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THURSDAY, AUGUST 15, 2024

VOLUME 15 EDITION 33

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## Working Towards Our Vision



RECORD PHOTO BY BRETT MITCHELL

The Summit of Treaty 5 Sovereign Nationals Annual Summit "Working Towards Our Vision," hosted by Kinnonjeoshtegon First Nation was held at the Lower Fort Garry National Historic Site from Aug. 5-8. Special dignitaries included Manitoba's Premier Wab Kinew, Host Chief Tony Travers, OCN Jennifer Flett and Miss Universe Ashley Callingbull. Learn more inside.

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# The Summit of Treaty Five Sovereign Nations is a declaration to Canada

By E Antonio

The Summit of Treaty 5 Sovereign Nationals Annual Summit "Working Towards Our Vision," hosted by Kinonjeoshtegon First Nation was held at the Lower Fort Garry National Historic Site from Aug. 5-8.

Miss Universe Ashley Callingbull and Jennifer Flett facilitated the summit. Callingbull is the first Indigenous Female to win a Miss Universe Canada title.

Twelve-hundred participants registered to attend with expectations of a couple of thousand over the week to drop in.

All Nations were welcomed to attend and learn at the family event.

Special dignitaries including Manitoba's Premier Wab Kinew attended and brought greetings.

Kinew shared a message to the youth and recalled his election loss and how he just had to do better starting the day after. He encouraged the youth to never give up and shared that you can do anything you want, it just takes hard work for it.

The annual Treaty 5 summit at Lower Fort Garry tackled issues including sovereignty, agricultural benefits Cows and Plows and Indigenous law. APTN's Tiar Wheatle met with Chief



Tony Travers about the summit.

The Summit of Treaty 5 Sovereign Nations membership consists of 40 Treaty 5 Nations from Saskatchewan, Manitoba and Ontario who have come together to pursue these discussions with Canada. An annual summit is held to get perspectives on governance but also to report on the progress of these discussions.

Each year, one nation is selected to host the summit. Travers' nation, located 265 km from Winnipeg was selected to host 2024's event. He selected Lower Fort Garry as the summit location due to a lack of resources at his home nation and Lower Fort Garry has been a successful location for past events.

Travers uttered the importance of



RECORD PHOTOS BY BRETT MITCHELL

Twelve hundred people registered and many more came to visit the Summit of Treaty 5 Sovereign Nationals last week at Lower Fort Garry National Historic Site.

Treaty law and sovereignty.

"Treaty rights are mobile. You know, you can take them wherever you are," said Travers when speaking with Wheatle.

He expressed the importance of informing youth of their rights

"Your treaty rights should be yours to use," added Travers.

Camp Day kicked off opening day with the lighting of a sacred fire, preparation of the sweat lodge and Grandfather rocks.

The week featured many tipi break-

out sessions to discuss Treaty 5 Indigenous Laws, sources, programming and services and ended with a closing prayer.

On the final day, guests had the opportunity to meet with Kinew and Callingbull before ending the celebration with a closing ceremony.

The Treaty 5 Sovereign Nationals and Annual Summit was a successful event and organizers share their gratitude to all the participants who attended.



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# Jams at the Waterfront



RECORD PHOTOS BY BRETT MITCHELL

AR Cash and Damn The Torpedoes lit up the stage on Manitoba Avenue in Selkirk on Saturday night in front of a big crowd.



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# Walking the Shores: artifacts from the glacial age

By Emma McGill

Ken Swampy, a member of the Sagkeeng First Nation, is both the founder of the Indigenous Shoreline Mobile Museum and the author of its source material, *Walking the Shores*. His work centers on discovered artifacts along the shoreline, resulting in a unique collection that may be difficult to fully comprehend.

Swampy's quest for his three rare masterpieces began during his childhood, while he was under the care of his grandparents. His grandfather, a commercial fisherman, instilled in Swampy a deep love for fishing that would last a lifetime. As a result, Swampy spent much of his free time exploring the shores near his reserve.

"I kept finding all kinds of stuff there," said Swampy. "The first thing I tried to look for was an arrowhead."

The first item he found, however, was a crystal spearhead, his rarest artifact. This crystal comes from before the Bering Strait was frozen, and

people had to wait for that ice to cross over again. The glacier marks on it are visible under UV light.

"It's been passed on and carried until they started washing out the Aboriginal people in Canada, then it got lost," he said. "Then, I found it. It was meant for my path."

Soon, Swampy found out that the crystal spearhead was a healing stone. So, he put it underneath his pillow. "The energy from the crystal helped me write my book."

He began writing his book about all of his artifacts and the stories behind them in 2020. Right now, he is doing all the necessary research to send his book to his publisher in British Columbia, Emily Fraison.

Fraison has been working with Swampy for about two years now. "She's so interested in my story. Once in a while, when I had a hard time getting on, I'd give her a call," he shared. "What also kept me going was carrying my crystal with me."



Swampy corresponds with researchers, including geologists and many

RECORD PHOTO BY BRETT MITCHELL

Ken Swampy the founder of Ken & Kenny's Indigenous Mobile Museum plans to send this spearhead to Ontario for carbon dating. Swampy has spend decades walking the shoreline looking for artifacts.

anthropologists located in Winnipeg to learn about the stories behind all of the artifacts he finds. These individuals are so knowledgeable that it usually only takes around a day to get results, and word of mouth between the researchers benefits the process. As for his crystal spearhead, Swampy is still trying to get some testing done by the Museum of Toronto.

After writing his book, he realized how many items he really had from the shore and figured he might as well create a museum.

"I've got artifacts that the rest of the world doesn't even have. It took me 25 years to develop everything I've got."

Swampy hopes to have his museum located in Sagkeeng First Nation in the future. In the meantime, he has been visiting schools and teaching

Continued on page 5



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children that history can be found anywhere along the shores.

He recently visited Lower Fort Gary for the first time to share his collection and tell its stories.

"It was beautiful," he said. "There were so many people that were praying on my crystal spearhead. They could all feel the energy that comes out of that crystal."

A big part of what interests him about his collection is the abundance of arrowheads and scrapers he's collected, which are evidence that Indigenous people were on the land.

Alongside his crystal spearhead, he

has two more extremely rare artifacts: clay sculptures crafted naturally by the shore and a titanium rock that has in it seventeen elements, according to a Winnipeg geologist.

"Those are my three masterpieces," said Swampy.

As he works to find funding to continue to work with his artifacts, he is also setting up a registered trust fund for children with disabilities in the Sagkeeng First Nation in hopes of giving them the opportunity to succeed in their dreams. Donations are accepted alongside the future sales from his book and clothing company.



This clothing company is another aspiration of Swampy's; he wants to create a collection based on the beau-

ty of Walking the Shores and his crystal spearhead.

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# Get ready to swing sticks at the Bob Jefferson Golf Tournament on Sept. 5

Submitted by the Selkirk & District Community Foundation

If you're bummed out already that the summer of 2024 is winding down, the good news that will brighten your day is that the Bob Jefferson Memorial Golf Tournament presented by IG Wealth Management is just around the corner.

Mark Sept. 5 on your calendars and prepare for a day of fun, friendship and philanthropy in the name of

Bobby J at the Selkirk Golf & Country Club.

Michael Buhr, Senior Financial Consultant with Buhr, Blaylock and Associates, IG Private Wealth Management, says Bob Jefferson was all about a good time and a good cause.

"For those of us who knew Bob well, it was understood that having fun was important and if you could have fun while raising money for a cause, then it was even better," Buhr said.

"He enjoyed the fact that golfers of all skill levels could get together and enjoy a day on the course and raise money for the Selkirk & District Community Foundation. He was a great ambassador out on the golf course during the tournament, and even now, his presence can be felt throughout the day."

Jefferson, a lifelong Selkirk resident and one of the city's biggest cheerleaders, passed away in December 2013.

His annual golf tournament has been raising funds for the Selkirk & District Community Foundation since 1998 and had topped more than \$90,000 at the time of his passing. To date, it has raised more than \$150,000.

Jefferson ran the tournament through his Century 21 Real Estate company, and af-

ter his passing, IG Wealth took over and continued it in Jefferson's memory.

Bev Clegg, Executive Director of the SDCF, said Jefferson was a dear friend to the Foundation and his gifts over the years have helped more people than even Bobby J could have imagined.

"We know that Bob loved a good time and we know also that his generosity was legendary," Clegg said.

"At the Foundation we were honoured that he cared so deeply about our causes and that we were always in his thoughts. He was a great friend to the Foundation and he is now forever in our thoughts every day, and especially on the day of the tournament he founded."

The tournament is a Texas Scramble with a 10 a.m. shotgun start. Participants receive a breakfast snack, on-course food and, a post-tournament snack while prizes are being awarded.

Registration is open now and closes Aug. 22.

To receive a registration form, call the SDCF office at 204-785-9755.

See you on the course Sept. 5!

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12 PM to 1 AM - BEER GARDENS

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Intermission: Wild Pony Races

SUNDAY, AUGUST 25

8 to 10 AM PANCAKE BREAKFAST  
(No Gate Admission to attend the Pancake Breakfast)

11 AM to 6 PM - CANTEEN

12 PM to 4 PM - KIDS ZONE

12 PM to 5 PM - VENDOR ALLEY

12 PM to 7 PM - BEER GARDENS

2 PM - HEARTLAND RODEO

Intermission: Wild Pony Races



9 PM DANCE featuring The PUGS  
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RECORD PHOTO SUBMITTED

Michael Buhr, second from left, with his team at a previous Bob Jefferson Memorial Golf Tournament, says Jefferson was all about a good time and a good cause.



Selkirk Mayor Larry Johannson honours his friend Bobby J by sporting a Century 21 shirt and showing off a ball from the 2015 tournament.

# Winnipeg Metropolitan Region and Plan20-50 spark municipal and public concern

By Patricia Barrett

A meeting held in late July by the Capital Planning Region – which operates under the name the Winnipeg Metropolitan Region (WMR) – resulted in a flurry of public concern about what the WMR’s land-use plan will mean for residents of the 18 municipalities that are members of the corporation, as well as for people living in municipalities outside the WMR’s boundaries.

A second public meeting WMR scheduled in Niverville on Aug. 8 led to the RCMP being called in after hundreds of Manitobans showed up and tried to get into the hall, which was over capacity. The WMR said it will re-schedule the meeting to a future date in a larger venue.

If you haven’t heard of the Winnipeg Metropolitan Region and what it does, you’re not alone. The WMR has been operating quietly for the past few years with little public communication and with pared-down media attention about its purpose, what it can do with the legislated powers the former provincial government gave it, and how powers currently held by its member municipalities can be potentially sidelined.

The City of Selkirk is pulling no punches when it comes to its feelings about being a member of the WMR: it wants out.

Selkirk’s chief administrative officer Duane Nicol said Selkirk had been a voluntary member of a previous iteration of the region in the 1990s under then City of Winnipeg mayor Susan Thompson. Collaborating with other municipal governments can be “a great thing” as long as it’s voluntary and municipalities maintain the authority to govern their own jurisdictions.

But Selkirk had been “forced” to join the new Capital Planning Region/WMR, which was created by the former provincial Conservative government under Brian Pallister. And it will have to abide by the policies set out in the WMR’s yet-to-be-adopted bylaw or land-use planning document, which is titled Plan20-50: A Regional Plan for the Winnipeg Metropolitan Region.

“Plan20-50 is a regional plan that all 18 member municipalities will have to follow, and it will [supersede] municipal development plans and municipal planning district policies. Effectively, it’s a new level of government that has been created by Bill 37,” said Nicol, who has been CAO since 2014 and served on council from 2002-2014. “The City of Selkirk has resolutions from council and it has gone on record stating that we don’t want to be part of Winnipeg Metro Region. We were forced into this. There was no consultation. We think this is bad for Selkirk residents and we think it will harm Selkirk in the long run. So we formally objected. We’ve also asked the minister to release us from this group.”

Nicol spoke at the first public hearing on Plan20-50 that the WMR held on July 25 in Winnipeg, saying the former government “used no data” to define the boundaries of the WMR. It just threw Selkirk into the mix without asking whether it wanted to join and against the “expressed unanimous opposition” of Selkirk’s council.

“Selkirk is not included within the Statistics Canada’s Census Metropolitan Region for Winnipeg because it does not meet the social and economic standards set out for inclusion by this expert body. Neither the province nor the Capital Planning Region can justify Selkirk’s inclusion within the re-

gion using any credible, defensible, social and economic rationale,” Nicol had stated at that meeting. “There was no data, research, or study that was conducted when the boundaries of the region were established. In fact, the boundaries were established against the most credible and valid analysis available – the work of Statistics Canada.”

When they were in power, the Conservatives introduced Bill 37, now called The Planning Amendment and City of Winnipeg Charter Amendment Act, to make changes to two pieces of existing legislation. The bill passed and came into effect in May 2021.

The legislation’s intent was to provide planning regions; it established the Capital Planning Region/Winnipeg Metropolitan Region and determined what RMs would be members. The legislation also allows for the creation of other municipal conglomerations, if so desired. It permits local land-use decisions to be subject to appeal to the Manitoba Municipal Board, which is a quasi-judicial tribunal that hears planning and property assessment appeals.

The 2021 Act directed the WMR to establish a bylaw (Plan20-50) to guide land-use planning for all 18 municipalities. The WMR gave the bylaw first reading on June 13.

Nicol said there’s a three-year window allowing for a statutory review of the 2021 Act, and that’s happening right now. But rather than “pausing ... the WMR ... and actually giving consideration to whether [it’s] a good idea or not” for all involved, they’re signalling that they’re moving forward with Plan20-50 despite this review.

“This is one of the problems we have with the process they’ve adopted. They’re still pushing hard to get Plan20-50 approved,” he said.

It will be approved if second and third readings pass.

It’s unclear whether there’ll be any changes made to Plan20-50 with respect to feedback provided at the public meetings – both of which the WMR is required to hold under the Act, said Nicol.

“Technically, they have the ability to do that and I would hope that if they get any useful feedback, they can use it to improve the plan. I’ll assume they’re giving that a good review and consideration,” he said.

Plan20-50’s purpose is to create a sustainable and economically viable region, according to a statement by WMR chair Michael Moore (a provincial government appointee) that’s provided in the preface of the document. The 30-year plan represents a collective effort to embrace “regionalism” that was developed through an inclusive process and “extensive collaboration” among the 18 municipal members. And it “made room for all stakeholders to provide input.” Moore believes Plan20-50 will contribute to the betterment of the region.

