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THURSDAY, AUGUST 13, 2020

VOLUME 11 EDITION 32

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RECORD PHOTO BY KATELYN BOULANGER

A participant in the Manitoba Mounted Shooting Association's mounted shooting event at Selkirk Park on Aug. 8. See story on page 8.

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# Selling jewellery to feed those in need

Six-year-old Nalia Wowchuk decided to give back to her community

By Katelyn Boulanger

Lindsay Wowchuck helped her daughter Nalia start a jewellery making business when COVID-19 had them spending more time at home and now they've decided to give back to their community by donating half of the proceeds to the Selkirk Food Bank and Daily Bread Soup Kitchen.

"I wanted to start doing something during COVID so we started making some leather earrings. I started to look at some other earrings that we could make and then Nalia wanted to start making her own money and I wanted her to learn how hard it is to earn her own money," said Wowchuk.

Out of this new way to spend time together grew their business Prairie Princess Originals.

"I asked her if she was interested in making the earrings and selling them but I told her that

if she was going to do that then we'd have to share the money and I asked her who she wanted to share the money with. I thought she was going to say me but she said people without food. So I looked into that and thought we should start in our own community first," said Wowchuk.

They decided then that they would donate fifty per cent of the proceeds of their sales, which they are making at farmers markets in the area, to both the Food Bank and Soup Kitchen.

Nalia said that she decided to donate this money to people without food because she felt sad when they were outside.

"When we're in Winnipeg often she asks questions about people that are laying on the street or lined up outside and so we have conversations about food banks and soup kitchens and people not having housing and how grateful for what we have. She's well educated about it but she has a hard time seeing that," said Wowchuk.

Nalia and her mom keep snacks and other items in the car and when they see someone in need they are able to help them out in that way as well.

**"I TOLD HER THAT IF SHE WAS GOING TO DO THAT THEN WE'D HAVE TO SHARE THE MONEY."**

"I thought that by making it a business it would also be a more valid way to raise money," said Wowchuk.

Nalia says that her favourite part of making leather earring is tracing the patterns of the leaves on to the faux leather.

They are selling earrings, bookmarks, and nose rings.

Eventually, when it is safe to do so, Wowchuk says that she would like to have Nalia and herself volunteer at the soup kitchen in order for her to see where the money that she's raising is going.

Nalia's jewellery will be available at their booth at the D.O.G Days Market every Wednesday this summer.

"We enjoy making it. It's a lot of work but it's definitely worth it. It's really interesting because I thought that Nalia would be preoccupied with making money for herself but she really isn't. She is really very focused on what she's giving back," said Wowchuk.



RECORD PHOTO BY KATELYN BOULANGER

Lyndsay and Nalia Wowchuk with their Prairie Princess Original jewelry. They will be donating fifty per cent of their profits to the Selkirk Food Bank and Our Daily Bread Soup Kitchen.

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# Inclusion Selkirk Program reopening in renovated space

## Eveline St. changes make Wish Me and Day program spaces more accessible

By Katelyn Boulanger

The renovations to the Eveline St. location of Inclusion Selkirk are complete after a great deal of work spanning from the start of the project in July of 2018 until now.

The space at that time received funding from the federal government's Enabling Accessibility Fund to make the space more accessible as well as a specific youth grant that allowed the organization to renovate their bathrooms to make them fully accessible.

These renovations now allow Inclusion Selkirk to better achieve its mission of walking alongside individuals with intellectual disabilities and their families in their life's journey.

"[It felt] amazing. You always have the desired outcome and I think that we've achieved more than we thought we would within the work," said Maria Freeman, the Executive Director of Inclusion Selkirk.

The building contains two distinct areas with Wish Me a store run by Inclusion Selkirk that features homeware, gift items, and other fun objects from many local artists in the front and an area where people from the community who attend Inclusion Selkirk's day program in the back. Both of these areas provide opportunities for those with disabilities to learn new skills.

The day program, in March, had to be put on hold due to COVID-19 concerns, however, with loosening restrictions, Inclusion Selkirk is planning to reopen the day program shortly.

"We are still doing supports for peo-

ple [currently] but instead of having it be centre-based, it's all community-based. We're working with people who are already employed or looking for gainful employment," said Freeman.

Some of the changes the returning day program attendees, as well as customers of Wish Me will benefit from, are door openers, wide doorways, room between objects for mobility equipment, and more.

"We're [also] working with the city to actually raise the sidewalk. They've done it for all of the businesses on Manitoba Ave. so we've asked them to also do it for Eveline St. so we can be accessible and in the interim, we've built a temporary ramp," said Freeman.

Merilee Mollard, Inclusion Selkirk's Fund Developer says that when she enters businesses she often finds uneven flooring which can be difficult for people with stability issues.

"Our goal with the store was to show other businesses what you can do to make your business accessible," Freeman said.

Residents are encouraged to stop by and check out Wish Me which has been open since June 15 and not only provides an opportunity to support people with the goal of obtaining retail employment but also features products from many Manitoba artists such as artwork, soaps, bath bombs, mugs, clothing and many other unique items.

"We know from our community that you build community by working within community. If I can give these artists and makers a place to present their art and develop a clientele that helps them and it also helps us," said Freeman.



RECORD PHOTOS BY KATELYN BOULANGER

Top: Maria Freeman with some of the products sold at Wish Me. The business as well as the day program area in the back of the building are now much more accessible thanks so their recently finished renovation. Above: A temporary ramp making the business friendly for mobility aids and strollers.



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# Interlake Lymph Clinic raising funds for Cancer Walk

## Proceeds to go to the Never Alone Foundation

By Sydney Lockhart

The Interlake Lymph Clinic is helping fundraise for the Never Alone Foundation's Paws for a Cause Cancer Walk.

The annual event brings people together to walk their pets and raise money in support of those affected by cancer.

"This is the first time I'll be helping out with this organization; I'm just trying to educate and help out in the community and get some support," said owner of the Interlake Lymph Clinic, Registered Massage Therapist, Certified Lymphedema Therapist, and Breast Cancer Rehabilitation Specialist Nancy Rowsell.

The Never Alone Foundation was created by Lyle Bauer a Blue Bombers Alumnus and former CFL Executive after he was diagnosed with throat cancer in 2004.

The foundation offers financial, emotional, social and informational support to patients and families affected by cancer.

"We're trying to improve the lives of people affected by cancer," said Executive Director of Never Alone Foundation Micheal Schiefer, "Research is essential, but we need to lift people through the crisis today."

Breast Cancer Survivor and owner of the Spin Shack Shannon Berikoff got assistance from the Never Alone Foundation when she needed a sleeve and glove to help combat her lymphedema.

"I couldn't even walk, my hand would be the size of a baseball [bat] It's just another awful thing about cancer, it never seems to end. You lose your hair and your eyelashes and then you think you're good and your arm blows up," said Berikoff.

She is now cancer-free after being diagnosed for the second time in December of 2017.



Left to Right: Marianne Tom Clinic Manager with her dog Bryson, Cindy Hartling assistant Clinic Manager with her dog Buddy, Shannon Berikoff Spin Shack owner, the Never Alone Foundation's Executive Director Michael Schiefer, and Nancy Rowsell and her dog Titan.

"I like that their name is the Never Alone Foundation, when you get sick like this it seems like people disappear, they don't know how to deal with the reality of it," she said.

Berikoff will be walking on Rowsell's team on September 14 at 6 p.m. in Selkirk, they are hoping to raise \$500 by September 19.

The Interlake Lymph Clinic is also preparing to be a part of the Easton Place Medical Centre starting in September.

"I'm hoping every year we get bigger and bigger for community awareness. Helping improve someone's quality of life or at least make them as comfortable as possible is what we are trying to offer," said Rowsell.

To register, support and donate to the Paws for a Cause event go to [www.interlakelymphclinic.ca](http://www.interlakelymphclinic.ca).

Participants can also do a virtual walk if they do not feel comfortable joining the socially distanced walk by taking a photo of themselves walking in their own neighbourhood, posting it on social media, and emailing a

photo to [info@interlakelymphclinic.ca](mailto:info@interlakelymphclinic.ca).

A walk for top sponsors and fundraisers will be held at Kildonan Park by Never Alone Foundation on September 20.

"I LIKE THAT THEIR NAME IS THE NEVER ALONE FOUNDATION, WHEN YOU GET SICK LIKE THIS IT SEEMS LIKE PEOPLE DISAPPEAR, THEY DON'T KNOW HOW TO DEAL WITH THE REALITY OF IT."

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## Online engagement for ag. industry

**Submitted by the Government of Manitoba**

The province launched an online public engagement opportunity seeking feedback on a broad range of agricultural sector issues and opportunities from Manitoba's producers and industry, Agriculture and Resource Development Minister Blaine Pederesen announced Aug. 4.

"Engaging with farmers allows us to collect important information and make informed decisions and recommendations with my provincial and federal colleagues across the country this October at the annual conference of ministers of agriculture," said Pederesen. "We are committed to bringing the voices of farmers forward."

The province is seeking public input in four areas: business risk manage-

ment, market opportunities, innovation and technology, and resiliency.

Business risk management programs are important tools that help producers manage their risk. For the past two years, producer feedback has suggested that existing programming is not effective for some sectors, leading to federal and provincial governments to explore changes.

Manitoba's agriculture industry continues to be export driven. The province wants to ensure that producers and processors have continued access to current and new market opportunities.

