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The Selkirk Record

THURSDAY, AUGUST 25, 2022

VOLUME 13 EDITION 33

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**Summer
camp fun**

RECORD PHOTO BY KATELYN BOULANGER

Selkirk and District Ukrainian School of Dance held their 2nd Annual Ukrainian Dance Camp last week. Dancers had fun with their friends and improved their dancing skills. See more photos on page 13.

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K-Cups
Assorted 12 pk

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or Salami

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/100 g



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PRICES IN EFFECT: THURSDAY, AUGUST 25 - WEDNESDAY, AUGUST 31, 2022

BPW Selkirk spreading Human Trafficking Awareness

Local businesses asked to help out with awareness campaign

By Katelyn Boulanger

The Business and Professional Women's Club of Selkirk is hoping that local businesses will team up with them to help spread awareness about human trafficking happening in our communities. Businesses in the community will be approached next week with posters and BPW is hoping that every business in town will put one in their windows to signal that Selkirk is a community that cares about this issue.

The initial idea for the campaign came from one done by the Ontario BPW who went to gas stations along major transportation routes and asked to put up awareness information in those areas where people travelling through might see them.

"What we're trying to do is make awareness in hotels, gas stations, [really every business in our community] has a hand," said Colleen Allan, president of BPW Selkirk.

Bringing awareness to human trafficking is one of the priorities of both BPW Selkirk and BPW Canada. With this campaign, the group is also supporting fellow BPW member Kelly Franklin of Ontario who started the Maple Leaf project and bringing attention to the Joy Smith Foundation which is a resource for information

about human trafficking.

Allan says that their main message is that, "It can happen anywhere, anytime, to anyone."

Unlike in the past when predators had to approach their target in person to gain their trust, much of this can happen online by people that the victim knows, or thinks they know but are impersonating someone they do know and, of course, people that they meet online. Because of this, parents, guardians and grandparents should all be informed but other members of the community can also help by asking questions if they see something that doesn't seem right

Allan wants people to realize that there have been verified cases of human trafficking in our own community.

"We seem to think, like with my work in mental health and addiction, that this is in somebody else's backyard. This isn't in our backyard and



RECORD PHOTO BY BY KATELYN BOULANGER

Colleen Allan, Claire Cyrenne, Kathy Medley, Elizabeth Swirsky and Dawn Swirsky are some Selkirk BPW members who are invested in promoting Human Trafficking Awareness.

Continued on page 7

**Celebrating our
Selkirk Employee
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Paige B.

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a job well done!**

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Sun – Breaded Pork Chinese Stirfry
Mon – European Stew
Tue – Jambalya
Wed – Beef Donair
Aug 25 – 31, 2022

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204-482-1900

THE 2022 SELKIRK ART CRAWL
August 27
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Rain or Shine

- Open air market featuring artists, artisans and makers on Manitoba Ave.
- Live music
- Mural walks at 11am and 2pm
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Looking for local performers to team up

By Katelyn Boulanger

Keith Irwin is a music teacher, performer, and has put together many performances in his life. He's hoping that now that pandemic restrictions have lifted that local bands might be interested in playing live performances in public venues again.

"I teach guitar, piano and bass guitar. That's how I make my living but what inevitably happens is after a while people want to do shows and no one knows what to do or how to go about doing it and I understand those things. So, I just ended up doing it," said Irwin.

Irwin has been working in the music industry for over forty years and wants all members of our community to be able to showcase their talents. That's why he's trying to get back into contact with local bands in order to put together all-ages shows in the community which is something that he used to do before COVID.

He says his history of performing and learning about show production since his early twenties has given him the skills to put on these performances and that he wants performers, in-

cluding youth in our area, to have a place where they can play in front of a live audience.

Performance opportunities like this give local youth and adult bands the chance to perform in front of a local audience when they are beginning their careers which is valuable in developing skills that they wouldn't be able to obtain practising without the feedback of the crowd.

"[Also, they] get a huge accolade when [they] perform live. That's why people go to the stage at any level. That's why they do it," said Irwin.

He also said that he's been hearing from local people that they want these performances back.

"People are starved for performance. There are no shows, everybody wants to go to shows," said Irwin.

To put this performance on, he says, he needs to obtain a special license which allows minors to be in the room when alcohol is being served so that the younger performers can participate. This license is something that he says has been easy to get in our community because of supportive venues which have included The Merch, The



RECORD PHOTO BY BRETT MITCHELL

Keith Irwin and his band playing at the Merch.

Army Navy and the Legion.

Irwin says all of the past performances of this sort that he's put on went well and that crowds have been very supportive of the performers.

Though right now Irwin doesn't have a date for the performance as he is still searching for talent, he asks that members of the public support the effort when they learn about the performances taking place.

Members of local bands that would like to participate can reach out to Irwin via email at 700@mymts.net or call 204-720-0300 and he can give you more information about the opportunity.

"It's a good opportunity. If you want a chance to perform. If you want to run your own show, I'll show you how to do it," said Irwin.

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6018 E 75N Road, Stonewall, Manitoba
- August 15th, 6:30 PM - **Aki Centre**
1985 Grassmere Blvd in West St. Paul, Manitoba
- August 27th, 10 AM - **Matlock Recreation Centre**
77 Matlock Road
- August 29th, 6:30 PM - **Farmers Hall Gimli**
1611 MB-231
- September 12th, 6:30 PM - **Gaynor Family Library Selkirk**

Pick of the birds: From field to feeder

By Ty Dilello

The Elskamps family farm is located in Woodlands, where they grow wheat, canola, corn, oats, and black oil sunflowers.

"The fields that we plant have been in the family since the 1950s, and we take great pride in the land we farm, the product we produce, and the customers we serve," the family said.

"In July 2021, we saw an opportunity to continue contributing to local agriculture by taking over ownership of Pick of the Birds, a Manitoba com-

pany with over 30 years of experience in the bird food industry."

Today, third-generation farmer Aaron Elskamp and his wife, Stephanie, plant, grow and harvest sunflower seeds and grains that they use to produce nutritious products for their company, Pick of the Birds.

The Elskamp family are active bird feeders themselves and enjoy the year-round fun of watching wild birds fly into their farmyard and feed outside their window.

Pick of the Birds specializes in man-

ufacturing bird food which allows them to take the sunflowers produced in its fields "from field to feeder."

They plant, grow, harvest, clean, transport, and package all of their own black oil sunflowers to supply avid bird feeders across Canada.

"Our packaging facility is located in downtown Winnipeg in a turn-of-the-

20th century building in the Exchange District. Being a part of the process from start to finish poses challenges, but at the end of the day, it is incredibly motivating and rewarding."

Pick of the Birds specializes in black oil sunflowers, but they also offer a

Continued on page 18



RECORD PHOTO BY TRACY CONRAD STUDIOS

Aaron and Stephanie Elskamp with their children, Jack, Charlie, Leo and Kate.

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Tex Mex Poutine
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in Selkirk

Roxi's by the Red Uptown Cafe
Smoked Brisket Poutine
Smoked brisket, crispy fried onions, gravy, cheese curds, topped with green onions & rosemary horseradish cream

in Lockport

Gaffer's Restaurant
Rockin Poutine
Fries, corned beef, bacon, caramelized Spanish onion, cheddar and mozzarella cheese, chives, topped with beef gravy

in Selkirk

Life a Little Sweeter
Big Mac Poutine
Consists of fries, gravy, cheese curds, pickles, lettuce, hamburger sauce, beef and fried onions

in Lockport

Ricky's
Chicken Tender Poutine
Chicken tenderloin, crispy skin-on fries, beef gravy, cheese curds and green onions

in Lockport

Sonia's Stand
Bacon Cheese Burger Poutine
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Legendary wrestling promoter brings wrestling back to Grand Marais

Submitted

Tony Condello, the legendary wrestling promoter based out of Winnipeg is doing it again.

Live professional wrestling returns to Grand Marais on Saturday, August 27 at The Grand Marais Recreation Centre – Matilda Avenue. Bell time is

7:30 PM, doors open at 6:00 PM.

Tony is certainly no stranger to promoting big events over the years. And the number of wrestling stars that have travelled through his territory is endless. Tony also mentions giving back to the community, "A portion of the proceeds of this great event will

be donated to the Children's Wish Foundation."

"We're going to have 5 great matches," says Tony. "One of the main attractions is a title match for the Canadian Heavyweight Championship. The current champion is Wavell Starr."

Wavell Starr is an internationally travelled veteran of the wrestling game, and has worked for Tony on numerous occasions. Wavell has worked for some of the top wrestling companies in North America including the W.W.E. as part of their developmental system, along with appearing on their nationally syndicated wrestling broadcasts "Monday Night Raw" and "Smackdown".

"A lot of the guys that you see wrestling on TV today, stars from W.W.E., A.E.W., Impact Wrestling – many of them started their careers with me. Guys like Edge, Christian Cage, Chris Jericho, Dr. Luther, Lance Storm, Rhino – all got their feet wet right here in Winnipeg, and many small towns around Manitoba, Saskatchewan, and Ontario working for me many years ago," says Tony.

Tony even remembers a young Kenny Omega wrestling on a famous "Northern Tour" that he promoted many years ago, "I knew he was going to make it to the big time one day. He was so talented back then – you could just see he was going to be a star."

Of course, many of the other stars booked for the August 27th event have also marked their territory in the professional wrestling game.

Adam Knight is also a well trav-

elled veteran, making trips to Japan to wrestle as part of his impressive wrestling resume. Having won major wrestling championship belts along the way of his long career. Knight stands well over 6'4" tall and weighs in at an impressive 285 lbs. He is certainly a force to be reckoned with.

"The Coach" Kelly Russell has also banked more than 30 years in the wrestling business. Starting out his career as a ring announcer in 1989, and then becoming one of the top wrestling referees for the next 25 years of his involvement in the game. However, a few years ago things changed and he has since focused his sights on being the greatest wrestling manager in the world today.

For the first time in Grand Marais – Tony has booked a women's wrestling match. Scheduled to appear is Canadian women's wrestling veteran, Kat Von Heez – with an opponent yet to be named. Kat has wrestled all over Canada, and many parts of the USA.

Bob "Doc" Holliday is also scheduled to host, and ring announce this great event. Bob's contributions to the wrestling business and the media in Winnipeg are by far the most impressive. Having promoted the A.W.A. back in the 1970's and 1980's along with promoting the W.W.E from the mid 1980's up until just a few years ago, his resume is very impressive. Not to mention the many, many years of writing for the Winnipeg Sun, and countless jobs in the radio game.

Tickets for the event are available (but are almost sold out) by contacting Tony directly at 204-229-9173 for more information.

DOORS OPEN AT 6 PM SHOW STARTS AT 7:30 PM

For advance tickets call :

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House of Economy gives back to community

\$18,000 goes to each of the four community groups that support House of Economy

By Katelyn Boulanger

Every year the House of Economy, a local second-hand store run by volunteers, gets to do some math and figure out how much money they raised for the local community. The store is staffed by volunteers from the Selkirk Friendship Centre, Selkirk Community Arts Centre, Gordon Howard Centre and House of Economy Community Group. These four organizations' volunteers work together to make a bigger impact than they would have alone with each being able to take home \$18,000 this year to support their community.

"We feel so honoured when we get to present money [every] year, we're still working with COVID a bit. We haven't had our store open full time but, I think overall, considering we've been open 10 a.m. to 2 p.m., I think we did super great," said Colleen Girling, the president of the House of Economy Community Group at the cheque presentation earlier this month.

Girling thanked the volunteers, many of whom volunteer on behalf of all four groups in order to have the biggest impact possible in the community.

"Without you guys, we wouldn't be here today. House of Economy has a very special group of people. We are like a big family," she said.

The idea for the House of Economy originally started out of the abundance of donations that the Selkirk Friendship Centre was receiving. After giving as much of the donations back to people in need in the community as possible, they decided to put together a local second-hand store in order to give residents a chance

to purchase the donations and raise funds for the centre. This was in 1981. After some time, they teamed up with other community groups so that more volunteers could take part.

The House of Economy is a non-profit organization in the community run completely by volunteers. They receive their donations completely from the community.

"All the stuff we receive is received from people that are very generous and donate to us from Selkirk and the surrounding areas. People as far as Winnipeg bring us donations too because everything we make we give right back into our community," said Girling.

The four groups that now work together to operate the store will each be using the proceeds to help fund programs and services at the Gordon Howard Centre, Selkirk Community Arts Centre and Selkirk Friendship Centre. The House of Economy Community Group is a little different as they take their proceeds and donate them to other local groups like the Selkirk District Seniors Resource Council, Project Linus, the Lord Selkirk School Division, and the Interlake Eastern Regional Health Authority's palliative care program just to name a few.

Girling says that she enjoys being able to give back to these groups.

"It's a very nice feeling to be able to give back that amount of money to your community," she said.

However, Girling is also quick to point out that without people donating to the House of Economy none of this would be possible.

She also encourages residents who



RECORD PHOTOS BY KATELYN BOULANGER

Colleen Girling presenting the House of Economy cheque to Pat Johnson, Bev Galbraith, and Lynne Kowal from the Selkirk Community Arts Centre.

may not have stopped into House of Economy to head over and see what they have to offer.

"It's a wonderful store to come and check out. We do have a lot of good stuff in there, a lot of good clothing and household items. And if somebody's looking to start new in their life or if anybody needs household items, or clothing, or shoes or anything really come down to our store,"

said Girling.

If residents would like to donate to House of Economy they do ask that you make your donation during regular business hours as donations made after hours have a tendency to be damaged if left in the elements.

If you would like to volunteer at House of Economy stop by their 246 Manitoba Ave. location during business hours to learn more.

> BPW, FROM PG. 3

the fact is, it can happen anywhere, anytime, [and has happened in Selkirk]," said Allan.

To help get this message that all residents can help stop human trafficking in our community the group has enlisted the help of Inclusion Selkirk. Next week, people from Inclusion will be approaching local businesses asking them to hang the posters in their windows.

Allan hopes that businesses all over Selkirk will display their posters in their front windows so that the most people possible will be able to see them. Since Selkirk is a small city, she

feels that our community has a real shot of the posters being visible in almost every business.

"We want to see [the posters] and put Selkirk on the map, as literally a premier place to be aware of and working towards eliminating human trafficking," said Allen.

For more resources about human trafficking, awareness check out Project Maple Leaf at <https://projectrecovery.ca/project-maple-leaf/> and The Joy Smith Foundation at <https://joy-smithfoundation.com/>.

If you suspect a human trafficking situation of taking place, call the RCMP.

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> Got news?



Call Katelyn Boulanger

Manitoba government announces plan to increase minimum wage to \$15 by October 2023

Submitted by Manitoba government

The Manitoba government is announcing its plan to increase the minimum wage to \$15 by October 2023, Premier Heather Stefanson announced today, noting government will soon begin consultations with small businesses on the effects of this change.

"Our government recognizes the financial challenges many Manitobans are facing as a result of global inflationary pressures," said Stefanson. "Today's announcement delivers on our commitment to making life more affordable for all Manitobans. This phased-in approach will ensure small businesses remain strong and continue to grow while helping workers and their families get ahead by earning bigger paycheques. Our balanced approach to increasing the minimum wage will help workers make ends meet while also recognizing the concerns of small businesses who are struggling during this difficult time."

Earlier this spring, in recognition of

exceptionally high inflation, the Manitoba government passed amendments to the Employment Standards Code to increase the minimum wage above the rate of inflation, the premier noted.

Following consultations with the labour and business communities, the provincial hourly minimum wage will increase to \$13.50 from \$11.95 on Oct. 1, 2022. Additionally, the province intends a further increase of 65 cents on April 1, 2023, that will raise the minimum wage to \$14.15 per hour. With the expected consumer price index increase for 2022, the next indexed adjustment will bring Manitoba's minimum wage to around \$15 for Oct. 1, 2023, the premier added.

"This wage increase will provide much-needed support to hard-working Manitobans who have been burdened by soaring cost-of-living increases," said Labour, Consumer Protection and Government Services Minister Reg Helwer. "Manitobans have worked tirelessly throughout

the COVID-19 pandemic, and we are committed to relieving some of the financial strain."

However, an additional increase to the minimum wage could create pressure on Manitoba's small businesses. To help reduce this risk, the Manitoba government will be consulting with the industry on support programs to help adjust to higher payroll costs.

"Manitoba small businesses are the backbone of our economy and we are committed to helping them grow and thrive," said Economic Development, Investment and Trade Minister Cliff Cullen. "As we continue to grow our economy, we want to attract more workers and high-quality investments to our province. We are committed to working with our business community to address the impacts of this wage increase and find workable solutions together."

Information on Manitoba's minimum wage and other employment standards is available at www.gov.mb.ca/labour/standards/.

Manitoba confirms monkeypox case; COVID hospitalizations, infections, deaths increase

By Patricia Barrett

Manitoba Health confirmed last week the first case of monkeypox in the province as the virus continues to spread across Canada.

The individual's region of residence, gender and age will not be provided due to the risk of identifying the person, states an Aug. 19 provincial news release. The infection occurred outside the province.

Public health officials will "provide notification to close contacts, and to specific locations if the risk to others is considered high and contacts may be unknown."

As of Aug. 14, 168 doses of a preventative vaccine have been administered to Manitobans who have identified as gay, bisexual or men who have sex with men and who've met certain criteria such as having received a diagnosis of chlamydia, gonor-

rhea and/or syphilis in the past two months, have had two or more sexual partners in the last 21 days or have attended bath houses or sex clubs.

As of Aug. 19, there have been 1,168 cases of monkeypox confirmed in Canada (excluding Manitoba), with 571 in Ontario, 453 in Quebec, 119 in B.C., 19 in Alberta, three in Saskatchewan, two in Yukon, and one in New Brunswick, according to federal data.

