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THURSDAY, JULY 23, 2020

VOLUME 11 EDITION 29

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RECORD PHOTO BY KATELYN BOULANGER

In honour of Manitoba's 150th anniversary the Manitoba Metis Federation worked with municipalities to create Fireworks Celebrations throughout the province on July 15. West St. Paul was one of the host destinations with residents lining up in their vehicles to view the show in a socially distant way.

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Local artist becomes rights activist

Emily Perrier participates in ARTiculate Your Rights

By Katelyn Boulanger

East St. Paul's Emily Perrier was one of 26 Manitoba artists who's art was chosen for the ARTiculate Your Rights exhibit which is now open at the Canadian Museum for Human Rights.

"My [art advocates for] women's rights and violence against women. When I started it I was just mixing the colours together and gradually it started to have the same colour pallet as bruises so that's where the Bruises In Your Eyes title came from," said Perrier.

Perrier's art features two large eyes made by combining watercolour, acrylic, ink and a dripping texture that makes them look like they are crying.

"I really liked it but it looked so sad all with these purple and grey and green tones to it. So I was like no it has to be a little more hidden so I added pinks and yellows and bright blues to almost mask over top of the darker shades," said Perrier.

This addition of mask colours to the

top layer of the painting reflects Perrier's own experience with masking how she feels unsafe at times.

"It made me think of all the times that I put on a mask to hide how I really feel. Like walking alone at night, I hate it so much, it scares me and I put on a face and pretend that I'm not nervous and I'm not the only one who does it. Women every day experience fear and anxiety and uncertainty in their surroundings," said Perrier.

She thinks that it's important to educate younger people about rights issues as they are the ones that are going to have to grow up and make changes.

"Together these really amazing artworks create a window into what Manitoba youth today have top of mind when it comes to human rights," said Maureen Fitzhenry a spokesperson for the Canadian Museum for Human Rights.

Continued on page 7



RECORD PHOTOS SUBMITTED

Emily Perrier beside her multimedia painting titled Bruises In your Eyes which is part of the ARTiculate Your Rights exhibit at the Canadian Museum for Human Rights.



SELKIRK TOWN PLAZA 366 MAIN STREET 204-785-1285 WWW.EVOLUTIONDANCE.CA

New videos to promote Biz Bucks

Parker Pelletier teaming up with mayors for Biz Bucks program

By Katelyn Boulanger

Seven-year-old Parker Pelletier has teamed up with Mayors Debbie Fiebelkorn of St. Clements, Joy Sul of St. Andrews, and Larry Johannson of Selkirk to create new promotional videos for Selkirk Biz's Biz Bucks program.

"The Biz Bucks card was born back in December of 2018. Essentially it's just a gift card but it can only be used in our local geographical area. That's what makes it special because it's money that is staying here and it's to stimulate our local economy and help our business owners," said Sheri Skalesky, Selkirk Biz Executive Director.

Over forty retailers are registered with Selkirk Biz to accept Biz Bucks gift cards covering all manners of products and services.

Last year Parker participated in over 40 videos as part of Biz Bucks to get the message out that this new program was here.

"[Parker and his dad Jim Pelletier] went around the community and they made a series of videos that were amazing. They got a lot of engagement on our social media and he turned out to be a great little spokesperson," said Skalesky.

Many local businesses have had to make concessions to get through the months of restrictions due to Covid-19 and more people are making an effort to support these businesses in our communities.

"Some retailers were struggling—they couldn't be open. Some were struggling to be able to be open but there are the new set of rules, of regulations, and we thought that doing a new set of videos just to keep shopping local and supporting local retailers [top of mind] that was the focus of [this latest set of videos]," said Skalesky.

She thinks that now, in particular, is

Continued on page 7



RECORD PHOTO BY BRETT MITCHELL

Parker Pelletier with Mayor Joy Sul promoting the Biz Bucks program by making new videos in our communities.

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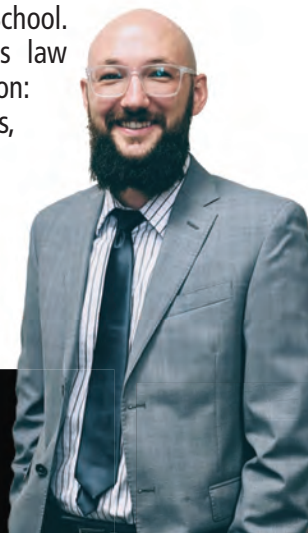
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Andrew grew up on a hobby farm near Lockport, and attended Happy Thought School and Selkirk Regional High School. Before moving his family back to Selkirk, Andrew's law practice was based in Southern Manitoba with a focus on:

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Fun on the water available for all ages with Selkirk Canoe Kayak Centre

By Sydney Lockhart

Selkirk Canoe Kayak Centre is offering drop-ins, memberships, youth programs, and summer day camps this year.

The summer day camps for kids include lots of time on different boats in the water, crafts, and games.

The day camps are taking place on two different weeks this summer, July 20-24 and August 17-21 from 9 a.m. to 4 p.m. and will cost \$125 per person.

The youth program takes place Tuesdays and Thursdays from 6 to 8 pm for kids aged 9 to 16 and costs \$125 per child.

"I think that with this program you get really comfortable with the water, you learn how to fall out of a boat, empty water out of the boat, and swim to shore," said manager of Selkirk Canoe Kayak Centre Katrine Buisse.

The Selkirk Canoe Kayak Centre's membership for the entire 2020 sea-

son is \$120 a person or \$350 for a family of three to five people.

If you're looking for a one-day adventure the drop-in fee is \$15 a person or \$40 a family for 4:30 to 9 pm, this includes lifejackets, paddles, and boats.

All of these programs are available only during supervised hours.

"We all have a background in paddling, we have our CPR and first aid and criminal background checks," said Buisse, "Some of us drive the safety boat and have our boaters license as well."

Buisse added that she believes their programs are a great opportunity to spend time outside and off of phones.

"It's good to get moving, it's physical exer-

cise."

The Selkirk Canoe Kayak Centre operates near the skatepark.

For more information call 204-785-2054 or email selkirkkayak@gmail.com.

"THIS PROGRAM YOU GET REALLY COMFORTABLE WITH THE WATER, YOU LEARN HOW TO FALL OUT OF A BOAT, EMPTY WATER OUT OF THE BOAT, AND SWIM TO SHORE"



RECORD PHOTOS SUBMITTED

Last year Selkirk Canoe Kayak Centre held kids programs and they are offering them again this year as well as drop-ins for all ages.

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EDITORIAL > VIEWPOINTS > LETTERS

Province expands 'back to work' wage subsidy program

By Manitoba Government

As part of #RestartMB, Manitoba's roadmap to recovery, the Manitoba government is expanding its 'Back to Work' wage subsidy program and providing additional financial support for businesses to bring more Manitobans back, Premier Brian Pallister announced last week.

"Since the beginning of this pandemic, we knew we had to create opportunities for young Manitobans and we've created them," said Pallister. "We have supported the creation of 8,200 additional positions for young people and now we lead the country, but there is still work to do. Today, I am proud to announce the expansion of our Back to Work wage subsidy program to provide more opportunities for businesses to offer the services Manitobans depend and rely on."

The enhanced Back to Work program will reimburse up to \$5,000 for up to 10 new workers to a maximum of \$50,000 per business, not for profit or charity. Businesses that have already benefited from provincial summer wage subsidies are eligible for this new wage subsidy benefit to hire or bring back an additional 10 employees. The program will now

reimburse half of all wages for those newly hired to Oct. 31. Employers that have received financial support from other various provincial and federal programs are all eligible, the premier noted.

Over the past month, more than 300 Manitoba businesses have applied for approximately \$5 million to support 1,000 positions.

"Many retailers are only now beginning to slowly rebuild their staffing to their levels prior to the onset of COVID-19," said John Graham of the Retail Council of Canada. "The extension of this job creation incentive will play a critical role in helping many business owners lessen the risk of expanding their workforce in anticipation of business growth."

The application deadline is Oct. 1, with a deadline to submit proof of wages of Jan. 4, 2021. Businesses can apply for the wage subsidy starting July 16 at noon at <https://manitoba.ca/covid19/business/btwp.html>.

Although Manitoba posted the second-best job recovery statistics in the country last month, Pallister noted there are still more than 69,000 Manitobans looking for work.

"Getting people back to work safely

is job number one for our government," said Pallister. "We are leading the country in putting in place the most generous and most comprehensive job creation programs our province has ever seen and any province has put in place."

As an additional support for Manitoba businesses, the government also announced last week that it will be extending the Manitoba Gap Protection Program deadline for applications to Aug. 31 from July 31. Businesses that are ineligible for federal support can also apply for an immediate \$6,000 under this program, which has already provided more than \$45 million in COVID business relief to over 7,600 employers who otherwise had no government support.

More than 2,500 Manitobans have already applied for the Manitoba Job Restart Program, which provides up to \$2,000 to those who safely return to work and voluntarily stop collecting the federal Canada Emergency Response Benefit (CERB) or Canada Emergency Student Benefit (CESB). The program application deadline is July 31.

CERB is the not reason thousands can't go back to work: Pallister is

By Richard Davies, Manitoba Liberal Caucus

Treaty 1 Territory, Winnipeg – Manitoba Liberals say that if Brian Pallister is looking for a reason why Manitobans are having difficulties going back to work, he should look in the mirror.

In April and May, Pallister demanded thousands of layoffs across Manitoba, ordering organizations and employees to apply for CERB instead. The latest round of job numbers from Statistics Canada showed that while some private businesses are rehiring, unemployment is sharply up in Winnipeg and public sector jobs have reduced by more than 3,000.

Among the programs that ended up

on the PCs chopping block was Manitoba Hydro's Summer Jobs program, which provides job opportunities for students. That's on top of multiple rounds of cuts and freezes across government - with the notable exception of the Premiers' own staff. Even before the crisis, Pallister was boasting about the number of public sector jobs he had eliminated, saying he had reduced total payroll by eight per cent.

"Pallister went out of his way to destroy thousands of jobs and drive up unemployment, then complains when people can't work," said Dougald Lamont, MLA for St Boniface. "In April, the PCs set out to eliminate more than \$800-million worth of pub-

lic and private sector jobs. CERB is not the reason people can't go back to work. It's because Brian Pallister eliminated thousands of jobs."

Lamont says the Pallister PC's latest "wage subsidy" program announced today once again misses the mark, because it ignores the problems that businesses and workers have been asking for help with for months.

"Manitoba Liberals have been telling the PCs that businesses need help with debt, overhead, and PPE costs and that employees need affordable child care. For four months, Manitobans have been begging for a life preserver, but the PCs keep handing out anchors."

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View the *Selkirk Record* online at
selkirkrecord.ca

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

TROUBLE WITH PAPER DELIVERY?

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

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COVID-19 cases climb with outbreak on several Hutterite colonies

By Lorne Stelmach

A spike in COVID-19 cases over the weekend did not come as a surprise to public health officials, but it did serve to reiterate their continued message to Manitobans to remain vigilant in controlling the spread of the coronavirus.

