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RECORD PHOTO BY KATELYN BOULANGER

The chapters of the Sikh Motorcycle Club of Canada took part in rides all over the country this past weekend to raise funds and awareness for the need to find a cure for diabetes. A local club made the run from Deacon's Corner to the Home Hardware in Selkirk where volunteers had pizza waiting. See more photos on page 11.

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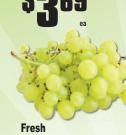




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Mounted Shooters riding into town

Get ready for an exciting show next weekend at the rodeo grounds

By Katelyn Boulanger

They may not ride into town exactly like an old western movie but members of the Manitoba Mounted Shooting Association are going to be making their way to Selkirk on Aug. 6 and 7 to participate in the Catfish Country Showdown.

"We're a group of horse enthusiasts

that compete in cowboy mounted shooting. Basically, what we do is we have two 45 single action Colt guns. They're real guns and we shoot 32 grains of the coarsest black powder you can get," said Shawn Parsons president of the Manitoba Mounted Shooting Association.

How the event starts is there are

ten balloons that the riders shoot per round and more than 80 race routes, known as patterns, that they could have to compete on. On the morning of the event, four of those patterns are chosen at random, one for each round, and then they get to it. The objective is to be the fastest rider to shoot down

"We cross over a timer. We draw our first gun, we shoot five balloons, and then we holster and we shoot the second five balloons [with the second gun] and go back over a timer," explained Parsons.

The main matches will be the revolvers but there will also be rifle and shotgun classes at the event which run similarly but, of course, are not exactly the same.

The Catfish Country Showdown was one of few events that was able to take place even with COVID-19

restrictions last year. It was a much smaller event as some competitors were not able to make it, however, that didn't stop it from being a great time for the competitors who were able to come down and participate.

"This year, it's going to be a lot easier with [no current COVID restrictions that] the government has in place. I'm expecting it, hopefully, it'll be a bit of a bigger event," said Parsons.

He is hoping for 20 -25 competitors to enter this year and invites anyone from the community who would like to come down and check out the event to head out. The event is free to attend.

Parsons also wants to assure anyone who comes to watch the event that there is no risk to spectators even though they are firing weapons.

Continued on page 9



RECORD FILE PHOTO BY KATELYN BOULANGER A competitor at the 2021 Catfish Country Showdown event.





Golfers get to hit the green for a good cause

Proceeds of Inclusion Selkirk's golf tournament to go building new resources in community

By Katelyn Boulanger

Many people will know of Inclusion Selkirk as an organization that helps people with intellectual disabilities and their families in our community. Some people may also know that they recently renovated their Eveline St. property in order to make the space better for those who use it, but, what residents may not know is that was only phase one of their plans. In phase two, they are planning to build a large multi-use space and one of the ways that people can help support this project is by participating in their 2nd Annual Golf Tournament which will be taking place on Aug. 25.

"It's open to everybody. We're going to have serious golfers there, as well as some not so serious golfers that are there because they are there to support Inclusion Selkirk, have fun, and find out about what we do in the community. The great thing about tournaments like this is they are open to all levels of golfing ability," said Merilee Mollard, head of Fund Development at Inclusion Selkirk.

The golf tournament will be a Texas

scramble and starts at noon on the 25th with registration starting at 10:30 a.m. The price is \$130 per player or \$500 for a team of four.

This is the second golf tournament that Inclusion Selkirk has hosted at the Selkirk Golf and Country Club but last time took place in 2019 because like everything else the continuation of this annual event was put on pause because of the pandemic.

"We actually had just dipped our toe in and we did a partial tournament where players got to use half of the course and it was limited players. But, we had such a good time, and we had so much outpouring of support that we decided we wanted to do a full day [of it this year]," said Mollard.

She says she's not exactly sure who initially cooked up the idea of the golf tournament in 2019 but since she and her husband are both golfers she thought it was a fabulous idea for an event to support Inclusion Selkirk. It also lets more people in the community know that they are a resource for people in the area.

Inclusion Selkirk has gone through a

lot of change over the past two years having to switch ways that they support people in our community from in-person to more distanced options which included the use of new technology. Now that pandemic restrictions have been lifted, they will be using the funds raised from this tournament for their building fund. In the future, they hope to use this fund to build a four-floor mixed-use building in the under-utilized parking lot just south of WishMe.

For golfers that want to participate, they can contact Mollard at 204-803-0873 or mmollard@InclusionSelkirk. ca.

"You don't have to be a pro-golfer to come and do our tournament [but Selkirk's golf course] in itself is a very challenging course, it's a historical course and has a great history of golf in Manitoba, so, if you are a good golfer you will still have a challenge in this course," she said.



RECORD PHOTO SUBMITTED

Maria Freeman and Liz Fey from Inclusion Selkirk are ready to tee up for Inclusion Selkirk's 2nd Annual Golf Tournament.



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The Clandeboye Pipe Band is back in action

Classes planned to resume in fall

By Katelyn Boulanger

The past two summers haven't been quite as busy in our community as they have been in previous years. That's changing in big ways with the Rodeo and other summer events coming back but it's also changing for smaller local groups like the Clandeboye Pipe Band who after some time off are starting once again to resume performances.

"The Clandeboye Pipe Band started with a group of people from the area that were interested in starting to play the bagpipes and drums again. Clandeboye historically, has produced a lot of bag-pipers and the Clandeboye area has produced a lot of bagpipers and drummers over the last 50 years and a number of us decided to get together and that quickly moved into a teaching program," said Dennis Schindler, pipe major of the Clandeboye Pipe Band.

He said that it started off quite informally and they've just gotten their first group of students back to the bagpipes.

"Now we're starting to perform in public and really enjoying it. It's a really good group of people we have now," said Schindler.

The band actually started in 2018 but members of the community may not have heard of it as they were just getting going before the pandemic, but they are right back to it now that restrictions have been lifted and will be accepting new students soon.

"We're going to be starting our new student program in September. We're doing performances, every three weeks this summer. And we'll be moving back into our teaching program in the fall . . . We've got a really a professionally run teaching program with some teachers and people that have been teaching for 50 years to give everybody a real sound grounding into the instruments," said



RECORD PHOTO SUBMITTED

The Clandeboye Pipe Band at their first performance of the year at the Selkirk Legion.

The teaching program doesn't require that students have any level of proficiency with the bagpipes or drums to start and takes place at the Clandeboye Community Hall.

"It's for just about everybody. We've had people come back after not playing for a while that have come back and joined us, we have people that have played in other bands that have joined us, [and beginners are also welcome]," said Schindler.

As for people who would like to get out and hear what the band has to offer, their latest performances have been at the Selkirk Legion as well as Folklorama. The group has future plans for a performance in Stonewall in addition to the Dufferin Gang Commemoration event which will take place at the Selkirk Legion on

Schindler says it feels great to be able to be out performing together again.

"It feels really good on a number or number of fronts — it feels good to rekindle some of those old friendships, number one. Number two, it feels good for those who have stayed

with the instrument over time to pass our knowledge on to those that may not have as much knowledge. It really just makes us so happy to watch these new students progress and I think that's the most satisfying thing about what we're doing right now is seeing there's a dedication to the instrument. These individuals we've had four adults that started with this, and they're able to perform in public so and seeing them improve every week and seeing them work hard, and just soak it up, that's the thing, at least to me, I get the most satisfaction out of," he said.

He encourages anyone who is interested in learning to play the bagpipes to follow up with them later this month when they will be accepting new students again and anyone who would like to attend their events

to come out.

"Come out and listen to the bagpipes. It's something that's not as common now as it was maybe 20 or 30 years ago in the area. You can see local people working hard at making music and we're keeping the tradition alive. It's getting better every week we play and we just really enjoyed playing for people,' he said.

To keep up with the Clandeboye Pipe Band check out their Facebook group at https://www.facebook. com/groups/Clandeboye.Pipes.and. Drums/.





Hotdog eating contest unleashed at 'First Farmer's' Market

LCDG invites residents to find out who will be the hotdog eating champion

By Katelyn Boulanger

Residents are invited to get an eyeful or possibly a mouthful at the Lockport Community Development Group's latest event. They are hosting a hotdog eating contest at the Aug. 14 'First Farmer's' Market to see who in our community can down the most dogs the quickest.

"We wanted to do something fun to get the community together and help bolster the market. This is, the St. Clements side of the bridge's first farmers market and we wanted to kind of just bring awareness to the area," said Mike Faires, chair of the Lockport Community Development Group.

The Lockport 'First Farmer's' Market Annual Hotdog Eating Contest will start at 1 p.m. on the 14th and the farmer's market takes place every Sunday from 11 a.m. to 4 p.m. at Heritage Park in Lockport.

The Lockport Community Development Group is a group of business owners and local people from the Lockport area who want to see the community thrive.

"With the construction of the bridge, we wanted to remind people that Lockport is a fun place to come to visit and hang out and learn things. Heritage Park is a great spot for the market and I think doing this Hot Dog Eating Contest is just another fun thing," said Faires.

Wayne McIntosh who is the owner of the Half Moon Drive In in Lockport and also a member of

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the LCDG will be the event's hotdog sponsor.

Faires reassures residents who might be interested in joining the contest that they aren't going to be eating a ridiculous number of hotdogs but that the goal of the contest will be to see who can eat the hotdogs the fastest.

He's also hoping that some local dignitaries might show up to participate in the contest and show their support for the local area but doesn't want to say exactly who they've invited just yet.

"If you're interested in signing up, send us an email and get all the info that you'll need," said Faires.

The Lockport Community Development Group's email is lockportcdg@gmail.com.

People coming to take part in the contest or go to the market should be aware that bridge construction on the St. Andrews Lock and Dam is still taking place and so a few minutes of extra time might be needed to get where you're wanting to go.

