



The Selkirk Record

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RECORD PHOTO BY BRETT MITCHELL

A touching moment at A&W's annual Burgers to Beat MS event last Thursday evening. It was Elvis Presley fan Ashley Donald's birthday. Elvis impersonator Daylin James serenaded the very excited Donald and had the entire crowd sing Happy Birthday just for her. "This is the best birthday EVER!" said Donald. The yearly event raised almost \$2000 for Multiple Sclerosis at the Selkirk location and featured antique cars and trucks along with Elvis. See page 14 for more coverage.

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PRICES IN EFFECT: THURSDAY, AUG 26 - WEDNESDAY, SEPT 1, 2021

Artists gather together to show Selkirk what they've got

Art Crawl will allow residents to see many artists work all in one place

By Katelyn Boulanger

Selkirk will be seeing its first Art Crawl in a little over a week's time which will give people in the region an opportunity to check out what some local artists have been up to while also taking a walk in Selkirk's beautiful downtown area.

"It's basically a large outdoor market. Mostly artisans, craftsmen, painters, stuff like that. Stuff that's handmade and it's going to be spread out along Manitoba Avenue and also along Eveline. So, it's also like, a mural tour as well. You get to walk down and see the murals and there are little sites set up down the street and there'll be five to six vendors set up at each site. And, the majority of the sites will also have their own form of entertainment. One site will have a fiddler and another site will have a comedian, another one has a Patsy Cline impersonator, and there's a band at the Merch," said Ashley Christiansen who is the event organizer.

The event will take place Sept 4 and 5 between 10 a.m. and 5 p.m. and have over 30 artisans.

Christiansen was actually doing small scale events like this in Winnipeg before the pandemic but decided to expand when she came to Selkirk to create this larger event for our community.

In order to bring this event to Selkirk, she applied and received an Adapt grant from the Manitoba Arts Council. These grants are meant to help artists through the difficulties they have faced throughout the pandemic when many opportunities and events where they would typically sell their products haven't been able to happen.

Christiansen hopes that this is a way that artists can connect back to the community.

"[It's] another chance to get out in the community, sell some art, make some connections. We've all been separated for the past couple of years, and they haven't been able to do as many art shows or sales, stuff like that. So, it's just a good way to bring everybody back together and make some new connections," she said.

There will be a wide variety of hand-crafted products available that residents might have had trouble getting their hands on since many craft sales and farmers markets have had to make changes these past few months.

"It'll be a lot of art, a lot of painting, a lot of handmade crafts, woodworking, and sewing. There are some photographers, basically everything and anything that you can make yourself, you're welcome to sell it," Christiansen said.

She says that in addition to this being a nice way to spend your time events like this benefit the artists in our community in unexpected ways.

"It's just a good way for artists to meet each other to sell their goods because I know some people sell online but not everybody sees your art online. And it's at a nice, central focal point in Selkirk. Everybody's on Manitoba Avenue. There's always lots of traffic," she said.

Another bonus of the location is that it allows everyone to be spread out leaving lots of room for social distancing and Christiansen wants to remind residents that usual COVID regulations will still apply at the event.

"We encourage mask-wearing, but obviously, we can't make it mandatory and social distancing. We'll have some hand sanitizer set up at each site for people who want to use it and that's why we have the site spread out



RECORD PHOTO SUBMITTED

Laurie Sutherland will be outside the Candace Memories Mural on Manitoba Ave. performing her Patsy Cline tribute during the Art Crawl in Selkirk on Sept 4 and 5.

as opposed to one large gathering," she said.

She encourages anyone who wants to, to stop by.

"There'll be lots of entertainment.

It's something to do, get out of the house, get some exercise, see some cool art. It's just something good to do with family, and friends," said Christiansen.

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BIG DOLLAR

Community programs adjust to new normal

As registration opens, programs put protocols in place to keep children healthy

By Ligia Braidotti

Registration for several community programs have opened, and as health order restrictions lift, parents and children can expect to see classes looking a lot more like they did pre-pandemic.

Community programs were forced to be creative and adapt quickly to new protocols that prevented the spread of COVID-19, whose symptoms and health effects were unknown at the time.

The province ordered businesses to shut down entirely as the number of cases increased, preventing children from participating in recreational and competitive sports for several weeks.

The Selkirk Judo Club felt first-hand the impacts that the pandemic had on their programs. Judo involves a lot of physical contact - something that appeared to be getting more and more unsafe since the virus spread primarily through human interaction.

The main impact for them was limit-

ing the number of people allowed on the mat. Coach Brian Jones explained they had to divide the students into cohorts. As the pandemic went on and the health orders changed, their class sizes were half of what they were used to.

They also had strict COVID-19 protocol, partly mandated by the health orders and partly suggested by Judo Manitoba. The protocols included disinfecting the mats, screening temperature and symptoms before entry, restricting spectators, and socially distancing students. Mask use and hand and feet sanitizing were also mandatory.

"We were somewhat restricted in the types of activities that we could do. We could do technical training, but we weren't allowed to practice fighting. Aside from warm-ups and some physical conditioning, Judo training requires a partner. So you're either practising the techniques, or you're practising fighting against each



RECORD PHOTO BY BRETT MITCHELL

Selkirk Judo students.

other," Jones said.

Moreover, they were locked down and could not deliver classes for most of the year because of the pandemic.

While Judo Manitoba still has prevention protocols in place, provincial restrictions are lifted, they have more freedom in how classes are taught.

"We don't have to limit the activities anymore, so we will be able to practice fighting. We also don't need to separate the students into cohorts anymore. We are limited by the capacity of mats, which is not really different than how we were in a non-pandemic situation, so the classes will look a lot more like they did prior to the pandemic restrictions. In terms

of the actual content of the class, the main things will be additional cleanings of the mat, symptom screening, quarantining in any cases, etc.," he continued.

Selkirk Judo is crossing their fingers that there won't be any more restrictions that will force them to close for several weeks, and they are very excited to be starting a new year.

"We are excited to be able to continue to do classes and offer that to the public," Jones said.

Check out the list of programs with open registrations included in this issue and contact your club for more information on protocols.

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St. Andrews looking for leaders and girls

Girl Guides season starts soon and volunteers are needed for all levels

By Katelyn Boulanger

With pandemic regulations allowing gatherings once more, local Girl Guide groups will be able to once more get together to learn and give back to their communities. The Girl Guides in the Seven Oaks District St. Andrews Units want to do just that but need help from older female volunteers to make it happen and so have put out the call for help.

"We're a girl-based organization that helps to empower girls in all ways. So, we do crafts, we do team building, we go camping. Our program, we have different program areas that help all girls of all ages," said Caitlin Regnier, St. Andrews Sparks Leader.

The Girl Guides of Canada is meant for girls between ages five to seventeen with sparks, brownies, guides, pathfinders and rangers programs all available.

Regnier who has been a leader for ten years and became involved with guiding when she was a child says that it's important to have organizations like guides in our communities to build girls up.

"[It] helps them get to know their community, we definitely help out the community, whether it's going to the soup kitchen or going to local places. Our girls have gone to the Mighty Kiwi [the year before last] and they

got to learn about healthy eating and everything. So that's really helpful. They saw the women who owned that business, and actually got to see like, 'Oh, that's something that I could do when I'm older.' It teaches them different things that they can do as a female that doesn't limit them because they're female," said Regnier.

Right now to continue on with guiding in the community, however, the group needs more adult volunteers in both leader and non-leader positions.

"We have a couple of units that have girls registered, but no leaders. So we're hoping that some parents will step up or some other people in the community will step up to help these girls out," said Regnier.

She also wants to remind people that Guides is still active in our communities as sometimes people don't realize that they are still an option as an afterschool activity for girls especially since they haven't been able to sell cookies lately because of the pandemic.

Her favourite part about being a leader is seeing the girls connecting with their activities.

"I love seeing the girls when they get to discover new things, whether it be outdoors or exploring the science and the technology that's always really fun for them and definitely when we get



RECORD PHOTOS SUBMITTED

Local Girl Guides in St. Andrews are looking for female volunteers and leaders for next year.

to help the community," said Regnier.

St. Andrews area, residents can email her at thesparksgurl@hotmail.com.

To contact Regnier about volunteering or about registering a girl from the



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Local McDonald's manager gets national recognition

Charles Maligsa takes home 2021 Outstanding Manager of the Year Award

By Katelyn Boulanger

Selkirk McDonald's Charles Maligsa has become one of this year's few winners of the 2021 Outstanding Manager of the Year Award, a national prize that recognizes his exceptional leadership as a restaurant manager.

"I was quite surprised. I wasn't expecting to really win anything and it was a great feeling to have knowing that we've made such difference in the business and [to see that acknowledgement of] how we've been running operationally and it was, it was a great surprise," said Maligsa of his win.

This award is only given to the top ten per cent of managers working in Canadian restaurants.

Maligsa has been the general manager of the Selkirk McDonald's since January of 2020, however, his career at McDonald's actually started 11 years before in Ontario as a crew person working in the kitchen.

"[I started out] as a crew person, the next position would be the crew trainer, that's where we develop and train, new and upcoming people. After that, there's the team leader position and then, right after that is the shift manager position, which dis-

patches our shifts in the restaurant. The next one is the department manager. After that, is assistant and then general manager," said Maligsa.

He says that many people in head office and management in McDonald's started out as crew people and that the management structure of the business allows for advancement.

He was chosen for this award because he achieved superior results in his responsibilities, worked diligently to offer an exemplary client experience and serve quality food, and has led his team to achieve remarkable results in their restaurant.

As a leader in his years at the restaurant, he feels that one of the biggest components of his success has been showing respect to everyone coming through the doors of the business.

"Just like any leadership position, I think the biggest factor is how we deal with people. So, people on both sides of the counter, whether you're a crew person, you're a manager, to the customers. It's really how to lead and making a lasting impact," said Maligsa.