The Monday update highlighted 18 new cases over the weekend including a cluster of 10 cases so far that are linked to Hutterite colonies.

"We need to realize that this virus is not done with us yet," said Dr. Brent Roussin, chief provincial public health officer for Manitoba. "It's not unexpected to see more cases as we reopen."

"A number of these new cases are linked to clusters, which we can also

expect over time, but it's a reminder that we can't let our guards down. We have to continue to find ways to live with this virus, to fall back on the fundamentals that got Manitobans here," said Roussin.

"The virus is still here in our province. We need to continue to adhere to these strategies that have got us so much success to this date."

The new cases over the weekend included 11 cases in the Interlake-Eastern health region, three cases in the Winnipeg health region, three cases in the Prairie Mountain Health region, and one case in Southern Health-Santé Sud health region. The latter case involves a male in his 40s.

The investigations are ongoing but the new cases, aside from those con-

nected to the Hutterite colonies, include two related to international travel and one transport driver as well as three close contacts to another positive case.

One of the individuals announced as a positive COVID-19 case was a passenger on Asiana flight OZ 0704 from Manila, Philippines to Seoul, South Korea July 7 then Air Canada AC 0064 from Seoul to Vancouver July 8 (rows 26 to 32) and Air Canada AC 0296 from Vancouver to Winnipeg July 8 (rows 21 to 27). Individuals on these flights are advised to self-isolate for 14 days following the flight and monitor for symptoms. The total number of lab-confirmed positive and probable positive cases in Manitoba is now 354. One person is in intensive care with

29 active cases while 318 individuals have recovered from COVID-19, and the number of deaths due to COVID-19 remains at seven.

An additional 384 laboratory tests were performed Friday, 1,390 Saturday and 695 Sunday, bringing the total number of tests performed since early February to 76,354.

You can visit www.manitoba.ca/covid19 to use an online screening tool or call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257 toll-free for health guidance. For up-to-date information on COVID-19 in Manitoba, visit www.gov.mb.ca/covid19, and a comprehensive list of Manitoba government COVID-19 measures can be found at manitoba.ca/bg/2020/04/covid19.html.

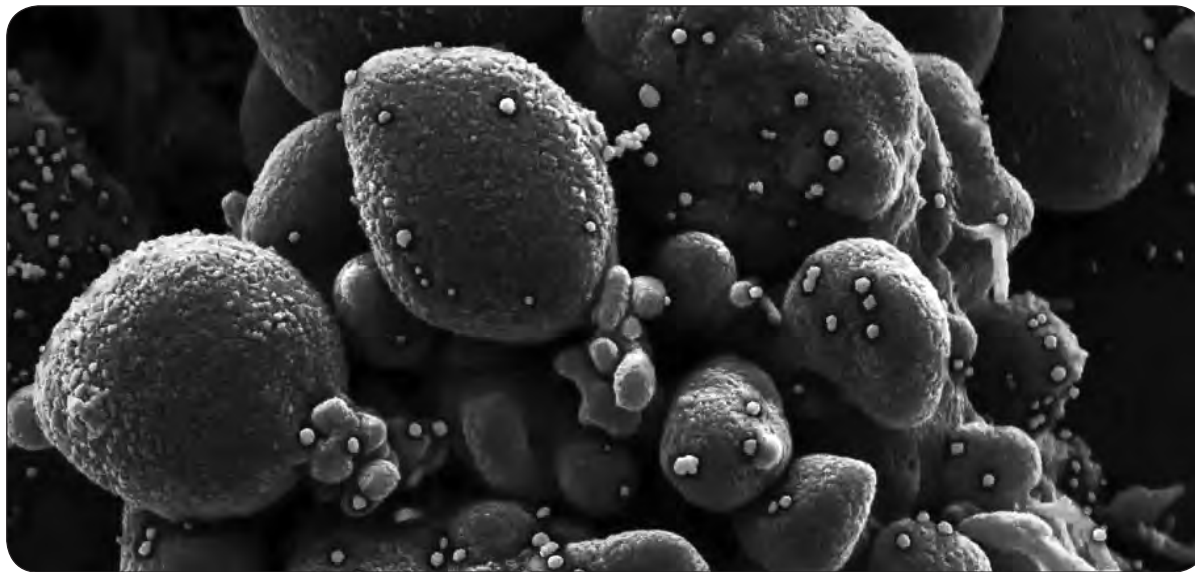


IMAGE COURTESY OF THE NATIONAL INSTITUTE OF ALLERGY AND INFECTIOUS DISEASES
Image of a cell infected with COVID-19.

> NEW VIDEOS TO PROMOTE BIZ BUCKS, FROM PG. 4

also a good time for residents to use something like this gift card as many stores are discouraging the use of paper money because of Covid-19.

"Anybody that doesn't feel safe about carrying around money and if they don't have a credit card or maybe it's just easier to purchase a [Biz Bucks] card and they can take it around the community. It has many advantages and is flexible," said Skalesky.

She says that this could also be extra beneficial for parents with teenagers who want to give their children an allowance but want to reduce physical money in their children's lives.

"They need money. Kids like to go out and spend money as well so it gives them an option for that electronic component for shopping safely and for parents as well instead of handing [physical] money to their child," said Skalesky.

She would also like people who used the previous version of this program, which involved the use of paper cheques, to know that, though the cheques are still valid, they can also ex-

change them for Biz Bucks cards which might be more convenient at this time.

"For residents that may not have thought of things from a different angle. Some of the local retailers are really scrambling and if you do have a favourite retailer out there or a favourite business, product or service that you really love and now is the time to support them," said Skalesky.

For more information on which retailers are participating in the program visit Itsallrightthere.com

Ed Teplyski

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> RIGHTS ARTIST, FROM PG. 3

The exhibit will run until Oct. 31 and features 13 large installations throughout The Forks in Winnipeg where in addition to women's rights young artists are advocating for privacy rights, mental health rights, and gender rights among others.

"The artworks that they came up with were incredible. There are all different approaches ranging from very highly polished to multimedia artworks to some that are deliberately simplistic," said Fitzhenry.

Like most events occurring this summer, this exhibit also had to adapt to new safety measures which have been put into place.

"[Originally there was going to be] an outdoor and an indoor version. Covid-19 kind of messed up those plans but we decided to proceed with the outdoor exhibition and we hope that the outdoor exhibition will be popular with people who may be still a little reluctant to go into indoor venues," said Fitzhenry.

The installations are arranged so that visitors can start at one end and walk completely outside throughout The Forks along the paths and see all of the artwork. There are also QR codes at each installation which link to descriptions of the art for people with visual impairments or anyone that wants to learn more about a specific piece.

To learn more about this exhibit visit humanrights.ca/exhibition/articulate-our-rights.

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The Selkirk Record

Good things come in threes

The Selkirk and District Community Foundation appoints new board members

Submitted by the Selkirk and District Community Foundation

Shauna Curtin, David Thorne, and Brandon Sutherland have all been appointed as new board members of the Selkirk and District Community Foundation

Shauna Curtin

Accepting a nomination to the SDCF board of directors was a no brainer for Curtin, who says the Foundation's work is right up her alley.

The Secretary of the Winnipeg Police Board since 2018, Curtin calls St. Andrews home, before her present position, she was the Assistant Deputy Minister for Manitoba Justice, Courts Division, and before that she worked for the Government of Yukon as the Acting Director of the Women's Directorate and in the Department of Justice.

"The idea is funding worthwhile things that are at the grassroots level that ordinary people in the community can be involved in that really support vibrancy and that prevent people from going down other roads," Curtin said.

"If there are activities available or programming available, a lot of times that support families to be part of their community and improve life overall."

David Thorne

Also appointed, Thorne is a St. Cle-

ments resident who is thrilled to be taking a seat on the SDCF board.

"I've always believed in making Selkirk a little bit better and working with reputable groups and organizations to achieve those goals," he said.

Thorne recently returned from Montreal, where he was the Assistant Chief of Police for CN Police Service, North America. He is presently the Commanding Officer of the Prairie Division for the CN Police Service, based in Winnipeg. He joined the RCMP in 1991, working both in Saskatchewan and Manitoba, including a stint as Officer in Charge of the Selkirk Detachment from 2009 to 2011. He retired from the force in 2015 and spent two years with the City of Selkirk as the Director of Protective Services.

Thorne has been a supporter of the SDCF for years and in his various roles has presented to the board many times.

"The Selkirk and District Community Foundation has a fantastic reputation and an excellent path forward and it's something I definitely want to be part of," said Thorne.

Brandon Sutherland

Sutherland is the third new member to the board, and at 24 years of age, he's the youngest as well.

He is a Selkirk resident, has been volunteering in the community since



RECORD PHOTOS SUBMITTED

Left to right: David Thorne, Shauna Curtin and Brandon Sutherland have been appointed to the Selkirk and District Community Foundation's board.

he was 18, and he credits his grandfather, Wayne Sutherland, long time Lord Selkirk School Division board member, for fostering his desire to give back.

"Seeing some of the volunteer hours that go into these programs, I got to a point in my life after my dad passed away that I decided to take that step forward, at a young age because who knows how long everybody's got, what time's left? I decided to turn that over at the age of 18 and start volunteering as much as I could," Sutherland said.

When he was nominated to the SDCF board, he was humbled and thrilled to be accepted. He'd received a scholarship through the Foundation when he was in high school and had

worked closely with the Foundation when establishing the Parker Sutherland Environmental Fund in his late father's honour.

"I kind of got to see both sides - I got to see the side of being a recipient of a scholarship and then setting up a fund to be able to give one out."

Sutherland is the Manager of Geller's Design/Build/Landscape company and hopes other young people are inspired to start volunteering as well.

"I sure hope to set an example to people to volunteer at a younger age and start to see that giving back aspect at the age of 18 or whatever, even younger than that," he said.

Selkirk thrift stores open for business

By Katelyn Boulanger

Selkirk's thrift stores Twice Over and House of Economy have recently reopened to the public after having been closed due to Covid-19 restrictions.

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at Pembina & Grant

"It felt really good to be able to re-open because with a lot of our customers they depend on our store. It was a good feeling but it was still a scary feeling. You're trying to take every precaution that you can," said Colleen Girling, the president of the House of Economy.

Both stores were able to open with the loosening of Covid-19 restrictions Twice Over on June 16 and House of Economy on July 6.

"[Business has been] really crazy busy. Our sales, since we've reopened, have almost doubled," said Tammie Bedard the store manager of Twice Over.

Proceeds from Twice over support Nova House while proceeds from the House of Economy support the Selkirk Friendship Centre, the Gordon Howard Centre, the Selkirk Community Art Centre, and the House of Economy Community Group.

Both stores are taking safety seriously with reduced store hours, one-way isles, and hand sanitizer being offered at the door. They both have also closed the change rooms for the time being.