For people that prefer pizza to hotdogs, Faires still encourages them to come out and watch the competition.

"Come down. Check it out. There's obviously the market that is going to be going on. So, that's another reason to come down. This is just something to have some extra entertainment. If people want to just hang out here, Heritage Park is so beautiful.



METRO CREATIVE

The Lockport 'First Farmer's' Market Annual Hotdog Eating Contest will take place on Aug 14.

There's lots to see. There's lots of heritage plaques there to learn about Locks and this is just an extra reason to come to Lockport and to have a good time," he said.





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AUDIGY

We're back! Summer Winds Family Music Festival in Victoria Beach

By Laura Tutlies

Chilly outside with stellar music on stage, the 2022 Summer Winds Family Music Festival (SWFMF) in Victoria Beach put to rest an unwelcome two-year hiatus. Three years ago the Beaches Community Club hosted Randy Bachman and pulled in record crowds. Then the whole world changed, and concerts of this magnitude went silent.

"We're Back" was the mantra for 2022. It was on the wristbands and for many folks as this particular festival provided a chance to rejuvenate major family events such as reunions, weddings, birthdays, and (these days) postponed memorials. Actually, the landscape and the faces have changed a lot in the last couple of years, so the greetings exchanged on July 23 & 24, as families and neighbours gathered again, were heartfelt. Everyone has laid low during the pandemic and Summer Winds was a chance for hellos, hugs, and renewing friendships.

The idea for an outdoor music festival was hatched sixteen years ago by Glenn and Cathy Halgren because the community needed a new sports centre and curling rink. The entrepreneurial pair pitched the idea of a music festival as a fundraiser to the founders of the Beach Community

Since then, the Halgrens have co-coordinated the whole production. Today, a fabulous arena sits grandly on an approximately 5-acre lot near the entrance to the Victoria Beach cottage

It is a Beach tradition to host out-oftown family & friends who plan their summer vacations to coincide with the iconic occasion. Lori Vialoux, along with the Halgrens was an instigator when the festival idea was hatched in 2006. She noted: "My sister is in visiting from Ottawa. She has always planned her vacation around the festival. After two years without, it was not an option for her, or for me, to miss the return of music to Victoria Beach. I wasn't a volunteer this year," she said, "so I was able to visit with people whom I haven't seen for maybe two or three years even though we live in the same community. I guess I've become a bit of a hermit during the pandemic and although I don't mind, it is really great to get out for a social event. Plus, it is amazing how good the music that comes to the Beaches really is."

"It was a rocking good time" according to Greg McCombe who was a firsttime visitor to the event. This year the featured band was Streetheart, a huge draw for many who lived the music of the seventies and beyond. The headliner did not disappoint and the 'first timer' was suitably impressed that their set included the immortal 'Under My Thumb' a Rolling Stones cover for the award-winning band. Streetheart owned the stage.

There was no doubt that the sounds that made them famous were still strong and clear and very familiar to the many who came specifically to listen to the sounds of their youth. A musical concert is 50 per cent music and 50 per cent showmanship, and this band did not disappoint.

There were eight bands in the course of the weekend. Friday night featured Small Victories a five-member band who mix folk, blues, classic rock, and Country; they were followed by Banned & Outlawed a country music brother duo who last year had 4 nominations in the Manitoba Country Music category; then Almost Famous a cover-band who got the crowd singing then up dancing before handing the stage over to Prince of the Universe who wrapped up the night with their signature tribute to the British rock group Queen.

The Saturday night line-up was led by Brandi Vezina, a home-grown East Beaches girl who has taken her talent to the international stage; next up were The Goods with a bounty of frontline energy and rich harmonies who sang songs so familiar to the crowd that their leader said it was like having a teleprompter just reading the lips of the audience as they sang along to familiar lyrics. Then came the Bromantics, a gregarious quintet imported to the Beaches from Saskatchewan for the night. The gentlemen charmed the audience with their youthful revitalisation of 50's and 60's favourites and skilful use of brass instruments. In the words of Glenn Halgren, "This band, in particular, appealed to so many in the crowd, not just because the music was good but because so many of the [then] 16 to 20-year-olds [now] in the audience listened to these same tunes when their parents played them on their radios while these [then] kids were still pretty young". On this night, everyone was up dancing and joining in the conga line and twisting the night away at the behest of the musicians. "It just feels good to see everyone so happy!" said Halgren.

The Friday night crowd was in excess of 700 people while on Saturday the music lovers mushroomed to between 1200 and 1400. There were 108 volunteers along with hired security staff managing the ball field turned concert venue. The packed field had it all. A huge stage, a grass dance floor, terrific audio equipment, tents,



RECORD PHOTOS SUBMITTED BY LAURA TUTLIES

Performers from the Summer Winds Family Music Festival in Victoria Beach.



lawn chairs, picnic tables, food trucks and people, people. There were lots of lines - conga lines, liquor lines, WC lines, donut lines, popcorn lines, smokie and hamburger lines.

When the evening grew dark, the fish flies attempted to take over centre stage. They made a nuisance of themselves as they warmed their bodies close to the stage lighting. The

musicians suffered them with surprisingly good nature and as did one young guest commented "Oh well, one fish fly at a time, I guess," as he shooed them away. It is a pretty sure thing that neither the chill of the evening, the

skiff of rain that fell or the slight nuisance of the bugs will remain in memory. It was the excellent music under the stars with everyone glad to be out of the house and in the company of friends, that will be most remembered for the 2022 Summer Winds Family Music Festival.



Selkink Regard





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WHO declares monkeypox international public health emergency

By Patricia Barrett

The World Health Organization declared monkeypox a "public health emergency of international concern" or PHEIC a few weeks ago, signalling the seriousness of the spread of the virus to over 70 countries worldwide and the need for a coordinated effort to get it under control.

WHO director-general Tedros Adhanom Ghebreyesus made the declaration July 23 after a committee of international experts, which advises the WHO, met to discuss the multicountry outbreak but failed to reach a consensus on whether to declare the spread of the virus an emergency. The director-general reserves the right to declare a PHEIC and issue recommendations to deal with it.

The WHO's last declaration of an international public health emergency was in 2020 after COVID-19 cases accelerated around the world.

A PHEIC is defined as "an extraordinary event which is determined to constitute a public health risk to other states through the international spread of disease and to potentially require a coordinated international response."

Since Jan. 1, 2022, there have been 16,836 cases of lab-confirmed monkeypox, of which 16,593 cases (or 99 per cent) have been confirmed in counties that have not historically reported the virus. In total 74 countries have reported cases, 68 of which have not historically reported the virus, according to the U.S. Centers for Disease Control and Prevention (data as of July 22).

The virus is transmitted through skin-to-skin contact and with the body fluids and respiratory droplets of an infected person. It can also be transmitted through items such as towels and bedding. The number of lesions - flat, raised or fluid-filled that can erupt anywhere on the body vary from a few to several thousand.

Ghebreyesus said the implementation of a coordinated response should have a "goal of stopping human-tohuman transmission" of the virus. Efforts include strengthening laboratory

testing capacity, conducting genomic sequencing and contract tracing and isolating people until the infectious period ends. There should also be a focus on communication with and support of the communities at risk of exposure, which include men who have sex with men, bisexual and gay.

The majority of monkeypox cases so far have been confirmed in men who have sex with men, says the WHO.

Temporary WHO recommendations include preparing the health sector and related networks, such as dental practices and sexual health clinics, to respond to cases of monkeypox and stop its transmission, establishing national epidemiological surveillance measures and implementing interventions to avoid stigmatizing and discriminating against the populations affected by the virus. The promotion of personal protective measures and risk-reduction behaviour is also recommended.

Canada has reported a total of 803 cases of monkeypox (as of July 29), with 367 from Ontario, 359 from Quebec, 61 from British Columbia, 13 from Alberta, two from Saskatchewan and one from Yukon.

Canada's chief public health officer Theresa Tam said Canadian data show that 99 per cent of the cases are male with an average age of 36.

"In line with international trends, the majority of cases in Canada reported intimate sexual contact with other men," said Tam in a July 27 statement. "To date, less than one per cent of confirmed cases reported nationally were in females or people under 20 years of age. Although we are aware of international cases involving women and children, these account for one per cent or less of cases with available data."

The federal government has deployed over 70,000 doses of Imvamune vaccine to provinces and territories, said Tam, and is "working to secure future national supplies of both vaccines and therapeutics."

Other health news: The provincial government's CO- VID surveillance report for the week July 17-23 shows an increase in infections since the last reporting period.

There were 242 COVID cases confirmed by laboratory PCR testing, an increase of 71 infections from the 171 cases confirmed the previous week. There were also 45 new hospital admissions for COVID, with eight people requiring treatment in the intensive care unit, and three deaths.

Because of restricted PCR testing, provincial data is an undercurrent of the true number of infections. The province also doesn't track rapid antigen test results. There are no restrictions requiring positive cases to iso-

There were four new COVID outbreaks in long-term care homes during the reporting period, with two in the Prairie Mountain health region and two in the Winnipeg health region. There was also an outbreak at the Health Sciences Centre in Winni-

Manitobans continue to die from COVID, with the latest death toll at

-Emergency room services at the Eriksdale and Arborg hospitals is very limited for the period Aug. 1-15. Eriksdale's ER will be closed for 11 of those 15 days, and Arborg's ER will be closed for 11 and a half days. When there's no physician coverage, ERs are mandated to close.

ERs at Ashern, Gimli, Selkirk and Stonewall hospitals for the same time period show doctors available every day (across a 24-hour period).

The IERHA posts ER opening and closing times a few weeks in advance on the main page of its website at www. ierha.ca. Residents can also call 1-866-267-5818. Schedules could change after posting.