WMR members are the City of Winnipeg, City of Selkirk, Town of Niverville, Town of Stonewall, Village of Dunnottar, RM of Cartier, RM of East St. Paul, RM of Headingley, RM of Macdonald, RM of Ritchot, RM of Rockwood, RM of Rosser, RM of Springfield, RM of St. Andrews, RM of St. Clements, RM of St. François



FIGURE 9: WINNIPEG METROPOLITAN REGION MEMBERS

MAP COURTESY OF PLAN20-50

The 18 municipalities that make up the Capital Planning Region, which operates under the name Winnipeg Metropolitan Region (WMR), are the City of Winnipeg, City of Selkirk, Town of Niverville, Town of Stonewall, Village of Dunnottar and the rural municipalities of Cartier, East St. Paul, Headingley, Macdonald, Ritchot, Rockwood, Rosser, Springfield, St. Andrews, St. Clements, St. François Xavier, Tache, and West St. Paul.

Xavier, RM of Tache, and RM of West St. Paul. The WMR board has mayors, Reeves and councillors from those jurisdictions, as well as provincial appointees.

The plan addresses broad areas such as climate resilience, the protection of water, land and natural resources, reconciliation with Indigenous peoples and technological advancement. Drilling down, it has policies for areas such as housing, community growth, water and wastewater, transportation, job creation and agriculture.

There are a number of regional planning “schedules” which have yet to be created to guide future development and

Continued on page 9

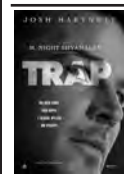
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## Local author published story for grieving children

### *Forever by Your Side*, a book to guide kids through grief

By E Antonio

Children who are grieving the loss of a loved one now have a new resource available to them.

Maggie Skobel-Kaczmarczyk wrote and self-published the book *Forever by Your Side*, a story to help guide children through grief.

"I created the book for my son to help him with his grief," explained Skobel-Kaczmarczyk.

The local author moved to Selkirk two years ago alongside her husband and son, Elias. Shortly after their move, Skobel-Kaczmarczyk's Mom passed away.

She explained that she wanted to find a book that helped define the death of a family member to her son who was two years old at the time.

"I couldn't really find anything I was looking for, so I took the challenge and wrote the book myself."

Elias is now four years old, and Skobel-Kaczmarczyk has noticed an improvement in his mood since beginning to read the book to him.

"I have noticed that his separation anxiety has decreased as it (the book) has helped him feel like there is a situation similar to his," said Skobel-Kaczmarczyk.

*Forever by Your Side* is geared towards younger children who have experienced the death of a family member. At the end of the story, there are pages to help children create a grief journal.

"There are pages for kids to draw pictures and there are some journal prompts to help them write about their feelings," Skobel-Kaczmarczyk explained.

Her goal was to make *Forever by Your Side* a place where children could keep memories of their loved ones as a keepsake.



RECORD PHOTO SUBMITTED

Maggie Skobel-Kaczmarczyk wrote and published a book to help guide children who are grieving the loss of a family member. She wrote *Forever by Your Side* to help her son, Elias after Skobel-Kaczmarczyk's mom passed away.

"It makes me happy that any child going through the process of grief has something to guide them."

Skobel-Kaczmarczyk wants to make sure this resource is readily available when children need it.

Writing the book was a breeze for the author.

"The words came freely" she said.

She explained that the illustrations and publishing logistics took the most amount of time.

Dawn Piece illustrated *Forever by Your Side* and Skobel-Kaczmarczyk connected with Piece through an online illustration platform.

At the end of April 2024, Skobel-Kaczmarczyk herself eventually pub-

lished *Forever by Your Side* on Amazon.

The local author has yet to finish the writing journey.

She is writing a second book about guiding children through the loss of a pet.

"We had to put our dog down a couple of months ago."

Skobel-Kaczmarczyk is proud of the work she has already published and is excited to see where her books will guide her.

*Forever by Your Side* is available for purchase on Amazon and it will soon be available to loan at the Gaynor Regional Family Library.

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TROUBLE WITH PAPER DELIVERY?

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

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## > PLAN 20-50, FROM PG. 7

ter Plan, a Regional Natural Assets Network Plan, a Regional Agricultural Master Plan and a Regional Climate Action Plan.

Plan20-50 states that the Regional Climate Action Plan, for example, will “align efforts regionally to reduce greenhouse gas emission, enhance energy efficiency, and support adaptation.” These appear to be laudable goals intended to benefit people and the environment, but there are no details on how they’ll be achieved.

Nicol said he thinks there are a number of reasons Plan20-50 has given rise to some public confusion and ire – this in a matter of days since WMR’s first public meeting on July 25.

The reasons range from a relative lack of communication from the WMR itself about what it does, its “motherhood and apple pie” statements that make everything sound so good when it does communicate, a lack of mainstream media coverage that could have provided the public with an overview of what the WMR is and the power this corporation has to override municipal authority and taxation, and the fact that there are so many unknowns regarding what land-use planning and other policies will look like as they have yet to be created. Without details of how Plan20-50 is going to affect municipalities and their ratepayers, it’s difficult for people to make informed judgments.

What is known is the power that the WMR possesses under the legislation, said Nicol.

“Let me start by talking about the structure of the [WMR] because that will provide you with some sense of how impactful Plan20-50 could be. Structure is important because it gives this plan teeth. The Winnipeg Metro Region is basically an overarching second-tier level of government. In legislation they have the power of [land] expropriation and they have the power of indirect taxation,” said Nicol. “This group can take land from anybody, including municipalities, for any reason they deem necessary. And they can sell it to somebody else. That’s a Crown power; that’s why it’s called a second-tier level of government. They also have the power of indirect taxation; they can levy a charge against a local municipality [such as Selkirk] and send us an invoice. We’d have no ability to argue or dispute that charge and we in turn would have to put that onto the backs of our taxpayers.”

And down the line if the WMR says it needs more money, the provincial minister can raise the minimum that can be charged to municipalities, and

by extension to its ratepayers, said Nicol. Expropriation and indirect taxation are not addressed in the Plan20-50 document but in the legislation itself.

“That’s the problem with Plan20-50: it assumes you know all this [background legislation and regulations],” he said.

Another issue with structure is the power the City of Winnipeg has to essentially “veto” any WMR decision by virtue of its population size, he said. For anything to pass, Winnipeg would have to vote in favour of it.

With regard to Plan20-50 itself, Nicol said there are “lots of good ideas” in it. But at the same time, it wades into areas that go “above and beyond” land-use planning such as design and standards, recreational services delivery, emergency service delivery, waste management, asset management, greenhouse gas tracking, monitoring and target-setting, as well into areas that have traditionally been the responsibility of municipalities.

“Plan20-50 sets out a big area of public policy that the Winnipeg Metro Region will be responsible for, but it doesn’t give any details. This will be done piecemeal after the fact [after it’s adopted]. And municipalities will be governed by those things,” said Nicol. “That’s one of the reasons Selkirk is quite concerned. These are broad and expansive powers the WMR is taking out of the hands of municipal governments.”

The plan indicates that specific areas such as downtown Winnipeg and CentrePort in the RM of Rosser are ideal targets for development. And that could come at the expense of other municipal governments that are trying to attract economic development to their areas.

“We’re investing a lot in economic development in Selkirk, and we’d be working against the WMR because they’ll be looking to direct more and more development to targeted areas,” said Nicol.

It would be in keeping with democratic practice to allow municipalities to bring Plan20-50 to their ratepayers, review its goals and open up debate, he added.

“Why isn’t there an opportunity to be accountable to the people? Each of these councils could hold a public forum and a debate and, ultimately, we could have a resolution from each council to buy into Plan20-50. That would seem like a more democratic process,” said Nicol. “But this is not collaborative; it’s coercion. Some municipalities were forced into this. Some might have voluntarily joined and there are some municipalities that

are generally supportive of it – and that’s fine, they have a right to that. But places like Selkirk do not want to be part of this and we’re seeing real concerns with how this [plan] is going to be implemented.”

Jennifer Friesen, who lives on an acreage in a municipality south of Winnipeg that she prefers not to identify, said she has concerns about the impact of Plan20-50 on agriculture. The plan contains no details about what conditions could be placed on farmers.

“Our community’s primary industry is agriculture, as are many of the communities that will be impacted by Plan20-50. Under Section 4.1.5, the plan states there will be a ‘Regional Agricultural Master Plan.’ However, no details for this plan are outlined,” said Friesen whose municipality is not part of the WMR. “Farmers want to know what conditions will be imposed on them in order to meet the WMRs goals of supporting the United Nations 2030 Sustainable Development Goals (SDGs). One of the most well-known SDGs is to reduce carbon emissions to zero by 2050. No diesel? No gas? No propane? What does that mean for transportation and agriculture?”

Friesen said municipalities could find themselves in court should they fail to comply with WMR policies. Under Section 6.2 of the plan, it states that municipalities should ensure proposed bylaws are not inconsistent with the regional plan.

“This sounds amicable enough, until you read further (page 101, 6.2.7 Enforcement) and discover that if municipalities refuse to comply with the proposed bylaws, the WMR will take them to court. It’s clear that full compliance will not only be expected, but enforced,” said Friesen. “In more basic language, the WMR will hold more power to dictate bylaws in your community than your municipal councils. How can a non-elected, statutory corporation be granted more power than your elected municipal council or mayor?”

Friesen said there’s been a lack of media coverage about Plan20-50, yet the plan will impact the daily lives of nearly 900,000 Manitobans. Residents should also be given the right to vote on whether to accept or reject the plan.

“Each community must have the right to have open discussions with the WMR board wherein the public can ask critical questions and the WMR board is obliged to answer. After full transparency and public involvement have been ensured, it’s essential that each community has the right to vote on their acceptance or rejection of Plan20-50,” she said. “Until then, we cannot consent to this unelected body

– the WMR – holding such vast power to dictate the conditions under which we live and work.”

Arborg and Municipality of Bifrost-Riverton business owner Morley Nordal said he has concerns about how Plan20-50 could negatively affect the agricultural industry, how its housing density policies could see people “living on top of each other in tenement housing” and how it intends to establish an electrical grid to support climate-friendly initiatives such as electric vehicles.

The plan states that food security reinforces the need to “protect and preserve” the region’s agricultural lands in the “outer metro area.” But if development affects existing and future agricultural activities and “avoidance is not possible,” there should be a “minimization or mitigation” of adverse impacts. In other words, agricultural land could be sacrificed.

With reference to development prevailing over agricultural activities, Nordal said there’s a potential for disruptions to the food chain. And there could be late seeding starts and limits on the number of animal units.

“It could affect our ability to produce enough food to feed ourselves,” said Nordal, who lives and works in different municipalities that are not part of the WMR.

He questions how agricultural land taken out of commission to serve development needs can be considered sustainable, which is emphasized throughout the plan.

“To me, sustainability is being a steward of the land. A farmer takes a quarter section of land and keeps it weed-free and produces a crop. And he does the same thing the following year. That’s sustainable. I don’t know what the WMR means by sustainability. Their definition of sustainability is far different from mine,” he said. “I want my children and grandchildren to have the same opportunities as I had growing up. This plan doesn’t just affect me; it’s about what we’re leaving for our future generations.”

The *Record* reached out to other WMR member municipalities in the Interlake for comment. Stonewall mayor Sandra Smith wasn’t able to offer comment on the corporation or Plan20-50.

“Officially, I can’t comment because we’re in the middle of the public hearing process,” she said.

The paper left a message for Village of Dunnottar mayor Rick Gamble regarding Plan20-50 and also contacted the Village office but did not hear back from Gamble.

# The evolution of transportation through the years

## Transpo-Expo event at Lower Fort Garry Aug. 17

By E Antonio

Parks Canada and Friends of Lower Fort Garry (FoLFG) invites you to move along memory lane and discover the evolution of transportation at the Lower Fort Garry National Historic Site.

Lower Fort Garry is hosting a Transpo-Expo on Aug. 17 from 10 a.m. to 4 p.m. to celebrate the different modes of transportation used at the Historic Site from 1836 to the present day.

"We will be commemorating the use of moccasins and motor cars," explained FoLFG President Dr. Carolyn Weiss.

This is the second year Parks Canada and FoLFG are hosting the Transpo-Expo at Lower Fort Garry.

Over 500 people attended the event in 2023, marking the event as a huge success.

Special presentations and unique demonstrations will be held throughout the day. The Transpo-Expo is a fun-filled day that people of any age can enjoy.

Patrons are invited to join in on the fun with games such as hobby horse racing, bean bag toss and mini golf.

Hobby horse racing is a thrilling event in which participants mount onto a toy horse and dash through a miniature obstacle course.



Yasmine Ochoa and Esther Gacheru enjoying the 1920's scenery at the Transpo-Expo in 2023.

Dr. Weiss explained how they would reenact the races and use toy horse heads attached to a pole.

She also explained that the Manitoba Motor Country Club used to own a golf course south of the National Historic Site.

"You can play a round of golf almost like they did in the 1930's," said Weiss.

Lower Fort Garry has you covered for anyone who wants to have a bite to eat.

"[We] will have a concession stand



PHOTO BY DANIEL FALLOON/@PARKS CANADA/LFG NATIONAL HISTORIC SITE  
Parks Canada and Friends of Lower Fort Garry invite you to the National Historic Site on Aug. 17 to experience the evolution of transportation. Saturday will feature an All-British Car Show with vehicles from three Motor Clubs across the province.

with period-appropriate snacks including cotton candy, hot dogs, kettle corn, and flapper-era mocktails," said FoLFG Vice-President Ben Gillies.

One of the mocktails on the menu is the Bees Knees, a bubbly drink full of honey and lemon flavours.

There will also be live entertainment throughout the day.

The Thirsty Beaver Cantina will play jazz music inspired by the 1920s to help you take a step back in time.

The Transpo-Expo is more than just fun and games. While you travel back in time, several educational components will occur.

You can witness Armand Jerome, a Métis Red River Cart builder, construct a cart similar to the one the Métis used in the 1850s.

This is the second segment of Lower Fort Garry's Knowledge Sharing Series. A compilation of unique stories shared by Elders or Knowledge Keepers at the Historic Site.

The Red River Carts are unique, as their construction involved wooden parts, including wooden nails, unlike the carts of the fur trading companies of the time. Jerome has made over 57 functioning carts in his career and has ridden them on many trails throughout Manitoba and Saskatchewan.

Visit Jerome at the Transpo-Expo to hear more about his adventures and see how a Red River Cart is made.

Expert canoe and paddle maker Mark Blieske will also attend the Transpo-Expo.

For over five decades, Blieske has been constructing functional canoes and paddles with what once started as a hobby with his Dad.

Blieske has always remembered going canoeing with his family.

"I started doing canoe trips when I was young, and I never looked back," said Blieske.

Now, he has over 10,000 hours of experience in canoe and paddle making and has taught over 3000 students across Canada how to make their own paddles.

Blieske will demonstrate all the aspects of properly building a canoe and making a paddle at Saturday's event.

"I will be demonstrating how to split the roots, mixing bear fat, using tree saps," explained Blieske.

His hands-on demonstration will give viewers a live and tactile canoe and paddle-making experience.

Canoes were vital during the 1920s at Lower Fort Garry. They were the main mode of transportation and were essential for the fur trade.

"I am going to show how it (canoe making) was done back in the day like how the First Nations made canoes."

