

# The Selkirk Record

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THURSDAY, AUGUST 5, 2021

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## Saving lives

RECORD PHOTOS BY KATELYN BOULANGER

Selkirk Shell is distributing free Naloxone kits to the community. Pictured above is Linda Chymy, manager of the Selkirk Shell, holding a Naloxone kit. Find more on page 4.

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# Marine Museum holds annual 50/50 draw online

Museum board members ecstatic with the community's overwhelming support

By Ligia Braidotti

The Selkirk Marine Museum are getting ready to give away a boatload of cash to one lucky supporter.

The 2021 Boat Load O-Cash 50/50 Draw is taking place on Sept. 5 at 4 p.m. and will be completely online.

The 50/50 raffle has been happening for more than 30 years and it is one of the museum's main fundraisers. Since COVID-19 hit, visitors weren't allowed to go see inside the centuries-old ships parked at Selkirk Park and therefore, all celebrations were cancelled.

With the easing of restrictions, the Marine Museum is open to fully vaccinated people, who still need to follow all safety procedures recommended by the province. But, on the other hand, the museum can slowly get back to their celebrations and fundraisers.

John Buffie, chair organizer for the museum's 50/50 raffle, explained the fundraiser is done to collect money for their maintenance fund but that this year they are doing it a little bit different. This is going to be the first time they will do an online raffle.

"We're using Canada Helps and their online organization, that we've been a part of for years, that collect donations from people for different (fundraisers). We're using it to sell our raffle tickets, and we keep track of all of them — ticket numbers, who buys them — and we disperse the tickets from here," said Buffie, who is also a city councillor for the City of Selkirk.

The entire process is a new thing raffle organizers are learning to navigate but they are hopeful that museum supporters will find it easy to join, especially after their most successful yet breakfast fundraiser held in June.

On June 19, the museum held its annual pancake breakfast, but this year, with a little twist. It was their first-ever drive-thru fundraiser and the feedback has been nothing but positive.

"From 8 to 11 a.m. we welcomed 447 visitors. Our typical numbers are usually in the three hundreds so that was amazing," museum manager Shay Nordal said. "Some people that couldn't access the Keenora or were watching their grandkids and couldn't come before, this was much more convenient for them."

"We're very excited that it turned out so well."

In fact, the Marine Museum is hosting their second drive-thru pancake breakfast on Sat., Aug. 21.

For the 50/50 raffle, they are selling \$10,000 worth of tickets, which half will go to the winner and half to the museum's maintenance of the artifacts.

"Something unique about this museum, I don't think that people appreciate, is that the major artifacts for this museum live outdoors, so they require continuous maintenance because of being out in the weather," Buffie explained.

The Chickama II just went through a major renovation and Lady Canadian is next in line. Buffie and Nordal explained that due to the lengthy renovation process, once the last ship is completed, it is time to start it all over again.

"We're excited to get the draw going, and we are excited to be open again for the summer considering that we have just a month to go now before we close again, and I feel we are going in the right direction," Nordal added.

Tickets cost \$10 each or three for \$20 or 10 for \$35. They can be purchased



RECORD PHOTO BY LIGIA BRAIDOTTI

Selkirk Marine Museum director Shay Nordal (left) and 2021 Boat Load O-Cash 50/50 draw chair John Buffie (right) in front of the museum.

at <http://marinemuseum.ca/2021-boat-load-o-cash-50-50-draw/> or at the museum for those who don't have access to the website.



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# Naloxone kits now available at Selkirk's Shell

## Local business teams up to provide life-saving equipment to community

By Katelyn Boulanger

Selkirk's Shell has taken a step forward in making our community a safer place by teaming up with the Manitoba Harm Reduction Network to make free naloxone kits available to people who need them in our community any time of day.

"It's basically [part of Manitoba Harm Reduction Network's] initiative to get these kits available in as many places as they could for easy access for people who would be in need of the Naloxone," said Linda Chymy the manager of Selkirk's Shell.

Naloxone is a life-saving medication that can quickly reverse an opioid overdose and is often carried by people with opioid prescriptions as well as people who use opioids recreationally.

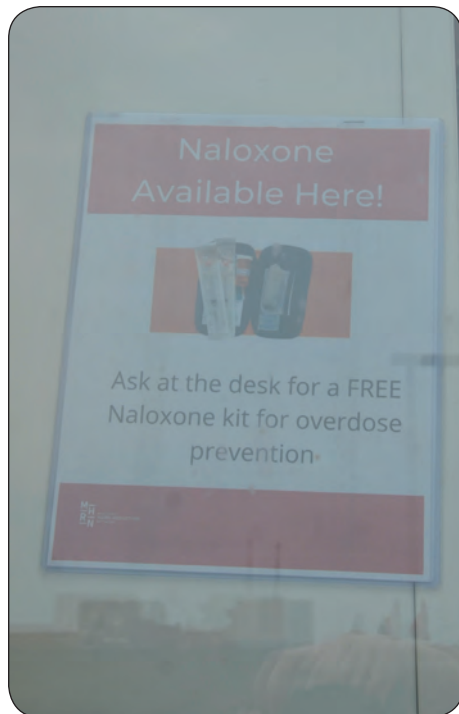
Chymy was glad to be able to give out this medicine at no cost to support the local community.

"We are in the community and Shell wants to put positive energy out there. And also, [the MHRN] provided me with the kits, and the stickers that I put on my window, so people know that it's here and they also are telling people that it's here. We are open 24 hours a day," said Chymy.

She says that those that need naloxone are coming to get it before they need it and that she's already gone through the first box of kits that were supplied and have been restocked with a second.

"If they're showing up in our after-hours, obviously, our store's closed then they just come up to the pass through window that we have, our cashier window to the outside, and they asked for the naloxone kit and we give them two at a time," said Chymy.

This project was the brainchild of Jessica Pelletier a volunteer with the



A sign outside of the Shell announcing that they have Naloxone kits.

**I WANT TO BELIEVE THAT EVERYBODY WANTS TO PUT THAT POSITIVE ENERGY BACK INTO THE COMMUNITY.**

MHRN who realized that we need to have these kits more freely available in our community as many of the resources who do provide free naloxone kits in our community can only provide the kits during limited business hours and volunteers may not always catch a text

message or phone call asking for a kit.

"I felt like maybe if I can prove this to be successful, we could replicate it not only Selkirk but [elsewhere as well]," said Pelletier.

She hopes that having more people understand that this is a life-saving medicine and having it more available in our community will help to make



RECORD PHOTOS BY KATELYN BOULANGER

Linda Chymy, manager of the Selkirk Shell, with a Naloxone kit. These kits are available for free 24/7 at the Shell.

people understand its importance and that it is a preventative measure.

"We're not asking you to be paramedics because for the most part, if somebody is coming in to get a kit, even in an emergency situation, it's most likely a friend coming to get it, because it's not going to be the person overdosing and we also want [to take into account] their staff safety in mind. So that's all. They will most likely are going to take it and go. It's a preventative measure, [person coming to get it] may or may not be using drugs. They just want to have it on them or they might be around a friend who might need it," said Pelletier.

Chymy has given out at least 50 kits in the 6 weeks that naloxone has been available at Shell and encourages other businesses to consider supplying kits and also to have a kit as part of

their first aid supplies.

The kits that are available at Shell are the nasal spray version. In addition to this kind of kit, naloxone can also come in an injectable format but both types come with clear instructions and gloves and other materials that you might need should you be helping someone who is experiencing an opioid overdose.

"I think other businesses, if they knew how easy it was, I think they would do it because I want to believe that everybody wants to put that positive energy back into the community," Chymy said.

Information about the Manitoba Harm Reduction Network can be found at <https://mhrn.ca/> and they can be reached by phone at 204-783-6184.



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# Former Selkirk resident writes Canadian History book

## Recent release tells story of residential schools

By Katelyn Boulanger

Through the recent discoveries of unmarked graves at many of Canada's residential schools, many Canadians are now understanding a piece of what happened to Canada's first peoples. In her recently published book, *Canada Was Built On Genocide: The Truth About Canadian Residential Schools*, Alexandria Anthony starts at the beginning of colonialization telling the story of residential schools through accounts that she's collected from the experiences of those who lived through them.

"I've been writing for many, many years, I started writing poetry really in high school and just [writing about] things that I've seen happening in the world... kind of reading up on it, history around the world, so that it started in high school. Like I said, it was just simple poetry, doing short stories and then as I sort of aged, I evolved more in depth, [and] subject matter in regards to history," said Anthony.

As a Métis person, Anthony wanted to tell the story of Canada's Indigenous people and decided to speak to residential school survivors to find out from their perspective what the schools were actually like.

"[The book is meant] to educate, and to get the truth out there. There's a lot of individuals that are just seeing what's happening in the media as of late in regards to the graves, and I think a lot of people have to come to the understanding that it's not a discovery, that discovery is really the wrong word because First Nations have known about the children's graves since they happened. And, they've been trying to tell people about it, contact governments about it, and it fell on deaf ears. So, I was really compelled [to write about it]," she said.

She posits that the real story of resi-

dential schools started before Canada was even a country which is why she titled the book, *Canada Was Built On Genocide*, so that readers would understand how far back in history this story actually goes.

"We started the very, very beginning in the historical timeline, I made reference to 1620, and for more than 200 years, various religious orders ran, they recalled at that time mission schools for Indigenous children, it was really precursors to as we know it now, residential schools," said Anthony.

**FIRST NATIONS  
HAVE KNOWN  
ABOUT THE CHILDREN'S GRAVES  
SINCE THEY  
HAPPENED.**

The book then goes through the history of how these residential schools evolved over time incorporating important historical details from the time such as racists

comments from Canada's first Prime Minister John A. McDonald as well as information from whistleblowers like Dr. Peter Henderson Bryce who's report titled, *Indian Schools of Manitoba and the Northwest Territories*, prompted calls for residential school reform.

She felt it was important to tell this story because she found it shocking that Canadians don't know the entire scope of what happened at these residential schools.

"The Canadian government, in present times, is still continuing to lie to the Canadian people into the world. The Roman Catholic Church is still continuing to lie, and nobody's really taking responsibility," she said.

Anthony hopes that readers of her book become more aware of what happened and the consequences that it continues to have on Indigenous people in Canada today.

"I hope [the book] brings about some healing to as well as [making it so that] people can come to terms and



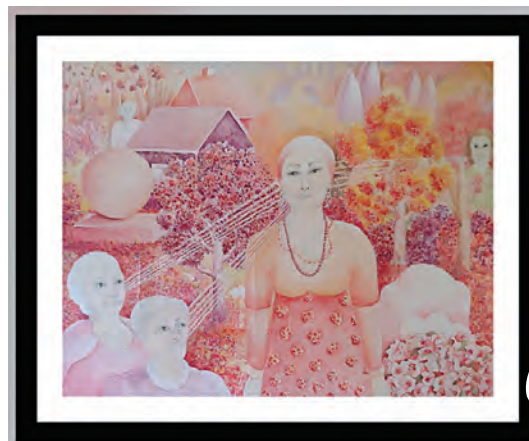
RECORD PHOTO SUBMITTED

Alexandria Anthony's book, 'Canada Was Built On Genocide: The Truth About Canadian Residential Schools' was published in July.

begin to heal from the truth," said Anthony.

Her book is available to purchase on Amazon at <https://www.amazon.ca/>

[dp/B099TQ6CYJ/ref=mp\\_s\\_a\\_1\\_1?dc\\_hild=1&keywords=canada+was+built+on+genocide+by+Alexandria+Anthony&qid=1626989982&sr=8-1](https://www.amazon.ca/dp/B099TQ6CYJ/ref=mp_s_a_1_1?dc_hild=1&keywords=canada+was+built+on+genocide+by+Alexandria+Anthony&qid=1626989982&sr=8-1).



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# Manitoba 150's Explore 150 Application active again

With restrictions lifting, opportunity to discover beautiful Manitoba is back

By Katelyn Boulanger

After COVID-19 restrictions encouraged Manitobans to stay home as much as possible during the province's celebration of its 150th, the lifting of some of those health measures means that the Explore 150 application, which inspires residents to visit 150 destinations across our province, has now come back. This was made possible because of the province reaching its vaccination goals and cases of COVID dropping in recent weeks.

"We could not have people traveling. We could not be encouraging people to travel the province, using the Explorer 150 app during COVID. Now, we've simply taken our lead from the provincial government's COVID guidelines and now that they have given us the green light to relaunch the Explore 150 app, we're thrilled and delighted," said Stuart Murray Co-Chair of the Manitoba150 Host Committee.

The application was launched at the beginning of 2020 and before the CO-

VID-19 pandemic started it was very successful.

"People were going around the province, and they were taking advantage of looking at different places and exploring the province maybe in a way they normally wouldn't have," said Murray.

The application, which is available at the Google Play and Apple Store, was relaunched on July 30.

Some of the 150 destinations are hidden gems right in our very own communities with Bird's Hill Provincial Park beach, Brokenhead Wetlands Interpretive Trail, Grand Beach, Arbog Multicultural Heritage Village, the World's Largest Curling Rock in Arbog, Eriksdale Creamery Museum, the Gimli Viking Statue, New Iceland Heritage Museum in Gimli, the Hecla Lighthouse, the Narcisse Snake Dens in Inwood, The Locks at Lockport & Lockport Heritage Park, Lunder Beach Provincial Park, Matlock Pier, the Mushrooms Monument in Meleb, the Icelandic Bridge in River-  
ton, Grosse Isle Heritage Village



RECORD PHOTO BY KATELYN BOULANGER

Selkirk's Marine Museum is a destination in the Explore 150 application that recently relaunched due to loosening of COVID-19 restrictions.

in Rosser, Pilehenge in Rosser, Chuck the Channel Catfish in Selkirk, the Marine Museum in Selkirk, the St. Peter Dynevor Anglican Church, Lower Fort Garry in St. Andrews, River Road Heritage Parkway in St. Andrews, Steep Rock Beach, Stonewall Quarry Park, Oak Hammock Marsh in Stonewall, the Lake Manitoba Narrows and the Boardwalk at Winnipeg Beach all making the cut.

Murray thinks that residents may not realize the amazing things hidden in their own communities because until the pandemic many people would choose to vacation outside of the province, however, for even more inspiration beyond this application Travel Manitoba is a great resource and have a beautiful social media presence that highlights many great destinations.

As for the prizes that come along with using the application, there are many still available to be won with monthly prizes and the grand prizes

of a Barkman Outdoor Kitchen package or a trip for four to Churchill courtesy of Lazy Bear Expeditions and Calm Air still up for grabs. August's monthly prize is a 2 night stay at the Lakeview Gimli Resort Getaway.

Murray also wanted residents to know that even though the application is back residents are asked to respect the COVID guidelines that are still in place at home and in the communities that they plan to visit.

"We have to be continuing to be safe, practice all of the COVID guidelines that are in front of us, and be respectful of those but I think that we have to remind ourselves that we are blessed to live in our amazing province. And, what a great opportunity to take the rest of the summer to get out there and explore how beautiful Manitoba truly is," said Murray.

Learn more about the application, prizes, and how to win them at <https://manitoba150.com/en/programs/explore-150/#top>.



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# Upgrades to North End plant applauded by RM

By Katelyn Boulanger

The announcement was made on July 23 that the North End water treatment plant in Winnipeg would get an upgrade with the City of Winnipeg, provincial and federal governments teaming up to make it happen. Though the move has been planned for a while at this point the RM of West St. Paul, who's wastewater is processed through this plant, sent out a news release applauding this move as an environmental win for all of Manitoba.

"I felt great relief when this finally took place. Residents from the capital region are concerned about this and environmentally for Lake Winnipeg in this province, it's so important, so, [I felt] extreme relief when the deal finally took place," said RM of West St. Paul CAO Brent Olynyk.

Water that flows out of West St. Paul homes is treated at the North End Treatment Plant after flowing there from the Main Street Trunk Line.

This planned improvement will see more than \$355.8 million invested into the plant's improvements. At least \$143 million will be coming from the City of Winnipeg, while over \$96.7 million will be coming from the province, and over \$116.1 million is coming from the federal government through

the Green Infrastructure Stream of the Investing in Canada Infrastructure Program.

The RM of St. Andrews will also be hooking up to this wastewater system in the near future, which has been controversial in the RM.