Innovation is becoming increasingly ingrained into the agriculture and agri-food sector. Technology has the capacity to prepare for and mitigate risk, address labour shortages, im-

prove animal health and welfare and build increased sustainability into the sector. Input from the public will help shape Manitoba's capacity through the use of Ag Action Manitoba programs.

COVID-19 has impacted all Manitobans as well as food supply chains. Public input will help ensure the sector continues to be resilient in the face of future disruptions and crisis.

This engagement complements an in-person, week-long tour by the minister that included multiple stops in rural Manitoba in an open dialogue format.

To take part in the online engagement, visit <https://engagemb.ca/engaging-mb-ag-industry>.

The online public engagement will close Tuesday, Sept. 1.

## AMM completes tour of Interlake municipal offices

**By Evan Matthews**

The Association of Manitoba Municipalities finished its tour of the Interlake last week, with the region's councils advocating for a reduction of provincial "red tape."

Representing all of Manitoba's 137 municipalities, AMM said in a press release that the organization makes it a priority to visit each of its member municipalities at least once during each four-year election cycle.

"Meeting with local councils one-on-one is very important, perhaps now more than ever given COVID-19," said AMM President Ralph Groening.

"While all of our members are dealing with increased pressures due to this new reality, municipal officials continue to be on the front lines of this pandemic delivering essential services and protecting local communities," he said.

In the Interlake, the AMM delegation visited the RM of St. Laurent, RM of Coldwell, RM of Fisher, RM of Armstrong, Town of Winnipeg Beach,

and the City of Selkirk. The delegation consisted of President Groening, Vice Presidents Kam Blight and Brad Saluk, Interlake District Directors Cheryl Smith and Kelly Cook, and Executive Director Denys Volkov.

"Protecting local autonomy and reducing red tape were key themes discussed at all meetings," said Cook, City of Selkirk councillor and AMM Interlake District Director.

"In particular, several councils supported the AMM's position related to Bill 48: The Planning Amendment and City of Winnipeg Charter Amendment Act, which will have significant impacts on all municipalities given its current wording," he said.

According to the Province of Manitoba's website, Bill 48 addresses key planning recommendations in the Treasury Board Secretariat (TBS) report "Planning Zoning and Permitting in Manitoba," created in June 2019, to create a "transparent, consistent and efficient planning framework by reducing unnecessary planning delays,

while ensuring due diligence, environmental and safety requirements are met.

The proposed legislation will enhance opportunities for economic growth and ensure Manitoba remains competitive and attractive for business and job growth, according to the Province, emphasizing Bill 48 is a high priority for this government.

The proposed legislation also grants sweeping powers to the minister of municipal relations.

Cheryl Smith, Reeve of the RM of St. Laurent and AMM Interlake District Director, said the meetings with AMM provided greater insight into both the challenges and opportunities facing the Interlake district.

"Our members clearly want to lead Manitoba's economic recovery," said Smith. "Many councils expressed desire to move infrastructure projects forward in partnership with the provincial and Federal Governments."



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# Vandalism strikes Selkirk's Manitoba Ave.

Flowers were ripped out of outdoor displays of Selkirk's businesses

By Katelyn Boulanger

Several businesses on Manitoba Ave. had the flowers at the front of their businesses ripped out in late July.

"It was a little bit disappointing because as a business owner I'm trying to improve the look of my property and make the street look nicer. You can't have anything nice out there without people touching it," said Melissa Desrochers, owner of Studio 233.

She likes to have these flowers outside of her business to signal to residents that she cares about the community.

"We're trying to make the street beautiful and to turn around and have someone vandalized it like that. It's not right. It's stupid," said an employee from Bonded Health and Mobility Services another business on Manitoba Ave. that was vandalized.

Neither business will be able to replace the flowers that they had at the front of their business.

"I ended up tearing the one pot out because all the greenhouses are closed now and all of the flowers are gone. I have the one pot on the one side that wasn't touched but the other pot was just wrecked," said Desrochers.

Desrochers would like people that rip out flowers to follow the lessons that we learned as children and not touch things that aren't yours.

"We have a really good security system inside. We have cameras and I guess we'll have to invest in more if this keeps happening. Luckily, it's only flowers people are digging up but it's really disappointing when there's another flower on the ground when there shouldn't be," said Desrochers.

Cst. David Wong, a Community Policing Officer with Selkirk RCMP says that the RCMP has seen mischief occurring throughout the region lately, however, he also said that there is nothing to indicate that this is a trend.



RECORD PHOTO SUBMITTED

A photo of Studio 233 before a vandal ripped up some flowers at the front of the business.

"I think because people are home more because of this COVID pandemic people are around more to see suspicious people. We get more calls about people that were about to do something," said Wong.

He recommends that businesses and residents employ crime prevention by environmental design techniques to lesson their risk.

"Line of sight is important for us especially with police officers on patrol. I've had the opportunity to investigate a break and enter at a residence and what happened was that they used the shrubs and the bushes around to hide their behavior," said

Wong.

Keeping trimmed plants and open areas also helps neighbours to spot suspicious behaviors and allows us all to work together to keep vandalism at bay.

"Get to know your neighbours and start to know when something is suspicious or out of place. Even if it's a feeling, give us a call. We'll respond as long as we aren't tied up with a higher priority call. Thanks to the public we have caught several prolific offenders. That's thanks to the public informing us so it's paramount that we have the community supporting us," said Wong.

## RCMP changes name of ESP Detachment

New name reflects area of service

Submitted by the Manitoba RCMP

Effective August 5, 2020, the East St. Paul RCMP detachment was renamed Red River North RCMP.

"The name change comes after several months of consultation with mayors in the local communities," said Superintendent Joanne Keeping, officer in charge of Manitoba RCMP East District.

"We believe the new name better reflects the communities in this geographical area."

The boundary area, which includes the communities of East St. Paul, West St. Paul, and south St. Clements will not change.

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# Manitoba Mounted Shooters ride into town

## The 6th annual mounted shooting event took place at Selkirk Park

By Katelyn Boulanger

The Manitoba Mounted Shooters Association held its 6th annual mounted shooting event at Selkirk Park on Aug. 8.

"Cowboy mounted shooting is a competition. We shoot four different [rounds], we shoot two 45 colt guns, and we shoot black powder so it goes 20 feet and then it dissipates into nothing so there are no projectiles so we can have spectators," said Shawn Parsons, the president of the Manitoba Mounted Shooting Association.

The club is associated with the Cowboy Mounted Shooting Association an international organization that hosts mounted shooting events.

"The object of the game is we go over the timer. We go out. Shoot five balloons of one colour. We holster. We shoot five more balloons with our second gun and then we go back over the timer. So it's a timed event," said Parsons.

There are 86 patterns that the riders can be asked to ride and four are chosen from randomly on the day of the event. From there, the riders each take turns on each of the courses and the total score is taken by combining all four runs. There are also time penalties of five seconds that are added for each balloon a missed, a five-second penalty is added if a rider drops their gun, a ten-second penalty is added if the course is not followed correctly and a 60-second penalty is added for falling of a horse.

"We never know what patterns we're running and so it makes it very interesting. The degree of difficulty on each pattern is different. You're riding a horse, you're shooting a gun, and you're following a pattern all at once,"

said Parsons.

Participants can range in age from seniors to children, however, being under 18 means that the kids, known as wranglers, cannot shoot a gun. Younger children run the course as quickly as they can while older children will run the course while aiming at the targets with a non-functioning gun.

Safety is also a top priority in this sport and along with firing blank ammunition at the balloons participants and horses wear ear protection and only one participant is allowed in the arena at a time.

Angie Braun, the match director for this event, said that the most important part of this sport is having horsemanship skills and shooting skills come second.

"It's like barrel racing on steroids," said Braun.

She became involved when a friend of hers invited her to try. She said that they put a gun in her hand and it was all over after that.

"It takes a long time to get a horse prepared so that they are consistent and I think that the [drive to participate] just comes from wanting to get better and better and the people are very nice and friendly. It doesn't matter where you go in North America you can go to shoot and know nobody and leave and know everybody," said Braun.

Twenty participants participated in the event this year. This is less than they would have in a normal year but the American border being closed meant that some participants that would have travelled for the competition could not come.

"Members are so willing to help out.



RECORD PHOTOS BY KATELYN BOULANGER

Manitoba Mounted Shooting Association hosted a mounted shooting event at Selkirk Park on Aug. 8. Pictured: participants at the event.

If you're in the same class you'll be cheering each other and helping each other or whatever it may be but it's still a competitive sport and we want to do better and we drive each other to do better," said Parsons.

The Manitoba Mounted Shooting Association runs clinics, however, this

year they have put a hold on it because of COVID-19. If you would like more information about future clinics or the association, follow their Facebook page at [facebook.com/manitobamountedshooters](https://facebook.com/manitobamountedshooters) or visit their website at [manitobamountedshooting.ca](https://manitobamountedshooting.ca).







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# Tom Stewart publishes *Under Big Hearted Skies*

Former St. Andrews resident's memoir

By Katelyn Boulanger

Tom Stewart now lives in Tofino B.C. but after many years of travel he decided to write a memoir and a large portion of the book is dedicated to the first 18 years of his life spent in the RM of St. Andrews.