He says that his approach is people first and metrics second which is why one of his favourite parts of his job is guiding young employees through their first workplace experiences.

"[I] really enjoy making an impact, especially on my students, in high school or college right now. Being able to give them advice, being able to coach and see their developments in front of my eyes, it's really rewarding for me and that's what I enjoy the most working at McDonald's," said Maligsa.



RECORD PHOTO SUBMITTED
McDonald's Selkirk's general manager Charles Maligsa has taken home a national prize for his leadership abilities.

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New script for Selkirk's Garry Theater

The City of Selkirk purchased the iconic theatre as a hub for community

Submitted by the City of Selkirk

The city purchased the Garry Theatre for \$350,000 net plus closing costs. CAO Duane Nicol said the writing was on the wall for the single-screen theatre and securing it before it went up for sale on the open market provides time to assess what the community wants to do with it.

"It would be difficult to have a fulsome community conversation when you're under the gun of a land sale," Nicol said.

"So in the case of the Garry, the city acted quickly because we didn't want to have any regrets. The property never hit the open market, and now we can have proper conversations about what to do with a building that is a piece of Selkirk's history and has provided an important service for decades."

The Garry opened on Nov. 29, 1948 and changed hands several times, with the last owner being Landmark Cinemas. The Garry was shuttered this past May along with three other Landmark single screens. For CEO Bill Walker it was simply a business decision, but one that tugged at the heartstrings.

"Having operated the Garry Theatre since acquiring it from Rothstein Theatres, of Winnipeg, in 1972, it was a difficult decision for Landmark Cinemas to close the Garry. We are extremely pleased that it has been acquired by the City of Selkirk, ensuring that it will now see a new and revitalized future as it continues to deliver entertainment to the citizens of Selkirk and the surrounding community," Walker said.

"Landmark Cinemas extends our heartfelt 'Thanks' to the three generations of Selkirk residents who we have had the pleasure of entertaining, and also the management and staff members who have served so faithfully at the Garry over those almost 50 years. We wish the City of Selkirk, and its residents, many more years of entertainment and pleasure at the Garry Theatre."

Mayor Larry Johannson said even though most people knew the theatre's end was near, it's still sad to lose something that all long-time residents have fond memories of.

"Those of us that have been here most or all of our lives have a history with the Garry Theatre. We went there as kids with our parents and grandparents, then as teenagers and then we took our own kids, so it's that hometown jewel that we all feel we own a piece of," Johannson said.

"That's what's so exciting about the city purchasing the building, now we all really do own a piece of it and we can have a say in its future. We can all take part in building back this bit of history we all shared and make memories for our kids and grandkids. I think it's fantastic."

The city has no intention of operating the Garry directly Nicol said, but he's excited to learn what the community imagines will be playing next at the theatre that has been a part of entertaining Selkirkians for so many years.

He has confidence that if there's a desire to reinvent the Garry Theatre, community members will come together with the gusto and enthusiasm



RECORD PHOTO BY KATELYN BOULANGER

The Garry Theater was recently purchased by the City of Selkirk.

needed to create something great. The Park Theatre in Winnipeg is a great example of the successful afterlife of a former movie theatre, and with community support, Nicol thinks the Garry could achieve similar status.

The city has passed a bylaw to create the Selkirk arts and culture committee, the need for which arose out of the city's Strategic Plan. Nicol said the committee will be a unifying force to facilitate growth of arts and culture in the city.

"We have this burgeoning arts and culture community in Selkirk, but we don't have this overarching support mechanism in place," Nicol said.

"Ultimately there's a need for this body to bring people together, to have those discussions and to find resources. There are lots of federal and provincial arts and culture grants that are available and this committee will be able to coordinate and access some of

those resources. We created the Culture Coordinator position in Selkirk to put some dedicated effort into our arts, culture and heritage programming and services. We're seeing that investment paying off. The new committee and investments like securing the Garry are demonstrations of the city's efforts to fulfill its strategic plan and truly embrace our role as a cultural and recreational hub for our region."

Nicol acknowledges there is significant work that would need to be put into the Garry in terms of accessibility and bringing it up to code perhaps in some areas.

"We know the building is quite old and that extensive renovations are going to be required for long-term use of the facility, but that's going to be part of the public conversation going forward."

Harvest donation to keep STARS airborne

By Mel Stefaniuk, Clipper Weekly

A St. Clements farming family is making sure Manitoba's STARS Air Ambulance continues to fly high.

On Aug. 14, Blair Matchizen of Matchizen Farms in Thalberg harvested 20 acres of wheat crop, which had been planted especially for STARS Air Ambulance to help raise money for the life-saving service.

The Shock Trauma Air Rescue Services (STARS) is a Canadian non-

profit helicopter and air ambulance organization funded by donors, service groups and government contributions. In 2011, STARS was asked by the provincial government to maintain a permanent base in Manitoba.

The donation is being made in tribute to Blair's father, Ken Matchizen, a lifelong farmer who sadly passed away during seeding last year. When



PHOTO SUBMITTED

Matchizen Farms harvested 20 acres of wheat planted for STARS Air Ambulance.

Continued on page 9

The Selkirk Record



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Call Katelyn Boulanger

Province not ruling out regional restrictions to battle COVID

By Ashleigh Viveiros

Regional restrictions are certainly still “on the table” when it comes to the province’s attempts to curb the expected fourth wave of COVID-19, Manitoba’s top doc said in a media briefing Monday.

While discussing areas where vaccine uptake is lagging behind the rest of the province (including the RM of Stanley, which has a provincial low of 22 per cent of residents vaccinated against COVID-19), Dr. Brent Roussin was asked whether consideration is being given to tailoring public health orders to specific regions.

“We don’t exclude any possibilities if we need to protect the health of Manitobans,” he said. “We certainly don’t exclude the possibility of regional approaches. We’ve seen that in other jurisdictions in Canada already when they’re seeing a resurgence in certain areas.”

Roussin acknowledged they are seeing “some concerning trends” in the Southern Health-Santé Sud health region specifically.

“We’re seeing some increasing numbers, increase in test positivity, increasing numbers of contacts per case,” he said. “And in some of those circumstances where we have a large amount of contacts per case, we’re seeing that ... none of the contacts are

vaccinated.”

Roussin stressed the province continues to emphasize the need to protect oneself and others by staying home when ill, washing one’s hands regularly, wearing masks when physical distancing isn’t possible, and keeping contacts with those outside one’s household down.

Public Health will continue to review mandated restrictions and adapt them accordingly, he said, noting such restrictions are just one tool to battle the spread of the virus.

“We know from other jurisdictions that that fourth wave, it is coming, and so the best way to protect ourselves and the people around us and all Manitobans is to get vaccinated as soon as you are eligible,” Roussin said.

Roussin noted they’ve done a great deal of outreach across the province to try to get Manitobans vaccinated, and they’ll continue to do so moving forward.

“We have a significant amount of Manitobans protected, albeit not nearly enough,” he said. At press time, 81.4 per cent of eligible Manitobans had received a first dose of the vaccine and 75.5 per cent their second.

“We’re going to see a fourth wave and we’re going to see a fourth wave dominated by cases in the unvaccinated,” Roussin said, pointing to what’s

happening in other parts of Canada already. “We want to do whatever we can to decrease the pool of unvaccinated Manitobans. We’re going to continue to work on that, try to get to those who have delayed getting the vaccine.”

153 new cases over weekend

Health officials announced 153 new cases of COVID-19 over the weekend, including 44 on Friday, 46 on Saturday, and 36 Sunday.

Manitoba at press time had 345 active cases, 56,750 total recoveries, and 1,188 deaths due to COVID-19.

There were 63 people in hospital with the virus, including 16 in intensive care.

The five-day COVID-19 test positivity rate was 2.3 per cent provincially and 1.4 per cent in Winnipeg.

Interlake-Eastern Regional Health COVID cases by district as of Monday: Arborg/Riverton one, Beausejour eight, Eriksdale/Ashern two, Fisher/Peguis 56, Gimli zero, Northern Remote six, Pinawa/Lac du Bonnet two, Powerview/Pine Falls 12, Selkirk zero, Springfield one, St. Clements one, St. Laurent zero, Stonewall/Teulon seven, Unknown District three, Whiteshell zero and Winnipeg Beach/St. Andrews one.

Red River North RCMP looking for missing teen

Submitted by the RCMP

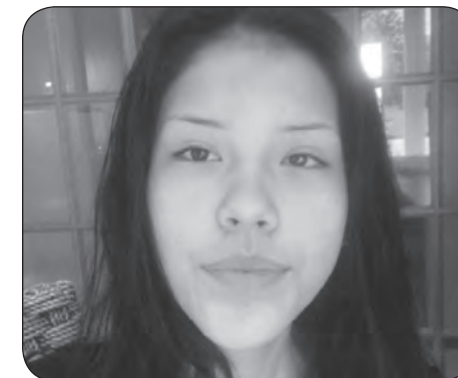
On August 23, 2021, at 12:45 am, Red River North RCMP (formerly East St Paul) received a report of a missing 15-year-old female from a residence located on Addis Avenue, in the RM of West St Paul.

Alexa Young was last seen earlier in the evening of August 22.

She is described as being 5’7”, 105 lbs with long black hair and brown eyes and was last seen wearing a black colored hoodie and grey sweatpants.

If you have any information on her whereabouts, please call the Red River North RCMP at 204-482-1222, call Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

This information is up to date as of the *Selkirk Record’s* print deadline of August 23.



RECORD PHOTO SUBMITTED
Alexa Young



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TROUBLE WITH PAPER DELIVERY?

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

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Get paid to get rid of your old fridge or freezer

Efficiency Manitoba program makes recycling old appliances safe and easy

By Katelyn Boulanger

The City of Selkirk and Efficiency Manitoba have partnered up to make getting rid of your old fridge or freezer in an environmentally friendly way easier and will even pay you \$30 for it.