Residents can visit Doctors Manitoba's RuralCare.ca website for advice on how to access rural medical services and what to do in a medical emergency given the number of ERs expected to close or have reduced operating hours this summer.

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EDITORIAL

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

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Barrel racing is a sport that anyone can participate in

Brenda Cannon participates in Triple S Fair and Rodeo at 75

By Katelyn Boulanger

The expression that age is just a number is one that embodies Lockport's Brenda Cannon as she takes part in barrel racing events. At 75 she was the oldest barrel racer at the Triple S Fair and Rodeo this year and shows no signs of stopping.

"I grew up in St. Vital, where my dad had horses when I was a young

girl. We lived on Sterling Avenue and we had three acres and dad used to harness race at Assiniboia Downs,' said Cannon.

She says her father was a large part of her inspiration to get into barrel

"I've always had horses. [My dad] gave me a pony. When I was five years old, I rode a little pony and [later] he gave me a two year old part-Appaloosa and Arabian horse. [The horse] was pure white and then he was all around champion in '65," said

She also started barrel racing when she was young when going out to events with her father and that white horse who was named Thunder.

"My dad showed horses too and so, I'd go with my white horse and he goes his horse and we entered in different horse shows. . . and I usually did the events, which were the barrels, the poles, pleasure class and whatever he entered me and I went in," she said.

Cannon says that barrel racing has kept her hooked over the years because of the speed of the event but the horse's preferences are also important. For instance, she says that Thunder actually preferred the poles. He enjoyed running around the barrels but wasn't the biggest fan of running home. The horse that she rode in Selkirk a couple of weeks ago was Breeze and she was trained on barrels.

Because of the COVID-19 pandemic, rodeo participants haven't been able to participate in events like they were able to previously and the Triple S Fair and Rodeo was actually only the second event that Cannon participated in this year but she still feels that she and Breeze did well together.

"I went to one week before and she ran pretty good. We knocked a barrel on the first day [of the Triple S Fair and Rodeo) but the second day we did good," she said.

Cannon says that she doesn't really care if she wins events as it's more about participating for her.

"You're getting me up and going. And I just look forward to it, the running, racing out there and just having fun," she said.

She recommends that anyone who might be interested in the sport to be encouraged that it's something that they may enjoy.

"Horses are so nice and so personable and you can really bond you know, with them and they just make you happy," said Cannon.



RECORD PHOTO SUBMITTED

Brenda Cannon flying around the Triple S Fair and Rodeo course with her horse Breeze.

> MOUNTED SHOOTER FROM PG. 3

"We shoot blanks and that's 32 grains of coarsest black powder you can get and at 20 feet, it dissipates into nothing. There's no projectile, there's no actual bullet or anything like that. It's just black powder. The black powder burning is what actually causes the balloon to burst. From a safety perspective, it's totally safe for contestants and for spectators," he said.

Parsons says that his favourite part of these events are the people involved.

"We meet people from all walks of life. We travel a lot throughout North America, going to different competitions. A really big part of it is just the people are just awesome. Seeing the

great horses, and then also the actual competition itself with the horse management, there's a lot to it," he said.

People that think this sport is something that they may be interested in can follow the Manitoba Mounted Shooting Associations Facebook page at https://www.facebook.com/manitobamountedshooters/ where they have more information about clinics and where to start for beginners.

Parsons encourages residents to head out to the event and support the competitors.

"It's a fast-paced sport. Spectators absolutely love it," he said.

Watch out walleye



PHOTO SUBMITTED

Volunteers Wayne Gee of Walleye Anglers Association of Manitoba and Dan Whittaker of Soldier On helped make the Veteran Fishing Tournament which took place in Selkirk Park a successful one. Pictured: Gee and Whittaker with Selkirk mayor Larry Johannson.

Experienced artists showcase their passion at Gwen Fox Gallery

August exhibit runs until August 20

By Autumn Fehr

Art is everywhere, and it's important that it's celebrated and shared within the community to inspire others that want to contribute to the art scene they can do it.

The Gwen Fox Gallery has opened its doors to a new crop of artists on display for their August showcase.

From July 26 until August 20, the gallery will feature artwork by Shelley and Craig Eros, Andrew Zurawsky, Garth Palanuk, and Connie Wawruck-Hemmett.

The gallery is open Tuesdays to Saturdays, from 11 a.m. to 4 p.m., to view this month's featured artists.

Shelley Eros

Shelley Eros is an abstraction artist from Gunton who paints intuitively. Her work is primarily multimedia abstractions, but sometimes she ventures into landscape paintings. She uses all kinds of media, including oil, acrylic, charcoal, and ink, creating lots of texture and layers in her work.

She has 15 art pieces hanging up in the gallery for this month's show.

Shelley remembers doing art as far back as grade three.

"I just had the need to create. I didn't necessarily paint but I was into all sorts of things and always loved pot-



PHOTO SUBMITTED

Shelley Eros, Connie Wawruck-Hemmett, Garth Palanuk, and Andrew Zurawsky with their art at the Gwen Fox Gallery.

tery," said Shelley.

Shelley did pottery for quite a few decades before she got into abstraction paintings.

Because of COVID-19, it's in the recent present that she's been painting most, she said.

All kinds of people in art in general, like David Rothko and Joan Mitchell, have inspired Shelley with her artistic aspirations and fuelled her need to create.

Her late husband Craig Eros also inspired her work.

Shelley said what she paints and the medium she uses to paint it are inspired by the time she spends outdoors.

"I see all this nature...I spend lots of time near water and in the forest. All these things give me this sense of colour that I feel and when I get that feeling it inspires me to paint because I usually start with the feeling and then the colour," she said.

Her advice to new artists in the field is to always keep creating.

"Keep on doing whatever it is you want to try. Don't let anything or anybody stop you," she said.

Currently, Shelley is working on four specific abstractions, that are created from oil and cold wax. All the paintings are cohesive, and different, gallery-wrapped canvases - her favourite substrate.

Craig Eros

Craig Eros is Shelley's late husband

Continued on page 12



Correction

In the previous edition of the Selkirk Record Anna Janchenko's name was misspelled. We apologize for the error.

Ride For Cause... Let's End Diabetes





RECORD PHOTOS BY KATELYN BOULANGER

The Ride For Cause... Let's End Diabetes event hosted by The Sikh Motorcycle Club of Canada took place last weekend. A group of bikers made their way from Deacon's Corner to the Selkirk Home Hardware to raise funds for Diabetes Canada's End Diabetes Fund which supports research to enhance our understanding of diabetes and its prevention, causes, management, and cure.







> GWEN FOX GALLERY, FROM PG. 10

who died in October 2020. Before he died, she said they had planned to be featured in the exhibit together but then COVID-19 hit.

"I wanted to continue on and show his work as well as mine for this showing," said Shelley.

Art was always a part of Craig's life, as he started painting as a child. His work was done in acrylic, and he illustrated wildlife and fine detail in landscapes.

Eros has 10 of his pieces hanging up in the gallery.

Before he died, Eros was doing a lot of space art, shying away from his usual wildlife and fine detail in landscape work.

"Craig was exceptional at using an airbrush and he could mix colours exceptionally well. His deep space



Craig Eros

imaging paintings are really quite spectacular, especially with all the new telescopes images coming up – a lot of people are relating to these sorts of works," said Shelley.

Andrew Zurawsky

Zurawsky is a painter that resides in the East Kildonan area in Winnipeg but was prompted to come to the Gwen Fox Gallery in Selkirk through his friend and past president of the gallery, Garth Palanuk.

Zurawsky paints in watercolour and acrylic, painting various things such as landscapes, flowers, and heritage buildings like old churches. He has 15 pieces at the gallery for the August

He always liked drawing as a kid, but it was only about 30 years ago when he started to take it more seriously when he decided to take a course in watercolour painting in Winnipeg.

When he was first starting, it was his art instructor Roy Fijal who inspired

"After I learned the proper techniques, I could do more serious painting once I picked up on those," said

In his work, he has a lot of Ukrainian themes in what he paints, as it represents his Ukrainian heritage, such as Ukrainian churches.

"I like it because of the history of the people. When I paint the stuff, I always try to imagine what it was like when people lived there," said Zurawsky.

Zurawsky has no specific plans for the future with his work, but he knows he wants to continue doing what he's doing now.

"I enjoy doing it and it's a good way to invest your time," he said.

His best advice to people who want to take art more seriously is to learn from others, take what you know, and apply it to your work.

Belonging to an organization helps you learn from other people. You learn a lot from the people around vou, said Zurawsky.

"I think everybody has art in them. A lot of people say well I can't paint, but you have to start somewhere. Everybody starts somewhere and everyone's got something in them that's creative... and you learn along the way, you just have to keep trying," he

Garth Palanuk

Palanuk has drawn and painted for most of his life. He uses regular and coloured pencils, ink, pastels, oils, and acrylics to create his pieces. His most recent passion, though, has been using watercolours.

What he shows in his creations spans a variety of subjects, such as landscapes, structures, people, animals, and abstracts.

He wasn't as active with his art for a few years, but he still always intended to pursue it. For two years, Palanuk spent his time in Mbarara, Uganda, teaching, but he kept his art alive by drawing or painting the people, places, and animals around him.

After years of practicing, creating, and perfecting his work, he has sold his pieces worldwide.

Currently, Palanuk teaches watercolour painting at the Gwen Fox Gallery in Selkirk, Manitoba, while still creating his works of art.

To see more of Garth's works, visit his website at www.garthpalanuk.

Connie Wawruck-Hemmett

Wawruck-Hemmett is a primarily self-taught visual artist.

One of the people who inspired her to create was Ted Korol, who encouraged her artistic abilities throughout high school. During the troubling times that came through her life, she always leaned on art to help her through.

Over the past decade, Wawruck-Hemmett has spent more time creating, designing jewelry, ceramics, and painting with different mediums on many substrates.