Blieske explained the importance of the connection between the Indigenous Peoples and the art of canoe making.

"It is important that I give credit where credit is due."

He explained that the original designs of the canoe and paddle have barely changed and that today we still use the structures that the Indigenous first created.

The Transpo-Expo is all about transportation and will also include unique motorized vehicles on display



RECORD PHOTOS SUBMITTED

Mark Blieske, an expert canoe and paddle maker, will create a canoe and paddle like the Indigenous Peoples did in the 1920s.

Continued on page 11

## > TRANSPO-EXPO, FROM PG. 10

at the site.

Lower Fort Garry was once home to the Motor Country Club from 1913 to 1962.

Saturday's event will feature an All-British Car Show with vehicles from three Motor Clubs across the province.

The Mid-Canada Mini Group, the British Car Club of Manitoba, and the Austin Healey Club of Manitoba are all groups local to the province. They will bring their own British vehicles to be on display at the event.

Paul Thomson, President of the Mid-Canada Mini Group, will attend with his 1973 Austin Mini.

Thomson attended 2023's Transpo-Expo and was thrilled at the number of people who attended.

"Last year was fantastic," he exclaimed.

This year's Transpo-Expo will feature approximately 40 vintage British vehicles.

"The oldest car will be about the 1940s to around the 1980s," said Thomson.

"We don't want it to look like a parking lot where you can see all new cars."

Thompson added that most cars are still drivable and are vehicles people enjoy.

He explained that the cars were designed in the United Kingdom and built in Canada or were manufactured overseas and shipped to Canada in the 1950s.

"Lots of immigrants also brought over their vehicles," Thomson said.

Come to Lower Fort Garry National Historic Site on Aug. 17 to experience the Fort's transportation history.

Lower Fort Garry National Historic Site fees are in effect for the Transpo-Expo and historic interpreters, and the site grounds will be open for visitors.

RECORD PHOTO SUBMITTED

The Transpo-Expo will feature fun games, live demonstrations and an All British-Car Show.

# Rocking out at Fall Jam



RECORD PHOTOS BY BRETT MITCHELL

There were Headbangers galore enjoying a weekend of camping and heavy metal at the annual Fall Jam on Highway 8 in St. Andrews. Saturday's headliner were Canadian Rock Icons the Killer Dwarfs.

# Artistic duo to showcase their art in upcoming tour

By Emma McGill

Having embarked on many creative adventures together, painters Jane and Roger Gateson will have their work featured in this year's Boreal Shores Art Tour, which stretches across eastern Manitoba from Sandy Bay to Falcon Lake.

Born and raised in Winnipeg, Jane spent much of her childhood drawing. She took many art courses at university, online classes, and in-person workshops. When she reached her 40s, she set aside time to paint several days each week.

Jane met Roger at the school they were both teaching about 50 years ago. The two now share their life painting and taking in nature from their Victoria Beach cottage or the Assiniboine River. Roger, too, spends several days a week painting.

Roger began his journey in acrylics upon retiring from teaching at the age of 61 and soon discovered a new way to view the world. He had longed to paint for years, and Jane encouraged him to enroll in classes at the Forum Institute in 2003.

"It was a great experience and I've never looked back," said Roger. "I admit to a great satisfaction when a painting is purchased or just when

someone expresses appreciation for it."

Design and colour are the two aspects of painting that he enjoys most. Recently, he has been taking a more organized approach to his work, and the biggest change for him has been the transitions between realistic, impressionistic, and abstract paintings.

"I love the freedom to design and colour without reference to reality," he shared. "I have learned to appreciate the microcosm of our environment from Jane as well as the enjoyment of mixing unusual colours."

The two make the most of their respective roles as painters. They support each other's love for art and can critique each other's work freely in a receptive and understanding space. They spent their childhoods at family cottages on Lake Winnipeg, greatly influencing their work.

"Our styles are quite different," said Jane. "It is wonderful to each understand how to think and do art, whether it is mixing a certain colour, hanging and transporting our art, attending galleries and shows or realizing the need for lots of quiet space to create."

Jane creates large and small works of art in many different mediums,



RECORD PHOTOS SUBMITTED

Roger Gateson's art has become a lens through which he sees the world.

including oil and cold wax, acrylics, resists, fabric, and collage on paper, canvas, or wood panels.

"Whether it is heading in an abstract or representational direction, I enjoy the process of making art," shared Jane. "Not all days are satisfying and many days feel just like another day at the office, but the desire to express continues to beckon."

Both are inspired by elements of everyday life and the natural world, including trees, wildflowers, animals, insects, birds, bodies of water, buildings, family pets, and people.

Jane and Roger have studios in Winnipeg and Victoria Beach. Both have



Jane Gateson spends many days observing nature before allowing it to be reflected on canvas.

websites and social media that display their work, and each sells their work in various Manitoba galleries, including Poor Michael's Emporium in Onanole.

The Boreal Shores Art Tour organizers have invited Jane and Roger to participate in their fifth year on tour, which will take place on Aug. 17 and 18. First founded in 2017, it is the largest in Manitoba. It also features beautiful art, including wood carvings, pottery, photography, beading, paintings, sketches, and more. More information about the tour, featured artists, and its history can be found online at [borealshoresarttour.ca](http://borealshoresarttour.ca).

## Gibson's glass art on display for Boreal Shores Art Tour

By Emma McGill

Only a couple of years ago, glass artist Krista Gibson attended the Boreal Shores Art Tour purely as an onlooker. Impressed by the event, she made up her mind to submit her own application. And now, she is returning for her sophomore year as one of the featured artists on the tour.

In her initial year, Gibson was astonished by the opportunity she had. She converted her garage and driveway into a showroom for her art, which featured a show-and-tell area where she could share her process with visitors.

"I loved meeting other artists who stopped by to discuss their process," she shared.

Originally from Winnipeg but now residing in Victoria Beach, Gibson constantly seeks new challenges and has held various jobs throughout her career. She holds two certifications in the trades, one in Industrial Mechanics and the other in Cosmetology. Some of her past jobs include maintenance supervisor and production manager in advertising for catalogue production and retail.

Just over six years ago, she fell in love with glass art. When she first started, it was all following stained

glass patterns, but she soon began to play around with her ideas. Playing around with the colours and different textured glass brings her joy; she loves to draw and create something different and unique each time.

"It began with a few evening classes on the medium to help drive away the winter blues, but after creating my first few pieces, I was hooked!" said Gibson.

She often finds herself inspired by nature to create what she loves, and creating with local materials that tell a story is one of her favourite parts of her art, like those with stained glass panels that include vintage dishes or fused glass landscapes with a birch bark setting. She loves that she can bring a new life to the past.

Gibson loves to walk and bike beach trails, cross-country skiing, and golf in her free time. She looks forward to discovering new music and catching up with old friends at the Winnipeg Folk Festival every year. She and her husband, Peter, have been together for 33 years and have two children, Breanna and Kyle.

Many of Gibson's pieces are custom requests. When she is asked to create something, she will sketch it out on

paper and then incorporate it into a pattern that will fit the glass material she works with. She learns from her past projects and experiments with each piece as she works on it.

"Practice makes perfect, and I'm still learning," said Gibson. "I always know that the next project can and will be different."

Gibson opened her very own art gallery at 170 Saffie Road, Albert Beach, just this year. She took over the Summer Shack clothing store in March and began renovations to transform the space into a gallery setting. She opened during the May long weekend and then only during the weekends in June. Now, she is open Thursday through Sunday from 10 a.m. to 4 p.m. until the October long weekend.

Before opening her shop, Gibson's Gallery, her sales came from displaying her work at markets, posting on Facebook and Instagram, and from friends and family. Now, alongside her work, she features the work of 16 other Manitoba artists in her gallery space, which provides a wonderful assortment of art and something different each week.

All of Gibson's work is available on her Instagram page, [gibsons\\_glass](https://www.instagram.com/gibsons_glass),



RECORD PHOTO SUBMITTED

Krista Gibson now features her work in her new gallery space alongside other local artists.

and she has a website coming soon.

The Boreal Shores Art Tour is a self-guided tour featuring artists across Eastern Manitoba, from Sandy Bay to Falcon Lake, on Aug. 17 and 18. It was founded in 2017 and is the largest of its kind in Manitoba. Alongside Gibson's glass art, the works featured will include wood carvings, pottery, photography, beading, paintings, sketches, and more. More information about the tour, featured artists, and its history can be found online at [borealshoresarttour.ca](http://borealshoresarttour.ca).

# The stage comes alive at Gaynor Library



RECORD PHOTOS BY BRETT MITCHELL

On Aug. 6, the Gaynor Library welcomed the Manitoba Underground Theatre (MUT) as they performed their latest production, 'Playtime'. As part of their mission to bring free shows to families across the province, MUT travels to various locations. The narrative revolves around Anna, a student who dreams of escaping her studies and instead, indulges in fantastical tales. With the help of her mother, Anna learns that education can also be enjoyable. Together, they dress up and use their imaginations to turn her lessons into exciting scenarios.

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# Selkirk band Bloodshots release new single

## Bloodshots release sixth song, "The Bay Blues"

By E Antonio

A local Selkirk band has released a new single in anticipation of the launch of their first album.

The Bloodshots, a rock and roll band, supplied their fans with their new song, "The Bay Blues," on July 26.

This is the band's sixth single since releasing their first hit song, "Hot," in 2019.

"The song is written in reference to the San Francisco Bay area," said The Bloodshots' Frontman CJ Loanne.

Loanne was slated to take a very important trip to San Francisco, but the situation quickly changed.

"It was going to be a pretty important trip, but then it didn't become an important trip," Loanne explained.

"The Bay Blues" encompasses Loanne's emotions and journey while in San Francisco.

"I dodged a bullet because things didn't pan out," he added.

In November, Loanne and his fellow band members Kieth Skazyk, Ben Hodges and Kate Childs recorded

several new songs for their upcoming album.

"The Bay Blues" is the first song from their November recording session and the band plans to release the other singles within the next few months.

"These songs will go alongside the five we have already released to make our first full-length album," said Loanne.

Be on the lookout for The Bloodshot's first album in early 2025.

You can listen to "The Bay Blues" on all music streaming platforms, and The Bloodshots will release the official lyric video on YouTube in the upcoming weeks.

Loanne invites you to join The Bloodshots with a live performance in Winnipeg on Aug. 31.

"People can come out and hear the new songs that we are going to release."

The Bloodshots will perform on Aug. 31 at The Toad in the Hole, 155 Osborne St. Stay tuned to the Bloodshots or Toad In the Hole's social media pages for an exact performance time.

In the meantime, you can find all of The Bloodshot's hit singles now on any platform where you can stream music.



RECORD PHOTO SUBMITTED

Selkirk's, The Bloodshots have a new single out on all music streaming platforms. "The Bay Blues" speaks to band Frontman, CJ Loanne and shares his story about a trip to San Francisco.

## Centre Street West 55+ Development

By Falki Developments

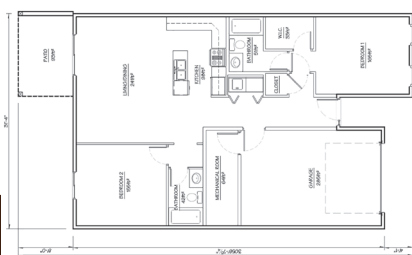
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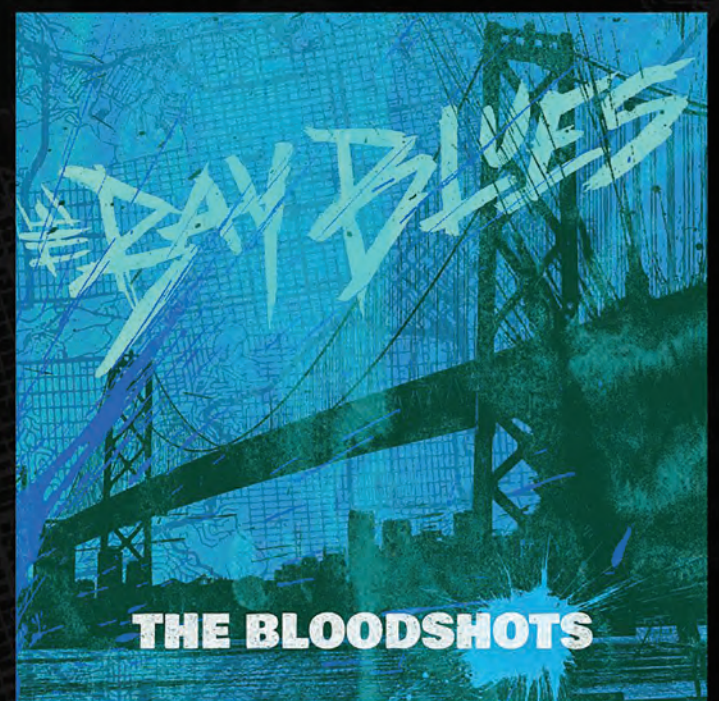
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7-10 PIECES 907 g



**SALE**

**4.49** each

**Pot Pies**

225 g - 250 g 2 Varieties

*Creamy Chicken*



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**19.99**

**Chicken Stir Fry Kit** 840 g

READY IN UNDER 20 MINUTES



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**Chicken Fajita Kit**

8 SERVINGS 1.05 kg

READY IN UNDER 20 MINUTES



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**TOO TALL® Cakes**

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**TOO TALL® Cakes** 1 kg

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*Classic French Style*



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**NEW! European Style Chevap Sausages** 24 PIECES 800 g

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# Selkirk RCMP respond to assault and robbery

By Lana Meier

Selkirk RCMP were called to an assault and robbery near a business on Main Street in Selkirk just before 3 p.m. on Aug. 6.

The investigation has revealed the victim was struck in the head from behind and robbed of a large sum of

money.

Witnesses described the suspect as male with a slim build, wearing a silver hat or jacket.

Anyone with information is asked to contact Selkirk RCMP at 204-482-1222.

The investigation continues.

# Lemonade Stand



RECORD PHOTO BY BRETT MITCHELL

Enterprising young Brooklynne and Eion were out selling lemonade and ice tea on Strathnaver Ave. in Selkirk over the weekend. A refreshing cool drink on a hot day was just the ticket.

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## Communities in Bloom 2024

The Selkirk Communities in Bloom Yard of the Week contest showcases well cared for yards 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!

*The Flower Child*

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# Manitoba Hydro reports employee death in Interlake

By Patricia Barrett

A Manitoba Hydro employee who was performing duties at one of Hydro's work sites in the Interlake died last week, but the Crown corporation is not releasing the location or the employee's name to protect the family's privacy.

The employee was performing work related to a power outage when the death occurred.

Hydro said in a news release that it was with "heavy hearts and great sadness" to report the fatality.

"Our deepest sympathies go out to the individual's loved ones, friends and coworkers," said Manitoba Hydro president and CEO Allan Danroth in the Aug. 8 release. "We are devastated to lose a member of our Manitoba Hydro family. The safety of our employees and customers is our top priority and we are committed to fully investigating the cause of this tragedy."