"The first thing that we did was we put up shields like all other stores. We're limiting it to five customers in the store. All our staff wears masks and hopefully when people come in to shop they will wear a mask but it's an optional thing," said Girling.

"You constantly have to clean the doors, clean the counters, sanitize things. We have a sanitizing spray for the clothes. Everybody that has to come in has to hand sanitize," said Bedard.

Something that other stores don't have to contend with but both these businesses are navigating is accepting donations during this time.

"We've been taking appointments for drop off. There have been a lot of

donations. People have had a lot of time on their hands for cleaning but it hasn't been too bad. We get really, really full and then we don't take donations for a couple days and then we make enough room for more," said Bedard.

At this time both stores are also imposing a limit of the number of people that can be in the buildings at a time. This can sometimes cause there to be a line up outside.

"Just be patient with us. We're trying our hardest to keep it open. There will be times when [residents] come to our door and we have to say 'Sorry can you wait a few minutes? We already have five people in there,' We just would like our customers to be patient with us. We're trying our hardest to make everybody happy," said Girling.

To set up a donation time at Twice Over residents can give them a call at 204-785-9484.

Annual Teulon Tractor Pull cancelled due to COVID

By Jennifer McFee

For more than four decades, the Teulon Truck and Tractor Pull has been a much-anticipated event for folks in town and far beyond.

Like many other outings this year, the 2020 event has been cancelled due to COVID-19.

Bert Campbell, who co-chairs the tractor pull along with Garry Dola, takes a moment to reflect on the history of the event.

"Last year was 45 years. In the beginning, the tractor pull was just a little bit of a demonstration that went on at the fair in Teulon, and then they hooked it up with the fair and the rodeo. The tractor pull was on the Friday night and Saturday afternoon and the rodeo started after that," he said.

"Then they both decided to part ways because it was too hard to track the people and the costs. That's when the tractor pull went to the August long weekend, but a lot of people like to go to the lake or camping so we moved it to the third weekend in August."

When they first started out pulling in Teulon, they used to use what farmers called a "stone boat," which is a plate to haul stones off the field, Campbell explained.

"A small tractor would hook onto the plate and they would put a bit of weight on it. There would be guys standing on either side of the track," he said.

"As the tractor pulled the skid down the track, more guys would step onto the plate, which would make it harder to pull by adding weight. That was the original way."

In a later rendition, the event would feature a 45-foot hay trailer with a friction plate under the front by the kingpin.

"A contractor loaded a little Caterpillar tractor onto the trailer. As the tractor pulled the skid down the track, he would go forward with the Cat, which added weight to the skid plate and made it harder to pull. This was the most unsafe thing you saw in your life," Campbell said.

"When the tractors started to get the big modified engines with big power, they couldn't do this anymore."



RECORD FILE PHOTO

The annual Teulon Tractor Pull will be cancelled this year due to the coronavirus pandemic.

In fact, at that time, they had close to nine locally built modified tractors within a few years, Campbell added.

"First was Alec Dawson with Ol' Blue and Jack Palen with Midnite Mistake and Victor Dola and Sons with Farmer's Dream, which was the first multi-engine tractor around here. Wakshinsky Bros came along with Sod Buster, also a multi-engine at the same time," he said.

"Don Dufner was one our first Americans who came up here with The Green Goat in the mid '80s. Duf still comes here today with the Goat. Don is now 83 and still having a ball."

The Chamber of Commerce sponsored the pull at first, and they built a sled over the winter from scratch.

"They had a couple of big rails and a friction plate at the front with a big cable on it and a box off an old dump truck that they put a bunch of cement weight in it," he said.

"The cable would pull that box forward and it looked like a real sled. It was pretty crude but it did the job."

As the tractors continued to get bigger and more powerful, they started renting professional sleds, including one called the Bumblebee Sled from South Dakota.

At the time, all of the sleds needed to be pulled back up the track throughout the competition. It was a real game-changer when they started us-

ing a self-propelled sled with a motor that originated in Virden.

Over time, they connected with the Red River Valley Pullers Association, which had their own sled.

"They would come up here with a number of pullers and we would pay them to put on a show. We would add our own antique tractors in our area and stock four-by-four pickup trucks," he said.

"Two-thirds of our pullers are up from the United States and the sled comes from the United States, hence the main reason we're not having the tractor pull this year is we can't get the Americans up here — and we're not sure if we want them here this year anyway."

The entertainment has also changed over time, with plenty of memorable events to captivate the crowds.

"The first time we stuck our necks out, we had a heavy horse pull. It was really amazing to watch how the horses would get way down and almost drag their bellies on the ground as they tried to drag that heavy weight. We've also had a slow tractor pull where they have their John Deeres to see whoever can move the weight in the slowest amount of time," Campbell said.

"Then we stuck our necks out again and tried a combine demolition derby for about four or five years. There

were actual old combines that guys don't use anymore. You'd have someone riding in the grain tank spraying water at each other's motors and trying to kill the engine. They would plough into each other."

A weekend dance in the arena used to draw crowds to see live bands perform, along with involvement from a radio station.

"There was lots of variety over the years. It was really busy, but it was a pile of work and we just couldn't get enough people who wanted to do it anymore," Campbell said.

"But we made money over the years doing and we donated tens of thousands of dollars, to put it mildly."

Recipients of donations include the Liliane Baron Breast Cancer Support Group, the Teulon and District Museum, the Children's Wish Inwood and Woodlands chapters and the Teulon centennial celebration and fireworks. For at least 25 years, the local firefighters association has also received \$1,000 donation, which is usually presented at the annual Firefighters' Ball.

"Other groups that have benefited include the Teulon and District Lions Club, which has run the barbecue and canteen for as long as I can remember. The tractor pull has never taken a cent of commission, so all the revenue they gain is totally theirs. I think it's one of their biggest fundraisers every year," Campbell said.

"Volunteers from the Teulon Curling Club run our gate and we give them \$1,500 every year for that. In addition, they run the beer garden and we don't take any commission for it."

Generally, the sponsorships pay for the event advertising and the admission costs go towards the community donations.

"We donate it all. When we're done, we just have a little bit of money left over to start out the next year," Campbell said.

"There's been lots of variety over the years. We've had all the big stuff that you'll see just about anywhere. Now it's really exciting with the super stocks and the pro stocks and the smokers. It's always lots of fun and we're looking forward another 3,000 seats in the seats for 2021."

Manitoba government further extends state of emergency

Submitted by Manitoba Government

The Manitoba government extended the provincewide state of emergency under The Emergency Measures Act to continue to protect the health and safety of all Manitobans and reduce the spread of COVID-19.

The extension takes effect at 4 p.m. today, Tuesday, July 14 for a period of 30 days.

A state of emergency allows the government to take quick action to support Manitobans when they need it most. The state of emergency was first declared on March 20 by the powers

set out in section 10(1) and 10(2) of The Emergency Measures Act to enable the province to respond to the COVID-19 pandemic. It was further extended on April 18, May 17 and June 15.

For additional information and to view the state of emergency and pub-

lic health orders, visit www.manitoba.ca/covid19/soe.html.

For more information on The Emergency Measures Act and a state of emergency, visit:

<https://web2.gov.mb.ca/laws/statutes/ccsm/e080e.php>.

Flora Easter to represent in National Pageant

Supporting a good cause and representing St. Andrews

By Katelyn Boulanger

St. Andrew's Flora Easter will be representing the area in the Miss Teenage Canada pageant, which has been pushed back to late August this year due to Covid-19.

"Participating in a pageant has always been a dream of mine. I used to watch movies as little kid and was introduced to them through the bigger pageants like Miss Universe and I really liked the idea that you could be perceived as both beautiful and smart because at the age I was I only saw that you could be labelled as one or the other," said Easter.

She is a recent graduate of Sisler High School and moved to St. Andrews about six months ago.

Miss Teenage Canada is a version of the Miss Canada pageant for younger contestants.

"I think just the entire experience is something that I'm looking forward to. I've never been to Toronto and I want to know what it's like," said Easter.

She also looks forward to being able to dress up in a way that we rarely do in everyday life anymore.

"I don't know another time in life that you get to wear a tiara and that's also really great," said Easter.

Before the pageant, she's been building a platform having chosen to bring awareness to the water crisis for many First Nations communities

"I, myself am Indigenous and my uncle is the chief of my reserve which

is Easterville. [The water crisis] something that I've noticed a lot growing up and something that I've always heard of and it seems to be a persistent issue that hasn't gone away even though there have been solutions proposed and there are ways to fix the problems," said Easter.

"My uncle says that because there isn't enough awareness and people don't know what's happening, there isn't enough support for the Indigenous people to get water to their communities."

She feels that now with Covid-19 it is especially important to have clean drinking water in communities so that they can stay healthy during this pandemic.

"When I first talked about pageants and first wanted to participate in them it was sort of about me wanting to achieve my own dreams and to pursue my own goals but just this past year thinking of ways [to help] and learning more about the crisis I find that I feel like it's no longer about me anymore. It's more important that I get the word out there. Even if I don't win or am not really successful in this pageant I would still be really proud that I got the opportunity to spread awareness about something that I'm really passionate about," said Easter.

To ensure the safety of the contestants the pageant will be putting into place safety measures and there will be no audience this year.



RECORD PHOTO SUBMITTED

Flora Easter will be representing St. Andrews in Miss Teenage Canada's 2020 competition.

Building their church

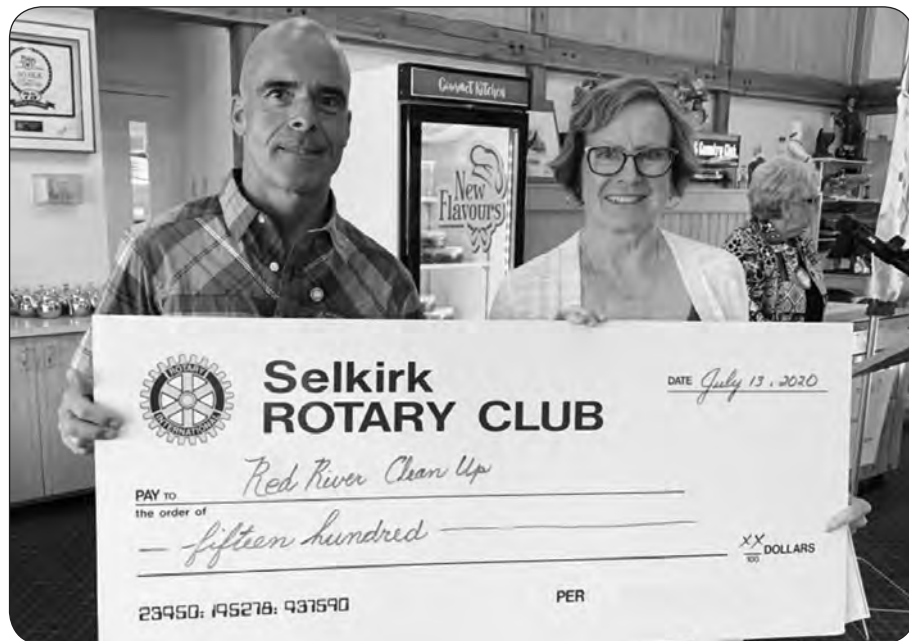


RECORD PHOTOS BY KATELYN BOULANGER

Above: Cross Roads Church celebrated their new church expansion project with a sod turning ceremony on July 19. Pictured Pastor Neill Stitt, James Bezan, members of the church's building committee, and church elders. Right: Bezan (left) speaks beside Stitt at the ceremony.



