

"There's nothing for the cows to eat. There might be some pastures that are in OK shape right now, but very quickly with this coming weekend's heat [July 10-11] it will be 32, 34 Celsius and they'll be done. There won't be any pastures in good shape after this. For anyone north of the Trans-Canada Highway, it's looking tough."

The disaster will naturally have a domino effect on rural communities, he said. Big farm producers will get through, but 10-15 small farm families could go bankrupt if they can't make ends meet. That means there will be fewer people to help support local businesses and keep towns ticking along.

Retail sales for his company, which exports seed to China, the U.S. and Europe, are important, but what's more important is the "future of our towns," he said. Fisher Branch, for instance, used to have multiple farm dealerships, lots of stores and a couple of banks. But "that's all done now" because of an exodus of people from agriculture.

"We saw the negative effect on towns when BSE [bovine spongiform encephalopathy] hit. It changed towns like Fisher Branch, Ashern, Eriksdale and other towns along Highway 6. They would be different today if they had more cattle producers," said Gregory. "A number of my friends who had cattle told their kids to go to Alberta and don't come back to Manitoba because it's too risky and there's no money in farming. If we had a safety net back then or something that would have helped farmers out, there would be way more people in our towns."

The current "safety net" for disasters such as this is a federal-provincial support program called AgriStability. The federal government pays 60 per cent and provinces pay 40 per cent of

"eligible" agriculture losses.

The only problem is the program got "watered down" over the years to the point where coverage is "fairly marginal," said Gregory.

The federal Liberal government under Justin Trudeau reached out to Manitoba and other western provinces in 2020, wanting to "tweak the program a little more in our favour" and "bring coverage back to where it could help producers." After about six months of negotiations, Manitoba rejected it.

In a January news release, KAP said it was hoping the province would support enhancements to AgriStability's reference margin limits and increase the compensation rate from 70 to 80 per cent. President Bill Campbell wrote that the program can, with some adjustment, provide "effective support" for producers, and if the province failed to support the enhancements, it would "represent a failure to protect producers and jeopardize the

agriculture industry into the future."

Gregory said farmers are in "desperate straights" right now.

"We need long-term safety nets," he said. "We're competing on a world stage. European and American farmers have security. When there's a climate disaster in those regions, farmers are supported. And that means farm families will be there further down the road to pay taxes."

To the best of his knowledge, Gregory said he's not aware of any provincial ad-hoc support for Interlake producers at this time.

"I think the province is well aware of the seriousness of what's going on in this area," said Gregory, "but as far as any hard cash or ad-hoc assistance, I know of nothing yet."

The province's agriculture department acknowledged the *Express'* request for comment on relief but did not provide answers.



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# Your Health

## Coping with anxiety and fear post-pandemic

By Ligia Braidotti

During the pandemic, many people have felt a decline in their mental well-being. As we move forward and things start to open up again, that scenario may not be very different.

Although there's a part of the population who is optimistic for a post-pandemic world, the thought of going back to life pre-COVID — gatherings, no masks, and no social distance — can be intimidating to others.

COVID-19 brought with it a lot of uncertainty, isolation, and grief. Canadians saw thousands of people lose their lives to COVID while communities worked together to contain the spread as much as possible. Even those who considered themselves mentally and emotionally healthy suffered from the rapid changes that the virus caused in the world. It heightened the mental health crisis.

It took our brains some time to get used to life as it is now. The world is shifting from learning that anyone could be a threat and anything people do could be dangerous. It's normal to feel bitter-sweet to go back to normal.

Tristan Dreilich, mental health resource developer with the Canadian Mental Health Association Interlake Eastern, said it is normal that people will take a while to adjust to the new normal.

A study published in the US National Library of Medicine in August of 2020 states that after the COVID-19 pandemic, the mental health effects can persist and last for several years.

Dreilich said that as things started to amplify in the pandemic, the mental health community acknowledged that there was going to be some fallout from a phenomena this large.

"People were experiencing more isolation and loneliness, depression, and even some trauma from the event. At the early stages, we were tuned to that," he said. "Throughout the pan-

dem, we started to adapt services to continue to meet folk where they are at, and where the need is. And looking back, we learned a few lessons."

Dreilich added they are finding that a lot of people were more resilient than expected and coped healthier than predicted. But on the other hand, there were still many vulnerable people who experienced the pandemic more drastically than others. Things such as employment, education, pre-existing mental health conditions, loss, disabilities, played a big role in determining the mental health condition of people.

Now, there are new issues that come with opening.

"Folks might be reporting that they are more anxious too, now that things are opening up and they are not sure what the new normal is going to look like, whereas they are going to find a bit of a stride, find their place," Dreilich continued. "During the pandemic, with restrictions in place, maybe now new challenges emerge. Maybe returning to work and you're stressed about what the new office place is going to look like."

He added that they've seen an increase in mental health awareness in all aspects of a person's life. According to the CMHA, 79 per cent of Canadians are coping fairly well with the stress of the pandemic. Walking or exercising outside, maintaining a healthy lifestyle, staying up to date with relevant information, and doing hobbies have become part of their daily routine.

The CMHA also started offering their services virtually to enable people continued access.

"That's just how we had to meet people. It was something completely new that we were very fortunate to launch and virtually offer mental health education in a time that was important," Dreilich said. "As we move forward,



we're going to try to expand programming there. Expand the learning hub, more course offerings, and course offerings that are geared towards what a new normal is going to look like."

If you are experiencing anxiety and are feeling uncomfortable with the world going back to normal, the CMHA has a few tips to help you cope.

Look to trusted organizations and agencies like the BC Centre for Disease Control, Government of Canada, and World Health Organization for information.

Continue to live healthy — eat regularly, get enough sleep, and make choices.

Speak to friends and family. Active emotions reduces activity in the part of your brain that reacts to stress.

Explore self-management strategies at [anxietycanada.com](http://anxietycanada.com)

Seek professional help if needed. For more information, go to [mbwj](http://mbwj)

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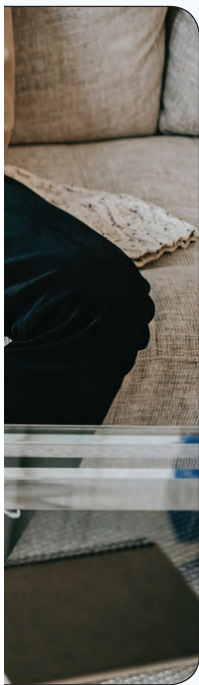
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Mental health continues to be an important topic as we head to a post-pandemic world. If you are feeling anxiety in going back to normal, seek professional help.



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Tristan Dreilich, mental health resource developer with the Canadian Mental Health Association Interlake Eastern, said it will probably take some time for people to adjust to the post-pandemic life.

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# Provincial parks offer free entry through Sunday

## Staff

There's still a few days left to enjoy this month's free provincial park entry.

The Manitoba government last week extended free entry to provincial parks beyond the traditional Canada Park's Day to a full week July 12-18.

"We have been listening to how much Manitobans love their provincial parks and when the idea was raised by members of the public to expand the free access, we enthusiastically embraced it," said Conservation and Climate Minister Sara Guillemard. "All Manitobans should have the opportunity to enjoy the great outdoors and we are pleased to offer free park entry for a full week this summer."