The planned upgrade will increase the capacity of the plant, which is the largest in Winnipeg, while also seeing the addition of new raw sewage pumps, plate screens, grit washing units as well as other improvements to extend the plant's service life.

On the environmental side of things, improvements are also being made which include the use of standby pumps that can support the capacity of extreme flow conditions, planting vegetation and other windbreaks in critical areas, and installing monitoring systems to monitor odours and additional off-gassing during hot temperatures.

"It all leads back to me to the environment and with all the things that are taking place with the climate, Lake Winnipeg has never been more

important it is to the province," said Olynyk.

Though the province's statement about the project says that environmental considerations were incorporated into this project, which sees the final cleaned product ending up in the Red River, which flows through our region and into Lake Winnipeg, there are still concerns that this is just

the beginning of what needs to be done for the health of our water system.

"We're concerned because it only is funding for the first stage of a quite a long project, and what has been funded today will not improve the protection of Lake Winnipeg," said Alexis Kanu, the Executive Director

of the Lake Winnipeg Foundation.

Though this upgrade had to be completed first, Kanu says that nothing in the current plan will help the city reach its phosphorus level goals

which were supposed to be reached in 2014.

"Back in 2019, LWF and our partners put forward an interim phosphorus reduction solution. This is a method of reducing phosphorus using the existing plant infrastructure, using existing chemicals that are already used in our plant today," explained Kanu.

"And, by adjusting and modifying the existing infrastructure, we feel that we can make a meaningful difference in the reducing process. We've been told by the city that the solution that we put forward is viable, it's wonderful, and they're going to go ahead with it, but they're not projecting it will meet the license limit of one milligram per litre and that is because of the limited biosolids capacity at our plants.

"So, it's been in the news recently that our biosolids facilities are getting very close to capacity. We can only handle about another five to 10 years of population and industrial growth in the City of Winnipeg so, it's really, really important that we upgrade the biosolids facilities because that is the limitation to phosphorus reduction."

She says that the LWF is asking that as a next step the city and the province commit to a design that meets the phosphorus limits.

IT'S REALLY IMPORTANT THAT WE UPGRADE THE BIOSOLIDS FACILITIES BECAUSE THAT IS THE LIMITATION TO PHOSPHORUS REDUCTION.

## SPONSORED CONTENT

## Think FAST to beat stroke.

Almost two years ago, refrigeration technician Marcel Courelles of St. Adolphe was driving his truck to work when he started to feel unwell, almost like he would feel when his blood sugar is low. He pulled over and called his boss, Carolyn Davisdon. Marcel called the right person.

Carolyn noticed right away that Marcel's speech was slurred. She asked him to try to raise both of his arms. He wasn't able to. So Carolyn suspected that Marcel might be having a stroke, and called 9-1-1.

When EMS arrived, they took him to nearest hospital that could administer the clot-busting drug needed to stop the stroke. They bypassed closer hospitals because they were not equipped to diagnose and treat a stroke.

Many people think of stroke as something that affects the elderly. While it's true that the older you are, the higher your risk, a stroke can in fact happen to anyone – at any age, any time, anywhere.

A stroke happens when the blood supply to the brain is cut off. Every minute after a stroke begins, an average of 1.9 million

brain cells die – it's often said that when it comes to stroke, time lost is brain lost. The sooner blood flow can be restored, the better the chance of a positive outcome.

### Positive outcomes start with you

We've made incredible strides in stroke treatment, but time is critical. The window for the gold standard treatment for the most common type of stroke is about 4-1/2 hours. To get to the right hospital for diagnosis and treatment in a short time, someone needs to recognize the stroke and take the right action by calling 9-1-1 or your local emergency number.

FAST is an easy and memorable way to remember the major signs of stroke:

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 or your local emergency number right away.

In 2020, Heart & Stroke conducted a survey to gauge what people in our province know about the signs of a stroke. The results showed that only 14% of those surveyed knew the 3 most common signs, while 1 in 3 did not know any of the signs.

Every one of us has the potential to save a life – of a family member, a friend, a colleague or a complete stranger – by simply learning the signs of stroke and knowing what to do.

If you or someone with you experiences any of these signs, please don't drive to the hospital. Instead, call 9-1-1 or your local emergency number and tell them you are witnessing a stroke. Arriving by ambulance means you will get to the right hospital, equipped to provide emergency stroke care. And EMS will call ahead to alert the stroke team that a suspected stroke patient is en route so the team is ready!

Although several hospitals in rural Manitoba have the equipment needed to diagnose a stroke and administer clot busting drugs, many hospitals do not. For some strokes, a specialized treatment called Endovascular Thrombectomy (EVT) needs to be performed, and the Health Sciences Centre in Winnipeg is the only location equipped to perform an

EVT. EMS will know which hospital in your area can provide the care you need.

Today, Marcel is doing well and making great progress in his rehabilitation. He's grateful to Carolyn for thinking fast and taking the right action, and to his wife, family, friends and the stroke team at Riverview for supporting and motivating him through his recovery to beat stroke.

### More signs of stroke

The FAST signs are the most common signs of stroke and are more likely to be caused by stroke than any other condition. There are some other signs that are less common. They include:

- Vision changes - blurred or double vision
- Sudden severe headache - often along with some of the other signs
- Numbness - usually on one side of the body
- Problems with balance

Learn more about stroke at [heartandstroke.ca/stroke](http://heartandstroke.ca/stroke).



**The Selkirk Record**



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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## Public health order changes to come into effect Aug. 7

Submitted by Manitoba government

The province will implement new public health orders and guidance on Aug. 7, one month earlier than forecast, Premier Brian Pallister and Dr. Brent Roussin, Manitoba's chief provincial public health officer, announced Tuesday.

"Thanks to the remarkable efforts of Manitobans, we are now in a position to reopen more, sooner, as we have achieved our highest vaccination rates yet," said Pallister. "This means Manitobans will enjoy the least restrictive public health orders since the start of the pandemic last year."

The new public health orders follow the 4-3-2 One Great Summer Path to Reopen. Manitoba is expected to reach the third vaccination milestone ahead of schedule; as of today 80 per cent of Manitobans age 12 and over have received their first dose and 75 per cent are expected to receive their second dose over the next week.

With continued improvement in the overall COVID-19 situation, the premier noted the interim orders only restrict the most high-risk transmission environments. Public health recommendations and guidance, rather than restrictions, will play an increasingly significant role as the province prepares for a shift from pandemic to endemic COVID-19.

Specifically, the new public health orders will allow the following sectors to open without restrictions:

- indoor and outdoor gatherings at private residences;
- gyms and fitness centres;

- libraries;
- personal services such as hair and nail salons;
- day camps; and
- retail businesses, markets, garden centres and malls.

Other sectors will open with limited restrictions including:

- expanded capacity limits will remain in place for weddings, funerals and other public gatherings both indoors and outdoors including larger capacity limits for worship and cultural events like pow wows;
- restaurants and bars will no longer need to restrict the size or space between tables and dining will not be restricted to households or vaccinated individuals; however, patrons will still be expected to avoid congregating or socializing between tables;
- museums, galleries and movie theatres will remain limited to 50 per cent capacity but will no longer be restricted to vaccinated individuals;
- casinos and bingo halls, professional sporting events, horse and auto racing, and concert halls will continue to be limited to vaccinated individuals; however, all these facilities may now open to 100 per cent capacity;
- indoor and outdoor sports and recreation will fully reopen with limits only on spectator capacity;
- overnight camps will be permitted with limits on camper cohorts;
- workplaces must continue to report cases to government for followup and public health-confirmed transmission of COVID-19 in the workplace may result in workplaces being ordered to

close for a minimum of 10 days; and

- remote working will no longer be required or recommended by public health and workplaces will be encouraged to transition from COVID-19 safety plans to a general communicable disease prevention plan that focuses on basic risk-reduction principles to reduce the risk of workplace transmission of COVID-19 and other respiratory illnesses.

Due to the ongoing presence of COVID-19 in Manitoba and elsewhere, and the extra risk posed by the more contagious delta variant, provincial public health officials strongly recommend the following:

- wearing masks in indoor public spaces for everyone who is not fully immunized including children under 12; and
- maintaining physical distancing of two metres (six feet) in indoor settings.

"Unless you are fully immunized, you are still at risk for more severe effects of COVID-19, such as requiring hospital care or even death," said Roussin. "We are slowly but surely approaching a post-pandemic Manitoba, but this does not mean COVID-19 will disappear. We need to remain cautious and vigilant in our efforts to stop the spread of this virus."

The new public health orders will go into effect at 12:01 a.m., Saturday, Aug. 7. The orders will expire at 12:01 a.m. on Tuesday, Sept. 7, and will be reassessed at that time in the context of vaccination rates and the province's overall COVID-19 situation.

## COVID-19 enforcement report from July 19-25

Staff

Easing public health restrictions in recent weeks have led to a sustained drop in related tickets across the province.

For the week of July 19-25, enforcement officials issued just 10 tickets and 59 warnings, the province reported last week.

That included five \$1,296 tickets to

individuals for various offences, three \$298 tickets to people for failing to wear a mask in indoor public places, one \$5,000 ticket to a business in Winnipeg, and one \$8,550 ticket under the Federal Quarantine Act.

Officials advise that enforcement agents continue to investigate all large gatherings and rallies they are made aware of. Manitobans can report com-

pliance and enforcement issues online at [manitoba.ca/COVID19](https://manitoba.ca/COVID19) or by calling 1-866-626-4862 and pressing option three on the call menu. Since the pandemic began in spring of 2020, enforcement officers have responded to 218,960 calls, given 5,204 warnings, and issued 2,071 tickets to health order scofflaws totalling over \$2.8 million in fines.



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Call Katelyn Boulanger



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

### TROUBLE WITH PAPER DELIVERY?

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

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# getheard

EDITORIAL > VIEWPOINTS > LETTERS

## COVID pandemic gets people “Hooked on Fishing”

Submitted by Bill Stilwell

The Covid-19 pandemic has spawned a significant increase in sport fishing as many first time anglers are getting hooked on fishing Manitoba's lakes, rivers and streams. Fortunately, Manitoba is blessed with an abundance of spectacular fishing opportunities and many of these are close by. One standout location is the Winnipeg River near Trails End Camp.

Recent health restrictions have encouraged Manitobans to stay closer to home and avoid unnecessary travel. Sport fishing was steadily gaining interest prior to Covid, but recent restrictions are forcing people to move away from traditional recreational activities and many are turning instead to bicycling, boating, canoeing and fishing. Others simply have more spare time on their hands.

While new anglers are hoping to locate their first fishing spots, many experienced anglers are looking for new waters to swap-out their northern fishing trips for fishing holes closer to home.

Luckily, regardless of skill level, southern anglers need not look very far. A few local examples include Lake of the Prairies, Waterhen, Dauphin River, Buffalo Bay, the Red, Assiniboine and Winnipeg River.

The Winnipeg River runs from Kenora to Lake Winnipeg with ample fishing opportunities along its course. However, one of the best access points is at Trails End Camp near Point du Bois. This is a four-season fishing destination that in addition to producing great catches also offers breathtaking scenery. Fishing is produc-

tive year-round and the variety of species is impressive.

A couple of years ago I wrote several articles about this exceptional Manitoba fishing gem after a short stay at Trails End Camp. You can drive right to the boat launch here while staying on pavement, which is a nice luxury as fishing hot spots are often found at the end of gravel roads. As you head east from Point du Bois by boat exceptional wilderness scenery is a bonanza for wildlife and nature viewing. In fact, it is a draw for both fishers and non-fishers alike.

During my previous fishing trip here, we caught trophy-sized smallmouth bass and mooneye, both in one day. We also landed other species including walleye and northern pike. The bass and mooneye both qualified for entry in the Master Angler Award program.

Fishing on this river is great for experienced boaters and anglers, but even the newest participant can fish from shore or enlist a fishing guide at Trails End Camp to get safely out on the water.

The Winnipeg River is also a magnet for dedicated anglers as Manitoba Master Anglers records show. Often lunkers are hauled from these waters including smallmouth bass, walleye, sauger, northern pike, muskellunge, yellow perch and at least a dozen other species.

Fishing is a rewarding, and often addictive, form of recreation. Virtually anyone can enjoy this pursuit with minimal experience and expense. Experienced anglers may opt for all the fishing “toys”, gadgets, bells and whistles. But keep in mind, starting out it is best to keep it



RECORD PHOTO BY BILL STIWELL

Children line a southern Manitoba lakeshore trying to hook a fish.

simple.

Initially, a single rod and reel and a simple off-the-shelf rod and reel combination will do. In the Winnipeg River east of Trails End Camp often the main target species include smallmouth bass, walleye and northern pike. There are three common ways to catch these fish, vertical jigging (over the side of a boat), casting from shore or from a boat on the water, and trolling.

For walleye and bass fishing, jigging is a common technique and the rod is more important than the type of reel. Many will select a mid-range versatile rod such as a medium power, fast action rod in combination with a spinning reel. A second rod and reel is optional but it could be one suited for heavier lures or trolling for northern pike.

With so many accessible lakes and fishing streams at our disposal, staying local is a great fishing option. And, as every angler quickly learns, it is easy to get hooked on fishing.

Bill Stilwell is Manitoba's only professional outdoor writer with fully accredited active membership in Canada's professional writers association, Outdoor Writers of Canada. He is an award winning outdoor writer, nature photographer, newspaper columnist and best-selling author. His latest nature book, *Manitoba Wild*, is available at [manitobawild.com](http://manitobawild.com). His email is [bills@mymts.net](mailto:bills@mymts.net)

## Register to run and get a backstage pass

### Staff

The Terry Fox Foundation is inviting runners to register online by Aug. 10 to gain exclusive access to a virtual after-show.

Everyone who registers for the Terry Fox Run by Aug. 10 will be sent a backstage pass link to this special virtual after-show taking place on Aug. 12, following the premiere of Terry Fox: The Power of One on Monday, Aug. 9 at 8 p.m. (8:30 NT) on CBC.

Terry Fox: The Power of One is a one-hour broadcast that will share diverse stories of hope, courage, and resilience as told by iconic Canadians inspired by the vision and enduring legacy of Terry's Marathon of Hope.

This television event supports cancer research, and will feature the Fox Family, musical performances by Alessia Cara, Tom Cochrane, and William Prince, and special guests, including Michael “Pinball” Clemons, Sidney Crosby, Mike & Patrick Downie, Perdita Felicien, Rick Hansen, Marie-Mai, Tyler

McGregor, Rick Mercer, Catherine O'Hara, Lloyd Robertson, Katarina Roxon, Martin Short, Darryl Sittler, Isadore Sharp, Tyler Shaw, Josh Trager, Jay Triano, Hayley Wickenhiser, and The Right Honourable Justin Trudeau, P.C., M.P. Prime Minister of Canada.

During his Marathon of Hope 41 years ago, Terry Fox said, “Even if I don't finish, we need others to continue. It's got to keep going without me.”


The Terry Fox Foundation invites the community to help keep Terry's dream alive by joining the annual Terry Fox Run on Sept. 19.

Whether it is by running, walking, biking or wheeling, those who choose to participate will make a meaningful difference and help fund critical cancer research.

People can take part wherever they are—around their neighbourhood, backyard, down the street, or around the block.

To register, go to [terryfox.org/terry-fox-run/](http://terryfox.org/terry-fox-run/)

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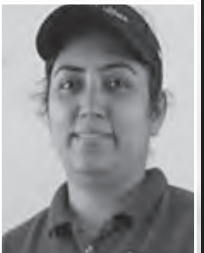


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# Research on COVID vaccines shows antibodies falling, but need for third doses inconclusive

By Patricia Barrett

A third shot of COVID-19 vaccine could possibly be on the horizon after British researchers found a consistent pattern of reduced antibody levels over time in people who were fully vaccinated with either the AstraZeneca vaccine or the Pfizer-BioNTech vaccine.