Wawruck-Hemmett's work has been a part of many multi-artist shows and solo exhibitions. In addition, her work is held in private and public collections in Canada, the United States and Australia.

Still time to sign up for slo-pitch tourney

By Jennifer McFee

Teams are invited to step up to the plate and compete in a fundraising slo-pitch tournament in Stonewall.

The tournament takes place Saturday, Aug. 20 and Sunday, Aug. 21 at the ball diamonds at Quarry Park. The loss record and ties will be broken based on event serves as a fundraiser to benefit Danica and Abby's Village, a charity created in honour of local girls Danica deLaroque and Abby Margetts who died in separate tragic

Danica and Abby's Village aims to connect and build communities. One of the organization's major initiatives is to raise funds for rainbow buddy benches that encourage inclusion and friendship among children.

Tournament organizer Richard Klapp explained that the tournament will feature a round-robin format on the Sat-

urday, with teams separated into groups.

"They will play everyone in their group once. Once all games on Saturday are completed, teams will be ranked based on win/ total runs and runs against," he said.

"There will be a several 50/50 draws happening. Winning numbers will be posted beside the draw near the canteen. Each team must consist of at least four ladies and six gentlemen or five and five. Teams can have a max of 16 players."

So far, 19 teams have registered — and more are welcome to join the fun. Players need to be at least 16 years old to partici-

"All skill levels are welcome," Klapp said. "There will be a variety of prizes available for participants and for the winners. There will also be alcohol available for purchase and 50/50 draws happening.'

For more information or to register a team, contact Richard Klapp at 204-479-3760 or email danicaandabbysvillage@ gmail.com. Limited adult-sized T-shirts with the "Danica and Abby's Village" logo will be available for purchase at the tour-



PHOTO SUBMITTED



Countdown to Stonewall Quarry Days Aug. 19-21

By Jennifer McFee

The countdown has begun to one of the most anticipated events of the

Stonewall Quarry Days is coming back after a two year pause, with excitement building for the popular event this year — and for many years to come!

The weekend-long event will be jam-packed with family fun from Friday, Aug. 19 to Sunday, Aug. 21.

To kick off the festivities, The Washboard Union will draw crowds for a musical performance (sponsored by Access Credit Union) starting at 8 p.m. on the Friday at Veterans Memorial Sports Complex (VMSC).

After the concert, a fireworks display (sponsored by Rockwood Quarry Producers) will light up the sky starting at 10 p.m.

The Friday night street dance (sponsored by Maple Leaf Construction) will feature live music by hometown band Past the Perimeter at the Legion Beer Gardens starting at 10:30 p.m.

On the Saturday and Sunday morning from 8 a.m. to noon, a pancake breakfast will take place at the Stonewall Legion Hall.

The annual Stonewall Quarry Days parade will start at 11 a.m. from VMSC, meandering down 3rd Avenue South and 5th Street West to end on 1st Avenue North. All are welcome to submit a float for the parade, and applications are available on the

Stonewall Quarry Days website.

During the day on Saturday, Aug. 20 and Sunday, Aug. 21, excitement will abound at the Family Fun Zone (sponsored by TD Canada Trust), located in Memorial Park at the north end of Main Street.

On Sunday, car enthusiasts will be all revved up for the Show 'N' Shine (sponsored by Stonewall Home Hardware). Located at the south end of Main Street and in the VMSC parking lot, this event is open to all classic and special interest vehicles.

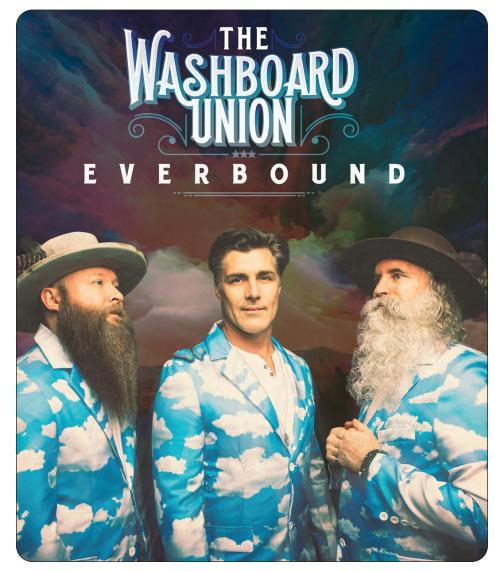
Throughout the weekend, you won't want to miss the chance to peruse the wares of local vendors, artists and food trucks.

And, of course, the Wonder Shows Midway will add excitement with rides open throughout the weekend.

Co-chair Toni deLaroque extends gratitude to all the sponsors, including the Stonewall Teulon Tribune, who help make this fun-filled event possible.

More information about Stonewall Quarry Days is available at the www. stonewallquarrydays.ca website, which was designed by one of the committee members. In addition, Little Quinn's Design Co., a local small business, designed the eye-catching

Updates will also be posted on the Stonewall Quarry Days social media pages.



RECORD PHOTO SUBMITTED

Washboard Union is one of Canada's preeminent country bands with 10 songs that celebrate the simple joy of life.



Communities Bloom 2022

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

> If you would like to enter a yard, please visit Selkirk Home Hardware customer service desk or email ads@selkirkrecord.ca and let us know whose place is looking great!





Luxe & Little offers all-natural mosquito repellent

LUXE @ LITTLE

"I HAD IT VALIDATED

BY A SCIENCE

PROFESSOR AND

IT'S ALL UNDER

A PROPRIETARY

FORMULATION."

By Jennifer McFee

A little goes a long way with an innovative vegan mosquito repellent featuring all-natural ingredients.

Luxe & Little, an Ontario-based business, is creating quite a buzz with its mosquito repellent candle and spray.

Entrepreneur Delight Greenidge explained that the gentle yet effective spray is safe for babies, children and people with sensitive skin.

"Our mosquito repellent spray is 100

per cent vegan, as all our products are. It's natural with no alcohol, no chemicals and no toxins," she said.

"We use premium quality ingredients — and not just premium by price but premium truly by quality. We use the highest grade of products that we source, and 98 per cent of them are from right here in Canada. These

products work really well — and they actually smell really good."

In addition to the well known citro

In addition to the well-known citronella scent, Luxe & Little's mosquitorepellent products contain special enzymes that are combined with essential oils of anise, eucalyptus, lemongrass and more.

"The candle and the spray work really well as a combination. And you can also use the sprays on their own if you're going hiking, biking or out for walks with the kids or dogs. There's no alcohol or chemicals to irritate your skin," she said.

"You just need a little spray because it goes a long way. Then you can be outdoors and you don't have to worry about being swarmed by mosquitoes. It's so effective and it becomes a really good barrier for your skin. It almost feels like a moisturizing lotion when you put it on."

The mosquito repellent can also be sprayed onto your hands and then dabbed onto your clothing, Greenidge adds. However, you'll want to avoid spraying it directly on clothing to avoid potential stains.

The impetus behind the creative

candle business stems from a sensory overload that Greenidge experienced at a barbecue four years ago.

While enjoying the get-together at the host's home, she became overwhelmed by a multitude of pungent odours mingling together — perfume, cologne, aftershave, hairspray, food, smoke, you name it.

"It was all coming together in one big mesh of a scent, and it really profoundly went to my brain," she recalled.

"I kept thinking on my way home that there must be a candle that would make the experience less jarring for me."

Greenidge had always loved candles and was determined to come up with one to neutralize strong odours. With help from her teenage son Spenser, she embarked on her entrepreneurial adventure.

"It was a lot of trial and error. The whole process took me nearly two years. I ended up with one formulation that worked on three com-



PHOTOS SUBMITTED

Luxe & Little candles are odour eliminating, 100% handmade with premium oils and the highest quality soy wax. The heat from the pure soy wax used in the candle will activate the enzymes, oils and react with the air molecules, replacing the smell with a fresh scent by filling the air pockets. PRICE: Soy Candles -Odour Eliminator - Package Set of 4 \$99.99 PLUS a FREE Bonus Odour Neutralizing Hand & Body 10ml Spray Valued at \$25.

pletely different unwanted smells — food odours, pet odours and smoke odours," said Greenidge, who formerly worked in the corporate world.

"I had it validated by a science professor and it's all under a proprietary formulation. We did a lot of blind testing across the country and we got really good feedback."

The long-burning luxury candles are made with premium pure soy wax, low-smoke wood wicks and essential oils. Odour-neutralizing hand and body sprays are also available.

"They remove unwanted smells from the air," Greenidge said. "They work really well." 2020, and the business continued to grow during the subsequent pandemic-restricted years.

Over time, they added more products — including the mosquito-repellent spray and candle.

Adding to the unique approach, the candles come in eco-friendly hand-crafted cement container vessel that can be refilled. All Luxe products are refillable.

To learn more about Luxe & Little products, visit www.luxeandlittle. ca, email candles@luxeandlittle.ca or check out their social media pages.

A special mosquito repellent combo offer for Manitobans is on the website.



Citronella Anise Mosquito Repellent Candles-Soy Vegan, Organic are manufactured with a soybean carrier oil, eucalyptus base note, anise heart note and citronella top note. This combination plus our proprietary oil blends and repelling enzymes works to keep bugs away from you. Each citronella candle is a whopping 20 oz with a burn time of more than 100 hours. PRICE \$59.99 plus shipping.



Summer Executive Pack PRICE \$319.99 ON SALE for \$169.99 FREE shipping and includes: Planter + Refill; Ying Yang set + refill; 2 atomizer; and a 4oz refill. Mosquitos, sandflies and other bugs can give nasty bites and leave forever scars. Many people get seriously ill when bitten by these pests. Stay safe with Luxe Outdoor products, proudly Made in Canada!