Rotary gives back to three groups



RECORD PHOTOS SUBMITTED

The Selkirk Rotary Club made three presentations to local organizations on July 13. \$1500 was presented to Red River Cleanup Operation, \$500 to the LSSD Food Hamper Drive, and \$3500 to the Selkirk Food Bank. As well, a generous donation of \$680 was received from a group of Selkirk, Petersfield & Clandeboye residents who regularly attend Rotary Lobsterfest which had to be cancelled this year due to Covid-19. Left: Past President Sharon Moolchan of the Selkirk Rotary Club giving \$1500 to Robert Belanger for the Red River Cleanup Operation. Right: Moolchan presenting \$3500 to Lesli Malegus for the Selkirk Food Bank.

Carin' for Karen golf tournament raises \$20,000

By Becca Myskiw

Over \$20,000 was raised at a golf tournament on June 27 for Karen Bridgwater and her battle with cancer.

Bridgwater was diagnosed with the disease almost seven months ago. She said after feeling unwell, she took a sudden trip to the Selkirk hospital and from there she was sent to St. Boniface.

The doctors told Bridgwater she had a bowel obstruction, which she later found out was caused by her cancer.

"Well that was the least of my worries," said the 57-year-old.

During her surgery for the obstruction, the doctors found that Bridgwater's tumors are wrapped around her organs and a vital artery near the gall bladder. In other words, her cancer is inoperable.

So, Bridgwater went for three

months of chemotherapy — but her body didn't accept it at all. Her tumors grew by another third of their size in those three months.

Then Bridgwater started doing naturopathic treatments to boost what the chemotherapy does. According to the Canadian Cancer Society, naturopathic medicine "is a system of healing that focuses on supporting and stimulating the body's ability to heal itself."

For Bridgwater, it's done just that.

In the last three months, her tumors haven't grown at all.

They also haven't decreased in size. But she said she's feeling healthy otherwise and is able to carry on gardening, mowing the lawn, and doing the things she likes to do.

"I'm very lucky with my quality of life," she said. "Everyone's body reacts

differently to treatment."

The naturopathic treatments, however, are very costly and Bridgwater has to pay out of pocket for them. That's why Colette Banks and a few of her friends organized the Carin' for Karen golf tournament at Inwood Golf & Country Club.

Banks said the idea came from the group of friends feeling helpless and wanting to do something for Bridgwater.

"We were never dreaming it would raise this much money," she said. "It's just a testament to how loved she is in this community."

Banks said they didn't publicly advertise the tournament, but the support was crazy. They had 134 golfers (all of whom adhered to social distancing guidelines) along with many silent auction donations.

In less than a month, the tournament raised \$20,162 — every cent will go to Bridgwater, who plans to use it for her naturopathic treatments.

Those treatments make living with cancer easier for Bridgwater.

"It gives me a little bit of hope," she said. "It just made me realize that you need hope and that's what all these people gave me."

**"IT JUST MADE ME
REALIZE THAT YOU
NEED HOPE AND
THAT'S WHAT ALL
THESE PEOPLE
GAVE ME."**

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Rooting for the home baseball teams

St. Andrews and Selkirk team up to create a new baseball association

Submitted by the City of Selkirk

Kids will have more opportunity to play baseball this year and into the future because of the newly created St. Andrews-Selkirk (SAS) Baseball Association which is bringing the City and RM together for some summer fun.

"I think people are excited to get the opportunity to play. I know I talked to a few parents who have been going to St. Andrews, or Winnipeg or East Selkirk to play and to be able to just stay in Selkirk takes a little bit of a load off them that they don't have to be driving all over the place to play baseball," said Selkirk baseball coach Michael Buffie.

This opportunity came about when he and St. Andrew's Lisa Duguay teamed up fielding two 15U teams, an 11U team, two Grand Slams for ages nine and under and three Rally Cap teams for kids aged four to seven.

"We had great help from parents

in the community who came out to be coaches and now it's great that Mike [Buffie] is on board to take the program to where it should be," said Shelly Leonard, Program Coordinator for the City of Selkirk.

"We try to help in any capacity to assist the community when there's a program that needs some assistance, whether it be tennis or baseball or soccer, that is our role."

To help out, Leonard applied for grant funding to buy equipment and the city-funded costs for training and certification for local coaches. She's now turned the equipment over to SAS.

In total, the city donated the following to SAS:

- 11 baseball helmets
- 8 baseball gloves
- 2 small and 1 medium back catcher sets
- 3 back catcher helmets
- 20 baseball bats

- 40 baseballs
- 12 thick white baseball bases
- 10 flat bases
- 5 T-bases & T's
- Hammers and tape measures

"We're really excited to support a sport, or any recreation activity, that's filling an



RECORD PHOTO SUBMITTED

Selkirk and St. Andrews kids have more opportunity to play baseball thanks to the newly created St. Andrews-Selkirk (SAS) Baseball Association

identified gap," Leonard said.

After being delayed due to COVID-19, Buffie had hoped to field teams in all age groups but is happy nonetheless with getting the teams together that they did in what has become a shortened season.

"Obviously, this year didn't go as we originally had hoped and planned, and we have less teams than anticipated," he said.

Once the Province released its Return to Play policy and the City of Selkirk approved it, the teams were off and running but had to follow restrictions including an absence of high fives among other safety measures.

"Usually the parents grab the foul balls and give them back to the team, but they're not supposed to touch them now so we have to go get our own fouls," Buffie said.

Each team brings its own ball onto the field when they're playing defence, so there's no sharing of balls or any other equipment.

"It's all very bizarre to see but we're doing our best to make sure everybody's staying safe," said Buffie.

The 11U team won their first outing and, though the 15U didn't, the fact they took to the field was a win all on its own according to Buffie.

"The goal this year was to have teams at every age level, but it's a different year and we're hoping next year we'll be able to do that," he said.

The teams play out of the diamonds at the Selkirk Recreation Complex.

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The museum's many paleontology displays lay out a fascinating, ancient and dangerous world, now hidden by today's serene prairie. Located less than 90 minutes south of Winnipeg, the Canadian Fossil Discovery Centre houses the largest collection of marine reptile fossils in Canada.

The star of the collection is Bruce the mosasaur, who – at 13m long with teeth to match – would have dominated the water during his lifetime, 80 million years ago.

The museum is open seven days a week! Check out the Aquasaur Theatre and the Agassiz Activity Room, where kids and adults alike will leave amazed by fossilized discoveries. Even better, book a VIP tour with a knowledgeable tour guide for a behind the scenes look!

After enjoying the museum, discover the fantastic shops, restaurants and parks of Morden, as well as a great campsite and beach at Lake Minnewasta. Even gorgeous hiking trails are just a short drive away at the Pembina Valley Provincial Park, known for its red tail hawks and bald eagles.

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Dear Residents of Selkirk,

On behalf of the **Manitoba Metis Federation (MMF)**, I would like to express my sincere apology that we were unable to bring our historic Manitoba-wide fireworks display live to the City of Selkirk.

Unfortunately, last week Selkirk City Council did not provide the approval required to put on this spectacular display in your beautiful City. It will now be another 50 years before our children and grandchildren can celebrate a milestone anniversary and showcase our pride in this diverse and beautiful province that we all helped build.

The MMF and our Métis 150 Committee are determined to prevent COVID-19 from stealing the opportunities to celebrate the 150th anniversary of Manitoba joining Canada as the fifth province in Confederation. The Métis Government gave all Manitobans a chance to celebrate this historic year with your loved ones and to forget about the stresses of COVID-19 – even for just a moment.

This memorable event was for all families. Manitobans across the province were able to enjoy spectacular fireworks displays from their backyard, vehicle, or window. From Turtle Mountain and St. Malo, through West St. Paul and in between Winnipeg to Churchill, many villages, towns, and cities joined in this one-of-a-kind celebration – while maintaining pandemic protocols – and making history.

We welcomed everyone to tune into the MMF website to watch a livestream of the fireworks and celebrate together. We brought live displays to as many communities across Manitoba as we could to unite families across our beautiful province for a once-in-a-lifetime celebration.

We have heard your disappointment. We find it discouraging that Councillors Buffie, Swiderski, and Poirier voted against the celebration. This, coupled with a vote to abstain by Councillor Cook, prevented bringing this once-in-a-lifetime opportunity to your City.

On the other hand, we commend the commitment of the City staff and the continued support from Mayor Larry Johannson and Councillors Lori Fiddler and April Hourie. The City of Selkirk has been a long-time supporter of the Métis and of the MMF. We look forward to maintaining our partnership, holding future events, and making other significant investments in your community.

If you were unable to watch a fireworks display in a neighbouring host community, the celebrations were recorded and are available to view online at www.mmf.mb.ca.

Meeqwetch,

David Chartrand, President
Manitoba Metis Federation

Your FARM



Does your canola need protection from sclerotinia stem rot?

Submitted by Clint Jurke

Should I spray for sclerotinia stem rot? Canola growers in Western Canada are often challenged to find a satisfactory answer to this annual question. In reality, we don't need very much infection to justify a fungicide application.

When considering the total cost, a fungicide would only have to preserve around three bu./ac. of yield to break even. This economic threshold should be easily achieved in a high-yield canola crop growing in an area with a history of sclerotinia stem rot.

The general rule is that yield loss is roughly half of the "incidence rate," which is the percentage of plants infected in a field.

If 10 per cent of plants are infected,

yield loss will be five per cent. For a 50 bu./ac. canola crop, the three bu./ac. threshold would be a six per cent loss—so that means around 12 per cent of plants would have to be infected. With moderate amounts of moisture before, during and after flowering, this 12 per cent incidence rate could be fairly common in any canola growing area of Western Canada.

What is a moderate amount of moisture? Kelly Turkington, plant pathologist with Agriculture and Agri-Food Canada, provides this rough guide: Rainfall amounts of least 5-10mm more than two days a week and daily minimum relative humidity (RH) over 80 per cent is enough for the sclero

Continued on page 16



SUPPLIED PHOTO

Spore-infested petals landing on leaves and stems provide the entry point for sclerotinia stem rot. Fungicides on petals and leaves prevent this infection.

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Your FARM



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tinia stem rot infection cycle.

Basically, if topsoil underneath the canola canopy has moisture for most or all of the day, this promotes germination of sclerotia and production of apothecia, the tiny mushrooms that release sclerotinia spores. Continued humid conditions in the canopy will provide the moisture needed for infection.

The decision to apply a fungicide to prevent sclerotinia stem rot may be generalized by answering these four questions:

- Have environmental conditions prior to flowering been moist enough for apothecia development and survival? (A few rains and humidity commonly above 80 per cent in June is usually enough.)