Sunday is the last day vehicle permits will not be required to enter any provincial park, though overnight camping fees are still in effect if you're planning on camping out (head to [www.manitobaparks.com](http://www.manitobaparks.com) or call 1-888-482-2267 to find open sites).

Government officials remind Manitobans that COVID-19 public health orders must be followed in the parks. This includes gathering limits.

Park visitor centres and museums are currently closed under public health orders, though interpreters offer a range of guided experiences at several parks. Trail hikes, historic site tours, and guided paddles are available throughout the week. Information on park events can be found at [www.manitobaparks.com](http://www.manitobaparks.com) and under the events tab on the Manitoba Parks Facebook page at [www.facebook.com/MBGovParks](http://www.facebook.com/MBGovParks).

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# Your Local Community Home Real Estate Section

HOUSES APARTMENTS CONDOS COTTAGES RETIREMENT FINANCING IMPROVEMENTS INSURANCE



## Signs of drought stress and what to do about it

A pristine lawn is a source of pride for homeowners. Even the most well-maintained lawns must confront a host of challenges in a given year, and perhaps no challenge is more daunting than drought.

Homeowners may feel helpless when drought strikes and begins to transform their lawns from green sources of pride to off-color eyesores. However, learning to identify signs of drought stress and what to do about it can help homeowners get their lawns through dry periods.

Signs of drought stress

The lawn care experts at TruGreen note that there are four common characteristics of drought stress. Perhaps the most noticeable is changes in color, but it's important that homeowners recognize there's a difference between a change in hue and a change in color. When a lawn changes



its hue, typically turning from bright green to a dull gray or blue green color, it is in what TruGreen identifies as the first stage of drought stress. Regular watering, if it's allowed (local drought restrictions may dictate how much water can be applied to the lawn), can help the grass regain its moisture and the lawn may recover within a couple of days. When lawns change from green to brown, this is indicative that the lawn is in a dormancy stage. At this

point, the lawn is entering survival mode. Watering to save the lawn will need to be more extensive. Deep and repeated watering for two to three weeks may help restore the lawn, but some parts ultimately may not recover. And deep watering may not be allowed until drought restrictions are lifted, increasing the likelihood that a significant portion of the lawn turns brown.

Footprints in the lawn are another sign of drought stress TruGreen indicates that this is a result of lawns that are too tired to spring back up after they have been walked on.

Wilting also indicates drought stress is affecting the lawn. Wilting occurs when grass blades roll or fold because they don't have sufficient water content.

What to do about drought stress  
In addition to the watering techniques noted above, homeowners can try other strategies to help their lawns make it through a drought. TruGreen advises against mowing drought-stressed grass and keeping off the lawn as much as possible.

Removing tall weeds is another strategy homeowners can try. Doing so ensures the grass, and not the weeds, gets what little water is available during a drought.

Homeowners also should resist the temptation to mow too close, especially when signs of drought stress are just beginning to appear. TruGreen notes that mowing too close creates a shallow root system that makes lawns

more vulnerable to drought.

It can be hard to watch a pristine lawn suffer from drought stress. But several strategies can increase the likelihood that lawns survive such conditions. More information about combatting drought can be found at [www.trugreen.com](http://www.trugreen.com).



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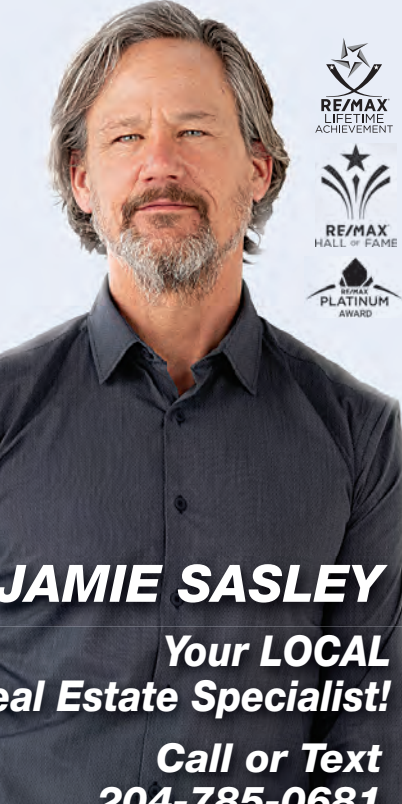
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# Your Local Community Home Real Estate Section

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## Help Plants Survive Sizzling Summer Heat

Many people consider summer the most enjoyable time of year, as the summer sun and warm breezes make the season perfect for rest and relaxation. But the months of June, July and August, which are often characterized by rising temperatures and stifling humidity, can be tough to endure as well.

When summer heat becomes especially uncomfortable, humans can simply head indoors and beat the heat in air conditioned buildings and homes. Plant life is not so lucky, and homeowners may need to take steps to help the plant life on their properties survive the summer heat.

· Monitor soil moisture. Soil moisture, or a lack thereof, can help homeowners determine if their plants are struggling to survive the heat. To check soil moisture levels, use a ruler or even your finger, sticking either two inches into the ground where you suspect the soil is drying out. If the soil is damp two inches below the surface, then your plants are likely retaining enough moisture to withstand the heat. If the soil is dry two inches below, then you may want to give the soil a deep soak.

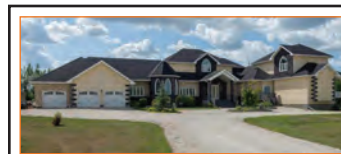
· Keep an eye on container gardens. Containers may have an especially difficult time staying moist in the summer heat. That's particularly true for containers that sit in direct sunlight. Water container gardens daily during summer heat waves, being sure to adhere to any local water restrictions.

· Lay down mulch. Mulch helps insulate and protect soil during summer, when soil can quickly dry out. When applied correctly (ideally before summer temperatures get too hot), mulch helps the soil conserve moisture and prevents weed growth. Weeds can rob soil of the water it needs to promote strong root systems, which can help plants get the nutrients they need to withstand summer heat. Mulched soils also do not experience the fluctuations in temperature that non-mulched soils can experience during summer heat waves, helping plants to grow evenly.

· Move plants when possible. Plant location can affect their chances of surviving summer heat. Driveways



lined with flowers or other plants may look nice, but driveways exposed to the sun can radiate heat at temperatures that exceed the temperatures noted on the thermometer.



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If possible, move plants to locations on your property that are less exposed to the heat and/or less likely to be affected by the heat. Move container plants beneath trees on hot days, and consider summer heat waves before planting new flower beds.

Summer heat can be especially harmful to plant life. But homeowners can employ various strategies to protect the plant life on their properties when temperatures rise during the dog days of summer.

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> MEAL IDEAS



## Croissant Chicken Salad Sandwich with Sprouts

Servings: 6  
 6 strips bacon  
 1 rotisserie chicken, shredded  
 1/2 cup mayonnaise  
 1/4 cup green onions, chopped  
 1/2 teaspoon pepper  
 1/2 cup cherry tomatoes, quartered  
 sprouts  
 In skillet, arrange bacon and cook until

slightly crispy. Drain bacon over paper towel; allow to dry. Crush into pieces.

In large bowl, stir chicken, mayonnaise, green onions and pepper until combined. Add bacon and tomatoes; stir until combined.

Cut croissants in half. Spoon generous portion of chicken salad over bottom croissant. Top with sprouts. Replace top croissant.