From medicine to world renowned artist – making adjustments on a glass path

By Tammy Karatchuk

Gord Boyd had two ambitions in

One guided by his brain, the other by his heart.

However, the one in his heart travelled a different route.

"I was always interested in art," said Boyd. "Both of my parents are artists but I was never very good at drawing or painting. So I kind of figured ... art wasn't for me then."

Boyd found someone who was renting a building nearby who was doing torch work.

"We got to talking ... and he offered to give me a few lessons," and Boyd. "I took maybe two or three lessons

Boyd picked up the craft, and the guy recommended he attend Sheridan College in Ontario which taught creative arts - including glass blowing and design. Boyd admits he was a "little bit leery" for a couple reasons.

"At the time I was working at a credit union and I was going to go into medicine," said Boyd. "I was a smart kid so all of the teachers ... pushed me towards academics. I understand why they did that. So, I saw that as being the viable solution. Then I found this funny little British guy making glass on a torch, and I thought, man, this is really cool and I kind of want to do

However, Boyd wondered was this just as viable as medicine.

"I remember when I first met him, I asked, 'Do you make a living doing this?" " said Boyd, and the guy answered, "'I've never been rich, but I've never been hungry, and that's good enough for me.' I said 'that's good enough for me too.""

Next, Boyd had to break the news to his parents that medical school wasn't the plan.

"It's funny because it was almost the opposite of the typical story of when the kid wants to be an artist and parents are like, just be a lawyer or a doctor." He told his parents, "I think I want do art and my parents were like, 'Thank God. Be an artist.''

Boyd "took the leap" attained his Bachelor of Craft and Design in 2019, and he opened Lake Winnipeg Glassworks the same year.

According to Boyd, there are different glass blowing techniques.

"I think the one that most people are used to is the one that I do with a shop, a big furnace and the molten glass. Then there's the kind you can do where you have a torch and you heat up rods of glass to make sculptures," the technique Boyd first learned which he says is "traditional glass blowing."



Gord Boyd was inspired by the Manitoba crocus to create this limited edition glass blown Witch Ball for the Garden + Art Tour.

Boyd enjoys the challenge of working with glass.

"It's super hot, you're sweaty, it's heavy. It almost never does what you want it to do. And that feeling of reward when can you see something in your mind become real in front of you. That's what I love the most. Being actual able to make something."

The most challenge pieces are the glass carvings in his personal work.

"Not only do you have to hope that you made it right, but you have to hope you can carve it right," said Boyd. "It can be tough to get everything lined up right, plan it all right, and execute it right. Because carving glass is no easy thing."

While the carved pieces are time consuming, they can be rewarding. Recently, Boyd won a juried art show in Toronto, Ontario for a carving which took 18 hours.

Projects range from a one week to a month to finish, according to Boyd. He makes whisky glasses for Golf Canada, and it takes two weeks to complete - which includes carvings, logos, and tiny details. Plus the planning time."

Boyd invested a great deal of planning time into the Witch Balls modelled after the Manitoba crocus at the recent Garden + Art Tour in Selkirk.

"They're super fun to make, I'm glad people like them so much," said Boyd. "But to actually make those pieces took only two days of week," said Boyd. "But beyond that there was another two weeks of picking the right colours and doing tests to make sure everything worked out right ... it was a lot of time invested into the project."

The Garden + Art Tour went well



RECORD PHOTOS SUBMITTED

Gord Boyd, owner of Lake Winnipeg Glassworks, has a passion for glass which turned him into a world renowned artist.

for Boyd and he sold about half of the Witch Balls. His art – including ornament size Witch Balls - can be found at a few galleries in Manitoba the Winnipeg Art Gallery, WishMe in Selkirk, and Made in Lac du Bonnet. However, the Manitoba crocus isn't available because, "They get too heavy."

Currently, Boyd is an artist-inresidence at the Living Arts Centre in Mississauga, Ontario where he's learning and sharing his craft with

other artists. He always tells people, "If you get mad every time a piece of glass breaks, you'll never be happy," said Boyd. "You don't make mistakes, you make adjustments."

"The reward at the end, it makes it worth it."

For more information about Gord Boyd's studio, visit.lakewpgglassworks.ca



Experience living history at the Manitoba World War I Museum

It's been over a century since the battles of the First World War were waged overseas.

The men who fought them are all gone now, but their memory continues to be honoured at places like the Manitoba World War 1 Museum.

Located a few miles west of La Riviere, the facility is home to a massive collection of memorabilia from the Great War.

These artifacts paint a vivid picture of what the locals who served went through from 1914-1918, and the museum showcases them with public tours through the summer months and by appointment in the winter.

But if you want to get a further taste of what it was like on the front lines, "A Day in the Trenches" is where you want to be this weekend.

The museum's annual living history event takes place on Sunday, Aug. 7 from 1-4 p.m.

"We're going to have people dressed up in period uniforms and they'll be presenting all different aspects of the

life of a Canadian soldier in the First trenches were hit with gas. "We'll World War," said curator Bruce Tas-

Those presenters will guide guests through the allied and enemy trenches (the museum has a few hundred meters of trenches on the grounds), headquarters, battle stations, and so

Tascona noted they'll be welcoming representatives from a few different military history museums to broaden the scope of the presentations. Coming up from the U.S. are a group of reenactors who wiall play the role of the German soldiers.

"So visitors can come through and look at the Canadian side of it and then there will be some presentations by people dressed up in German uniforms they can ask questions of as well," he said.

There will also be special presentations at 2:30 p.m. and 4 p.m.

"We'll be having a simulated gas attack," Tascona said, explaining they'll be using smoke to give people an idea of what it looked like when the try to show how the soldiers had to quickly put on their gas masks and then fight with these burdensome masks on."

The 4 p.m. presentation will be the grand finale" of soldiers going over the top of the trenches to cross No Man's Land.

Also, in addition to the museum's usual exhibits, they're putting together a special display for the day.

"It's how the children viewed the First World War during that period of time," Tascona said. "We have some framed artwork and a map we acquired from one of the one-room schools that shows how the students studied the war."

The last few years have been challenging ones for the museum thanks to the pandemic. Tascona said he used the downtime to reorganize the collection and improve many of the displays. He urges anyone interested in history to come down and check it

To get to the Manitoba World War 1



RECORD FILE PHOTO

The Manitoba World War One Museum hosts its A Day in the Trenches event on Sunday, Aug. 7.

Museum, travel down Hwy. 3 three miles west of La Riviere, turn north on Municipal Road 58W and then east on 16N (GPS coordinates: 49 14' 5" N 98 45′ 59″W).

You can also call the museum at 204-825-2961 or find them on Facebook for more information.

Game. Set. Match. Selkirk's Sport Court open

Submitted by the City of Selkirk

Curious about pickleball but don't want to buy a paddle in case it's not really up your alley?

You don't have to spend your hardearned cash, you can go to the city's OutDoor Rink - transformed into the sport court - at the Kin Centre and use the pickleball paddles and nets available through Selkirk's equipment li-

The sport court is open daily, weather permitting, from 9 a.m. to 9 p.m. this summer for all to enjoy. The equipment library is closed for lunch from 12:30 – 1 p.m.

Previously only used for skating in the winter, the ODR is now in use year-round.

"The ODR was an under-used asset that had the potential to offer so much more to the community," said Kyla Ray, the city's Manager of Cultural and Recreational Programs.

"We were approached by organizations and community members on numerous occasions looking for space to play activities such as pickleball and basketball. Like most other communities, outdoor activities became so much more popular during the pandemic and with that came the demand for space to do it."

The city applied for and received \$30,000 in funding through the Healthy Communities Initiative, a \$31 million investment from the Govern-

ment of Canada to support communities as they create and adapt public spaces to respond to the new realities of COVID-19.

Selkirk's application proposed an upgrade to the existing and underutilized Kin Centre and ODR through the creation of a sport court in the centrally located ODR at the Kin Centre.

Basketball hoops have been installed and lines painted for that sport as well as pickleball, and the equipment library is stocked with tons of sporting equipment and games.

"We're excited to offer pickleball nets, paddles and balls, ladder golf, disc golf, corn hole, giant Jenga, Spikeball and so much more all for free," Ray said.

"We ask that you don't hang from the basketball hoops. They've been damaged because of people hanging off them and replacing them is costly. If everyone uses them for their intended purpose, we will be able to continue to offer free basketball."

Anyone aged 12 and up can checkout equipment on their own with a MB Health card or other ID including an address. Youth ages 11 and under must have a guardian check-out equipment for them.

You can also bring your own sports equipment if you like.

The equipment library is staffed in part by volunteers from the city's Youth Leadership program, which en-

courages local youth to get involved in their community and initiate youth led initiatives. Young people choose an area of interest they would like to focus on and several of them chose to work with the equipment library alongside staff.

"Promoting youth leadership and making investments into our community's human and social capital builds productivity, empowerment and productive members of society," said the city's CAO Duane Nicol.

"Our Youth Leadership Program combines leadership training, teamwork, self-management and volunteering that will help build the confidence and connections that will

ultimately lead to a more sustainable future. We are helping to inspire and grow our next community leaders."

Ray extends her thanks to the volunteers from the programs and credits the extended hours to them.

The city is planning to expand what's currently offered at the Kin over the next few

years. Down the line is the addition of winter equipment to the library.

There are two bike racks at the sport court and soon to come are repair stations – where small repairs to bikes or skateboards can be done.

"We're always looking for ways to encourage active transportation and by offering a fully equipped repair station, we're going to make it that much easier for cyclists to maintain their bikes while on the go right in the heart of our city. You have a flat tire? Pump it up. You need a chain repair? You'll be able to do that, too." said Ni-



Manitoba's mind, body and soul wellness festival

I Am Festival runs from Aug. 12-14

In today's society, many find themselves caught up in 'hustle culture.'