- Is the canola crop canopy dense and yield potential high? (If your pants get wet when scouting canola

mid-day, the canopy is probably sufficiently dense and humid for disease.)

- Does the weather forecast predict precipitation and/or humidity during the flowering period?

- Is the pathogen present in sufficient quantities? (With moisture and a history of sclerotinia stem rot in the area, you can assume the answer is yes. To find out for sure, Spornado from 20/20 Seed Labs or DNA-based petal testing kits from Quantum Genetics and Discovery Seed Labs can identify the presence of spores.)

If the answer is "yes" to all four questions above, then spraying is generally recommended. If the answer to some of the questions is "no" or uncertain, then the decision is more difficult. Perhaps an easier approach is to identify the situations where risk is limited.

Factors that decrease risk:

- Dry conditions through the flowering period will decrease the risk of economic yield loss from sclerotinia stem rot.

- A poor canola canopy that allows for a lot of air flow will reduce canopy humidity, and it also signals lower yield potential.

- Below or well-above average temperatures (less than 10°C or greater than 25-30°C) and limited rainfall. Risk is limited when current conditions are dry, max daily temps are 30°C or more, and forecast to continue for seven to 14 days.

Farmers and agronomists often ask whether heavy rains or continuous rains will reduce the risk. Continuous rain events can wash off of petals from plants, remove spores from the air and trap spores in water droplets that form on the tops of the apothecia. But rain events that actually reduce

sclerotinia stem rot risk would be unusual.

If conditions are right for disease and farmers decide to spray, the spray window for most fungicides is 20 to 50 per cent flower. Many products also allow for two applications, which can provide a return on investment in high-risk situations with good moisture, high yield potential and an extended flowering period.

For lots more on this topic, including videos and helpful links, please read "Factors in the sclerotinia spray decision" at canolawatch.org.

—Clint Jurke is agronomy director for the Canola Council of Canada. Reach him at jurkec@canolacouncil.org.

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Your FARM



Interlake crops thrive with good weather despite dry conditions

By Sydney Lockhart

Interlake crops are thriving as weather conditions remain next to perfect for farmers.

"Most are about a month away from harvest. Lots of the crops look extremely good," said Terraco agronomist Ryley Holod.

This year farmers are expecting to produce an abundant harvest with such healthy crops.

"The crops are looking pretty good better than they have in the last few years. The last few years have been dry in general," said Ryan Hueging director of Manitoba Wheat and Barley Growers Association and farmer in the Woodlands area.

At the beginning of the growing season some canola farmers experienced issues with flea beetles attacking their crops, causing them to reseed parts if not all of their fields. However, with the good weather conditions they have made a healthy comeback.

Grasshoppers were also an issue with some of the highest numbers seen in years. The Interlake area does not spray for them which means it's an added cost to farmers to keep them away from their crops.

"People have had an impact of them, it's really a headache," said Hueging, "Grasshoppers eat any grain material, they eat the leaves and leave the stock and can kill the plant, it will prematurely ripen and not develop like it should."

The number of grasshoppers was expected to be high this year, but it was not anticipated just how extreme the numbers were going to be.

"Last fall we noticed the grasshopper numbers started to increase, this summer we saw the grasshoppers appear early and in large numbers," said Holod.

The warm humid weather has been

beneficial for the crops, however if one thing could be improved it would be the amount of rain as crops are on the dry side.

Because of the dry weather not all cereal crops such as wheat, barley, and oats were able to reach their full potential as they dried a bit too early.

"Wheat and barley, hay for cattle – it's been a struggle, it's been dry, there was winter kill with some alfalfa," said Hueging.

Hay has had a better year than last year when it struggled but it is still below average for hay crops due to the dry weather.

"More people are going to be buying hay so the price I would assume will go up again this fall," said Holod.

He added that more producers are opting to grow corn for silage oppor



RECORD PHOTO BY LANA MEIER

Continued on page 18

Farmers throughout the Interlake are optimistic about their crops this season.

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Your FARM



Veterinary urges owners to be aware of heat stress

By Becca Myskiw

July and August are the hottest months in Manitoba with an average temperature of 26 degrees Celsius, according to current results. With hot weather comes humidity — and the government of Manitoba is reminding animal owners to be aware of heat stress.

Heat stress, also known as heat exhaustion, is the same in animals as it is in humans. The government of Canada says the burden of heat in the body causes a rise in core temperature.

In animals, there are various visible signs of heat stress: difficulty breathing, excessive panting, drooling, bright red gums, anxious behaviour, excessive water consumption, vomiting, diarrhea, weakness, collapse, and seizure.

Dr. Luc M. Versavel at Equi-Tech Veterinary in Stonewall said heat stress can cause an animal's organs to fail and they don't always recover. The best way to combat that, he said, is by using common sense.

Versavel said the most common

cause of heat stress in animals is from being left in a car with the windows up on a hot day. He warns pet owners to never leave their pets in the vehicle under the sun.

"It's the same rule of thumb as in people," he said. "They need access to shade, drinking water, and they can't be overly active on hot and muggy days."

Versavel said he only sees one extreme case of heat stress a year, which means most pet owners in his area are cognizant of the heat.

There are ways to stop heat stress from getting to the point of a vet visit, though, as outlined by the provincial government.

If a pet owner notices less severe symptoms of heat stress, they should take them into a cool area immediately (air conditioning or near a fan). They can wrap them in a wet towel, splash cool water on them, and give them lots of water to drink if they aren't yet vomiting.

Some animals are more susceptible to heat stress than others — those with a dark and thick or long coat,



RECORD PHOTO BY MJ HEAPS

Veterinarians suggest using water to keep dogs from overheating in extreme weather.

flat-faced animals such as a pug, overweight animals, very old or very young animals, naturally hyper pets, and those with underlying medical conditions like heart or lung disease.

Versavel said to treat the pet the

same as a human in this case. When it's hot outside, the owner should play with their pet inside and avoid vigorous activities. Even if the home doesn't have air conditioning, he said it's not a problem.

> CROPS, FROM PG. 17

tunity instead because of the difficulty Hay has been having the past few years.

Even with the weather on the dry side the Interlake area has been lucky with the lack of extreme weather and storms.

"We've been fortunate that we've been getting just the right amount of rain. We've had the hail and bad storms miss us," said RM of Rosser and Stony Mountain barley, canola, sunflower and soybean producer Chris Stewart.

Areas outside the Interlake such as Brandon and Elie were hit with multiple inches of rain and hail, in many

cases damaging crops this season.

Aerial spraying has not been as abundant this year, enabling producers to be able to do their own ground spraying.

GPS systems are used within aerial spraying planes to shut off at the ends of the field to prevent any drifting to neighboring crops or ditches.

"Aerial spraying is done if the ground is too wet but that hasn't been the case," said Holod.

Sunflower and corn crops are some of the few that are still more often sprayed aerially because they are taller and tightly packed meaning aerial spray does less damage to the crops as they aren't being trampled by ground sprayers.

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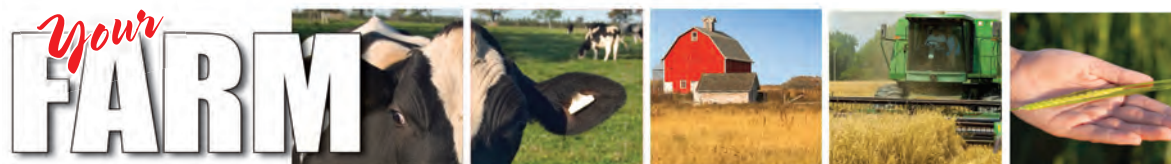
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New program announced to help agri-processors mitigate the spread of COVID-19

Submitted by Manitoba Government

The governments of Canada and Manitoba announced a new \$3-million cost-shared Canadian Agricultural Partnership program to support projects that will help agricultural processors mitigate the spread of COVID-19, federal Agriculture and Agri-Food Minister Marie-Claude Bibeau and Manitoba Agriculture and Resource Development Minister Blaine Pedersen announced Monday.

"Food producers and processors have had to deal with so many new challenges over the past months, while continuing to supply Canadians with the high-quality food they produce. Manitoba processors have stepped up to deal with those challenges, just as Canadians have never been more appreciative of the importance of our food supply chain," said Bibeau. "The funding our two governments are delivering together today gives Manitoba processors an extra financial boost to adjust to the challenges presented by COVID-19 and help keep their workers safe."

"A COVID-19 response for the agri-food and agri-product sector is needed to ensure processors can adapt, recover and maintain competitiveness," said Pedersen. "The pandemic has required them to make changes to their operations and enhance

their employee protections. Manitoba's food and agri-product processors are significant contributors to our economy, so we are pleased to offer a program that helps respond to these challenges."

The new COVID-19 Response Initiative will provide financial assistance to agri-food and agri-product processors, food distributors and agri-food industry organizations for:

- personal protective equipment and sanitation supplies;
- business continuity practices, training and resources to support COVID-19 mitigation; and
- beginning in September, financial assistance will also be available for materials, supplies and equipment rentals needed to adapt production processes to meet social distancing and other precautions related to COVID-19.

Eligible costs must be directly related to the execution of a project and must be incurred between April 1, 2020, and Jan. 31, 2021. Projects must be completed on or before Jan. 31, 2021.

Governments will contribute a maximum of 50 per cent of eligible project costs, up to \$25,000 per applicant.

Agriculture and Agri-Food Canada's Emergency Processing Fund (EPF) is a federal investment of up to \$77.5 million to help companies implement

changes to safeguard the health and safety of workers and their families due to the impacts of the COVID-19 pandemic.

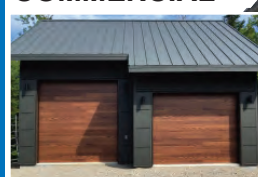
The five-year, \$3-billion Canadian Agricultural Partnership includes \$2 billion for cost-shared strategic initiatives delivered by the provinces and territories and \$1 billion for federal programs and services. For more information, visit www.canada.ca/Agri-Partnership.

Funding applications are available on the Manitoba Agriculture and Resource Development website, at <https://www.gov.mb.ca/agriculture/canadian-agricultural-partnership/ag-action-manitoba-program/financial-assistance-covid-19.html>.

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Four things every family must do in Winnipeg this summer

Save your summer AND win big

Taste top-notch eats. Play a little. Ponder. Add a night at a cool hotel with a waterslide and you've got the makings of one memorable family weekend. Winnipeg has heaps of neat things to do. Make this the summer to finally do some of those things. Simply add some fun to your usual shopping run and create your own staycation. You may even win something!

Eat

St. Norbert Farmers' Market has sweet homemade pies, juicy fruits, unusual vegetables—mao gua anyone?—and farm-fresh everything. Early Saturday, roam the local market for a breakfast of buns or pizza (no judging).