Media Relations Officer Peter Chura told the *Record* that the utility is not releasing the deceased's name out of respect for the family.

"We're respecting the privacy of the employee's family and giving the community time and space to grieve this tragedy," said Chura.

The employee had been investigating a "no-power call" and attended on their own, which Chura said is a common as an initial response across the system. The cause of the fatality is yet unknown.

"As we stated yesterday [in the news release], it is too early to speculate on any specific cause, and we are committed to and have started to investigate this tragedy and are cooperating with the other appropriate authorities who are investigating, including Manitoba Workplace Safety and Health," said Chura.

The news release said there is no risk to public safety.



RECORD FILE PHOTO BY PATRICIA BARRETT

A photo taken in 2017 shows a Manitoba Hydro truck in Gimli. Hydro reported the fatality of an employee last week in the Interlake, but did not specify where and how the worker died.

**Selkirk Port Market**  
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Angelika Christine EVENTS ACE *The Selkirk Record* ACCESS CREDIT UNION CITY OF Selkirk

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# New lease on life for trees at Boreal Shores Art Tour

By Emma McGill

Jim (Chuck) Niedermayer, a resident of Silver Falls for over 45 years, appreciates those who have fallen in nature and, through his artwork, gives them a second life. His canvases, of course, are trees. His work will be featured on August's upcoming Boreal Shores Art Tour.

Neidermayer first found his passion for chainsaw wood carving in the late 1970s. During an intermission break of a television show featuring a saw-cutting competition, a man started with just a block of wood and a chainsaw.

"Nothing was showing until he kicked the block and all the parts fell off, then there was a chair, and I fell in love," said Neidermayer.

From then until 2007, Niedermayer mainly carved chairs. If there was a nice tree, he would make it into that. In 2007, however, the world of wood carving opened up for him. He began to work on more complex carvings, using symbolism and things in nature that were meaningful to him.

In 2010, Niedermayer posted pictures of his work on an internet forum, where wood carvers could view them.

"I was pretty worried overnight about what they would say," he said. "They told me if I could get down there to Pennsylvania, it would be worth it and that if I just started, I was doing pretty good."

So, Niedermayer went to Pennsylvania for the Ridgway

Chainsaw Carver Rendezvous, where 165 carvers from all over the world gathered to share their art and expertise. From there, Niedermayer's work took off, and he began to reach his potential in new ways.

"I learned so much. I think it really helped me out after that."

"My father was a knife maker and chisel carver, but basically, I am self-taught. Back when I started, I'd never really heard of anybody else chainsaw carving," shared Niedermayer.

"I've been going to competitions and chainsaw events all over. It's a small world where everybody knows everybody else. I just returned from Southern Ontario, where I was at a timber fest with some of the top carvers across Canada."

Currently, Niedermayer mainly works on carving trees that

have died in people's yards in Winnipeg. Each project usually takes around three days, whereas a more recreational project at home might take longer and last a few weeks. Jim uses a variety of wood for all his projects but finds himself carving elm most often. When it comes to projects in people's yards, most of those trees have died from Dutch elm disease, and Niedermayer is happy to make something of them.

"I enjoy doing that because you get to meet people and sometimes you're just going down the street carving trees."

When asked what he enjoys carving the most, Niedermayer refers to his other career, growing and harvesting wild rice, which he has been doing for about 40 years. While harvesting on Manito-

Continued on page 20



RECORD PHOTOS SUBMITTED

Jim Niedermayer's projects can usually take around three days.

Thursday  
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Buy a Teen Bu  
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> **CARVER AT ART TOUR, FROM PG. 18**

ba's lake, he witnessed things in wild-life that later inspired his carvings.

"I like carving things that are symbolic to me. Because of the wild rice, I'm in the bush a lot. Beavers, eagles, owls, herrings, pelicans; I like carving things like that."

Though he participates in several competitions all over the country, to Niedermayer, it is not so much a competition as a gathering of community: "I think you're competing with yourself only. I always tell everybody that if I ever get it right someday, I quit. You never get to a point where you're totally happy with what you're doing, you're always working at it. It's almost like golf; you're just trying to improve yourself. To get out at carving events, everybody inspires everybody. We're all supportive of each other. Even though it's a competition, if somebody has trouble or a problem, we all help with it."

This community of carvers is growing, according to Niedermayer.

"It's growing and it's growing fast. A lot of people are getting into carving. They're watching us carve and saying, 'Hey, I could do that too!'"

To him, carving is an art, sport, and entertainment. His process for each

project involves leaving the wood to dry so it will lighten and improve the detail, then burning the wood and applying a sealer, and sometimes painting it with a dry brush or using stain. This process, for Niedermayer, ends when it feels right. "I tell everybody it's never finished; it's only abandoned."

Through his projects, Niedermayer gives new life to a resource that would otherwise be thrown away. The carvings are highly valued art pieces, ranging from \$200 to a couple of thousand dollars, depending on detailing and size.

"All of these trees that have died due to either Dutch elm disease or some other reason will otherwise just be put in the landfill," he said. "To me, it's giving it a new purpose and honouring that tree that shaded us all these years."

Niedermayer volunteers for a chainsaw carving event held in Pine Falls during Labour Day weekend. The four-day challenge attracts carvers from all across Canada, including the father-son duo from the television series *Carver Kings*.

In addition to these and the competitions he attends, Niedermayer has

carved in many different cities. The city of Moose Jaw hired him to carve at their central park a few years ago.

"It was kind of a joint venture from the city and the art gallery. They had some trees that died and picked carvers from across Canada to come carve them."

He has also sold some of his work to Sean Penn for his movie "Flag Day," shot in Manitoba.

Niedermayer's biggest supporter is his wife, Joanne.

"She helps me at carving competitions, doing all the sanding. She knows what tools I need next and hands them to me."

For those interested in catching some of Niedermayer's work can participate in the journey of this year's Boreal Shores Art Tour. This tour is a self-guided art experience that was first founded in 2017. It features artists from Eastern Manitoba, from Sandy Bay to Falcon Lake and many beautiful locations. Alongside Niedermayer's

er's wood carvings on the tour will be works of glass, pottery, photography, sculpture, sketches, paintings, beading, and more.

This is Niedermayer's first year as a Boreal Shores artist and being featured on the tour that is the largest of its kind in Manitoba.

"I've been asked a few times in the past, and I couldn't do it because I've been off at competitions," he said. "I have a shop here with a fair amount of carvings, and I wanted to keep some on hand for the tour."

The Boreal Shores Art Tour is on Aug. 17 and 18. More information about the tour, the artists featured, and its history can be found online at borealshoresarttour.ca.



Two bears carved by Niedermayer now sit happily in an antique 1929 Ford truck.



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# FALL & WINTER ACTIVITIES & registration section 2024-2025

## Why everyone can (and should) take a creative writing course

Creative writing courses offer more than just instruction on how to craft stories and poems. They provide valuable tools for personal and professional growth, regardless of background or writing experience. Here are five reasons why everyone can benefit from taking a creative writing course:



**1. Unlocking creativity.** Creative writing courses encourage you to tap into your imagination and explore the boundless possibilities of storytelling. You'll learn to unleash your creativity and develop your unique voice and style through exercises, prompts and feedback.

**2. Improving communication skills.** From composing emails to crafting presentations, creative writing courses teach you how to communicate ideas clearly and persuasively, using correct grammar, syntax and vocabulary.

**3. Building confidence.** As you receive constructive feedback and praise from instructors and peers, you'll gain the courage to share your work and take creative risks. This confidence extends beyond writing and can foster self-assurance and resilience in all aspects of life.

**4. Cultivating empathy and understanding.** Creative writing courses encourage empathy and understanding as students step into the shoes of characters with different backgrounds and worldviews. Engaging with diverse voices and narratives will help you develop greater compassion and cultural awareness.

**5. Joining a supportive community.** Creative writing courses provide an opportunity to connect with others who share a passion for storytelling. The relationships often extend beyond the classroom, offering ongoing support and inspiration.

Whether you're a seasoned writer looking to refine your skills or a novice exploring your creative potential, sign up for a creative writing class in your community.

## Why it's never too late to learn how to swim

Learning how to swim has many benefits, no matter how old you are. While some people may think that picking up swimming later in life is too hard, the truth is that it's never too late to take the plunge. Here are four benefits:



**1. Improved physical health.** Swimming engages all muscle groups, promoting cardiovascular health, strength and flexibility. Unlike high-impact exercises, swimming is gentle on the joints, making it an ideal choice for older adults.

**2. Better mental health.** Swimming can reduce stress, anxiety and depression. Immersed in the water, swimmers often experience a sense of calm and relaxation, providing a much-needed respite from the pressures of daily life. Moreover, overcoming fears and stepping out of your comfort zone can help promote confidence and self-assurance.

**3. Increased social opportunities.** Joining swimming classes or clubs

allows adults to meet like-minded individuals, fostering friendships and support networks.

**4. Enhanced safety skills.** Besides recreation, learning how to swim gives you essential life-saving skills. Swimming skills provide confidence in and around water, reducing the risk of accidents and increasing personal safety, whether enjoying a day at the beach, boating on a lake or going to a friend's pool.

Many local pools offer classes specifically tailored for adults of all skill levels. Don't let age hold you back from discovering the joys and benefits of swimming — dive in and make a splash!

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# Your Local Community Home Real Estate Section

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## Painting like a pro: 5 tips for a flawless finish

A beautiful paint job can transform your space. However, achieving a professional-looking finish can seem daunting. Don't worry! These five tips will have you wielding a brush like a pro in no time:

**1. Prep is key.** Before you start, prepare your walls properly. Patch holes, sand rough spots and remove dirt and cobwebs. A clean, smooth surface ensures the paint adheres evenly.

**2. Invest in quality tools.** Choose high-quality brushes with soft bristles and a

fine-nap roller cover for smooth application. Use painter's tape to create clean lines around trim and edges.

**3. Master the loading technique.** Avoid overloading your roller — aim for a light, even coat. Roll in smooth, even strokes, applying light pressure. When using a brush, don't jab. Instead, use long, gentle strokes in one direction.

**4. Apply thin coats.** Applying two thin coats of paint is better than one thick one. Applying multiple coats allows each layer to dry properly, minimizing drips and creating a smooth, even finish.



**5. Clean as you go.** Take a damp cloth and wipe away splatters or drips throughout the process. Cleaning up minor mistakes as you go saves you time and frus-

tration later. Visit your local paint store for advice and to get the best tools for the job.



**3 Kents Crescent, Petersfield - \$499,900 BEAUTIFUL BUNGALOW!** Nestled in Petersfield, this home offers 1,470 square feet of living space, encompassing 3 bedrooms and 2 bathrooms, all set on a spacious 1.46-acre lot within a serene cul-de-sac. Step inside to discover the spacious open layout featuring 9-foot ceilings, tray ceiling, neutral tones, and vinyl floors throughout. The bright island kitchen boasts quartz counters & stainless steel appliances, while the dining area offers garden doors leading to the deck. The primary bedroom features a four-piece ensuite and a walk-in closet. Two additional bedrooms, a four-piece bath, and a convenient main floor laundry room complete the main floor. The insulated full basement awaits your final touch! Embrace the convenience of an oversized double attached garage, offering ample space for storage and housing all your tools, cars and recreational gear. Enjoy the tranquility and comfort of rural living in this delightful home!



**17 Mirecki Road, St Andrews - \$829,900 LOADS OF ROOM TO GROW!** Situated in the pleasant St. Andrews location on 4.51 acres is this 4,500 sq.ft. 5 bed 3 bath two storey home. Featuring a huge foyer, oak hardwood floors throughout, and a chef's dream kitchen! Enter the foyer brick facing fireplace in the sunken family room, leading to the formal dining room. The eat-in-kitchen really is a chef's dream with a 6 burner gas stove with built-in grill & heat lamps, quartz counters with 2 islands, sleek white soft close cabinets and a tile backsplash. Finishing off the main floor is the 3 piece bathroom, great room, and a gas fireplace with granite mantle. Upstairs consists of 5 bedrooms with 750 sq. ft. and a full bath. The primary retreat offers numerous comforts such as a gas fireplace, a huge walk-in closet, 5 piece ensuite with custom walk-in shower, a clawfoot tub & his/her vanity. This home is ready to WOW with all amenities and direct access to the detached 60x24 garage & 24x14 shop - perfect for your tools & toys!



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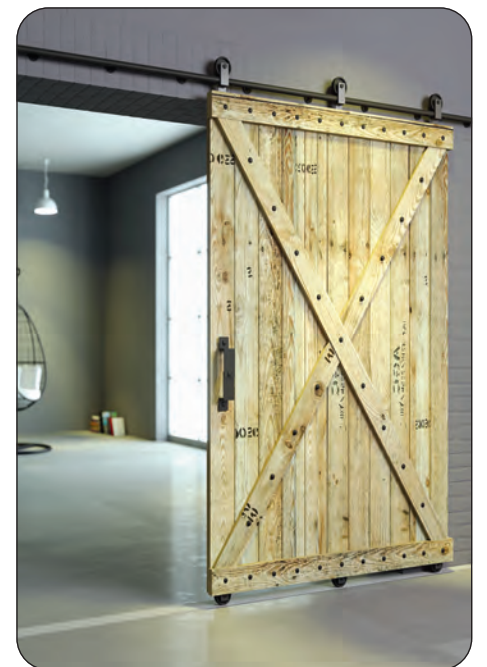
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> BARN DOORS, FROM PG. 22

points, infusing character and warmth into contemporary interiors. Whether used as room dividers, closet doors or even as decorative accents, barn doors effortlessly elevate the ambiance of any space.

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Embrace the charm of sliding barn doors and unlock the potential of your living space today. Check out your local hardware and building supply stores to find the barn doors of your dreams.

# Mental health charity focuses on youth

By Jennifer McFee

A Canadian mental health charity aims to give young people the knowledge, skills and resources they need to understand mental health and seek support.

This organization, called Jack.org, focus on youth aged 15 to 24, the period where most mental health illnesses and challenges tend to emerge. This is a vital time for young people to establish a thorough understanding of mental health, available supports and self-care practices to support long-term health.

Brenda Martinussen of Balmoral serves on the organization's board of directors — and she encourages others to consider getting involved.

“With a background in clinical psychology, mental health is very important to me. I have seen young people struggle and believe more needs to be done to support them, especially in rural and remote areas,” she said.

“When I learned of the call for the board of directors, I researched Jack.org and was surprised I had not heard of it given the incredible work they do. I see this organization as filling a critical gap in our national mental health landscape and wanted not only to be a part of the organization but also to assist in bringing their resources to light across the country and in underserved areas.”

Martinussen outlined some of the concerns that Jack.org endeavours to address.

“Suicide remains a leading cause of death for young people, and mental illness affects an estimated 1.2 million young people, but most young people lack the knowledge to recognize mental health struggle and seek support that could save or improve their life. Jack.org works to change that through early educational intervention and building networks of support between young people,” she said.