## Peanut Butter Chocolate Chickpea Cookie Dip

1 can (19 ounces) chickpeas, drained and rinsed  
 1/2 cup peanut butter  
 1/4 cup packed brown sugar  
 2 tablespoons maple syrup  
 2 tablespoons olive oil  
 2 teaspoons vanilla extract  
 1/4 teaspoon salt  
 1/2 cup chocolate chips

1 package (4 ounces) Crunchmaster Protein Brownie Thins Homestyle Milk Chocolate

In food processor or blender, puree chickpeas, peanut butter, brown sugar, maple syrup, olive oil, vanilla and salt until smooth.

Stir in chocolate chips. Spoon into serving dish. Serve dip with brownie thins.

Substitution: Nut butter or nut-free butter can be used in place of peanut butter.

## Fruity Sprinkles Smoothie

Servings: 4  
 1 cup frozen blueberries  
 2 cups frozen strawberries  
 1 cup frozen mango  
 1 1/2 cups milk  
 1 carton (6 ounces) vanilla yogurt  
 whipped cream  
 sprinkles  
 In blender, blend blueberries, strawberries, mango, milk and yogurt until combined.  
 Pour smoothie into four glasses. Garnish with whipped cream and sprinkles.



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## Healthy (and yummy!) outdoor snacks

Submitted by Julie Germaine

What is a day at the beach without tasty snacks? And parents know it's not a campfire until you're roasting savoury treats! Last month, I shared with you ways to exercise while enjoying the lovely Manitoba summer weather, and this week I am providing great, low calorie, healthy foods to keep you hydrated and full of energy!

If you're like me, packing up for a hike, picnic, or beach day seems to take forever! Planning ahead and doing your food prep the night before will help you 'grab & go' nutritious meals instead of opting for convenient, and often fattening, snacks. For example, slice up your veggies and pre-wash fresh fruits, then toss them into a Tupperware or Ziplock, and even portion out almonds or dried mango in the same way. Having protein bars that are reasonably low in sugar and fat is also a great way to infuse the right macronutrients into your day without stopping for a sit down meal. Rather than as a dip, I spread hummus onto a whole wheat pita wrap before leaving the house, and am able to hand the whole thing to my mini so she can enjoy it without the mess – and while on the move!

Whether you're tanning beside the pool or basking in the glow of a brilliant fire, almost everyone loves a snack with crunch. Check out your local health food or supplement store and ask about 'protein chips'. These days, you can also get green beans and chick peas that are dried and flavoured like your favourite potato chips! Email me if you need helping finding them.

Have you made a campfire banana boat? Here's how: rip off a 1ft x 1ft section of aluminum foil, and then



Health and Wellness Fitness expert Julie Germaine

layer a matching parchment paper on top. Take a whole unpeeled banana, and, without cutting through the bottom side, slice lengthwise. Stuff banana down the middle with toppings like dark chocolate chips, strawberries, pecans, Nutella, natural peanut butter, or even caramel and mini marshmallows if you're going wild. Place banana in the centre of the foil and wrap fully. Use tongs to place onto the campfire grill and toast just a few minutes. This crunchy, melty, sweet treat can be made many ways and is always a hit!

I am passionate about helping men and women achieve their fitness goals! Please visit my website for information on my virtual personal training and nutrition programs, including my 30 Day VIP Fat Loss Challenge and one-on-one coaching! [www.juliegermaine.com](http://www.juliegermaine.com)

Coach Julie Germaine is a fit mom, a 2x Pro Fitness Champion, Certified Nutrition Expert & Fat Loss Guru. She has helped thousands of men and women improve their health since 2005.

## Tart Lime Smoothie

Yield: 1 1/2 cups

2 kiwis, peeled and halved  
 2 ripe bananas  
 3 tablespoons fresh mint, chopped  
 2 limes, juice only  
 1 cup orange juice  
 2 cups ice, crushed

In blender, blend kiwis, bananas, mint, lime juice, orange juice and ice until smooth.

Pour into glasses to serve.





# Wellness for the body, mind, and soul

## Falun Dafa improves wellbeing with light exercises

By Ligia Braidotti

Taking care of your body and mind has never been so prominent as it is nowadays, and a Selkirk resident is hoping people learn more about a practice that has been doing wonders for him.

Phung Do has been applying an ancient self-cultivation practice called Falun Dafa, or Falun Gong, which improves mental and physical wellness.

"Falun Dafa increase morality for everybody. It helps your energy. It bring benefits from the inside out," Do explained.

Millions of people around the world have embraced Falun Dafa as a spiritual practice. It is based on the Buddhist tradition and consists of self-improvement by studying teachings, as well as light exercises and meditation.

As part of classical Chinese culture, spiritual practices of this type are known as ways of self-cultivation. Daoist, Buddhist, and Confucian practices fall under this category. Falun Dafa is not a monastic path of cultivation; the students live normal lives which might include getting married, raising children, and have their own careers.

In Falun Dafa, consistent practice leads to spiritual growth. As learners seek to explore truth, clarity, and forbearance, it teaches them to let go of unhealthy habits. It aims to transform the individual on the inside. However, this is typically manifested in their outward actions, as they become more patient and more engaged members of society.

Practicing Falun Dafa can be life-changing for those who practice it, Do said.

"When you go to the gym, you get strong; it is only good for your muscles. Falun Dafa is good for your whole body, not just for your muscles," he continued. "When I started practicing, I saw a lot of improvement to my health. I started feeling better. I've become better."

Do works in construction and is also a truck driver. He commented that he was driving to Winnipeg a while ago and got into a serious accident. He almost hit another car with several passengers, but in the middle of the chaos, he was able to turn the wheel and deviate from the car, avoiding a tragedy. He said he is confident that he was could only do that thanks to the benefits Falun Dafa brought to his life.

"If you learn the easy exercises, you can also experience these benefits," he stated.

Falun Dafa's five exercises are like soft dance as they are continuous and end with a meditation. They are supposed boost energy levels, awake wisdom, purify the body, rectify abnormal conditions in the body, and strengthen higher abilities.

There are groups across Canada, and across the world, that practice together. In Winnipeg, the practices are offered at the University of Manitoba every Sunday. Except that now, due to COVID-19, members are practicing at home.

"These exercises are so easy to do at home and



RECORD PHOTO BY LIGIA BRAIDOTTI

Phung Do has been practicing Falun Dafa for four years and says his wellbeing has improved significantly.

you can do them in your own language. I do it in mine," said Do, who is originally from Vietnam and moved to Manitoba in 1986.

Falun Dafa teachings and practices have been translated to more than 80 languages. Videos and audio, books and announcements can be found at [falundafa.org](http://falundafa.org)

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**ACL Beausejour receives some new wheels!**  
The Association for Community Living - Beausejour Branch Inc. proudly displays their new van.  
The van was purchased through a sponsorship by Selkirk Chrysler Dodge. Carroll and Debbie, along with their support staff Dawn and Mersades were elated to receive the new van, as it allows them to continue to access their community safely, and comfortably.  
Ashley Seymour, Director of Operations for ACL Beausejour, would like to thank Kelvin Szatkowski and the rest of the Sales Team at Selkirk Dodge for their support in making this dream a reality.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Junior Blue Jays start season 1-3

By Brian Bowman

The Interlake Blue Jays had a great start to their Manitoba Junior Baseball League season with a solid 5-3 home win over the Carillon Sultans last Wednesday.

But the weekend wasn't as pleasant.

Interlake lost three road games, dropping a 14-2 decision to the three-time defending league champion Elmwood Giants on Friday before getting swept by the Altona Bisons on Sunday.