The city first started working with Efficiency Manitoba when they posted about wanting to find community partners to fund a position helping with efficiency based projects. Since then, the position of the new energy efficiency program administrator position at the city has been created and filled by Sarah Lawrynuik.

"The entire drive is based around a program that previously existed with Efficiency Manitoba, wherein if you have a 20-year-old fridge or freezer, that is full size, they'll come and haul it out of your house for free and then give you 30 bucks, which is great. But the problem is with regions really outside of Winnipeg is that they can't be sending a truck to go get one freezer at a time and so the drive is really around trying to get as many people from Selkirk to book on selected days between August and October, so that it actually makes it worthwhile for the big truck in and the guys to come out and haul all of the freezers and fridges away," said Lawrynuik.

She says that this program is all about relieving the stress of figuring out how to properly recycle these appliances for families as they can't be taken to a regular landfill.

"Especially before 1995, fridges and freezers contained the Chlorofluorocarbons (CFCs). They're greenhouse gases that interfere with the ozone

as well as have a magnified warming impact on the planet when compared with like, carbon dioxide. So it's much worse for the environment if your fridge or freezer isn't handled properly. I mean, there's a number of other things in your fridge and freezer that you don't really want leaking into the environment, but that is the main concern CFC gases have a very damaging impact when you consider all of the fridges and freezers that use these gases in manufacturing," said Lawrynuik.

She couldn't however recommend this program without trying it for herself so she booked an appointment to get her old freezer out of her home and now absolutely recommends that residents take advantage of this opportunity.

"You need to have pretty basic information. It's your name, you do need your hydro bill number because you need to be a hydro client in order to be eligible for the program and then they ask you a couple of things about the fridge in the freezer, and then they tell you the next available date for pickup," she said.

The freezer or fridge also has to be in working order and should be left in its original location. Also, if you happen to have a full-size fridge or freezer that you need to have removed you can at the same time also have a dehumidifier, window-mounted air conditioning unit and or bar fridge removed as well.

Lawrynuik then waited until her pick up day and the private company that Efficiency Manitoba works with



RECORD PHOTO SUBMITTED

Sarah Lawrynuik energy efficiency program administrator for the City of Selkirk sitting on her old freezer that she had removed.

for this project, PureSphera Recovery and Recycling, came to collect the freezer.

"They came in through my back lane because it was the easiest route out of my house. They hauled it all the way out of my basement with no worries about anything getting scratched or anything like that as they're very careful and very quick, once they got here it probably took all of 10 minutes at most. Yeah, it was great," she said.

Lawrynuik believes that Energy Efficiency is so important for a whole bunch of reasons for our communities.

"This is an interesting opportunity and an interesting time because it's very important with regard to climate change. How much energy we take to heat and light, our homes directly impact how much is available for other things, or how much green-

house gas we're emitting. So for that reason, we have to retrofit our homes, there is no path forward, that gets us to our Paris targets, that doesn't involve retrofitting our home. But also, I mean, it lowers people's energy bill, and especially some of the Efficiency, Manitoba programming targets low-income families and individuals and so that actually means that you have this opportunity to incorporate these retrofits that are good for the environment, but also lower people's energy bills. They're really needed," she said.

If you live in Selkirk and would like to get your old refrigerator or freezer removed book an appliance pick-up appointment, visit efficiencymb.ca/my-home/appliance-recycling/ or call 204-944-8181 (toll-free at 1-844-944-8181). Appointments will be available starting in August through to the end of October.

> STARS AMBULANCE DONATION, FROM PG. 7

ambulances were unable to cross the wet fields to reach Ken where he had been working, Blair had to transport them using his own truck, a moment which stuck with him and helped him to realize the importance that the accessibility of the STARS Air Ambulance provides in times of need.

Blair added that they often see the STARS helicopter flying over the farm on their way to help someone in need which gave the family an admiration for what the team does.

Although 2021 has been a tough year for farmers with how dry it has been, Blair said the 20 acres held up against tough weather.

"The crop looked excellent even considering the conditions this year,"

Blair said.

Blair is a fifth generation farmer and Matchizen Farms is an important piece of land for the area having been recognized as a Century Farm in 2006. The farm has been in use since the Matchizens emigrated to the land in 1906.

Blair's mother Betty Matchizen said she was proud of her son's donation and how it has inspired others.

"People have been telling us that they've donated money to STARS after seeing what we've done and that's been lovely," Betty said.

STARS director of donor relations and development Colleen Mayer thanked the Matchizen family for their generosity.

"The agriculture community has stood by STARS through floods and droughts, and we are grateful for the generous support of farmers like Blair, especially in such a challenging year," Mayer said.

"Community support like Blair's for our day-to-day operations is greatly appreciated as it helps us fight for the lives of Manitobans, no matter where they live, work, or play across the province," Mayer added.

The STARS service was used for 657 missions in Manitoba last

year.

More information on the STARS service including ways to donate can be found on their website at www.stars.ca

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RFP open for water tower's new mural

The City is accepting design concepts for a mural on the bottom portion of the water tower

By Ligia Braidotti

The City hopes to use the Selkirk Water Tower to embody and recognize significant aspects of the city's history.

That's why they are requesting artists submit a written design concept for a public art project painted at the base of the tower.

In February 2020, the City announced a major facelift to the water tower and began receiving proposals for a new artistic design. Robyn Kacperski, a Selkirk-raised graphic designer, had her design picked among hundreds of others. Her idea was to use the City's brand elements with the logo painted around the widest area.

Since a complex design on the top of the tower would be almost impossible due to the amount of work involved, the City decided to have a mural on the bottom portion.

"We want the water tower to act as a visitor experience; somewhere people can take a picture, learn about Selkirk's history, and gather interesting facts of Selkirk today," City of Selkirk CAO Duane Nicol said.

"The Selkirk water tower is an iconic and much-loved part of our cityscape. It is a piece of critical infrastructure, but it's also part of our cultural infrastructure. It provides a vital service, and it adds to the character of our

community. Culture and social infrastructure are every bit as important as cement and pipes. People make a community – roads and water systems only serve it. Adding a mural and interpretive signage are investments into our cultural infrastructure. It's not just city building, it's community building."

The mural design must tell a story about Selkirk and the community. The City hopes that the bottom will be visually appealing and provide a fantastic experience for residents and visitors.

"We want somewhere where people can go, take a picture, talk about Selkirk's history, and gather interesting facts about the city," said Ellie Longbottom, the City's culture coordinator.

"Public art is really popular, and a lot of murals are popping up around Selkirk. We wanted a mural at the bottom to be part of our cultural infrastructure. Part of our cultural infrastructure is that it builds community around it and is an investment into pride and place. It makes our citizens proud of where they live, and it creates an engaging experience."

The Selkirk Water Tower is an iconic staple of the city that can be seen from all corners, so now, when people get close, they will also have something to



RECORD PHOTO BY BILL "NEWZMAN" SMYTH

Selkirk's iconic watertower being painted with a new design.

look at.

The City asks artists to consider Selkirk's natural, historical, recreational, cultural, and unique features in their design. Longbottom reinforced that the design should tell a story and put interpretive signage with it to give visitors context of what they are looking at.

The Selkirk Water Tower was built in 1961 and was initially painted lime green with the word Selkirk printed in black. In 1978, the tower, or the Watersphere as it was known, was painted silver. Then, in 1998, the Western Industrial Services of Winnipeg did the blue and red striped paint job that

residents were so familiar with.

"The water tower itself is a critical piece of the city's infrastructure. This mural at the base will be cultural infrastructure. We hope to make residents proud of where they came from and create an engaging experience," Longbottom added.

Work is underway to paint the top, which should be completed by September. The city hopes to have the new mural at the base started around the same time.

The deadline for the proposals is Aug. 27, and the application can be found at myselkirk.ca/tenders

MITT responds to growing demand for cyber security

Canada will need 53,000 cyber security professionals by 2023

By Ligia Braidotti

In this day and age, where almost everything is done electronically from a computer or mobile phone, people and businesses must know how to protect themselves from cyber attacks.

With a growing demand for cyber-security professionals in Manitoba, the Manitoba Institute of Trades and Technology (MITT) realized a gap in training. So they are now offering microcredentials for people wanting to know how to secure themselves or IT professionals hoping to get a job in cybersecurity.

According to Kathy Knight, dean of ICT Programs and executive director

of CyberWave at MITT, Canada needs approximately 53,000 cyber security professionals in the next two years. She also commented that one in five businesses are victims of cybercrime such as ransomware or email phishing scams.

"MITT made the decision, pre-pandemic, which I think shows a lot of foresight, to make an investment in developing cyber security talents for Manitoba employers and beyond," she explained.

CyberWave has been in the process of being developed since 2018 and is supposed to become the leading cy-



RECORD PHOTO SUBMITTED

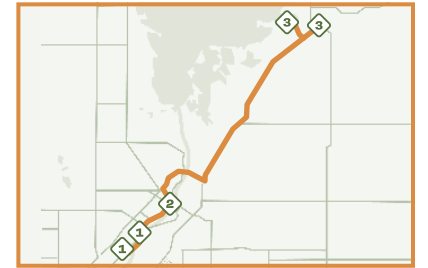
Eddie Phillips, Selkirk resident and cyber security instructor at CyberWave at MITT.

Continued on page 12

Manitoba | Road Trip Ideas



SCAN THE QR CODE to open this road trip map on your phone.



Hot Dogs & Channel Cats

This summer, Travel Manitoba is featuring an amazing collection of road trips to help you explore every corner of Manitoba. As the Red River flows north from Winnipeg, there are plenty of reasons to take the scenic route.