A culture where people are on autopilot and success is determined by how much you get done in a day.

Often, because of this culture, selfcare and relaxation seem to be nonexistent – a thing from the past.

The "I Am Festival" hopes to combat this culture, even just for a few days, or a weekend away, to give the longawaited rest, relaxation and self-care that has often been neglected.

Newer to the world of festivals, the I Am Festival started in 2016 but was named Canada's Wellness Retreat this

In 2020, like many other festivals, they took a break due to the pandemic but pulled together a small version for summer 2021.

Co-founders Tracy and Maurice Thibodeau created the festival as they saw a need for mindfulness and wellness in the community.

Tracy is also the co-chair of I Am events, which is the non-profit that runs the I Am Festival.

They live out on a property in nature and met a friend Keith Macpherson (an originating founder), who is a mindfulness and yoga instructor, and recognized that they could use the property as a space for people to unplug from the business of the day-

The couple worked with the RM so they could turn their property into an official retreat event centre - Ignite Retreats - to host the festival in the

"The land out there is just so fulfilling and so to be able to use the space out there that actually welcomes conscious communities to connect is fitting,' said Tracy.

From Aug. 12-14, the I Am Festival will kick-off its fifth annual festival at Ignite Retreats in Teulon.

The title of the festival was chosen to recognize the different labels that



RECORD PHOTO BY LISA WALDNER

I Am participants learn about emotional processing in a number of workshops.

people put on themselves daily.

"We can get really caught up in the labels we give ourselves - good or bad, trying to make sense of ourselves – and so I Am is meant to help people come into acceptance and acknowledge that you are a lot of things," said

Throughout the weekend, many sessions are offered.

Continued on page 21









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> MEAL IDEAS

Prep time: 10 minutes Total time: 30 minutes Servings: 5

1 tablespoon Country Crock Plant Butter with Olive Oil

1/2 cup chopped white or yellow onion 1/2 teaspoon finely chopped garlic

1/2 cup tomato paste

1 pinch red pepper flakes

1/4 cup (2 fluid ounces) vodka

16 fluid ounces Country Crock Plant

1/4 cup (2 fluid ounces) water

3 cups dry penne pasta, cooked and

CO-OP

Penne Alla Vodka

1/4 cup grated vegan Parmesan cheese 1/2 teaspoon kosher salt

1/4 cup loosely packed fresh basil

In pan over moderate heat, melt plant butter. Add onions and garlic. Cover and cook until onions are translucent, about 5 minutes.

Add tomato paste and red pepper flakes. Cook until tomato paste starts to lightly brown.

Add vodka and stir well, scraping bits of browned tomato paste from bottom of pan. Cook over high heat until liquid is reduced by about half to concentrate

Add plant cream and water; stir to incorporate tomato paste evenly. Bring to simmer.

Toss in cooked pasta. Add vegan Parmesan, salt and fresh basil.

The real buzz on the bees

By Vicky Isliefson, REACTInc.org

Have you heard that honeybees are in trouble? Have you wondered what you can do about it or why you should care? Well, "Dear Reader", let me fill you in on the latest buzz!

I share my small property with a dozen beehives a few kliks outside of Stonewall, so I spoke with the local beekeeper who looks after them. I'm here to tell you that living with that many bees in my "backyard" has been a sweet eye-opener!

So, why should you be interested, A honeybee collecting nectar. you might ask? Of course, most of us like the sweet stuff (a.k.a HONEY), especially when you can buy it locally at a market, or see "Manitoba" on the label at the grocery store, but do you also like local fruits and veggies, or grow them in your garden? You need bees for that! For example, my lone apple tree gives me apples because the bees know my neighbour has apple trees too. You see, the bees need both pollen and nectar to feed the hive and make the honey, so they will find the flowers that have the right mix. By the way, you might also enjoy the wild flowers along the roadside or a blooming field of canola or sunflowers. They all need the bees too.

So what can you do, and what should you avoid? Bees wake up in the spring as soon as temperatures are above freezing, and they are hungry! The beekeepers feed them, but they really prefer flowers, even the ones we don't like. So, with the exception of the notorious glyphosate (if you can't say it, just round up), although most herbicides don't really harm bees, if you can tolerate those yellow flowers that come out first in spring, we'd bee grateful!



TRIBUNE PHOTO SUBMITTED

On the other hand, insecticides are bad news for bees, so go organic if you need to use them, and refrain altogether when possible. Bug zappers are deadly too, so please consider alternatives for keeping mosquitoes away.

Bees need water, so a shallow birdbath, kept clean and filled, is a great help when it's dry. (Hummingbird feeders attract bees, but are designed to be inaccessible.) And plant those flowers so they will bloom at different times of the growing season. The bees will find them.

One last thing I have learned is that unless you get close to their hive, or you accidentally grab or swat one, bees will not sting you. They are too busy doing their jobs, feeding themselves and us. So if you hear the buzz, bee friendly and so will they!

References:

Gavloski, J. (2012), Pest Management Facts: Bees on Canola – What are the Benefits?, Manitoba Agriculture. https://www.gov.mb.ca/agriculture/ crops/insects/pubs/beesoncanolafactsheet.pdf

BeeAware.org. (n.d.). Grains, https://beeaware.org.au/pollination/pollinator-reliant-crops/grains/



Creamy Chicken Risotto

1 Minute Chicken & Herb Seasoned Rice Cup

2 tablespoons heavy cream

1 tablespoon shredded Parmesan

2 teaspoons chopped basil

1 pinch garlic powder

Early Birds

at 7:00 nm

Regular Bingo

at 7:30

Microwave rice according to package instructions.

Add heavy cream, Parmesan cheese, basil and garlic powder; mix to combine.





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Giants win fifth-straight MJBL title

The Elmwood Giants made history on Saturday evening.

Elmwood became the first Manitoba Junior Baseball League team to win five straight league titles after a dominating 8-0 win over the St. James A's.

Dylan Duguay hit a deep RBI single to put the Giants up 6-0 in the bottom of the sixth inning. He had two hits in the game while Owen Nychyk had a hit and a run scored.

Elmwood swept the best-of-five series in three games.

Elmwood defeated St. James 4-1 in Game 2 of the series on Friday night at Koskie Field. The Giants scored all four of their runs in the fourth inning while St. James answered with a run in the top of the sixth.

Nychyk had a pair of hits and scored a run while Brett Zeller added a base

hit and a run scored.

Elmwood started the series with a 6-2 road win last Thursday.

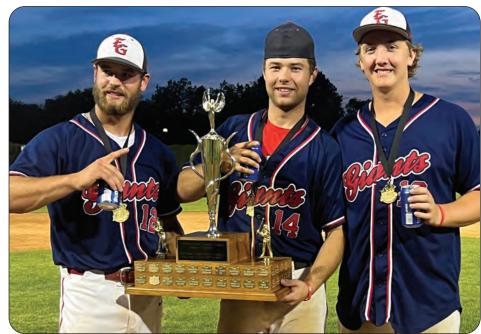
Tyler Smith went five innings, striking out 12 batters while allowing just one earned run.

The Giants jumped out to a quick 4-0 lead and never looked back.

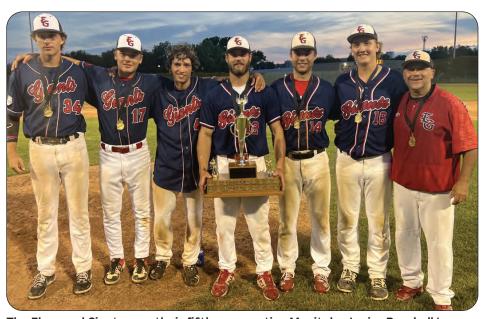
The Giants and A's split the regularseason series two games apiece, with the reigning champions finishing as the top seed with a 21-3 record entering the playoffs.

Game 1 of the MJBL final was supposed to be played at the Giants' Koskie Field last Wednesday, but excessive rain moved the series opener to Optimist Park.

The Giants headed out to Halifax this week for the under-22 men's national championships from Aug. 4-7.



Tyler Smith, far left, Dylan Duguay, middle, and Brett Zeller have played together since 11UAA and all the way up through AAA before playing junior baseball.



The Elmwood Giants won their fifth consecutive Manitoba Junior Baseball League title after an 8-0 win over the St. James A's on Saturday. Pictured, left to right, Nixon Carriere, Colsen Smith, Owen Nychyk, Tyler Smith, Dylan Duguay, Brett Zeller, and coach Dave Nychyk.



Owen Harms, left, and Owen Nychyk, are the only two Elmwood Giants' players who have been on the team for the record-setting five consecutive Manitoba Junior Baseball League championships.

Strike Force play to 1-1 tie

The Tri-S Strike Force tied Azzurri 1-1 in Manitoba Major Soccer League 5th Division action last Wednesday at the Buhler Recreation Park.

The game was shortened because of Azzurri's mistreatment of a female referee.

Tri-S' goal was scored by Garion Lefteruk.

With the tie, the Strike Force now has a 2-7-2 record and eight points to occupy eighth place in the 10-team

Tri-S will host Crescentwood Saturday SC this Thursday (7 p.m.) at the Selkirk Recreation Complex.

In Winnipeg Women's Soccer League action, the Tri-S Strikers were defeated 7-1 by Gateway Celtic on

Tri-S, now 3-4-2, will play the California Raisins next Monday at the Ralph Cantafio Soccer Complex. Game time is 8 p.m.

North Winnipeg teams compete at provincials

Staff

The North Winnipeg Pirates finished with a 1-4 record at the 15U AAA Tier 1 baseball provincials in Brandon last weekend.

The Pirates started play Friday morning with a 9-6 loss to South Central. Later that day, North Winnipeg bounced back nicely to defeat Oildome 6-1.