“Young people are often in the best position to recognize struggle in one another — and they are most receptive to messages that come from a peer — so Jack.org's work is focused on enabling young people to support one another and hear from one another about lived-



RECORD PHOTOS SUBMITTED

Jack.org is a Canadian mental health charity that focuses on youth aged 15-24.

experience with mental health struggle.”

Young people are our future, and mental health is the greatest health challenge they are facing, she added.

“Mental health challenges among youth have been on the rise for over a decade,” Martinussen said, “and it is only by taking action that we will begin to turn the tide in favour of better outcomes for youth.”

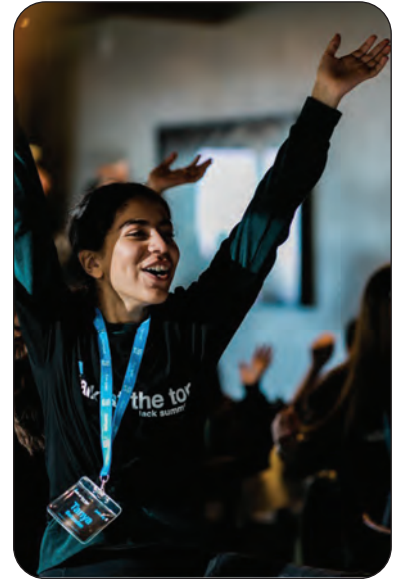
Jack.org offers three award-winning programs to community members, she added.

“The Be There Certificate is an online learning resource that trains people to have difficult mental health conversations and show support to someone who's going through a mental health struggle. It takes only two hours to complete and is free for all. You never know when someone you care about will need your support. Be There helps prepare us for what may come,” she said.

“Community members can also book a Jack Talk, a mental health presentation delivered by young people to young people. Youth speakers use the power of their personal mental health stories to teach mental health essentials and normalize difficult conversations.”

In addition, young people can create a Jack Chapter, a youth-led community group that leads mental health awareness initiatives and provides the community with resources to support mental health. Chapters work closely with Jack.org staff to design initiatives that address challenges the community is facing.

“While Jack.org's programs are designed to support youth, everyone is welcome to get involved. We offer resources for educators at jack.org/edhub, and our Be There training is as relevant for adults as it is for



young people. All of us have a stake in protecting young people's mental health, and so we all have to take steps to be better listeners, supporters and mental health champions,” Martinussen said.

“Jack.org is a national movement, and by getting involved, you access a community of people who are dedicated to building a future where young people's mental health can thrive. Young people build community connections, in addition to directly supporting the mental health needs of the people around them.”

Currently, there are no youth reps in the Interlake, so Martinussen hopes to see some local involvement.

“Young people are our future and mental health is the greatest health challenge they are facing,” she said.

“Mental health challenges among youth have been on the rise for over a decade, and it is only by taking action that we will begin to turn the tide in favour of better outcomes for youth.”

Learn more at Jack.org or contact Brenda Martinussen at martinub@yahoo.ca.

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# get inspired

> MEAL IDEAS



Recipe courtesy of Healthy Family Project

Prep time: 5 minutes

Cook time: 15 minutes

Servings: 12

- 1 1/4 cups white whole-wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/8 teaspoon salt
- 1 large egg
- 1/2 cup maple syrup
- 2 teaspoons vanilla extract
- 3/4 cup plain nonfat Greek yogurt
- 3/4 cup unsweetened applesauce



## Mixed Berry Whole-Wheat Muffins

- 1/2 cup chopped strawberries
- 1/2 cup blueberries

Preheat oven to 400 F. Grease muffin pan and set aside.

In medium bowl, whisk flour, baking powder, baking soda and salt. In separate large bowl, mix egg, maple syrup, vanilla, yogurt and applesauce.

Add dry ingredients to wet ingredients and stir until just combined. Do not overmix. Fold in strawberries and blueberries.

Pour batter into prepared muffin tin, filling cups about 3/4 full.

Bake 15 minutes, or until tops are golden brown and toothpick inserted in center comes out clean.

Remove from oven and let cool in muffin tin 5 minutes before removing.



## Parmesan Potato Wedges

Recipe courtesy of "Cookin' Savvy"

- 5 golden potatoes
- 2 cups grated Parmesan cheese
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- salt, to taste
- pepper, to taste
- 1 cup oil, for drizzling

Boil whole potatoes 20 minutes. Remove from water and slice into wedges. Heat oven to 375 F.

In medium bowl, mix Parmesan cheese, garlic powder and onion powder. Add salt and pepper, to taste.

Dip wedges in Parmesan mixture, covering potatoes well. Place on cookie sheet drizzled in oil then drizzle oil on wedges. Bake 15 minutes then turn wedges over and bake 15 minutes.

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# Ask the money lady

Dear Money Lady,

I am 81 years of age. I have \$50,000 to invest. In your opinion, what is the best investment today, GIC's or Mutual Funds? My banker wants me to buy into a TD mutual fund. Thank you, Grant.

Grant,

Considering your age, I would think you are better off with GICs rather than MFs (mutual funds) regardless of which bank you choose. Currently the GIC rates are posted at 3% - 4.5% (June, 2024). Of course, you stand to make more money on your investment if you place it in the market, but my concern would be stock market volatility. If the market turned volatile due to an unforeseen future event, you could lose a fair chunk of this investment and would need to leave it invested to realize the recovery when the market comes back. Also, we are going into a USA election this Fall and even though this is in another country, please do not underestimate the market swings that we encounter from our Southern neighbors. To be honest Grant, I would rather see you in a GIC, than in the stock market.

That being said, if the market is where you would like to go, why not consider ETFs (exchange traded funds) rather than MFs. They are much less costly and can be traded multiple times throughout the day, unlike MFs which must trade at the end of the day, based on the overall NAV price (net asset value per share). The following ETFs have lower fees and will follow a reliable market index that you can count on. Please remember that these funds are equity heavy and prone to much more volatility, but over a long-time horizon, because they are growth-oriented investments, you should expect an overall return of 7.1%.

- BMO S&P 500 ETF
- Vanguard S&P 500 Index ETF
- Vanguard FTSE Canada All Cap Index ETF
- iShares Core S&P US Total Market Index ETF



Christine Ibbotson

If the stock market is something you would prefer to steer clear of, you could choose GICs. I would suggest you split and ladder up your funds into Canadian Bank GICs. To give you access to your money should you need it, I would suggest putting \$10,000-\$20,000 into a 1-year term cashable GIC offered with all the Big-5 banks at 3% (June 2024). Local credit unions typically have higher redeemable rates on 1-year cashable GICs since they want to increase their deposits. You mostly likely could get a 1-year cashable GIC from a credit union at 4% today (June 2024).

By placing \$20,000 into a cashable GIC, you still have the ability to access and use these funds should you change your mind or need money for an emergency. The balance of your investment, the \$30,000, should be put into a 1-year term non-redeemable GIC that is offered currently at all banks and credit unions for 4.5%. If you were to invest your \$50,000 this way, you would earn \$2,150 over the next 12 months.

Good Luck and Best Wishes,  
Money Lady

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6 syndicated across Canada. Send your questions through her website at [askthemoneylady.ca](http://askthemoneylady.ca)

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# Paramedic shortages in Interlake-Eastern RHA continue

MAHCP sees slight improvement in paramedic numbers, but more hiring and retention incentives needed

By Patricia Barrett

Although we've not been hearing too much lately about paramedic shortages in the Interlake-Eastern Regional Health Authority (IERHA), staffing shortages continue and people are waiting longer for treatment.

A screengrab taken on July 26 from a social media post issued by the Manitoba Association for Health Care Professionals states there were only seven out of 21 ambulances available for the entire health region, which comprises about 61,000 square kilometres and whose hospital ERs are frequently or permanently shuttered because of a lack of staff. The period MAHCP referred to in its post was the weekend of July 20.

Wayne Chacun, who sits on MAHCP's executive council as treasurer and representative for the Prairie Mountain Health RHA, said the number of ambulances available during that period at one point dropped even further to six. While we haven't been hearing about paramedic/ambulance shortages in the IERHA for a while, it is "still happening" and what the union saw last month was not a "one-off" situation.

Although there has been a recent improvement in paramedic staffing, it's negligible in terms of what is required to adequately service rural regions.

"There has been a slight improvement in paramedic staffing since April, but it is very slight," said Chacun. "I say improved slightly because there are hundreds of vacancies throughout rural Manitoba for paramedics. From April to June, the numbers have increased by 16, according to our calculations, and we're seeing that consistent loss of paramedics slowing down. But [hiring] is nowhere near what's needed to fill all these vacancies."

MAHCP is a union that represents about 7,000 allied health-care workers in 45 professions, including rural paramedics.

MAHCP doesn't have access to data for that specific period pertaining to what the impact on patients in the IERHA might have been, but Chacun said when there are ambulance shortages there can be negative outcomes for patients.

"When we're short of ambulances, it may take longer for an ambulance to get to patients that need them and there's a delay in treatment and trans-



COURTESY OF MAHCP

MAHCP posted a message on social media, stating the IERHA had seven out of 21 ambulances available to cover the entire region during a weekend in July.

port to a hospital," said Chacun, who is a paramedic in the Prairie Mountain Health region. "It can also result in cancelled transfers between hospitals, where patients need to go from one centre to a centre that offers a higher level of diagnostic services or treatment."

Compounding paramedic shortages are the number of hospital ERs in the Interlake-Eastern RHA that have either been permanently closed or have to close on a regular basis because of staffing shortages.

For the period Aug 1-15, for example, Ashern's ER is closed for seven of those 15 days. Eriksdale's ER is closed for 12 days. Stonewall's ER is closed for 7 days. Gimli's ER has five days where 24-7 service cannot be offered. Pinawa's ER has 11 days of closure with four days on which 24-7 service can't be offered. Beausejour's ER is closed for 10 days with five days on which 24-7 service can't be offered. Pine Falls' ER shows five days on which it can't offer 24-7 service. Arborg's ER continues to remain permanently closed as does Teulon's. The IERHA posts ER schedules on its website and they are subject to change.

Paramedics are still experiencing burnout and the amount of overtime hours they're putting in hasn't improved because of the high number of vacancies in the profession, said Chacun.

"A lot of paramedics hate to see the communities without ambulances so they'll pick up overtime hours sometimes to the point of exhaustion. When you don't get time to rejuvenate, it does lead to burnout and pressure on your mental health," he said. "The same goes for our dispatchers, who are working shifts frequently more than 16 hours until they're exhausted. And they're having to stay



RECORD FILE PHOTO BY PATRICIA BARRETT

An ambulance is shown heading west on Highway 68 towards Arborg.

on the phone longer with people who call for an ambulance to provide support and advice. Our dispatchers are also extremely short-staffed just as our frontline paramedics are."

Paramedics were without a collective agreement for about five years, he said, and that contributed to their loss in the rural areas where they were earning 26 per cent less than a paramedic working in Winnipeg. Those who stayed behind had to pick up the slack.

"The more short-staffed we are, the more pressure there is on the remaining staff. And some people are finding it tough to deal with this pressure. They're trying to do work that should be done by another 30 per cent of staff who just aren't there," said Chacun. "It's a rewarding profession, but right now the working conditions are tough."

There are a number of strategies, however, the provincial government can take to attract and retain rural paramedics, including bringing paramedic training to the rural areas where people want to live and work.

In 2017 the provincial government cut funding for the primary care paramedic program at Red River College, which offered satellite programs in rural areas such as Portage la Prairie, Brandon and the north, said Chacun. Paramedic shortages are worse in some RHA areas such as Prairie Mountain Health and the north because of a lack of training programs in those areas.

"We need to make sure paramedic and other health-care education is available closer to where people live," he said. "Many times, rural Manitobans are having to move to Winnipeg to get educated, which is difficult to



PHOTO COURTESY OF MAHCP

Wayne Chacun is a paramedic and treasurer for Manitoba Association of Health Care Professionals.

do and entails a financial cost. If we need people to enroll in these courses, let's offer the courses in the rural areas and provide bursaries to try to get them there. You can't educate a paramedic in six months; it takes a couple of years or more. The sooner we get people into the program, the better."

The government could also offer bursaries to attract people to the paramedic program, said Chacun. There are more bursaries currently available for nurses.

The Record reached out to provincial Shared Health – which oversees the delivery of health-care services and the hiring of paramedics – for comment on the ambulance shortage last month across the IERHA, as well as other issues. The organization offered to answer the questions but requested precise date(s) and times it had occurred (whether it was morning, afternoon or evening) in order to understand what had happened.

# Woodlands vet celebrates 30 years in profession

By Jennifer McFee

A local veterinarian is marking a milestone by celebrating 30 years in the industry.

Carel Reesink has been a veterinarian for three decades — and 16 of those years have been at Woodlands Veterinary Clinic. He works alongside his wife Jennifer, who is an animal health technologist that manages the practice. Their daughter Annika is also a familiar face at the family business.

Together, they take care of all types of animals, both small and large, house pets and livestock.

But for Reesink, veterinary medicine is as much about the people as it is about the animals.

“The big difference between large animal surgery and small animal surgery is that with large animals, the producer will usually always be watching over your shoulder. This has the potential to drench you in cold sweats or be the basis of a long-term friendship — or both,” he said.

“With small animal surgery, most takes place behind closed doors. The best stories and cases that will test your wits occur between the hours of midnight and 6 a.m.”

As he reflects on his practice, Reesink draws inspiration from an Einstein quote: “Look deep into nature, and then you will understand everything better.”

“Based on this, I think I have a whole lot more looking to do,” he quipped.

“Veterinary medicine has been, and always will be, at the interface of animal-human health. Animals are often sentinels for new diseases or even effects of changing environmental pressures. Hence, arose the ‘one health’ concept.”

Using a modern-day example, Reesink points to avian influenza and its relevance to other domestic animals

and humans.

“Again, I think we have much looking and understanding to do. This is precisely what keeps this profession both interesting and very humbling,” he said. “A passion for agriculture steered me in this direction, and the rest is history.”

For the next generation of aspiring veterinarians, Reesink recommends volunteering or working at a vet clinic.

“Remember that mentorship is a two-way street — nothing worse than silence on a long road trip,” said Reesink, who pursued his veterinary studies at the University of Saskatchewan in Saskatoon.

“For all those crazy experiences, make sure you keep a journal such that you’re equipped on the day of your veterinary interview. Look at the veterinary medicine degree as more than a veterinary licence — look at it as a great biology degree that could open many doors in the future.”

He also offers a taste of his recipe for success: listen to the client, digest the information and sprinkle in some common sense and knowledge.

“Many things have changed over the past 30 years,” he added, “but the crux of veterinary medicine will always be a good, thorough physical exam.”

One of the best parts of being a vet is that every day is different. Looking ahead, Reesink plans to slow down his practice and hopes to transition the clinic to the younger generation.