Altona won games by scores of 5-3 and 3-0.

In the victory over Carillon, Riley Young pitched 6 innings, striking out nine while allowing three earned runs.

Liam Allen came on in relief and got the final two outs.

The Blue Jays were led offensively by Kalli Einarson who had three walks and two runs scored. Interlake's other runs were scored by Ben Anderson, Chris Fines and Thomas Waldner.

Against Elmwood, Interlake had just two hits in the game that lasted just four-and-a-half innings due to the 10-run mercy rule.

Jeremy Wasilewski and Danion Espanell scored for the Blue Jays.

No box scores from the doubleheader against Altona were posted on the league website at press time.

Interlake will play at the St. James A's on Friday (7 p.m.) and then will visit the Pembina Valley Orioles Sunday for a doubleheader. Games will start at 1 p.m. and 4 p.m.



RECORD PHOTO BY KEN ALLEN

The Interlake Blue Jays' Liam Allen slides under the tag of a Carillon Sultans' player during Manitoba Junior Baseball League action last week in Stonewall. Interlake won the game 5-3.

## U18 Pirates off to a great start

By Brian Bowman

The North Winnipeg Pirates are off to a great start to their U18 season.

The Pirates are a perfect 3-0 after blanking the Elmwood Giants 6-0 last Saturday. North Winnipeg has outscored its opponents 40-12 in those three games.

"I'm very impressed," said Pirates' head coach Gary Dear. "Right from training camp I knew we could put up runs. We have had a couple of good surprises with our young guys that have played extremely well. It's looking good."

Pirates' starting pitcher Zach Evanochko went six strong innings and had six strikeouts to earn the victory.

Noah Contreras closed out the game, finishing with two strikeouts in an inning.

Offensively, North Winnipeg was led by Brett Zeller, who was 4-for-5 with three RBI and a run scored.

Keenen Allem went 2-for-4, scored a run, and had a walk while Colson

Smith was 2-for-3 with two walks.

North Winnipeg started its season on July 5 with a wild 18-9 comeback win over the St. James A's.

The Pirates were down 8-1 after two innings but scored seven runs in the third to tie it up.

"The kids never gave up at all," Dear said. "We had a couple of big, timely hits."

Alex Usipiuk started the comeback with a two-run home run and then Dylan Duguay added a three-run blast in the sixth.

Allen went 3-for-6 while Smith entered the game in the fourth inning and drew three walks.

Evanochko started on the mound for the Pirates and went three innings. Nathan Ens pitched second and picked up the win.

Last Thursday, North Winnipeg soundly defeated the Interlake Orioles 16-3 in Stonewall.

"The boys were putting the ball in play, and we're usually a slow starting team," Dear said. "I think it was 0-0 against Interlake going into the

third inning when we blew it open. Once the kids get going then they all start rolling. We have a good mixture between 18 year olds, 17 year olds, and 16 year olds."

Pirates' left-hander Bryce Raven was brilliant on the mound, striking out 14 while giving up just three hits in six innings.

At the plate, Raven was 1-for-3 with two walks and four runs scored.

Conner Hladun closed the game out with four strikeouts in an inning.

Contreras had a great offensive game, going 3-for-4 with a walk and two runs scored.

After three straight road games, the Pirates home opener is this Friday (7 p.m.) at Koskie Field against the Bonivital Black Sox.

North Winnipeg will then hit the road for a doubleheader against the Carillon Sultans in Steinbach on Sunday. Game times are 1 p.m. and 4 p.m.

## Local talent



PHOTO SUBMITTED

The Red River Valley Pioneers are off to a 2-2 start after splitting a pair of games with Pembina Hills last Sunday. Local players on the U15 'AAA' team include Drake Vermeulen, Jackson Gwynne, and Ethan Debuik.



# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Ingram finishes second at junior men's golf championship

By Brian Bowman

Adam Ingram was starting to like the Shilo Country Club course more and more after each round.

Ingram placed second at the Manitoba Men's Junior Championship in Shilo last week after firing rounds of 77, 75, and 70 to finish with a 222 total.

That was just three strokes behind Breezy Bend's Braxton Kuntz, who carded a final round 73 to go with earlier scores of 72 and 74.

"Obviously, I'm thrilled with the result," said Ingram, who lives in West St. Paul and plays for the Selkirk Steelers. "I get an invite to the Canadian Junior this year which is in Quebec from Aug. 9-12 and I'm super excited to go there and get an opportunity.

I'm happy with how I placed and I obviously had a good last round."

Ingram's 70 was the low round of the tournament which was aided by five birdies on the day.

"I had a good feeling starting the day," he said. "I was feeling good about my game and I was putting better. I birdied the last two holes to go 2-under and I was really happy about that."

Ingram said he was hitting the ball really well during all three of his rounds. He had never played the Shilo course before until he got in a practice round the day before the championship.

"I wasn't too sure what to expect but there were lots of irons off the tee...

and I had to play really safe there," said the 17 year old. "The first day I wasn't too sure how it was going to go but as I got along with the days, I got more comfortable and use (to the course), for sure."

Pine Ridge's Noah Fiks (76-77-73) and Pinawa's Ryan Blair (78-71-77) tied for third at 226.

One stroke back of the pair were Jose Mekish-Lacquette (74-80-73) and Jordan McDonald (79-73-75).

Meanwhile, McDonald and Kuntz combined to win the two-day Junior Interclub Championship at eight-under par 136.

Rossmere Country Club's Carter Johnson and Trey Ross finished four strokes back.

The teams of Ingram and Jacob Taweel of the Elmhurst Country Club and Carman Golf Club's Ryan Orchard and Samuel Sullivan tied for third place at 142.

On the women's side, Clara Peake fired a career-best 75 during the final round of the three-day Manitoba Women's Junior Golf Championship to win by 11 strokes over Crystal Zambow at the Shilo Country Club.

Peake earlier carded identical rounds of 82 to finish at 239.

Rounding out the top five in the 11-player field were Addison Kartusch (87-83-81-252), Cala Korman (90-85-83-258) and Jeri Lafleche (90-84-84-258).

## CJHL endorses Portage in its request to host 2023 Centennial Cup

From the MJHL website

Prior to the pandemic, Portage la Prairie was scheduled to host the 2020 Centennial Cup.

With the cancellation of the 2020 event due to the pandemic, Portage requested through Hockey Canada and the CJHL the ability to have an opportunity to host a future Centennial Cup.

At this point, the MJHL supports the Portage Terriers and the City of Portage la Prairie in their request to host the 2023 Centennial Cup. Portage has also received full support of the CJHL and Hockey Manitoba on this proposal.

Over the coming months, the MJHL, CJHL and Hockey Canada will work together on finalizing a hosting plan for Portage la Prairie that, once complete, would require final endorsement of the Hockey Canada Board to be fully ratified.

"It was disappointing when the event was cancelled in the spring of 2020 due to the pandemic," said Kevin Saurette, MJHL Commissioner. "The MJHL and CJHL are fully supportive of the request made to Hockey Canada to allow Portage the opportunity to host the event in 2023.

"The Province of Manitoba and the City of Portage la Prairie have proven

to be an excellent host for Canada's National Junior "A" Championship, and the Portage Terriers are proven competitors and champions in previous events."

Portage is excited to host this great event.