↑ St. Andrews Lock and Dam



↑ South Beach Casino & Resort

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- ➔ Follow all local travel restrictions

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↓ Marine Museum of Manitoba



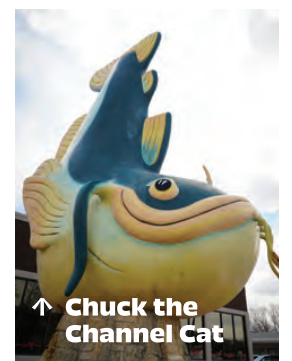
↓ River Road



↓ Brokenhead Wetland Interpretive Trail



↑ Half Moon Drive In



↑ Chuck the Channel Cat

1 SCENIC DRIVE THROUGH HISTORY

Just north of Winnipeg is the scenic **River Road** (Provincial Road 238), a historic ox-cart route that is still speckled with hints of the past. Enjoy the views of the Red River as you drive past historic homes and read the interpretive signs that tell the story of a Métis family from the area. Stop at the **St. Andrews on the Red Anglican Church**, dating back to 1845. Across the way at the St. Andrew's Rectory, get a closer look at the history of the region with a number of exhibits.

Continue down River Road until you reach

Lockport. Take a breather in Lockport Provincial Heritage Park, 5.5 acres of lawn that overlooks a more modern engineering feat, the St. Andrews Lock and Dam, the only one of its kind on the Canadian Prairies. Keep an eye out for flocks of pelicans and anglers that love to hang out at the dam waiting for a bite.

Don't leave Lockport before trying one of the competing retro diners or drive-ins. Options for burgers, hot dogs and milkshakes include Skinners, Half Moon Drive In and Sonia's Stand.

2 CATFISHING CAPITAL

Continue to the city of **Selkirk.** There are a number of accommodations here, making it a great rest stop for the night. Have a sweet start to the morning with a stop into a local bakery or coffee shop.

Rise bright and early for your booked **catfishing excursion.** Don't forget to snap a shot with the city's mascot, Chuck the Channel Cat, on the way. Did you know that the Red River is one of North America's top catfishing destinations? Have a blast reeling in these giant fish and aim to nab a Master Angler qualifying fish. The **Manitoba Master**

Angler Awards program recognizes the achievements of anglers in the province. It is North America's longest-running angling recognition program. Submit your qualifying catches through the app to earn badges and get your name in the record books. There are even special awards for kids who enter the program.

Next, set your anchor down at the **Marine Museum of Manitoba.** Six restored boats are attached together with outdoor walkways to help tell the story of marine life in Manitoba dating back to 1850.

3 BET ON THE BEACH

It's time to leave Selkirk and keep heading north to the next destination, **South Beach Casino & Resort.** Admire the hotel's art deco inspired design and check in for the night. Spend some time gambling or take a dip in the indoor pool after a tasty dinner from Mango's Restaurant.

Located just seven minutes away, the **Brokenhead Wetland Interpretive Trail** offers an opportunity

to learn Anishinaabe teachings on interpretive panels. This messaging on respect, purpose and balance continues throughout the trail, along with information on the traditional medicines found in the area.

Next, savour the heat of the day by heading to the picturesque **Patricia Beach.** This little oasis is lined by trees, with a vast strip of sand that stretches along Lake Winnipeg.

Get ideas for other Manitoba road trips at Manitoba at travelmanitoba.com/road-trips.

No reason for stopping fight against Bill 64

Bill 64 is currently on hold due to Premier stepping down

By Ligia Braidotti

Although it seems like the province is almost set free from Bill 64, the Lord Selkirk School Division Chair of the Board of Trustees is saying that it's still not time to stop fighting against it.

The first sign that Bill 64 would lose strength came with Premier Brian Pallister's announcement that he would resign from his seat. On Aug. 18, Tuxedo MLA Heather Stefanson said she will end Bill 64 if she's elected as premier.

Lena Kublick, the chair of the LSSD board of trustees, said she was intrigued to see Education Minister Cliff

Cullen backing Stefanson's statement that she would pull the plug on Bill 64.

"I sent an email and I haven't gotten a response... there's a variety of different ways that this can play out, but from our perspective, we don't feel that we want to take our foot off the gas. We have a number of trustees who have registered to speak to the standing committee and as of Aug. 11, there were 508 individuals registered," she said. "In just about any given night, there's an organization with a webinar or town hall with concerns about Bill 64. There are grassroots organizations throughout the province

that have risen up and are speaking out. Cities and towns are putting a formal opposition on Bill 64."

LSSD superintendent Jerret Long, vice-chair Jack Bogaski, and Kublick met with MLA for Selkirk Alan Lagimodiere recently and were asked to put together a list of concerns around Bill 64.

"He's cognisant of the changes that are happening, even within his party," Kublick commented, adding that they are having a conference call with MLA for Red River North Jeff Wharnton in the next few days.

One of the main concerns is the new parental engagement expectations proposed on Bill 64. According to the

Continued on page 15



RECORD PHOTO SUBMITTED
Lena Kublick, Chair of the Lord Selkirk School Division Board of Trustees.

> CYBER SECURITY, FROM PG. 10

ber security training and applied research initiative for Western Canada. Thanks to funding from Western Economic Diversification, CyberWave at MITT will meet the demand for cyber security locally and nationally, a crucial component of Manitoba's economic recovery.

"(CyberWave) has been developed in response, not just for local but the global demand for cyber security talent. With a pandemic, the attack surface has expanded exponentially, and that has a lot to do with people working remotely, and they were sharing more information across more devices than ever before. So that gave a lot of opening to the bad guys. We saw a spike of cybercrime since January 2020 of over 330 per cent...it's actually grown to 440 per cent now.

"On the dark side, (cybercrime) is an industry all in its own, and that spike it's really what's been driving the industry demand for talent."

CyberWave at MITT offers three to five-week-long online courses, so students with family or work commitments can access training when it suits them, without the time commitment of traditional post-secondary

education.

Even before the pandemic, cybercrime was already ramping up. Eddie Phillips, a Selkirk resident and cyber security business owner explained ransomware is one way cybercriminals get money from companies. They send people a virus that ends up encrypting all of the data on their hard drive, and cybercriminals hold them for ransom to get it back.

"That was becoming very popular. Once the pandemic hit and everybody started working from home, suddenly you don't have those protections, you don't have the firewalls and the better infrastructure that most people have at their offices," explained Phillips, who is also a cyber security instructor for CyberWave at MITT. "Between that and the social engineering aspect of it, and what I mean by that is, we saw a lot of people being attacked by cybercriminals claiming to have information on COVID-19, whether it be fake government websites or fake emails from the World Health Organization... there was a bigger opportunity for cybercriminals to attack everyday people...and even CEOs. There's a lot of opportunities for cybercriminals to

attack us and steal data from us."

There are several ways cybercriminals can attack someone, but the most popular is through email by far. First, they send a phishing email — an email that looks like it comes from someone that you trust, but in reality, it's the cybercriminal pretending to be that person. They usually send a link to an infected website or an infected attachment.

Once you open it, they get you to run a file that's got a virus in it, or they will steal your email credentials.

"Once they steal your email credentials, they can start sending emails as you, and they also have access to anything that you send...and it gives them the opportunity to start attacking the people that you deal with. But the purpose is to get people to run malware or a virus."

Cybercriminals take advantage of people's emotions to get them to do things on impulse. For example, Phillips mentioned some would pretend to be a person's boss and ask them to do something urgently, or their bank with some financial opportunity.

"It makes you suspend that logical part of your brain that you engage to understand and figure out that it wasn't what that person would



RECORD PHOTO SUBMITTED
Kathy Knight, dean of ICT Programs and executive director of CyberWave at MITT.

normally send you," he explained. "One of the things that I teach in the course is to take a step back and look at things objectively. When someone sends you an email, and something is urgent, or they need something, it's a big red flag."

Moreover, CyberWave addresses the concern of cyber safety as companies outsource internal functions to save money. There will be a free webinar on September 14 featuring Travis Lepky, National IS Audit Partner at BDO, on how organizations can ensure adequate security and privacy controls to manage outsourcing risks.

To learn more about CyberWave at MITT, go to cyberwave.mitt.ca.

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Selkirk Transit brings Bomber bus back

Residents don't need to worry about traffic or parking when going to games

By Ligia Braidotti

It's fair to say that sports fans are relieved and excited to see the ease of restrictions and their favourite teams back in the stadiums.

Selkirk residents can now enjoy safe rides to and from the Winnipeg Bombers' games thanks to a partnership between Selkirk Transit and Selkirk Chrysler.

"We're happy that the Bombers are playing this year and everyone is excited to be going to the games," said Charlene Dunning, manager of transportation services.

Since Selkirk Chrysler came on board as the Bomber bus sponsor, Selkirk Transit has been starting to roll out the information and letting everybody know that bus tickets are already on sale.

"We're really excited that Selkirk Chrysler came on. COVID-19 has been hard on everybody financially. So, their sponsorship reduces the cost of the individual's tickets. So we are really grateful for that," Dunning added.

Selkirk Transit will be taking attendees to all games and have already sold out tickets for some of the dates.

Those wishing to get on the reservation list should call 204-482-4636. Tickets are \$25 per person and don't include game tickets.

They will also have family events at Selkirk Chrysler that are open to the public. There will be giveaways and a barbeque. Dunning said people should watch their page on Facebook (<https://www.facebook.com/selkirktransit>) for more exciting news.

Selkirk Transit has been taking residents to Bombers' games for more than five years, but because of the pandemic, last year they had to cancel the rides. Dunning said they are excited to see the community's response to them bringing the service back.

"We've had a great response so far. We've had some of our regulars come back and already reserve for all the games. Everyone is very grateful," she said.

They try to get as close as they can to the stadium for convenience. People don't have to worry about traffic and parking as the bus leaves two hours before the game to give all fans enough time to arrive and get settled — get a drink, something to eat, and browse the Bombers store.



RECORD PHOTO SUBMITTED
The staff at Selkirk Chrysler have fun with the mini Bomber bus display.

Dunning commented that this is all possible because of the partnership they built with Selkirk Chrysler.

"It's been a wonderful relationship with Selkirk Chrysler already. They are fantastic to work with."