“This is a great profession with rarely a dull moment,” Reesink said. “So here’s a toast to the best profession on the planet — one which I could not have fully enjoyed without the help and support of my wife Jennifer and encouragement of my daughter Annika.”



RECORD PHOTO BY JO-ANNE PROCTER

Woodlands Veterinarian Carel Reesink is pregnancy checking cows at Park Dairy.



Reesink's daughter Annika is a familiar face at the Woodlands Veterinary Clinic and often helps her dad. Pictured, Annika removes porcupine quills from a dog's snout.



Carel, Jennifer and Annika Reesink.

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Local baseball players leading red-hot Giants into Nationals

By Kieran Reimer

The last three weeks have been nothing short of eventful for the U18AAA Elmwood Giants baseball club and two local ball players.

Following the Baseball Manitoba AAA League regular season, the Giants were on the bubble of earning a berth to Tier 1 Provincials.

But after losing their first qualifying series two games to none against the North Winnipeg Pirates, the Giants needed to win a best two of three against the Bonivital Black Sox to get in.

After splitting the series' first two games, the Giants came up clutch in game three, winning 8-5 and punching their ticket to Tier 1 provincials.

The following weekend at provincials, the Giants continued their hot stretch of play, going 5-1 to win provincials.

With the win, they not only earned the title of Baseball Manitoba AAA League provincial champions but also earned a berth to 2024 Baseball Canada 18U National Championships on Aug. 15-18 in St. John's, NL

Now that there is more baseball to play, the Giants hope to continue their

red-hot stretch of play into the Nationals against Canada's best.

"It's pretty incredible, it's quite the opportunity and I hope I can represent them well," said Giants 1B/C Jackson Gwynne who hails from East Selkirk.

"This team, we really have the chemistry. I've been on teams where some people don't really get along and what not, but this team really bonds together and enjoy each other so that really plays a part."

Gwynne, 17, joined the Giants this season after playing with the St. James A's the previous season.

During his time with the A's, Gwynne competed on the other side of the field against the Giants and knew Elmwood was a team with championship potential.

After getting a release in the off-season, Gwynne joined the Giants and has since helped them become Manitoba's top U18 ball club.

"I thought I had to come back because we had a chance to win it," said Gwynne. "We had a good team and it's been our goal since the start of the season."

Since winning provincials two

weeks ago, Gwynne said the club has been practicing while also having lots of team bonding.

Going into his first Nationals, he is excited not only for the competition but also for the opportunity to visit the east coast of Canada along with his teammates, who include other locals in Gonor's Ethan Debiuk and East St Paul's Carter Pauls.

At Nationals, they will compete in the five-team Pool B, which includes the Giants as Team Manitoba, Team Newfoundland and Labrador (provincial champions), Team Newfoundland and Labrador (host team), Team Alberta, and Team Nova Scotia.

The Giants will play each team in Pool B once in hopes of qualifying for the playoff round on Sunday, Aug. 18.

On Wednesday, Aug. 14 Nationals open up in the evening with opening ceremonies and a home run derby at 6 p.m. from St. Pat's Ball Park.

The Giants' first game of the Nationals is Thursday, Aug. 15, at 10:30 a.m., against Team Alberta at Smallwood Field.

The full schedule can be found at <https://baseball.ca/?fd=champ&pg=schedule&evt=18u>



**RECORD PHOTO SUBMITTED**  
East Selkirk's Jackson Gwynne and Gonor's Ethan Debiuk won the 2024 Baseball Manitoba U18AAA League provincial championship together with the Elmwood Giants. As provincial champions, the Giants qualified for the 2024 Baseball Canada 18U National Championships from Aug. 15-18 in St. John's, NL.

## Interlake well represented by Team East Region U17 basketball at 2024 Manitoba Games

By Kieran Reimer

The 2024 Manitoba Summer Games are set for Dauphin this week with plenty of local talent set to compete for provincial glory.

On the hardwood, Team East Region U17 enters the tournament with a budding roster almost entirely made up of Interlake players.

Stony Mountain's Jake Bourcier is one of Team East's players making their Manitoba Games debut this year.

The 16-year-old Stonewall Swarm star point guard is coming off a season where he helped the Swarm go

undefeated and win the 2024 Winnipeg Minor Basketball Association championship.

He is now excited about the opportunity to represent Stonewall and Interlake on a bigger stage.

"It's incredible," said Bourcier. "This experience is really good for kids our age, especially going out there and winning for our region would be amazing. It means a lot for me."

Bourcier is joined on the team by many other players he has played with or against.

One of them is 15-year-old Edward

Futz of Stonewall, who plays forward for the Manitoba Magic in the winter season.

For Futz, he too is entering his first Manitoba Games as one of the youngest members on Team East's roster.

He hopes their performance in Dauphin will help Interlake cement its position as one of the best basketball markets in the province.

"It's really cool because our region

isn't really known for basketball," said Futz. "It's cool to show our best players. I'm excited to play the Winnipeg teams because they have some of the best players in the province and that's going to be fun."

Continued on page 28

**To see more photos of your favourite Interlake Athletes**

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**The Selkirk Record**

# sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

## Strikeforce settle for draw after three-game slide

By Kieran Reimer

Selkirk Strikeforce is taking the positives from Friday night's 4-4 draw against Triumph.

Though they didn't get the coveted three points a victory would supply, earning a single point from the draw, snapping a three game losing skid, and an overall better showing is something they hope they can build off of.

"We had subs this time and we looked really strong, just no luck in front of the net," said Strikeforce's Kris Pellaers.

Strikeforce also had their offence going which has played a key role in their four wins so far this season.

On Friday, it was Stefan Koenig scoring twice for his first two of the season. They also got goals from their top scorers Devin Racicot and Aidan McWilliams.

Heading into the late minutes tied up, Strikeforce pushed for a fifth goal but fell just short at full time.

Pellaers said they had enough chances to win, though they were unable to capitalize in the late stages.



Strikeforce's Stefan Koenig scored twice against Triumph on Friday. His first and second goals of the season helped Strikeforce to a 4-4 draw.

With the draw, Strikeforce now sit sixth in the Manitoba Major Soccer League Division 3A after moving ahead of WPG B FC with the single



RECORD PHOTOS BY BRETT MITCHELL

Strikeforce's Devin Racicot dribbles around Triumph defenders. Racicot scored his fifth of the season in the match, helping Strikeforce snap a three-game losing streak with a 4-4 draw.

They have six matches left in the regular season. Their next match will go

Thursday, Aug. 15 against Dunvegan Castle (1-7-4) at Ralph Cantafio Soccer Complex at 7 p.m.

### > TEAM EAST REPRESENTS, FROM PG. 27

Head coach Alex Barra and assistants Enriq Barra and Sonny Sylvester staff Team East.

They will compete in the three-team Pool B, which includes Team East, Team North, and Team South, while Pool A includes Team Winnipeg Gold, Team Winnipeg Blue, Team West #1 and Team West #2.

Team East's tournament began Aug. 12 at 2:30 p.m. at Parkland Recreation Complex against Team South before taking on Team North in the evening to wrap up the round-robin.

On Tuesday, Aug. 13, Pool A and B joined up for the playoff round, which included placement games that evening and the bronze and gold

medal games on Wednesday, Aug. 14. No scores were available before press time.

Team East features a 12-man roster and three practice players who have been together since early May.

In July, Team East got its first taste of tournament competition when it played three exhibition games against Team South, which it lost 1-2.

Since then they have held multiple intrasquad matches and team workouts.

"It's been intense this whole season leading up to it," said Bourcier. "Right at the end we've been practicing really hard whether it's set plays or individual stuff. The whole season

we've been doing conditioning workouts so lots of cardio and core."

Last week, the club completed its last few days of preparation before heading to Dauphin on the weekend.

Their entire roster includes Joshua Shedden - St. Andrews, Garrett Gburek - Selkirk, Dietrich Redekopp - Victoria Beach, Malakai Boville - Stone-

wall, Foxx Domansky - Stonewall, Owen Kwiatek- Selkirk, Edward Futz - Stonewall, Jacob Bourcier - Stony Mountain, Patrick Yuzwa - Broad Valley, Nazar Khlyvniuk - Libau, Wyatt Mitchell - Stonewall, Jackson Campbell - Selkirk, EJ Rioux - St. Laurent), Shane Bomberak (Gimli), and Reece Forman (Selkirk).



RECORD PHOTO SUBMITTED

Team East Region is set for the 2024 Manitoba Games from Aug. 11-17 in Dauphin. Team East will open round robin play in Pool B against Team South on Monday, Aug. 12 at 2:30 p.m. at Parkland Recreation Complex. Team East Region is set for the 2024 Manitoba Games from Aug. 11-17 in Dauphin. Team East will open round robin play in Pool B against Team South on Monday, Aug. 12 at 2:30 p.m. at Parkland Recreation Complex. Pictured left to right, back row: Nazar Khlyvniuk, Patrick Yuzwa, Jackson Campbell, Wyatt Mitchell, Foxx Domansky, Edward Futz, EJ Rioux; front row, Jake Bourcier, Dietrich Redekopp, Malakai Boville, Owen Kwiatek, Garret Gburek and Josh Shedden.

**The Selkirk Record**  
 217 Clandeboye Ave., Selkirk  
 Proof Deadline **Fridays at 4 p.m.**  
 Booking Deadline **Mondays at 4 p.m.**  
 Office Hours: **Monday-Friday 9:30-5:00**

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

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Oak firewood, \$225 half cord, \$425 full cord. Lockport 204-757-4468 or call or text 1-306-620-9338.

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Upstairs Apartment Rental - Spacious 1 bedroom/1 bath. Rent \$1,100 per month. Utilities extra (hydro, water, phone cable). Includes parking, security system, appliances (fridge, self-cleaning oven 30 inch stove, dishwasher, AC, washer and dryer), and blinds on windows. Laminate hardwood floors. Kitchen, living room - open area concept. One year lease, no pets, non-smoking, adults only. Location: 204 Clandeboye Ave., Selkirk, Manitoba. R1A 0X1. Phone: 204-785-3097.

### APARTMENT FOR RENT

Rule Apartments located at 424 Eveline Street. 2 beds & 1 bath apartment suites available from \$1,250/month & \$1,150/month includes water and parking. Tenants pay their own hydro. Elevator in building, front door intercom, in-suite laundry. Located close to many amenities, Selkirk Park, public transportation, legion, fishing, shopping & more! Sorry, No pets & no smoking policy. Call/text Rule Apartments for more information 204-290-3805.

\$1237/month not including hydro (\$50 bi-monthly) 658 square feet, 165 Main Street, Selkirk. Faces west side of suburbs with balcony, nearby park for exercise and recreation and various nearby restaurants. Neighbours are friendly and quiet. Call or text 204-485-7795.

### HELP WANTED

Home Care, \$20 to start. 4 hours a day. Cooking skills required. Call Norm 204-406-5667.

### HELP WANTED

Galay Landscaping is currently conducting interviews for the position of landscape technician, foreman and labourer for the upcoming 2024 season. Training provided for suitable candidates. Wage and salary dependent upon relevant experience and skills. Good opportunity for advancement for those interested and able to learn. Class 5 license and own reliable transportation is required. Please send resume by email to: info@galaylandscaping.com No phone calls.

Round-Tuit Cleaning has an opening for a part-time janitorial position available in Selkirk. Evenings, Mon - Fri. Must have an eye for detail, be familiar with floor machines, have a driver's license with reliable transportation. Sub-contractors need not apply. Call 204-785-3257 for application information.

**SHOP LOCAL - SUPPORT LOCAL BUSINESS**

### HELP WANTED

The Window Factory in Selkirk, Mb at 605 Mercy St. is looking to hire a fulltime window and door installer. Must be able to work outdoors and some heights. Driver's license would be an asset. Please submit any resumes to the office at 605 Mercy St.

### BUSINESS OPPORTUNITY

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Want to learn how to fly? LS Airways Flight Academy is the most affordable in Canada. Recreational, private and commercial certificates. We offer flight training and ground school (air law, navigation, meteorology, aeronautics general knowledge). Call 204-651-1402.

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Brand new Hoover upright household floor vacuum cleaner, exc. cond., \$150; BN men's size 9 buckle-up leather winter boots, \$100. EC Men's blueish purple parka size XXL w/ black woolen hood, fits a man's size XL \$100; BNC & EC pair size 9 men's work boots/safety shoes w/laces & steel caps over toes \$100; Sunbeam 2-slice toaster EC & EWO \$15. Phone 204-785-8598. Let telephone ring at least ten times for an answer.

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### RURAL MUNICIPALITY OF ST. CLEMENTS

## Under The Planning Act NOTICE OF PUBLIC HEARING



### Regarding Zoning By-Law Amendment No. 6-2024

The Council of the R.M. of St. Clements, under the authority of *The Planning Act*, will hold a Public Hearing at the Municipal Office Council Chamber, 1043 Kittson Road, East Selkirk, MB, on **Tuesday, August 27, 2024 at 6:00 P.M.**, at which time and place the Council will receive representations and objections, if any, from any persons who wish to make them in respect of By-Law 6-2024, being an amendment to the R.M. of St. Clements Zoning By-Law No. 5-2002, as amended.

The general intent of the amendment is to amend text portions of the R.M. of St. Clements Zoning By-Law No. 5-2002 to provide clarification and general text amendments for administrative purposes as related to the 3.31.5 Minor Variations section of the Zoning By-Law.

A copy of the above by-law and supporting material may be inspected between the hours of 8:30 A.M. and 4:30 P.M., Monday through Friday at the R.M. of St. Clements Municipal Office, 1043 Kittson Road, East Selkirk, Manitoba.

For more information:  
 Sue Sutherland, CMMA  
 Manager of Planning and Special Projects  
 Phone: 204-785-4158  
 Email: sue@rmofstclements.com



## FIREFIGHTER / FIRST RESPONDER'S ARE REQUIRED BY THE RM OF WEST ST. PAUL

The West St. Paul Fire Department is now hiring for the position of Firefighter/First Responder's. All applicants must meet the following minimum requirements:

- 1) 18 years of age
- 2) Permanent resident of the RM of West St. Paul
- 3) Preferred grade 12 graduate or acceptable alternative
- 4) Physically capable of performing everyday firefighting/first responder activities
- 5) Have a valid drivers license, and be able to obtain a class 4 license with air brake endorsement
- 6) Committed to attending weekly training sessions
- 7) Ability to remain calm under duress

Only those who are passionate about serving their community need to consider applying. Priority may be given to individuals who live and work in the community, or who are shift workers. No prior firefighting experience needed.

Any individual interested in this position may obtain an application package from the RM of West St. Paul Administrative Office, **3550 Main Street**, between 9:00am to 4:30pm (Monday to Friday) or visit [weststpaul.com](http://weststpaul.com). The deadline for completed applications is 4:00pm Friday, September 20, 2024.