On Saturday, the Pirates were doubled 6-3 by Bonivital and then lost 18-8 to Carillon.

Sunday saw North Winnipeg lose 10-5 to Winnipeg South.

Meanwhile, North Winnipeg posted an 0-3 record at the 13U AAA Tier 2 baseball provincials in Altona last weekend.

North Winnipeg was beaten 11-6 by Midwest Friday evening before losing to St. James (8-6) and Pembina Hills (14-8) on Saturday.

Brother sister duo to compete at Canada Summer Games

By Ty Dilello

Narol's Aiden and Aimee Gauthier are headed to the Canada Games in early August to represent Manitoba, both in cycling.

Aiden (17) and Aimee's (15) parents have been involved in cycling and have pushed their children to train and compete at higher levels. Their mom is a cycling commissaire, and their dad helps organize races by setting up the courses.

The Gauthier siblings are both extremely competitive. They first got into cycling through family friends and have been racing since Aiden was six and Aimee was five.

To be now racing together in a prestigious event like the Canada Games is a dream come true for the siblings.

"For me, it is pretty incredible to have a sibling coming to the Games

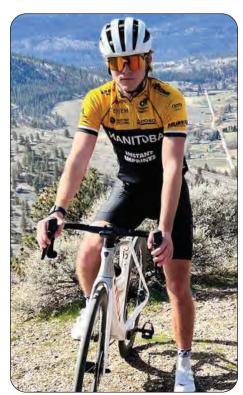
with me," said Aiden. "We will be able to help each other out and talk about our races."

Aimee added, "I am very excited and nervous to go to the Canada Games. I think it'll be an amazing opportunity to learn. Having my sibling going with me makes me have a sense of comfort knowing that I'll be able to talk to him and reflect together about our races."

Both siblings' goals for the upcoming Canada Games are to represent our province to the best of their capabilities.

"I want to gain as much experience as possible to help me going forward," said Aimee.

Since there are no college scholarships really for cycling, Aiden would eventually like to join a trade team and get picked up by a pro team in





RECORD PHOTOS SUBMITTED

Narol's Aiden, left, and Aimee Gauthier are excited to represent Manitoba in cycling at the upcoming Canada Games.

the future. Aimee would like to keep cycling competitively and move

through the ranks for the remainder of her high school years.



The Manitoba trio team with their bronze medals, coach and competitors, Colton Youzwa, Jacob Isaac and Aiden Falk.

Bowlers earn bronze medals at Youth Canada Bowling championship

By Patricia Barrett

A youth bowler who practises at Bowlers Lanes in Gimli was back in the swing of things a few weeks ago, earning a bronze medal as part of Manitoba's trio team during a national five pin bowling championship.

Aiden Falk of Gimli, along with Colton Youzwa of Selkirk and Jacob Isaac of Winnipeg, represented Manitoba at the 58th Annual Youth Bowl-

ing Canada championship held in Oshawa, Ontario from July 10 to 12.

Over 160 of Canada's top youth bowlers took part in the competition which had singles, doubles, trios and 4-player mixed teams competing for gold, silver and bronze medals.

Falk was the bantam boys champion gold medal winner at the 2022 provincial (Manitoba) singles championship earlier this year.

370 athletes to represent Manitoba at Canada Summer Games

Submitted by Sport Manitoba

Beach volleyball's Erika Vermette (Morris, MB) is Team Manitoba's flag bearer for the opening ceremony of the 2022 Canada Summer Games in Niagara, Ontario.

"It's such an honour to be selected to lead Team Manitoba into the opening ceremony," said Vermette. "This is my first Canada Games, and I am looking forward to the whole experience - on and off the court. I've been training for years for this opportunity and I'm excited to get back into competition coming out of the pandemic."

Vermette is one of 370 athletes who will compete for Team Manitoba at the Games between August 6-21, and truly exemplifies what the Canada

Games are all about: passion, performance, and provincial pride. She has achieved remarkable individual and team success while serving as a role model for those on their way up.

The athletes will join 90 coaches, managers, and technical support staff, and 25 mission staff to participate in all 18 sports over the duration of the 2022 Canada Summer Games.

"Congratulations to all of the members of Team Manitoba at this year's Canada Summer Games," said Sport, Culture and Heritage Minister Andrew Smith. "To this year's flag bearers, you share an honour with those that have gone on to be champions and top competitors in their sport. I know you will represent our province

with the utmost character and dedication."

Chef de Mission Drew Todd is looking forward to his first Games as Chef with Team Manitoba.

"The opportunity to attend an event like the Canada Games is more meaningful now than ever before. We've all worked tirelessly over the years with all the starts, stops, and uncertainties in order to make this team and represent our province at the highest level of sport. I am astounded by our athletes' determination and grit knowing the hard work they've put in to get here, and I have the utmost confidence they are ready to shine on the national stage."

Team Manitoba is proud to partner

with Kenora Designs and Kahunaverse Sports as the suppliers for our 2022 Canada Summer Games walkout uniform. This year's kit is designed to help us look our best while also performing our best. Each team member receives a jacket, two T-shirts, pants, shorts, a baseball hat, and a backpack, which will make the Herd the best-outfitted team at the Games.

You can search individual team information, search for coaches and managers, and see full athlete profiles which include their bios, achievements, and more on the 2022 Canada Games GEMS.pro website: https://cg2022.gems.pro/default.aspx

Local pair to compete in female lacrosse at Canada Summer Games

By Brian Bowman

For the first time ever, Manitoba will be sending a U17 female box lacrosse team to the Canada Summer Games.

The Games begin this Saturday in Niagara Falls, Ont.

Manitoba's roster features Selkirk's Delainey Kiteley and West St. Paul's Caitlyn Winzoski.

Manitoba's head coach is West St. Paul's Kim Winzoski while St. Andrews' Daina Ojala is an assistant coach/manager.

The players are proud to represent Manitoba.

"It's very fun and exciting," said the 13 year old Kiteley. "It's a very unique opportunity."

Caitlyn Winzoski, who has been playing lacrosse since she was six years old, is also new to representing our province.

"It's something I'm not used to," said the 15 year old. "It's interesting and exciting."

Manitoba has a young team but there is a lot of talent on this year's team. They recently played a series of games against Saskatchewan, winning 2-1 and 1-0 before playing to a 2-2 tie.

Kiteley, who started playing lacrosse just last year, expects the competition at the Summer Games to be tough. She, along with Caitlyn, are really looking forward to seeing people from all across Canada competing in a variety of sports.

"It will be interesting," said Kiteley, who also plays hockey and basketball. "I've always dreamed of playing in the Olympics."

Meanwhile, Manitoba's U14 provincial team includes Interlake players Chevy Bruyere, Kayson Fontaine, Max Ojala, Rylan Melquist and coaches Cruz Mimenez and Tyndall Fon-







Caitlyn Winzoski

Selkirk's Boitson off to Canada Games

By Ty Dilello

Selkirk's Sarah Boitson was recently named to the Manitoba women's basketball team that will be taking to the court at the upcoming Canada Games in Niagara, Ontario from Aug. 6-21.

"I'm beyond thrilled to have to opportunity to represent Manitoba at the Canada Summer Games, alongside the top players from the province," said Boitson. "The training we've been receiving this summer has been intense and extremely beneficial for both my personal game and as a team. I can't wait to put everything together and show what this team is capable of doing on the court."

Boitson first got into competitive basketball around the age of 14, after her friend and fellow Selkirk-product Katelynn Visser recommended her name to her club coach Dean Goodbrandson.

Boitson was then asked to come out

to a Winnipeg Wolves practice, and she joined the team not long after that.

"Since then, I've grown a strong love for the sport and the atmosphere that comes along with it. I've also had the opportunity to play for multiple teams and coaches, which has all helped me get where I am today."

Now representing Manitoba on the national stage, Boitson and Team Manitoba have many goals they are looking to accomplish during their time at the Canada Games.

"My goals for the Canada games are to compete with high intensity and apply everything I've learned from past years and this summer into my game, along with bringing more physicality on both ends of the courts. After the Canada Games, the same goals will still apply, in addition to building more strength and a quicker post-game recovery," said Boitson.

The 6'2" Boitson recently graduated from Selkirk Regional Comprehensive Secondary School in June. She will be attending the University of Winnipeg in the fall to play basketball.

"It didn't take me long to accept the offer from the University of Winnipeg. The U of W had been one of the top choices for a few years now due to their strong academics and athletics. The Women's basketball team has had some outstanding successes, and it's surrounded by a group of determined and supportive people. I'm very excited to start the next chapter in my basketball career and to expand on every aspect of my game. I believe this program will help and support me to reach my goals and succeed both on and off the court. I can't wait to participate in such a well-storied program."



PHOTO SUBMITTED

Selkirk's Sarah Boitson will be headed to the University of Winnipeg in the fall to play basketball.

> WELLNESS FESTIVAL, FROM PG. 17

When you buy a ticket for the festival, you will be given three I Am tokens to use to sign up for sessions being offered.

Excluded with the choice of sessions, is free entry to the Sacred Song Sanctuary where activities such as community jam sessions, guided meditation and workshops are offered and the Movement Masters Playground where movement sessions are available all day, including yoga, dance, and free-slow movement.

With the three tokens included with the ticket, there are a variety of activities guided by an instructor, such as massage therapy, astrological readings and universal understandings, ecstatic fatherhood and motherhood circles and relationship and sexuality

coaching.

"We really believe the world needs people to slow down to raise more consciousness, to be more mindful, aware, and more tuned in to what's driving them and how they are showing up. When we can create space to step out of auto-pilot and practice some mindfulness and slow things down, we have so much more to offer to our communities and families." said Tracy.

Tracy welcomes first-timers to the

festival, as they find it is a great opportunity for people to come out by themselves and meet new people and build new connections.