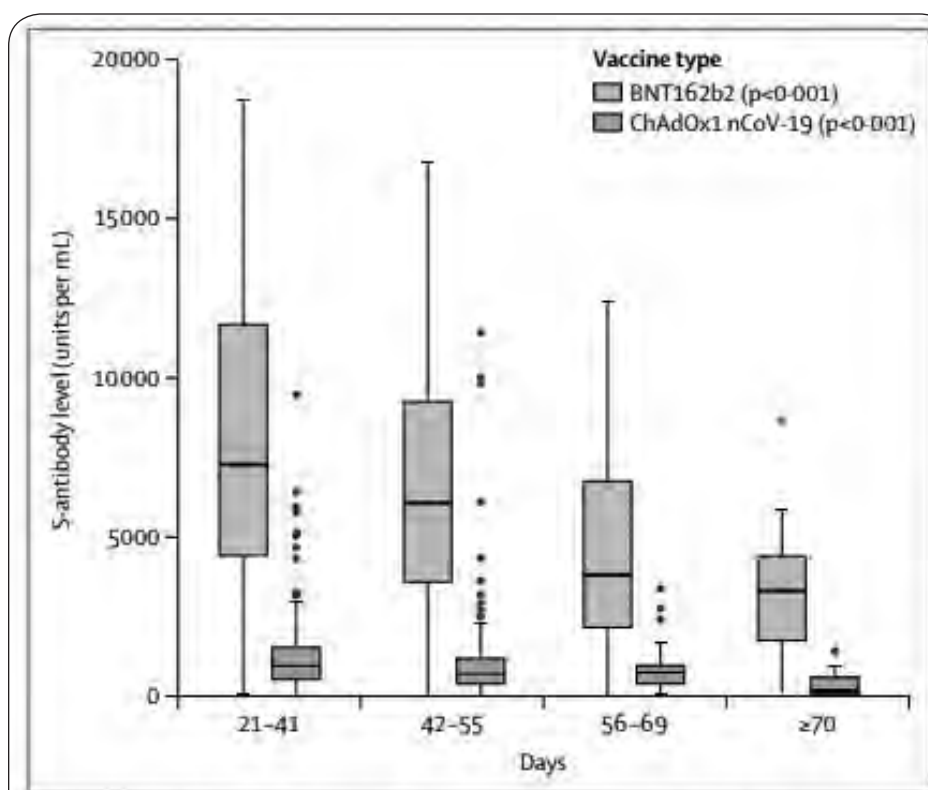
Titled "Spike-antibody waning after second dose of BNT162b2 or ChAdOx1," the study was published online in *The Lancet* medical journal July 15.

The researchers detected antibody levels starting to wane at three to 10 weeks after two shots of either vaccine were administered. But they said scientific research has yet to determine at what precise antibody level people will fall ill.

"A significant trend of declining S-antibody levels was seen with time for both ChAdOx1 [AstraZeneca] ... and BNT162b2 [Pfizer-BioNTech], with levels reducing by about five-fold for ChAdOx1, and by about two-fold for BNT162b2, between 21-41 days and 70 days or more after the second dose," the researchers wrote.

To identify the early signs of waning antibody levels, the researchers looked at blood samples submitted to Virus Watch, a U.K. government-funded longitudinal (using the same participants over time) vaccine evaluation study.

Blood samples were received from 605 adults (53 per cent were women) 18 years of age and older. Samples were submitted 14-154 days after the second vaccine dose (average of 42 days). The average age of participants was 63. Thirty-three per cent (197 people) of the samples were from people who were vaccinated with Pfizer-BioNTech and 67 per cent (405 people) were from those vaccinated with AstraZeneca.



**Figure:** Levels of antibody against the spike glycoprotein of SARS-CoV-2 (S-antibody) at defined timepoints after second dose of vaccination (with extended dose intervals) in individuals with no previous infection, stratified by vaccine type. p values derived from non-parametric tests for trend for each vaccine subgroup are given in parenthesis in the key.

## RECORD STUDY DATA

A graph from the U.K. study shows waning antibody levels in people who received two doses of either AstraZeneca or Pfizer. Researchers found a "significant trend" in waning antibody levels.

To infer a general trend in antibody levels over time, the researchers examined the levels at 14-20 days after the second dose, at 21-41 days, 42-55 days, 56-69 days, and 70 and more days after second doses.

Women were found to have higher initial antibody levels than men at 21-42 days and also had higher levels at 70 days or more. People aged 18-64 had higher antibody levels at 21-42 days and at 70 or more days after vaccination compared to people aged 65

and older.

The researchers said low antibody levels in people considered "vulnerable" and who had received AstraZeneca "might be cause for concern."

Variables such as different dosing intervals (the time between first and second vaccine shots), age and size of the study population are possible confounders to the findings, the researchers wrote. Therefore, blood analyses with greater numbers of participants and a follow-up of "antibody dynam-

ics" over six to 12 months are needed.

That means the need for third or subsequent COVID vaccinations is inconclusive at this time, they wrote. The point at which declining antibodies will give rise to disease is yet to be determined. Other immune defences, such as T-cell immunity, might jump in to "compensate to some extent as antibody responses wane."

But with aggressive variants ramping up across the globe, people choosing not to get vaccinated and many countries enduring tiring, repetitious cycles of lockdowns and restriction ease-ups, further insight into vaccine duration is needed in order to find new strategies to dodge or suppress COVID outbreaks.

The researchers wrote that higher antibody levels are "possibly associated with greater protection against variants that can partially evade immunity," which has been borne out by Pfizer's relatively higher efficacy – in comparison to AstraZeneca's – against the delta variant (B.16172).

"With continued high global incidence, and potential for more transmissible SARS-CoV-2 variants, data on longer-term vaccine efficacy and antibody dynamics in infection-naïve individuals are essential for clarifying the need for further booster doses," wrote the researchers.

At the end of July, Israel became the first country to offer third doses of Pfizer, the vaccine it used in its inoculation program. Third shots will be offered to people over 60 years of age. The decision came after an alarming rise in infections and preliminary data showing protection against serious illness declining in those who were vaccinated in January.

Canada's National Advisory Committee on Immunization has thus far not recommended third doses.

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**The Selkirk Record**

## Province records 542 active COVID cases

By Ashleigh Viveiros

Manitoba headed into the long weekend in pretty decent shape, as far as daily COVID-19 cases go.

Just 46 new cases of the virus were identified on Friday. Updated numbers from the weekend were not available at press time due to the holiday.

The province ended the week with a total of 542 active cases, 55,873 recoveries, and 1,178 deaths due to the virus.

There were 93 Manitobans in hospital with COVID-19, including 25 in intensive care.

The five-day COVID-19 test pos-

itivity rate was 2.3 per cent provincially and 1.4 per cent in Winnipeg.

The Interlake-Eastern Regional Health Authority was reporting 238 active cases and 11 hospitalizations, including four patients in ICU. The region has recorded 47 deaths since the pandemic began.

As of Monday Fisher/Peguis recorded 95 active cases, Powerview/Pine Falls 75, Northern Remote 25, Beausejour 14, Eriksdale/Ashern 9, Selkirk 8, Unknown and Stonewall/Teulon four each, St. Clements two, Winnipeg Beach/St. Andrews and Pinawa/LacduBonnet

one each while Arborg/Riverton, Gimli, Springfield, St. Laurent and Whiteshell/Winnipeg Beach all had zero.

The provincial vaccination campaign is inching ever closer to its Labour Day weekend goal of seeing 80 per cent of eligible Manitobans with their first dose of vaccine.

On Friday, 78.5 per cent of eligible Manitobans had received at least one dose and 69.3 had received two doses.

For details on vaccine appointments or walk-in schedules, head to [protectmb.ca](http://protectmb.ca) or call 1-844-626-8222.



# Treaty One flag flutters at Winnipeg's Memorial Park

The flag was raised to celebrate Treaty One's 150th anniversary on Aug. 3

By Ligia Braidotti

The Treaty One flag was fluttering at Winnipeg's Memorial Park in celebration of the 150th anniversary of the signing of Treaty No. 1.

First to be signed in Western Canada, the Treaty No. 1 holds significant significance. Lower Fort Garry, southeast of Selkirk, was the location where Treaty No. 1 was negotiated and signed on Aug. 3, 1871. Signatories included representatives from the Crown, Anishinabe and Swampy Cree. Approximately 1,000 Indigenous men, women and children from all over the province participated in the eight-day negotiation process.

"Our government respects the treaties and agreements that were made on these lands, and we remain committed to working in partnership with Indigenous peoples and communities in the spirit of reconciliation and collaboration," said Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere.

ister Alan Lagimodiere.

Treaty One Nation comprises seven First Nations: Brokenhead Ojibway First Nation; Long Plain First Nation; Peguis First Nation (formerly St. Peters Band); Roseau River Anishinaabe First Nation; Sagkeeng First Nation (formerly Fort Alexander Band); Sandy Bay First Nation (1876 adhesion); and Swan Lake First Nation (1876 adhesion).

The Treaty One flag was raised at Memorial Park across from the Legislative Building on Aug. 3. Lagimodiere and representatives from Treaty One Nations participated in a traditional flag-raising ceremony to honour and acknowledge the signing of Treaty No. 1.

Designed in the summer of 2020, this flag and its colours represent the signing of the Treaty One treaties "As long as the sun shines, the grass grows, and the water flows." The seven signatories to Treaty No. 1 are represented



RECORD PHOTO COURTESY OF FOTW FLAGS OF THE WORLD WEBSITE

The Treaty One flag was raised at Memorial Park across from the Legislative Building on Aug. 3. The colours represent the signing of the Treaty One treaties "As long as the sun shines, the grass grows, and the water flows." The seven signatories to Treaty No. 1 are represented by the sun's rays and the red outline represents Indigenous people.

by the sun's rays and the red outline represents Indigenous people. Additional information about the flag can

be found at [www.crwflags.com/fotw/flags/ca\\_trty1.html](http://www.crwflags.com/fotw/flags/ca_trty1.html).

## College programs enable Interlake students remote learning

By Nicole Brownlee

Red River College releases new programs in the Interlake region to accommodate changing needs in the community.

The RRC Interlake Peguis-Fisher Branch campus released 11 programs they're now accepting applications for, including new programs.

"We do deliveries based on the employment needs of our communities," explained Darlene Bouvier, Interlake campus manager. "We do a lot to encompass and understand the needs of the region prior to making plans."

After consulting with industry leaders, like the Interlake-Eastern Regional Health Authority, business professionals and educational organizations, RRC found the need for intermediate business classes, trades programs and health care programs at the Interlake campus.

"Of course, right now, with COVID-19, health care aids are in just high demand. They are hired even before they complete their practicum," said Bouvier.

A new addition to the campus is a four-month certificate program, Introduction to Business Information Technology, which is a first step to the two-year Business Information Technology program. The preparatory program accepts mature students who are 19 years or older who have completed up to Grade 10. The BIT program previously only admitted students who com-

pleted Grade 12.

"[The introductory program] would get them prepared as a mature learner, and they can have the opportunity for an amazing career," said Bouvier.

The Social Innovation and Community Development program is another addition to the campus available during the fall semester. The two-year diploma program focuses on socio-economic development and environmental issues.

"Students can opt to exit with a one-year certificate if they wish, or they could move into the second year and choose one of two majors. Either community development or Indigenous social entrepreneurship," said Bouvier.

Several of the programs offer theory virtually with opportunities to learn on-site depending on the class.

"If we have enough students, we can actually deliver some hands-on, critical skills right in the communities," said Bouvier.

The college's main campus sits in Selkirk, but RRC also offers community-based programs across the Interlake through connections with educational institutions in the areas for in-person classes and opportunities to work in the community.

"There's just a huge benefit to be able to deliver programs directly in the community," said Dar-

lene Bouvier, Interlake campus manager. "Our numbers show that I have a higher success rate when I can deliver programs directly in the communities for the students."

Virtual learning has enabled the campus to broaden its reach to students in exterior communities, said Bouvier.

"Students from throughout the region, no matter where they are, can learn online," said Bouvier. "A larger volume of students [has] enabled us to provide more opportunities for more training and courses."

To learn more about the offered programs, visit [rrc.ca/interlake](http://rrc.ca/interlake).

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# Matlock Biodiversity Retreat heals the land and visitors

By Nicole Brownlee

A quiet hideaway tucked in the Matlock community welcomes people to visit on weekends to connect with nature and learn more about horticultural therapy.

Therapist Cheryl Cohan specializes in horticultural therapy, practicing on the property, offering group programs, school trips and private sessions. Two years ago, Cohan built a private practice on the land, now known as the Matlock Biodiversity Retreat and Horticultural Therapy Centre.

The biodynamic nature retreat nurtures the land through farming, maintenance and respect for each element of the land.

"It's really sort of an organic, sustainable focus on the land of restoring it to health and wellness and keeping it as a very healthy system," said Cohan.

She used to travel across the province, leading training sessions about trauma-informed care and other therapeutic topics while working at practices in Winnipeg and the Interlake.

The COVID-19 pandemic allowed her to host the training sessions virtually from the comfort of her home at the Matlock Retreat, which sparked her interest to eventually lure the training sessions in-person to her property.

"I decided I really liked it. I'd like to actually keep staying home and doing it and coincidentally I want to also do more horticultural therapy school out of here," said Cohan. "I just like being home and being in Matlock."

Horticultural therapy uses plants and nature to help people heal, learn new skills or maintain their physical abilities. Practices can range from gardening, learning about nature or interacting with plants.

"I'm happy every day with what I do," said Cohan. "I see how helpful



Cheryl Cohan leads horticultural therapy sessions at her Matlock Biodiversity Retreat and Horticultural Therapy Centre.

and amazing it is for people."

Cohan and her partner Noah Erenberg bought the property over 20 years ago to raise their children and reconnect with the land.

"We found this property just by chance," said Cohan. "It had been a homestead for many years."

The family developed the land to plant thousands of trees, native plants and rejuvenate the natural diversity.

"We're blown away every day," said Cohan.

On July 24, Cohan released daily programs for visitors to join on weekends that include morning yoga taught by Carley Matkowski and ashtanga instructor, Barb Wilton, guided nature walks and meditative strolls through the labyrinth.

Guests can also book to stay in campsites and small cabins on the land.



RECORD PHOTOS SUBMITTED

The Matlock Retreat features acres of land for people to reconnect with nature through walks, educational tours and several other programs.

"People who are here, staying on-site, they kind of get the benefit of it being at a retreat centre," said Cohan.

Monarch Sauddin stayed at the retreat with his wife from July 14 to 16 and said the experience was amazing.

"It blew me," said Sauddin. "It felt really really relaxing, just listening to the birds... I want everyone to know about that place."

Eli Chomecki has stayed at the retreat several times and said it is a peaceful place to stay.

"Secluded from any neighbours and a bird watcher's paradise," said Chomecki in a statement. "It's an excellent place to escape and relax. Plus, you couldn't ask for more warm and welcoming hosts than Noah and Cheryl."

To learn more about the Matlock

Biodiversity Retreat and Horticultural Therapy Centre, visit [matlockretreat.ca](http://matlockretreat.ca).

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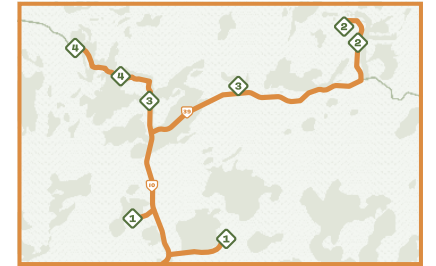
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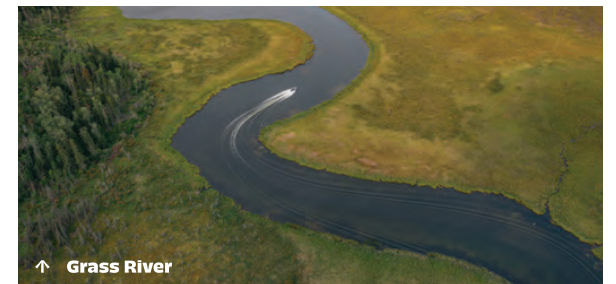
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- ➔ Practice physical distancing
- ➔ Stay home when you're sick
- ➔ Follow all local travel restrictions

Travel Manitoba cannot guarantee that the attractions and businesses featured will be open and operating as described. While we strongly recommend that all tourism businesses adhere to the public health and safety measures set by the Government of Manitoba, we cannot guarantee the compliance of any business featured in this content. Please contact businesses directly for operating hours and policies.