"We are thankful for the support from the MJHL, CJHL and Hockey Manitoba and are eager to work with Hockey Canada for final approval to host this prestigious national event in the Spring of 2023," said Dale Deschouwer, Co-Chair Centennial Cup Host Committee.

"We have everything in place from our 2020 Centennial Cup prepara-

tions to move forward seamlessly with planning and execution of the 2023 Centennial Cup."

### East St. Paul Skating Club offering a summer skating program

Submitted

The East St. Paul Skating Club is thrilled to once again be offering their summer skating program out of the Seven Oaks Arena in Winnipeg.

After some up and down months leading up to the July 5 start, it is nice to be welcoming skaters from the Interlake and Winnipeg areas back to the ice. Covid-19 has been a huge challenge for all ice sports, with closures to arenas and facilities, but the latest easing of restrictions has allowed us to once again, put blades to ice.

ESPSC is following all current Provincial Health Orders, and are committed to offering a safe and inclusive program for figure skaters to learn. The summer skating program will run from July 5-Aug. 5, with spaces still available.

More information as well as registration can be found on the club's website <http://www.espsc.ca>

## Uhl, Fanning win golf championships

From Golf Manitoba's website

Bobbi Uhl of the Shilo Country Club is the Diamond Athletic Women's Amateur Champion after outlasting Southwood Golf and Country Club's Rhonda Orr in a three-hole playoff Sunday afternoon at Niakwa Country Club.

Uhl shot an 82 in her final round, one stroke better than Orr to end three days of play at 237.

Hannah Diamond of the St. Charles Country Club had the low round Sunday shooting a six-over par 78, missing the playoff by a single stroke.

Breezy Bend Country Club's Char-

mainie Mackid, who finished fourth, four strokes back of Uhl and Orr, had the shot of the day acing the 14th hole. It was her second career hole-in-one.

Orr won the Mid-Amateur Division championship by one stroke over Diamond.

Meanwhile, it was a first in the storied golf career of Niakwa's Todd Fanning in winning the Diamond Athletic Men's Mid-Amateur Championship on his home course.

Fanning chipped in on the 17th hole for birdie and holed a shot from the sand for another birdie on the 18th hole to fire a one-under par 70 and

finish atop of the leaderboard.

Fanning was four strokes better than Jordy Lutz of the Elmhurst Golf and Country Club.

Lutz and Ryan Sholdice of Breezy Bend Country Club each shot 76 to place second and third overall.

The low round of the day belonged to Ryan Terdik of the Pine Ridge Golf Club, he carded a two-under par 69 to finish fourth.

Fanning also won the Mid-Masters Division championship by 10 strokes over fellow Niakwa member Jay Doyle.



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# take a break > GAMES

## SUDOKU

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

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!

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

Sudoku Answer

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

Crossword Answer

# X CROSSWORD

### CLUES ACROSS

1. Fashion accessory
5. Subatomic particle
10. Ethnic group of the Philippines
14. Popular cookie
15. Fabric
16. Alcoholic liquor
17. Peter \_\_, Dutch portrait painter
18. Longtime Chicago mayor
19. A famous "Lady"
20. Islamic calendar month
22. Rocky peak
23. Polio vaccine developer
24. Songs sung in open air
27. Military movements
30. Male parent
31. Beloved hot beverage
32. Female sibling
35. Tackled the QB
37. Set a dog on someone
38. Long live! (Spanish)
39. Porticos
40. Pouch
41. Smooth fabric
42. Enough (archaic)
43. Institute legal proceedings against
44. Scarred
45. Draw from
46. Brother or sister
47. Body part
48. Commercials
49. London soccer team
52. Satisfied
55. Surgical technique (abbr.)
56. Fencing sword
60. French industrial city
61. Intellectual property organization (abbr.)
63. Helps to carry food
64. "Rule, Britannia" composer
65. One-time Empress of the Roman Empire
66. Intestinal pouches
67. None better
68. "WandaVision" actress
69. Comedic actress Kathryn

- ### CLUES DOWN
1. Fifth notes of major scales
  2. Region
  3. Your consciousness of your own identity
  4. Georgetown athletes
  5. They follow A
  6. Spoke
  7. Hairdressers' domain
  8. Extravagantly theatric
  9. End-blown flute
  10. Heroic tales
  11. Member of a Semitic people
  12. Members of a priestly caste
  13. Southern Ghana people
  21. Counsels
  23. Body of water
  25. Awesome!
  26. Calendar month
  27. Native of region in Caucasus
  28. Indian city
  29. Exclusive
  32. Alaskan town
  33. Covered with ivy
  34. Loose granular substances
  36. Native American tribe
  37. Written American English
  38. Holiday (informal)
  40. Add up
  41. Small brown and gray rails
  43. Get off your feet
  44. Express disgust
  46. Surface of the ground
  47. Put into a silo
  49. Belief
  50. British noblemen
  51. Tennis game
  52. Dry, protective crust
  53. Swiss river
  54. Large integers
  57. La \_\_ Tar Pits, Hollywood
  58. Every one of two or more
  59. "Deadpool" actor Reynolds
  61. Earlier
  62. Peter's last name

1	2	3	4		5	6	7	8	9		10	11	12	13	
14						15						16			
17						18						19			
20					21		22				23				
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35				36				37				38			
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45					46				47				48		
				49					50			51			
52	53	54				55					56		57	58	59
60						61				62		63			
64												66			
67						68						69			



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## Employment opportunities galore at Interlake-Eastern RHA

By Tyler Searle

There are 48 support positions currently available across the Interlake-Eastern Regional Health Authority (IERHA)— many boasting flexible schedules, competitive wages, benefits, and pension.

The IEHRA is pushing to fill roles in its support services department, said Keltie Kadynuik, (acting) director of support services.

Support services encompass dietary, housekeeping, and laundry services.

Staff from these departments are integral members of every healthcare team. They work behind the scenes to keep healthcare facilities running smoothly, Kadynuik said.

There are ample opportunities for cooks, assistant cooks, dietary aides, housekeeping aides, and laundry aides. Experience is an asset but not a requirement, and the IERHA is welcoming all applicants.

Staff can choose between full-time, part-time, or casual positions and these positions are unionized, so all employees enjoy competitive wages, promotion opportunities, benefits packages, and pension.

"Our pension is really nice. Even if you're casual, your hours go towards it, and your employer matches it. The life insurance premiums are also really good," said Connie Wiebe, dietary aide at Stonewall and District Health Centre.

"I like my hours right now, and I'm glad that our breaks are scheduled. There are various shifts and a lot of different positions to try. If you want to move up, they're also very open to that," Wiebe added.

The range of available positions and schedules means there is something for everybody. Because the IERHA includes dozens of facilities across the Interlake, applicants can find work close to home, Kadynuik said.

Staff are free to explore different roles within the support services department, she added.

"I'm not just doing the one job, and it's nice because I'm given the opportunity to try different things. I like it because I'm not a person to sit still, and there's always something to do," said Lisa Tate, housekeeping aide at Fisher Personal Care Home.

The opportunity to help others and work as a team are perks of the job, Tate said.

People can view availabilities and apply online at [www.ierha.ca](http://www.ierha.ca) under the "Careers" tab. The website allows visitors to filter by department, facility, and position.

Only online applications are being accepted.



Interlake-Eastern Regional Health Authority

## WE'RE HIRING!

**Interested in working as part of a team caring for people close to home?**

Interlake-Eastern RHA has full-time, part-time and casual housekeeping and dietary positions available in health-care facilities.