Other health news:

The provincial government's weekly COVID surveillance report for August 7-13 shows a sharp increase in new infections, hospitalizations, intensive care unit admissions and deaths since the previous week's report.

There were 455 new lab-confirmed COVID infections, an increase of 108 cases over the 347 reported the previous week. The province's data are

an undercount as PCR lab testing is restricted and rapid antigen tests are not tracked.

There were also 72 new hospital admissions for the virus during the above period, including 19 people requiring ICU intervention. The previous week's report showed 57 hospital admissions and 12 people having been admitted to intensive care.

The province doesn't provide a cumulative total of how many people with COVID are in hospital on a given day.

The previous week's death toll was 2,079. It has risen to 2,093, an increase of 14 deaths.

There were seven new COVID outbreaks in personal care homes and hospitals in the Winnipeg and Northern health regions.



> CONTACT US

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View the Selkirk Record online at
selkirkrecord.ca

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

TROUBLE WITH PAPER DELIVERY?

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

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Government provides \$167,000 to support Circles for Reconciliation Inc.

Submitted by Manitoba government

The Manitoba government is providing \$167,000 in funding to support the ongoing operation of Circles for Reconciliation, a Winnipeg-based national charity that facilitates small group gatherings – circles – between Indigenous and non-Indigenous participants that aim to establish and maintain authentic, mutually respectful relationships, Indigenous Reconciliation and Northern Relations Minister Alan Lagimodiere announced recently.

“Our government is committed to advancing reconciliation to build trust, affirm historical agreements, address healing, and create a more equitable and inclusive society,” said Lagimodiere. “We are proud to support this unique, grassroots program that facilitates meaningful dialogue

and learning opportunities on current and historical themes related to reconciliation.”

The Manitoba government is providing Circles for Reconciliation (CFR) with an operating grant of \$167,000 for 2021 to 2023. This funding will support staff salaries, allowing CFR to build its capacity to respond to the ever-growing demands for circles in communities throughout the province and to establish financial sustainability, the minister said.

“Over the past five years, we have held well over 100 circles in six provinces in response to the tremendous thirst for reconciliation among Canadians from all walks of life,” said Raymond Currie, co-founder, CFR and retired professor, University of Manitoba. “In Manitoba alone, we have hosted multiple circles in Win-

nipeg, Brandon, Flin Flon, Selkirk and Thompson. Our success stems from the fact that we are an equal grassroots partnership of Indigenous and non-Indigenous people. We have offered circles for virtually every type of organization, from businesses to non-profits to educational institutions. Our ongoing research reveals a very high level of satisfaction from participants, who continually demonstrate an ongoing commitment to actions advancing reconciliation long after the 10-week circle they attend. We are very grateful for this strong vote of confidence from the provincial government to continue our work.”

Circles are purposefully designed to bring together five Indigenous and five non-Indigenous participants, following from the belief that relationships are built by equal voices. Each

circle meets for 10 gatherings, led by two trained volunteer facilitators, to lay the foundation for respectful relationships. By participating in Circles for Reconciliation, Indigenous and non-Indigenous participants learn from each other in a safe and respectful environment about important aspects of Indigenous people’s history, such as the Indian Act, the ‘60s Scoop and the justice system.

“Our government is proud to support this incredible learning opportunity as part of our ongoing commitment to reconciliation through principles of respect, engagement, understanding and action,” said Lagimodiere.

To learn more about Circles for Reconciliation, visit circlesforreconciliation.ca.

City of Selkirk to light up water tower to support FASD Awareness Day

Submitted by IERHA

The Interlake Fetal Alcohol Spectrum Disorder (FASD) committee is hosting a free all-day event and the first FASD Awareness Day proclamation announcement by City of Selkirk Mayor Larry Johannson.

The event will feature guest speakers, food, a “who is in your village” community partners fair, drumming group, hands-on activities and Cultural teachings for FASD Awareness Day on Sept. 9. In addition, the Manitoba Legislature in Winnipeg and Selkirk’s water tower will be lit up in red to mark FASD Awareness Day.

Fetal Alcohol Spectrum Disorder (FASD) is a diagnostic term that describes the range of effects that can occur in an individual who was exposed to alcohol prenatally.

Sherisse Picklyk Dear, chair of the Interlake FASD Committee, says the event is put on to share knowledge of different perspectives on pregnancy and honor neurodivergent people.

“This year’s FASD Awareness Day event is hoping to link the community with a deeper understanding of why FASD still occurs in 2022, what supports are available for pregnant people who use substances and what supports are available for individuals who have FASD and their families,” she said.

“We also hope to open a dialogue with folks to change the conversation they might have with a pregnant person who uses substances or a person who has FASD. As a service provider, how we interact with and speak to a pregnant person who uses substances or a person with FASD is important

and key to supporting them appropriately.”

Health Canada estimates that nine in every 1,000 children born in Canada have FASD. FASD Awareness Day was first proclaimed in Manitoba in 2019. FASD is a lifelong neurodevelopmental disorder that can impact a person’s learning, physical, cognitive, behavior and development. Often stigma, shame and fear are associated with the disorder and are intrinsically connected to the plethora of reasons that a pregnant person may not seek support if using substances during pregnancy.

Furthermore, many rural communities do not have specific supports and programs for pregnant people who use substances. A non-judgmental, trauma-informed and harm-reduction approach is the best practice, says Picklyk Dear.

The in-person event takes place at the Selkirk United Church, 202 McLean Ave. in Selkirk, with some presentations available through Zoom. Doors open at 8:30 a.m. with opening remarks at 9 a.m., and the event will run until 3p.m.

The Interlake FASD committee is a non-profit community coalition that aims to raise awareness about FASD across the Interlake region and has hosted events in Selkirk since its inception in 2014. Locally, Interlake-Eastern RHA provides two FASD diagnostic coordinators who specialize in the referral and assessment process and provide education and support to the community and families going through the process.

Andrea Dell covers central Selkirk,

north up Hwy. 59, 9, 8, 7 and 6. Devon Ungurain covers the eastern side of the region, including some fly-in communities. For more information on the referral process please contact Andrea Dell at 204-785-7547 or adell@ierha.ca or Devon Ungurain at 204-268-7705 or dungurain@ierha.ca

Also, unique to Canada and only available in the IERHA is the Mani-

toba Key Worker program. The Manitoba Key Workers provide intensive support and education to caregivers whose children are exposed to alcohol prenatally or who have an FASD diagnosis. For more information about this program, please call Kristy Magnusson at 204-785-7548 or email kmagnusson1@ierha.ca



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Celebrating alcohol and substance recovery on Sept. 10

By Autumn Fehr

It's important to celebrate recovery. National statistics show that 3.3 million people die due to harmful use of alcohol, and 350,000 people die from alcohol and drug use disorders each year.

"Alcohol and alcoholism are the number one drug and the number one problem no matter what other drugs come and go. It's always there and it's always been the main choice for people," said Colleen Allan, Executive Director at the St. Raphael Wellness Centre.

That's why the St. Raphael Wellness Centre (SRWC) brought Recovery Day to Winnipeg in 2019 to celebrate those who have recovered from ad-

diction, with around 2,500 people coming out to celebrate.

"Recovery Day is to begin to look at reducing the stigma of mental health and addiction and to give people hope," said Allan.

Recovery Day Winnipeg returns this September after a two-year COVID-19 hiatus for its second in-person event at The Forks.

Over the past two years, in 2020 and 2021, they shifted to a virtual Recovery Day event to continue celebrating the community recovering from addiction.

Recovery Day is meant to celebrate

Continued on page 11



PHOTO SUBMITTED

Recovery Day will be held at the Forks in Winnipeg on Sept. 10.

A team of duck hunters won the Grand Beach bike rally

By Laura Tutlies

Put some relaxed grown-ups on bicycles. Dress them in video game-inspired costumes, and you get the sense of carnival that is a hallmark of the annual Bike Rally hosted by the Cottage Owners Association of Grand Beach Park. No one can remember when the video game theme first debuted, but the Rally has been going strong since it was conceived as a fundraiser in 1974. This year's planner Paul Gadiant thinks the Nintendo vibe can be attributed to the contestant's age. These are the video games traditionally played on rainy cottage days, well before the days of the current computer games played by this generation of kids as they hang out with their parents at the cabin and their friends on the boardwalk in Grand Beach.

The event is considered the summer's social highlight, at least for adults. The kids have Halloween in August and Lip Sync at the end of

the season. Weekly there are sporting events, indoor and outdoor tournaments, movie nights and day camps courtesy of the club. Funds from the Bike Rally, including ticket sales for entry, drink tickets, plus a huge silent auction table supported by generous sponsors, all go to the upkeep of the community club and summer programs. These include the salaries of the students who coordinate the programming of events for the youth and the projects under the umbrella of the Grand Beach Cottage Owners Association {GBCOA}. At the top of that list is the maintenance and staffing of the doctor's office in the park. The jubilant organizers of the 2022 Rally are celebrating that the doctor's office will be open in 2023. Of note, the event was not held for two years because of the pandemic so the party this year had an especially happy vibe as old friends gathered for the signature event.

Twenty-two teams of eight began

pouring into the ball field at the club before the rally kicked off at 5 p.m. on the first Saturday in August. In total 150 characters attended the evening social, which wrapped up at about one in the morning. Ten rally stops were scattered throughout the park cottage area and within the town of Grand Marais. Each team of cyclists was required to check in and perform a particular challenge. Food and drinks were offered at every rally station as an instant reward.

Susan Prohaska and Sandra Marriott-Silver, convincingly dressed as Mario Brothers – moustache and all, were manning the tennis court check-in and overseeing the race on the tennis turf. The area was set up to replicate a Mario game racetrack. When I asked how a winning team was decided, they laughed.

"It's a secret! Sometimes, the last team in is the winner; sometimes there is some kind of clue that generates the win. But throughout the race, no-one

is privy to what it takes to place first."

Susan pointed out that the common chant as the riders head out is "Good Luck – I hope you win." This is because whichever team wins this year must host the event next year.

It turns out that Paul Gadiant and his team won in 2019 and therefore were responsible for this year's event. At the kickoff, every participant was given a drinking cup. Some thought it might be a clue and feared they might lose the party glass, which was required to be turned in at the end. Apparently, the cup was a red herring and had little to do with winning. It was just for drinking. The teams had to answer 20 questions and figure out the clues. In the end it was down to three teams, with the winner for 2022 being declared at the evening social. In 2023 it will be "Duck Hunt" that host the Bike Rally. Is it an honour? We'll see.



Princess Daisy and Princess Peach were with their Mario friends.



RECORD PHOTOS BY LAURA TUTLIES

Team Duck Hunt were the winners of the Cottage Owners Association of Grand Beach Park 2022 Bike Rally.



This is not the Final Lap if they win first prize at the Bike Rally.

Celebrating Miracle Treat Day with Blizzards in August

Local Dairy Queen raises over \$12,000 for Children's Hospital

By Katelyn Boulanger

The local Selkirk Dairy Queen was packed with residents wanting to buy blizzards and support this year's Miracle Treat Day. All-totalled Dairy Queen donated \$12,800 to our local children's hospital.

"I think we had 36 of our staff working at some capacity that day. [It was] very busy day and a lot of fun," said Jim Douglas who owns Selkirk Dairy Queen.

The Children's Hospital is Dairy Queen's national charity of choice and on Miracle Treat Day for every Blizzard purchased, participating locations like the one in Selkirk, donate net proceeds to their local children's hospital foundation.

"Kids are our future and we here have had experience with some of our staff that have had to use children's hospitals numerous times. It just ties it all together," said Douglas.

He says that the restaurant was busy throughout the day on Aug. 11.

"[During the day] we had kid's activities. The RCMP was here, the Sel-

kirk Fire Department was here with the fire truck. And then we had some of our staff volunteers doing face painting and bouncers and all of that kind of stuff," said Douglas.

Miracle Treat Day isn't the only time of year when Dairy Queen raises funds for the Children's Hospital. Funds raised were from Miracle Treat Day as well as other initiatives that they run which include Miracle Balloons, Round up your change for the Hospital, donation canisters and more.

One group that often gets overlooked who is a huge support in our community are our local businesses.

Douglas mentioned that a total of 44 local businesses made Miracle Treat Day pre-orders which was a great support to this cause.

He says his favourite part of the event was the people who came by.

"Kids and families. We have the craziness and the fun that's going on outside and [also] the supportive businesses," he said.



RECORD PHOTOS BY KATELYN BOULANGER

The Differ family were some of the many residents who enjoyed a Blizzard on Miracle Treat Day.



Selkirk Dairy Queen employees having fun with Blizzards.

> RECOVER, FROM PG. 10

recovery. Surrounding individuals and their families with information and support to help those who may still be suffering from substance abuse and mental health problems.

"This is so important that you do celebrate recovery because it takes a lot of courage for people to be able to change their whole life," said Allan.

The stigma around substance use is one of the most significant barriers to seeking and receiving help with an addiction.

"We want to show people that recovery is possible, attainable, and sustainable, and I think that's something people need to hear. They also need to know that there are many sources of help available to them. People are hurting, and the stigma of suffering from mental health and addiction problems prevents people from seeking help for themselves or their loved ones," said Allan.

Recovery Day 2022 will start from 11:30 a.m. to 4:30 p.m. at The Forks in Winnipeg.

The hosts of this year's event are Bruce Oake Recovery Centre, SRWC, the Canadian Mental Health Association (CMHA), Sara Riel, and Two Ten Recovery.

The event will start with an Indigenous drum group, followed by a proclamation and greetings from the province, greetings from the federal government, greetings from the City of Winnipeg, a prayer from an Elder and Knowledge Keeper, and blessings from Peguis First Nation.

To celebrate recovery, a variety of entertainment will happen throughout the day. Entertainment includes Space Case, led by three local singer/songwriters (Rusty Robot, Jonny Moonbeam, and Sol James), Brandi Vezina, a local Indigenous singer-songwriter, Violet Vopni, a local singer-songwriter of Icelandic/Métis heritage, Walking Wolf Singers, led by

Ray "Coco" Stevenson, the School of Aboriginal Dance, a Manitoba based youth Indigenous dance group, actor Tony Dennison, and actor, rapper influencer and life coach Chet Hanks.

Most performers, exhibitors, etc., are either working in the field or recovering and celebrating their recovery.

Approximately 20 vendors will also be present at the event from Selkirk, as well as four food trucks.

Sober Families Alliance is looking after the area of activities for the event. A variety of outdoor activities will be included this year, such as Acro yoga, boxing, dance, inflatable axe throwing, martial arts, yoga, bubble soccer, traditional sports, a reading corner, face painting, and inflatable bouncers with artists.

Recovery Day is about having fun, recognizing the resources that are out there, seeing people who are recovered and celebrating that. It's also about reducing the stigma that people can recover, said Allan.

Sponsorship is essential to continue celebrating recovery through Recovery Day Winnipeg. To inquire about being a sponsor, visit Recovery Day Winnipeg 2022 for more details on the various sponsorship opportunities.

Many people still see alcoholism as a moral problem and see it as a weakness in people.

Recovery Day seeks to solve these perceptions and help people see the problem in a new light.

"We offer the hope that recovery is real attainable and sustainable, and they have support to begin their healing journey of recovery," said Allan.

Anyone who wishes to be a part of this event, find out more information or register as a sponsor, volunteer, vendor, or community agency can visit Recovery Day Winnipeg 2022 online or email taylor@srwc-mb.ca for an application.

Indulge in poutine-themed dishes in this year's Eat Along the Red event

Five local eateries are taking part Sept. 1-30

By Autumn Fehr

It's no secret that the public health regulations at the onset of the pandemic hit the hospitality industry and local eateries hard financially.

A StatCan COVID-19 report on the impact of COVID-19 on food services and drinking places found that by the end of April 2020, the hospitality sector of food and drink services fell 61.3 per cent from pre-pandemic levels looked at in February 2020.

And Manitoba saw the most significant impact. Out of all the provinces in Canada, Manitoba saw the largest decline in revenue in 2020, with 47.9 per cent less compared to 2019. The mean across Canada was 40 per cent.

With the industry suffering, in 2021, Selkirk Biz sought to bring an initiative to help promote the local eateries in their area.

This year, Eat Along the Red is back with a poutine-themed event to entice visitors' taste buds into the community.

"It (the event) was designed to bring customers to our local eateries. We wanted to design something that was going to help bring customers back to their storefronts," said Sheri Skalesky, Executive Director at the Selkirk Biz.

The idea for Eat Along the Red came from another Chamber of Commerce that the Selkirk Biz adapted to present

in their local communities.

Each participating restaurant that signed up to be a part of this year's line-up will create a food item within the realm of the poutine theme and feature the item on their menu for the month.

It doesn't have to be a dish with deep-fried potatoes necessarily – it can be left up to the restaurant staff's imagination. A lot of recognition goes towards creativity, said Skalesky.

The restaurants participating in the event are asked that their feature item be an item that isn't already featured on their menu, she said.

This year, the event welcomes back four restaurants to the line-up: Snak Shak Dairy Bar, Selkirk Golf & Country Club, Roxi's by the Red Uptown Cafe, Gaffer's Restaurant & Lounge, and new this year, Life a Little Sweetener, operating out of Lower Fort Garry.

Throughout the month, visitors will vote online for their favourite menu feature at one of the five local eateries participating in the event.

At the end of the month, they will crown one restaurant this year's customer's choice winner for the best feature dish out of all the restaurants participating.