Selkirk Transit has a minibus display with information at Selkirk Chrysler and are welcoming people to stop by at the store. Those looking for a car can get their names into a draw to win a Bomber bus ticket.

The bus is fully wheelchair accessible, so they can accommodate anybody that has mobility issues. Dunning said that if anyone has special requests for accommodation, that they shouldn't hesitate to call Selkirk Transit and they will do their best to make sure everyone is safely transported to the games.

Peer workshops for Interlakers offer support from afar

By Nicole Brownlee

Peer-led workshops help people with mental health and addictions create connections, but accessibility throughout the Interlake has caused low attendance.

Peer Connections Manitoba, formerly known as The Manitoba Schizophrenia Society, offers virtual PeerZone Workshops throughout the province to provide a safe space for participants to share their experiences.

People with lived experiences of mental illness or challenges lead workshops through Peer Connections and help people navigate community resources and the mental health system.

"We are the first formalized peer support group in Manitoba," said Amy Tung, communications and education coordinator at PCM. "From our staff to our board members, we have that lived experience with mental health or addiction or know of someone or a loved one with a mental health or addiction challenge."

The province incorporated peer support in high-stress facilities like emergency rooms and is now implementing the service in hospitals.

In the past, Peer Connections facilitated in-person workshops, but since March 2020 and the onset of the COVID-19 pandemic, the organization has shifted to online delivery.

"We need that connection," said Tung. "The ability to cultivate and bolster relationships is a huge component to someone's recovery or just to our mental health."

Participants find it easier to connect and access resources in person ex-

plained Tung. Especially if they don't have a reliable internet access.

But the group is trying to keep participants engaged by offering condensed, two-hour Zoom workshops that employ different learning styles.

Two peer facilitators lead each 12-to-20-person workshop and distribute handouts, worksheets and a Zoom meeting link a few days before.

On Sept. 1, the Interlake Region PeerZone workshop is focusing on coping with stress by analyz-

ing thinking patterns that worsen stress, and exploring ways to reduce stress. The Sept. 15 workshop tackles lifestyle habits. A guide that covers diet, exercise, sleep, smoking, drug and alcohol use will be handed out to explore routines and how to approach changing a routine.

To learn more about Peer Connections workshops visit mss.mb.ca.

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> BILL 64, FROM PG. 12

document, the new K-12 system will include a Provincial Advisory Council on Education composed of parents from School Community Councils — which would replace the existing parent advisory councils. Also, every school should designate a parental engagement officer who will liaise with the SCC.

Kublick mentioned that this kind of parental involvement is more complex than it sounds because many parents work full time and don't have the extra time to be involved. She also commented that it may put parents in a decision-making position for thousands of students, instead of focusing on the needs of their own children.

"There was a parent who said, 'My child is in kindergarten. I'm interested in field trips, not vocational programs. How could I adequately represent high school students?'"

One parent that shares this feeling is Kristy Magnusson.

"I'm not an educator. I don't have any education to make these proper decisions and for it to be put on my back. I attend PAC meetings solely for my child's benefit. I think there's a great role for superintendents to come and be there for all children. They don't have a motive like I do. I really appreciate it when a school trustee can look at things without that connection like I have to my children. For me to make

a decision for the school, I'm going to be making it as a mom and not as a professional. I have too much skin in the game."

She is also concerned about kids whose parents don't have a voice on council, either because they work shift jobs and don't have a support system that would allow them to attend meetings. She is worried that their voices won't be shared at the table.

"This bill is asking parents to increase parental engagement by attending school community councils. This is over and above what PAC meetings already do. I have great privilege that I can attend these meetings, but I don't feel I am more engaged than any other parent that doesn't attend these meetings," she explained. "So when this bill says to increase parental engagement, I don't see how I can do that by attending a meeting."

Magnusson commented that many town halls she attended about Bill 64 have been attended mainly by elementary students' parents. She said she doesn't know how the parental advisory strategy will make it work in high schools.

Kublick said that parental involvement in high schools has always been a challenge for several reasons — students are more independent, not as receptive to having their parents in-

involved, the kids work or are busy with extracurricular and parents are less available.

"Sometimes there are more staff than parents in the (high school) parent advisory council. In my last two years...there were two meetings. The rest were cancelled because no one else was attending. So that's a huge concern," she added.

Kublick said the pro of having a Board of Trustees is that principals and teachers have extra support when dealing with difficult decisions.

"By no means I am saying that our principals are not qualified to make those decisions, but they can easily call Jerret Long and get that support on that call or within a few hours," she said.

Kublick said organizations, parents, and schools cannot stop fighting against Bill 64.

"We are not opposed to change, but it needs to make sense," she said.

The Selkirk Record tried to contact Minister Cullen, but didn't receive a response by press time.

Congrats Kaden!



RECORD PHOTO SUBMITTED

Clandeboye born Kaden Arnason has been announced as the recipient of COPR's PCP Award of Excellence for 2020. Arnason has been an active member of both the Clandeboye Fire Department for 6 years, and the Clandeboye Medical First Responder (MFR) program over the past 2.5 years. He is recognized by the Canadian Organization of Paramedic Regulators for achieving the highest grade in Canada for the 2020 Primary Care Paramedic entry exam. Fire Chief Ed Paskaruk was excited for Arnason when he heard about the win saying that he is a smart, enthusiastic guy who isn't afraid of doing the hard work and that he is an asset to the Clandeboye Fire Department.

THANK YOU

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FALL & WINTER ACTIVITIES & registration section *2021-2022*

Help kids get ready for fall sports season

Summer is a season of relaxation, especially for school-aged children who are not yet old enough to work. Such youngsters no doubt enjoy the chance to spend summer days lounging poolside or at the beach, all without a care in the world or any homework to complete.

Though summer is synonymous with R&R, parents of young athletes who hope to compete in scholastic athletics when the school year begins in autumn may need to take steps to ensure their kids aren't at risk of injury once the curtain comes up on fall sports season.

· Examine and replace equipment if necessary. The right equipment can protect kids from injury and help them realize their full athletic potential. But damaged or outdated equipment can increase kids' risk of injury. Examine kids' equipment long before fall sports season begins so you have time to bargain hunt should anything need to be replaced.

· Schedule a physical for your child. Many school districts mandate that athletes receive and pass physicals before they can compete. Speak with the athletic director at your child's school to learn the guidelines that govern athletic physicals. The physical will need to be conducted by a predetermined

date, but you may also need the physical to be conducted after a certain date for it to be considered valid. Speak with your child's physician if any problems are found during the physical.

· Let kids heal. Kids' schedules are busier than ever before, and many youngsters play several sports during the school year. Summer vacation may be the only extended period all year that youngsters' bodies get to heal. While it's important that kids stay physically active throughout the summer, make sure they don't overdo it, as you should emphasize the importance of rest.

· Gradually get back in the swing of things. While rest gives kids' bodies a chance to heal and develop, it's important that young athletes stay in shape over the summer. As the fall sports season draws near, help kids gradually get back in the swing of things. Tryouts tend to be physically demanding, so kids who have not lifted a finger all summer may be at risk of injury or missing the cut. Let kids ease back into regular exercise to make sure they are not starting from scratch come their first tryout.

· Speak with coaches. Coaches can be great assets to parents who want to make sure their youngsters enjoy the summer without sacrificing their chances



of making the team in the fall. Speak with kids' coaches to determine if there is any area your son or daughter can work on over the summer to improve his or her chances of making the team. Make sure kids are the ones leading the charge to improve their games; otherwise, they may feel pressured into doing so and that can take away the fun of playing sports.

Scholastic athletes should take advantage of the opportunity to relax and recover that summer presents. But athletes who hope to compete in the fall can still work with their parents to ensure they're ready once the school year and sports season begins.

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FALL & WINTER ACTIVITIES & registration section 2021-2022

How To Spur Kids' Interest In The Arts

Art can enrich the lives of people young and old, male and female. The arts can introduce adults and children to different cultures and traditions, while also helping them to develop more fully as human beings.

While some may feel the benefits of the arts cannot be measured, the non-profit organization Americans for the Arts notes that kids who are involved in the arts are four times more likely to be recognized for academic achievement than kids who are not involved in the arts. And though mathematics and science may not be the first thing people associate with the arts, kids involved in the arts are four times more likely to participate in math and science fairs than kids who are not involved in the arts.

Parents can do a lot to make art a bigger part of their kids' lives. The following are some simple ways parents can bring more art into their kids' lives, courtesy of Americans for the Arts.

- Join in the fun. Parents can make art more fun for kids by playing music around the house and singing and dancing alongside their youngsters. In addition, read a book to or with your children and join in when they pursue other artistic endeavors, such as drawing or painting.

- Find local events. Many school districts have slashed their arts budgets in recent years, but parents can still find local arts events for kids in their communities. Peruse the local newspaper and other community-based periodicals for cultural events for kids. Support local theater groups by attending performances with your children and explaining to them that the performers live in the community just like they do.

- Pitch in with local arts organizations. Local arts organizations typically rely on donations and volunteers to support their programs. Parents who want to instill a love of the arts in their



The arts can benefit youngsters in various ways, but it's often up to parents to instill a love of the arts in their children.

children can help local organizations' fundraising efforts and even volunteer their time if the opportunity presents itself. If possible, take kids along when volunteering so they can get some firsthand experience with the arts.

- Encourage kids' artistic pursuits. Some kids may decide to pursue artistic endeavors on their own, and

parents can encourage such pursuits. Celebrate kids' participation in arts-based activities in school and in the community, recognizing their hard work in the same way you would acknowledge their successes in the classroom and in sports.

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FALL & WINTER ACTIVITIES & registration section **2021-2022**

How to be a good youth sports parent



Parents can take several steps to make their kids' experiences with sports as positive as possible.

Extracurricular and summer season sports leagues keep thousands of children occupied. Youth sports promote physical fitness and teamwork while helping children acquaint themselves with sportsmanship and camaraderie.