### Dietary aide

- Minimum Grade 10 education required.
- Valid Food Handlers Certificate required. (Must be obtained within six months of employment.) Re-certification must be current and valid.
- Knowledge in the areas of therapeutic diets and texture modification.
- Experience is an asset.
- Experience in a health-care or commercial food service establishment.
- Ability to operate required equipment.
- Must demonstrate good interpersonal and communication skills.
- Ability to communicate effectively in oral and written English.
- Ability to perform mental and physical aspects of the position.
- Satisfactory employment record.

Positions now available in Arborg, Beausejour, Fisher Branch, Gimli, Lac du Bonnet, Oakbank, Pine Falls, Selkirk, Stonewall, Teulon.

### Housekeeping aide

- Minimum Grade 10 education required.
- Experience is an asset.
- Experience in health-care or institutional cleaning.
- Must demonstrate good interpersonal and communication skills.
- Ability to communicate effectively in oral and written English.
- Ability to perform mental and physical aspects of the position.
- Satisfactory employment record.

Positions now available in Arborg, Gimli, Lac du Bonnet, Oakbank, Pine Falls, Selkirk, Stonewall, Teulon.

As a condition of employment, all successful applicants will be required to provide a satisfactory criminal record check (with vulnerable sector screening), adult abuse and child abuse registry checks prior to commencing employment.

To learn more about these and other positions available, please visit [ierha.ca](http://ierha.ca) and click on the careers tab. Search under "support services." Online applications only. Student applications welcome!

We value and support employment equity and workplace diversity and encourage all qualified individuals to apply. Accessibility accommodations are available on request for candidates taking part in all aspects of the selection process. All health-care workers are required to be immunized as a condition of employment in accordance with Interlake-Eastern RHA Policy.

*"I like my hours right now, and I'm glad that our breaks are scheduled. There are various shifts and a lot of different positions to try. If you want to move up, they're also very open to that."*

*—Connie Wiebe, dietary aide, Stonewall and District Health Centre*



# Classifieds

*The Selkirk Record*

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- Buying local means spending less money on gas, you spend less time travelling and more time with the people you love.

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Sunbeam 2-slice TOASTER, ECIEWO, \$15; BNCIEC pr. sz. 9 Men's WORK BOOTS/ SAFETY SHOES w/ laces & steel caps over toes, \$100; red, white & black lined WINTER SUITCOAT OVER-COAT fits a men's sz. XL, well insulated winter overcoat, has been dry cleaned, \$100. Ph. 204-785-8598.

In Selkirk, rectangle dining room table with 4 chairs & 1 leaf, 72"x40", oxford black, about 18 months old. Asking \$800. Please call 204-268-2073.

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### 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](mailto:stonewoodelkranch@mymts.net)

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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.

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Brand New Show Home 204-346-3231

Don't forget to send your special wishes to your friends and family with a message in the



## OFFICE SPACE FOR RENT

Conveniently located on Clandeboye Ave in Selkirk. For more information please contact: BIG Real Estate 204-485-0010 email: [bigandcolourful@mymts.net](mailto:bigandcolourful@mymts.net)

## Parkwest Projects Ltd. is looking for a YARD/SHOP MAINTENANCE COORDINATOR

### The Position

As our Yard/Shop Maintenance Coordinator you will be an essential part of our team by supporting the successful delivery of our projects by organizing materials and tools and ensuring our sites are provided with the materials and equipment that they need. As our Yard/Shop Maintenance Coordinator you will have the opportunity to carry out a wide range of tasks both as part of a team and independently.

### Responsibilities

- Loading and unloading materials and equipment from trailers.
- Loading and unloading lifting heavy materials.
- Gather material/tools/equipment to provide to various construction sites.
- Maintain the inventory organization of the yard as materials and tools are returned.
- Organize material, tools, equipment when returned from construction site.
- Perform basic maintenance on tools, materials, equipment, and vehicles during downtime.
- Keep yard and shop organized and in clean condition.
- Must be willing to perform a variety of duties outdoors in all weather conditions.

### Qualifications & Skills

- Experience operating a skid steer or zoom boom.
- Experience loading and unloading trailers.
- While not a requirement, general mechanical knowledge is seen as an asset.
- Ability to stand and walk for prolonged periods.
- Willingness to work in outdoor environment.
- General knowledge of the construction industry.
- Valid driver's licence
- Must be punctual.

### Conditions of Employment

- Legally eligible to work in Canada.
- Ability to work in all weather conditions.
- Physically capable of performing all duties as assigned (which may include lifting up to 50 lbs).
- 5-day work week, Monday to Friday, 8:00 am to 4:30 pm

Due to COVID-19 we are not accepting walk-in candidates as our office is closed to the public.

Please email your resumé to: [tmcgill@parkwestprojects.ca](mailto:tmcgill@parkwestprojects.ca)

We thank all applicants for their interest in this position and only those candidates selected for an interview will be contacted.



## RM OF WEST ST. PAUL PUBLIC NOTICE TAX BILLS

Property and business owners are advised that the 2021 Realty and Business Tax Bills have been mailed out. Taxes are due on September 30, 2021 by 4:30pm. If you do not receive your tax bill please contact the Municipal Office at 204-338-0306.

In order to avoid penalties, payments must be received by the Rural Municipality of West St. Paul on or before 4:30pm on September 30, 2021. Penalties will be charged at the rate of 1.25% per month on any unpaid amounts beyond the due date.

Please note that if you are paying your taxes at your financial institution or on-line, allow five (5) business days for the amount to be received by the municipality. It is the taxpayer's responsibility to ensure that their on-line payment is received at the Municipal Office by the due date.

New property owners are reminded that they are responsible for payment of the 2021 realty taxes whether or not they have received a tax notice in their name.

We encourage residents to consider remote payment options and dropping off postdated cheques.

If you have any questions regarding your tax bill or municipal levy, please call 204-338-0306.

Carol Rempel CPA, CGA  
Acting Director of Finance  
RM of West St. Paul  
3550 Main Street  
West St. Paul MB R4A 5A3



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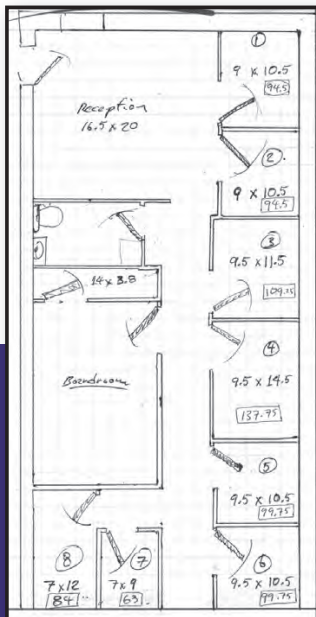
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# CLANDEBOYE AVE in Selkirk Executive Mall OFFICE SPACE FOR LEASE



## Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include The Lord Selkirk Teachers Association and Sun Life Financial. The Selkirk Record and a new incoming tenant occupy separate space though their own private entrances. The building was upgraded in 2012. Both the reception and board room are shared, there are currently five offices available for lease.