When choosing this year's theme, Skalesky said they felt that a poutine theme would be safe, as when looking at other food-related events in the province, such as Le Burger Week, La Poutine Week, and La Pizza Week in Winnipeg, it was a popular and recognizable item.

Eat Along the Red encourages tour-



RECORD PHOTO SUBMITTED

Roxi's by the Red Uptown Cafe's smoked brisket poutine for Eat Along the Red month.

ism in the community.

Hopefully, it will inspire more tourism and encourage people to come to the community, said Skalesky.

Last year, in the event's first year running, there were 750 feature items sold throughout the month with their burger theme.

The event was an economic stimulator with about \$13,000 in revenue coming into the community due to the event

"It creates an opportunity for more visitors to come to the area and maybe those visitors will decide to come

back," said Skalesky.

After this year's event, the Selkirk Biz will wait to hear feedback from the participating restaurants and visitors, to see if this is something they want to move forward with again, and to listen to their input and ideas in planning for next year's Eat Along the Red event.

For more information on Eat Along the Red, a list of all the participating eateries with their featured dishes and how to vote for your favourite, visit selkirkbiz.ca.

Selkirk Adult Learning Program hosting registration day Sept. 12 and 13

Learn more about flexible adult learning opportunity in our community

By Katelyn Boulanger

Some learners may stop by to sharpen up a particular skill, others might be learning English for the first time, some might even have been underserved by the education system the first time they went through, but regardless of their background, the Selkirk Adult Learning Program is a flexible way for adults in our community to achieve their upgrading and pre-high school educational goals.

"[SALP] is considered informal education. It's helping adults who are working at a pre-high school level, to work on reading and writing skills, on math skills, as well as computer skills. And so, we have flexible intake and classes are free," said Adele Plett

Bartel, coordinator/instructor at the Selkirk Adult Learning Program.

She says that they take students at whatever level they are at and work with them to achieve their personal goals for their education. This means that some people will go on to take high school credit courses but some may also just want to upgrade a few skills.

For those who wish to eventually get their high school diploma, SALP works with the LSSD's other programs to prepare students.

"We continually transition learners from our program to the high school credit program and sometimes they

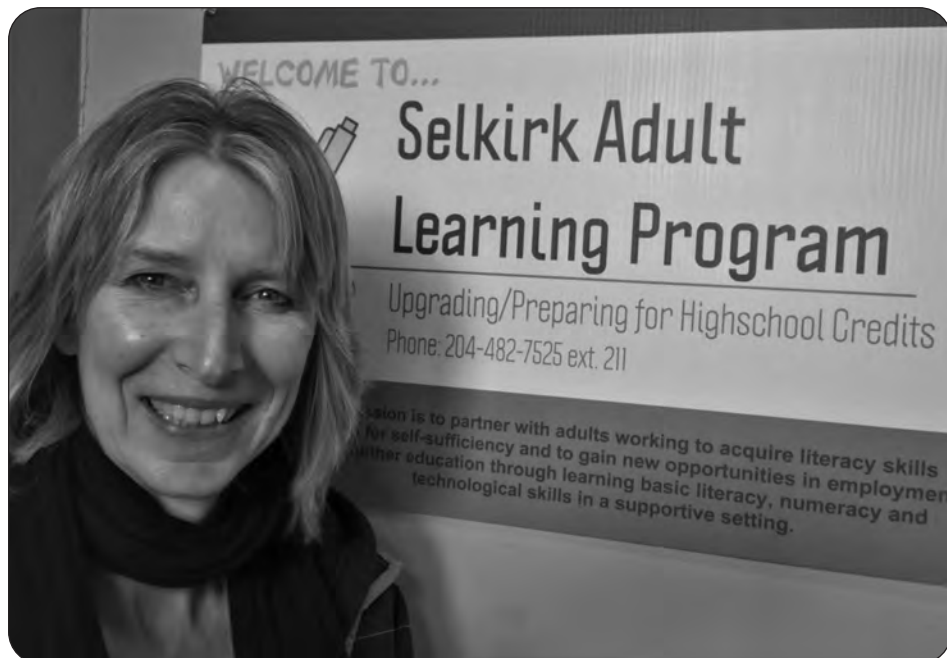


PHOTO SUBMITTED

Adele Plett Bartel, coordinator/instructor at the Selkirk Adult Learning Program with some SALP information.

Continued on page 28

Ukrainian Dance Camp teaches leaps and bounds



RECORD PHOTOS BY KATELYN BOULANGER

Selkirk and District Ukrainian School of Dance hosted the 2nd Annual Ukrainian Dance Camp last week. The students learned a fun dance routine and had a blast with their fellow dancers.



Wetlands the answer to mitigating agricultural stressors, algal blooms; DUC programs

By Patricia Barrett

A few years ago, scientists were predicting that we had a window of roughly 50 years before unsustainably hot temperatures would start to kill off or make uninhabitable parts of our planet, but they're now saying we're practically there.

With the climate crisis causing severe and prolonged droughts in many regions of the world, including that recent three-year stretch in Manitoba that saw crops fail and a shortage of animal feed, the need for water and sustainable farming practices have never been more obvious.

As the planet grows hotter and hotter from the carbon we're pumping into the atmosphere, water – the resource that's vital to our survival – is either drying up at alarming rates or is continuing to be polluted by urban and rural wastewater, runoff from agricultural activities and industrial processes.

But there's a simple solution to preventing more pollution from entering waterways – wetlands. Not only do they suck up nutrients that cause damaging algal blooms, but they also process pesticides, store carbon and make water available in dry years. And there's a shift in thinking around wetlands underway, with agricultural producers looking at incorporating them into their operations.

Research scientist Pascal Badiou from Ducks Unlimited Canada (DUC) says the organization offers programs that pay landowners to retain or restore wetlands on their land. Draining a wetland to increase crop or hay land will often result in marginal land that's not "hugely economically viable." Because wetlands are typically low-lying areas, they could, in a wet year, drown a crop planted there.

"We know wetlands are important carbon sinks. They also tend to cool and humidify the atmosphere. Having wetlands embedded in the landscape helps avoid heat stress for crops and potentially for livestock. They're really good at capturing nutrients and processing pesticides," said Badiou. "If you can keep wetlands embedded in agricultural landscapes, you can actually mitigate a lot of the water quality issues that are often associated with agriculture."

Some of the latest research DUC has been involved with looks at marginal land, whether wetlands, patches of trees or shrubby areas embedded in agricultural land, and how "hugely important" it is for pollinating species.

"We think converting an entire landscape to a monoculture is most efficient in terms of farming, but it's starting to appear that having natural landscapes embedded in cropland provides a whole bunch of benefits that help the landowner and society," said Badiou.

DUC was launched in 1938. It has conserved 711,744 acres and influenced conservation practices on more than 1.1 million acres in Manitoba. In 2021 DUC protected 12,171 acres of wetlands and natural habitat through partnerships with landowners. The organization receives contributions from the Manitoba Habitat Heritage Corporation's Conservation Trust, the federal department of Environment and Climate Change and private foundations to offer incentives to landowners. In 2021 DUC provided \$8.3 million to farmers and ranchers in Manitoba.

In addition to working with farmers, DUC has restored wetlands such as Oak Hammock Marsh east of Stonewall, coastal wetland on the east shore



Research scientist Pascal Badiou from Ducks Unlimited Canada spoke at a Coalition to Save Lake Winnipeg meeting in 2019.

of Lake Manitoba near St. Laurent and Big Grass Marsh near Langruth on the west side of Lake Manitoba.

The proportion of wetland loss in Manitoba is regionally specific, but the range that's generally accepted is between 40 and 70 per cent, said Badiou. There are, however, "hotspots" of loss, such as south of Winnipeg to the U.S. border where "in excess of 95 per cent of the wetlands that once existed there have been drained and converted to cropland."

Some wetlands are protected under provincial legislation that was enacted about four years ago. The 2019 "Manitoba Wetland Classification Guide" by Native Plant Solutions (the consulting branch of DUC) was designed for landowners to help them understand what type of wetlands they have on their property.

Class 1 are ephemeral wetlands. Class 2 are temporary. Class 3 are seasonal. Class 4 are semi-permanent, and Class 5 are permanent. Landowners can apply for a drainage licence for Class 1 and 2 wetlands. Drainage of Class 3 wetlands will be considered under special circumstances. Class 4 and 5 wetlands cannot be drained.

Badiou said landowners typically like to drain smaller wetlands. But small wetlands are engaged in "heavy lifting" in terms of sequestering nutrients, breaking down pesticides, storing carbon and providing habitat to wildlife. Overall, wetlands help reduce the severity and intensity of blue-green algal blooms, which frequently appear on Lake Winnipeg and are currently taking down Lake Erie in Ontario.

Conserving or creating wetlands might come across as a foreign concept because historically farmers were encouraged by governments to convert everything to agricultural production. And that's become ingrained, he said. But we all have a footprint when it comes to water quality.

"Agricultural producers have an impact on water quality through non-point source pollution, but urbanites also have an impact on water quality through wastewater," said Badiou. "I think everyone needs to work together on this."

Part of that work is underway with upgrades to the North End Water Pollution Con-



PHOTO BY DUCKS UNLIMITED CANADA

Ducks Unlimited Canada restored this wetland (shown here in early May 2020) near St. Laurent decades ago. Wetlands store carbon, which is causing global warming, store nutrients and process pesticides that otherwise pollute waterways and provide vital habitat to birds and insects.

trol Centre. The project aims to reduce the amount of nutrients – which contribute to the growth of algae – entering rivers and Lake Winnipeg.

Last week federal, provincial and City of Winnipeg officials announced \$550 million in trilevel funding for the second phase of the three-phase project. Phase 2 entails upgrades to biosolids facilities, which will store and treat sludge that's produced in the process of treating wastewater. Phase 3 – which is not yet approved or funded according to the city's website – will entail the construction of nutrient removal facilities that will take phosphorus and nitrogen out of wastewater.

But wetlands, those "important pieces of landscape that retain nutrients," are part of the solution, said Badiou. Some jurisdictions in fact, such as New York, are working with agricultural producers instead of building multi-million-dollar wastewater treatment plants.

"There are a lot of solutions we can explore on the agricultural landscape, and our farmers and producers are going to be instrumental to meeting objectives," said Badiou. "We cannot do it without them."

DUC works with landowners primarily in the prairie pothole region of western Manitoba, while the east and west Interlake watershed districts work with Interlake landowners.

But any landowner with questions about wetlands on their property, how they can better manage them or what types of programs are available can reach out to DUC's Brandon office at (204) 285-9779 or by email: du_brandon@ducks.ca

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Harvest Fest brings local wares and history together



RECORD PHOTOS BY KATELYN BOULANGER

Many people enjoyed the local vendors and historical fun that was had at Harvest Fest last weekend.



PET of the Month Winner

Gus
August 2022



Fun fact: One year old Gus is a very cheerful and playful dog. Although he is small, he has no problem playing with the big dogs. He just wants to enjoy the company of anyone who's around!

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Gus has won a prize pack from Canvasback Pet Supplies!

To submit your pet for the Pet of the Month 2022 contest, send a photo and a fun fact to:
ads@selkirkrecord.ca

Never Alone Cancer Foundation helping patients overcome hurdles

By Patricia Barrett

If you've ever felt alone after being diagnosed with cancer and are facing financial challenges related to your treatment, the Winnipeg-based Never Alone Cancer Foundation can lend an ear or help people find solutions to get them through their experience.

The registered charity is holding its annual Paws for a Cause fundraising walk in Selkirk and Winnipeg in a few weeks to bring awareness to the services it offers people with all forms of cancer and to honour those who've died from the disease. This is the fifth year for the Winnipeg walk and the third for Selkirk.

"People are welcome to bring well-behaved dogs to the walk or just the two-leggers can participate," said the



NEVER ALONE CANCER FOUNDATION WEBSITE

Former Blue Bomber Lyle Bauer founded the Never Alone Cancer Foundation to help others cope with cancer.

Continued on page 30



RECORD PHOTO BY NANCY ROWSELL

The foundation has held a Paws for a Cause fundraising walk for the past five years in which people can bring their well-behaved four-legged friends. The funds raised stay in Manitoba.

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Family raises funds for Selkirk's family birthing unit

Submitted by Interlake Eastern Health Foundation

On Feb. 25, 2021, Millie Stefanyshyn was born sleeping at the Selkirk Regional Health Centre's (SRHC) family birthing unit (FBU). Months later, Millie's mom Chantelle Stefanyshyn reached out to the foundation about setting up a fundraiser for family and friends to purchase priority equipment for the FBU.

Immediately after the fundraiser was launched, the foundation received a \$3,500 donation to purchase the main piece of equipment – a CuddleCot. Since the goal was reached so quickly, it was decided to keep fundraising and purchase other high priority items for the unit.

In total, the fundraiser raised \$6,937 and the FBU was gifted with a CuddleCot, digital camera and photo printer, two starlight projectors, two portable speakers, two transfer sheets, and a fetal doppler and stand. All of these items will help families experiencing the same loss that Stefanyshyn and her family did when Millie was born.

Stefanyshyn says that the nurses and doctors in SRHC's family birth-

ing unit made the worst day of their lives just a little easier with their exceptional care and empathy.

"We wanted to thank them by having a fundraiser to raise money for a CuddleCot. A CuddleCot provides families more time with their sweet babes who have passed away too soon. It's our hope that all of the new items will help the family birthing unit provide even more support to these families in such a difficult time. We shared our story with Pamela McCallum (IEHF) and she was so helpful in guiding us through this fundraiser to honour our sweet girl and assist other families in a time of need," said Stefanyshyn.

Pamela McCallum, executive director of the Interlake Eastern Health Foundation was touched by the strength of Millie's family and friends during such a difficult time.

"Little Millie made a huge impact on her family and friends. I admire Chantelle's bravery and strength to launch this campaign and it was my pleasure to work with her and see all the support for the family birthing unit. I'm so glad we are able to honour Millie

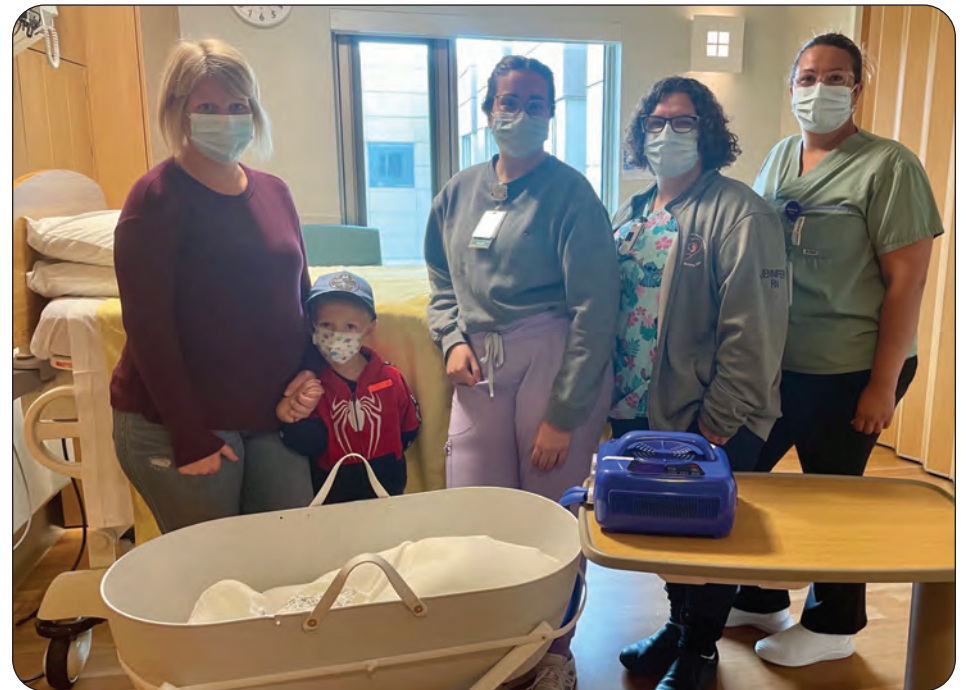


PHOTO SUBMITTED

Chantelle Stefanyshyn, Lincoln Stefanyshyn, Cassandra Belo RN/BN, Jennifer Palsson RN/BN, and Jamie Brown Clinical Resource Nurse - SRHC Family Birthing Unit.

in this special way," said McCallum.

For more information on IEHF and how it benefits the region's patients and residents or to make a donation,

please visit www.iefh.ca or contact Pamela McCallum directly at pmccallum@ierha.ca.



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Offer ends September 30, 2022. Available to new customers, where access/technology permit. Subject to change without notice. Taxes extra. ¹Xplornet Internet data is truly unlimited. There are no soft caps on unlimited plans. ²Prices after month 12 are subject to change. ³Speeds vary based on your technical configuration, traffic, servers, and other factors. Traffic management policy applies see xplornet.com/policies. ⁴Site check fee may apply. If installation requirements go beyond the scope of a basic installation, additional fees apply. See dealer for details. ⁵The Xplornet price guarantee matches the duration of the term. ⁶Current price of Xplornet Home Phone before promotional discount is \$21.99/month. Xplornet 911 service operates differently than traditional 911. For Traffic Management Policies and 911 Terms and Limitation of Liability, see xplornet.com/legal. Xplornet is a trademark of Xplornet Communications Inc. © 2022 Xplornet Communications Inc.

> PICK OF THE BIRDS, FROM PG. 5

variety of mixed products. Wild birdseed, peanuts, finch mix, songbird seed, and deer food, to name a few. This allows them to contribute other commodities grown on the farm, such as oats, wheat, and canola, to its bird food products.