↑ The Caves Self-Guiding Trail



↑ Grass River



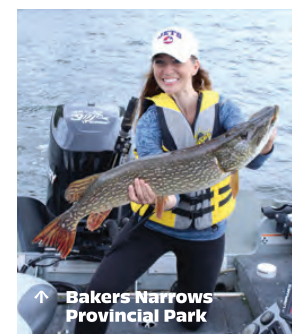
↑ Flin Flon



↑ Wekusko Fall



↑ Big Island Drive In



↑ Bakers Narrows Provincial Park

## 1 DISCOVER THE NORTHERN JEWEL

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

The jewel of the North is Clearwater Lake, the dazzling focal point of **Clearwater Lake Provincial Park**, less than 30 minutes from The Pas. The spring-fed lake is crystal clear and its beautiful turquoise colour is beyond impressive. Fishing excursions – either on your own or guided – will

likely see you set up near an underwater shelf where large lake trout like to gather. Follow a short self-guided hiking trail on the lake's south shore and explore the deep rock crevices known as the "caves" from the trail, viewing platform and stairways.

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

## 2 FALL FOR WEKUSKO FALLS

About two hours northeast of The Pas is the town of **Snow Lake**. Learn about the history of this town at the **Snow Lake Mining Museum**. See exhibits of authentic mining equipment, including mock-ups of mining drifts and a mine rescue centre.

Snow Lake is also just 15

minutes away from **Wekusko Falls Provincial Park**. In addition to the next-door fishing lodge, the park has camping, beaches, hiking, fishing and scenic views from the suspension bridges over the Grass River as it tumbles down 12 metres – the impressive Wekusko Falls.

## 3 FOLLOW THE GRASS RIVER

Head back east along Highway 39, this time stopping at **Grass River Provincial Park**. A top paddling destination, the Grass River connects First, Second and Third Cranberry Lakes with the park's large Reed Lake. There are designated backcountry campsites along the routes, but the park also has three campgrounds

and lodge options.

Continue west toward **Cranberry Portage**. Going back 2,000 years, this was an important portage route connecting the Grass and Saskatchewan River systems. Learn about the area's history at the carefully restored rail station, home to the **Cranberry Portage Museum**.

## 4 THE WATER AND THE WILD

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

Next, head to **Flin Flon**, a charming city built atop volcanic rocks. Begin your exploration at the statue of Flin Flon's namesake – the fictional Flintabbatey Flonatin. Follow Flin Flon's Boardwalk along Ross Lake, an accessible 2.2-km

path. Flin Flon's Trail begins where the boardwalk ends – adding another two kilometres along with some amazing views of the city.

Stop into the **Flin Flon Station Museum**, a former CN Rail station that features artifacts from the city's mining and pioneering history. Visit the **NorVA Centre** – an artist-run studio and gallery cooperative.

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

For more inspiration for your northern Manitoba road trip, go to [travelmanitoba.com/road-trips](https://travelmanitoba.com/road-trips).





## Communities in Bloom 2021

The Selkirk Communities in Bloom Yard of the Week and Commercial Property of the Week contest showcases well cared for yards and businesses within the City of Selkirk. The contest is now closed for the season. Thank you to all who entered and thank you for sharing your beautiful yards!



**Yard of the Week:**  
**205 Strathnaver Ave.**



**Commercial Property of the Week:**  
**Kiwanis Gardens**  
**110 Morris Ave.**

*Yard of the Week sponsored by Selkirk Home Hardware.*  
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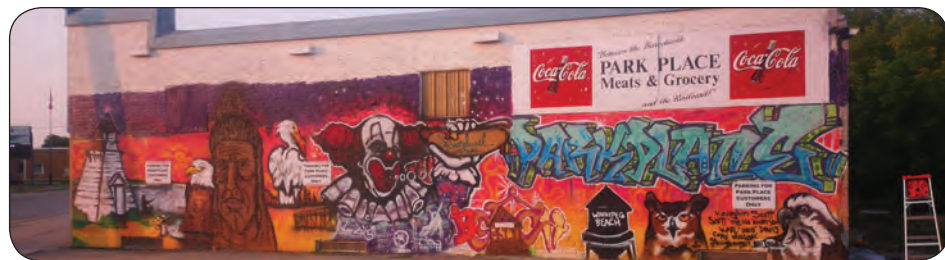
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## Beachside grocer gets a beautiful new paint job



**RECORD PHOTOS BY CORY RIEDIGER**

Cory Riediger spent his spare time at his family's cottage in Winnipeg Beach creating a mural at Park Place Meats & Grocery.

**By Nicole Brownlee**

A colourful mural in Winnipeg Beach is catching eyes and covering graffiti.

Cory Riediger was spending time at his family's cottage in Winnipeg Beach with his eight-year-old son Karl when he noticed graffiti spattering the back of the Park Place Meats & Grocery store.

Riediger reached out to Park Place owner Kevin Kanski and offered to cover up the scrawls for free.

"I thought that I could do something to help," said Riediger. "I have a little bit of artistic talent."

Kanski accepted and encouraged Riediger to try.

"Basically, I kind of gave him free rein. Just to kind of go with a beach theme and see what works," said Kanski.

This was Riediger's first mural, but he had enjoyed painting and drawing throughout his life.

"It was really exciting, I enjoyed doing it," said Riediger about transitioning to a much larger canvas than he's used to.

Using a similar plan to how he creates on canvas, Riediger used acrylic and spray paint to create the piece, experimenting with different techniques to decide what he thought would look the best.

"I like just to go on the canvas... mix the spray paint and paint markers and all that stuff, and I found a kind of

way to make it work for myself," said Riediger.

He spent hours during the evening working on the mural featuring a cotton candy night sky, Winnipeg Beach landmarks and renditions of animals.

"I tend to just run with ideas, and then if they don't work, I quickly change it up and try to think of something else," said Riediger.

His son Karl and his friend Scott "the kid" Anderson would often join Riediger, as would community members.

"Somebody came and asked us what we were doing, and then he started to help, which was quite interesting," said Riediger. "My friend had left, and he was still there at midnight helping me."

Riediger finished the mural on July 15 and plans to continue creating murals to help out the community.

"If there's people who have an area that has graffiti on their property or something that they want to get rid of, I'd love to help," said Riediger. "It's kind of a fun way I can do a little bit of community service."

Kanski said he thinks Riediger did a great job, and he's been receiving lots of positive comments online about his work.

"I'm very grateful that [Kanski] gave me the opportunity to [paint the mural]," said Riediger.

To contact Riediger about his artwork, email [coryriediger10@msn.com](mailto:coryriediger10@msn.com).

## Powered by Honda



**RECORD PHOTO BY BRETT MITCHELL**

Pictured above is Herb Jones, technician at Westside Honda, getting ready for a cool quad ride on July 27.





Clockwise from left: Explore Thermëa by Nordik Spa-Nature (Jessica Losorata); Shopping in St. Boniface (William Au); FortWhyte Alive (Mike Peters).

**E**njoy a well-rounded summer getaway in Winnipeg as you make memories exploring the city's attractions, culinary scene, shopping and more.

#### First night

Drop your bags at one of Winnipeg's great hotels, many offering hot deals for summer. You'll instantly feel welcome thanks to the city's friendly prairie hospitality.

Ease into your vacay by slipping into the soothing hot waters and saunas of Thermëa by Nordik Spa-Nature, where you'll feel instantly relaxed inhaling aromatherapy and the scent of fresh pine at this Scandinavian-inspired spa. Brightly coloured plates of local produce and flavours delight the senses as you savour dinner at its on-site restaurant.

#### Day 1

Treat yourself with a decadent breakfast in bed at your hotel. Now that you've fueled up, set your sights on Winnipeg's incredible culture scene.

Spend the morning at the architecturally stunning Canadian Museum for Human Rights. As you climb up the gorgeous alabaster ramps heading from darkness into light, you'll explore galleries built around human rights themes. Hundreds of stories are shared using the latest technologies, oldest forms of storytelling and timeless power of art, where you'll feel moved and inspired by the experience.

The Forks Market is a perfect stop for lunch. Whether you sit amongst the shady Common patio (it's licensed!) or the Instagram friendly food hall, dive into global flavours from bursting empanadas to artful sushi to gourmet hot dogs from local food kiosks.

Next, head to the historic Exchange District neighbourhood, including the Manitoba Museum to view its newest upgrades. A must-see is the new Prairies Gallery, where a layered view of

history explores human connections to the land. Sports fans will want to cross the street to check out the Manitoba Sports Hall of Fame full of memorabilia.

While here, dine at a local restaurant, such as Peasant Cookery, Cordova Tapas & Wine Bar, Corrientes Argentine Pizzeria, or Amsterdam Tea Room. Sip a refreshing premium Belgian-style beer at local craft brewery Nonsuch or a purple gin cocktail at local Patent 5 Distillery afterward.

#### Day 2

Seize the day by getting in touch with nature. Canoeing, fishing, cycling and hiking are on the docket for a tranquil experience at FortWhyte Alive, as you navigate its rustling tree-lined trails and dip your paddle in its peaceful lake. Be sure to check out the munching, grunting bison herd on site.

Afterward, check out Canada's newest national treasure—Qaumajuq Inuit art centre at the Winnipeg Art Gallery. Housing the world's largest collection of contemporary Inuit art, you'll marvel at pieces of art housed in the stunning three-storey visible vault surrounded by a crisp, white setting reflective of Canada's landscape in the North.

For your last stop, choose your own adventure! Get to know the fascinating history of Winnipeg's French Quarter on an Old St. Boniface Walking Tour, where you'll wander this charming neighbourhood. If you're looking for a lively afternoon out, McPhillips Station Casino or Club Regent Casino is the name of your game. You'll



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have a blast trying your luck at all the hottest games amongst the buzz and colourful lights, plus many dining options to enjoy too. Shop 'til you drop at local boutiques and shopping centres with the brands you love, such as CF Polo Park and Outlet Collection Winnipeg.

**Call or visit websites of attractions, shops and restaurants to understand the latest COVID-19 restrictions and protocols.**



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# Entrepreneurs get new opportunity to grow

Connections between Manitoba business and the Futurpreneur program give new business makers a boost

By Katelyn Boulanger

North Forge East recently announced a partnership with Futurpreneur to allow residents all over Manitoba to better access the Futurpreneur program and get their business off the ground faster.

"Futurpreneur Canada is the perfect partner for us to work with early-stage companies, at their founding, therefore, growing their business," said Shane Li President of North Forge East.

This partnership will allow eligible North Forge East member entrepreneurs ages 18-39 to fast track the normal Futurpreneur Canada application process.

Futurpreneur Canada is the only national, non-profit organization that provides financing, mentoring and support tools to aspiring business owners aged 18-39.

North Forge East is the first non-profit innovation-based regional business incubator in Eastern Manitoba.

"Basically, [with this partnership] the re's no collateral on the loan set, which is very friendly, because [Futurpreneur] are not for profit, and federal-funded organization, they can

provide an entrepreneur team early regular early-stage financing which is critical," said Li.

This opportunity helps to speed up the Futurpreneur application process which means businesses can receive up to \$20,000 in start-up financing sooner.

This is only one opportunity that North Forge East delivers with access to networking and training events, grant assistance, market intelligence, rapid prototyping all available to Manitobans.

Li says that it's important that young people especially have these types of opportunities so that they can set up their businesses.

"From an economic perspective, the young entrepreneurs are the backbone of economic development. And, a lot of young [people are] drivers of the economy, for example, the innovation economy, which is considered one of the key economies right now by Manitoba and by Canada. Young entrepreneurs are one of the main drivers of that economy, and giving them that funding and that support for young entrepreneurs, is going to be crucial for the innovation economy



RECORD PHOTO SUBMITTED

Shane Li President of North Forge East.

in Manitoba," said Li.

He says that it's also important to

make sure to support businesses because it allows communities to create more diverse economies.

"You have to have a diversified economy with many economic structures, you have service-based industry, innovation economy, you have a manufacturing industry, so that we actually know that has one of the [least low] employment rates in Canada, because of our diversified economy, infrastructure. So we can be more strong while we see an economic recession," he said.

This partnership is the first of its kind in Eastern Manitoba and Li invites any entrepreneurs who want to take the next step to reach out.

"They can go to the North Forge East official website, and at the website they can see the different services we offer, they can see the start-up program and apply online directly or in our office and then we will move them forward to the next steps," said Li.

If you would like to learn more about North Forge East check out their website at <https://northforge.ca/northforge-east/>. You can also learn more about the Futurpreneur program at <https://www.futurpreneur.ca/en/>.



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# IERHA calls for community members to join strategic committee

By Nicole Brownlee

A new strategy for the Interlake health system highlights the need for community involvement in reaching goals.

The Interlake-Eastern Regional Health Authority released its 2021-2026 Strategic Plan in July, updating its goals, values and approach to healthcare in the region.

"We're really proud of the work that we've done collaboratively," said Dr. David Matear, CEO of the IERHA, at a briefing on July 28.

The report consulted over 90 stakeholders, including municipal and provincial representatives, Indigenous leaders and health care professionals, to acknowledge the service areas the IERHA needed to improve the most.

To oversee these goals, the IERHA has created two groups that will guide the health organization towards improving its services.

The Strategic Steering Committees

are responsible for creating strategies to achieve each of the six goals the report highlights. These committees will be made up of board members, regional and provincial health leaders, municipal representatives and community members.

The second group, the Regional Health Advisory Council, will oversee the Steering Committees to implement their strategies and consult with stakeholders and regional leaders.

"This process maintains an open door for engagement," said Matear.

Local Health Involvement Groups were created after the 2012 decision to reduce the previous 11 RHAs to five to connect with community partners, said the IERHA's 2016-2021 Strategic Plan. The two LHIG groups in the IERHA will now be part of the Advisory Council.

"Now they have an opportunity to bring [their ideas] forward to a strategic group that has a responsibility

for oversight, for strategy and health system development for the entire region," said Matear.

Several points stressed in the plan include improving the coordination between health care facilities, the accessibility to health care for Indigenous communities and vulnerable populations, and the foundation of community services.

These improvements could alleviate over-reliance on emergency departments for non-urgent needs, support the community to keep people living at home longer and provide better care for rural Manitobans.

"Within five years, our regional residents can expect a stronger, more integrated health care system," said Matear. "That's kind of the underlying theme throughout all of our strategic direction really. By putting these goals into action, our regional health authority will emerge better positioned to meet the health needs of our resi-

dents."

The report also acknowledged the current health care system throughout the province is inefficient because there is a lack of communication between the five regional health authorities. Health service planning done without consideration for other RHAs has led to a duplication of services, confusion and ineffective programs.

The creation of the Steering Committee and Health Advisory Council may address these shortcomings for the IERHA.

The strategic plan will be reviewed annually to maintain relevance.

If you're interested in participating in the Strategic Steering Committee, email [info@ierha.ca](mailto:info@ierha.ca) or phone 1-855-347-8500 for more information. To access the IERHA's 2021-2026 strategic plan, visit [ierha.ca](http://ierha.ca).

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## August Consignment Sale - Aug. 12th - 19th

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Pickup available August 13th and 14th from 9am to 5pm or call for arrangements.

## September Consignment Sale - September 16th - 23rd

### ONLINE ONLY!!!!

BIDDING OPENS SEPTEMBER 16TH@9AM. CLOSES SEPTEMBER 23RD @ 10AM \*\*MORE PICTURES AND INFO TO COME!\*\* CONSISTING OF FARM EQUIPMENT AND MUCH MORE TO COME! LOCATION: GRUNTHAL LIVESTOCK AUCTION MART. FROM STEINBACH: TRAVEL SOUTH ON HIGHWAY 12 APPROXIMATELY 15 KMS. TURN WEST ONTO HIGHWAY 205 (SIGNS FOR SARTO/GRUNTHAL) AND DRIVE APPROXIMATELY 8.5 KMS. FROM HIGHWAY 59: TURN EAST ON HIGHWAY 52 AND DRIVE APPROXIMATELY 8 KMS. TURN SOUTH ONTO HIGHWAY 216 (SIGNS FOR KLEEFELD) AND DRIVE 16.5 KMS, THROUGH KLEEFELD AND THROUGH GRUNTHAL. AT THE EAST END OF MAIN STREET IN GRUNTHAL, TURN SOUTH ONTO HIGHWAY 216/205 AND TRAVEL 1 KM. TURN EAST ONTO HIGHWAY 205 AND TRAVEL APPROXIMATELY 3 KMS. CUT OFF DATE TO CONSIGN ITEMS IS SEPTEMBER 14TH. PREVIEW ITEMS AVAILABLE SEPTEMBER 6TH - 15TH FROM 9AM - 5PM

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# Rotarians answer the call for donations



RECORD PHOTOS SUBMITTED

Some of the donations that were collected for children displaced by Northern Manitoba's wildfires.