For information please contact:  
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# Announcements

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or email: lucy@selkirkrecord.ca

### ANNOUNCEMENT

#### ANNIVERSARY



Stacey and Brian  
Happy 25th Anniversary  
on July 20th  
-Love Mum and Dad,  
Sam and Jack, family and friends

### ANNOUNCEMENT

#### RETIREMENT



Lorri Pruden  
Congratulations on your retirement  
after 30 years at SOGH.  
-Love and best wishes,  
Your family

### ANNOUNCEMENT

#### BIRTHDAY



Gramsy  
(A.K.A. Lillian Boudreau)  
10 years ago, I joked about putting this picture in the paper. You gave me permission to do it for your 90th birthday thinking you wouldn't still be here. Well, you're alive and well!  
Happy 90th Birthday on July 17th  
Your homemade: jams, jellies, salsa, relish, mediocre borsch, and big ol' bags of cookies are the best.  
You're the most lovely, thoughtful, kind person. I'll never forget our summers out at Rugby Lake, where you taught us many life lessons. Teaching us kids to love and respect nature. Have a great day!  
Remember... don't get your hair wet!!  
Love you  
-Sunshine, Angie and Holly

### ANNOUNCEMENT

#### IN MEMORIAM



Jared and Ngan  
(12-07-2013)  
Eight years since you left us,  
Not a day goes by we wish  
you could be with us.  
-Love the Youzwa and Nguyen family

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

**Don't Forget Your  
Loved Ones  
WITH AN ANNOUNCEMENT**



**Call 204-785-1618**



# Announcements *Selkirk Record*

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**ANNOUNCEMENT**

**IN MEMORIAM**



**Glenn Salter**  
July 15, 2011

Glenn, you were someone that I could talk to, Laugh with, turn to when I needed something. I could count on you to help and understand me. You are someone I loved more as each year came to an end.

You are the love of my life and my very best friend.

It's been 10 years since you left, I miss you more each passing day. Love you always and forever.

-Sandi

**ANNOUNCEMENT**

**IN MEMORIAM**



**Phyllis Swanson**  
July 1, 1933 - July 12, 2010

She was a daughter, sister, cousin, loving wife, Mother (Gma) and friend. She was Mom to us. Who knew in her last years, we would continue to make more memories and share many more laughs.

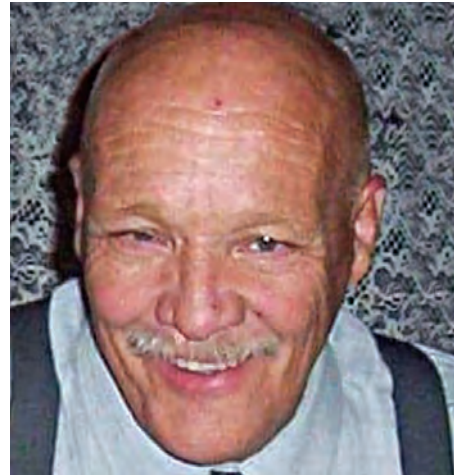
I don't think one of us kids could express how much we miss you, love you and thank you for always being there for us.

We five kids couldn't have wished for a better Mom (Gma) and Dad (Papa)

-Love forever, Laverne, Bobbi, Wanda, Doug and Tracey (and all the grandkids)

**ANNOUNCEMENT**

**IN MEMORIAM**



**Randy James Dunlop**  
November 4, 1947 - July 19, 2020

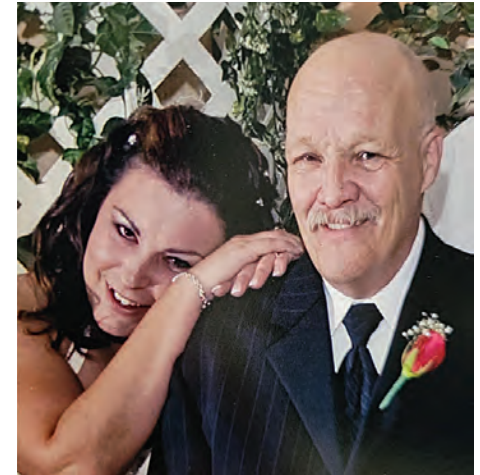
It has been one year, since I told you that it was ok you could let go now.

I held you in my arms and I could feel your pain leave and mine start, I will cherish our memories together forever, Until we meet again. I miss you so much.

-Love Donna

**ANNOUNCEMENT**

**IN MEMORIAM**



**Randy Dunlop**  
November 4, 1947 - July 19, 2020

One year has passed and still hurts so much. You will always be my hero, I will always be your little girl. Miss and love you so much Dad.

-Love Destiny

**ANNOUNCEMENT**

**IN MEMORIAM**



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

For nine long years I've been without you Angela, missing your love, your smile, your laughter. I'm even more sad that your mother Selena is there - my two girls are in the Kingdom of Heaven together.

To understand my sadness for you Angela, most people will never understand my love, for you, Selena, my Mom and Dad.

Love you Angela: Today, Tomorrow, Always.

-So sadly missed by your father Andy Cromarty

**ANNOUNCEMENT**

**IN MEMORIAM**



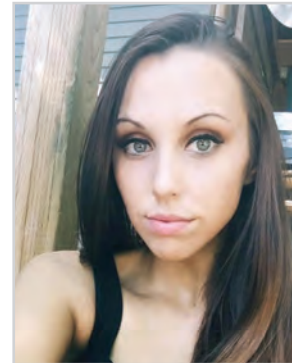
**Decock Mabel**  
May 3, 1930 - July 1, 2016

**Ralph**  
December 23, 1926 - July 31, 2016  
It's been 5 years since you've been gone. Not a day passes that we don't think of you. And miss you both.

-Always in our hearts, Love your family

**OBITUARY**

**Levi Liske**



It is with great sadness we announce the passing of our daughter and sister Levi Liske on July 4, 2021 at the age of 22 years.

Levi was predeceased by her father Randy Liske. With her sudden and tragic passing she leaves behind her daughter Sarah, mother Shelly (David), sister Jade (Alex), brother Dylan (Heather), special auntie Doreen, cousins Shandi and Nathan, uncle Curt (Melissa), grandparents Pudd and Chief and her many aunts, uncles, cousins and friends to cherish her memory.

Levi was born August 12, 1998 to Shelly Hood and Randy Liske. Levi will be remembered by her big beautiful smile, loving, kind and carefree ways. Growing up Levi was a happy-go-lucky girl. She enjoyed playing sports, fishing, listening to music and spending time with numerous family and friends. Her biggest joy in life was her daughter Sarah and her idol was her dad Randy, whose

memory she cherished dearly. She was never far behind her sister Jade (Jada) and cousin Shandi who was also like a sister to her growing up. Levi will be forever loved and missed by all who knew her.

In lieu of flowers, a GoFundMe page will be set up in trust for her daughter Sarah. Cremation has taken place and family and friends will be notified of her memorial service to come. Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Richard James Spuzak**



On Friday, June 25, 2021, Richard Spuzak, aged 67 years, suddenly passed away at his home in Selkirk, MB.

Richard was born to John and Gloria Spuzak. He grew up in rural Sandy Hook, then settled in Selkirk. Richard worked at the Steel Bros Sand Plant, then at Selkirk High School where he enjoyed over 20 years as a custodian until his retirement in 2019.

He was a jack of all trades with a passion for cars and loved tinkering with his lawn mower and snow blower.

He was predeceased by his parents, Gloria and John Spuzak and brothers Andy and Tim Spuzak.