"Shortly after taking on this new venture just over a year ago, one of our goals was to 'go online' with our business to provide consumers with the luxury of fulfilling their birdseed needs from the comfort of their own home. We were excited to launch our

online store via our website www.pickofthebirds.ca earlier this spring which offers local delivery within the Winnipeg and surrounding areas."

"Simply send us a message using our website to arrange local delivery outside of Winnipeg. We'd love to hear from you! In addition to online, our products can be found in Home Hardware's across all of Canada, as well as various local retailers in the Interlake and surrounding area. A full list of local retailers can be found on our website."



Let us do the lifting

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Coolers Ice

Water Softeners & Sa
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We offer Carry Out Service to your car!
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Interlake Artists' Studio Tour

Sept. 3-4
10am - 6pm 2022

www.watchthewave.ca

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2022
Interlake Artists
Studio Tours & Events
June 11-12 & Sept 3-4

WAVE
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RECORD PHOTOS SUBMITTED

Pick of the Birds is a Woodlands-based business that specializes in manufacturing bird food taking their sunflowers "from field to feeder." Aaron Elskamp inspects some of the plants in their early stages.



Stephanie Elskamp enjoys taking photos of birds.

In addition to Pick of the Birds, the Elskamps continued to expand by becoming owners of Orenda Commodity Services, located in Ste. Agathe, Manitoba, with the goal of increasing capacity to fulfill the needs of the bird food market. Orenda Commodities offers "co-packing" services to help meet the demands of the growing market.

"We feel honoured to be a part of the agriculture and bird food industry and continue to adapt and expand

through this ever-changing industry. Farming is our livelihood. It's in our blood, it's how we were raised and how we continue to raise our own families, and we are excited for what the future holds. Stay safe and feed the birds!"



Scenic Flight Tour

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Fall

2022 PROGRAM



LSSD
CONTINUING
EDUCATION

*The Flame of knowledge lights
the path to your future*

JOIN US AND HAVE SOME FUN!

- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms may be subject to change.

REFUND POLICY

- Refunds must be requested **one week prior to course start date less \$15 admin fee.**
- For courses cancelled due to insufficient enrollment you will be notified by email and money will be refunded in full.
- Please note start date, time and location of course. You will be contacted by email **only** if the course is cancelled due to insufficient registration.

CONTINUING EDUCATION PROGRAMS REGISTER ONLINE TODAY!

Swim Registration Opens August 30th

Lord Selkirk School Division
Continuing Education Classes

221 Mercy St., Selkirk, Mb. R1A 2C8

Melissa Nietrzeba ~ Program Director

Phone 204-904-7163

www.coned.lssd.ca

PERSONAL INTEREST

CONVERSATIONAL SPANISH \$130

Thursdays, Sept. 29 – Dec. 1
6:00 – 8:30 pm
(10 sessions)

Start speaking Spanish as quickly as possible. Learn important phrases for travel, how to express yourself in a variety of practical situations such as how to greet someone, introduce yourself and others, order food, learn numbers, time, days of the week, etc.

Each class will have a listening component where students will have the opportunity to practice listening and speaking in Spanish.
Room 149

MEXICAN CUISINE with Aurora Egesz \$125

ALL Ingredients Included for a Meal Each Class!

Wednesdays,
Oct. 5 – Nov. 2
6:00 – 9:00 pm
(5 sessions)

Make Wednesday Night Fun! So Much Food to Enjoy!

Learn how to make flour tortillas and corn tortillas, sea food (camarones a la diablo) cocktail de camarón, tacos al pastor or tacos de trompo, fajitas, sopas, mole verde y mole rojo, arroz rojo, verde y amarillo. At least one vegetarian dish offered each class.
Room 172



INDIAN CUISINE

with Dr. Nandita Selvanathan \$150
ALL Ingredients Included for a Meal Each Class!

Tuesdays, Sept. 13 – Oct. 25
NO CLASS: Oct. 4
6:00 – 9:00 pm
(6 sessions)

In these six weeks, we will create and enjoy six different authentic Indian meals. Including Vegan, Vegetarian and Gluten free options and a traditional favorite, Butter Chicken. Please visit the website for a detailed menu of what's to come! At the end of each class, we will enjoy the fresh meal, just prepared. Please bring a container in case of left-overs.

Room 172

SMALL ENGINE REPAIR \$150

Tuesdays, Sept. 20 – Oct. 25
6:00 – 9:00 pm
(6 sessions)

Get your lawn equipment, chainsaw, log splitter, etc. working this Fall. Hands on maintenance for beginners. Learn in a few easy lessons how you can save on repair and maintenance. Covers basic operating principles and trouble shooting in a relaxed environment. Must be a take home project each week.

Please bring a hearing protection, ratchet set, oil, gas, a flat screwdriver, rags, flashlight and pencil.

Room 199 Power Mech. Lab



DOG OBEDIENCE

Tuesdays, Nov. 1 – Dec. 6
(6 sessions each)

Dogs must be up to date on shots, please bring proof of vaccinations to the first class. Please come equipped with a well fitted collar, 6 foot leash, and lots of tasty treats. No Flexi-Leashes allowed. Please park and enter through back of school.

Lower Multi-Purpose Room

WELDING \$175

Thursdays, Oct. 6 – Nov. 17
6:30 – 8:30 pm
(7 sessions)

For Males/Females
ages 18 to 95!
No Experience
Necessary!

You will learn how to do basic welding procedures in Gas + Mig, plasma cutting, & brazing. Shape metals and weld them together to make a project to take home. Please wear clothing that you don't mind getting holes in and dirty, or coveralls. The welding material you will be using can be purchased through the instructor or can be brought from home. Will be discussed at first class.

Safety glasses and welding glasses #5 or 6 need to be brought to 1st class.
Metals Shop



WOOD WORKING at E.S.M.S

\$150
Tuesdays, Oct. 4 – Nov. 15
6:30 – 8:30 pm
(7 sessions)

Ages 18 to 95, and for all levels of skills. First class covers safety and project plans. Includes instruction on the safe use of the table saw, band saw, drill press, planer, air nailer, jigsaw and all hand tools for woodworking. Projects will be up to you, make what you like or copy the instructor's project. Material cost not included. Please bring safety glasses.

Wood Working Lab at East Selkirk Middle School

PUPPY CLASSES \$80

6:00 – 7:00 pm

BASIC DOG OBEDIENCE \$80

7:15 – 8:15 pm

All ages are accepted. But recommend very young dogs do a puppy class first.



YOUTH CLASSES

***BONUS - Save \$30 and Register for Back-to-Back Dance and Acting on Mondays - \$150 for Both!**

Mondays, Sept. 12 – Nov. 28
NO CLASS: Oct. 10 & 31
(10 sessions each)

DANCE (Ages 6 - 12) \$90

5:00 – 6:00 pm

Come move to the groove with Gabby! Introduction to Jazz, Ballet and Hip-hop dancing. Performance for parents on the final evening!

Cafeteria

ACTING & THEATRE (Ages 7 - 12) \$90

6:00 – 7:00 pm

"Have you ever wondered how to play a specific character for a play? Or how to improvise a scene? Or are you simply wanting to just gain confidence? Come join Dana on Monday evenings for a glimpse into the theatrical world! This class is for beginners, so do not worry if you have no experience. All you need is an open mind and a little creativity!"

Theatre

YOUTH SAFETY

BABYSITTING SAFETY \$60

Saturday, Oct. 1

9:00 am – 5:00 pm

Youth ages 11 - 15 come learn to be a safe, Red Cross Certified Babysitter.

Class includes textbook and wallet certificate. Bring a bagged lunch.

Library

HOME ALONE \$45

Ages 8 & up

Tuesday, Sept. 27

6:00 – 8:30 pm

The Home Alone Program is designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied. Topics covered include, establishing a routine, house key is your responsibility, strangers, telephone, emergencies, basic first aid and internet safety. Kids 8 and up can attend however, the Canadian Gov't recommends kids under the age of 10 should not be left home alone.

Room 149



CREATIVE SIDE

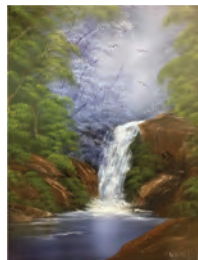
PAINTING

Bob Ross style painting. Beginners always welcome, no experience required. All supplies included.

BONUS* - Register for Both Same Day Classes and Save \$5!
Room 162

WOODLAND WATERFALL

\$80
Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Oct. 1
9:00 am – 12:00 pm



GRUMPY

\$80
Watercolour background and oil painting overlay on a 12" x 12" Stretched Canvas.
Saturday, Oct. 1
1:00 – 4:00 pm



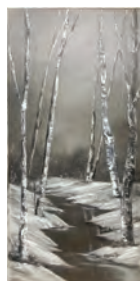
MAKING WAVES

\$80
Oil Painting on a 16" x 20" Stretched Canvas.
Saturday, Nov. 5
9:00 am – 12:00 pm



WINTER BIRCH

\$80
Oil Painting on a 10" x 20" Stretched Canvas.
Saturday, Nov. 5
1:00 – 4:00 pm



WINTER WONDERLAND

\$80
Oil Painting on a 12" x 16" Stretched Canvas.
Saturday, Dec. 3
9:00 am – 12:00 pm



CHICKADEES

\$80
Acrylic with oil painting overlay on a 12" x 12" Stretched Canvas.
Saturday, Dec. 3
1:00 – 4:00 pm



LEATHER WORKS with Amber Cook

All Premium Supplies and Equipment included! Many different material choices! Group Instruction, Please Be on Time

DESIGN & MAKE YOUR OWN MOCCASINS \$175

Create your one of kind Moccasins, learn how to size, design, bead and hand sew your project.

Tuesdays,
Sept. 27 – Oct. 18
7:00 – 9:00 pm
(4 sessions)
Room 141



DESIGN & MAKE YOUR OWN MITTS \$175

These are wonderful easy mitts you can learn to create in just 4 weeks. Learn to bead, and hand sew with your choice of hides, fur, beads etc. are all included in this project.

Tuesdays,
Nov. 8 – 29
7:00 – 9:00 pm
(4 sessions)
Room 141



LEATHER BURNING \$60

Join Amber in this in-depth look into burning onto leather. Beginner's level. Shield is constructed with Local golden Bison, Deer skin Lacing on a 16 inch Metal Ring. Your choice of Shield and all Materials included. Your choice of project Bear, Wolf, or Deer must be selected at time of registration.

Thursday, Nov. 17, 7:00 – 9:00 pm, (1 session)
Room 235



RAISED BEADING

\$50

Add some height to your bead embroidery with these playful bead techniques. Class includes patterns, instructions, pellon, or melton, beading needles and thread. Bring your own beads, or Amber will have plenty of options to purchase at the class.

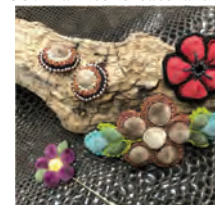
Thursday,
Oct. 20
7:00 – 9:00 pm
(1 session)
Room 141



CARIBOU TUFTING \$50

Learn to create this beautiful art. Caribou tufting is a unique art using caribou hair to create a 3D dimensional art on leather, jewelry or clothing.

Thursday,
Nov. 3
7:00 – 9:00 pm
(1 session)
Room 141



HEALTH & WELLNESS

HATHA YOGA \$90

Mondays, Sept. 12 – Nov. 14

NO CLASS: Oct. 10 & 31

6:00 – 7:00 pm

(8 Sessions)

For all levels and every Body. With modifications and variations. Hatha Yoga is the yoga of Asana (poses). Along with Asana we will explore Pranayama (breath work) and Dhyana (meditation). Please bring a mat and small blanket/or towel and any props you may have.

Library

TAI CHI \$100

Mondays, Sept. 12 – Nov. 28

NO CLASS: Oct. 10 & 31

6:00 – 7:00 pm

(10 sessions)

Tai Chi arts are a way to develop a body that is strong, yet supple, balanced and energetic, a mind that is calm and clear, yet creative and dynamic, and a spirit that is light and peaceful, yet resilient. Tai Chi arts involve deep stretching with a full range of motion and continuous turning of the spine. They exercise the whole physiology including muscular, skeletal, and circulatory systems, as well as tendons, joints, connective tissue and organs. Rather than depending on tension and the development of hard muscle tissue, these arts develop a body that is relaxed and strong at the deepest levels. The gentle internal movements are balanced throughout the body and have a calming effect on the mind. Tai Chi arts are truly a moving meditation. Beginner level class, working through the first seventeen movements of Tai Chi.

Lower Multi-Purpose Room

LET'S GET MOVING!

ZUMBA

\$90 (10 classes each day)

***BONUS - \$150 for Twice**

Per Week - Save \$30 (20

classes)

Mondays, Sept. 12 – Nov. 28

NO CLASS: Oct. 10 & 31

7:00 – 8:00 pm

AND/OR

Thursdays, Sept. 15 – Dec. 1

NO CLASS: Nov. 17 & 24

6:00 – 7:00 pm

Ditch the workout, join the party! Zumba is a dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating and effective fitness system in a party like atmosphere. No dance experience necessary. \$10 Drop ins Welcome!

Cafeteria



STRENGTH AND CARDIO TRAINING

\$120

Wednesdays,

Sept. 14 – Dec. 7

NO CLASS: Nov. 23

5:30 – 6:30 pm

(12 sessions)

Fun, high-energy workout combining cardiovascular and strength training exercises in an interval style workout that will increase muscular endurance and aerobic capacity. A challenging workout to train your heart, lungs and muscles for a stronger and fitter YOU!

Lower Multi-Purpose Room



PILATES \$90

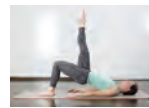
Wednesdays, Sept. 14 – Nov. 16

6:00 – 6:45 pm

(10 sessions)

Pilates is a conditioning method that builds flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back. It puts emphasis on spinal and pelvic alignment and dynamic stability, breathing, developing a strong core and improves coordination and balance. Please bring a yoga mat.

Library



COMPUTERS & TECHNOLOGY

TECHNOLOGY FOR BEGINNERS \$75

Thursdays, Oct. 6 – 27

6:00 – 8:00 pm

(4 sessions)

For those who fear new technology, computers, phones or tablets! We will go over everything you'll need from buying a computer to being able to comfortably use it, with hands on training. Setting up a new phone and even just using a tablet at home to play games on. Sending emails, managing photos, virus protection, printers and more. Question and answer period regarding anything with a power button for the last 30 minutes of each class.

Room 277

QuickBooks TRAINING \$85

Wednesdays, Oct. 5 – 26

6:30 – 9:00 pm

(4 sessions)

QuickBooks, Canada's #1 accounting solution for small business, saves time on invoicing, bookkeeping and billing. If you run a small business, or are a rental property owner, and are looking for an easy, streamlined, up to date business managing tool, this course is for you! Introductory course covering the basic operating systems and procedures for the most recent version of QuickBooks online. QuickBooks Desktop 2019 will also be discussed. Basic computer skills essential. Last half hour of each class is designated for question and answer.

Room 284



*NEW - WEBSITE DESIGN

WEBSITE DESIGN FOR BEGINNERS: Level 1 \$95

Tuesday & Wednesday, Oct. 18 & 19

7:00 – 10:00 pm

(2 sessions)

If you have basic computer and Internet skills, you can build and maintain a website by yourself! This two-evening course is a hands-on learning session. During the course, you will start and finish your own website, perfect for personal use, people who want to start selling something online, or for business owners to build a website for new and existing customers. Take this class and you will produce your own finished website and have the basic skills you need to update your website by yourself.

Requirements: Basic computer skills, basic internet skills (for example, using email)

Room 277

BUILD AND RUN YOUR OWN WEBSITE OR BLOG: Level 2 \$95

Tuesday & Wednesday, Oct. 25 & 26

7:00 – 10:00 pm

(2 sessions)

This class is great if you have taken the Level 1 class, OR if you already have a website that you can update yourself, and are just looking to improve it, get more results from it, add more features, and learn how to get more out of your website. Topics to review will include, but are not limited to: Using statcounter to understand how to improve the experience for your audience, adding more features to your website such as Instagram, Twitter, Facebook, online shopping, Google maps, newsletter capture form, or any other feature you may request, improving your website performance in search results, and plenty of workshop time so your instructor can help you to reach your own specific website goals.

Room 277

SAFETY FIRST

FOOD HANDLERS \$120

Includes Workbook

Saturday, Sept. 17

9:30 am – 4:00 pm

(1 session)

Recommended for anyone looking for a job or presently working in the food services industry. Learn the principles of safe food handling and upon successful completion, receive a Province of Manitoba Level 1 Food Handling Certificate (valid for 5 years). There is a short lunch break (30 minutes).

Room 141

RE-CERT \$70

Exam only

3:00 – 4:00 pm

Room 141

STANDARD FIRST AID \$135

Saturday & Sunday, Nov. 5 & 6

9:00 am – 5:00 pm Saturday AND

10:00 am – 4:00 pm Sunday

(2 sessions)

Certification is valid for three years and includes CPR C and AED. Canadian Red Cross Certification is recognized by all employers.

Library



HUNTER EDUCATION \$75

Saturday, Oct. 15

9:00 am – 5:00 pm

(1 session)

Minimum Age 10

In Manitoba, thousands of hunters take to the field each year. Hunter education courses have contributed to a significant decrease in hunting accidents and an increased understanding of the responsibilities each hunter accepts while hunting. The primary goal of the Hunter Education Program is to help you understand the important role you, as a hunter, have in wildlife management and conservation. Equally important is the safe use and handling of firearms and the ethical and responsible behaviour of all hunters. Students are required to pass the exam to acquire the Hunter Education Card.