"My family and I grew up in St. Andrews. I was born and raised there. I went to St. Andrews Elementary and then Lockport Junior High and then I went to the Selkirk Comp for High school," said Stewart.

The book which he recently self-published follows Stewart's life from being a young child until his early thirties.

"It's true stories. There's just a lot of humanity and a lot of love and adventure, comedy and stories that are worth telling because things have changed and so they can be repeated. If you put all of that together that makes the stories worth telling," said Stewart.

Each chapter is an individual story but the stories are told in chronological order so that the reader can jump around or read a little at a time if they so choose.

"I feel that these stories are unique in some of the humanity and sacrifice and generosity of the people involved and even though it's a memoir it's not just about me it's about the people that I've been able to meet in my life," said Stewart.

He hopes that these stories will connect with readers and make them feel a little less alone.

"There are a few stories about growing up in St. Andrews and the street that I grew up on and then with Selkirk, there is a story about getting

into fights and adventures in Selkirk Comp and some unique characters in there," said Stewart.

He would like people to like the stories and hopes that even if readers don't connect with all 37 stories in the book that they can find some that resonate with them.

He feels that his upbringing in the prairies was very important in creating the person he has become.

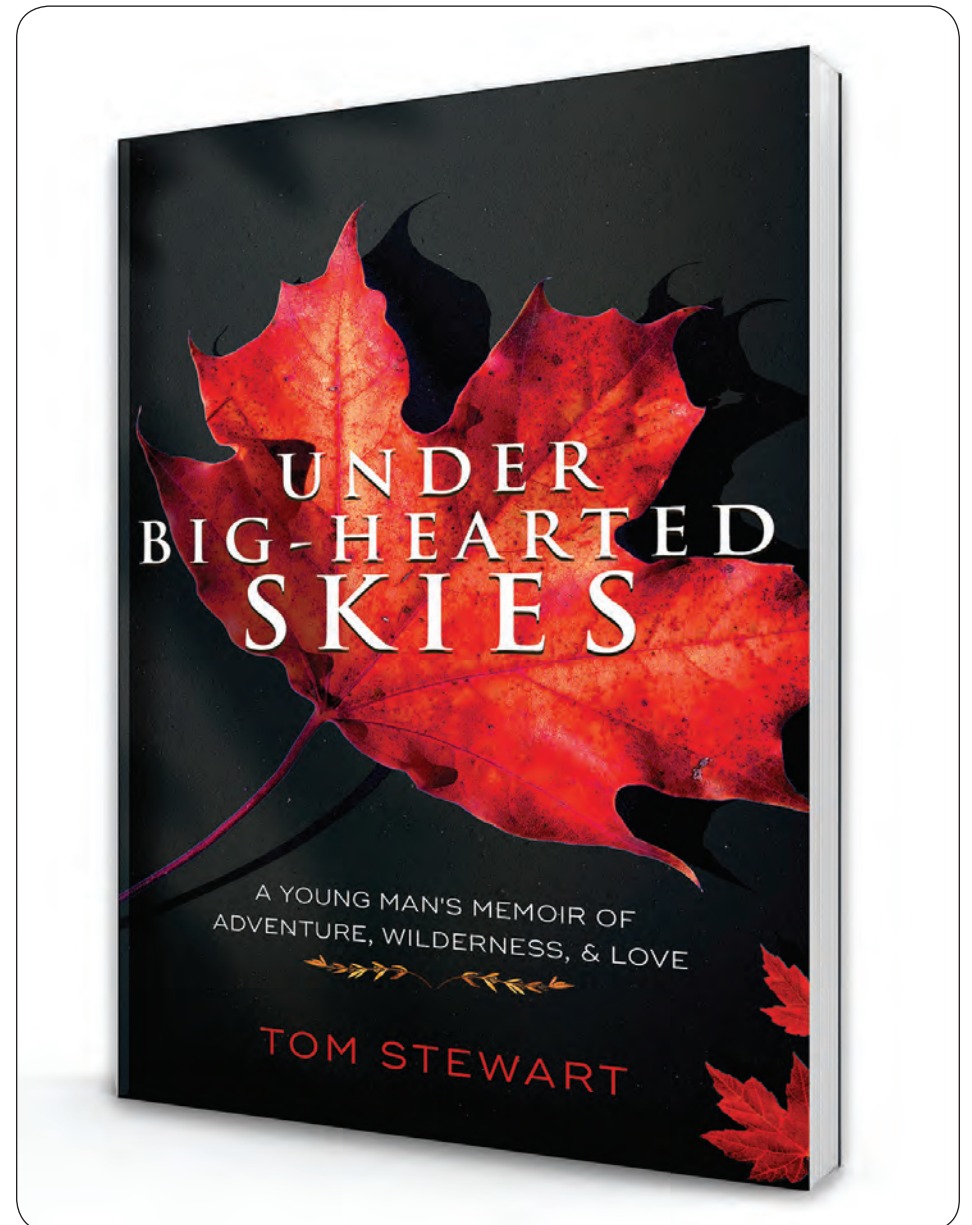
"For all Tofino's sensational beauty, there's something about growing up in the prairies with the pine forests and the summer thunderstorms and the heavy winter snow. Still, I have this deep connection to the prairies, it feels like prairie blood, maybe because you're young and formative and maybe it just engrains itself," said Stewart.

**"THIS BOOK MOVES FROM SIDE-SPLITTING COMEDY TO HEARTBREAKING SORROWS."**

The book has been available since it's publishing on August 11 and, though it is in some bookstores, Stewart recommends that readers go to Amazon should they want a copy. The link to purchase a copy is [amazon.ca/Under-Big-Hearted-Skies-Adventure-Wilderness-ebook/dp/B08DRR83Y9](https://amazon.ca/Under-Big-Hearted-Skies-Adventure-Wilderness-ebook/dp/B08DRR83Y9).

More information can be found at [underbigheartedskies.com](http://underbigheartedskies.com).

"This book moves from side-splitting comedy to heartbreaking sorrows at times and I think that it will connect with a wide audience and there's a lot that connects us to our shared humanity and I hope people like it," said Stewart.



RECORD PHOTO SUBMITTED

Tom Stewart's memoir *Under Big Hearted Skies* which includes sections on his childhood in St. Andrews and Selkirk.

## Night Market in Selkirk



RECORD PHOTO BY BILL NEWZMAN SMYTH

A variety of local vendors with handmade goods as well as some of Selkirk's favourite food trucks were at the Selkirk Night Market Aug 7. Pictured above: Fudge by Fiona at the market.

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# Buy a burger and donate to MS with A&W

## Elvis will still make an appearance

By Sydney Lockhart

A&W's annual Burgers to Beat MS day is taking place on Thursday, August 20.

This annual event raises money that goes toward the Multiple Sclerosis Society of Canada which helps fund research, education and services to those living with MS, an autoimmune disease that causes the deterioration of the central nervous system.

With every Teen Burger sold, two dollars goes toward the charity. The Selkirk A&W is aiming to raise \$3000 this year.

"We are trying to keep it quite similar; we're having some car clubs bring in their hot rods and park around the building," said Grahme Macfarlane.

Elvis tribute artist Daylin James will be performing again this year, but he will be further back in the parking lot instead of in front of the building so people can distance safely while watching him perform.

There will also be a 50/50 draw on the day of the event.

"I would encourage drive-thru a lot more for the social distancing aspect," said Macfarlane, "In the past, we've had large lineups going out of the restaurant and with social distancing we can only have 5 or 6 people in line so drive-thru is a better option to keep people safe."

With an estimated 77,000 people living with this MS, Canada has one of the highest rates in the world.

"My sister and my brother in law have MS, it's hard to watch them

slowly lose a lot of their mobility. I think everybody knows somebody that has been affected by it," said Macfarlane.

Macfarlane added that this year because of the pandemic they have not been getting the same number of do-

nations and hope that people will still consider coming out and donating with safety precautions in place.

"We try to make it a fun time and support the MS cause at the same time."



RECORD FILE PHOTO

Elvis tribute artist Daylin James performing at a previous year's Burgers to Beat MS event. This year's event will be a little different in keeping with COVID-19 restrictions but will still support the Multiple Sclerosis Society of Canada.



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# Help is available through MHRN in Selkirk

## Community organization provides harm reduction help

By Katelyn Boulanger

Manitoba's Harm Reduction Network has seen changes affecting the community that it serves because of the COVID-19 pandemic and the Selkirk area is no exception to that trend.

"Manitoba Harm Reduction Network can be described as a network of networks. We are a Manitoba based non-profit. Our central hub is in Winnipeg but we have offices throughout the province and in each location we have a network and peer advisory council. All of us together do harm reduction work in a variety of ways," said Rune Breckon, the Do It Better, Do It Safer Network coordinator for Manitoba Harm Reduction's Selkirk branch.

The organization focuses on reducing harm to individuals in many different ways and rather than placing judgment on individuals using substances they meet them where they are.

"We don't do direct service but within our networks and within our peer advisory councils we do capacity building for individuals so we provide education and also people provide us with education and we also partner with other organizations within or networks to ensure harm reduction services are shared throughout the community," said Breckon.

One of the organizations within Selkirk that they partner with as part of their network is Public Health, which has a variety of harm reduction supplies for individuals.

"People can go in and get safer smoking, safer injection supplies, as well as any kind of testing that they need or want," said Breckon.