# Classifieds



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**The Selkirk Record Classified and Announcement booking deadline is Monday at 4 p.m. prior to Thursday's publication**  
**Please Call 204-785-1618**

*Do you have a unique service you would like to advertise? Get the word out with an ad in the Record!*

**UPCOMING EVENTS**  
 Sunday, August 18th you are invited to a Special Cemetery Service commemorating the dearly departed at St. Andrews Anglican Church at 11:15 p.m. and St. Matthews Church, Cloverdale at 2 p.m. All welcome.

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 Are you suffering from joint or arthritic pain? If so, you owe it to yourself to try elk velvet antler capsules. Hundreds have found relief. Benefits humans and pets. EVA is composed of proteins, amino acids, minerals, lipids and water. Key compounds that work to stimulate red blood cell production & cartilage cell regeneration & development. Stonewood Elk Ranch Ltd., 204-467-8884 or e-mail [stonewoodelkranch@mymts.net](mailto:stonewoodelkranch@mymts.net)

**NOTICE TO CREDITORS**  
 In the matter of the Estate of Edward Charles Wrigglesworth, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amanda Adam, Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 2nd day of October, 2024. Dated at Winnipeg, Manitoba, this 31st day of July, 2024. JANA TAYLOR Deputy Public Guardian and Trustee of Manitoba

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 McSherry Auction Service Ltd  
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**NOTICES**  
 URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? 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. See [www.mcna.com](http://www.mcna.com) under the "Types of Advertising" tab for more details.

**News Tips? Story Ideas? call the Record 204-785-1618**

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**PUBLIC NOTICE / AVIS PUBLIC**  
 PROPOSED TELECOMMUNICATION TOWER / PROPOSITION DE TOUR DE TÉLÉCOMMUNICATION  
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 • Location address: 82118 30 Road East, St. Clements, MB  
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 • Legal Description / Description légale: PARCEL 1: FRAC N 1/2 OF SW 1/4 25-14-5 EPM EXC ALL MINES AND MINERALS AS RESERVED IN TRANSFER 727220 WLTO  
 • Facility / Installation: The facility will comprise a proposed 15m x 15m compound. / L'installation comprendra un complexe proposé de 15 mx 15 m.  
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Innovation, Science and Economic Development Canada (ISED) is the governing body for this type of installation and can be contacted at: / Innovation, Sciences et Développement économique Canada (ISDE) est l'organisme directeur de ce type d'installation et peut être contacté à l'adresse suivante:

ISED - Manitoba District Office / Bureau de district du Manitoba  
 400 St. Mary Avenue, 4th floor  
 Winnipeg, MB R3C 4K5  
 Tel: 1-800-665-3421 or 204-984-4257  
 Fax: 204-984-6045  
 Email: [spectrumwinnipeg-winnipegspectre@ised-isde.gc.ca](mailto:spectrumwinnipeg-winnipegspectre@ised-isde.gc.ca)

ANY PERSON may make a written submission to the individuals listed below no later than 5pm (ET) on **Friday, August 30th, 2024**. Please reference the site code **TOWM030** in your correspondence. / TOUTE PERSONNE peut faire une soumission écrite aux personnes mentionnées ci-dessous au plus tard à

17:00 le **vendredi 30 août 2024**. Veuillez indiquer le code de référence du site, **TOWM030** dans votre correspondance.

Further information may also be obtained through the following contact: / De plus amples informations peuvent également être obtenues auprès du contact suivant:

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**SITE LOCATION MAP / PLAN DE LOCALISATION DU SITE**



Tower location shown with the star / Emplacement de la tour indiqué par l'étoile

**Online McSherry Auctions**  
**Estate & Moving Featuring Coins & Paper Money**  
 August 21st @ 7:00 PM  
**Estate & Moving**  
 August 28th @ 7:00 PM  
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## take a break > GAMES

### SUDOKU

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

**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!

**News Tips? Story Ideas? call the Record 204-785-1618**

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

Sudoku Answer

# Announcements

## ANNOUNCEMENT

### IN MEMORIAM

In Loving Memory of  
**Tim Loane**  
 September 23, 1982 - August 16, 2020  
 No matter how life changes,  
 No matter what we do;  
 A special place within our hearts,  
 Is always kept for you.  
 There will always be heartache,  
 And often a silent tear;  
 But always precious memories,  
 Of days we had you here.  
 We will always keep you within our hearts,  
 And there you will remain;  
 We think about you always,  
 Remembering you is easy,  
 We do it everyday;  
 But the heartache of missing you,  
 Will never go away.

-Missing and loving you,  
 Mom and Dad

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

## ANNOUNCEMENT

### CONGRATULATIONS



**CONGRATULATIONS!!!**  
**D'ARCY LACHANCE**  
 Hole-In-One  
 August 10 - 4th hole  
 Elmhurst Golf & Country Club

## OBITUARY



### Melvin (Mel) Jonasson

It is with great sadness that we announce the peaceful passing of Mel with his family by his side on August 4, 2024 at the age of 80.

He was predeceased by his parents, Noody and Lil Jonasson. Mel is survived by his wife Lynda, their children, grandchildren and great-grandchildren. As well as his sister Wanda and her family.

Mel was a jack of all trades and liked to tell a good story that ended in laughter and a smile. We will always remember him as being a loving husband, caring dad, grandpa and great-grandpa. Among his greatest joys in life were his family, watching boxing, riding his lawn tractor, going for a good boat ride and playing a game of frisbee with his faithful dog Dandy.

As per his wishes, cremation has taken place and there will be

no formal service. A private family interment will take place at a later date.

We will miss you always.

Forever loved and never forgotten.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## NOTICE OF BRANCH CLOSURE

to: All members of Access Credit Union Limited (the "Credit Union")

Notice is hereby given, in compliance with the Credit Unions and Caisses Populaires Regulation, that the Credit Union will be closing the location of its Selkirk branch located at: **1-1012 Manitoba Avenue, Selkirk MB R1A 4M2**

**The branch will close effective as of December 11, 2024.**

All existing members of the 1-1012 Manitoba Avenue, Selkirk branch will be moved to the 233 Main Street, Selkirk location. Members are also able to select any of our other branch locations that may be more convenient with no changes of membership number or account numbers.

DATED this 15<sup>th</sup> day of August, 2024

ACCESS CREDIT UNION LIMITED

By order of the Board of Directors



## OBITUARY

### Carl Nicholas Mazur

Peacefully, surrounded by his family, on Saturday, August 3, 2024, at the Holy Family Care Home, Winnipeg, MB, Carl Mazur, aged 87 years, beloved husband of Kathy, passed away.

In keeping with his wishes, cremation has taken place and private family graveside service will be held in the fall.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## OBITUARY

### Emmeline (Emily) Rose Bilewitch

March 26, 1937 - July 29, 2024

With deep sadness we announce the peaceful passing of Emmeline Bilewitch (Emily) from natural causes on July 29, 2024, surrounded by her family.

Emily was born to Wilhelm and Jaqueline Hemminger and raised in Stead, Manitoba with her nine siblings. She moved to Winnipeg at 18 years of age after the passing of both her parents and worked at MTS and later Hudson Bay Co. in Thompson, MB. She married Tom in 1964 and they began their family life together.

Emily was kind, gentle-spirited, generous, and adventurous only in her choice of literature. She took pride in meticulous home-keeping, gardening, quilting, sewing, preparing large family meals, and had a knack for sneaking garden vegetables

into her baking, and for modestly evading photographs.

Although well travelled, she mostly enjoyed the simplicity of cottage life at Lake Malachi, where her children and grandchildren ran wild, and she found time to enjoy reading novels and listening to country music. While family and home were the centre of Emily's life, she established deep ties at Lockport Community Church, Lake Malachi, and with her neighbours in Lockport, Manitoba.

Emily is survived by her incredible husband of 60 years, Tom Bilewitch who cared for her at home in her final years, and children: Leslie (Cory) Whitney, Blaine Bilewitch, Shelley Marshall (Rejean Ricard), and Teri Lynn Bilewitch (Dillon Claassens); grandchildren, Sean, Pepper, Abby, and Kai; and brother Bill Hemminger. She was predeceased by siblings Margaret, Norman, Avalt, Anne, Olive, Fred, May, and Lucy. Emily was deeply loved and we will forever miss her beautiful smile.

Celebration of Life will be held at Gilbart Funeral Chapel in Selkirk, Manitoba on Thursday, August 22, 2024 at 11:00 a.m.

In lieu of flowers or gifts, donations in Emily's honour may be made to CancerCare Manitoba.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



## CITY OF Selkirk NOTICE OF PUBLIC HEARING

### ROAD CLOSING BY-LAW

The City of Selkirk hereby gives notice pursuant to Section 290 of *The Municipal Act* regarding a Public Hearing to receive representation from any persons in respect to **By-law No. 5389**, a proposed by-law to close a public road. Any person wishing to make a representation to Council can do so during the public hearing.

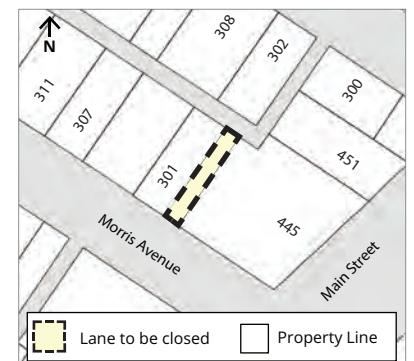
### APPLICATION DETAILS

#### Subject Property Legal Description:

All that portion of Public Lane Plan 7 WLTO (L Div), contained within the limits of a plan prepared by Dwayne Denchuk, Manitoba Land Surveyor, on file in the Winnipeg Land Title Office as Deposit No. 369/2024 in RL 58 and 59, Parish of St. Clements

#### Proposal Intent:

To close a portion of the public lane adjacent to 301 Morris enabling the sale of the land.



A copy of the above proposal and supporting material may be inspected and copied by any person from 10:00 AM to 4:00 PM, Monday to Friday, at 200 Eaton Avenue, Selkirk, MB.

### PUBLIC HEARING DETAILS

**Date & Time:** 6:30 PM, August 26, 2024

**Location:** 200 Eaton Avenue  
 (Council Chambers)

We ask that anyone wishing to submit advance written statements to do so prior to 2:00 PM on Friday, August 23, 2024. Materials can be sent by email to [citizensupport@cityofselkirk.com](mailto:citizensupport@cityofselkirk.com) or by regular mail.

### INFO ON CONTACTING US

[CitizenSupport@CityofSelkirk.com](mailto:CitizenSupport@CityofSelkirk.com)

204-785-4900

[MySelkirk.ca/PublicHearing](http://MySelkirk.ca/PublicHearing)

**OBITUARY**



**Gordon Kizuik**

With sadness we announce the passing of Gordon Kizuik on August 5th, 2024 at the age of 89 while at the Betel Personal Care Home in Selkirk, Manitoba.

He will be lovingly missed by his wife Barbara of 64 years and his son Derek (Janine), daughter Debra (Albert) Roy and grandchildren Alysia, Mason, Jacob and numerous nieces and nephews.

Gordon was predeceased by his father and mother Nicholas and Victoria and brothers Thomas (Muriel), George (Lillian), William (Norma) and sisters Mildred (Lorne) Kreamer, Frances (Roy) Taylor.

Gordon enjoyed hunting and fishing with his brother Tommy and friends as well as golfing. In the winter he enjoyed curling and volunteering at the Petersfield Curling Club for 50 years in

which he was president for a time. He spent many weekends participating in bonspiels at the Petersfield Curling Club and other various curling clubs.

We would like to thank the staff at the Betel Personal Care Home for the friendship and care that they had given him.

Funeral service will be held on Friday, August 23, 2024 at the Gilbert Funeral Chapel in Selkirk, Manitoba at 11:00 a.m.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Pauline St. Jean**

Pauline passed away on August 8th, 2024 at the age of 66 after a lengthy hard fought battle with cancer. She was surrounded by those she loved most, her partner Mel Shewchuck, daughter Lisa Anderson and son-in-law Lyle Anderson.

Pauline was a long standing employee of the provincial government. Upon her retirement, she volunteered with CancerCare. Pauline always wanted to help and comfort others as she knew what they were going through.

She leaves behind to cherish her memory her daughter Lisa (Lyle), the love of her life Mel, his children Krysten (Patrick), Mark (Kristie), grandchildren Mayra, Evynn, and Blake. Brother Denis, sisters Denise (Marty), Cecile (Doug), Suzanne (John), Irene (Terry) Karen and Theresa (Dale).

Cremation has taken place, and as per Pauline's wishes, there

will be no formal funeral.

Now she flies with the butterflies.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Barbara Anne Wilgosh (Marsh)**

It is with profound sadness and broken hearts that we announce the sudden passing of our Wife, Mother, Grandmother, Great-Grandmother, Sister, Aunt and Friend, Barbara Wilgosh of Selkirk, Manitoba on July 24, 2024 at the age of 85 years old with her family by her side at the Selkirk Regional Health Centre.

Barbara is survived by her beloved husband of 66 years Wilfred. Her memory will be forever cherished by her sons Brent (Sandra), John (Audrey), and daughter Brenda Black; her grandchildren Victoria (Devon), Evan (Sam), Erica, Sarah (Matt), Michael, and Tyler Black; great-grandchildren whom she adored Kolton, Oliver, and Henry; her sister Myrna Chapko; brother-in-law Bert (Evelyn); sister-in-law Jean (Norman); numerous nieces, nephews, and friends.

Barbara was predeceased by her parents Samuel and Kathleen Marsh, father and mother-in-law Stanley and Rose Wilgosh, her son Paul whom she deeply missed every day, sister Betty Epps (Stan), brother-in-law Ted Wilgosh (June), sister-in-law Joyce Gilchuk, brother-in-law Alex Chapko, and nephew Bill Epps.

Barbara was born on October 6, 1938 in Selkirk, Manitoba where she lived and grew up. She met Wilfred at the local bowling alley, dated and then married Wilfred on November 9, 1958 and they raised their family in Selkirk. Barb worked at the Lord Selkirk School Division for a number of years retiring at the age of 53 and enjoyed retirement. Barb and Wilfred travelled to warmer places like, Hawaii, Mexico, cruises and spent 27 winters in Orange Grove Texas where many good friends were made, she kept in touch with many of them and enjoyed when they called and would come and visit. Mom also enjoyed her I-Pad and Facebook where she kept up to date on friends and family. You could also see Mom on her scooter around town when the weather was nice as she so enjoyed running into friends and stopping to chat with her bright and happy smile!

We will deeply miss you Mom and cherish all our memories we have of you. We will celebrate your life by telling stories and keep your memory alive.

We would like to express our heartfelt gratitude to the Selkirk Regional Health Centre and the staff for the care given to our mother.

A Celebration of Life service will be held on Wednesday, August 21 at 11:00 a.m. at the Gilbert Funeral Home in Selkirk.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Roderick Cook**

It is with heavy hearts that we announce the passing of our beloved father, grandfather, and friend, Roderick Cook, at the age of 82. Rod lived a full and meaningful life, filled with love, laughter, and cherished memories.