Sports are meant to be sources of enjoyment for children, but parental pressure and poor adult behavior on the sidelines can make kids reluctant to compete. Parents who behave poorly may inadvertently pass on bad habits to their children or cause kids to prematurely abandon their athletic pursuits. The following are a few tips for parents who want to encourage their kids' passions for sports in positive ways.

- Show respect for coaches and officials. Parents should not act like they are the final authority on calls or how team members should play. Respect should always be shown to coaches and referees.

- Let your child have fun regardless of his or her performance. Too often parents get swept up in how their children are performing when the goal for young athletes should be to enjoy themselves. Resist the urge to focus on performance and focus instead of whether or not your child is having fun.

- Recognize college scholarships may not be in the cards. Although some children are destined

for athletic greatness, many will not play sports after high school. Pressuring older children to improve their performance in the hopes of landing college scholarships can make the little time they do have to play their favorite sports less enjoyable.

- Take cues from the child. Children are often great indicators of parental behavior at sporting events. Parents whose children seem unenthusiastic about mom and dad attending their sporting events may be trying to tell you they don't appreciate your behavior at the games.

- Provide constructive criticism. Early coaching and practice with parents can give kids a leg up on the competition. But keep your advice constructive. Parents who become pushy or force constant practices can make sports unenjoyable.

- Place emphasis on fun and learning skills. Find out what the kids hope to accomplish by playing sports and help them to achieve those goals. Focus on being supportive rather than emphasizing winning, as doing so can help children view sports participation in a more positive light.

If children seem to have lost interest in sports, parents can ask why in an effort to make sports fun again or encourage other pursuits. Many sports now require year-round participation, which can

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cause burnout in some youngsters. Sometimes a brief break and some fine-tuning may be all that's needed to rekindle a child's passion for sports.

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Bird watchers delight in local beer and flights

By Nicole Brownlee

Oak Hammock Marsh welcomes fully vaccinated visitors to enjoy local beverages while observing flocks of birds returning to the marsh, preparing for their seasonal flight.

The first Birds and Beer Flights event was held in 2018 to celebrate Oak Hammock Marsh's 25th anniversary.

"The event sold out in no time," said Jacques Bourgeois, marketing and communications coordinator for Oak Hammock Marsh.

Originally held on the 25th day of the month to recognize the centre's anniversary, this year, the event will be held on Sept. 2, the kick-off of migration.

"It's a good way to, sort of, welcome the birds that are undertaking their big migratory journey," said Bourgeois.

Set in the spacious courtyard, food and drink vendors will be stationed along the trail for guests to roam and watch the droves of fowl fly above.

"During migration around sunset, that's when all the birds start returning to the marsh from the surrounding field," said Bourgeois. "I describe it like waves and waves of birds just coming back... it's spectacular."

Barn Hammer Brewing Company, Prism Kombucha Co. and Interlake Brewing Co. are among 15 local craft drink vendors booked for the event.

This will be the first year Interlake Brewing Co. is attending the event, said Kristin MacCary, co-owner of the brewery.

"The Birds and Beer Flights event perfectly aligns with our values of connecting quality local products, community and nature," said MacCary.

MacCary and her husband Graeme Maclean launched Interlake Brewing Co., one of the smallest microbreweries in the province, this year.

"[The event] is the ideal setting to introduce ourselves and our first core

beer," said MacCary.

The 18 years and older event is open from 6 p.m. to 9 p.m. Two types of tickets are available online for the event. One is priced at \$45 for drinkers, which covers food samples and alcoholic beverages. The other is \$25 for drivers and includes food samples and non-alcoholic beverages.

Only 250 tickets will be available for the event to encourage physical distancing. Guests also must show proof of double vaccination to attend.

"Because people won't be able to wear masks... we decided to make it a double vaccinated event," said Bourgeois.

Visitors are welcome to visit Oak Hammock Marsh to observe the migration ritual until the end of September when Bourgeois predicts the birds will fly south.

To learn more about Birds and Beer Flights and to reserve a ticket, visit <https://www.oakhammockmarsh.ca/events/birds-and-beer/>.



RECORD PHOTO SUPPLIED BY OAK HAMMOCK MARSH

Visitors can observe birds returning to Oak Hammock Marsh while enjoying a locally crafted beverage and snack on Sept. 2 from 6 p.m. to 9 p.m.

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Ernie

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Ernie has won a prize pack from Canvasback Pet Supplies!

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Baked Stuffed Pasta Shells

structions. Drain then set aside.

Heat pot or cast-iron casserole dish over medium heat. Once hot, add oil, garlic, onion and mushrooms. Add pinch of sea salt and pepper as it cooks. Cook until onions turn brown and mushrooms shrink in size, about 3-5 minutes. Empty contents and set aside.

Place pot back over heat. Add shredded kale and water to create steam. Toss kale in pot until it turns vibrant green; set aside to cool.

In large bowl, mix ricotta cheese with mushroom mixture, kale, pesto and spice blend.

In casserole dish, spread about 1/2 cup marinara on bottom. Then one-by-one, stuff each pasta shell with approximately 2 tablespoons ricotta mixture and add to casserole dish. Repeat with remaining shells.

Cover shells with remaining marinara and mozzarella cheese. Cover casserole dish with foil and bake 20 minutes. During final 5 minutes, remove foil so mozzarella can brown.

Garnish with fresh herbs and salt and pepper, to taste.

Recipe courtesy of chef Kevin Curry
 Servings: 6-8
 6 ounces jumbo pasta shells
 2 tablespoons olive oil
 1 tablespoon fresh garlic
 1 medium onion, diced
 5 portobello mushroom caps, gills removed then diced
 1 pinch sea salt, plus additional, to taste
 1 pinch pepper, plus additional, to taste
 2 cups shredded kale
 3 tablespoons water
 15 ounces skim milk ricotta cheese
 4 tablespoons pesto
 1 tablespoon The Fit Cook Land spice blend
 1 1/2 cups reduced-fat marinara, divided
 1 1/2 cups reduced-fat mozzarella
 fresh herbs, for garnish
 Preheat oven to 420 F.
 Bring pot of salted water to boil. Cook pasta shells according to package in-



Daddy's Birthday Flan

brown, remove from heat and use silicone spatula or whisk to stir. While stirring, quickly pour into prepared Bundt pan.

To make cake: In large bowl, sift flour, baking powder, baking soda and salt. Set aside.

In another bowl, use hand mixer on medium speed to beat butter and sugar, about 3 minutes, until fluffy. Add eggs and vanilla. Beat well.

On low speed, gradually beat in flour mixture and buttermilk until combined.

Fold in rainbow sprinkles, if desired.

Pour batter into pans over caramel sauce.

To make flan: In blender on high speed, blend eggs, sweetened condensed milk, evaporated milk and vanilla until well combined.

Gently pour through strainer and onto prepared cake batter.

Sprinkle cinnamon on top.

Place pan in water bath by putting it in larger baking dish, roasting pan, hotel pan or similar. Pour hot water halfway up sides to create water bath.

Bake approximately 1 hour. Cake should be golden brown and jiggle when shaken when done.

Remove cake from water bath and cool on rack 10 minutes.

Run knife or spatula carefully around edges to separate. Place plate on top of cake and, while holding it, flip over carefully and quickly.

Refrigerate at least 1 hour or overnight before serving.

Recipe courtesy of chef Ninamarie Bojekian Mendoza
 Servings: 10-12
 Caramel Sauce:
 1 cup granulated sugar
 1/4 cup water
 Cake:
 1 1/2 cups all-purpose flour
 1 teaspoon baking powder
 1/4 teaspoon baking soda
 1/4 teaspoon salt
 3/4 cup unsalted butter, at room temperature
 3/4 cup granulated sugar
 2 large eggs
 1/2 teaspoon vanilla extract
 3/4 cup buttermilk
 3 tablespoons rainbow sprinkles (optional)
 Flan:
 4 large eggs
 1 can (14 ounces) sweetened condensed milk
 1 can (12 ounces) evaporated milk
 1 tablespoon vanilla extract
 ground cinnamon, to taste
 In saucepan, heat granulated sugar and water over medium-low heat until melted. Preheat oven to 350 F.
 Grease and flour 9-inch Bundt pan. Set aside.
 When sugar liquifies and turns golden

When Life Hurts



By Gwen Randall-Young

Sometimes life hurts. Sometimes it's a dull ache, and sometimes it cuts like a knife. No matter how much positive thinking we do, no matter how many affirmations we say, no matter how "together" we are, sometimes things come along and the pain feels bigger than we are.

There is such an emphasis now on the learning that comes in difficult times, that we often feel we should be able to "handle" whatever comes our way. This means we should 'be strong', 'keep a stiff upper lip', 'go with the flow' 'keep it in perspective', and all the other cliches that urge us to deny our feelings. But feelings serve a purpose.

When the body suffers a cut, a little bleeding is good because it cleanses the wound. When the emotional body is wounded, feelings also serve a cleansing function. Emotion that is stuffed down or suppressed creates tension in the body, so it is healthier to release it.

This does not mean venting it on others, but simply allowing yourself to feel the emotion. If you feel like crying, then have a good cry. If you are angry, go for a run, bang some balls around the racquet court, or even write a nasty letter that you

won't send. Let the emotion move through you, and then think about your course of action, if action is required. Often discussing your feelings with a trusted friend helps to release some of the power behind the strong emotion. And if the emotion seems overwhelming, reach out for support.

Some of the deepest healing occurs when we realize that we are not alone in this world. We are only alone if we isolate ourselves. Often too, it is only in our deep pain that we truly experience our humanness and allow others to touch our soul. Souls want to be touched, and sometimes deep pain is the only way to penetrate the shell of superficiality that surrounds the deepest parts of our being.

We must honor our pain, the same as we honor our joy, for both are expressions of who we are. Of course, we want to get past it, and we do have to move on, or we'd emotionally bleed to death. But the way past pain is through it. If it becomes overwhelming however, you don't have to go through it alone. The pain just might be a signal that it is time to connect more deeply with another human soul, whose arm may already be outstretched in anticipation of your reaching out. We need each other. That's why we're all here.