"We welcome people to come and try it out, whether it's just a day or an entire weekend," she said.

To discover more events happening on the festival weekend and other activities that can be redeemed with I Am tokens, visit www.iamfestival.

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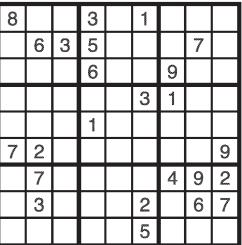
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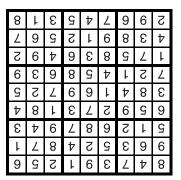


Fun By The Numbers

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

Here's How It Works:

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



Sudoku Answer



Crossword Answer

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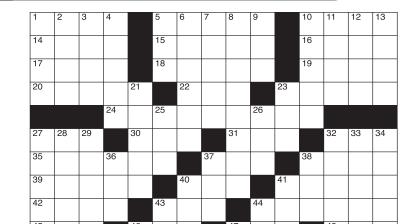
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CLUES ACROSS

- 1. Female parent
- 5. NY city
- 10. Israeli diplomat Abba
- 14. Surrounded by
- 15. Car part
- 16. Simple aquatic plant
- 17. Tough skin of fruit
- 18. Finnish lake
- 19. Composition
- 20. Very willing
- 22. One and only 23. Cluster cups
- 24. Famed Hollywood director 27. Score perfectly
- 30. Important lawvers
- 31. Undivided
- 32. Part of the foot
- 35. Spun by spiders
- 37. Married woman
- 38. Reagan's Secretary of State 39. Instruments
- 40. The A-Team drove one
- 41. Short-tailed marten
- 42. Oil organization
- 43. Predecessor to the EU 44. "Hotel California" rockers
- 45. Color at the end of the spectrum
- 46. Actress Ryan
- 47. Digital audiotape
- 48. Expression of creative skill
- 49. Scientific instrument
- 52. Dog-__: marked for later 55. Israeli city __ Aviv 56. Fencing sword

- 60. Turkish title
- 61. Wise individuals
- 63. Cold wind
- 64. Popular type of shoe
- 65. The territory occupied by a nation
- 66. Tattle
- 67. Chop up
- 68. Actress Zellweger
- 69. Romanian city
- **CLUES DOWN**
- 1. Female of a horse
- 2. Bowfin



- 3. Chinese dynasty
- 4. Small venomous snake
- 5. Global news agency 6. Common fractions
- 7. American state
- 8. Tired
- 9. Boxing's GOAT
- 10. Made less severe
- 11. A group of countries in special alliance
- 12. God of fire (Hindu)
- 13. Northeast Indian ethnic group
- 21. Anchor ropes
- 23. They
- 25. Apprehend
- 26. Autonomic nervous system
- 27. A theatrical performer
- 28. 2-door car
- 29. Partner to flowed
- 32. Pair of small hand drums
- 33 Former Houston footballer
- 34. Discharge

36. Former women's branch of the military

66

- 37. Partner to cheese
- 38. Witch
- 40. Live in a dull way 41. Satisfies
- 43. Snakelike fish
- 44. Consume
- 46. Type of student
- 47. Erase 49. Instruct
- 50. Girl's given name
- 51. Spiritual leader of a Jewish congregation
- 52. Every one of two or more things
- 53. Indian city
- 54. Greek letters
- 57. Weapon
- 58. Geological times
- 59. Cycle in physics
- 61. Soviet Socialist Republic
- 62. Witness

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ANNOUNCEMENT

IN MEMORIAM



Lorraine Marie Swain March 12, 1951 - August 6, 2021 In loving memory

-Larry and family

ANNOUNCEMENT

IN MEMORIAM



Lorraine Swain August 6, 2021 In my heart your memory lingers,

Always tender, fond and true; There's not a day, dear "Lo-Lo". I do not think of you.

-Forever loved, sister-in-law Bev xoxo

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OBITUARY

Grant Rimmer

With heavy hearts we announce the unexpected but peaceful passing at his residence in Petersfield, MB on Tuesday, July 26, 2022, of Grant Rimmer, a gentle man, beautiful human being, loving husband and dad, at the age of 66.

Grant is survived by his wife and best friend Jackie, his daughter Courtney (Aman), brother Allen (Kim), and many great friends.

He was predeceased by his mother Elizabeth (nee Gwynn), father Norman, and brother John.

Grant loved the home he created with his wife Jackie, which was an oasis for them both. He was so proud of his daughter Courtney, who he loved with all his heart. In his eyes a more smart, astute person does not exist.

He enjoyed quad rides, which often took him to his best friends The Rileys, for a cold one. Grant was a music aficionado. If you had

a rock n roll question, Grant would have the answer, and a complete background story. He also loved his little vegetable garden, so proud and pleased with the bounty.

Grant worked his whole life at Standard Aero, in the T56 Test Cell where he would test, build, and troubleshoot fuel controls for the Hercules engine. He was very proud of his work and treasured the many special friendships he made there in his 48 years. He recently commented that he looked forward to being the first person to reach 50 consecutive years.

Friends and family were invited to honour his life on Tuesday, August 2, at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB.

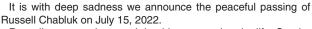
In lieu of flowers, donations may be made to the Heart and Stroke Foundation. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Russell Chabluk



Russell was predeceased by his companion in life Sandra Slota; brother Walter Chabluk, sister Steffie Wilgosh and parents Nicholas and Nellie.

Russell is survived by his children Joyce (Barry) and Murray (Jenn); grandchildren Richard, Tyler, Austin and Evan and greatgrandchildren Johnathan and Addison.

Russell was born on April 25th, 1932 and grew up in Cooks Creek, MB working on the family farm, then at Swifts and eventually in his own drywall business to which he retired. Russell spent the majority of his retirement on the acreage shared by Sandy where they happily gardened and went on an occasional casino adventure. Russell was known to be the life of the party,

especially when he arrived with his guitar in tow. He loved to sing, play guitar and entertain anyone that would listen. It's often said that the party started when Russell walked in. Russell was a funloving, humorous man, who always had a joke to tell, a silly song to sing or a quick witted one liner to use on the unexpecting.

The family will be holding a private memorial gathering at a future date.

The family would also like to express great gratitude to the Betel Home and wonderful staff for taking such great care of Russell in his final years.

Although Russell with be greatly missed, we are happy that he is at peace and together again with Sandy, happily singing his favorite songs. As Russell would say about his favorite drink/food, his favorite times or anything that made him happy "This tastes like more!"

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

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT IN MEMORIAM



Shirley Anne Rolland 18 September 1955 - 1 August 2021

The price of love has been a bittersweet one. Each day since your passing we've been picking up the pieces of our broken hearts. Time seemed all but endless but the reality hit hard without you in it. We feel your presence in the wind in the trees and the delicious holiday dinner recipes we keep in your honor. Your seat at the table remains empty but our hearts remain full. Each night when the sun goes down we pray that our "Angel Amma" is watching over us and has the best view.

> -Forever loved. Your loving husband, children and grandchildren



ANNOUNCEMENT

IN MEMORIAM Elsie Swain

August 10, 1996 If all the world were ours to give. We'd give it - yes, and more; To see your loving smile again, And greet you at our door. How often there comes before us, Your dear face, kind and true; For death can never take away, Our memories of you.

-All our love, Mom and Nan Bev, Larry and families

ANNOUNCEMENT

IN MEMORIAM



Steven Hourie

September 14, 1974 - August 4, 2021 One year has passed since you've been gone. The tears still flow as I think of you and all the memories that we shared.

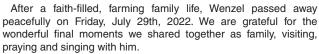
You would never end our phone conversation without saying "I love you, Mom." Losing you was the hardest thing I've had to bear. Rest in peace, my son.

Until we meet again, "I love you, Son,"

-Forever loved and never forgotten. Mom

OBITUARY

Wenzel Preun



In 1953, Wenzel left his family and homeland of Germany to come to Canada to build a new life. There he met his schatzi (sweetheart)

His steady and strong work ethic was apparent in his farming life; he loved it, was passionate about it, and strove for excellence in all he did and in what he was asked to do like his involvement in the International Agricultural Exchange Association and on the farming mediation board.

His welcoming and generous personality endeared him to all who knew him. He loved his community, and loved celebrations, making them special for all.

His dedication in living out his faith, whether in church, with community, on the tractor, or taking his long walks in Selkirk Park, is an example and inspiration to us all. He showed us how to forgive

and let go, and gave us a solid foundation to continue to build our faith. Many rosaries lie buried in the fields - he lost them!

To us, he was our Grandpa, Opa and Papa. He loved spending time with his many grandchildren (27) and great-grandchildren (17; and more on the way!). Marlen, his children and their families, Heidi Peters (Horst), Hugo (Cheryl), Wenzel who passed before him (Kim), John (Donnalyn), Fred (Joylene), Bernadette, Hubert (Sherri), Eileen Dalprá (Antonio who passed before him) and Michelle Lacoursiere (Paul) will miss him immeasurably, but are so grateful that he is with Mother Mary and God, and those who have passed before him.

Many thanks to all of you who have embraced him, and opened your hearts and lives to him. Thank you all for your love and support especially, Dr. Thiessen and the staff of the Selkirk Regional Health Centre.

Prayers were said on Tuesday, August 2, 2022, at 7:00 p.m. in the Gilbart Funeral Chapel, Selkirk, MB. Memorial Mass was held Wednesday, August 3, 2022 at 1:00 p.m. in the St. Margaret's Roman Catholic Church, Little Britain, MB with Fr. Gerald Langevin officiating.

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

Gilbart Funeral Home. Selkirk in care of arrangements.



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215 Donohoe Ave Petersfield



260 Wesley Drive St Clements



30 Louise Bay Selkirk



East Selkirk



Henderson Hwy



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