## Residents support children displaced by wildfires

By Katelyn Boulanger

At this point, no one in our community is surprised when they hear that Selkirk's Rotarians have come together to help those in need. This time they have helped to raise donations for children displaced by the wildfires that are affecting northern Manitoba populations this summer.

"I saw a Facebook post seeking donations for specific items for children who have been displaced by the wildfires up north and I saw it last weekend, and I sent the information to Rotary President David Thorne and we had a meeting just this past Monday, and we brought it up and it went from there," said Rotarian Trish Goosen.

Selkirk's Rotary club donated to the cause and also let non-members in our community take part as well by putting a call out on their social media

for additional donations.

"The public, just like any time we put something out there, was just super supportive," said Goosen.

Her first trip to Winnipeg to deliver the donations was a huge success.

"Between the monetary donations of Rotary plus the items, it was over \$1,000 in three days. My car and I have a Chevy Cruze, my car was full. I could not put any more boxes or bags in my car. It was absolutely incredible the amount of support that the community just puts together so fast," said Goosen.

She and the Rotarians believe that giving back when people are in need is very important and that we can all make a difference.

"It's important to support not only the local community, the triple S community, so to speak, but our Manitoba



community, Canadian [community] and so on. We can all give something whether it is time, we can give monetarily or some donations, it's just super important because, really, our world isn't that big. And, so it's really important to try to give back in any way that you can to your community," said Goosen.

The Selkirk Rotary Club also participates in the Honouring Indigenous People's Initiative and in addition to supporting people in need this was a way that they could extend their support to Indigenous people outside the

Selkirk area.

"We quickly collected so many different items from children's toys and books to socks, and lots and lots of snacks because that's what they said they need which was really great because kids eat lots as we know," said Goosen.

Goosen is still accepting donations and plans to make a run to Winnipeg again this week. To contact her with donations that you would like to give shoot her an email at [trishgoosen111@msn.com](mailto:trishgoosen111@msn.com).

# Firearms safety course offered in Ashern in August

By Nicole Brownlee

A Canadian Firearms Safety Course is being offered in Ashern at the Fieldstone Ventures Education and Training Centre Inc. throughout August.

Patrick Olson will be teaching the eight-hour course on Aug. 7 and 14.

"I think that most of the communities should have [courses like this] available to the individuals that live there as there's still a number of people that like to either target shoot or like it for the purposes of hunting," said Olson.

Previously a member of the RCMP,

Olson has taught the course across the province since 2018.

Olson usually teaches the non-restricted (long gun) and restricted (handgun) courses, but the COVID-19 pandemic interrupted his instruction.

"[It] wasn't because of the federal government shutting us down that was just because of instructor choice," said Olson. "The COVID numbers were so high."

The safety courses must be taught in person, so Olson took a break before heading back into the classroom in July to join 135 other provincial in-

structors.

First-time applicants 12 years or older must pass the Canadian Firearms Safety Course before applying for a Possession and Acquisition Licence, according to the RCMP website.

"We like to get the youth involved as well," said Olson. "I've had up to 74-year-olds in my class."

Students can expect in-class instruction, a written and practical test to demonstrate their safety knowledge. If the students pass the one-day course, they will receive a certificate by the end of the class.

To prepare for the course, students are welcome to look at the class material online before the in-person instruction, added Olson.

"Everything required for them to be successful at the end of the day is provided throughout the day."

The lectures cover 11 modules that include the evolution of firearms, safety practices and care of firearms.

To sign up for the firearms safety course or to book individual training sessions, contact Patrick Olson at 204-467-5134.



# Health care workers to receive training on palliative care

## SDCF's grant allowed access to Pallium Canada's new program

By Ligia Braidotti

More than 200 health care assistants and support workers in Selkirk and surrounding area's home care, long term care, and acute care programs will be trained and educated on palliative care thanks to a grant from the Selkirk and District Community Foundation.

A new personal support worker training offered by Pallium Canada, Learning Essential Approaches to Palliative Care (LEAP), prepares personal support workers and health care aides to devote themselves to palliative care. Students will gain skills in the provision of care and communication, as well as the role of the provider in the health care team.

Pallium is a Canadian, non-profit group dedicated to building professional and community capacity to improve palliative care quality and availability. Their goal is to accelerate the integration of palliative care in Canadian health care systems and communities by bringing together clinicians, educators, and researchers.

Christine Skakum, a palliative care nurse who provides care to clients on the west side of the region, says the grant will directly benefit everyone in the community.

"The knowledge of how to approach conversation, provide physical care and support to family members is crucial. LEAP Training will empower the IERHA health care aids and support workers to provide best practice supportive care to clients and families in our region. This is an exciting opportunity to increase their confidence and explore this beautifully complex and relational area of care," says Skakum.

Pamela McCallum, executive director of the Interlake Eastern Health Foundation, emphasized the importance of supporting training and education programs.

"Training and education programs help improve the knowledge and skillsets of employees to match the ever-changing health care system. These improvements will positively affect the productivity of staff, which will increase efficiency of our organization and staff engagement."

Selkirk and District Community Foundation (SDCF) executive director Beverly Clegg says "The SDCF Palliative Care Fund was created and continues to be supported by caring and compassionate community volunteers and donors. Here at SDCF we know, because of those donors, pallia-



RECORD PHOTO SUBMITTED

Pamela McCallum (left), Interlake Eastern Health Foundation's executive director and Beverly Clegg (right), Selkirk and District Community Foundation's executive director.

tive care supports can and will be provided locally today and forever."

The Interlake-Eastern Health Foundation mission is to raise funds that

support health care in the region. For more information visit [www.iehbf.ca](http://www.iehbf.ca). For information on the SDCF please visit [www.sdcf.ca](http://www.sdcf.ca).

# MFCBC announces new business financing contribution grant

Submitted by Metis Financial Corp.

The Métis Financial Corporation BC (MFCBC) today announced a non-repayable contribution program to assist Métis entrepreneurs. The Business Financing Contribution program is a game changer for the organization and Métis entrepreneurs in British Columbia. This is the first time we are able to offer grants as part of its "core funding" program. These grants are in the form of non-repayable contributions and are in combination with an approved client's loan. This program will significantly reduce the cost of financing to Métis entrepreneurs. MFCBC will be able to offer these contributions on an on-going basis and in doing so create a better opportunity for Métis businesses to succeed.

MFCBC CEO Evan Salter states, "It is extremely exciting for MFCBC to announce this program. We believe it allows Métis entrepreneurs and our organization an opportunity to grow successfully together. The program offsets considerably the costs of financing by reducing the interest

payable over the life of the loan and ensuring the business does not have to repay the full amount of funding. It is great news to be able to offer this program as the federal government has now moved to a more distinction-based funding model that recognizes the unique circumstances of Métis entrepreneurs."

Salter continued, "Métis applicants will still require a Business Plan to apply for a loan. In order to make this process easier, MFCBC can cover 75% of the cost to develop a plan. At MFCBC, we want to be the place Métis entrepreneurs come for financing and this program is another way we can help. MFCBC, as the newest Métis AFI (Aboriginal Finance Institution) arguably became the fastest growing AFI in Canada during the COVID-19 pandemic. Our small staff were able to process almost 500 emergency covid loans and grants worth close to \$10 million. We know these loans and grants to Métis entrepreneurs in BC helped Métis businesses survive the COVID-19 pandemic."

Salter concluded "We believe with good reason that our success in delivering the emergency COVID-19 funding shows that we will be able to get the Business Financing Contribution Program into the hands of our hard working and committed Métis entrepreneurs."

MFCBC officially opened for business in August 2018 to serve Métis en-

trepreneurs in BC. MFCBC provides funding for new Métis businesses or existing businesses that require financing to expand.

To learn more about MFCBC please visit: [www.mfcbc.ca](http://www.mfcbc.ca) or contact the MFCBC office at 1.833.399.3926 or send an email to [admin@mfcbc.ca](mailto:admin@mfcbc.ca)



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> MEAL IDEAS

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## Apple Guacamole

1/2 cup snipped fresh cilantro  
1lime, juice only  
bottled hot pepper sauce, to taste  
1 Granny Smith apple, peeled, cored and finely chopped  
kosher salt, to taste  
tortilla chips  
In bowl, use fork to mash avocados, onion, cilantro, lime juice and hot pepper sauce to desired consistency. Stir in apple and season with salt, to taste.  
Serve with tortilla chips.

Recipe adapted from the Meredith Corporation  
Prep time: 10 minutes  
Servings: 8-10  
3 ripe avocados, halved and pitted  
1/2 cup finely chopped Vidalia onion



## Steak Banh Mi

plate or storage container. In small bowl, combine hoisin sauce, soy sauce, honey, fish sauce, garlic, 1 teaspoon rice vinegar and five-spice powder; pour over steak. Cover and marinate in fridge at least 2 hours, or overnight.

In small pot over medium heat, heat remaining rice vinegar, sugar and salt. Cook and stir until sugar and salt dissolve. Remove from heat and let cool.

Place carrots in deep plate or storage container. Pour cooled pickling liquid over carrots. Set aside to marinate.

Remove steak from marinade and pat dry. Reserve marinade.

Heat oven to 325 F.

Heat heavy-bottomed pan over high heat and add oil. Once oil begins to smoke, add steak. Sear both sides, about 1 minute per side. Lower heat to medium.

Add reserved marinade and water to pan. Cook, covered, 3 minutes, removing lid to flip meat occasionally. Remove lid and let sauce reduce 1 minute, or until slightly thickened.

Transfer steak and sauce to large plate and let rest 10 minutes before slicing.

Toast baguettes in oven 5 minutes. Let cool 5-10 minutes.

Slice baguettes along middle without cutting through.

Slice steak into thin pieces.

Spread mayonnaise on baguettes and add 1-2 lettuce leaves to each. Layer steak on lettuce leaves followed by cilantro, cucumbers and pickled carrots. Slice baguette into two sandwiches.

Prep time: 2 hours  
Cook time: 15 minutes  
Servings: 2  
10 ounces Silver Fern Farms New Zealand grass-fed beef flat iron steak  
2 teaspoons hoisin sauce  
2 teaspoons soy sauce  
2 teaspoons honey  
1 teaspoon fish sauce  
1 clove garlic, minced  
1 teaspoon, plus 1/2 cup, rice vinegar, divided  
1/8 teaspoon five-spice powder  
2 tablespoons sugar  
1 pinch salt  
1 small carrot, cut into matchsticks  
1 tablespoon vegetable oil  
1/4 cup water  
2 Vietnamese baguettes or dinner rolls  
1/4 cup mayonnaise  
4 Batavia lettuce leaves  
1/4 cup cilantro, chopped  
1 Persian cucumber, sliced  
Remove steak from packaging and set aside 10 minutes. Once steak reaches room temperature, place steak in deep

## Expert Patient Here to Help!

By Susie Schwartz

I desperately wanted to write something funny this month, but I am not in a comic kinda place. My father-in-law, a second dad to me since I was 16 (30ish years!) passed away, and we also lost a very dear friend to COVID-19 complications a few days later. (I can still find laughter amongst, but I decided to focus on a practical tip this time.) So, we headed to Canada.

With years of experience in both hard times and travel, this tip has saved my sanity multiple times:

Be organized.

I'm not sure when I became a list person, but in times of distraction, grief or the need to fly quickly, my travel list has literally saved my life. Now, people mock me incessantly for packing, erm, heavy. So I'm here to defend myself when I say that on top of the apparent needs: tops, bottoms, a belt so those bottoms don't reveal my knees and 13 pairs of shoes, well, this two-month trip also required a shed-load of medical supplies. Pills, insulin pump tubing, enemas (yup, I said that out loud!) were just the peak of the mountain. And without a list, remembering every item and the quantities needed is more complicated than a cat doing a triathlon.

Here's my process: Keep a printable list with all the seasons of clothing (winter coat/swimming costume) and add to it as needed. Then the first thing I do is check off everything I know I won't need. Then I star\* the things that get packed last minute (Think insulin stored in the fridge and my headphones – two absolute



Susie Schwartz

necessities, obvs.) and check off all other items as I pack them. Should I mention that I pack enough gluten-free, dairy-free, corn-free, vegetarian snacks to fill a kiddie pool?

I also have to-do lists (think, order extra meds from my pharmacy) and check as I go. I use the 'Keep Notes' app, which has a great tick box feature. In this app I also have a grocery list for when we land (because a kiddie pool's-worth isn't enough), and a list of 'to buy' for items I stock up on to import back to the UK. (Think my preferred brand of suppositories. Yup! Said that too.)

So yeah...organization. It saves.

And hey...maybe I'm still a little bit funny? ;)

Less health stress, yes?

A published author and musician, Susie currently lives in the UK. Find her on FB @medicalmisstress, Instagram @susie.suscha and lesshealthstress.com

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# Selkirk and Prairie Originals protecting nature together

## Wildflowers flourish in north end boulevard, create better habitat for pollinators

By Ligia Braidotti

A pilot project that replaced grass on a north end boulevard with native plants last fall appears to be showing early signs of success.

Kelly Leask, owner of Prairie Originals, came up with the idea as a way to support pollinators and reduce the amount of time spent cutting grass in the summer.

Staff spend nearly 30 hours a week just maintaining the grass on the boulevards alone, according to Travis Vandenbrand, Manager of Parks & Recreation Facilities.

"It's more than reallocating our resources, it's about creating a better habitat for pollinators, reducing emissions and aiding in water filtration and slowing down surface water run off," Vandenbrand said.

"These plants don't need to be watered as much either; and with the drought-like conditions we've experienced this year, it's the perfect example that shows we're taking the right steps by planting naturally."

Boulevard wildflowers are still a new

project, so what you see is just the beginning. They will grow and flourish over time.

"While it may look like weeds right now, it's hardly just that. Half of the boulevard was planted with plugs and half with seeds that are just now becoming established. The two installation methods will allow us to compare which works best in terms of growth and maintenance," Vandenbrand said.

Selkirk's Strategic Plan addresses the importance of environmental stewardship, including improvements to city practices and services, encouragement of water conservation, and protection of natural features and resources. Both of those actions contribute to preparing for droughts and climate change in the future. The city has been recognized nationally as a leader in climate adaptation as a result of its award-winning Climate Change Adaptation Strategy.

This project will not only eliminate the need to cut grass, but conserve water as well as return the boulevard to its natural state. According to



RECORD PHOTO SUBMITTED

Kelly Leask, owner of Prairie Originals, helped the City of Selkirk develop a guide for its staff identifying 31 species of wildflowers.

Leask, this is a "very sensible thing to do."

In a continuing partnership, the city and Leask have created a guide to help staff identify 31 species of native wildflowers planted last fall. Leask spent a couple of afternoons teaching city employees how to identify the plants so they don't mistake them for weeds.

"If the pilot is successful, we would like to see this expanded to other boulevards as well as under-utilized green spaces in parks so that we can make mowing a thing of the past and help out in many environmental ways", said Vandenbrand.

# New online tool makes it easier to access childcare

By Ligia Braidotti

The Manitoba government has launched a new online tool with enhanced features that enables families to easily access services related to early learning and child care.

On July 29, Families Minister Rochelle Squires announced the launch of the Manitoba Child Care Search (MCCS), which connects families to licensed child care facilities that meet their immediate or future needs. In addition to listing license-required child-care centres, MCCS also provides information on operating hours and location information.

"We have heard from parents through the Child Care Parent Advisory Committee and a recent survey on early learning and child-care modernization, and we know they want a simple, intuitive and effective tool that connects families with facilities that meet their specific needs," said Squires. "The Manitoba Child Care Search was introduced in August 2020 in response to the needs of families during the COVID-19 pandemic, and has proven to be the effective and easy-to-use tool parents have been asking for."

Bonnie Ash, executive director at Morrow Early Learning and Child De-

velopment, said that the organization is happy to celebrate the unveiling of the new and improved parent tool, which parents have long requested.

"We anticipate that families will welcome this simplified version of what has been, up until now, a complicated system to navigate," she said. "Many years ago, after listening to the voices in our community and relying on strong partnerships, our centre had a vision of how to best support our families. This government listened and supported us."