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 daily inspiration.



Green Curry

Recipe courtesy of chef Nikky Phinyawatana

Servings: 2

- 2 cups fresh spinach
- 1 cup water
- 1 tablespoon vegetable oil
- 2 tablespoons green curry paste
- 8 ounces skinless, boneless chicken, beef or pork, sliced thin
- 1 small Japanese purple eggplant
- 2 cups coconut milk
- 4 teaspoons granulated sugar
- 1/2 teaspoon salt
- 1/2 cup bamboo shoots, sliced
- 1/4 medium red bell pepper, sliced thin
- 8-10 Thai basil leaves, plus additional, for garnish, divided
- 2 cups cooked jasmine rice

In blender, blend spinach and water until mixture turns green and no leaves are visible.

In medium saucepan over medium-high heat, heat oil. Add green curry paste and stir to release fragrance, about 10 seconds.

Add protein and cook 3-5 minutes.

Add blended spinach water, purple eggplant, coconut milk, sugar and salt. Bring to boil. Add bamboo shoots and red bell pepper. Simmer 10 minutes.

Stir in basil leaves and turn off heat.

Serve with jasmine rice and garnish with additional basil leaves.

Photo courtesy of Ink Phinyawatana (Green Curry)

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Locals lead Giants to fourth-straight MJBL title

By Brian Bowman

The Elmwood Giants' dynasty continued on Aug. 16.

Elmwood celebrated its fourth-straight Manitoba Junior Baseball League title - and sixth in the past eight years - after hammering the Pembina Valley Orioles 10-0 in a game that was shortened to five innings due to the 10-run mercy rule.

St. Andrews' Tyler Smith pitched well and earned the complete-game victory.

"This is No. 2 for me (in terms of MJBL titles). I was on the Giants' team last year and this year I pitched quite a few innings for them and it turned out really good in the end," Smith said.

Owen Harms and Garrett Graham belted three-run home runs in the game.

"It was a tight game in the beginning but once we got our fourth run we started waking up with the bats," Smith said. "The biggest thing, I thought, was with Harms hitting that three-run shot to boost our confidence and get us into the game a bit more."

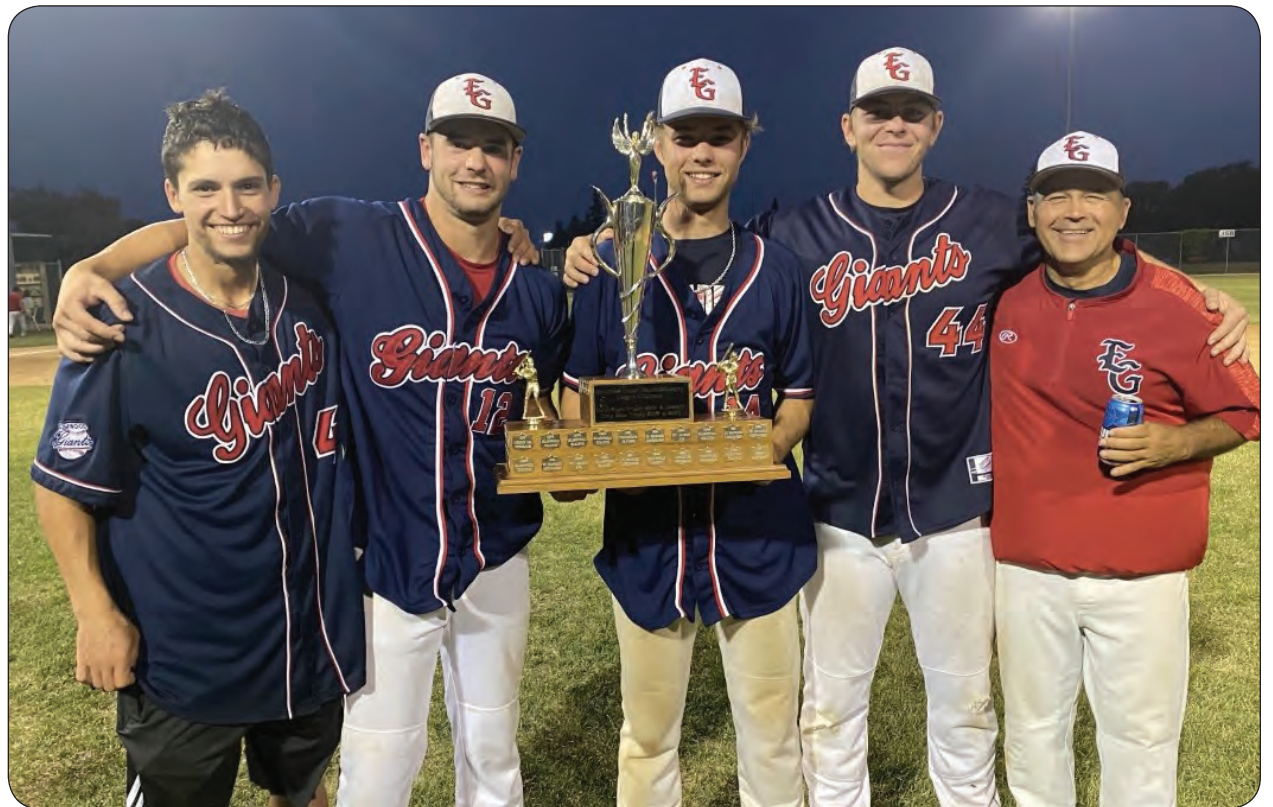
For East Selkirk's Kevin Burnett, this was his fourth MJBL championship. He said it was a sweet celebration after the game.

"We worked hard all year and we knew everyone was coming out to get us at the start of the year and we wanted to win four in a row," said Burnett, who still has two years of junior eligibility remaining. "It's cool because I started out when I was young and I was on the bench watching all of the older guys and now I'm a vital part of the team. Every aspect of the team helped out in every way. That's four in a row and, hopefully, five."

The Giants are loaded with local talent as St. Andrews' Owen Nychyk and Dylan Duguay also play major roles with the team.

"We've been lucky enough to be brought up by some really great coaches like (St. Andrews') Dave (Nychyk), who is our coach with Elmwood right now, and Donnie Smith," Burnett said. "They've helped us, for sure, as we went through the ranks. Now we've all come together and each of us has been playing a vital role with the team. It's good and it's good for the young kids around here as well. They have something to look forward to."

All four players fit in nicely with the rest of the



SUBMITTED PHOTO

Local players, from left to right, Owen Nychyk, Tyler Smith, Dylan Duguay, and Kevin Burnett, along with coach Dave Nychyk, celebrate the Elmwood Giants' fourth consecutive Manitoba Junior Baseball League championship.

Giants' roster.

"We're a tight-knit team and we do stuff together outside of baseball," Burnett noted. "If anyone gets down on the field we're right there to pick him up. We'll be friends for a long time, it's something special."

With an almost identical roster from 2020, the Giants finished the regular season in first place with an impressive 16-1-1 record.

"All of us guys, we love winning," Burnett said. "If the other team was playing bad that day, our goal was to not step down to the competition. We wanted to play our game the entire year and we did it. In the past, we kind of relaxed in games where we should have won and we ended up losing. But this year, we played our game in all 18 games of the reg-

ular season and it showed because we dominated out there at times."

Many of those regular-season victories were of the lopsided variety. Elmwood outscored its opponents by a whopping 178-47 margin in 18 games.

"Our bats were hot all season and our pitching staff was always on top," Smith said.

Elmwood reached the league final after playoff wins over Winnipeg South (8-0) and Pembina Valley (9-8). That Orioles' victory was a tough test for the Giants.

"We fought to win that game and Pembina Valley fought, too," Burnett recalled. "They gave us our best challenge of the year. They played their best game and we had to rise to the competition and we got it done."

U18 Pirates reach league semifinals

Staff

The U18 North Winnipeg Pirates got hot at just the right time.

North Winnipeg reeled off three consecutive victories to reach the league semifinal against Pembina Hills on Monday (no score was available due to that evening's print deadline).

In the other semifinal on Monday, Winnipeg South battled Brandon.

The winner of the two semifinal games played on Tuesday for the league championship.

The Pirates started the playoffs with a dominating 7-2 victory over the Bonivital Black Sox. North Winnipeg then edged Winnipeg South 5-4 on Saturday evening. Sunday saw the Pirates crush the Elmwood Giants 13-1 as Zach Evanochko blasted a three-

run homer to end the game due to the 10-run mercy rule.

In 15U "AAA" action, the St. James A's were scheduled to play the Winnipeg South Wolves on Friday but no score was posted on the league website.

Last Wednesday, St. James edged the Red River Valley Pioneers 15-14.

The 13U Pirates, meanwhile, dumped the Bonivital Black Sox 12-5

last Thursday.

On Aug. 17, North Winnipeg lost 14-5 to the St. James A's.

North Winnipeg will start its playoffs on Wednesday (6 p.m.) when it hosts Bonivital at the Sunova Centre in West St. Paul.

The Pirates will then play home games against the Winnipeg South Wolves on Thursday (6 p.m.) and the Red River Valley Pioneers Saturday (10 a.m.). North Winnipeg will then take on the St. James A's later that day at 4 p.m. at Optimist Park.

Mariners foul off a COVID curveball, have a successful season

By Brian Bowman

The St. Andrews/Selkirk Mariners Minor Baseball Program was thrown a COVID curveball this summer but they still managed to have a very successful season.

The regular season wrapped up for their two 11U teams, their two Rally Cap squads, and a Grand Slam team this past week while the 13U are currently in the playoffs.