He is survived by his daughter Valerie and three grandsons Trey, Jesse, and Matthew; siblings Phillip (Donna), Daniel (Fabienne), Steve and Esther (John) and many nieces and nephews.

Memorial to be held at a future date.

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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# Announcements *Selkirk Record*

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## OBITUARY



**Betty Atwood (Cunningham)**  
1937 - 2021

Betty passed away in Calgary on July 5th, 2021.  
Survived by five children, eight grandchildren, seven great-grandchildren, brothers Robert and Alex and sisters Moira and Adelaide.  
Predeceased by parents Robert and Violet, brother Don and sister Viola, and granddaughter Ciala.  
[www.choicememorial.com](http://www.choicememorial.com)

## OBITUARY



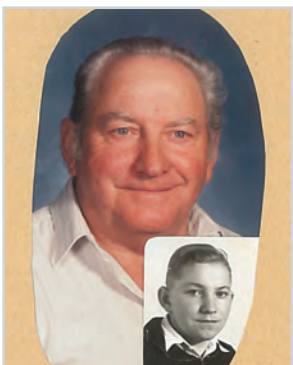
**Phyllis Loutit**  
July 12, 1920 – July 5, 2021

On Monday, July 5, 2021 at her residence in Lockport, Mb, Phyllis Loutit, aged 100 years passed away.  
In keeping with her wishes, cremation has taken place. Due to COVID restrictions a memorial service will be held at a later date.  
Full obituary to follow.  
Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)



Gilbart Funeral Home, Selkirk in care of arrangements.

## OBITUARY



**Herman Bernhardus Antoon Winnemuller**  
February 16, 1939 – July 7, 2021

It is with deep sorrow and heavy hearts that we share the news of the passing of our father, Herman Winnemuller, at the Health Science Center during the early hours of July 7th.  
Herman leaves to mourn his beloved wife of 60 years, Roberta, and his four daughters Leah (Tim) Shumilak, Leona (Greg) Groot, Lisa (Greg) Kasky, and Anita (Keith) Campbell. He will be missed by his grandchildren James (Jacqueline), Jason (Sheena), Devun, Taylor, Hannah, Tyson, and Faith; his great-grandchildren Jordan, Bryce, Clark, and Penny; and his great-great grandchild, Ava. Herman also will be missed by sister-in-law Hildur and his siblings Corry, Harry (Karen), Ely (Bob), Josie (Stan), Rick (Sally) and his many nieces and nephews. He was predeceased by his father, Joseph, his mother, Alida, his brother, Peter, and his brother-in-

law, George.

Dad was born in Soekaboemi, Indonesia, and lived in the Dutch East Indies for his first nine years. Over three years of that time was spent in an internment camp with his mom and siblings while his father lived in a working prisoner-of-war camp. The family reunited and moved back to Holland in 1948. He then immigrated to Selkirk, Manitoba, Canada with his family in 1953. In 1957, at the age of 18, Dad moved to Port Alberni, BC to work in the plywood plant for MacMillan Bloedel. In Port Alberni, Dad met the love of his life and our mother, Roberta. They were wed on June 24th, 1961 and started their family while living on a small hobby farm. In 1970 they moved back to Manitoba to do what he loved most, farm the land. Over the next few decades, Dad would build and manage his farm, fostering his love of animals and his enjoyment of the land. Dad also worked for Agassiz and then Sunrise School Division as a bus driver for 30 years. He loved driving "his kids" to Tyndall, Beausejour and eventually the Selkirk Comp. He retired from the bus in 2005 but never fully retired from farming. His head and heart kept active as he planned for future crops and calves.

Dad will always be remembered for his story telling, his love of animals, his teasing and sense of humour, always pulling for the underdog, and his generous heart. We had a name for Dad - "Santa Claus" - as he was always giving of his time, his knowledge, and his possessions.

The family would like to express their deep gratitude to Dad's nurses at HSC - Deb and Deb. Although Dad was only there for a short time, we will remember your kind words and compassionate approach to our difficult situation.

Dad's wish of a cremation has occurred, and a small family gathering has taken place.

If you wish to honour Herman's memory, please consider a donation to the Our Daily Bread Selkirk Soup Kitchen or to a local animal shelter of your choice.

You did not say "I love you" very often but you modelled it each day in your thoughtful actions! We know that your legacy will live on in some way in each member of your family.

We love you Dad!

Condolences may be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**June Marion Pearson**

Peacefully, on Thursday, July 8, 2021 at the Sunnywood Manor in Pine Falls, MB, June Pearson, aged 81 years of Traverse Bay, MB, passed away.  
She is survived by her husband Roger, daughters Renee and Sharon, numerous grandchildren and great-grandchildren.  
As per her wishes, cremation has taken place and no formal service will be held.  
Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com).

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Diane Margaret Marchuk**



It is with great sadness and sorrow to announce the passing of Diane Margaret Marchuk on July 6, 2021.  
Diane passed away comfortably and quietly with family by her side and the good old country music she loved.  
In keeping with Diane's wishes and the current health conditions, a private ceremony service will be held at Corpus Christi Roman Catholic Church.  
In lieu of flowers, donations in Diane's name may be made to IERHA Foundation, Selkirk Regional Health Centre, P.O Box 5000 - 120 Easton Dr. Selkirk, Manitoba R1A-2M2.  
Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY



**Alice Stefanchuk  
(nee Cherwaty)**

Alice died peacefully on July 6, 2021 at the age of 86 years.  
Alice was born December 21, 1934 to John and Mary Cherwaty and was raised on the family farm in Stuartburn, along with sister Helen and brother Johnny.  
Her passion for learning started when she was a child in a one-room school, and then to Tolstoi where she attended high school. After attending Normal School, she began her teaching career

and, after her children had started school, achieved her Bachelor of Education from the University of Winnipeg. She was a dedicated teacher for 29 years.

In 1956, she married Moe and together they raised four children, moving from Steinbach to Gillam, then finally settling in Lockport.

Alice was a bright, bold presence who loved telling a good joke. She would often pause during a story, her eyes welled up with tears, filling the room with her unmistakable and joyous laugh. She loved cooking, fishing, card games and most especially Scrabble. Friends and family would be treated to her signature dishes like perogies, pickled beets, cakes and borscht to name just a few. Everyone was welcome at Alice and Moe's house and almost no one left without at least one jar of raspberry or strawberry jam.

She loved long boat rides up the Winnipeg River from the seasonal at Trail End Camp. Memories made there over many years will be especially treasured by friends and family. Baba was always up for an adventure. Like the time she tried her first jet ski ride and tipped herself, jet ski and the driver completely upside down while attempting to board.

At the centre of her heart was her family. The celebrations and milestones shared with her children and particularly her six granddaughters were her truest joy. Baba and Gigi were a central influence on their granddaughters during childhood and adulthood. For Alice, welcoming great-grandchildren was yet another wonderful adventure.

Alice was predeceased by her parents, John and Mary Cherwaty; husband Moe; sister Helen; brother Johnny; son Brent and granddaughter Halee. She leaves to mourn her sons Don (Cara) and Ken (Lora); daughter Donna; granddaughters Kerri (Kyle), Marly (Stefan), Jodi (Nick), Victoria (Rick) and Brenlee as well as great-grandchildren Alicia and Liam.

The family would like to thank the Selkirk General and Teulon Hospital staff for all their kind attention during Alice's stay.

A celebration of life for Alice and Moe will be held at a future date with close family and friends.  
Condolences may be left on her tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.





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