According to the minister, the MCCS will feature an interactive map that allows users to browse facilities and find providers in a desired location as soon as it goes live on Aug. 30. Users can filter the map by care type, facility type, vacancies and availability. There's also information about providers, including their locations, hours of operation, languages spoken, highlights of their programming, enrollment policies, and whether they are for-profit or non-profit;

A list of links to facilities' licensing information is available so parents can check whether a childcare facility is in good standing or has a provisional licence. They also see how many children it can accommodate and the

duration of the license. The tool also provides information on the timing of data updates to ensure parents know whether vacancies posted and programming details are current.

The minister noted the province's Online Child Care Registry (OCCR) is outdated, difficult to use and ineffective, and will be retired on Aug. 30.

"The OCCR was used inconsistently by licensed early learning and child-care facilities, and registrations were regularly outdated. It didn't provide an accurate picture of vacancies and wasn't meeting the needs of parents," said Squires. "Attempts were made to improve it, but it became clear a new system is needed."

Children currently enrolled in child-care spaces through the OCCR will not lose their spots during the transition to the new system.

Providers will also have access to a one-time Child Care Administration and Management Software Support Benefit of up to \$958,000 to cover the cost of annual subscriptions and training for the management of registrations and wait lists. Centres are eligible for up to \$1,200, and homes and nursery schools are eligible for up to \$400 to purchase a software or spreadsheet application. The new funds can

be used to support existing wait-list management software and additional training for Department of Families reporting requirements.

The minister also gave an update on the Child Care Sustainability Trust, which was announced earlier this year. The trust funds innovative projects to improve access and inclusivity in child-care centers.

An additional 37 child care programs and seven family child care homes that submitted strong proposals and met the trust's eligibility criteria are receiving funding from the province. When the trust's funds become available again in early 2022, 38 additional centers and 13 homes will be considered for future intakes. Facilities will be notified about the status of their applications within two weeks and won't have to reapply.

According to the minister, there will be an annual intake of children into the Child Care Sustainability Trust, with the funding levels determined by the annual interest earned on the initial investment.

More information on the Manitoba Child Care Search is available at [www.manitoba.ca/fs/childcare/occr/child-care-search-faq.html](http://www.manitoba.ca/fs/childcare/occr/child-care-search-faq.html).



# The wonder of wetlands: a thriving ecosystem

By Jennifer McFee

The current drought reflects the importance of conserving our wetlands, which play an important role by naturally protecting our land from dry conditions.

At Oak Hammock Marsh, the wetland doesn't dry up — even during this drought that is impacting producers and communities across the prairies.

"We have lots of water coming from underground sources, so our wetlands have always been pretty full," explained Jacques Bourgeois of Oak Hammock Marsh.

"Even back in the Dirty Thirties, Oak Hammock Marsh still had water in it whereas most of the other wetlands across the prairies were all bone dry."

Oak Hammock Marsh is classified as a permanent deep-water wetland, and other classifications include ephemeral, temporary, seasonal and semi-permanent.

For ephemeral wetlands, Bourgeois says it's normal for them to dry up.

"They basically absorb the excess moisture in the spring when the snow melts and then slowly release it throughout the spring and summer. Eventually, by the end of summer, they're all dried up," he said.

"The role and function of many wetlands is to capture the excess moisture in the spring and then slowly release it back into nature or back into the ground to rebuild the ground water. But, sadly, many wetlands have been drained over past years."

After the 1930s drought, Ducks Unlimited Canada launched to recreate wetland habitat, he added.

"For so many years, wetlands were seen as a wasteland and people were draining them. Now I think people are realizing that the impacts of wetlands are really important on the environmental landscape because they keep the moisture in place," Bourgeois said.

"Imagine you had a big landscape like a prairie and it's full of little wetlands everywhere. When the snow is melting, all the excess moisture remains there over spring and summer as it's slowly released back into the



At Oak Hammock Marsh the wetland doesn't dry up even when the weather in Manitoba is extremely dry.



environment."

If you take away those wetlands, the excess moisture drains back to main waterways such as the Red River, which can cause floods.

"So if you have a period of drought like you have right now, those areas where the wetlands were drained are suffering a lot more than where the wetlands are still in place," Bourgeois said.

"Wetlands play an important role — both in years of high moisture and years of no moisture — because they tend to regulate. They make sure there's still water in the ground, but not too much water. They help to keep the equilibrium and the balance."



Oak Hammock Marsh used to stretch from the north side of Winnipeg almost all the way to Lake Winnipeg.

"It was huge originally, and it was unfortunately almost entirely drained. There was barely anything left in the '60s. The government, with the help of Ducks Unlimited Canada, decided to rebuild this wetland. Oak Hammock Marsh is a reclaimed wetland that was constructed in the 1970s," Bourgeois said.

"Now you can see it's a thriving ecosystem — and it's one of the birding hotspots of North America. Because it's controlled, we have to recreate some natural fluctuations in the level, so we decided to take advantage of the drought this year to drain a section of the marsh."

As part of this process, the pond behind the Harry J. Enns Wetland Discovery Centre is deliberately dry.

"We opened the valve and the water flowed from one section to the next and now it's just mud everywhere that, in turn, is really good for different wildlife. We have lots of shorebirds this year, which normally wouldn't come to this wetland because it's too deep," Bourgeois said.

"Now they can poke their beak into the mud to the bottom to find all the

RECORD PHOTOS BY KEITH WALDNER

different invertebrates. It's a natural process. It's just situations that we're dealing with in wetlands and we're recreating right now currently at Oak Hammock Marsh."

Looking ahead, Bourgeois hopes people will work together to reclaim and rebuild more wetlands.

"We need to make sure they're part of the landscape and not completely drained out because they're super valuable."

"We all know wetlands are also good for filtering water. They're nature's kidney. If you've got dirty or polluted water, wetlands naturally clean it with all the plants."

Oak Hammock Marsh is once again open to the public and a few exciting events are coming up — as well as a new chef cooking up delicious meals with locally grown ingredients.

- On Sunday, Aug. 8 from 1 to 2 p.m., you can join the guided plant ID walk for beginners and learn how to recognize native plants and wildflowers.

- On Thursday, Aug. 12 and 26 from 7 to 9 p.m., you can bring your own canoe to join a canoe specialist for a guided sunset tour through lesser-explored areas of the marsh.

- On Saturday, Aug. 14 from 11 a.m. to 4 p.m., the family GPS hunt will offer plenty of fun. Families will be given a GPS loaded with co-ordinates that they can use to find clues scattered around the marsh.

- On Saturday, Aug. 28 from 7 to 9 a.m., you can join a naturalist for a guided hike to find birds in the marsh at sunrise followed by a hot breakfast in the café.

More information about these events and more is available on Oak Hammock Marsh's website at [www.oakhammockmarsh.ca](http://www.oakhammockmarsh.ca).

## *The Selkirk Record*

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# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Elmwood Giants slaying MJB� competition

By Brian Bowman

The Elmwood Giants are on a roll. The three-time defending Manitoba Junior Baseball League champions are poised to make another strong run at a league title later this month.

"We're pretty strong but there are a lot of good teams out there," said Giants' assistant coach Dave Nychyk, who lives in St. Andrews. "There are some good pitching staffs. We've played pretty well but there are a lot of teams and it's going to come down to a short tournament to win it so anything can happen. We're just trying to give ourselves the best chance to win."

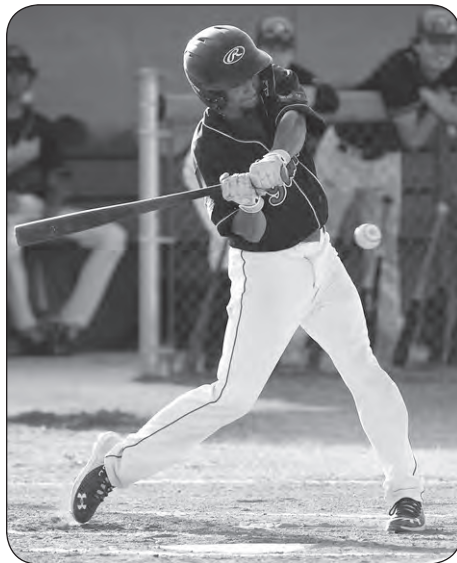
Elmwood is in first place in the seven-team league with a dominating 13-1-1 record.

Elmwood visited the Interlake Blue Jays for a doubleheader this past Monday in Stonewall. The Giants won Game 1 by a 10-1 score and then cruised to an 11-1 victory for the sweep.

"We put up 30 hits in two games," Nychyk said. "The kids are starting to swing it one through nine so we're making it tough on their pitching staff. We're doing some good things at the plate, we're throwing the ball over the plate, we're playing defence, we're peaking pretty good right now so we'll see how it goes, we have another couple of weeks."

Last Saturday, the Giants swept a doubleheader from the Carillon Sultans, winning by scores of 12-2 and 10-0.

Elmwood has now scored a league-



Elmwood's Owen Nychyk swings at a pitch against Pembina Valley.

leading 142 runs while giving up a league-low 42.

"At the start of the season we had a couple of guys going and then a couple of guys were scuffling a little bit," Nychyk noted. "Lately, it's been one through nine with a lot of battles at the plate. We've been really hard on starting pitchers, making them really work, and we're putting up big numbers. It's a whole team effort and everyone is really comfortable at the plate. That's why the big numbers have been happening lately."

The Giants really enjoy playing on their home diamond, named after former major leaguer, Corey Koskie. Elmwood is a perfect 8-0 on its home



RECORD PHOTOS BY RICK HIEBERT

The Elmwood Giants' Kevin Burnett is tagged out at third base by the Pembina Valley Orioles' Billy Patmore during Manitoba Junior Baseball League action last Wednesday. The Giants won the game 12-2.

field.

"We love the palace," Nychyk joked. "It's really nice and fun to be there. We have our speaker system and our walk-up songs. We hit on the field before games and we get into our little routine there and that makes a difference to our guys. They feel really comfortable at Koskie, that's for sure."

A big part of Elmwood's success this season is the play of four players - Owen Nychyk, Tyler Smith, Dylan Duguay, and Kevin Burnett - that are from our area.

"The local guys are doing well," Nychyk said. "Smitty is throwing really well for us and he did a really good job on Altona the other day. It was a first-place game and he beat Altona 3-0. (Burnett) has gotten really hot with the stick, (Duguay) has just been clutch for us and Owen has been hitting at a .400 clip. All four of those guys have been playing very well for us. It's been nice."

Elmwood will host the second place Altona Bisons in a twinbill this Sunday. First pitch for Game 1 is 1 p.m.

## Manitoba U18 AAA Hockey League releases schedule

Staff

The Manitoba U18 AAA Hockey League released the 2021-22 regular-season schedule last week.

The campaign is set to kick off on Sept. 24, with opening weekend consisting of five two-game matchups:

Kenora Thistles host Brandon Wheat Kings (Sept. 25 & 26); Central Plains Capitals visit Pem-

bina Valley (Sept. 25 & 26);

Norman Northstars host Southwest Cougars (Sept. 25 & 26);

Eastman Selects and Interlake Lightning play a home and home set (Sept. 24 & 25); and

Parkland Rangers and Yellowhead Chiefs also play a home and home set (Sept. 24 & 25).

In Winnipeg, the Thrashers host the Wild in their home opener on

the 24th, and the Bruins face-off against the Thrashers on the 25th in their first game at home.

The league has made a significant effort to reduce contact between clubs. Teams play the majority of their games as back-to-backs or home and home with their opponent.

The full schedule can be viewed at: <https://www.mbaaamidget.ca/>

[schedule/day/league\\_instance/147413?subseason=762203](https://www.mbaaamidget.ca/schedule/day/league_instance/147413?subseason=762203)

Hockey Manitoba is in the process of developing a comprehensive Return to Play Plan. The Manitoba U18 AAA Hockey League will implement all procedures required to maintain a safe environment for its players, coaches, and fans.



# Girls Baseball Tour a huge hit

By Brian Bowman

The girls of summer were busy on the ball diamond last month.

Baseball Manitoba hosted a Girls Baseball Tour, which is a development program for girls ages 7-13 who want to learn to play baseball. The goal was to develop and improve a baseball skill-set while allowing players to grow and develop in a fun, all-girls setting.

The tour included nine different camps (two multi-day camps and seven single-day camps) in seven locations - Winnipeg, Steinbach, Morden, Brandon, Hamiota, Dauphin, and Stonewall.

Baseball Manitoba's Sport Development Coordinator and provincial team player Brittney Langlais traveled around the province with other members of the Senior Women's team for the highly successful Girls Baseball Tour.

"It was awesome and took place in the whole month of July," said Langlais last week, noting just under 150 girls attended the camps. "The numbers were over our expectations, for sure. It was amazing to see that many girls interested."

Langlais said it was great to see the girls improving their skills in such a short period of time. She is hopeful that many will try out - or even play for - Manitoba's female provincial team one day.

"You could tell that they were really listening and I think that it helped that we were all female instructors teaching all female participants," she said. "I think that impacted the girls a

little bit more."

This was the first time that Baseball Manitoba has hosted such a camp, according to Langlais, but they definitely will be hosting this event for years to come.

"Our goal is to keep growing this, maybe even extend it to the fall or winter if we can get enough participants," Langlais said. "We're definitely planning on expanding this way more than what it is right now."

The Tour had three camps in Winnipeg but it was very important that there were several stops in rural Manitoba.

"I think that was huge for us because it made sure that we hit all of those other girls out at those locations," Langlais said. "With our provincial team now, most of the girls aren't even from Winnipeg. I think it shows the importance of hitting Dauphin, Brandon, and those other locations to reach out to everyone and see the interest level."

The other instructors at the camps were Katie Heppner, Olivia Sheldon, Sarah Moir, Amber Baker, Jasmine Horwood, Michayla Peacock, and Caitlin Culleton.

Meanwhile, Langlais was one of four Manitobans recently named to the National Women's Showcase event to be held Aug. 8-13 in Trois-Rivieres, Quebec.

The other three from our province are Katie Heppner, Mercedes Gorham, and Sarah Moir.

Baseball Manitoba provincial coach Jeremy Culleton has been invited to serve as a guest coach.



RECORD PHOTOS BY PATTI HACAULT

Instructors Olivia Sheldon, Brittney Langlais, Katie Heppner, and Sarah Moir helped young girls improve their skills and knowledge of baseball while growing the game in Manitoba by making it known that females have a place in the sport.



Brittney Langlais works with a group of participants on their throwing mechanics in Brandon.

## The Selkirk Steelers were busy late | Steelers add trio of players

Staff

The Selkirk Steelers were busy late last month.

Last week, the Steelers announced the acquisition of forward Quinton Hill (01) from the Hearst Lumberjacks for future considerations.

Hirst scored eight goals and had 18 points in just 11 games with the Lumberjacks last season.

The Port Coquitlam product played 18U "AAA" hockey for the Vancouver NE Chiefs for two seasons.

He then played one season for the SJHL's Weyburn Red Wings, scoring three goals and producing 11 points in 49 games.

The Steelers also signed defenceman Alex Frank (02) who split time last season between the Notre Dame Hounds and the Fernie Ghostriders.

Frank played two seasons of 18U "AAA" hockey with his hometown



Keagan Abbott

Okotoks Oilers.

Later in the week, the Steelers announced the signing of defenceman Keagan Abbott.

Abbott split last season with Comox



Quinton Hill

Valley and the Powell River Kings.

Still not done, the Steelers then traded goaltender William Desmarais ('01) to the Ottawa Jr. Senators.

In five games last year, the Sher-



Alex Frank

brooke native went 3-2 with a 2.92 goals-against average and a .922 save percentage.



# U13 Pirates' winning streak reaches seven games

By Brian Bowman

The North Winnipeg Pirates' U13 baseball team continues to be red hot.

North Winnipeg won its seventh game in a row after defeating the St. James A's 9-6 last Thursday at the Sunova Centre in West St. Paul.

The Pirates came back from a 5-0 deficit in the third inning.

"We put five up on them (in the third) and then we took control from there," said Pirates' head coach Chris Mussell. "Their pitcher started out pretty hot but we held our own and put the ball in play a little bit and scored a few runs."

Lincoln Carriere came on in relief to ice the victory.

On July 27, the Pirates pounded the Interlake Orioles 14-4 at the Sunova Centre.

The first-place Pirates are now 10-2 on the season, with three of those victories decided by a single run.

"We have five returning players this year so that made life a lot easier," Mussell said. "Last year we only had one so we have more experience on the club than last year. We never tend to get down and we always think that we have a chance to come back. We have some firepower and it doesn't matter what the score is."