Since COVID-19 has impacted the province the MHRN has had to adapt following provincial guidelines. Network meetings and business went online and meetings with the peers that are part of the peer advisory councils stopped until it was deemed safe to do so by health officials.

"The majority of us network coordinators, what we did was we provided emergency kits which had emergency essentials; hygiene kits had disinfectant when we could find it and buy quantities of it, soap, toilet paper be-

cause that was difficult for people to find as well and toothbrushes just the general everyday stuff and we tried to put fun stuff in there too like word searches, or decks of cards, or bouncy balls, something just to have something to do when people are home. That said a lot of peers also didn't have homes so we supported people trying to find shelter and spaces to be," said Breckon.

Another thing that they continued to do alongside a public health care nurse was to give training and distribute naloxone kits.

This time has been particularly difficult for peers who connect with MHRN and their network organizations, as with many services going online, those who didn't have access to the internet couldn't use those services.

"It's been really intense. The other thing that we've noticed throughout the province is that drug supply has shifted. With closed borders, certain ingredients are not available in Canada. Substances are still being made but they are being made in a way that they are not used to so they are taking something that they don't expect and so we

were already in an overdose crisis pre-COVID and now the overdoses are so much higher because supply is not safe," said Breckon.

What Breckon feels would be very helpful for those in the organization's peer council would be the destigmatization of drug use along with better access to a safer drug supply, safe sites for people to consume substances, and better access to harm reduction supplies.

"The overdose crisis has increased because of COVID and we are losing people unnecessarily because safe supply and safer consumption sites are not available," said Breckon.

They hope that more people recognize what's going on and start to think of people who use substances as human beings that deserve respect and dignity in all varieties and all capacities of life.

"It's about love. Harm reduction is about love and caring for people," said Breckon.

**"IT'S ABOUT LOVE. HARM REDUCTION IS ABOUT LOVE AND CARING FOR PEOPLE."**



**RECORD PHOTOS BY KATELYN BOULANGER**  
Manitoba's Harm Reduction Network has continued providing harm reduction help to residents amid the COVID-19 pandemic. Pictured Above: Rune Breckon, the Do It Better, Do It Safer Network coordinator for Manitoba Harm Reduction's Selkirk branch. Below: A naloxone kit used to save people from drug overdoses.





# Selkirk deferring painting of Water Tower

The water tower will now get its new look in 2021

Submitted by the City of Selkirk

Many things have had to take a back seat to the COVID-19 pandemic this year and the repainting of the Water Tower has also fallen to that trend.

With the city officially hiring Carlson Commercial and Industrial Services to strip and repaint the water tower, they talked with industry professionals and decided that holding off the project until next year is the right decision, both feasibly and financially.

"We started setting money aside three years ago to start work this year. But sometimes you just have to play with the cards you're dealt," said Selkirk Mayor Larry Johannson.

"With just about everything this year plans changed with COVID-19. While we're disappointed our Water Tower won't be getting the facelift it deserves this year, we know it's the right decision.

"Our original goal at the start of the year was to have a contractor start the work by the end of June," said the city's Director of Operations Dan McDermid.

"Our priorities obviously shifted during the start of the COVID-19 pandemic to keep providing the essential services our citizens needed. That pushed back our decision-making process farther than we originally planned."

With the new timetable to start the project scheduled for April 2021, the city's Chief Administrative Officer Duane Nicol says this will help ensure

the work is done well and reduce the risk of ballooning costs due to tightened timelines.

"This isn't a fence we're painting. It's a 135-foot tall water tower. It has to be stripped first in an environmentally controlled space to remove layers of paint, some of which may contain toxins. Then you need to repaint it under controlled conditions to ensure the paint adheres properly. There are a lot of factors that can delay progress like rain, temperature, and wind. With the delayed start, we're up against colder weather which would add significant costs to board and heat the project," said Nicol.

"Even if the absolute best-case scenario happened with the weather, we still would be cutting it very close and that's a risk we decided not to take. This isn't a project you rush, it's a project you do well even if it takes a bit longer."

"Now that there's more breathing room for both ourselves and the contractor, we have more confidence the end product will be done without any hiccoughs and on budget," said McDermid.

The city is still waiting to hear if the mural portion at the base is possible to do next year as well. The Request for Proposal for that project will be released sometime in the near future.



RECORD PHOTOS SUBMITTED

Proposed look of the Selkirk Water Tower's new paint job which has been deferred to 2021 as a consequence of COVID-19. Pictured Above: Robyn Kacperski the graphic designer whose design was chosen for the next painting of the water tower. Below: An image depicting what the tower will look like once painted.



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## Vintage Cut: Winnipeg Beach stylist re-opens hair salon after COVID shutdown

By Patricia Barrett

A new hair salon in Winnipeg Beach had a bit of a rough start earlier this year when it opened a month before COVID-19 hit.

Owner Katerina Vas, a red seal licensed stylist, threw open the doors of her Shears of Glory salon in February at the corner of Robinson and Main street, but she was forced to shut down when COVID-19 hit in March and the province prohibited hairstyling services.

"We were open for only five weeks and then I had to shut down for two months," said Katerina, who goes by Kat and is a Winnipeg Beach resident. "But the local people have been very supportive and I'm having lots of success. They like that they have a salon in the neighbourhood."

Some stylists may work out of their homes and are not always visible to the rural public or to visitors passing through in need of a trim or other service, she said. That's why she decided to open a bricks and mortar business on the main strip that "people can go to."

Her salon pays homage to the '40s, '50s and '60s with sketches and photos of film and singing stars including Marilyn Monroe, Humphrey Bogart, Elvis Presley and James Dean, and vintage items such as a bicycle, a phone and a record player that really works. Katerina can throw on some vinyl (at a reduced volume) and clients can sing or hum along to Elvis or Engelbert Humperdinck.

"There are a lot of people who are of retirement age here," said Katerina, "and when they sit down and look



You can sing along with Elvis or Engelbert as Katerina takes care of your hair.

around, they say, 'You have all my friends up on the walls!'"

Katerina is the sole stylist at the salon and Felice takes care of the administrative side of things.

They've put stringent public health measures in place to keep clients as safe as possible. Those include appointment-only service, pre-screening COVID questions that are confirmed when the client arrives at the salon, six-foot chair spacing, masks for clients who forget to bring their own and a hand sanitizing station.

In addition to the retro feel of the salon, Katerina offers reasonably priced services such as cuts, perms, foil highlights, conditioning treatments, student cuts, buzz cuts and facial waxing. She welcomes women, men and children.

And yes, she said she can give you the glam curls that Marilyn made famous.

"I can get the rollers out and a can of hairspray," said Katerina. "Everything's possible."

For more information, call Shears of Glory at (204) 998-7711.



RECORD PHOTOS BY PATRICIA BARRETT

Katerina trims Felice's hair. The Winnipeg Beach salon is open for business under strict safety measures to protect clients and staff.



The vintage-inspired salon offers women's, men's and children's hair services.

## Manitoba's active COVID-19 numbers hit 196

By Ashleigh Viveiros

Public health officials announced 16 new cases of COVID-19 on Monday, following up on a weekend that saw 51 new cases identified.

Manitoba's five-day test positivity rate is 1.59 per cent. The total number of tests completed since early February is now at 103,782. More than 1,300 of those were done on Sunday alone.

As of Aug. 10, the total number of lab-confirmed positive and probable cases in Manitoba was 558. Active cases on that day was 196 while 354 people had recovered from the virus. The number of deaths due to COVID-19 remained at eight.

Six people were in hospital at the start of this week, three in intensive care.

"While many of today's cases appear to be linked to known clusters in Bran-

don and Southern Manitoba or are close contacts of previously identified cases, preliminary information also suggests that there are small numbers of cases with unknown acquisition which we would determine to be community based transmission," said Dr. Brent Roussin, Manitoba's chief public health officer, said at Monday's press briefing.

"We've continued to say that these increased cases over the past week reminds us that we're not done with COVID-19," he added. "We'll certainly continue to see cases of COVID-19 but we are certainly not helpless against this virus. We never have been."

Roussin again called on Manitobans to continue to focus on the fundamentals when it comes to battling this virus: wash your hands regularly, maintain physical distancing, stay home

if you are ill, and avoid large indoor gatherings.

"We know that these precautions have helped us before and they'll help us again," he said. "We just need to get back and focus on those fundamentals."

While wearing a mask can help people protect themselves and others, especially in situations where physical distancing isn't possible, the province isn't yet mandating their use in public spaces.

When it comes to getting tested for COVID-19, anyone showing symptoms of respiratory illness can be tested, and Roussin advised people not to wait too long to do so.

"The best timing to be tested is 24 hours after symptom onset," he said. "What we've found is many of our cases being tested many, many days

after symptom onset, and so by the time we're connecting with contacts some of those contacts are already symptomatic."

Roussin noted that testing earlier than 24 hours after a person first reports symptoms can sometimes lead to false negative results.

"So testing after 24 hours of symptom onset is what we are recommending," he said.

To take the online COVID-19 testing screening tool head to [www.gov.mb.ca/covid19/updates/testing.html](http://www.gov.mb.ca/covid19/updates/testing.html).

The nearest testing site in our area is in Selkirk at 622 Superior Ave. It is open Monday to Saturday from 9:00 a.m. to 4:00 p.m. For more information call Health Links - Info Santé at 204-788-8200 or (toll-free) at 1-888-315-9257.