Room 142



CANADIAN FIREARM SAFETY COURSE (CFSC/PAL Course) \$140

Saturday, Dec. 3

8:00 am – 4:00 pm (Plus Exams)

(1 session)

Minimum Age 12

Please bring: government photo ID card, pen & notepad, lunch, reading glasses (if needed for testing) Students ages 12-17 need to have consent from their legal guardian.

The course is scheduled to be 8 hours, and then there is a written exam at the end followed by practical testing. As each student needs to be tested individually. The practical testing will continue into the evening.

Upon successful completion you will be able to apply for your PAL (Possession and Acquisition License, a.k.a. your Firearms License). You can get a head start by glancing through the Student Handbook.

Room 142

CONTINUING EDUCATION PROGRAMS

REGISTER ONLINE TODAY!

Swim Registration Opens August 30th
Please visit our new online registration portal for course information.

www.coned.lssd.ca

- All classes run subject to enrolment.
- Please register early to avoid cancellation and disappointment!
- All classes held at the High School unless otherwise noted.
- Classrooms may be subject to change.

For full class descriptions please visit www.coned.lssd.ca

SELKIRK Community Pool 2022

SCHOOL • COMMUNITY • POSSIBILITIES
The Comp 221 Mercy Street
Selkirk Mb | 204 785 7310

Registration On Line
September 1 6:00 am
selkirkcommunitypool.weebly.com
Pool Closed Sept 30,
Oct 1, 8, 9, 10, Nov 11, 12
Questions or concerns contact
pool manager mstamm@lssd.ca

Lap Swim passes purchase online or at the pool.
10 visits - \$40.00
20 visits - \$75.00
30 visits - \$90.00
Lifeguard must punch your pass for entry to the pool.
Drop in \$10.00 Aquafit
Drop in \$6.00 Lap swim.
Aquafit pass purchase online or at the pool.
no need to commit to one class use your pass for any class.
8 visits - \$60.00
10 visits - \$75.00

Open Swim (Exact change)
Adult or Student \$ 5.00 18+
Preschool child Free 0 - 4yr
Child \$ 2.00 5 - 12yr
Teen \$ 3.00 13 - 17yr
Family \$15.00
(For purposes here, we define a "family" as an adult and their immediate children to a maximum of 5).

Public admission entry requirements:
Limited unlocked lockers available. Do not leave valuables in the locker or change room. The facility is not responsible for loss or damage to belongings. Please review policy on Cancellation and refunds on Continuing Education website.

Swim Admission Standards For S.C.P.

Children 5 & under Guardian must remain within arms reach at all times.	Children 6 to 9 years unable to pass swim test Guardian must remain within arms reach. If any children in the group are 5 and under, a ratio of 2:1 for your group is required.	Children 6 & 7 years who pass swim test Guardian must remain in the pool. Child must complete the swim test each time. wrist band is received. Child can use the deep end.
Children 8 & older who pass swim test Child can swim alone and use the deep end and the diving boards wrist band is received	Children 10 & older may swim alone Must pass the swim test in order to use the deep end and use the diving board.	Guardians must be: 14+ • 14 years and older • Within arms reach at all times • Responsible for direct supervision in and out of the water • In appropriate bathing attire Facility Swim Test • Successfully swim continuously on front, four widths of the pool in a comfortable manner • Face and head must submerge • Body must stay near horizontal



MONDAY SWIM CLASSES
Sept 26 - Dec 5 No Swimming Oct 10
Preschool 1 5:00-5:30
Swimmer 2 5:00-5:45 p
Swimmer 4 5:00-5:40 p
Swimmer 1 5:50-6:35 p
Baby Bubblers 5:40-6:10 p
Swimmer 5 5:45-6:30 p
Swimmer 3 6:20-7:05 p
Preschool 2 6:40-7:10 p
Swimmer 6 6:35-7:20 p
Swimmer 2 7:15 - 8:00 p
Swimmer 1 7:10 - 7:55 p
Adult 2 7:25 - 8:10 p
Aquafit 7:30-8:30 p

TUESDAY SWIM CLASSES
Lap Swim 4:00 - 5:30 pm
Swimmingly 5:30 - 7:00 pm
Special Olympics 7:00-8:30 pm
Dolphins 7:00-8:30 pm
WEDNESDAY SWIM CLASSES
Sept 28 - Nov 30
Aquafit 22-WAF4 4:00-5:00
Preschool 2 22-WPS25 5:00-5:30
Baby Bubblers 22-WBB51 5:15-5:45
Swimmer 1 22-WS151 5:15-6:00
Adult 1 22-WA151 5:15 - 6:00
Preschool 1 22-WPS16 6:05 - 6:35
Swimmer 3 22-WS355 5:50- 6:35
Swimmer 4 22-WS453 5:35 - 6:20
Swimmer 2 22-WS264 6:40 -7:25
Preschool 2 22-WPS264 6:40 - 7:10
Swimmer 5 22-WS562 6:25-7:10
Preschool 1 22-WPS171 7:15 -7:45
Swimmer 3 22-WS371 7:15 - 8:00
Swim Kids 4 22-WS473 7:30-8:15
Swimmer 6 22-WS675 7:50 - 8:25

SWIM FOR LIFE AQUATIC REGISTRATION GUIDELINES
3 - 5 yr olds
Preschool 1 - Red Cross Sea Otter
Preschool 2 - Red Cross Salamander
5 + yr olds
Swimmer 1 - Swim Kids 1
Swimmer 2 - Swim Kids 2
Swimmer 3 - Swim Kids 3
Swimmer 4 - Swim Kids 4 + 5
Swimmer 5 - Swim Kids 6
Swimmer 6 - Swim Kids 7
Rookie, Ranger, Star - Swim Kids 8 - 10

LEADERSHIP COURSES
Bronze Star, Medallion, Cross National
Lifeguard Dates to be determined
We are now accepting Debit and Credit Card payments at the Pool Office and on deck.

THURSDAY SWIM CLASSES
September 29 - Dec 1
Preschool 2 22-THPS25 5:00-5:30
Baby Bubblers 22-THBB51 5:15-5:45
Swimmer 3 22-THS35 5:00-5:45
Preschool 1 22-THPS155 5:50 - 6:20
Swimmer 1 22-THS155 5:50- 6:35
Swimmer 4 22-THS453 5:35 - 6:20
Preschool 2 22-THPS262 6:25 - 6:55
Swimmer 5 22-THS564 6:40-7:25
Preschool 1 22-THPS17 7:00 - 7:30
Swimmer 6 22-THS673 7:30 - 8:15
Swimmer 4 22-THS471 7:15-8:00

FRIDAY SWIM CLASSES
September 23 - Dec 9
No classes Sept 30 & Nov 11
Swimmer 5 22-FS55 5:00-5:45
Swimmer 6 22-FS65 5:00-5:45
Preschool 1 22-FPS15 5:00-5:30
Preschool 2 22-FPS253 5:35 - 6:05
Swimmer 1 22-FS155 5:50 - 6:35
Swimmer 3 22-FS355 5:50 - 6:35
Swimmer 4 22-FS461 6:10 - 6:55
Swimmer 2 22-FS264 6:40- 7:25
Preschool 1 22-FPS164 6:40 - 7:10
Open Swim 7:00-9:00pm

SATURDAY SWIM CLASSES
October 15 - December 9
Aqua Zumba 22-SAF9 9:00-10:00
Baby Bubbler 22-SBB10 10:00-10:30am
Lap Swim 22-SLAP103 10:30-12:00
open swim 22-SOS12 Noon - 2:00pm
Pool bookings 22- PB2 2:00-3:00 pm
22 - PB3 3:00-4:00 pm



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FALL & WINTER ACTIVITIES & registration section 2022-2023

Decreasing Family Screen Time

Smartphones and tablets appear to have staying power. The Pew Research Center confirms that smartphone penetration has surpassed the 50 percent mark among mobile subscribers. Many others are routinely using tablets to access books, television shows, movies, and magazines. In multi-screen homes, televisions are still king. According to a 2012 Nielsen report, the average American over the age of two spends more than 34 hours a week, or more than 4 hours per day, watching live television. Those findings should raise an eyebrow, as health experts warn that excessive screen time can be hazardous to one's health.

A sedentary lifestyle spent in front of computers and video game consoles contributes to poor health. Of the leading industrialized countries,

the United States has the highest obesity statistics, and Canada is not far behind. Obesity can impact cholesterol, cardiovascular health, risk for type 2 diabetes, and risk for stroke. Excessive screen time can lead to sleep and eating disorders, interfere with a person's ability to focus and negatively affect a person's performance at school or work. Getting a family active and reducing time spent in front of a screen can have profound effects, and reducing screen time doesn't have to be difficult.

* Gradually implement changes. Families immersed in electronic devices can cut down on screen time slowly and over the course of several weeks rather than tuning out cold turkey. Start by reducing time spent watching television or playing

video games by one hour per week, and gradually reduce time spent devoted to such activities in the ensuing weeks.

* Hide devices. The mantra, "out of sight, out of mind" can work with respect to digital devices. If tablets or smartphones are tucked away, family members may feel less inclined to reach for them at any given time. Just as you wouldn't stock your pantry full of fattening foods while trying to lose weight, don't make digital devices readily available throughout the day.

* Keep televisions out of the bedroom. Children who have televisions in their bedrooms tend to watch an additional 90 minutes of programming per day than those who do not have televisions in their room. Keep

the television in a shared area of the house so that time spent watching the TV can be monitored and adjusted.

* Establish guidelines. Set firm limits on how much screen time will be allowed per day and stick with it. Adults can lead by example.

* Plan more family activities. Boredom can easily give way to time spent fooling around on the Internet or channel surfing. Parents should have a cache of ideas at the ready that promote active family time. Neighborhood walks or tossing around a baseball in the yard are enjoyable activities that cut back on time spent being sedentary. Encourage indoor activities, such as puzzles or board games, if the weather is not cooperating.

* Be steadfast. Do not throw in the towel too soon. Families should stand their ground when attempting to decrease their screen time in favor of healthier activities.



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FALL & WINTER ACTIVITIES & registration section 2022-2023

How to help kids find extracurricular activities

Sports may be the first thing that comes to mind when many parents think of extracurricular activities for their children, but not all kids are cut out for or interested in competitive athletics. But just because a youngster may not be the next star quarterback or captain of the soccer team does not mean he or she can't find an extracurricular activity to be passionate about.

Parents know that schoolwork comes first, but extracurricular activities can be important to a child's development, serving as an avenue to meet new people and an opportunity to learn the importance of teamwork. The following are a handful of things parents should consider when trying to help their children find the right extracurricular activities.

Interests

One of the easiest ways to help kids find an extracurricular activity they

can be passionate about is to discuss their interests with them. Youngsters with a love of animals might enjoy volunteering at a local animal shelter or hospital, while those who love to write may find writing for the school newspaper is a great way to apply that passion in a practical setting. Even kids with a passion for video games might be interested in learning about computer graphics and what it takes to design games. When trying to find extracurricular activities for your children, resist the urge to write off any of their interests. Instead, use those interests as jumping off points to further engage their passions.

Availability

Parents know that school comes before extracurricular activities, but kids may not be so wise. Keep in mind kids' existing workloads when helping them find the right afterschool

activities. Many organizations are especially flexible with teenage volunteers or employees, but parents still must keep a watchful eye to ensure kids do not overextend themselves. Kids who overcommit to extracurricular activities may end up feeling burnt out, which can have a negative impact on their schoolwork. Encourage kids to find activities they care about, but emphasize that these activities should not become bigger priorities than schoolwork. Let kids know that they can get more involved during summer vacation, but make sure kids don't devote too much of their

time to afterschool activities during the school year. A couple of hours per week and even some additional time on the weekends should not distract kids from their responsibilities at school, and that's still ample time for kids to explore their interests.

Extracurricular activities can help youngsters develop into well-rounded adults. Parents can help kids find the right activities while still encouraging them to keep schoolwork atop their priority lists.

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FALL & WINTER ACTIVITIES & registration section 2022-2023

Get Involved With Youth Organizations

Volunteer work can benefit volunteers emotionally and physically. Many people aspire to get involved by donating their time or resources, but they may not know which avenue to take. Leading a youth organization or mentoring children can change the lives of both children and volunteers in numerous ways.

Youth groups include boys' and girls' clubs, religious ministry organizations, sports teams, and other special-interest clubs. When matched up with the right group, children may learn a number of skills that can assist them as they age. After-school activities can teach kids leadership skills and how to work together while making them feel like they are part of something bigger than themselves. Volunteering with youth-based organizations is a great way for adults to make a real difference in the lives of children.

Inquire among your network of



friends when looking for a youth organization to work with. Friends may be in touch with sports leagues or other community groups that are looking for volunteers. If your child has an interest in a particular sport, find out if the league is looking for coaches or parents to work in other capacities for the team. This is a great way to get involved without compromising your child's sense of individuality and space.

Schools are another resource. Many clubs and organizations are chartered or sponsored through schools.

Schools also lend their all-purpose rooms or other spaces to organizations so that meetings are convenient to students. School open houses provide great opportunities for adults to learn about the various programs offered by a given school. Such programs often need volunteers.

Many young children are first exposed to group activities upon enrolling in the Cub Scouts or Girl Scouts. These are national programs that operate locally through packs and troops. Scouting organizations are entirely dependent on volunteers.

Whether you sign up as a leader, a co-leader or a person who works behind the scenes, you will be a part of an organization that has helped to shape kids for decades.

Religious organizations also provide opportunities for adults to work with kids and young adults. Volunteer work is an integral part of many religions, and ministering to youngsters is one way to spread the message of faith. Work with a religious leader to find the best fit for your services. You may volunteer as a Sunday school teacher or serve as a chaperone at youth events.

Volunteer work is beneficial no matter where one directs his or her energy. However, the experience can be even more rewarding when it involves working with children.

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Armin Wiebe, Author

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New EV charging station shocks Selkirk's downtown

Submitted by the City of Selkirk

A grant from Natural Resources Canada's Zero Emissions Vehicle Infrastructure Program (ZEVIP) has allowed Selkirk to install its first EV charging station in the public parking lot on Manitoba Avenue East.

The city received \$10,000 to put in a dual output, level 2 charging station.

CAO Duane Nicol said there is an ever-increasing number of electric vehicles on the road and the charging station provides convenience for residents, and visitors to the city, who have chosen to drive an EV. Plus, it supports the city's work towards reducing its Greenhouse Gas emissions.

"With the Federal Government mandating that all new vehicles sold in Canada will be electric by 2035, we know there will be a massive increase in electric vehicles on the road, in fact, we're seeing it already. Charging stations are vital to this shift. In the coming years, having this infrastructure in your community will be the only way to keep visitors and tourists coming," Nicol said.

Dan McDermid, the city's Director of Operations, said electric vehicle charging stations come in three levels, from 1 to 3. The city's level 2 charging station is best for daily charging and charges 10 times faster than a level 1. A level 2 station can charge a fully

depleted battery within 4 to 8 hours depending on the vehicle. Level 2 stations are also great for "top-up" charging, that is adding some additional charge to a partially depleted battery. A level 3 charging station requires 400-volt service, which is very expensive to install.

"The city itself currently has two hybrid and two fully electric vehicles, and due to the fact that more and more people are making the choice to switch to an electric vehicle it made sense to install the charging station," McDermid said.

"We're thankful for the ZEVIP grant that allowed us to do this, and we've applied for another. If successful, we may install two additional EV charging units at two other locations in the city."

The location of the city's first charging station was strategic Nicol said, ensuring maximum benefit for the local community.

"It's perfectly located. Users will pull up and plug in. While their vehicle charges, people will have time to get out and walk around our downtown, do a bit of shopping and dining," he said.

For Spencer Hruden, the city's Energy Efficiency Coordinator, the public charging station in Selkirk is a welcome addition for those who already



PHOTO SUBMITTED

Selkirk's first public EV charging station.

own, or are considering, an EV or a hybrid. Gas stations are everywhere, but charging stations aren't, at least not yet.

"A common issue for people considering the change to an electric vehicle is range anxiety, which is the concern

that charging stations will not be available where and when they are needed," Hruden said.

"Installing Selkirk's first public charging station is a solid step on the path to reducing range anxiety, supporting EV adoption, and leveraging the benefits of Manitoba's clean, renewable, affordable electricity supply for transportation."

Nicol said that while the city is adding this infrastructure, there will be a role for the private sector in the future as well.

"While there have been some investments made by private businesses like Canadian Tire in Selkirk's west end, it's not nearly been enough. Gas stations are owned and operated by businesses – in the long run, so will charging stations. At this point public sector investments are needed to address the current gap – but that will only go so far. The private sector needs to play a role here as well."

The city has taken a leading role in environmental sustainability, and climate change emergencies occurring across the globe demonstrate the need for action.

Adding EV charging stations in strategic locations throughout the city, is aligned with our strategic vision and is another demonstration of our commitment to climate action. It is our contribution to expanding the charging network and making it easier for citizens of our region and beyond to electrify their transportation," Nicol said.