North Winnipeg won its first three games before losing two in a row.

The Pirates are very potent offen-

sively, scoring a league-leading 151 runs.

"One through 10, everyone puts it in play and grinds the count," Mussell said. "We get on base and advance runners. We hit the ball hard, no doubt about it. Up and down the lineup we have some heavy hitters but we also have guys all through the lineup that put (the ball) in play and force the other team to make plays on us."

As good as they are offensively, North Winnipeg does have some work to do on the defensive end as they have surrendered 98 runs - an average of over eight runs a game.

"We've been working on some things and maybe we were playing a

few guys out of position early in the season trying to find where everyone fits," Mussell said. "Now we're finding the right spot for some of the players and they're starting to get a little tighter (defensively). Our pitching is coming around a little bit and some of the new fellas that came in had never played 'AAA' and they're just now figuring out what it takes to pitch at this level."

North Winnipeg played Red River Valley this past Tuesday (no score was available) and then will host Winnipeg South on Thursday at 6 p.m. at the Sunova Centre.

# U18 Pirates stun Elmwood with walk-off win

By Brian Bowman

The North Winnipeg Pirates were the comeback kids last Friday evening.

North Winnipeg trailed the Elmwood Giants 4-3 in the bottom of the seventh inning before stunning the visitors 5-4 in 18U "AAA" baseball action.

"It was nice to get back on the winning track," said Pirates' head coach Gary Dear. Dylan Duguay started the comeback with a solo home run. Brett Zeller later reached base and was replaced by Keenen Allen. Allen later scored the game-winning run, which was knocked in by Andrew Hladun.

Last Thursday, North Winnipeg was edged 9-8 by the Winnipeg South Wolves in an extra inning.

On July 27, the Pirates were doubled 6-3 at home by the Wolves.

"There hasn't been a team we've lost to that they just outplayed us," Dear said. "We seem to make a bunch of mistakes in games that we lose and in the games that we don't make any mistakes, we do extremely well. The two games that we lost to South, we outthit them in both games but we left a ton of runners on base and South is a good enough team that when they get runners on they cash them in."

North Winnipeg, which has been battling the injury bug in recent weeks, hosted the Brandon Marlins in a doubleheader this past Monday and then the Interlake Orioles on Tuesday. No score from either of the three games was available at press time.

The Pirates will play the Bonivital Black Sox this Thursday at 7 p.m. at Whittier Park.

On Sunday, North Winnipeg will host Pembina Hills in a doubleheader at Koskie Field. Games start at 1 p.m. and 4 p.m.

"We just had a really busy week so it just adds to it but we get a bit of a break before playoffs, which is good," Dear noted. "It's a huge week, playing

Brandon, they got a kid who, as a 16 year old, throws in the mid-80s."

Meanwhile, the St. James A's, whose roster includes several players from our area, defeated the Red River Valley Pioneers 12-8 last Wednesday.

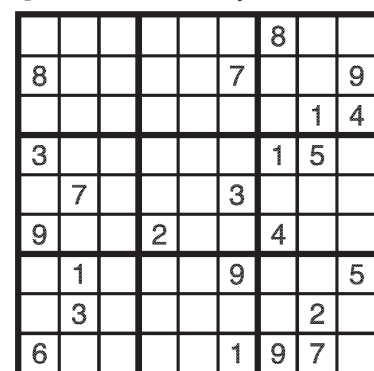
St. James hosted the Winnipeg South Wolves on Monday but no score was

available.

The A's will battle the Bonivital Black Sox Wednesday at Highbury Park and then will play Pembina Hills in a twinbill on Sunday in Glenboro. Game times are 1 p.m. and 4 p.m.

## take a break > GAMES

### SUDOKU

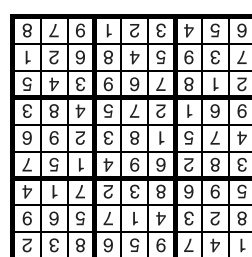


Fun By The Numbers

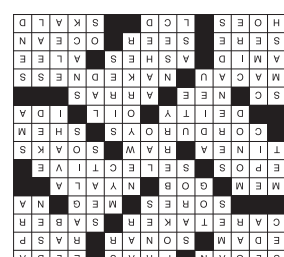
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

#### Here's How It Works:

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



Sudoku Answer



Crossword Answer

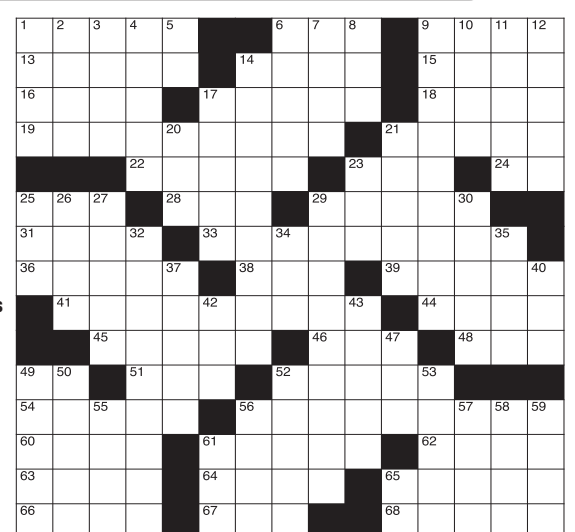
## CROSSWORD

#### CLUES ACROSS

1. Ponds
6. "Unbelievable" musicians
9. Invests in little enterprises
13. Longtime Utah Jazz coach
14. Small sailboat
15. "Luther" actor
16. Round Dutch cheese
17. Detects underwater objects
18. Harsh, grating noise
19. Steward
21. Fencing sword
22. Painful places on the body
23. "Sleepless in Seattle" actress Ryan
24. Sodium
25. Engineering degree (abbr.)
28. Small lump
29. African antelope
31. Electronic point of sale
33. Carefully chooses
36. Ringworm
38. Unrefined
39. Drenches
41. Type of pants
44. Son of Noah
45. Spiritual being
46. Upton Sinclair novel
48. Journalist Tarbell
49. Atomic #21 (abbr.)
51. Born of
52. Rich tapestry
54. S. China seaport
56. Being without clothes
60. Surrounded by
61. Remains
62. Away from wind
63. Dried-up
64. One who can see the future
65. A very large body of water
66. Digs up earth
67. Type of screen
68. Old Norse poet

#### CLUES DOWN

1. Millisecond



2. Spanish city
3. Sudden, very loud sound
4. Type of chair
5. Tin
6. Sea eagles
7. Broad volcanic crater
8. Some animals have it
9. Ottoman palaces
10. Divulge a secret
11. "A Doll's House" playwright
12. "It's a Wonderful Life" director
14. Poisonous perennial
17. Gulf in the Aegean
20. Clothes
21. Chairs
23. Family of regulator genes
25. NY ballplayer
26. Impressive in size or scope
27. Jacques \_\_\_, Fr. biologist
29. Manhattanite
30. Genus of lemurs
32. Sings to
34. River in southern Italy
35. Supplemented with difficulty
37. Farewell
40. Senior officer
42. Utah resident
43. Begets
47. Boy
49. Violently break
50. Brief appearance
52. Expressed pleasure
53. A light informal meal
55. Fabric with smooth finish
56. One billionth of a second (abbr.)
57. Ancient Greek City
58. Close tightly
59. Commit
61. A way to communicate (abbr.)
65. Heavy metal



# Classifieds

*The Selkirk Record*

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Autos, farm scrap, brass, copper & batteries wanted. 47 Patterson Dr. Stonewall Industrial Park. Interlake Salvage & Recycling Inc. 204-467-9344.

## MOTORHOMES FOR SALE

1986 23' Vanguard motorhome, new fridge, new toilet & water pump. Saftied, low mileage, VG tires, well maintained. Please call 204-482-6416.

## APARTMENT FOR RENT

Tollak Place has 1 & 2 bedroom suites, located at 40 Eveline Street. Spacious suites, with F/S, A/C, storage areas and large balconies; utilities are included, parking is extra. Tollak 2 is a 55 plus bldg., river view apts. with central air, F/S, DW & microwave; large storage area off the kitchen and a balcony; utilities and parking extra. Call the onsite office 204-482-2751 for AVAILABILITY.

## HELP WANTED

Local law firm seeks real estate paralegal to join our team. 5 years experience and familiar with Teranet, and Unity. Providing Winnipeg based compensation and training. All interested parties please contact Office Manager at 204-485-1582.

Like working with wood and working close to home? 204 Pallet & Packaging in Stony Mountain is looking for full time production workers. Please call 204-344-5404 for details.

Market Garden Worker wanted. Jonathan's Farm grows organic vegetables in St. Andrews and is looking for a full or part time worker from now until November. Duties: include harvesting, weeding and planting vegetables. Wage: \$13.5/hour to start Apply to: [jonathansfarm@gmail.com](mailto:jonathansfarm@gmail.com)

## HELP WANTED

Seasonal Help Wanted -Searle Greenhouses Ltd located at 345 Old Henderson Hwy in East Selkirk is accepting applications for full-time seasonal greenhouse worker positions starting in January 2022. No experience required; training is provided. Starting wage \$11.95 per hour. Apply by email to: [iwant-to-work@searlegreenhouses.com](mailto:iwant-to-work@searlegreenhouses.com) or fax: 204-482-8968 Attn: Kris

Office Clerk required immediately. Monday to Friday 9 a.m. to 5 p.m. Must know Microsoft Excel and Quickbooks. Wages are negotiable based on experience. To join our team at Bonded Mobility drop resume in person or email [ihbert@bondedhealth.ca](mailto:ihbert@bondedhealth.ca)

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## HOUSE FOR RENT

3 bedroom house for rent. F/S/D, A/C, microwave, located in south end of Selkirk. Basement unfinished, no garage, not fenced, has small storage shed. No pets. Month-to-month lease, references and solid work history a must. \$1,500 plus utilities. Available Sept. 1, call 204-479-6584 or 204 479-2917 for viewing.

## GARAGE SALES

Estate Sale: Thursday, August 5; Friday, August 6, & Saturday, August 7; 9-5 daily. 955 Frank St., East Selkirk. Furniture, houseware, crystal, power tools, yard tools, old tin collections, antiques and misc. items. COVID rules will apply.

## HELP WANTED

Weekend home care. \$16/hr., 4 hrs a day, split shift. Please call 204-406-5667

## EMPLOYMENT OPPORTUNITY



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LOCATION: Interlake Campus in Selkirk, MB

FULL TIME POSITION AVAILABLE

Applicants are to clearly demonstrate how they satisfy the selection criteria in their written submissions and must identify the competition number they are applying for in the subject line of the email.

This competition may be used to establish a 12-month eligibility list of qualified candidates for future vacancies.

## DUTIES

Reporting to the Office Manager, the incumbent will provide the customer service and clerical support necessary. Duties include, but are not limited to: providing front-line reception and respond to students, vendor, client and instructor inquiries; assisting students with registration, admissions, and the course selection process; collection of cash and electronic payments of tuition, books and miscellaneous fees; and completion of data entry for student recruitment and admissions.

## REQUIRED QUALIFICATIONS

- Certificate in office administration or an equivalent combination of education and experience may be considered.
- Experience using Microsoft Office applications (e.g. Word, Excel, Outlook)
- Ability to prioritize work, meet deadlines and work under pressure
- Experience working with confidential information in keeping with FIPPA and PHIA
- Ability to work both independently and within a team setting
- Superior interpersonal skills
- Ability to recall information, policies and procedures with attention to detail
- Effective written communication and Multi-tasking skills
- Values Diversity, Equity, and Inclusion

## ASSETS

- Experience using the College's student information systems - Colleague and Recruiter
- Experience in a post-secondary setting

## CONDITIONS OF EMPLOYMENT

- Applicants must be legally entitled to work in Canada

APPLY BY EMAIL TO: [humanresources@rrc.ca](mailto:humanresources@rrc.ca)

CLOSING DATE: August 15, 2021

We thank all applicants for their interest, but only those selected for an interview will be contacted. If accommodation needs are required during the application or interview process, please contact our Human Resource Services. For more information and other employment opportunities, visit [rrc.ca/hr](http://rrc.ca/hr)

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Ph: 204-781-2938 Fax: 204-268-9363



## FULL TIME EMPLOYMENT OPPORTUNITY in PUBLIC WORKS

The Municipality of Alexander Public Works Department is accepting applications for a:

## Full-Time Heavy Equipment Operator

This is a unionized position. Applicants must have the following:

- Class I or III License with air brake endorsement
- Ability to operate various types of equipment such as graders, excavators and loaders
- Mechanical and welding skills would be considered assets
- Willing to take courses for all areas of Public Works and Utilities operations
- Strong work ethic, ability to work independently
- Willing to work overtime hours and capable of heavy manual labour
- Class I or higher water treatment certificate would be considered an asset
- Perform other duties as assigned

Written applications will be accepted at:

Municipality of Alexander

Attn: PW Manager

1 Bouvier Trail

Box 100

St. Georges, MB R0E 1V0

[pw@rmalexander.com](mailto:pw@rmalexander.com)

for questions: (204) 367-6186

Deadline for applications:

Friday, August 20, 2021 by 4:30 pm

Only those considered for an interview will be contacted.  
Thank you to all who apply.

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RURAL MUNICIPALITY OF ST. ANDREWS

## PUBLIC NOTICE

## AUDITED

## FINANCIAL STATEMENTS

In accordance with Section 194 of *The Municipal Act*, NOTICE is hereby given that the financial report of the auditor together with the related Financial Statements for the year ended December 31, 2019 have been deposited at the office of the Chief Administrative Officer at the Municipal Office, 500 Railway Avenue, Clandeboye, Manitoba and are available for inspection during regular office hours as well as online at [www.rmofstandrews.com](http://www.rmofstandrews.com).

DJ Sigmundson  
Chief Administrative Officer  
R.M. of St. Andrews



# Classifieds

The Selkirk Record

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## HELP WANTED

Grain farm north of Beausejour is looking for a full or part time machine operator. Mechanical experience, ability to operate large modern equipment are an asset. More info 204-268-0262.

Farmhand required for livestock operation, Balmoral area. Must be mechanically inclined. Includes fencing, feeding, haying, welding. Full time - some weekends required. Text 204-770-3554.

Grain farm north of Beausejour is looking for a truck driver with class 1 license. Full or part-time. Are you a mechanically inclined individual with good work ethic and a positive attitude? Call for more info 204-268-0262.

## SUPPORT LOCAL BUSINESS

## HELP WANTED

Part time/full time Class 3 driver. \$18/hr to start. Operating refuse trucks, automatic & standard. Year-round work. Call or text 204-481-1117.

## MISCELLANEOUS

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## MISCELLANEOUS

For sale: 1980 JD 8820 Concave upper sieve & belts; MF 750 & 760 belts; gas & electric welders; 7x41 & 8x46 Farm King augers; 800 gal steel & fiberglass tanks; MacDon guards, knife sec & pick up fingers; 10 to 25 HP 3 phase motors; 100 gal slip tanks; 500 gal split fuel tank; 2 way Motorola radios; new hydraulic hoses, valves, motors & water pumps; new auto tires & rims; 22.5 new recap flotation tires; 7 ft. Farm King 3 pt mower; propane construction heaters; air condition recovery unit; Husqvarna 11 hp snow blower; cement mixers on 4 wheel wagon; farm wagons; 12 ft., 16 ft. & 18 ft. sectional roll up commercial insulated doors; 15 ft. x 24 ft. steel slide doors (damaged); 4x4 treated brown & cedar posts; full 2"x5" x 9 ft & 2"x7" x 9 ft. decking; 2x8 green pressure treated studs for wood basement. Phone 204-785-0498. No texts please.

## MISCELLANEOUS

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

## MISCELLANEOUS

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

For sale, one York rowing machine. VG condition. East Selkirk. \$45 obo. Please call 204-482-7589.

## Executive Mall

## OFFICE SPACE FOR LEASE



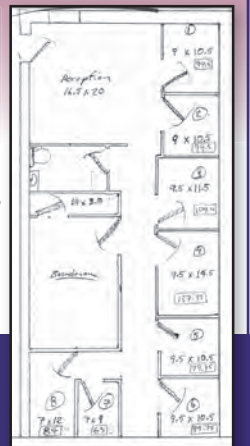
## Property Features

Total square Footage 1700, includes eight offices of various sizes, a board room and a front reception area. Current tenants include Sun Life Financial, a Massage Therapists, an Esthetician and the Selkirk Record. The building was upgraded in 2012. Both the reception and board room are shared, there are currently offices available for lease.