# Assume COVID is everywhere: IERHA urges adherence to safe behaviours

By Patricia Barrett

With the resurgence of COVID-19 infections across the province, including in the Interlake, the Interlake-Eastern Regional Health Authority (IERHA) is recommending that people put up their guard.

Over a period of a mere eight days (Aug. 3-10), the Manitoba government identified 125 new infections of the deadly virus. As of Monday, there were 196 active cases.

Worldwide, the virus has infected nearly 20 million people and killed over 730,000 (Johns Hopkins University, Aug. 10 data). Health experts are predicting an enormous swathe of deaths in countries where governments failed to respond adequately to the virus, whose citizens refused to stop gathering and wear masks or that re-opened their economies too hastily.

IERHA chief executive officer Ron Van Denakker said he thinks that during Manitoba's three-week stretch of no new COVID cases, people let their guards down. Youth, in particular, seem to be socializing in large groups.

Three Manitoba children (a boy under nine years of age and a girl and boy between 10 and 19) were identified last Sunday as having been infected.

"People are becoming cavalier in some respects. I don't want to brand any age group, but the younger generation seems to be having difficulty with self-isolation and keeping away from gatherings," he said. "Maybe a young person will get a sore throat and a cough, but if they pass COVID on to their 80-year-old grandmother who's got underlying conditions, that won't be good."

Everyone should assume everyone else is infectious and not feel badly about adopting some "time-limited paranoia," he said.

"Everybody needs to be presumed

as having COVID; therefore, you need to use basic [precautions]," said Van Denakker. "Be smart and employ them whether someone has COVID or not. We're in this environment of co-existing with COVID and we need to assume it's everywhere. That's what Dr. Brent Roussin [Manitoba's chief public health officer] keeps saying."

Those basic precautions include:

- Continuing to stay home as much as possible
- Working from home if your job/employer allows it
- Refraining from gatherings
- Re-considering the effectiveness of family bubbles; it only takes one person to contract the virus in the community and bring it into their bubble
- Staying six feet or more away from other people in public settings
- Not touching your face: your mouth, nose and eyes are entry points for the virus
- Washing your hands with soap and water during/after you've been in public; the virus is susceptible to soap, even plain soap
- Using hand sanitizer when soap and water are not available
- Wearing a mask; they're not failsafe but can help protect you and others from aerosol particles
- Re-considering exercising in close proximity to other people

If anyone has seen YouTube videos of how far the virus can travel on a sneeze, cough or breath generated from normal speaking, they'll know how easily the virus can spread, said Van Denakker. Although COVID can be acquired by touching surfaces infected with it then touching one's face, the risk of transmission is much higher via airborne particles.

A Japanese study by Yuki Furuse et al. titled "Clusters of coronavirus disease in communities, Japan, January-April 2020" in the journal Emerging

Infectious Diseases (vol. 26., no. 9) analyzed 3,184 cases in settings such as healthcare, restaurants, bars, workplaces and music events. The authors concluded that case clusters associated with "heavy breathing" in close proximity – karaoke parties, cheering, exercising and even conversations – can facilitate the transfer of COVID.

Other IERHA news:

-Van Denakker said the province's reluctance to identify some COVID cases by location (i.e., a specific community or neighbourhood) comes down to a need-to-know basis. If, for example, an infected person was known to have taken a specific flight, the province would release flight and row numbers.

As for specific communities in the Interlake where COVID has struck, Van Denakker said he himself is not privy to that data.

"I don't know the locations of where the cases are. We heard from Dr. Roussin a number of times that if there is no public health concern around the specifics, then they don't get made public," said Van Denakker. "I know we've had cases present in our [IERHA] facilities and I know some of those cases have been transferred to Winnipeg, but where they live and other details, I don't know. What public health is really saying is they don't want people to be stigmatized, which we've seen in the past."

-The IERHA plans to build external shelters outside personal care homes where family members can continue to visit residents during the winter months. The structures will have an access door to the PCH and a separate access door for visitors. Visits will be supervised to maintain distancing and other safety guidelines.

"In the colder months outdoor visits won't be feasible. We will go to tender soon and expect they'll be built by October," said Van Denakker.

-The province continues to conduct audits on infection prevention and other safety measures in PCHs.

"This province is doing an awful lot of work on ensuring its most vulnerable population is protected during this period," said Van Denakker. "There's extensive reporting and there are also unplanned visits to PCHs to ensure standards are being met."

-There have been an increased number of deaths by suicide in the health region and a greater demand for mental health services since COVID struck in March, said Van Denakker.

"When we moved to more virtual methods, we were able to address a lot of concerns. We found the uptake was greater and we were getting really good results because people were seeking help in their own environments," he said. "But COVID has been terrible for vulnerable populations such as substance abusers. We've seen suicides during the first wave of the pandemic; there's been quite a number of suicides."

Drug users unable to access product became agitated and that led to suicide, he said. Others couldn't access clean needles, sharing them with others. That's led to an increase in sexually transmitted blood-borne infections.

-The COVID preparedness plans the IERHA drew up earlier this year will be put into effect should new infections continue apace.

"If all of a sudden the numbers grew significantly to the extent that we had challenges with our bed map, we could activate those plans," said Van Denakker.

The "old" Selkirk hospital is "fully configured" with medical equipment to care for non-COVID patients should beds be required at the "new" Selkirk hospital for presumptive COVID patients, he said. COVID patients that require ventilators and intensive care are transferred to Winnipeg.

# Selkirk RCMP investigating arson

52 year old homeowner escaped the blaze without injury

Submitted by the RCMP

On Aug. 3, 2020, Selkirk RCMP responded to a house fire in Brokenhead Ojibway First Nation, Manitoba.


When officers arrived, the house was still standing and smoke was seen coming from the windows. The 52-year-old male homeowner had escaped without injury.

The initial investigation determined that the fire had been deliberately set. The fire was later extinguished but


caused an extensive amount of damage to the interior of the building.

Stevie Fontaine, 25, of Brokenhead Ojibway First Nation, was arrested on scene and has been charged with Arson - Disregard Human Life. Fontaine was remanded into custody and appeared in court in Winnipeg on Aug. 4.

Selkirk RCMP along with the Office of the Fire Commissioner continue to investigate.



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# get inspired

> MEAL IDEAS



## Simple Teriyaki Bowl

pieces. In bowl, mix soy sauce, mirin and rice vinegar; marinate chicken pieces in seasoning mix 10 minutes.

Cut scallion into 2-inch pieces. In frying pan, saute until soft, about 1 minute. Set aside.

In frying pan, heat oil and cook chicken until browned.

When meat is browned, pour marinade over chicken and continue cooking on low heat until sauce thickens.

Place hot, cooked rice in individual bowls. Spread sliced dried seaweed pieces over rice, if desired, and top with chicken and scallions to serve.

Photo courtesy of NPDstock/Shutterstock (Simple Teriyaki Bowl)

Prep time: 10 minutes  
Cook time: 35 minutes  
Servings: 2

- 1 large boneless chicken thigh
  - 2 tablespoons soy sauce
  - 3 tablespoons Mizkan Mirin
  - 3 tablespoons Mizkan Natural Rice Vinegar
  - 1/2 scallion
  - 1 tablespoon cooking oil
  - 2 servings hot, cooked rice
  - 1 teaspoon dried seaweed sheet (nori), sliced (optional)
- Slice chicken thigh meat into bite-size



## Pierogy Taco Casserole

1/4 cup diced red onions  
1 handful cilantro, roughly chopped  
Preheat broiler to high heat.

In large skillet over medium heat, add 1/2 tablespoon olive oil and saute pierogies until golden brown, about 8 minutes per side.

Remove pierogies and add remaining olive oil. Saute red peppers, corn, black beans, cumin, chili powder, salt and pepper until fragrant, about 3-4 minutes.

Spread red peppers, corn and beans into square baking dish. Nestle in pierogies. Sprinkle with shredded cheese.

Melt cheese under broiler about 2 minutes.

Top with tomatoes, onions and cilantro before serving.

Prep time: 10 minutes  
Total time: 35 minutes  
Servings: 4

- 1 tablespoon olive oil, divided
- 1 box Mrs. T's Classic Onion Pierogies
- 1 red pepper, diced
- 1 cup corn, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/3 cup shredded Mexican cheese blend
- 1/4 cup diced tomatoes



## Mini Pierogy Mac 'n' Cheese Skillet

Prep time: 10 minutes  
Total time: 35 minutes  
Servings: 4

- 2 tablespoons olive oil, divided
- 1 box Mrs. T's Mini 4 Cheese Medley Pierogies
- 2 scallions, thinly sliced, white and green parts separated
- 1 cup broccoli florets
- 1 small red pepper, diced
- 1 small yellow squash, diced
- 1 tablespoon flour
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 1/4 cups heavy cream
- 1 ounce cream cheese, cubed

1 cup shredded white cheddar cheese  
In large skillet over medium heat, add 1 tablespoon olive oil and saute pierogies until golden brown, about 6 minutes per side. Remove pierogies from pan.

Add remaining olive oil to skillet. Saute white parts of scallions over medium-high heat until fragrant and translucent, about 2 minutes.

Add broccoli, peppers and squash. Cook 5-8 minutes until tender but still crisp.

Remove veggies from pan.