If you're stocking up at some of the big box stores on Kenaston—hello IKEA meatballs—nosh at Nuburger, or the newly opened Frankie's Italian Kitchen & Bar. Or at any number of restaurants along Academy and Corydon Avenues near Assiniboine Park.

BDI on Jubilee is a classic go-to for its famous 'Goog' Special, or for a healthier choice, the Cantaberry, because, duh, it's served in a cantaloupe. Dug and Betty's dreams up authentic treats like its Fog & Oats artisan cookie with London Fog ice cream and triple oatmeal cookie. Ice cream pics are the best – go snap happy on the family treats.

Play

Bring bikes along to ride the hilly—yep, hilly—bike trails at FortWhyte Alive's bison butte. Or, rent cruisers to ride the gentler trails. Take a break for some serious cloudspotting from the tree house or gambol on a baby bison walk.

Families love water. Head to a neighbourhood spray pad with younger children. Or take on the challenge of an escape room with tweens and teens. Lots of diversions exist to keep the kids cool.

Snap pics of the zoo beasts or sculpture garden in and around Assiniboine Park's really pretty, green space. Forgot your cricket bat? Toss a disc, kick a ball around or nab a snooze in the shade.



There are many scenic trails for families to explore at FortWhyte Alive. Photo courtesy of Mike Peters

Think

What was it like to live way up North long ago? Ponder that while examining the tiny and exquisite caribou and people at the Inuit miniature carvings exhibition at the Winnipeg Art Gallery. Download the booklet and delight in more than 100 carvings by Inuit artists portraying life in the North.

Partake of a provoking experience taking in Manitoba's human and natural history at the Manitoba Museum's 10 galleries, including the new Winnipeg Gallery.

Stay

With hotels offering great deals now, it's stress-free to dazzle up your standard "grab your essentials and go" trip. Stay overnight at a suburban place convenient to where you've got to get to. Or, opt for a place with a waterslide!

Downtown accommodation is within walking or quick-cab distance of The Forks, the Canadian Museum for Human Rights, the Manitoba Museum and St. Boniface.

While many hotels near the airport in the St. James District offer suites perfect for families, as well as themed indoor waterparks.



Post about your Winnipeg hotel stay using the hashtag **#SummerSavedContest** on your Facebook, Instagram or Twitter accounts. The more posts you share about your trip, the more entries you get! Proof of hotel stay between June 1 and August 31, 2020.

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get inspired

> MEAL IDEAS



Total time: 30 minutes
 Servings: 2
 2 rings freshly cored pineapple
 2 Lightlife Plant-Based Burger patties, thawed
 salt, to taste
 freshly ground black pepper, to taste
 1 cup baby arugula
 2 sesame seed burger buns, lightly toasted
 1/4 cup crispy fried onions
 2 tablespoons honey garlic barbecue sauce
 Heat grill to medium heat. Grill pineapple slices 4-5 minutes per side

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Burger with Grilled Pineapple and Honey Garlic Barbecue Sauce

until grill-marked and slightly caramelized. Cut slices in half and set aside. Wipe down grill to cook burger patties.

Season burger patties with salt and pepper, to taste. Grill 4-5 minutes per side until burgers are evenly browned with internal temperature of 165 F.

To assemble, layer handful of baby arugula leaves on toasted bottom buns, top each with burger and two cut slices each of grilled pineapple. Sprinkle on crispy fried onions, drizzle with honey garlic barbecue sauce and place toasted sesame seed bun on top.



Recipe courtesy of Annessa Chumbley, RDN, on behalf of the Seafood Nutrition Partnership
 Prep time: 5 minutes
 Cook time: 10 minutes
 Servings: 5
 10 wooden skewers
 water
 2 medium zucchinis, cut into large chunks
 2 medium bell peppers (any color), cut into large chunks
 2 red onions, cut into large chunks

Easy Shrimp Skewers

1 cup cherry tomatoes
 10-12 ounces cooked shrimp, peeled, deveined, tails on
 olive oil
 sea salt, to taste
 1 lemon, juice only

In bowl, soak skewer sticks in water at least 10 minutes to prevent burning on grill). Preheat grill to medium-high heat.

Build skewers by alternating zucchinis, bell peppers, onions, tomatoes and shrimp, pushing ingredients closely together on each skewer. Brush each with olive oil and sprinkle with sea salt, to taste.

Cook skewers about 9 minutes, rotating every 3 minutes until veggies and shrimp are seared but not overcooked. Remove and place on large platter.

Drizzle with lemon juice and serve.



Recipe courtesy of Annessa Chumbley, RDN, on behalf of the Seafood Nutrition Partnership
 Prep time: 5 minutes
 Cook time: 10 minutes

Servings: 4-6
 2 tablespoons olive oil
 4-6 salmon filets (each about 1-inch thick)
 sea salt, to taste
 1 can chickpeas, drained and rinsed
 1 can quartered or chopped artichoke hearts, drained
 1 cup diced cucumber
 1 cup diced cherry tomatoes

Seared Salmon with Mediterranean Salsa

1/3 cup diced red onion
 1/2 cup crumbled feta cheese
 1 handful fresh spinach, chopped
 balsamic glaze

In skillet over medium-high heat, heat olive oil. Sear salmon filets 4 minutes. Sprinkle tops of each salmon filet with sea salt, to taste. Flip and cook 4 minutes until barely done. Remove to serving platter.

In medium bowl, make salsa by gently folding together chickpeas, artichoke hearts, cucumber, tomatoes, red onion, feta and spinach. Sprinkle with sea salt, to taste. Drizzle with balsamic glaze and spoon salsa over each salmon filet.

Refrigerate leftover salsa.



Pulled Pork Sliders with Tangy Red Slaw

1 pound pulled pork, heated through
 1/4 cup hickory smoked barbecue sauce, warm

12 small pull-apart dinner rolls, split crosswise and lightly toasted

To make slaw: In large bowl, combine oil, vinegar, sugar and cayenne pepper; whisk to combine. Add celery, bell pepper, onions and red cabbage; toss to coat.

To make sliders: In medium bowl, mix pork and barbecue sauce. To assemble, spoon pork evenly over bottom half of each roll. Top with slaw and top half of each roll.

Note: If desired, slaw can be served warm. In saucepan over medium-low or medium heat, cook slaw about 5 minutes, or until heated through, stirring frequently.

Prep time: 25 minutes
 Servings: 6
 Slaw:
 1 tablespoon olive oil
 2 tablespoons apple cider vinegar
 3/4 teaspoon sugar
 1/8 teaspoon cayenne pepper
 1/4 cup thinly sliced celery
 1/4 cup finely diced green bell pepper
 1 cup Aunt Nellie's Whole Holland Style Onions, drained and coarsely chopped
 1 jar (16 ounces) Aunt Nellie's Sweet & Sour Red Cabbage, drained
 Sliders:

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Miami the heart of Manitoba's harness racing for 2020

By Becca Myskiw

The Manitoba Standardbred Racing Industry Inc. isn't letting COVID-19 stop them from racing.

When most tracks across Manitoba closed their gates because of the pandemic, Miami opened theirs. Now, for ten weeks, they'll be hosting Manitoba's harness racing.

Race secretary for Miami Agricultural Society Jan Moody is also on the Manitoba Standardbred Racing Industry Inc. board. She said they didn't think they'd be able to race at all this year, so being able to is something they won't take for granted.

"This is a way the industry can progress," she said.

The races are also bringing tourism and support to the town of Miami. Moody said the racers are renting barn space and camping spots, they're giving business to the local businesses, and the races are bringing outsiders in.

Each harness race has five to eight horses. They run a mile, which is two laps of the Miami track, and the first horse to cross the finish line wins. In total, Moody said there are 70 to 80 horses signed up to race this season.

Because of the pandemic restric-

tions, only 200 people are allowed to watch in person. Moody encourages people to show up early to ensure they get a seat, but if they can't make it in, each race is broadcast across Canada thanks to simulcast racing.

That means people can bet in person and online.

Vice president of the Manitoba Standardbred Racing Industry Inc. Mike Williams said they've been racing on the Manitoba circuit for 119 years. They usually race in six or seven towns throughout the summer, but right now they're just grateful to race at all.

"It's a privilege," he said. "None of us thought we'd be able [to race] because of the COVID-19."

The first races were on July 11. Williams said the grandstands were full that day with 200 people who came out to watch.

On July 18, the rain didn't stop over 60 people from coming out to place their bets.

Harness racing will be on in Miami at 1:30 p.m. every Saturday until Sept. 12 when the finals will dig up the track. Admission at the gate is \$5 a person and children 12 and under get in for free.



A car drives around the track then opens the gates to start the race.



RECORD PHOTOS BY BECCA MYSKIW

The second race was a close finish.



Munchie Chris won the first race of the day.



Logan, left, Nathan, middle, and Owen ate hot dogs while watching the races.

Fainting goats make good pets on Eriksdale farm

By Evan Matthews

If an animal faints under normal circumstance, one might consider themselves worried. However, at Northwoods Farm near Eriksdale, a fainting goat is perfectly normal.

Christina Kallstrom, owns and operates Northwoods Farm, located five kilometres south of Eriksdale, right off Highway 6. The farm has a cattle operation, as well as a petting zoo (including fainting goats, Nubian goats, a pot-bellied pig, donkeys and miniature horses, and chickens).

"I always loved fainting goats since I was little, so we built the barn and I thought, well, I might as well get the donkey, too. But the pig came with the donkey, and then I just figured why not chickens?" said Kallstrom, laughing, and adding that she actually uses the products produced by the animals to make other products.

"I milk the fainting goat, and I make goat's milk soap and lip balm. It started with my daughter, who has really sensitive skin. I was doing research, and read goat milk soap is good for people with sensitive skin, and it all started there," she said, specifying that she then sells the products at the Eriksdale and Lundar Farmer's Markets, as well as smaller craft sales. Kallstrom said she's registered with Health Canada to ensure her products meet standards.

Northwoods Farm also has a presence at the Lundar Petting Zoo, she said, as Kallstrom sits on the board for the Lundar Agricultural Society.

As with many industries, Kallstrom said COVID-19 through her operation for a bit of a loop.

"I wasn't sure there would be any markets or anything this summer, but it sounds like things are easing," said Kallstrom. "Otherwise it's been really good. We love the animals, making the products, and participating in the



Kallstrom's finished products, labeled Northwoods Farm Soaps, is all made with local product right at the farm.

community markets."

For those who don't know, Kallstrom said when fainting goats get highly excited or scared, they actually faint.

The goats will fall over, Kallstrom said, and after about 30 seconds the goat pops back up as if nothing has happened. The fall doesn't harm the animal in any way, she said, and each animal has its own degree to which it faints.

"My buck is very sensitive on the scale... When he faints and gets up, he looks like he's in pain and very stiff, but he's fine. The babies run around, faint, and then get right back up," said Kallstrom.