For information please contact:

**BIG Real Estate**  
204-485-0010

email [bigandcolourful@mts.net](mailto:bigandcolourful@mts.net)



## R. M. OF ST. CLEMENTS ZONING BY-LAW 5-2002 ZONING BY-LAW AMENDMENT 14-2021 PUBLIC HEARING

**We are Listening.**

**Public Hearing**  
**Tuesday,**  
**August 24, 2021**  
**6:00 PM**  
**ONLINE ONLY**

**Phone:**  
**(204) 482-3717**  
**1-800-876-5831**  
**Fax: (204) 482-3799**  
**E-Mail: [info@rrpd.ca](mailto:info@rrpd.ca)**  
**Website:**  
**[www.redriverplanning.com](http://www.redriverplanning.com)**



As per *The Planning Act*, any person can make representation on the matter at the meeting.

### What is BL-14-2021 about?

To rezone the subject properties from "A40" Agricultural Limited zone to "AR" Agricultural Restricted zone in order to accommodate a future multi-lot subdivision.



**26010 Pioneer Road & 73125 Ashfield Road**  
**(Roll No (s) 251100 & 251125)**

Attendance at the Council meeting will be restricted to virtual only due to Covid-19. Planning meetings will be available live through YouTube via link provided at [www.rmofstclements.com](http://www.rmofstclements.com). Any person who wishes to make a presentation, ask questions or register an objection to Council during the Public Hearing must register online at [rmofstclements.com/planning-hearings/](http://rmofstclements.com/planning-hearings/) or by calling 204-482-3300 prior to 2:00 pm on the day of the hearing.

For more information please contact the Red River Planning District.  
Red River Planning District Mon-Fri\*  
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm

\*excludes all statutory holidays

\*NOTE: Property owners are responsible for notifying "Tenants"

## CITY OF SELKIRK ZONING BY-LAW 4968 ZONING BY-LAW AMENDMENT 5355 PUBLIC HEARING

**We are Listening.**

**Public Hearing**  
**Monday,**  
**August 23, 2021**  
**6:30 PM**  
**ONLINE ONLY**

**Phone:**  
**(204) 482-3717**  
**1-800-876-5831**  
**Fax: (204) 482-3799**  
**E-Mail: [info@rrpd.ca](mailto:info@rrpd.ca)**  
**Website:**  
**[www.redriverplanning.com](http://www.redriverplanning.com)**



As per *The Planning Act*, any person can make representation on the matter at the meeting.

### What is Zoning By-law Amendment 5355 about?

To rezone the subject properties from "R" Residential General to "C2" Central Commercial to facilitate a future multi-family development.



**LOTS 85 to 94 PLAN 11 WLTO**

(215, 219, 223 Mclean Ave. & Two Lots Without Civic Addresses on Mclean Ave.)

Adhering to current public health orders due to COVID-19, this Public Hearing will be held virtually. Any person who wishes to make a presentation, ask questions, witness or register an objection to Council during the Public Hearing must register online at: [www.MySelkirk.ca/PublicHearingAugust23](http://www.MySelkirk.ca/PublicHearingAugust23). All supporting documents must be submitted electronically during the registration process or to [citizensupport@cityofselkirk.com](mailto:citizensupport@cityofselkirk.com). Those without access to online services are asked to call [CitizenSupport at 204-785-4900](tel:204-785-4900) where arrangements can be made on a case-by-case basis. Written statements can be submitted in advance of the hearing and sent by email to [citizensupport@cityofselkirk.com](mailto:citizensupport@cityofselkirk.com), or by mail to: 200 Eaton Ave., Selkirk, MB R1A 0W6.

For more information please contact the Red River Planning District.  
Red River Planning District Mon-Fri\*  
806A Manitoba Ave. Selkirk, MB. 8:30am-4:15pm

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Hay Land for Rent - approx. 65 acres mixed alfalfa hay, Willis Road & McPhillips, WSP. Bill 204-918-5926 or Wally 204-226-2116.

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**MIKE JUBA**  
204-588-7967



**CINDY LITTLE**  
204-979-3364



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Chris Neufeld  
204-641-1727



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**PROPOSED BELL MOBILITY RADIOCOMMUNICATIONS FACILITY TELECOMMUNICATION TOWER**

BelIMTS is committed to providing Canadian communities high speed wireless voice and data service. To improve service, BellIMTS is proposing to construct a 60 metre self support tower with ancillary radio equipment including an equipment shelter approximately 3m x 3m at the base of the tower with a perimeter fence restricting public access. As part of the public consultation process as required by Innovation, Science and Economic Development (formerly Industry Canada), BellIMTS' regulator under the Radiocommunications Act, Bell is inviting the public to comment on the proposed tower location before September 7<sup>th</sup>, 2021 in compliance with ISED's telecommunications policy. This tower is fully compliant with ISED guidelines, as found under the CPC.


**TOWER LOCATION:** Approximately 4km South East of Narol, MB

**COORDINATES:** 50.019868, -96.956854

**LEGAL:** Lot 2, Plan 48683 WLTO IN OTM LOT 262 Parish of St. Andrews, MB

**ANY PERSON MAY** comment by close of business day on September 7<sup>th</sup>, 2021 with respect to this matter.

**BELLMTS CONTACT:**  
Marshall Rasmussen  
Medallion Wireless  
Consultants for BellIMTS  
2417 Main Street  
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Fax: 604-469-6838  
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## ANNOUNCEMENT

### CARD OF THANKS

SCHALK - Thanks for the visits, calls, cards and donations made in memory of Faye. Thanks also to the Emergency and Palliative Care doctors and nurses at St. Boniface Hospital for their care of Faye and family members who were able to be with her.

-Faye's family

## OBITUARY

### Simon Ateah

Peacefully, on Tuesday, July 27, 2021 at the Red River Place Personal Care Home in Selkirk, Manitoba, Simon Ateah, aged 93 years, a lifelong resident of Beaconia, Manitoba passed away. In keeping with his wishes, cremation has taken place and a graveside service will be held at a later date. Condolences can be left on his tribute wall at [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com). Full obituary to follow.

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Eric Christopher Jones March 27, 1972 to July 27, 2021



It is with great sadness that the family of Eric Jones announces his passing at the age of 49. It was sudden and a great shock to all who knew and loved him.

Eric was born at the Women's Pavilion in Winnipeg on March 27, 1972. He passed away on July 27, 2021 at the Selkirk General Hospital - Emergency Dept. He grew up, went to school and lived all his life in Selkirk.

After finishing high school in Selkirk, he went to the University of Winnipeg and then on to Red River Community College where he completed a diploma in Accounting. He then worked in the CIBC main office in Winnipeg. After that he went back to Red River and completed Computer Programming. He landed his dream job, working with computers as a web analyst for the provincial

government in the Department of Infrastructure.

Unfortunately, he struggled with health issues all his life. He met those challenges, one after another, with bravery and courage. As he grew older his health challenges increased, and finally overwhelmed him. Throughout his life, when Eric encountered a seemingly insurmountable physical obstacle, he always figure out a way through or around it. He never gave up. He lived a very full life in spite of braces, then his scooter and finally his electric wheelchair. Eric faced life with unbelievable courage. And he was much loved by his family and everyone he befriended.

He is survived by his parents, Gerald and Maria Jones, his brother Brian Jones, his aunts and many cousins.

Due to COVID restrictions, a small private memorial service will be held at Gilbart's Funeral Home in Selkirk on Wednesday, August 4 at 11:00 a.m. The funeral will be livestreamed on Gilbart's website. Donations may be made in his memory to the Muscular Dystrophy Association of Canada for Charcot-Marie-Tooth Syndrome Research.

Many, many thanks and sincere gratitude to all the home care workers, doctors and nurses who helped Eric over the years, and especially the private home care who were our "angels" during the last year.

Eric, your passing has left a giant hole in our hearts and our lives, but our memories and our love for you will fill that hole. May God wrap you in His everlasting arms.

Goda nott elskan

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## ANNOUNCEMENT

### IN MEMORIAM



### Terry (Poppa) Bell August 6, 2020

"He's gone" they said, and in that moment our hearts shattered into a million pieces and my whole world turned black.

To face this life without you is a heart wrenching struggle every day, Never have the tears stopped.

The only consolation that moves me forward is how very blessed and proud to have had you as my soul partner for 48 years. Beautiful memories of the best husband and dad. We are so proud of what you accomplished and left behind. The world also lost a beautiful person who touched so many. Your legacy will go on. I love you my darling, forever yours.

-Love Joanne, your children and your beloved dog Micky

## OBITUARY

### Lorne Johanson



Peacefully, on the morning of July 23rd, Lorne left us to reunite with his sweet Helen.

Lorne was born on July 7, 1926 in Solsgirth, MB. He and Helen were married October 14, 1946. Early in their marriage they moved to Green Bay, Wisconsin for Lorne's Pre-Dent. He graduated and then they moved to Milwaukee, Wisconsin where he graduated Dentistry. With four kids in tow, they moved to Selkirk where he purchased a dental practice in 1959. After many years of private practice, Lorne joined the Provincial Government as a Dentist at the Selkirk Mental Hospital. He retired at 65 to enjoy life in his sparkling pool and beautiful backyard and visits with neighbours Joan and Ted.

He was predeceased by parents Fred and Margaret; brother John; wife Helen; daughter Joan and son Jeffrey.

He is survived by his daughter Wendy; son Jim; grandchildren Jona and Laura, Sara, Adrenne and Jessica, Jake and Lee and Mitchell; great-grandchildren, Michael, Charlie and Chase, Teka, Caprice and Edith and Nora. He was a very loving, caring father and Popsi and will be missed greatly.

The family would like to thank the Erickson Personal Care Home for the exceptional care that Lorne received over the past few years.

In keeping with Lorne's wishes, cremation has taken place and a private service will be held at a later date.

We love you Popsi!

Goda Nott Elskan

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Theodore Ostermann



Ted passed away peacefully at the Selkirk Regional Hospital on July 22nd, 2021 with his brother, Ernie, at his side. He was 75 years of age.

He is survived by four siblings: Ann Schmidt, Joe (Connie), Marie Steltenpool, Ernie (Joan). He was predeceased by his parents, Frederick and Anne Ostermann and two sisters, Clare Ostermann and Pauline Kreutzer.

Ted was a beekeeper and operated a small apiary from his farm yard in Little Britain. He earned a Bachelor of Arts degree and Bachelor of Agriculture degree from the University of Manitoba. He then went on to study toward the priesthood in the seminary in Saskatoon. Sadly, his pursuit was never completed due to the onset of mental illness.

A private Mass was held with family on July 28th.

In lieu of flowers, donations may be made to Little Britain Community Foundation, 31 Cedar St., St. Andrew's, MB. R1A 3G4.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Marilyn Margaret Loutit (nee Bell)



Marilyn passed peacefully at home with her family on July 24 12:55 a.m, after a long nine years of battling Stage 4 Metastatic Breast Cancer.

She was an anomaly and a sparkle of light in the world and will be deeply missed by her many, many family members, friends and acquaintances. She fought to be here with her family right until the end. She truly is an inspiration to many.

She is predeceased by her father Olafur Bell and mother-in-law Marion Noonon (nee Loutit).

Marilyn is survived by her husband Dale Loutit and her children Chris Loutit (Lauren) and Shannen Loutit; mother Thelma Bell (nee Sutherland); siblings Myron Bell (Carol), Maureen Petersen (Harry), Barb Nutbean (Jason) and Kim Chartier (Ron); in-laws Tim Noonon (Joyce), Kelly Noonon, Roberta Goetz, Gord Noonon (Dianne) and Ian Noonon. As well as her many other family members.

Marilyn grew up on a farm in Clandeboye, MB. She met her husband Dale Loutit when she was 16. They married at the age of 25 and had two children Chris and Shannen and raised her family in East Selkirk, MB. Marilyn worked for the Federal Government for Employment Insurance for 26 years. She met many close friends and made a positive impact on the community for being such a kind soul. She loved to tell her jokes and her smile would brighten up any room she walked into. She loved to dress up and do skits with her family and friends. She brought laughter and joy to every room. You could find her outside working with the earth. Whether that be planting trees, tending to her flower bed or the garden. You could also find her dancing or by the bonfire. She worked very hard on her park like yard that she loved so much. She was fair, generous and carried herself well.

The family wishes to thank everyone who helped Marilyn on her journey. We couldn't have done it without you and words cannot express our gratitude.

A Celebration of Life will be held at her residence outdoors in East Selkirk, MB on August 28, 2021 from 2:00 p.m. - 4:00 p.m. We are asking that you practice social distancing, bring your own chair and a bell to ring during speeches. In lieu of flowers, we are having a potluck for late lunch or bring a firework (lighting of fireworks will follow provincial and municipal by-laws). For more details please email [shannen\\_loutit@hotmail.ca](mailto:shannen_loutit@hotmail.ca)

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

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FEATURE OF THE WEEK





2



1.5















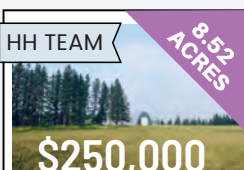


900 SQFT



**CLANDEBOYE CLASSIC!**  
414 CLANDEBOYE AVE  
SELKIRK  
**\$134,900**

Heritage home with a contemporary style is affordable and quite solid. Lots of recent upgrades make this home an affordable sanctuary backs onto greenspace, baths up and down. Large enough lot to build a garage, ASAP possession, all appliances included. All levels of school close by. A short walk to Safeway with curling club, parks and a skating rink (outdoor) practically in your backyard.

<p>HH TEAM <b>SOLD</b></p>  <p><b>\$329,900</b></p> <p>315 Pandora Ave W, Winnipeg</p>	<p>HH TEAM <b>SOLD</b></p>  <p><b>\$299,900</b></p> <p>45 Morier Ave, Winnipeg</p>	<p>HH TEAM <b>WATER FRONT</b></p>  <p><b>\$534,900</b></p> <p>5592 Henderson Hwy, St Clements</p>	<p>HH TEAM <b>PRICE DROP!</b></p>  <p><b>\$419,900</b></p> <p>51 Peltz Road, East Selkirk</p>	<p>HH TEAM <b>80 ACRES</b></p>  <p><b>\$399,500</b></p> <p>113142 Road 13 East, Fraserwood</p>
<p>HH TEAM <b>INDOOR POOL</b></p>  <p><b>\$499,000</b></p> <p>202 Taylor Ave, Selkirk</p>	<p>HH TEAM</p>  <p><b>\$214,900</b></p> <p>10 Main St, Tyndall</p>	<p>HH TEAM <b>RIVER FRONT</b></p>  <p><b>\$397,800</b></p> <p>8116 Henderson Hwy St Clements</p>	<p>HH TEAM</p>  <p><b>\$179,000</b></p> <p>316-1671 Plessis Rd, Winnipeg</p>	<p>HH TEAM <b>7.98 ACRES</b></p>  <p><b>\$269,900</b></p> <p>8156 99 Road N, Rockwood</p>
<p>HH TEAM <b>7.73 ACRES</b></p>  <p><b>\$59,500</b></p> <p>1 Tamarack Lane, Clandeboye</p>	<p>HH TEAM <b>2.4 ACRES</b></p>  <p><b>\$84,900</b></p> <p>1 Fuller Road, St. Clements</p>	<p>HH TEAM <b>2.2 ACRES</b></p>  <p><b>\$84,900</b></p> <p>7 Fuller Road, St. Clements</p>	<p>HH TEAM <b>SOLD</b></p>  <p><b>\$125,000</b></p> <p>286 Nanton Road, St. Clements</p>	<p>HH TEAM <b>8.52 ACRES</b></p>  <p><b>\$250,000</b></p> <p>8131 Highway #8 Clandeboye</p>

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Join Hacking's Heroes

**Book your appointment now!**

<https://blood.ca/hackingsheroes>  
To Join: HACK0092751



**NOW PRE-SELLING MYSTIC NORTH!**

Brand new 1158 sqft attached bungalows are coming to the beautiful community of Gimli!

**Starting at \$299,900.**

Contact us to learn about the different floor plans and upgrades!

**A+8 Design Homes**  
a8designhomes.com