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Recipe courtesy of Aramark
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Kimchi:
1 1/2 cups green cabbage, cut into thick strips
1/4 cup water
4 teaspoons white vinegar
1 tablespoon gochujang paste
2 teaspoons fish sauce
1/2 teaspoon minced garlic
1/2 teaspoon minced, peeled ginger root
1/2 cup daikon radish strips
1/4 cup shredded, peeled carrot
1/4 cup sliced green onion
Mango Slaw:
2 cups shredded green cabbage
1/3 cup diced mango chunks, thawed from frozen
1/4 cup shredded, peeled carrot
1/4 cup sliced green onion
1/4 cup red bell pepper, cut into thin strips
2 tablespoons chopped fresh cilantro
2 tablespoons minced, peeled ginger root
2 tablespoons white vinegar
1/2 teaspoon kosher salt
1/4 teaspoon minced garlic

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Spicy Sesame Mayonnaise:
1/3 cup mayonnaise
1 tablespoon sriracha
1 1/2 teaspoons sesame oil
1 1/2 teaspoons seasoned rice wine vinegar
8 bratwursts (4 ounces each)
8 hoagie rolls (6 inches), split
To make kimchi: Place cabbage in microwaveable bowl. Add water. Cover and microwave on high 2 minutes, or until tender-crisp. Rinse with cold water and drain well.
In large bowl, mix vinegar, gochujang, fish sauce, garlic and ginger. Add steamed cabbage, daikon, carrot and onion; toss to coat. Cover and chill.
To make mango slaw: Mix cabbage, mango, carrot, onion, red bell pepper, cilantro, ginger, vinegar, salt and garlic. Cover and chill.
To make spicy sesame mayonnaise: Mix mayonnaise, sriracha, sesame oil and vinegar until well blended. Cover and chill.
Heat grill to medium and lightly oil grill rack. Grill bratwursts 8 minutes, or until internal temperature reaches 155 F. Spread mayonnaise on rolls. Place grilled bratwurst on rolls and top with kimchi and slaw.



Recipe courtesy of Aramark
Servings: 8
1/2 cup cold butter, diced
1 cup diced yellow onion
1 cup diced, peeled potatoes
1 cup diced, peeled carrots
1 cup diced red bell pepper
2 cups diced skinless, boneless chicken breast
16 extra-large shrimp, peeled, deveined and tails removed
8 teaspoons Cajun seasoning
1 cup diced pineapple
1 cup andouille sausage, cut in half and sliced
8 frozen mini corn cobs, cut in half (16 pieces)
1 cup sliced green onion
salt, to taste
pepper, to taste
Heat grill to medium. Place eight 18-by-18-inch squares heavy-duty aluminum foil on work surface.

Sweet Heat Foil Packets

On half of each foil square, evenly layer butter, onions, potatoes, carrots, red bell peppers, chicken, shrimp, seasoning, pineapple, sausage, corn cobs and green onions.
Fold foil in half over filling. Fold edges of foil tightly toward filling to seal packets.
Place packets on baking sheet.
Grill 15 minutes with lid closed until chicken and shrimp are cooked through. Season to taste with salt and pepper.

Orangeberry Smoothie

Servings: 1
1 cup Florida Orange Juice
1/2 cup frozen strawberries
4 ounces strawberry Greek yogurt
1/4 cup milk
ice cubes
1 Florida Orange, sliced
In blender, blend orange juice, strawberries, yogurt, milk and ice, as needed to reach desired consistency, until smooth.
Pour into glass and garnish with orange slice.

Effects of tone of voice



Submitted

"10% of conflicts are due to a difference of opinion. 90% are due to the wrong tone of voice."

Author unknown

There is more to spoken messages than the words we say. Tone of voice is just as important as the content of the message. Voice tone can communicate love, caring, respect and gentleness.

It can also convey disrespect, dishonoring, hostility or indifference. It can render an otherwise benign message threatening or abusive. The voice transmits energy, and can hit another like a warm, welcome Chinook, or like an icy Arctic blast.

This energy affects the recipient on many levels, and can trigger a variety of different feelings. Maybe you did not mean to say it that way, and you did not intend to offend, but, unfortunately, the damage is done.

It is a little like hitting someone, and then trying to erase their emotional response. Because it is 'just words', the speaker often feels he or she has not done anything 'that bad'.

If there is a solid, loving relationship, often mutual understanding and forgiveness allows for some lapses. However, sometimes between partners, parents and children, or siblings, a disrespectful tone of voice becomes the norm in communication.

Some are not aware of their tone, and others think that a harsh tone makes them more powerful. Unbelievably, I still have clients reporting that they get yelled at in the workplace. Being a boss or supervisor

does not mean you can treat employees like they are children, and you are the authoritarian father or mother.

When this sort of thing happens at work, it reflects on the one yelling. They are showing that they have not developed the professional skills to handle problems that arise. This behavior is mean and bullying, and shows the person has no control over emotions. No one deserves to be yelled at on the job. Period.

The same can be said of yellors at home. Some may think that in their own home they can do as they want. I suppose that is true. Does that mean those close to us deserve less respect than others?

Of course I understand parental frustration. But if a parent is at the point of yelling they are likely angry and may say things that the child will remember forever. If children are yelled at throughout the years, is it surprising that they become teens who yell at their parents?

Clear rules and consistent implementation of consequences can modify most behaviors. Handling situations in a calm, but determined, manner garners respect from children and employees.

If we find ourselves saying, "How many times do I have to tell you?" it shows that "telling" (or yelling) without proper instruction, working out a plan to carry out expectations, and consistent consequences is not working. A negative tone will not help any situation, while a calm respectful tone just might.

Think about whether the energy you put out to others is like that warm chinook, or more like an arctic blast. Which kind of energy to prefer to receive?

Gwen Randall-Young is an author and award-winning psychologist. For permission to reprint this article, or to obtain books, CDs or MP3s, visit www.gwen.ca. Follow Gwen on Facebook for inspiration

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Inter-facility transport service to provide appropriate care for low-acuity patients

Submitted by Manitoba government

The Manitoba government will invest in dedicated service to transport low-acuity patients as part of ongoing efforts to improve health-care access for rural Manitobans, Health Minister Audrey Gordon announced last week.

The initiative will see one or more successful proponents – selected from a request for proposals issued by Shared Health today – transport hospital inpatients and personal care home residents from the Brandon, Selkirk and Winkler/Morden areas to medical appointments, diagnostic tests or for treatment.

“The transport of low-acuity inpatients to and from health-care facilities can be a prolonged process that takes ambulances in rural Manitoba out of service for hours,” said Gordon.

“Establishing a transport service specifically for these patients will reduce the demand for paramedics to complete these journeys, allowing them to remain in or near the community for emergency calls.”

Low-acuity transport was recently piloted in a few communities and will now be formally established with base locations in Brandon, Selkirk and the Winkler/Morden area. Each base location will serve a wide catchment area within each health region and include trips to Winnipeg for care, with the intention of growing the service to other communities in the future, said Gordon.

Ambulance services outside of Winnipeg have historically been used to complete all inter-facility transports, primarily because patients and clients often need the benefit and comfort

of being transported on a stretcher. Low-acuity patients and clients typically do not require any clinical care provided by the attending paramedic crew.

The realignment of emergency response services (ERS) under Shared Health helped to identify the provincewide need for a low-acuity inter-facility transport service similar to one that has been in place for several years in Winnipeg.

“In most inter-facility transport situations, the patient or client will not require ongoing clinical supports during their journey,” said Dr. Rob Grierson, chief medical officer for emergency response services, Shared Health. “Creating a low-acuity transport not only offers patients the right kind of care during their transport, it frees up highly skilled paramedics

and ambulances to respond to emergency calls and high-acuity transports.”

This new service builds on Manitoba’s commitment to invest in emergency services including: establishing a centralized team within Shared Health to co-ordinate provincial recruitment of ERS personnel, reducing ambulance fees by 50 per cent to make emergency care more accessible, and investing in new emergency medical service stations including recently opened sites in Portage la Prairie, Selkirk and Crystal City.

Proponents are able to submit proposals to provide the low-acuity inter-facility transport service for one or more communities, the minister said, adding the service is anticipated to be in place by the end of 2022.

> SELKIRK ADULT LEARNING, FROM PG. 12

will have somebody there who needs just a bit of work on some skills, and then they will refer them to us. So, continually people are coming going back and forth between the two programs,” said Plett Bartel.

The program also allows students to have a great deal of flexibility with their learning schedule so students are able to learn at their own pace. Classes take place afternoons at the Selkirk Friendship Centre on Tuesdays, Wednesdays, and Thursdays, in the evenings at the Lord Selkirk Education Centre on Mondays and Thursdays, and thanks to COVID restrictions lessening the Gaynor Family Regional Library is able to host a weekly morning class on Wednesdays. Students don’t have to attend every session but get to choose which of the weekly classes best fits within their work and personal schedules.

Plett Bartel says there are many reasons why people may not have gotten their high school diploma and that statistics say that about 20 per cent of students don’t graduate with the rest of their class for various reasons.

Because circumstances can mean that students may lose contact with the education system at differing grades a program like SALP that accommodates individual students’ needs means that regardless of where that student might have lost touch they have a place where they fit in.

“Literacy skills and math skills are vital. And the world is, I think, on some levels getting more complicated. And so, people who are at that lower level of education, I think, can

feel behind and so what we see in our learners is it builds confidence,” said Plett Bartel.

This year the program will start back up on Sept. 19.

For people who may be interested in participating there are a few different ways that they can contact Plett Bartel and the SALP—there is a registration form available online, there is the option to call the SALP, and on Sept. 12 and 13 they will be doing in-person registrations.

Though you can join the SALP any time of year the registration event is a great way for those that prefer to talk in person to explain their education goals. Plett Bartel asks that anyone who wants to attend call or text in advance to get a half-hour appointment slot.

She encourages anyone who is interested in upgrading their education to get in contact with the SALP.

“I think the hardest thing is just making that first contact [with us]. And so, I would say if you know of somebody who you think may benefit from this come alongside and encourage them, or encourage each other, that after that first contact, I think you will just be glad [you gave it a shot],” she said.


The SALP’s website is www.selkirkadultlearning.wixsite.com/salp and Plett Bartel can be reached by phone at 204-904-8792 and by email at aplettbartel@lssd.ca.

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Gwen Fox Gallery's all-member artwork showcase

All members Sept. show Aug. 23 to Sept. 24

By Autumn Fehr

Artwork comes in many forms, and it exists everywhere, wherever you go.

If you look closely, people in your community are at work, working away at their creations to share with the community.

This month the Gwen Fox Gallery's biggest art show, the all-member show is back to showcase the creations of current and new members at the gallery.

The September show has 46 members participating, sharing 84 pieces of art from a variety of different media.

"The show certainly shows the community what a variety of art is being done and made in their community. And maybe they'll even recognize some of the names when they come in and look at all the art," said Brenda Hedberg, volunteer coordinator, a member of the gallery operations committee, and an artist showcasing her work at the all-member show this month.

All-member shows take place three times a year, June, September and December.

"It keeps artists engaged in the gallery," said Hedberg.

With a variety of different artists showcasing their work that specializes in different media, the all-member show has an extensive span of media for visitors to view.

The different media at the show includes a few types of acrylics, cottonwood bark carving, watercolour, oil, a few types of wood and resin work, mixed media, fibre, a few types of pastel pieces, a few types of coloured pencil artwork, photography, gouache, clay, marker, collage, digital on canvas, hot glass, cast glass, and alcohol inks.

"The all-member shows are so interesting because there is so much variety," said Hedberg.

As one of the biggest shows that the Gwen Fox Gallery puts on, artists will be showcasing an array of media over the course of the month.

The artists at the September all-member show are the following: Lydia Bartel, Dennis Bell, Iris Bidinosti, Judy Brown, Elaine Clerc, Arthur Crozier, Elizabeth Crozier, Shelley Eros, Joan Ewonchuk, Pat Findlay, Clyde D. Finlay, Mia Fournier, Kathy George Moore, Shayani Turko, Bev Hart, Brenda Hedberg, Barb Hoffmann, Morgan Hoffmann, Diana Horeczy, Les Hummerston, Isaac Imafuen,



Shayani Turko next to two of her oil paintings that interpret reality with an impressionist lens.

Charlie Johnston, Gracie Kars Plouffe, Peggy Kasuda, Kelly Klick, Mark Kosatsky, Wioletta Los, Lizanne Laurin, Kyle Lubyk, Ida MacKenzie, Christene MacMaster, Marika Onufrijchuk Sokulski, Julia Penny, Arlene Rattai, Yvonne Sabirsh, Katie Simko, Patti Simko, Wanda Slawik, Zoe Slawik, Jo Smoley, Ron Sosinkalo, Judith St. Germaine, Renay Taylor-Besant, Connie Wawruck- Hemmett, Elsie Wypinski, and Andrew Zurawsky.

"We have every skill level included. From people who are longstanding artists that have all kinds of experience and work in all kinds of mediums next to people who are brand new artists," said Hedberg.

Each artist has a maximum of two pieces in the show.

Members of the show come from all across Manitoba from places including Beausejour, Oakbank and Winnipeg.

The all-member show is free entry for anyone to visit.

The Gwen Fox Gallery yearly membership is \$30.

The benefit of being a member is participating in these all-member shows three times a year, said Hedberg.

"There's no other place you can do this," she said.

Hedberg said their gallery is very inclusive.

"It's so nice that nobody gets ostracized. It's so welcoming. Everybody, no matter what their background or standing in the community... everybody is welcomed and treated as equals. I just love that about this gallery. It's so inclusive," said Hedberg.



RECORD PHOTOS BY BRENDA HEDBERG

Kelly Klick with sculptures of her parents, "Jack and Dianne," made from clay.

With regular gallery shows, someone has to wait at least two years, whereas three times a year, members of the Gwen Fox Gallery get to have their work showcased in the gallery with the all-member show, she said.

"It keeps the artists engaged in the gallery."

Some artists who have pieces in the show, also give back their time by volunteering at the gallery.

"It's a good way for the artists themselves to keep connected with the gallery – keep that connection strong," said Hedberg.

People who spend time at the gallery volunteering become attached to the gallery, loving it more, the more time they spend there, she said.

Continuing at the all-member show in September, just as has been going on in other month's shows is the people's choice.

When visitors come to see the show, they are asked to pick their favourite artist of the show.

Whichever artist gets the most votes at the end of each show gets their art piece on the calendar for that month for next year.

The art calendar is a fundraiser for the gallery, selling for around \$15 to \$16 each.

When people have to pick a favourite, they look more closely at the art, said Hedberg.

"They don't just breeze through and out the door. They really look closely. I think it's a really good way to engage people in really looking



Wanda Slawik created pastel pieces as her reaction to the war in Ukraine. She says they are her "contribution to world peace."

closely at art. I've seen a difference in people since we started doing that a couple of years ago," she said.

This is only the gallery's second year doing the calendars, but it's a way visitors can take some art home with them at the end of the year.

Ed Teplyski

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Lace Up Your Way next month for Diabetes Canada

By Lorne Stelmach

Like many people, there is a personal motivation for Stephanie Klassen to get involved with Diabetes Canada.

Hailing from Winkler but now in Steinbach, Klassen has lived with diabetes for 30 years since being diagnosed at age four.

In addition, her sister and boyfriend are also diabetic, and her oldest son was just diagnosed in June, so she is participating in the Lace Up Your Way fundraising challenge for them as well as herself.

"My family in Winkler is going to have a team as well, and my company also has a team in it," Klassen said as she sought to promote the event that takes place through the month of September.

People are encouraged to challenge themselves or rally a team to #LaceUpYourWay and raise funds by choosing the activity and pace, with every distance and dollar helping to make a difference in the lives of people living with diabetes or pre-diabetes.

The goals for Manitoba and Saskatchewan are to have 276 participants and \$77,000 in raised funds.

Lace Up Your Way originated in

Manitoba, and the 2020 event nationwide had 450 participants who raised about \$150,000. Those totals jumped to almost 1,200 people who raised about \$450,000 last year.

"It was quite a significant increase in one year ... and we had 386 communities across the country participate last year," said Kelly Lambkin, senior manager, of community fundraising and events for the prairies region.

"We have a pretty passionate diabetes community," she said, noting as well over 40 per cent of people who sign up are there in support of someone close to them. "I think that is incredibly powerful as a community as a whole that we support one another."

"I think it's nice that we are able to have something across Canada that can bring small communities together," agreed Amy Peters, who works with fundraising and events as well as social media for the organization.

"An event like Lace Up brings dia-

betes to the forefront," she said. "It's one of those diseases where you don't see it, and a lot of people don't talk about it because of the care that goes into it."

It is estimated about 11.7 million Canadians have diabetes, including around 412,000 Manitobans with diabetes and pre-diabetes.

Type 1 diabetes makes up about 10 per cent of the population nationally and Type 2 about 90 per cent.

For Klassen, she is thankful about how far things have come in terms of treating and managing the disease, especially now that she is helping her son with it.

"Going to all the appointments with him, everything is so different from when I was a teenager ... just night and day difference, so it's interesting to walk through this journey with him.

"Diabetes management has changed like crazy since I was diagnosed," she continued. "I have an insulin pump.

I've been on that for about four or five years and that's been life changing for me.

"It's great how much further we've come in our knowledge of diabetes and how we can manage it so much better."

Lambkin noted Lace Up Your Way is not only important in terms of fundraising but in bringing people together around a common cause.

"Really, over COVID, it was probably a really significant time to come together and support one another, not just with diabetes but all people with chronic disease in the community as a whole," she suggested.

"The most powerful thing for me is with story telling ... you get to know a lot of people who really wanted to share their stories and their personal journey," she said. "And Lace Up allows you to support your wellness journey no matter your activity level.

"There's no limitations as far as what you want to do," said Peters. "Whatever you're comfortable with that will challenge you. It's about the follow through more than anything else."

You can find more information online at www.diabetes.ca.

"LACE UP ALLOWS YOU TO SUPPORT YOUR WELLNESS JOURNEY NO MATTER YOUR ACTIVITY LEVEL."

> NEVER ALONE, FROM PG. 16

foundation's executive director Michael Schiefer, who's also the main contact for cancer patients needing assistance. "Selkirk had a good 50 or so dogs last year so it was quite lively, and we also had a rescue show up."