Rod was predeceased by his loving life partner, Donna Fletcher; his mother Dolly Cook; and grandson Scott Fletcher.

He is survived by his sister Betty-Anne; brother Bob (Gloria); daughters Misty (Chris) and Suzanne, and son Shawn (Andrea); as well as seven grandchildren.

Rod retired from Honeywell after an honourable career of over 50 years as a Journeyman in their Controls Division in Winnipeg and surrounding area. He was a family man who enjoyed spending time with his friends, family, neighbours, and loved ones. He was a caring father and doting grandfather who

cherished every moment spent with his loved ones, creating lasting bonds and memories that will be treasured forever.

Rod had a passion for sports. He and Donna enjoyed their time together as they cheered on their teams, the Winnipeg Blue Bombers and the Winnipeg Jets. Rod also enjoyed yard work, BBQ'ing, and working with his hands. He took great pride in his projects and enjoyed spending hours putting around his yard. His craftsmanship was evident in every detail, and his handiwork was admired by all who knew him.

In addition to enjoying time outside, Rod also loved spending time with his grandkids. Whether it was telling stories or simply sharing a meal together, Rod always made sure to create special moments with his grandchildren that they will never forget.

Rod will be deeply missed by all who knew him, but his legacy of love, kindness, and dedication to family will live on in the hearts of those he leaves behind. May he rest in peace, knowing that he lived a good life and touched the lives of so many with this warm spirit.

The family wishes to thank all the staff at Tudor House Personal Care Home who genuinely cared for Rod and did all that was possible to make him comfortable.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.



**OBITUARY**



**Murray Blake Hamm**  
1955 - 2024

Peacefully, on August 6, 2024, Murray Blake Hamm passed away at the Selkirk Regional Health Centre. Murray was born on August 15, 1955, grew up in Morden and moved to Winkler in 1970, where he graduated from Garden Valley Collegiate in 1973.

From the age of 15, he worked pipeline jobs across the country and became a skilled welder. He also took the opportunity to further his education and graduated as a proud alumnus of Bemidji State University with a BSc. He later obtained a BEd from the University of Winnipeg, and a Vocational Education Certificate owing to his pipeline experience.

Murray became a teacher and returned home to Morden to complete his student teaching. There he met Janice (nee Dickson) of Carberry. He moved to Selkirk in 1978, where he taught physical education and welding. He and Janice married in 1982, and Murray continued working pipeline every summer up to 1986. In 1987, their daughter Blair was born, followed by a son, Blake in 1989. He chose a life with family and in the community instead of more lucrative earnings away on the pipeline.

Murray was employed by the Lord Selkirk School Division for 37 years as a teacher, vice-principal, and principal at the Lord Selkirk Regional Comprehensive Secondary School, Selkirk Junior High, and Happy Thought School. He was a teacher, coach, and trusted mentor to generations of students, athletes, and later, young teachers. In retirement, Murray always enjoyed hearing of their achievements, and they should consider themselves his honorary pallbearers.

An accomplished athlete, Murray was a national-calibre baseball player, back catching the Mandak North to consecutive Western Canadian Little League Championship Tournaments. He played NCAA DII football at Bemidji State and was an honorary member of the hockey team there, being invited to their events and reunions. Murray was a member of the Manitoba Basketball Hall of Fame as a coach with the Lord Selkirk Royals. An avid outdoorsman, Murray harvested several trophy bucks, countless waterfowl, and was a Master Angler many times over.

He was also active in the community as a coach of his children's sports, a member of the local curling and golf clubs, Volunteer Coordinator for the 2003 Western Canada Games, and President of Linklater Lake Cottage Association. In retirement, Murray found many passions including his 67 Charger, and playing on the AV Billiards team during winters in Texas.

Murray was predeceased by his parents Fredrick (1981) and Katherina (1997), sister Eileen (1944), and brother Garry (2024).

He is survived by his wife Janice Hamm; daughter Blair Konyk (Johnathon); son Blake Hamm (Jessica); granddaughters Ruby and Kinsley Konyk; brother Donn Hamm; and numerous nieces, nephews, cousins, and friends, many of whom considered Murray as a second father figure.

The family extends their gratitude to the staff at Selkirk Regional Health Centre for their care and compassion.

Cremation has taken place and a service will be held on Wednesday, August 21, 2024 at 1:30 p.m. in the Selkirk Junior High Gymnasium. A burial in Morden will follow at a later date.

In lieu of flowers, the family asks that donations be made to the Murray Hamm Scholarship Fund c/o the Selkirk & District Community Foundation Inc, <https://sdcf.ca/>, 200 Eaton Ave, Selkirk, MB R1A 0W6.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbert Funeral Home, Selkirk in care of arrangements.





**OBITUARY**

**Paul Thompson**

Peacefully, on Friday, August 9, 2024 at the Selkirk Regional Health Centre, Paul Thompson, aged 84 years, beloved husband of Yvonne, passed away.  
In keeping with his wishes, cremation has taken place and a memorial service will be held on Monday, August 19, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB.  
Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Gary Randall James Chartier**



Gary Randall James Chartier, born on September 28, 1958 in Selkirk, MB, Canada, passed away on August 5, 2024 in his hometown of Selkirk.

Gary was known for his love of fishing and going to car shows to see the hot rods, spending time at Tim Hortons, where he would enjoy a cup of coffee with his friends. Gary was a jack of all trades and an amazing mechanic and body man. He loved working on cars, trucks or just anything with an engine.

One of Gary's proudest accomplishments was being a father to his daughter, Jennifer, and his son, David who predeceased him in 1995. Jennifer and her husband Tim, along with their children Randal, Allondra, Jade, Mason and Kolten will forever cherish the memories they shared with their beloved father and grandfather.

Gary is also survived by his siblings: Ron (Kim), Terry, Kelly, Brian, Billy (Mary), Dale (Anna) and Bobby (Cathy). As well as many nieces, nephews, cousins, and friends. Their memories of their brother, uncle, cousin and friend will be cherished and kept close to their hearts.

A celebration of his life will be held on Friday, August 23, at noon in the Kildonan Community Church, 2373 Main St., Winnipeg, MB. with the interment of his urn to follow.

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**OBITUARY**

**William (Bill) Hoydalo**  
August 6, 1936 – August 2, 2024



With deep sadness and family by his side, Bill Hoydalo at age 87, peacefully passed away on Friday, August 2.

Bill was predeceased by his wife, Shelley of 63 years.

Left to cherish his memory are his children, Linda, Lori-Ann, Lyana (Dale), his grandchildren Steel (Jen), Leah (Nic), Stevin, Damien (Margaux), Haley, as well as many nieces and nephews who loved their uncle Billy. Special mention to his neighbors Nick, Carmen, Jenna and Sophie and his favorite dogs T.J. and Lily.

Dad was born and raised in East Selkirk and continued the legacy by raising his own family in East Selkirk.

Dad worked hard his whole life and never really retired formally. As one job ended, he moved onto another project. Dad wasn't born during the era of watching T.V. or video games.

He preferred a good card game with the neighbors or grandchildren or finding the right slot machine that would give him a payout. After Mom passed away, his purpose in life was going to McDonalds twice a day to enjoy the banter and friendship with his coffee buddies. Neighbors said you could set your watches by what time he drove by their houses.

Dad loved to tinker with all things mechanical. He always had a piece of equipment to fix, from the lawn mower, to cars, trucks, tractors, combines, swathers and his grader.

Dad loved his daughters, his son-in-law and his grandchildren, but he also loved animals and bird watching. We had to make sure he had a steady supply of bird seed and that the hummingbird feeder was cleaned and filled at all times.

For the past several years there were two dogs that Dad cared for beyond all others. A black lab named T.J. and a German Shepherd named Lily. He fed, brushed, played with and scolded these two dogs. He adopted the dogs and their owners, Nick, Carmen, Jenna and Sophie from next door and was considered family by them.

We would like to thank all the Earth's Angels that helped Dad especially in the past few years. Whether it was helping him up from a fall or applying Band-Aids to his fragile torn skin or bumps and scratches.

Mom passed away in October 2017, and we know she has lots of questions for you about the last seven years. We love you Dad. Rest in Peace.

As per Dad's wishes, a private service has taken place with a final resting place in the East Selkirk Cemetery.

In mornings quiet,  
hummingbirds take flight,  
their wings a dance of colors in the light.  
A fleeting touch of grace,  
a gentle hum,  
a reminder of the love that's never gone.  
As we bid farewell and feel the ache of loss,  
their fragile beauty helps  
our hearts emboss.  
In each soft beat, a memory,  
serene and bright.  
To guide us through the  
darkness, towards the light.  
-Author unknown

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



# Announcements

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**OBITUARY**

**Calvin Cuthbert Long**



With love and gratitude in our hearts, we share that Calvin Cuthbert Long has left this world at Betel Personal Care Home on August 3, 2024.

Left to cherish his memory are his loving wife Arlene; sons Brant (Cynthia), Kevin (Kathi), and Garrett (Jessie). Also left to cherish his memory are Kevin's children Michael (Kaleigh and great-granddaughter, Emryn) and Christopher; Brant's family Julian (Brooke and great-granddaughters Chloe and Alexis) and Virginia (Garth and great-grandchildren Aurora and Declan). He also leaves behind sister Wilma, brother Jim (Dorothy), sister Sherrill (Donald), brother Glen (Ruth), brother Garry (Lucille) as well as numerous nieces, nephews, in-laws and friends.

Calvin was predeceased by his father Gerald in 1964 and his mother Annie in 2001.

Calvin was born at Victoria General Hospital in Winnipeg on January 26, 1928 and lived as a life-long resident of Clandeboye, Manitoba. Love came to him a little later than most, but it finally arrived when a young teacher moved to Clandeboye and boarded at the home of Calvin's Mum. When they married in 1965, Calvin would only promise Arlene 25 years of marriage, but that turned into 59 wonderful years together. Calvin was truly a jack of many trades in his life, providing for his family as a farmer, mechanic, and carpenter. We were always amazed at his skills, including during his retirement when he followed his love of airplanes and built his own ultralight aircraft while fashioning many of the component parts himself. While not a huge player of games, he always enjoyed a game of Aggravation with friends and a game of Crib with family.

Thank you for being the best Husband and Dad you could be and raising us to be the best we could be. We will love you and miss you until we meet again but are comforted to know that you are now at peace.

The family would like to thank the staff at Selkirk Regional Health Centre and at the Betel Personal Care Home for the care they provided in the last weeks of Calvin's life. Your kindness, dignity and respect were appreciated.

A Service of Remembrance for Calvin will be held on Friday, August 16, 2024, at 1 p.m. at Gilbert Funeral Home in Selkirk, with interment to take place at the Clandeboye United Church cemetery later in the day.

In lieu of flowers please live each day with kindness and consideration of others, or donate to a charity of your choice in Calvin's memory.

Gilbart Funeral Home, Selkirk in care of arrangements.



**OBITUARY**

**Lorne Arthur Joseph Thomas**  
Heaven bound to join his wife



Lorne passed away very peacefully surrounded by his family on July 22nd, 2024 at his residence, Middlechurch Home of Winnipeg.

Left to cherish his memory are his four children, Lorna Thomas, Rose Marie Hrechkosy (Darryl), Norma Reinhardt (Alex), and "Buzz" Lawrence Thomas, and Lorne's pride and joy, his four grandchildren, Bryce, Lindsay, Amber and Matteo. He is also survived by his nieces Josie, Rosie, Doreen, and nephew Louis, his cousin Michael Crawford and family in Kent England.

Lorne was predeceased by his wife Joanne in 2022, by his parents Stuart and Dorothy "Olive" Thomas, and sister Daisy Rosenfelt.

Dad was born at the family farm in Foley, Manitoba where he spent his early life, moving to Hazel Avenue in Winnipeg Beach with his mother in 1946, after his fathers passing. As a young teenager, Lorne worked many jobs in Winnipeg Beach, including the midway, the dance pavilion and his favourite, cleaning the Moonlight Special Train before its return to Winnipeg on weekends. As a young man, he worked with Fussy Isfeld setting/pulling nets on the lake in the summer and ice fishing in the winter. In early 1955, Dad met Joanne Nelson and as they would say, the rest is history. They married in June 1956 residing in Winnipeg Beach and starting their family. Dad worked on road construction for various companies working on many Manitoba highways, and the runways at a few airports including the Winnipeg airport. Dad retired from the Department of Highways, Petersfield branch in 1989. While working full time with the Department of Highways, Dad also maintained a small private business doing yard work/maintenance for the summer residents in Winnipeg Beach and surrounding areas. Life's adventures, took Dad and Mom to Nanaimo BC in 1989, moving back to Manitoba in 2007. Many memories and great travel adventures filled their days in retirement.

We would like to thank the staff on unit B1 at Middlechurch nursing home for their great care and being a part of our family for the past six and half years! The staff are top notch and we have been thankful for your care of our Dad, and us!

In lieu of flowers, donations may be made to either Black Bear Rescue Manitoba at [www.canadahelps.org](http://www.canadahelps.org) or Hope For Wildlife at [www.hopeforwildlife.net](http://www.hopeforwildlife.net).

The service will take place on Monday, August 26, 2024 at 11:00 a.m. in the Gilbert Funeral Chapel, Selkirk, MB. A private family interment will take place.

Tributes: [www.gilbartfuneralhome.com](http://www.gilbartfuneralhome.com)

Gilbart Funeral Home, Selkirk in care of arrangements.



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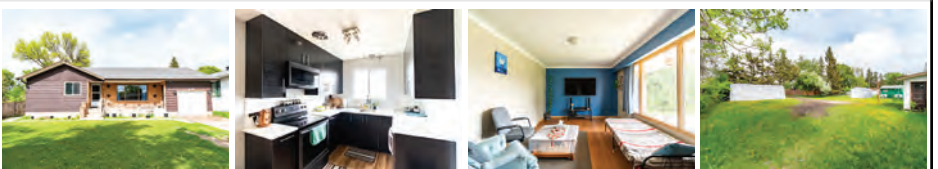
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**FEATURE OF THE WEEK! 233 MANCHESTER AVE, SELKIRK \$349,900**



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Spacious bungalow w/awesome in law suite is perfect for your multigenerational family. Updated kitchen w/dark cabinetry, white subway tile & stainless steel appliances plus coffee bar area & unique hutch for extra storage & charm. Large, bright living space off the front door which leads to a classic covered martini deck. 3 nice sized main floor bedrooms & an updated 4pc bathroom. Downstairs find your in-law suite w/egress window. Many updates include flooring, furnace & hot water tank. Massive 63' x 157' lot also has a 42' x 12' attached tandem garage w/openers & driveways on both sides. Close to Main St on Manchester. Walking distance to restaurants, shops, & amenities.

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**PENDING!**



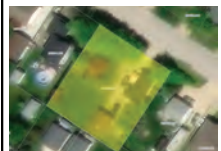
15 Wedgewood Pl  
Gimli  
\$46,700

**PENDING!**



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**PENDING!**



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