In same skillet, whisk flour, salt, pepper and heavy cream. Simmer until thickened, about 2-3 minutes. Add cream cheese, stirring until melted.

Remove skillet from heat. Stir in cheddar cheese until sauce is melted and smooth. Add pierogies and veggies back to pan, gently stirring until coated.

Top with green scallions before serving.



Dear Money Lady,  
Going into retirement as an older single woman is more daunting than I thought it would be when I got divorced 5 years ago. I haven't even updated my will yet, and I don't know what to do about my current mortgage. It's just so much to think about all by myself! Any tips for us older single ladies?  
Single in my Sixties (Bernice)

Dear Bernice,  
In 2001 there were more than 1,500,000 single women in retirement, today there is over 2,600,000 Canadian women living alone. Women tend to live longer than men and many divorced or widows are simply choosing to remain single in retirement. This has created unique challenges for women today. Many retired women receive much less than their male counterparts. Often women have not worked the same amount of years as men or have earned less income during their working careers and therefore do not receive the same pension benefits. They are also much more conservative when investing than most men. A recent study done by Bank of Montreal showed that men were more likely to hold stocks and mutual funds in their investments whereas women were more likely to hold GICs. So, what are our single ladies to do?

We as women need to support one another and become more knowledgeable about our future opportunities. We need to expect more from ourselves and definitely more from the people we interact with. Start by educating yourself. When we know more, we make better decisions and feel more empowered to improve our situation. Start to know what your true financial picture looks like. Buy a notebook and create a budget – your new financial plan. Review all your investments, insurance and taxes. Do you have a good finan-



cial advisor? Do you have a good accountant?

It is important for you to have a well thought out strategy that provides for the unexpected. You should have an easily accessible emergency fund, like a line of credit or savings account. This will help pay for unexpected costs that are not built into a budget. For your investments, we must ensure your portfolio grows with products that offset inflation and taxes. Remember that risk is a relative term and as a single woman in retirement, there is more risk to doing nothing than for those who try to improve their situation. Review your investment portfolio with your advisor, get involved and ensure you have the correct asset allocation to provide compounded growth year over year.

If money is tight in retirement, then maybe it is time to review your overall situation. Can you downsize (or right-size) to something less expensive. Can you continue to work part-time or is there something that you may be uniquely qualified to do that will provide a little extra income? In establishing your financial plan, assess your basic needs and ensure they are covered by an income source that is guaranteed for life. It also goes without saying that every good financial plan should have an up-to-date Will and Power of Attorney.

Start taking control of your life, your future and your finances – for those of you that already have – than Bravo! You Go Girls! Bernice, don't be less than you can be. You will sometimes feel self-doubt, and that's okay, just don't allow yourself to stay there. Reach further to all your future possibilities no matter what age you are. You have the power as a single woman – so make it happen!!

Good Luck and Best Wishes,  
**Money Lady**  
Written by Christine Ibbotson, Author of the best-selling book *"How to Retire Debt Free & Wealthy"* and a new book *Don't Panic – How to Manage your Finances and Financial Anxieties During and After the Coronavirus* available at all bookstores across Canada. **If you have a money question, please email on website: [www.askthemoneylady.ca](http://www.askthemoneylady.ca)**

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# Interlake Blue Jays to play Pembina Valley in MJBL playoffs

By Brian Bowman

The Interlake Blue Jays are looking to do some real damage in this year's Manitoba Junior Baseball League playoffs.

Interlake will battle the Pembina Valley Orioles in a best-of-three series which begins this Thursday.

The Blue Jays will be on the road for Game 1 on Thursday and then will host Game 2 on Friday (7:30 p.m.) at Fines Field.

Pembina Valley (14-7) was the better team during the regular season but five of their best players won't be around for the playoffs as they head off to their respective university or college.

"A lot of teams in our league have guys going back to school," noted Blue Jays' head coach Adam Kirk. "Going in I think we have a good chance. We didn't lose anybody. I think we have a good chance to go deep and make a run here."

Kirk feels the Blue Jays are a better team now than at the start of the year.

The Blue Jays closed out their regular season last Sunday with a split with the St. James A's.

Interlake won 6-4 but then lost Game 2 by a 5-2 score. The Blue Jays played well in both games, said Kirk.

On Aug. 3, Interlake split a road doubleheader with the Altona Bisons.



RECORD PHOTO BY KEN ALLEN

The Interlake Blue Jays' Liam Allen delivers a pitch against the Altona Bisons in Manitoba Junior Baseball League action on Aug. 3. The Blue Jays won Game 1 by an 11-2 score.

Leading 3-2 in the sixth, Interlake took over the game by scoring six runs.

Blue Jays' runs were scored by Chris Fines (two), Keenan Allen (two), Cole Olfert (two), Noah Cnockaert-Ducharme, Ben Anderson, Liam Allen, Andrew Everitt, and Ryan Wasilewski.

Jayden Allary earned the complete-game victory, allowing just four hits and an earned run.

In Game 2, Altona edged the Interlake 3-2 in eight innings. The Bisons tied the score at 2-2 in the bottom of the seventh.

Cnockaert-Ducharme led the Blue Jays with two hits and a run scored. Wasilewski scored Interlake's other run.

The Blue Jays' Liam Allen pitched 7 innings, scattering nine hits while striking out six.

Interlake finished its regular season with a 9-12 record but two of those losses came via a forfeit when the Blue Jays could not field enough players for a doubleheader.

That's not too bad of a record considering what a wacky summer it's been.

"With the year it was and guys not sure if they're playing, it's an OK (record)," Kirk said. "We would have liked to have been above .500 because I think for most of the year we were above .500."

# MHSAA announces updated Return to School Sport plan

From the MHSAA website

As the Province of Manitoba eases restrictions and reopens the economy in a phased approach, the benefits of reopening need to be balanced with the risks of increased COVID-19 transmission, said a release on Aug. 4.

School sport activities have numerous physical, mental, and emotional health benefits. As organized activities continue to be allowed to operate again, we need a thoughtful plan to reduce the risk of COVID-19 transmission.

The MHSAA's updated Return to School Sport plan aims to provide a safe return of school sport in Manitoba and is focused on the following:

The Province of Manitoba has mandated each sport to establish a Return to Play Protocol to reduce the risk of COVID-19 transmission. The MHSAA will be adhering to all of these plans. Detailed sport specific protocols can be found on the respective Provincial Sport Organization's website.

Schools may offer fitness and/or training programming to their students provided they follow all current Provincial Public Health Guidelines, sport specific Return to Play Proto-

cols, and receive approval from their Division or School's administration. For up-to-date information on COVID-19 in Manitoba, visit [www.manitoba.ca/COVID19](http://www.manitoba.ca/COVID19).

No competition, including exhibition games, is permitted for any school sport at this time.

The MHSAA will be announcing our Return to School Sport plan for the 2020-21 school year by Aug. 15.

The MHSAA remains committed to protecting the health and safety of our student-athletes, staff, coaches, member-schools, and the health of all of our fellow Manitobans.



RECORD PHOTO BY BRETT MITCHELL

North Winnipeg's Nate Cornwell slides home safely in a 15U 'AA' game last Wednesday against Red River at the Selkirk Recreation Complex. Red River won the game 16-9.

## WHL delaying start of 2020-21 season

Staff

The Western Hockey League announced last week that it will be delaying the start of the 2020-21 season until Dec. 4.

The league had previously announced a tentative October start.

"As part of the WHL's commitment to the health and safety of its players, officials, staff, and fans, the opening date of the regular season remains contingent on receiving the necessary approvals from the government and health authorities in each of the six provincial/state jurisdictions in WHL territory," read a statement on the league's website.

The WHL remains committed to playing a full regular-season schedule of 68 games, followed by four rounds of playoffs during the 2020-21 season.

"In our discussions with the government and health authorities, it has become apparent that additional time is required to ensure we can return to play in a safe and responsible manner," said WHL commissioner Ron Robison. "Our WHL health and safety protocols have been well received by the health authorities, but we have several key issues that we will need to reach a resolution on in the coming months."



## Selkirk FC plays to 1-1 draw with Winkler

By Brian Bowman

Selkirk FC made the move up to the Manitoba Major Soccer League's 1st Division this season.

But they have had their share of struggles so far after last year's promotion.

Selkirk FC remained winless after a 4-2 loss to Forza-WSP on Aug. 3.

"We were up 2-0 and it was the same as every game," said Selkirk FC coach Sean Leggett. "We're up and then we kind of lose organization and fitness is an issue as well. It's a matter of playing in a strange season. The factors are that we went up to the 1st Division and another factor is that they didn't allow us to train as a team. We couldn't have preseason games to get ourselves into game shape. COVID has definitely had an effect on our team, especially since we have three brand new 17 year olds defenceman from Selkirk and they're all starting, for the most part."

Those 17 year olds are excellent players, said Leggett, but it's just a matter

of getting everyone to mesh as a team.

Tanner Markevich scored twice in the losing cause while Surinder Gill (two), Joe Di Biase, and PrabhDeep Gill replied for Forza-WSP.

Markevich has played very well this season, said Leggett.

Leggett said his club starts out fast and are very impressive for the first 35 or 40 minutes of a game. The key for them is to play like that the entire game.

"It's just a matter of learning how to play when we're tired," he said. "We're a bit of a run-n-gun team right now. We have tons of speed, tons of youth. More than any other team I would say that we've played so far."