The walk's name arose after Schiefer noticed his dog's calming effect on anxious patients coming to the foundation's office to talk about their cancer and/or financial challenges.

Never Alone was founded by former Blue Bomber football player Lyle Bauer after he was diagnosed with throat cancer in 2004 and said he "never felt so alone" and uncertain about the future. His experience inspired him to help others with cancer.

The foundation provides emotional and social support to patients, families and their caregivers, as well as financial assistance. It doesn't undertake or fund research, said Schiefer, but focuses on helping people through "an immediate challenge so that they can have a better life or more peace and comfort during their final time."

Other services include information, palliative care resources and lymphedema support. The foundation can

also help with transportation, dental care for those with oral cancer and accommodation for rural patients.

"Our services extend to people with oral cancer due to the effects that chemo and radiation will have on them. If people are in poor oral health – cavities, sores or need extractions – they'll have to take care of that prior to treatment," said Schiefer. "The mouth is one of the gateways for infection. Immunity will weaken from chemo and radiation and we have to make sure the mouth is as healthy as possible."

If people are struggling with financing dental care before their cancer treatment, the foundation has options.

"We'll try to find a dentist willing to work with us so or ask a dental clinic to provide a discount if they can. If people have some dental coverage, we'll see if [the foundation] can cover some expenses. Other times we get people to go to the University of Manitoba's dental clinic or the Deer Lodge clinic," said Schiefer. "It's about finding a balance between the hurdle they face and what we can do to lift them over it."

In addition to dental services, cancer patients have to pay out-of-pocket for devices such as surgical bras for women who've had breast surgery and develop lymphedema (painful swelling), and compression sleeves that generally have to be replaced a few times a year. Patients who live in rural areas will sometimes need to stay in Winnipeg for extended time periods as they undergo treatment and have to pay for their own accommodation.

"If you have a mortgage in say, Dauphin, how will you pay for two months' rent in Winnipeg? Hotels aren't a good option. A lot of people phone us in tears and we'll try to sort something out or share the cost," said Schiefer.

With the pandemic having locked people down and backlogged procedures, Schiefer said the foundation is seeing a lot of people from rural Manitoba just being diagnosed or treated now. That influx of patients has resulted in a backlog to see a social worker who assists cancer patients.

"The foundation is a little more accessible in that we don't have rigid appointments; people can reach out to us on the day they're feeling distressed," he said. "That in turn has

put a little pressure on us as we're looking at about 430 calls a year now and we're only a small office."

To take patients' minds off their cancer, the foundation offers fun outings to events such as a Rainbow Stage production, a Goldeye's game or organizes a "memory-making journey" to places like Crow Duck Lake in the Whiteshell.

This year's fundraising walks have a goal of \$60,000, of which \$23,754 has already been raised (as of Aug. 20). Top fundraisers and teams will earn prizes such as a hot-air balloon ride, Rainbow Stage tickets, jewellery or dinner for eight.

The Selkirk walk is scheduled for Sunday, Sept. 11 at the Easton Place Medical Centre, 15 Wersch St. (across from the Selkirk hospital). The walk starts at 10 a.m. There'll be speeches and a raffle prior to that. The Winnipeg Walk is scheduled for Sept. 18 at Kildonan Park.

To register for either walk, visit the Never Alone Cancer Foundation's website at nacf.ca and go to the "Upcoming Events" page. Click on "Paws for a Cause Cancer Walk" (the link may show only the Sept. 18 walk) then click on "Register Here."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Manitoba wins gold in indoor female volleyball

By Brian Bowman

Manitoba won a gold medal in women's indoor volleyball at the Canada Summer Games on Sunday.

Team Manitoba defeated Alberta 3-1 (25-22, 17-25, 25-20, 25-10) in the gold-medal game.

Manitoba swept B.C. 3-0 by scores of 25-17, 26-24, and 25-21 in a semifinal game on Saturday.

Last Friday, Manitoba defeated Alberta 3-1 (25-12, 25-18, 23-25, 25-9) in a quarter-final contest last Friday.

Manitoba finished preliminary Pool D play with a 3-0 record.

Team Manitoba swept Quebec 3-0 (25-22, 25-11, 25-23) and Nova Scotia 3-0 (25-20, 25-22, 25-8) before beating Ontario 3-1 by scores of 19-25, 25-16, 25-23, and 25-19 last Thursday.

Manitoba's roster featured St. Andrews' Kendra Andjelic and Woodlands' Emma Goodman.

In men's indoor volleyball, Manitoba finished sixth overall after a tough 3-2 (29-27, 23-25, 22-25, 25-21, 11-15) loss to B.C. last Sunday.

Manitoba pounded Newfoundland 3-0 (25-10, 25-17, 25-17) in a consolation game on Saturday.

Manitoba was defeated 3-2 (25-23, 18-25, 19-20, 25-20, 13-15) by Saskatchewan in a quarter-final game last Friday.

Team Manitoba began play with a 3-2 (25-18, 25-19, 23-25, 21-25, 11-15) loss to Quebec and then was edged 3-2 (21-25, 25-23, 21-25, 25-20, 10-15) by Ontario.

Manitoba, whose roster featured Selkirk's Spencer Grahame, St. Andrews' Josh Jehle, and East St. Paul's Rowan Krahn, then swept Nova Scotia 3-0 by scores of 25-15, 25-15, 25-21.

East St. Paul's Michael Stephens served as a coach.

Manitoba's male box lacrosse team, meanwhile, defeated Saskatchewan

9-7 in a seventh-place game on Sunday.

Team Manitoba was edged 4-3 by New Brunswick in a consolation game on Saturday.

Manitoba was defeated 8-3 by Alberta in a quarter-final game last Friday.

Team Manitoba finished preliminary Pool B action with a 3-0-1 record and seven points to place first overall.

After starting the tournament with a 4-4 tie with Saskatchewan, Manitoba defeated New Brunswick 5-3 and Prince Edward Island 13-1 before beating Quebec 6-2 on Thursday.

Manitoba's roster included Stonewall's Ty Woods and East St. Paul's Andy Angus.

In individual competition, Narol's Derek Onraet placed ninth in the pole vault while St. Andrews' Tristan Allen finished ninth in the 800-metre race.

Manitoba's athletics' coaches included Narol's Rory McIntyre and Gimli's Justin Charrier.

In canoe-kayak, Selkirk's Ryleigh Adams teamed up with Winnipeg's Chantal Ip to place seventh in the K-2 500-metre race.

Adams was also a member of Manitoba's K-4 200m and K-4 500 teams that finished seventh.

Rowing saw Lockport's Lucas Stadnyk's quadruple sculls male team place ninth. He also teamed up with Winnipeg's Theo Perry to finish 10th in lightweight double sculls.

Narol's Becca Zubricki was part of the rowing four female team that finished fifth.

She was also a member of Manitoba's rowing eight with coxswain that placed sixth.

Lockport's Riley Smith was a manager for Manitoba's rowing team.

Gonor's Leah Miller teamed up with Winnipeg's Katie Sierhuis to finish fifth in the rowing pair female race.



PHOTOS SPORT MANITOBA/TEAM MANITOBA

Manitoba defeated Alberta to win the gold in women's indoor volleyball at the 2022 Canada Summer Games on Sunday.

Miller was also a member of Manitoba's rowing eight with coxswain team that placed sixth.

Stonewall's Natasha English was also selected to represent Manitoba in athletics at the Games but no results

for her could be found.

Manitoba's mission staff featured Stonewall's Chris Cara and Alisha Kaegi and West St. Paul's Terry Skarban.

Manitoba captures 37 medals at 2022 Canada Summer Games

Submitted by Sport Manitoba

After two weeks of highly-anticipated competition, Team Manitoba finished off the 2022 Canada Summer Games with 37 medals: 10 gold, 10 silver, and 17 bronze.

On Sunday, two medals were added to the tally. The women's volleyball

team will bring home the gold medal after defeating Alberta in the finals, and diver Adam Cohen won a bronze medal in the 1m springboard.

Recognizing all the challenges and barriers Team Manitoba athletes have had to overcome over the last few years, the team's leadership reflected

positively on its performance over the two weeks, which included record-setting hauls from swimming, wrestling, and athletics.

One major standout in athletics was Madi Lawrence. Her perseverance and record-breaking performance earned her nomination and selection

as flag bearer for the closing ceremony of the 2022 Canada Summer Games.

"Achievement was never as evident as it was with Madisson Lawrence's results out on track in week two. Madi exemplifies everything we want

Continued on page 32

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Pirates win silver at U18 AAA Western Canadian Baseball Championship

By Brian Bowman

The North Winnipeg Pirates won silver at the U18 AAA Western Canadian Baseball Championship in Regina last weekend.

North Winnipeg claimed the silver after a 9-0 loss to the Regina Wolfpack on Sunday evening.

The Pirates' offence dried up in the biggest game of the season while Regina scored four runs in the fourth inning and then added five more in the fifth.

"We didn't face a great arm," said Pirates' head coach Donnie Smith. "It was just one of those games where you saw pretty good arms all weekend, the top guys from western Canada, but Regina had gone pretty deep with their pitching roster so they threw a guy that was far below average velocity-wise. We were popping lots up and grounding out a lot. We were just ahead of our swings and we only got one hit that game."

Despite the tough loss, winning a silver at westerns is really good.

"We're still pretty happy finishing second in western Canada," Smith said. "We struggled throughout most of the season and kind of turned the page three quarters of the way. We fin-



RECORD PHOTO SUBMITTED

Pictured back row, left to right, Brett Muron, Keith Carriere, Ethan Minaker, Ryan Herman, Justis Hellegards, Tyler Robertson, Keenan Allen, Gilbert O'Connor, Nixon Carriere, and Ken Allen. Front row Andrew Hladun, Noah Contreras, Matthew Evanochko, Colson Smith, Bryce Raven, Hayden Faragher, and Aiden Mackenzie. Missing from the photo is Jason Evanochko.

ished second in the cities...and then we qualified out of our provincial tournament. Out of six teams we finished top three and we beat the Winnipeg South team that was our Manitoba No. 1 representative at westerns. "We came a long way in a short span

and we were one game short of winning it all."

The Pirates started play at westerns with a 6-4 win over the Red Deer Carstar Braves last Thursday. On Friday, North Winnipeg downed the Coquitlam Redlegs 5-2.

Saturday saw the Pirates blast the Winnipeg South Wolves 10-3 and lose 7-5 to the East Central Red Sox.

On Sunday, North Winnipeg was edged 13-12 by the Wolfpack in an extra inning. The Pirates let leads of 7-0 and 11-5 slip away in the loss.

Strike Force defeated by SCM Academy

Staff

The Tri-S Strike Force were defeated 3-1 by Punjab FC in Manitoba Major Soccer League 5th Division action last Wednesday at the Selkirk Recreation Complex.

Tri-S' goal was scored by Spencer

Golden.

Chris Watson, Damian McWilliams, and Nur Jakupovic replied for SCM Academy.

With the loss, the Strike Force now has a 3-9-1 record and 10 points to occupy ninth place in the 10-team divi-

sion.

Tri-S will play Scrubs United this Wednesday at the Ralph Cantafio Soccer Complex. Game time is 10 p.m.

Meanwhile, the Tri-S Strikers beat Hammer Time 3-2 late Sunday evening.

The Strikers blasted the Diggers 5-0 on Aug. 15.

Tri-S will take on Gateway Celtic this Thursday (6:15 p.m.) at the Ralph Cantafio Soccer Complex.

> 37 MEDALS AT SUMMER GAMES, FROM PG. 31

Team Toba athletes to be known for through her skill, determination, and leadership characteristics, which is why we are so honoured to recognize her as our flag bearer," said Chef de Mission Drew Todd.

The 23-year-old from Winnipeg collected three medals at the Games, a silver in the high jump, where she tied her personal best and in the long jump where she set a new personal

best, and a gold in the heptathlon.

The heptathlon is an athletics competition where contestants take part in seven different track-and-field events in two days - the 100-metre hurdles, high jump, shot put, 200-m dash, long jump, javelin, and 800-m run. With this win, she set a new Canada Games record with 5,655 points, breaking a 33-year-old Canada Games record by 222 points.

And she set her own 177-point personal best. On top of that, she also set personal bests in the javelin and hurdles events.

"I am grateful for the opportunity to compete here, and for the experience Canada Games has provided me," said Lawrence. "The Games are a great chance to combine the spirit of various sports and display how much we truly love Manitoba. Everyone out here gave it their all and cheered on all the different teams and to me that is the defini-

tion of Games spirit and what Manitoba is all about. I have exceeded my expectations and am thrilled with the performances I and other teammates have put out this week."

Lawrence set ambitious goals for her Games. She set out to improve in each of her events, see a couple of podium finishes, and score as many points for Team Manitoba as possible. Not only did she follow through on each, she did so by carving her name in Canada Games history.

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NOTICE OF NOMINATIONS Rural Municipality of West St. Paul

NOTICE IS HEREBY GIVEN that on the following days: September 14, 15, 16, 19 and 20, 2022 between the hours of 1:00pm to 4:00pm at the Election Office, located in the West St. Paul Fire Hall at 3550 Main Street, I will receive nominations for the offices of Mayor, Councillor and School Trustee of the aforesaid Local Authority.

The nomination deadline is September 20, 2022 at 4:00pm. Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the authority or ward (as the case may be), but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations may be filed in person or by a candidate's agent at the above location, on the date and hours specified. To obtain a nomination paper, and / or candidate's declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at West St. Paul on August 25, 2022.

Helene Gowryluk, SEO
RM of West Paul
Phone 204-338-0306 ext. 118

REMEMBER

If you reside in Ward 1 or Ward 2, on Election Day your polling station is at the Sunova Centre (48 Holland Road) from 8:00am to 8:00pm.

If you reside in Ward 3 or Ward 4, on Election Day your polling station is at the Seven Oaks Learning and Service Centre (1985 Grassmere Road) from 8:00am to 8:00pm.

Other Voting opportunities:

Qualified voters from all Wards may vote at Advance Polls located at the Seven Oaks Learning and Service Centre (1985 Grassmere Road) on October 15 from 9:00am to 6:00pm, October 16 from 12 noon to 6:00pm, and October 17 from 8:00am to 8:00pm. The Advance Poll on October 18 from 8:00am to 8:00pm will be located at the Sunova Centre (48 Holland Road).

Note: ID will be required to vote. Those not on the Voters List that meet the three requirements (18 years of age, a Canadian Citizen and lived in the RM for six months prior to Election Day) may still vote after taking an oath and showing ID.

CITY OF
Selkirk

NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that nominations for the offices of Mayor and Councillors (six to be elected) of the City of Selkirk will be received on the following days:

**Wednesday, September 14;
Thursday, September 15;
Friday, September 16;
Monday, September 19 and;
Tuesday, September 20, 2022, between the hours of 8:30 am and 4:30 pm at the City of Selkirk Civic Office, 200 Eaton Avenue, Selkirk MB.**

The nomination deadline is **Tuesday, September 20, 2022 at 4:30 pm.** Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five qualified voters. Each nomination shall also be accompanied by the Candidate's Declaration of Qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax. To obtain a nomination paper, and / or Candidate's Declaration of Qualification, contact the S.E.O. at email or telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

Dated at the City of Selkirk on August 22, 2022

Alison Sinclair, Senior Election Official (S.E.O.)
Phone 204-481-3283
Fax: 204-482-5448
Email: elections@cityofselkirk.com

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Looking for part time work? We are hiring collators for Tuesday (12:30 to 8:30 p.m.) and Wednesday in the Inkster Park in Winnipeg. Must be in good physical condition, have good manual dexterity, be capable of standing for long hours and lifting at least 20 lbs. If interested call 204-467-5836.

Janitorial position available in Selkirk. Successful candidate will have own license, transportation, clear criminal record check, be physically fit and be prepared to work twenty hours, Monday to Friday, evenings. For further information please call 204-785-3257. Contractors need not apply.

SHOP LOCAL

EMPLOYMENT WANTED

Retired trucker willing to work year round for grain farmer. Contact Paul at: 204-757-4468 or cell: 306-620-9338.

MISCELLANEOUS

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For sale, Battle Creek Health Walker Treadmill, excellent condition, \$300; Jimmy Crane golf clubs, 12 pce and Cooper golf cart, VGC \$300. Please call 204-757-2576.

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

PERSONAL

WANTED - Retired couple (M/W) 60 something, seeking another retired couple (M/W) 60 something, to share common interests. NO DRINKING, NO SMOKING, NO RECREATIONAL DRUGS.
email: sweetco1960@gmail.com

UPCOMING EVENTS

Cluck & Quack Poultry Club Annual Sale - Poultry, small animals, equipment, crafts, vegetables, hobbies, etc. Saturday, Sept. 10th, 10 a.m. - 3 p.m. at Springfield Curling Club in Dugald, MB. For further vendor information contact Bill 204-755-2347 Email: bhartmann@xplornet.com

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UPCOMING EVENTS

Eastlands Wildlife Association-Gun, Collectible & Hobby Show. Saturday, September 10, 2022 from 9 a.m. - 4 p.m. at Anola Community Centre. Admission \$5, under 12 free. Call Wayne 204-853-2006 or Boris 204-866-2967.

BALSAM BAY CEMETERY PUBLIC MEETING, STONY POINT COMMUNITY CENTRE ON SEPTEMBER 11, 2022 AT 1:00 P.M. VOTING FOR 5 NEW MEMBERS - 3 TRUSTEES, 1 SECRETARY & 1 TREASURER.

DUNREA FLEA MARKET - Rain or Shine! Antiques, collectibles and more! Over 100 vendors. Admission \$5. 11 a.m. - 4 p.m., Sunday, September 4, 2022. Fairgrounds in Boissevain, MB.