"I love them so much. They're the best, and they make great pets. Everyone is always worried about having a goat as a pet because they'll jump up on your car, but fainting goats don't have that ability... They're really popular," she said, adding that she has been a registered breeder for five years, but has already had an overwhelming number of calls for 2021. Next year's litter is already spoken for,



RECORD PHOTOS BY ALYSSA KALLSTROM

Christina Kallstrom sits outside at Northwoods Farm with her fainting goats, from left to right, Ariel, Olivia, Oreo and Elsa.

she said.

This is also the first summer that two of Northwoods Farm's "young boys," Willy and Pogi, are staying on Goat Island at Steep Rock.

Northwoods Farm always welcomes

guests, according to Kallstrom, and anyone interested in visiting the farm can call Kallstrom at 204-214-1170 or email at ckallstrom@outlook.com.

Driver fatigue leads to crashes: Manitoba Public Insurance

Submitted by MPI

With summer holiday road trips now in full swing, Manitoba Public Insurance is raising awareness about the dangers of driver fatigue on average, 75 crashes each year in the province are tied to some form of driver fatigue. Some of these crashes are fatal.

In a recent poll conducted by Manitoba Public Insurance, almost half of 800 respondents reported driving while drowsy/sleepy.

"Survey data confirms people are pushing themselves when fatigued. Raising awareness about this issue is

important as we enter into summer where traffic volumes on our highways typically increase as people travel to holiday destinations," said Satvir Jatana, Vice President, Employee and Community Engagement, Manitoba Public Insurance.

"Some drivers may be tempted to push themselves to drive for longer periods of time to get to their holiday destinations more quickly, but doing so could lead to unnecessary collisions. Driver fatigue is a concern to everyone on our roadways."

When traveling on summer road

trips alone or with family, it's important that drivers remember to build in time for frequent breaks to ensure a safe arrival. Drivers should also build in time for potential travel delays due to severe weather, traffic congestion or road construction.

"We encourage all drivers to self-monitor and be aware of the symptoms of fatigue," said Jatana. "This means recognizing when you are too tired to be behind the wheel. Pull over, rest and continue on when you're alert and completely awake. It's better to arrive late than not at all."

Fatigue warning symptoms to watch for while driving:

- Can't stop yawning
- Trouble keeping your eyes open
- Can't remember the last few kilometers you've driven
- Car starts drifting within your lane
- Unable to concentrate and find that your thoughts wander

If you have one of these symptoms, it's best to get off the road and to find a safe rest area to take a nap.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Mariners' Minor Baseball program a huge hit in the community



By Brian Bowman

The St. Andrews/Selkirk Mariners' Minor Baseball program started earlier this month and it's already being applauded as a huge hit in the community.

In its first year, the Mariners' program is hosting three Rally Cap teams (for ages seven and under), three Grand Slam teams (ages nine and un-

der), an 11U team, a 15U team and a 15U "AA" team.

"It's been great so far," said Selkirk convenor Michael Buffie, noting the St. Andrews' convenor is Lisa Duguay. "Obviously, COVID threw us a bit of a curveball and things had to get moved around quite a bit. But now that we're out on the field and the kids are playing, it's been great. We've had a lot of great feedback from the coaches, the players, and the community.

"It's been really cool to be part of that."

Games are being played in both Selkirk and St. Andrews, depending on the age level.

Buffie is very pleased that they were able to put together three different teams at the two younger-age levels. He expects the program to grow even more next season.

"It's awesome," he said. "It just shows that there's interest. It's where

you have to start because there hasn't been a whole lot of opportunity for kids to play baseball in Selkirk. If we're able to build a really good grassroots program, then it's just going to (grow) into our older ages as well. The City of Selkirk has done a really good job. I've been helping develop a program with them the last couple of years to build up that grassroots and now that we have taken it over, we have continued to grow it."

In years past, Selkirk kids have played for teams in St. Andrews, East Selkirk, Winnipeg and even Springfield.

The Mariners' older-aged teams have some players that reside in Winnipeg.

"The cool thing on our 15U "A" team, there's a lot of kids that this is their first year playing organized ball,"

Buffie noted. "To be able to give those kids the opportunity to play organized ball, I think, is awesome."

Buffie also coaches the Selkirk Royals' high school baseball team. The Mariners' program will only help to develop local players to be able to compete at the high school level.

"Long-term it's going to be really cool to see what effect this has on the high school program," Buffie said. "I think you're going to see a lot more depth come in. The one thing that I really enjoy about high school baseball is that you get four or five kids that play high-level baseball at "AAA" but then you get a bunch of kids who like baseball but never played it before.

"Now, to give those kids a chance to experience it at a younger age is only going to help the program."

18U Pirates 3-0 last week

By Brian Bowman

The North Winnipeg Pirates had a really good week.

North Winnipeg swept the Elmwood Giants in an 18U "AAA" baseball doubleheader - winning by scores of 8-4 and 5-1 - last Saturday at Koskie Field.

"We started slow, giving up a couple of runs early and then battled back in both games," said Pirates' head coach Gary Dear.

In Game 1, North Winnipeg's Brett Zeller was 3-for-4 while Game 2 saw the Pirates' throw three of their first-year players on the mound.

Ethan Minaker got the start for the Pirates, allowing an unearned run in the first inning before striking out the side in the second.

Keenan Allen and Noah Contreras closed out the game on the hill.

Last Friday, North Winnipeg's game against the St. James A's was rained out.

On July 14, the Pirates blanked the Giants 5-0 at Koskie Field as Zeller pitched the first 4 ½ innings. Wyatt Whitwell and Dylan Duguay came on in relief and threw well to preserve the victory. Both players had not pitched in a game for a very long time, noted Dear.

"Those guys are just such good ath-

letes that I wanted to see what they could do and now I think I found myself with a closer in Duguay now," Dear said.

North Winnipeg (6-5) battled the Bonivital Black Sox this past Tuesday but no score was available at press time. The Pirates will then host St. James next Tuesday in a doubleheader.

In 15U "AAA" play, North Winnipeg blasted the Bonivital Black Sox 18-8 at Provencher Park on Sunday.

Last Friday, the Pirates suffered their first loss of the season after getting edged 5-4 by Winnipeg South at Charleswood Place.

North Winnipeg, now 6-1 and tied for first place with the 6-0 Brandon Marlins, will host Bonivital Wednesday and the Interlake Orioles on Friday at the Sunova Centre. First pitch for both games is 6:30 p.m.

Meanwhile, the 13U Pirates lost 15-12 to the St. James A's last Thursday.

On July 14, North Winnipeg trailed Red River 14-6 when their game was suspended.

The Pirates (3-4) visited Winnipeg South this past Tuesday but no score was available. North Winnipeg will then play at St. James this Thursday (6:30 p.m.).

Strikers lose WWSL opener to California Raisins

Staff

The Tri-S Strikers started their Winnipeg Women's Soccer League Division 2 season with a 5-2 loss to the California Raisins on July 14.

Tri-S made the move up to Division 2 this summer after winning Division 3 last season.

Six teams will be competing in Division 2 this season.

The Strikers will play Gateway Celtic this Thursday at 10 p.m. at Shaughnessy Park in north Winnipeg. Tri-S will then take on Heat FC on July 29 at 8 p.m. at Shaughnessy Park.

Interlake Blue Jays' Sunday doubleheader postponed

Staff

The Interlake Blue Jays' Manitoba Junior Baseball League road doubleheader against the Pembina Valley Orioles was postponed on Sunday.

No, it wasn't poor weather. It was a lack of players by the Blue Jays.

The two games will be rescheduled at a later date.

Last Wednesday, the Blue Jays lost 6-5 in an extra inning to the St. James A's in Winnipeg.

Ben Anderson led the Interlake with three hits while teammates Devon Cassan and Liam Allen each had two hits. The Blue Jays' runs

were scored by Cole Olfert, Anderson, Jeremy Wasilewski, Kaden Stewart and Thomas Waldner.

Interlake RBI's came off the bats of Anderson (two), Allen (two), and Cassan.

Noah Cnockaert-Ducharme pitched five innings for the Blue Jays. He was relieved by Brittney Langlais and Allen.

Interlake, now 6-4, will visit the Carillon Sultans (4-8) on Wednesday at 7 p.m. before hosting the Pembina Valley Orioles (6-3) Friday (7:30 p.m.) and the St. Boniface Legionnaires (2-8) Sunday (7 p.m.).

Albert finishes second at 2020 Junior Women's Championship

By Brian Bowman

Selkirk's Mikyla Albert finished second overall at the 2020 Junior Women's Championship presented by the Alex & Peggy Colonello Foundation at the Selkirk Golf & Country Club last week.

Albert carded rounds of 80, 79 and 82 for a 242 total. She admitted that she was disappointed in those scores and felt she should have scored "a lot lower."

Still, she was just two strokes back of 14 year old Crystal Zamzow, who fired rounds of 79, 77, and 84. Those are great scores for a 14 year old.

"That's amazing because I definitely was not there when I was 14," Albert said. (Her future) is very bright."

Albert had her sights firmly set on winning the championship in her final year of junior eligibility.

"To be honest, I'm a little upset but there's nothing I can do about it now," said Albert last Sunday. "Second place is a great finish for me."

Albert was the runner-up to Kate Gregoire of Quarry Oaks at the 2019 provincial juniors at Pine Ridge.

Zamzow held the lead all three days of the tournament. It was her first junior women's championship.

In third was Cala Korman, another 14 year old, who shot a final round 85 for a three-day total of 243. In the age division categories, Albert was tops in the 17- and 18-year-old division.

Albert, who has been battling a recent leg injury, plans to play in a few more MJT tournaments this season.

Sarah Farmer was the other individ-

ual in that age division. She finished the 54-hole event at 290.

Jewel Lafleche won the 12-&-under division shooting 208 for 36 holes. Zamzow won the 13- and 14-age division, Aarmon Dhillon of Elmhurst Golf & Country Club won the 15- and 16-age division with a 264.

Play was delayed twice during Monday's second round as thunderstorms crackled in the area.

In the men's championship, round two had to be completed early Tuesday morning due to play being called to darkness the night before.

St. Charles' Neel Soni shot an even par round of 70 during Tuesday's final round to hang on for a one-stroke victory over Breezy Bend's Braxton Kuntz.

Soni finished the 54-hole event with a 208. Finishing alone in third was Carter Johnson of the Rossmere Country Club who shot 70 during the final round for a three-day total of 212.

Wyatt Brooks, who golfs out of the Selkirk Golf & Country Club, finished 18th overall with a 24-over par 234. He carded rounds of 81, 74 and 79.

In the age group divisions, Brayden Boge of Pine Ridge won the 12-&-under division, Grady Chuback of St. Charles Country Club won the 13 and 14 division, Kuntz was tops in the 15- and 16-year-old division and Soni captured the 17- and 18-year-old division.

In the Junior Men's Interclub championship, it was team Rossmere No. 1 of Lachlan Allerton, Trey Ross and Carter Johnson shooting a best two of



RECORD PHOTO BY GOLF MANITOBA

Mikyla Albert, far right, finished second at the 2020 Junior Women's Championship last week at the Selkirk Golf & Country Club. Albert had a three-round total of 242, which was just two strokes back of Crystal Zamzow.

three 36-hole total of 9-over par 289. Armstrong, Payne Wood and Scott Just one back was the team of Jacob Miner of St. Boniface.