Selkirk FC played at the Winkler Storm on Sunday and salvaged a 1-1 tie. Erick Medina scored for Selkirk FC, who are now 0-3-2 on the season.

The local squad will continue on the road when they play Brandon Inspire FC on Friday (7:15 p.m.) at the Republic of Manitobah Park field in Portage la Prairie.



RECORD PHOTO BY ASHLEIGH VIVEIROS

Selkirk FC's Tyrell Cook, a new addition to the team this year, looks to make a play against the Winkler Storm during MMSL 1st Division action Sunday evening. The teams played to a 1-1 draw.

In MMSL 7th Division action, the Tri-S Strike Force played to a 2-2 draw with Saints United last Friday at the Selkirk Recreation Complex.

Hyhram Dueck scored both Strike Force goals, the second one coming

off a free kick on the final play of the game. He earlier tallied on a penalty kick.

Tri-S (0-2-2) will host VNFC this Friday. Game time is 7:15 p.m.

# U18 North Winnipeg Pirates bounced by Bonivital

By Brian Bowman

The U18 "AAA" North Winnipeg Pirates walked a lot of Bonivital Black Sox batters on Sunday evening at Whittier Park in Winnipeg.

And they certainly paid the price for those free passes.

North Winnipeg issued 10 walks in a frustrating 10-2 loss.

On Aug. 4, North Winnipeg was defeated 5-3 by Winnipeg South at

Koskie Field.

The Pirates (8-9) will take on the St. James A's Thursday and then host the Interlake Orioles on Friday. First pitch for both games is 7 p.m.

In 15U "AAA" action, North Winnipeg dropped a doubleheader to the Marlins in Brandon on Sunday.

Brandon won games by scores of 4-0 and 6-5. Last Friday, the Pirates blasted the St. James A's 10-0 at the Sunova

Centre in West St. Paul.

On Aug. 5, North Winnipeg defeated Red River 10-9 at Transcona Stadium.

The Pirates, now 11-3, will play the Bonivital Black Sox on Wednesday (6 p.m.) at Provencher Park and then host Red River on Friday (6 p.m.).

North Winnipeg will then host Portage in a doubleheader on Sunday. Games will start at 1 p.m. and 4 p.m.

Meanwhile, the 13U "AAA" Pirates

defeated the St. James A's 13-10 last Thursday in West St. Paul.

On Aug. 4, North Winnipeg was leading the Interlake Orioles 15-5 when play was suspended, according to the league website.

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

## Stonewall Blue Jays pound Pirates

Staff

The Stonewall Blue Jays laid a licking on the North Winnipeg Pirates last Thursday.

Stonewall cruised to a lopsided 14-4 victory in Winnipeg Senior Baseball League action at Fines Field.

On Aug. 4, the Blue Jays were doubled 6-3 by the Elmwood Giants in Stonewall.

Both teams traded runs in the second inning before Elmwood exploded with five in the fifth.

Stonewall answered with a run in the bottom of the inning and then added another in the seventh.

The Blue Jays hosted the Springfield Sr. Braves this past Tuesday but no score was available at press time.

## Tri-S Strikers win pair of games

Staff

The Tri-S Strikers are now on a two-game winning streak.

Tri-S pounded Powerhouse 4-1 in Winnipeg Women's Soccer League 2nd Division action last Thursday at Shaughnessy Park in north Winnipeg.

Veronica Jackson and Abby Riskin each scored twice for Tri-S. On July 29, the Strikers blasted Heat FC 6-1 at Shaughnessy Park.

Ashley Fishing scored three goals while Han-

nah Riskin had two and Veronica Jackson also tallied.

"(We) only had nine players," said Strikers' head coach Dennis Tucker in an email. "(The) ladies pulled together and played awesome while down two players on the field the entire game."

Tri-S (2-2) played the Red Hot Pink Flamingos on Monday but no score was available at press time. The Strikers will take on the California Raisins next Tuesday (6:10 p.m.) at the Ralph Cantafio Soccer Complex.



# Having a ball

RECORD PHOTO BY BRETT MITCHELL

Ethan Reimer hustles along the baseline towards first baseman Emmett Nazimek during Grand Slam youth baseball action last week in Selkirk.



# Classifieds



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### METAL RECYCLING

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

### SCRAP METAL

Buying scrap metal, cars, tractors, combines, farm scrap, any metal material, any farm machinery. Ph Lonnie at 204-886-3407 lve. message or cell at 204-861-2031.

Buyer for all farmyard scrap, any autos, appliances. NO ITEM TOO LARGE! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

### 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.

### SUPPORT LOCAL BUSINESS

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Experienced roofers, helpers & labourers needed. Will train suitable candidates. Call and ask for Reuban or Paul 204-757-9092.

Lockport Taxi has a position open for a driver. Part time/full time, class 4 licence required. \$13/hr plus benefits. Ph. Glen at 204-757-7377.

Overland Truck Outfitters, the leader in truck caps and truck accessories, is looking for a reliable motivated person to install truck accessories. Bring resume to Overland Truck Outfitters, 102 Aviation Blvd. St. Andrews 204 338-4292.

Grain farm north of Beausejour is looking for full or part time machine operator. Mechanical experience and ability to operate large, modern equipment are an asset. 204-268-0262 or 204-265-3494.

Searle Greenhouses is accepting applications for seasonal full-time production worker positions starting in October 2020. No experience required; training provided. Starting wage \$11.77 per hour. Apply by email to: [iwanttowork@searlegreenhouses.com](mailto:iwanttowork@searlegreenhouses.com) or fax: 204-482-8968 Attn: Kris.

### HELP WANTED

Wanted: someone to disc 2 1/2 acres near Floodway Drive & Hwy 44, Lockport. Please call 204-955-9888.

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### MISCELLANEOUS

Small pet carrier cage for dog/cat \$15; medium size pet carrier bag for dog/cat \$20; A/C 10,000 BTU, fits window, 1 yr. old \$349. Call 204-482-3010.

Facemasks - quality, long lasting, 100% 4 layer cotton masks, cost \$10 & includes \$2 donation to Food Bank. Pick up in Beausejour, Selkirk or arrangement delivery/postal (for example: 2-3 masks cost under \$5 to mail) Call or text Theresa at 1-204-485-1948.

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### SHOP LOCAL

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Cabin or house platform step for sale. Size 88" x 53". \$60. Call Ed 204-482-4731.

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### NOTICES

Urgent Press Release &/Media Advisories. The news never stops, and neither do we! We are assisting organizations, businesses, and the public in getting their messaging out about important news, changing operations, cancellations, etc. Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information, or email [classified@mcna.com](mailto:classified@mcna.com) for details. [www.mcna.com](http://www.mcna.com). We are here to help you.

### JEWELRY REPAIR

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Do you have a News Tip or a Story Idea? call the Record 204-785-1618

### HEALTH

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Municipality of Alexander Under the Authority of The Planning Act

### NOTICE OF PUBLIC HEARING

On the date and at the time and location shown below, a PUBLIC HEARING will be held to receive representations from any persons who wish to make them in respect to the following matter:

**Municipality of Alexander By-Law No. 08/20**  
**Being a By-law of the Municipality of Alexander to adopt a new Zoning By-law**

**HEARING LOCATION:** Council Chambers at the Municipal Office 1 Bouvier Trail St. Georges, Manitoba

**DATE & TIME:** Tuesday, August 25<sup>th</sup>, 2020 at 10:00 am

**GENERAL INTENT OF BY-LAW:** To adopt a new Zoning By-law as per Section 68 of *The Planning Act*

**AREA AFFECTED:** The new Zoning By-law will apply to all of the Municipality of Alexander

**FOR INFORMATION CONTACT:** Michele Stefaniuk Assistant CAO Phone: 204-367-6170

A copy of the above noted By-Law 08/20 and supporting material may be inspected by any person during regular office hours from 9:00 am to 1:00 pm and 2:00 pm to 4:00 pm Monday to Friday at the office of the Municipality at the office of the Municipality at St. Georges, Manitoba at 1 Bouvier Trail.

As a precaution for the COVID-19 pandemic and physical distancing requirements, the public is requested to pre-register for the public hearing if they plan on attending by contacting the municipal office at 204-367-6170 or [info@rmalexander.com](mailto:info@rmalexander.com)

**Book Your Classified Ad Today**

Display Classified booking deadline is Monday at 4 p.m. prior to Thursday's publication.

**Call 204-785-1618**

CITY OF **Selkirk**

## PUBLIC NOTICE

### REGARDING RESIDENTIAL FALL CLEAN UP

Because of the cancellation of Spring Clean Up Week earlier this year, 2020 Fall Clean Up Week will take place instead from Monday, September 14th, to Friday, September 18th. A more detailed notice will be published closer to Fall Clean Up Week.

For further information, please call CitizenSupport at 204-785-4900 or email at [citizensupport@cityofselkirk.com](mailto:citizensupport@cityofselkirk.com)



# Announcements *Selkirk Record*

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## ANNOUNCEMENT

### CARD OF THANKS

We would like to thank everyone who made donations in Donny's memory. Also to all of you, thank you so very much for your cards, kind thoughts and messages we have received.

-Gillespie and McDougall families



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## ANNOUNCEMENT

### ANNIVERSARY



Ed and Vivian Chrapchynski  
Happy 50th Anniversary  
Mom and Dad  
on August 15th!