WANTED

Private collector looking to buy firearms. Complete collections, ammunition and hunting related items. Licensed and insured. Cash buyer. Call or text 204-297-9223.

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ADVERTISE IN THE RECORD



RURAL MUNICIPALITY OF ST. ANDREWS NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

• **September 14, 15, 16, 19 and 20, 2022**

between the hours of **9 a.m. to 4:30 p.m.** at the **R.M. of St. Andrews Office, 500 Railway Avenue, Clandeboye, Manitoba**, I will receive nominations for the offices of **Mayor and Councillors, Wards 1 to 6**.

The **nomination deadline** is **Tuesday, September 20, 2022 at 4:30 p.m.** Nominations cannot be accepted after this day.

All nominations shall be made in writing and shall be signed by at least twenty-five voters. Each nomination shall also be accompanied by the Candidate's Declaration of Qualification.

Nominations may be filed in person at the above location, on the date and hours specified, by an agent, or by fax. To obtain a nomination paper, and/or Candidate's Declaration of Qualification, contact the S.E.O. at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

VOTERS LIST OF REVISIONS

Voters may apply to have information changed on the List of Electors no later than **September 20, 2022**.

APPLICATION TO VOTE BY SEALED ENVELOPE (FORMERLY CALLED MAIL-IN BALLOT)

An elector, who is unable to go in person to the polling place or an advance poll for an election, may apply in writing or in person to the Senior Election Official at the Municipal Office.

Dated at Clandeboye on August 25, 2022.

Margaret Davidson, S.E.O., R.M. of St. Andrews
Sally Cote, S.E.O., Lord Selkirk School Division
R.M. of St. Andrews
Box 130, 500 Railway Avenue
Clandeboye, MB R0C 0P0
Phone: 204-738-2264 / 1-866-738-2264 (toll free)
Fax: 204-738-2500



Lord Selkirk School Division 205 Mercy Street, Selkirk NOTICE OF NOMINATIONS

NOTICE IS HEREBY GIVEN that on the following days:

• **September 14, 15, 16, 19 & 20, 2022**

between the hours of 8:00 a.m. and 4:30 p.m. at the following location, **Lord Selkirk School Division Board Office, 205 Mercy Street, Selkirk, Manitoba**, I will receive nominations for the office of Trustee:

WARD I - TWO TRUSTEES
WARD II - ONE TRUSTEE
WARD III - ONE TRUSTEE

WARD IV - TWO TRUSTEES
WARD V - THREE TRUSTEES

of the aforesaid Local Authority.

The **nomination deadline** is **Tuesday, September 20, 2022 at 4:30 p.m.** Nominations cannot be accepted after this time and date.

All nominations shall be made in writing and shall be signed by at least twenty-five voters, or NOT less than 1% of the voters (whichever is the lesser) of the ward, but in all cases by at least two voters. Each nomination shall also be accompanied by the candidate's declaration of qualification.

Nominations must be filed in person with the Senior Election Official at the above location, on the date and hours specified. To obtain a nomination paper, and/or candidates declaration of qualification, contact the SEO at the telephone number listed below.

Nomination papers not accompanied by the required documents and not properly filed shall be rejected.

VOTERS LIST REVISIONS

Voters may apply to have information changed on the electors list no later than **September 20, 2022**. **Please call your Rural Municipal Office to update or to be added to the voters list.**

Application to vote by sealed envelope (formerly called mail-in ballot)

An elector, who is unable to go in person to the polling place or an advance poll for an election may apply in writing or in person to the Senior Election Official at your RM Office.

Dated at the City of Selkirk this 19th day of August, 2022

Sally Cote, Senior Election Official
Lord Selkirk School Division
205 Mercy Street, Selkirk, Manitoba R1A 2C8
Phone: 204-406-8479
Email: scote@lssd.ca

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NOTICES

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NOTICES

URGENT PRESS RELEASES - Have a newsworthy item to announce? Having a Fall Supper or Fall event? 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 under the "Types of Advertising" tab for more details.

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R.M. OF ST. ANDREWS ZONING BY-LAW 4066 ZONING BY-LAW AMENDMENT NO. 4375 PUBLIC HEARING

We are Listening.

Public Hearing
Tuesday,
September 13th,
2022
5:00 PM

Council Chambers
500 Railway Ave.
Clandeboye, MB.

Phone:

(204) 482-3717

1-800-876-5831

Fax: (204) 482-3799

E-Mail: info@rrpd.ca

Website:

www.redriverplanning.com



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

What is Zoning By-law Amendment No. 4375 about?

The general intent of this amendment is to rezone the subject property located at 28 Ednora Road from "A80" Agricultural General Zone to "SR" Seasonal Residential Zone.



28 Ednora Road (Roll No. 449500)

Planning meetings are available to view live through YOUTUBE CHANNEL, RM OF ST. ANDREWS. In-person and online attendance for the Public Hearings will be available but registration is required. Please contact the municipal office at 204-738-2264 ext. 137 or edo@rmofstandrews.com by 2 p.m. the day of the meeting to register for attendance, speak to council, provide written comments or to register whether "for" or "against" or for information only on the application.

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

*excludes all statutory holidays

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



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The Selkirk Record

ANNOUNCEMENT

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You're a true inspiration
Who makes us amazed.
With all that you've done,
And all that you do,
We can't wait for more Birthdays
to gather with you.
Happy 80th Birthday on August 26th
and wishing you many more.
-Love your family

ANNOUNCEMENT

ENGAGEMENT



Evelyne Putulik and
Joyce and Stan Surowich
are thrilled to announce
the engagement of their children
Nicole and Ryan
A spring 2023 wedding is planned.
Congratulations!

ANNOUNCEMENT

CARD OF THANKS

I would like to extend a huge thank you to
my friends following my recent surgery. Your
caring, kindheartedness and compassion has
been of considerable comfort and support.
Knowing you are there as I embark on my
next steps is of great reassurance to me.
-With grateful thanks,
Judith Lamb

ANNOUNCEMENT

IN MEMORIAM

In Loving Memory of
Louise Stocks
a much loved sister and aunt
who passed away August 25, 2013
Dear Lord please give a message
To our loved one up above,
Tell her how much we miss her
And send her all our love.
-Forever loved and remembered by
sister Jo-Ann and family

*Your memory will live forever
Engraved within our hearts*

OBITUARY

Robert Alvin Setter (Bob) (Opa)

It is with great sadness that the family of Bob Setter announces his passing on July 29th, 2022 at his home in Selkirk, surrounded by family, at the age of 89.

Predeceased by his wife and best friend Claire in 2000, Bob will be lovingly remembered by his daughters Audrey Klassen (Hans), Sandy Kostiniuk (Terry) and Karen Fey (Larry); granddaughters Breanne and Shayla Kostiniuk; and extended family.

Dad was a quiet, private person who loved to read, go for drives, sit outside or by the water, go out to enjoy a good hamburger, or have turkey dinner with the family. Dad was a huge sports fan and enjoyed cheering on our Winnipeg Jets and Bombers. He worked hard, was very organized, smart and had quite the sense of humor. Opa knew the secret to staying young is to live honestly, eat slowly and never admit your age! Dad packed us up for many car trips to Calgary and Summerland, visiting family. He loved the mountains. Dad took early retirement to help care for our Mom as her disease progressed. Dad and Mom enjoyed trips to Hawaii and a Caribbean cruise. Dad cared about us kids very much and loved his granddaughters immensely.

Cremation has taken place and a private memorial service was held as per Bob's wishes.

If so desired, donations to a charity of one's choice can be made in Dad's name.

The family wishes to send a big thank you to Rev. Anthon Bouw, John and the staff at Gilbert Funeral Home for their compassion and care at this difficult time.

"As long as we remember a person, they're not really gone. Their thoughts, their feelings, their memories, they become a part of us." - J. Cronin

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

Gilbart Funeral Home, Selkirk in care of arrangements.



ANNOUNCEMENT

IN MEMORIAM



Jack Blacher
In Loving Memory
July 7, 1943 - August 23, 2012
The tide recedes but leaves behind,
Bright seashells on the sand;
The sun goes down but gentle warmth,
Still lingers on the land.
The music stops and yet,
It lingers on in sweet refrain;
For every joy that passes,
Something beautiful remains.
-Carol, Allison and Kieran,
Lesley and Cory, John and Rhiannon
and all the grandchildren

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

ANNOUNCEMENT

IN MEMORIAM



In Loving Memory of
Cody Ryback
December 31, 2004 - August 27, 2021
Doing this life without you has changed us.
We're just not the same as before.
How could we be?
One thing that will never change though is the love
We hold in our hearts for you.
Nothing, including any amount of time that goes by,
Could change that.
Always Loved, Never Forgotten, Forever Missed,
-Love Mom and Dad

ANNOUNCEMENT

IN MEMORIAM

Cody Ryback
December 31, 2004 - August 27, 2021
They say there is a reason,
They say that time will heal;
But neither time or reason,
Will change the way we feel.
For no one knows the heartache,
That lies behind our smiles;
No one know how many times,
We have broken down and cried.
We want to tell you something,
So there won't be any doubt;
You're so wonderful to think of,
But so hard to be without.
-Lovingly remembered by
Grandma Mae and families

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OBITUARY



Barbara (Verna) Klim
1930 – 2022

Verna passed away peacefully, at Red River Place in Selkirk on August 16th, 2022, at the age of 91.

She leaves to mourn her children: Valerie (Hal Dunphy), Lorrie Parent, Rory, and Shannon (Ed Szewczuk); grandchildren: Trevor (Kaitlin) Dunphy, Tim (Laura) Dunphy, Michelle (Ricco) DeRossi, Daniel (Alex) Parent, Suzanne (Keith) Mackiewicz, and Eric Parent; great-grandchildren: Brady, Maddy, Kaydence, Owen, Ethan and Lane Dunphy; Remi and Quinn DeRossi, Jackson and Lance Parent, Sloane and Kennedy Mackiewicz. Also mourning are brothers Paul and Nick Bzowy, and sister-in-law Millie (Neil Ritchie), dear friend Stella, and numerous nieces and nephews.

Verna was predeceased by husband Eddie in 1985; her parents; brothers John, Walter, and Bill Bzowy; sisters Mary, Anne, Doris,

Olga and Jennie.

Verna was raised in Tolstoi and then attended St. Mary's Academy. She taught her first year of school at Hoey East in Libau, where she met Ed and his family. They were married in 1951 and settled to farm in the Libau area.

In addition to maintaining the farm and raising the family, Verna was always busy baking, canning, crocheting or knitting. She was known for her huge, manicured yard and garden, and for generously sharing her produce with all. 'Aunt Verna' always had fresh donuts and cinnamon buns for visiting family.

After Eddie's passing, the farm was sold and Verna worked for Home Care for the next 16 years. She loved helping others, especially many elderly Ukrainians in the region. She then retired to Selkirk where she enjoyed many friends and card games. She moved to Red River Place in September 2021.

Donations in Verna's memory can be made to Blessed Virgin Mary Ukrainian Church or it's Cemetery in East Selkirk.

Private service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Gerald Arthur Frost
January 4, 1956 - August 4, 2022

With great sadness, we announce Gerald's sudden passing at the family home in Selkirk.

Gerald was predeceased by his brothers George and Glen, and his father Charlie.

He leaves to mourn his mother Dairdrie Frost; son Gerry Frommelt; sisters Audrey Laye and Dairdrie Ludwick; brother Gary (Connie) and Geoffrey (Jade) Frost and many nieces and nephews.

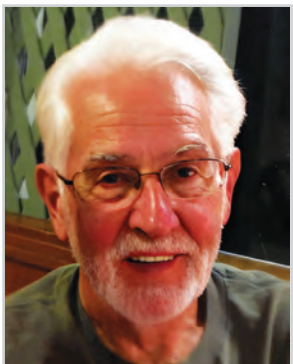
Gerald will be fondly remembered for his outgoing personality and unique sense of humour. AKA "Canada".

Family and friends are invited to attend his memorial service on Saturday, September 3, 2022 at 2:00 p.m. in the St. Clements Parish Hall at the St. Clements Anglican Church Cemetery in Selkirk. His brother George's ashes will also be laid to rest.

Rock Fontaine

in care of arrangements

OBITUARY



Joseph Paul Roger Laramie

Joe passed away August 10, 2022 at the Selkirk Hospital at the age of 86.

Joe was the 11th child of Yvonne and Edmond Laramie born on April 23, 1936 in Ste Eustache, Manitoba. He was predeceased by his parents, all his siblings, and daughter-in-law Sandy.

He is survived by his wife Eva of 63 years, children Joanne, Dan (Charlene), Darlene and Darren. He will be greatly missed by grandchildren Joel (Magnolia), Sarah (Courtney), Alexis and great-grandsons Lanen, Carter, Kai, and Pax.

Joe started his career in meat cutting, leading him to various management positions and eventually owning several successful grocery businesses with Eva.

An enthusiastic traveller, for years he and Eva enjoyed spending winters south RVing in Arizona, Florida, and Texas. One of his

favorite things was to meet people and share his love of conversation developing lifelong friendships with co-workers, fellow travellers, and neighbours.

Joe loved antique cars, trucks, tractors, owning several throughout the years that he took care of with great pride. This joy continued for him by attending local car shows over the summers with Darren, Joel, and Landen, participating in swap meets, and chatting with fellow "car buffs" for hours.

His deep roots to family continued throughout his lifetime keeping close relationships with parents, siblings, nephews, nieces, and his extended family.

Many fond memories are shared by all, the times spent golfing, snowmobiling, and jam sessions. Cheers! A shot of rye to you Dad.

A private family service will be held later.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements

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OBITUARY



Verna Grace Gamache (nee Wright)
October 25, 1938 – August 15, 2022

Peacefully on August 15, 2022, Verna passed away at the Selkirk Regional Health Centre at 83 years of age after a courageous fight with cancer.

Verna was predeceased by her husband Phillip (Zeke) Gamache; parents Alice and Grant Wright; her sisters Peggy Coumont, Evelyne Hallick, Phyllis Hogg, Mary Goodman and her brother Chuck Wright.

She will be lovingly remembered by her son Bill (Sheri) Gamache and granddaughters, Madison and Hunter, whom she cherished more than anyone on Earth; sister Jean Kinash (Garry); half sister Sue Fowler; half brother Dave Colley; many nieces, nephews and friends.

Born in Selkirk, Verna grew up in Mapleton area, later moving to Clandeboyne with her husband Zeke. She worked at Safeway for 43 years, retiring to look after her first grandchild. In 2005, she moved up to The Pas to be closer to her family. She made many friends there, moving back home to Clandeboyne in 2009.

Verna enjoyed gardening, walks and time spent with friends and church gatherings.

She was very dedicated to St. George Anglican Church but had a special place in her heart for St. Clements Mapleton Church, where her parents and siblings rest.

If you had the privilege of knowing Verna, you know she would do anything she could to help a person in need, no matter the cost to her. She was an amazing soul with a soft heart and a strong faith. Blessed are those who knew her.

She wouldn't want us to be sad but we cannot keep our tears from falling as we deeply miss her. We know in our hearts that she is looking down on us with her beautiful smile.

Thanks to Dr. Alexander and the medical staff at Selkirk Regional Health Centre for looking after her during her time in the hospital.

Pallbearers are Brad Wright, Scott Wright, Roger Goodman, Craig Tulloch, Roger Goodman (Jr.) and Isaac Friesen.

Funeral service will be held on Thursday, September 15, 2022 at 11:00 a.m. at St. George Wakefield Anglican Church, Clandeboyne, MB with Archdeacon Godfrey Mawejje officiating. Luncheon to follow at Clandeboyne Hall.

In lieu of flowers memorial donations can be made to St. George's Wakefield Church, Box 219, Clandeboyne, MB R0C 0P0.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Anastasios (Ernie) Georgakopoulos

It is with great sorrow that we announce the passing of Anastasios – Ernie Georgakopoulos on Tuesday, August 9, 2022.

Ernie will be forever remembered by Dianne, his loving wife of 35 plus years; sons, Bill (Brandi), Tony (Marjorie); stepchildren, Dan (Sheila) and Bev (Joe); grandchildren, Victoria (Kevin), Dylan, Alex, Brooklyn, Lauren, Daniel, Kai and Kaylee.

Also his brother in Greece, Chris (Aleka) and sisters in Winnipeg, Voula (Nick) and Anna, plus nieces and nephews and many dear friends.

Ernie was born on June 10, 1948 in the little village of Dara in Greece. He was the youngest of seven children. As a young man, he served in the Greek Army and then immigrated to Winnipeg in 1970, where he became a proud Canadian citizen.

After years of working in restaurants, he retired to his dream home in Victoria Beach with Dianne and his faithful and furry friend Buddy.

Ernie was always willing to share his love and knowledge of cooking. For many happy years, he volunteered his cooking skills at the Senior Scene in Victoria Beach and the community always looked forward to his annual "Greek Dinner and Dance" event. Throughout the years, many lasting friendships were made.

Ernie was an avid gardener and proud of his Greek Korner. Often people would walk up the driveway just to take a look at his garden and enjoy a glass of his homemade wine or beer, Opa!

Cremation has taken place and according to his wishes, a private family interment will be held at a later date.

If friends so wish, a donation may be made in Ernie's honor to CancerCare Manitoba, Senior Scene in Victoria Beach, MB, or a charity of your choice.

Friends and family are invited to visit Ernie's memorial page @interlakecremation.ca, where memories and condolences may be shared.

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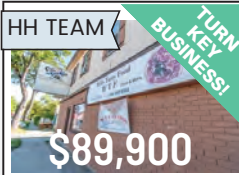








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