Strike Force lose close one to open season



RECORD PHOTO BY BRETT MITCHELL

Selkirk FC's Garson Lefteruk battles for the ball during MMSL action Monday evening in Selkirk.

By Brian Bowman

In most years, the Tri-S Strike Force would be in the middle of their Manitoba Major Soccer League schedule in late July.

But this, obviously, isn't most years. The Strike Force played their first 7th Division regular-season game of the season last Friday, losing 4-3 to Scrubs United in Selkirk.

Tri-S is back in action this Friday when it hosts SCM Academy. Game

time is 7:30 p.m.

Selkirk FC, meanwhile, hosted Lions FC in 1st Division play at the Selkirk Recreation Complex on Monday but no score was available at press time. Selkirk was originally scheduled to start their season against Bandits FC on July 13 but that game was rained out.

Selkirk FC will host the Hanover Kickers on Monday at 7:30 p.m.

Trstenjak wins 2020 Nott Autocorp Men's Amateur Championship

Staff

Marco Trstenjak of the Elmhurst Golf & Country Club won the 2020 Nott Autocorp Men's Amateur Championship on Sunday with a three-stroke victory over St. Charles' Neel Soni at the Glendale Golf & Country Club.

Trstenjak started the final round in a tie for the lead at 2-under par with 2020 Manitoba Junior Men's runner-up, Braxton Kuntz of the Breezy Bend Country Club.

He wrapped up his final round even par. Trstenjak, the only player to break par for the 72-hole event, played a steady final round that included three bogeys and three birdies.

He earlier carded rounds of 73, 68, and 73 to finish with a 286 total. It is the first men's amateur title for Trstenjak.

Defending-champion Colwyn Abgrall of the Southwood Golf & Coun-

try Club posted a 1-over par round of 73 on Sunday, moving him into the medals with a third-place finish.

Selkirk Golf & Country Club's Wesley Hoydalo was very good, finishing in a four-way tie for 10th overall. He fired rounds of 75, 71, 75, and 77 for a 10-over 298.

Pine Ridge's Noel Ngo wrapped up his play in a three-way tie for 29th after rounds of 76, 79, 73, and 85 for a 25-over 313.

Just a stroke back was Elmhurst's Ben Bandura (76, 77, 76, and 85) while his son, Brady, placed 54th after rounds of 80, 79, 79, and 92.

Elmhurst's Adam Ingram was 55th with scores of 74, 85, 84, and 89.

Next up is the Manitoba Senior Championship, which will be hosted by the Carman Golf and Curling Club, from July 27-29.

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28067 Boundary Rd, 1 mi south of Hwy 44, between Roads 28 & 29. Thursday, July 23, 3-7 p.m.; Friday, July 24, 9 a.m. - 7 p.m.; Saturday, July 25, 9 a.m. - 6 p.m.

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SUDOKU

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

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

Sudoku Answer

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

Crossword Answer



CROSSWORD

CLUES ACROSS

1. Central processing unit
4. Military action
10. How electricity gets to train carriages (abbr.)
11. Unsafe
12. Of (French)
14. Autonomic nervous system
15. Type of bean
16. Accuse formally of a crime
18. Promote
22. Type of lava
23. Meat from a deer
24. Herbaceous plants
26. Potato state
27. Helsinki neighborhood
28. Sports officials
30. Shout wildly
31. Reptile genus
34. Frocks
36. Born of
37. N. Scandinavian indigenous people
39. Poultry cage
40. Aquatic insect genus
41. Of I
42. Ad __: tirelessly repetitive
48. Item
50. Produce
51. Seedless raisin
52. Bond in a third party's control
53. Legendary character — Finn
54. Space station
55. Note at the end of a letter
56. In a way, contradicted
58. Midway between northeast and east

			1	2	3		4	5	6	7	8	9		
			10											
12	13		14											
16			17									19	20	21
22														
24							25		26			27		
							28		29			30		
31	32	33				34					35		36	
37				38			39							
40							41				42		43	44
48						49					50			
51											52			
											54			55
											57			
											58			
											60			

59. Bears important traffic
60. Brooklyn hoopster

CLUES DOWN

1. Presides
2. Artist's tool
3. On a higher floor
4. Commercial
5. Something to watch
6. Chased
7. Commercial producers
8. Keyboard instrument
9. Blue grass state
12. Phonograph recording
13. Unusual
17. Popular average
19. A native or inhabitant of Asia
20. N. Sweden river

21. Related on the mother's side

25. Mediator
29. Partner of to
31. Arm bones
32. Korean seafood dish
33. Tap of the foot
35. Astronauts
38. Carolina footballer
41. Indiana city
43. Of or relating to bears
44. Not widely known
45. Body part
46. At the peak
47. High-pitched cries of a cat
49. A way to intimidate
56. Prosecutor
57. Atomic #66

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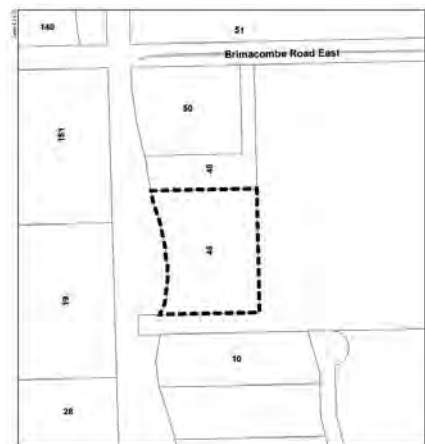
Under The Planning Act

NOTICE OF PUBLIC HEARING

Regarding Zoning By-law Amendment No. 4324

The Council of the R.M. of St. Andrews, under the authority of The Planning Act, will hold a Public Hearing at the Municipal Office Council Chambers, 500 Railway Avenue, Clandeboye, MB, on Tuesday August 11, 2020 at 5:00 p.m., at which time and place the Council will receive representations and objections, if any, from any persons who wish to make them in respect of By-law No. 4324, being an amendment to the R.M. of St. Andrews Zoning By-Law No. 4066, as amended. The general intent of By-Law No. 4324 is to rezone the subject property at 46 Minchull Road (Being Part of N.W. 1/4 SECTION 1-15-4 E.P.M.) from "A80" Agricultural General Zone to "SR" Seasonal Residential Zone within R.M. of St. Andrews Zoning By-law No. 4066. An illustration of the subject property has been provided below. This By-Law amendment is to facilitate a future residential development application for this subject property.

A copy of the above by-law and supporting material may be inspected between 8:30 a.m. and 4:15 p.m., Monday through Friday at the Red River Planning District, 806-A Manitoba Avenue, Selkirk, Manitoba. Seating at the planning public hearing will be limited to 8 people to accommodate social distancing. We ask that you contact the municipal office at 204-738-2264 or info@rmofstandrews.com to register your in-person attendance. Planning meetings will be available live through YouTube. The link will be provided at www.rmofstandrews.com. We request the public email info@rmofstandrews.com by 2 p.m. the day of the meeting to register to speak via telephone, and/or provide written comments to register whether you are for or against the application. During the meeting questions or comments can be emailed to tim@rmofstandrews.com.



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ANNOUNCEMENT

BIRTHDAY



Nick Panaschuk
90 Years Young

Sending you love and all of God's blessings on your 90th birthday.

Dad, we are taking some time to count our blessings and the many ways you've been a support and encouragement through the years. We are all blessed because we have you in our lives. We love you always! Happy Birthday Dad.

-Love, your sweetheart Rachel,
all of your children, grandchildren

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
Paul McCambridge

June 30, 1946 - July 26, 2011

We lost a father with a heart of gold,
How much we miss him can never be told;
He shared our troubles and helped us along,
If we follow his footsteps we will never go wrong.

-Love Bernadette, Mark, Keith, Sue;
grandchildren Lauren and Aidan

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

ANNOUNCEMENT

IN MEMORIAM



In loving memory of
Cynthia Anne Densley
February 15, 1949 - July 27, 2017
Not a day goes by
That we don't think about you.
-Loving you, Jim and family

ANNOUNCEMENT

IN MEMORIAM



Frances Taylor
July 25, 2019

Your life was a blessing,
Your memory is a treasure;
You are loved beyond words,
And missed beyond measure.
It was a year ago God called you to His house,
To be, again with dad, together;
If we had a flower for every time we think of
you ...
We could walk in our garden forever.
Life has to end, love doesn't...

-Larry, Sharon, Kristin,
Russell and Kevin

ANNOUNCEMENT

IN MEMORIAM

Dale Adam Chopek
May 19th, 1972 - July 24th, 2018
Your life was one of thoughtful deeds,
A helping hand to others needs;
Sincere and true in heart and mind,
Wonderful memories you left behind.

-Love Mom, your four children, your
brother, sister and Karen

OBITUARY

Catharine (Kay) Hunt

With deep sadness, the family of Catharine Hunt announce her peaceful passing on July 10, 2020 at the Maples Personal Care Home.

Catharine Clare Kelly "Kay" was born on November 20, 1928 in Humboldt, Saskatchewan. Her parents, Alphonsus Kelly and Catherine (nee Durkin) were from Ontario.

She was predeceased by sons David, Jimmy and Donald; her first husband Dean Nicolson and second husband Ronald Hunt.

Left to mourn, her son Dean Nicolson (Janice), sister Marion Henry and many nieces and nephews.

Special thanks to niece Kitty Kelly, Elaine (Tim Kelly) and friends Helga and Georgette. Many thanks to the staff at Maples Personal Care Home for their kind and compassionate care.

Cremation has taken place and a private graveside service at St.

Mary's Cemetery will follow at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Lyle Wilson

With sadness, the family of Lyle Wilson announces his passing on July 17th, 2020. He is survived by his children, Lynda, Deborah, Janine, and James; his sister, Ella; in-laws Lib, Glenn and Joan; nine grandchildren and seven great-grandchildren and many nieces and nephews. He was predeceased by his parents Russ and Mary; first wife Geraldine (Jerry) and his second wife Christina; as well as many in-laws.

Lyle was born and raised in Winnipeg. He and his wife, Jerry, moved to Lockport, MB and raised their family there. In 1979, they were moved to Victoria, BC by his company. They enjoyed their life there. In later years, he moved back to Selkirk. He enjoyed woodworking, golfing, bowling and curling and other activities. He moved to Sturgeon Creek II when he could no longer manage on his own. He loved all the different activities there.

There will be no service at this time. His ashes will be interred beside his first wife in Victoria, BC.

Rest in Peace Dad!

In lieu of flowers, donations in Lyle's memory can be made to a charity of one's choice.
Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Alice Davis

Peacefully, on Sunday, July 12, 2020, at Red River Place, Selkirk, MB, Alice Davis, passed away. In keeping with her wishes she will be interred with her parents at Chapel Lawn Cemetery.

Gilbart Funeral Home, Selkirk in care of arrangements.



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