-With love from  
Christa, Mike, Sarah, Andrew, Susan, Mike, Julia, Layla and Darryl

**Know someone who is having a special occasion?  
Make their day extra special with a message in the Record**

## ANNOUNCEMENT

### BIRTHDAY



Robert Kolesar  
August 14

Congratulations Bobby on this special milestone birthday. May God bless you with good health, peace and joyful moments. We are so thankful to have you in our lives.  
-Love you always,  
wife Karen,  
daughter and son-in-law Kim and Chris

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## ANNOUNCEMENT

### IN MEMORIAM



Jeremy Wright  
August 12, 1976 - August 13, 2009

Not a day goes by  
That we don't think about your face  
The time may fly  
But your memory will never be replaced  
The sting of losing you  
Still hurts to this day  
We'd give anything to have you back  
There's not a dollar we wouldn't pay  
You were taken beside your time  
Gone from us too soon  
The love we have for you  
Shines brighter than the moon!

-Karen, Eric  
Victoria, Jaydamoo  
Becca, Amybum  
Tamara, Moojoo  
Adrian

Your memory will live forever  
Engraved within our hearts



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required for deliveries in MB, SK & NW ON. Skills & qualifications include Class 1 with adequate abstract, min. 2-years' experience long-haul driving with fuel delivery experience, good communication & documentation skills, & ability to perform basic vehicle repairs. We offer extensive paid training, competitive wage, monthly bonuses, medical, dental, & long-term disability benefits, RSP matching, paid stat holidays, & vacation pay. Our drivers have assigned trucks, & a mix of day trips & longer overnight trips, with many nights at home, frequent weekends off, & and mostly rural deliveries. We have many long-term drivers. Please email a resume & abstract to: [orderdesk@penneroil.ca](mailto:orderdesk@penneroil.ca) or fax (204)989-4309.



# Announcements

## OBITUARY



### Orma Jean Agar (nee McDonald)

On Thursday, April 16, 2020, at Grace Hospice, Orma Jean Agar died peacefully surrounded by her family.

Orma will be greatly missed by her children Lyle Agar and his wife Julia Macgregor, Gayle Hassett and her husband Rick and Gordon Agar. Her grandchildren Sileas Sideroff (Kyle), Steven Hassett (Lauren), Sara Agar (Karl Langdale-Hunt) and Kevin Hassett (Whitney) will always cherish their memories of her. She was especially loved by her four great-grandchildren: Olivia, Logan, Sienna and Rhys who will miss their 'Nana O' immensely. Orma will be dearly missed by her surviving sister Helen Myer and her brother-in-law Edwin Bracken. Orma was also very close to her many cousins, nieces and nephews who will remember her fondly.

She was predeceased by her husband Wilfred on November 29, 2005; her parents Alex and Isabel McDonald; her in-laws Bob and Betty Agar; brother Graham McDonald and sister Marie Bracken; sisters-in-law Edna McDonald and Phyllis Westmacott; brothers-in-law Mark Westmacott and Ed Myer.

Orma was born on August 24, 1925, in Selkirk, Manitoba. She spent her younger years on the family farm near Clandeboye, Manitoba, where she attended school. Orma was always involved in her community beginning with the local 4H Club and United Church youth activities. At the age of 17, she taught school in Inwood, Manitoba, as one of the permit teachers who helped keep Manitoba's rural schools open during World War II. She found the experience of teaching in a one-room schoolhouse both challenging and fulfilling! After teaching, she moved to Winnipeg where she attended secretarial school at Dominion Business College. She worked for Standard Dairy and, finally, Trans-Canada Airlines, now Air Canada, where she met her husband Wilfred Agar.

Wilf and Orma were married at Clandeboye United Church on November 10, 1951. Throughout her life Orma was very involved with the United Church of Canada as an active member of the Clandeboye, Harstone and McClure congregations. She was a committed and valued member of the United Church Women and enjoyed working as 'Envelope Secretary' at McClure United Church. She was always good with money and figures and was so proud to be able to count the collection up to her last months. Orma enjoyed baking up a storm for church functions. She knit hundreds of dishcloths for rummage sales and many afghans and sweaters for family and friends. She was passionate in her volunteer work collecting money through the 'Loose Change Fund' at church to buy socks, underwear and other necessities that were needed at Siloam Mission.

Orma loved visiting her family and friends. She was always up for a trip by plane, train or car to visit her many relatives and friends across Canada - from Montreal to Vancouver, throughout the UK, Europe and the USA. She also valued travelling to learn about other places and meet new people, whose stories she loved to hear. Watching curling was a favourite pastime which trumped family dinners quite often! She was also an enthusiastic Winnipeg Blue Bombers fan and knew the names of all the players and their positions. Orma wore her Milt Stegall jersey proudly as she cheered on the team. In her later years, she lived in Colorado Estates where she enjoyed the social life and strong friendships she made. Orma especially loved her Saturday and Monday night card games. She valued each of her special friends.

Orma was very active and independent right up to her final five or six months - driving her car, shopping, dining out and meeting friends until her failing health prevented her from doing so. Thank you to Reverend Robert Campbell for performing a heartwarming and very personal Memorial for Mom in the church where she and Dad were married. We would like to extend a special thanks to Dr. Wai-Ching Tse, all of the staff at the Grace Hospice and Orma's homecare workers for their excellent care and wonderful dedication.

A private family funeral was held at Clandeboye United Church on Friday, August 7, 2020.

Orma will always remain in the hearts of her many family members and friends, near and far. She will live on in the memories of the numerous people whose lives she touched. A video remembrance of Orma is available at this link: <https://www.youtube.com/watch?v=hsgxD7kcUWo>

In lieu of flowers, donations may be made to McClure United Church (533 Greenwood Place, Winnipeg, MB, R3G 3M1), Clandeboye United Church (Box 149, Clandeboye, MB, R0C 0P0), CancerCare Manitoba or charity of your choice.

Mom, we hope you and Dad are birdwatching and picnicking together! We miss you both so very much.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Donald Keller

Peacefully with family by his side, on Sunday, August 9, 2020 at the Grace Hospital, Don Keller, aged 87 years of Selkirk, MB, beloved husband of the late Marie, passed away.

Graveside service will be held on Monday, August 17, 2020 at 11:00 a.m. in the St. Philips Cemetery, Arborg, MB.

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

### Leslie Peterson

Peacefully, in his sleep on Thursday, August 6, 2020, Leslie Peterson, aged 32 years, of Selkirk, MB, passed away.

Due to the COVID-19 pandemic a private family celebration will be held.

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

### Ursula Maria Dolinski

Peacefully, on Monday, August 3, 2020 at the Selkirk Regional Health Centre, Ursula Dolinski, age 87 years of East Selkirk, MB., beloved wife of the late John, loving mother to Lorraine and Karen passed away.

In keeping with her wishes, cremation has taken place and a private family graveside service will be held at a later date.

In lieu of flowers, donations in her memory can be made to the Interlake Eastern Health Foundation. <http://www.iehf.ca/>

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



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## OBITUARY

**Anna Wark  
(nee Benedictson)**

Peacefully, on Friday, July 31, 2020, Anna Wark, aged 87 years of Selkirk, Manitoba, beloved wife of the late Frederick passed away.

Due to the current situation, a private family service will be held at the Gilbert Funeral Chapel.

Anna will be laid to rest with her husband in the Riverton Community Cemetery.

In lieu of flowers donations can be made to Selkirk Evangelical Lutheran Church or CancerCare Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Susan Marilyn Johnson**

Peacefully, on Thursday, August 6, 2020 at the Betel Home in Selkirk, Manitoba, Susan Johnson, aged 77 years of Selkirk, beloved wife of Harold passed away.

In keeping with her wishes cremation has taken place and a private family service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

**Marion Joan Keating  
May 29, 1930 - August 4, 2020**



Joan Keating, former resident of Clandeboye and Selkirk MB, passed away peacefully in Sechelt BC August 4, 2020.

Arrangements, sharing memories and a longer form announcement are being handled by Devlin Funeral Home in Gibsons, BC.

Devlin Funeral Home  
[devlinfuneralhome.ca](http://devlinfuneralhome.ca)

## OBITUARY

**Terry Bell**



Suddenly, on Thursday, August 6, 2020, in St. Mary's, Ontario, Terry Bell, aged 65 years, of Selkirk, MB, beloved husband of Joanne, passed away.

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

**Wesley Bell**



Peacefully on August 3, 2020 at the St. Boniface Hospital, John Wesley Bell passed into the halls of Valhalla.

He was predeceased by his parents Winnifred and Hannes; son Trevor; brothers Dwight, Barry, Bruce and recently Terry. Wesley is survived by his sons Curtis (Dana), and Ernie (Gloria); daughter-in-law Terri and Helen. He will be greatly missed by his grandchildren and great-grandchildren.

Wesley was born in Bissett, MB on February 12, 1950. His parents moved the family to Manigotagan and then Selkirk. In later years he moved back to Manigotagan where he loved the outdoors and his hunting. He tried his hand at managing his bar but was fired by his better half. So then he did what he did best, entertained and told stories. He was much better at that.

Throughout his life he made many good friends and had many great memories. His presence will be greatly missed by all who had known him (except the moose). Funeral service will be held on August 15, 2020 at 2:00 p.m. at his home on Indian Point in Manigotagan.

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

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