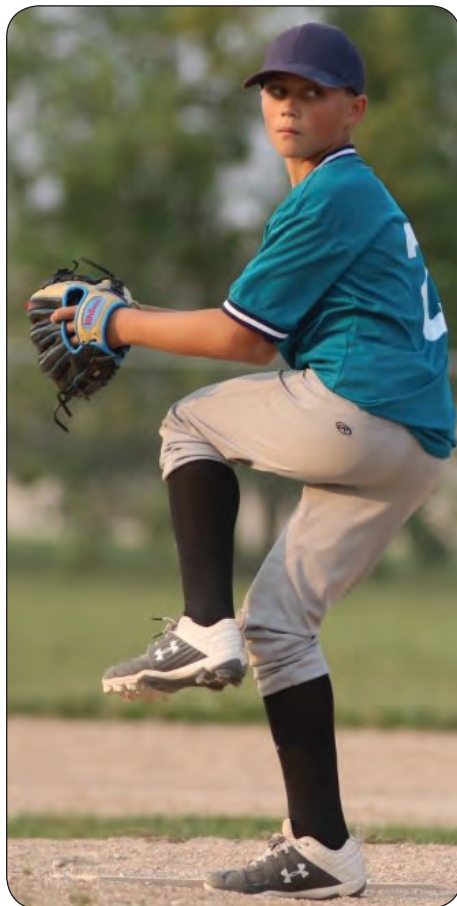
Prior to the province shutdown due to COVID, the Mariners had a huge turnout with over 200 kids registered.

"Unfortunately, everything got pushed back because of the shutdown," said Mariners' convenor Michael Buffie on Monday afternoon. "We lost about half of our players. We went down to just over 100 kids which was still good. We were glad that we were able to provide the opportunity and the kids had the opportunity because there was a concern that they wouldn't be able to play at all."

The good numbers at the younger age bodes for the program. Many of those youngsters were playing baseball for the very first time.

Hopefully, the kids will continue to play for the Mariners at a 15U and 18U level. St. Andrews/Selkirk lost their entire 15U team this summer because the season got pushed back.

"We want to develop really good grassroots level programs so kids can get into baseball," Buffie explained. "If they love the game and hopefully continue to play it, we can develop some



of those older age groups."

The Mariners have plans to continue this program for years to come.

"I think people really want the program and we'll be looking to get some more volunteers and continue to build the program," Buffie said. "We're off to a really good start in our first couple of years."



RECORD PHOTOS BY BRETT MITCHELL

Pictured left, St. Andrews/Selkirk Mariners' right-hander Gavin Todosichuk delivers a pitch while teammate Kane Mowat makes contact with the ball during U13 action against the RA Steen Blue Jays on Aug. 16 in Selkirk. The Blue Jays won the shortened game 16-15.

Strike Force crush Saints United

Staff

The Tri-S Strike Force have been kicking it in high gear this season.

Tri-S won its third straight game to start the season with a dominating 8-2 victory over Saints United in Manitoba Major Soccer League 5th Division action on Aug. 17.

Yaya Ramadam Adam, Abdallah Abdallah and Hyhram Dueck each scored twice for the Strike Force while Mensure Hussein and Tanner

Markevich added singles.

Dueck leads Tri-S with four goals in three games.

Bilal Khalid and PJ Subedi replied for Saints United.

The Strike Force played SCM Academy late Monday night in north Winnipeg but no score was available at press time.

Tri-S will then battle the Purple Cobras next Monday at the University of Manitoba. Game time is 7:15 p.m.



RECORD PHOTO BY JO-ANNE PROCTER

The Tri-S Strike Force's Garion Lefteruk slides to break up an attack against Saints United on Aug. 17. Tri-S won the MMSL 5th Division game 8-2.

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Duguay a rising star in junior baseball

By Brian Bowman

Dylan Duguay is 17 years old and already has won two Manitoba Junior Baseball League championships with the Elmwood Giants.

But he has always done things at a young age.

Duguay started playing baseball in the back yard with his parents when he was just two. He began playing Rally Cap at four and has been a standout on the diamond ever since.

The Giants have now won a league-tying four consecutive titles and Duguay will play a major role with the organization for the next several years.

"It's good baseball and to see all of the college guys, it raises the bar for me," Duguay said last week.

Duguay, a talented middle infielder, could not ask for a better place to play junior baseball.

"It's the guys and the coaching and everything around the team itself," he said. "They redid (the ballpark) this year and it turned out really well."

Elmwood dominated the regular season with a 16-1-1 regular-season record. The Giants could hit the ball and their pitching was phenomenal, said Duguay.

Duguay's talent has definitely been noticed by Giants' players and coaches

"He's a superstar, man. I've seen him grow up since he was 13 when he was with my winter program," said Elmwood Giants' coach Dave Nychyk. "He has all of the tools. He can run, hit, throw, (he's) very intense and loves to be at the yard. He'll go someplace good."

Teammate Kevin Burnett also had high praise for Duguay.

"He's an energetic player. I have never seen a player move around the diamond with such speed and doing things so quickly and smoothly as possible," Burnett said. "It's fun to watch him and I'm sure in a couple of years when he matures a little bit and grows and gets a little bit bigger, he'll be someone to watch, for sure."

Besides playing for the Giants, Duguay also starred with the North Winnipeg Pirates U18 team this past season, belting eight home runs heading into the playoffs.

"I have another week and a half of ball but the season is never done," Duguay said. "I have fall ball right after that so we'll be starting right back up."

Besides baseball, Duguay plays volleyball (club and school), track and field (he broke 11 divisional records while in junior high) and hockey (played up to Bantam, took a year off, and is now playing high school)

He is currently going through the recruiting process for baseball, trying to identify potential schools for fall 2022, get his videos and statistics online and his SATs done. Duguay is hoping to play somewhere down in the U.S. at a Division 1 level.

Duguay's baseball timeline:

2021 - (Upcoming) - The Academy Varsity Team (Home Run Sports Training Centre) in the Central Canadian Baseball Association. This is a new partnership that includes six Western baseball academies: Home Run Sports (Winnipeg), RBI Academy (Regina), Going Yard (Saskatoon), Edmonton Padres (Edmonton), Bulldog Academy (Lloydminster), and Absolute Baseball Academy (Calgary).

This will include a fall and early spring season.

Elmwood Giants Junior four-time- city/provincial champions. As per Baseball Canada, the Junior league will become a 22U league for the next three years. Duguay started with the Giants in 2020 at 16 and is currently the youngest Giant. North Winnipeg Pirates (18U) - starting shortstop, eight home runs to-date, currently in the league playoffs.

2020 - Academy Team

Elmwood Giants Junior - city/provincial champs.

North Winnipeg Pirates 18U

2019 - Academy Team

North Winnipeg Pirates 18U - second place in provincials, earning a spot in Westerns.

17U Team Manitoba - played Canada Cup (Regina), Gopher Classic (Minneapolis)

16U Team Manitoba - Western Canada Summer Games

2018 - Academy Team

North Winnipeg Pirates 15U - second in province, attended Western Canadian Championships and National Championships as a pickup with first place South Central



RECORD PHOTO SUBMITTED

St. Andrews' Dylan Duguay, a 17 year old, has now won two MJBL titles with the Elmwood Giants.

2017 - Academy Team

North Winnipeg Pirates 15U - second in province, attended Western Canadian Championships

2016 - Academy Team

North Winnipeg Pirates 13 - second in province, attended Western Canadian Championships. He was the home run derby champion

Team Interlake - Manitoba Summer Games

Hockey Manitoba releases Version 7 of Return to Play

Plan for the upcoming 2021 - 2022 season

Submitted

Based on the province's Public Health Orders that took effect on Aug. 7, 2021, all indoor group activities, including hockey, can take place with no capacity limits on participants. This includes games, practices, and tournaments. There are still capacity limits for spectators (50 per cent).

Hockey Manitoba is excited for a safe return to play for the 2021 - 2022 season, however our organization remains extremely cautious and responsible in managing our Return to Play (RTP) plan for the upcoming season. We continue to work closely

with Hockey Canada, Sport Manitoba, and the Manitoba Provincial Health Authorities to develop and maintain a RTP plan that will allow the best opportunity for our members to play the game in a safe, healthy, and structured environment.

As the Provincial Sport Organization (PSO) for the largest and highest funded sport in our Province, Hockey Manitoba has a tremendous responsibility to not only our own members but to also serve as a leader for the entire sporting community. One of the greatest strengths of our organization is our governance structure and the

tireless commitment of our entire volunteer base, which is essential in the ongoing delivery and management of our game.

We have high expectations for all the volunteers associated with the game of hockey who have collectively welcomed and embraced the tremendous challenges that have accompanied COVID-19 and the impact it will have in the responsible reintroduction of the game of hockey to our membership.

Ownership is a key phrase and without our entire membership accepting responsibility, accountability, and ownership of the RTP plan by buying in, it will be difficult to fully and

properly execute our RTP document. This is a significant responsibility but one that Hockey Manitoba respects and treats seriously, however we will require the support, compliance, and leadership of everyone associated with the management of the game to be able to comfortably deliver.

Hockey will be returning but please do not underestimate the importance of compliance, accepting the new normal, and the steps we will all be required to implement to apply extra layers of safety for our members. Your commitment, guidance, and leadership are appreciated as we collectively work together in the safe return to hockey.

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Penner earns spot at World Amateur Long Drive Golf Championship

By Brian Bowman

Hannah Penner can hit a golf ball a very long way.

And it is that unique talent that led the 18 year old from St. Clements to be selected to the Canadian Amateur Long Drive golf team that will be representing Canada at the World Amateur Long Drive Golf Championship in Chicago from Sept. 11-19.

Penner competed in Alberta earlier this month in the ALD - Amateur Long Drive Golf Series in the Open Women's category and secured herself a spot on the Canadian team.

She is extremely excited about representing Canada.

"This is definitely what I have been working for with golfing when I was younger," said Penner last week, noting she placed third in Calgary with a top drive of 257 yards.

ALD events are not like real golf when everyone has to be quiet when a player is shooting.

They are exciting competitions where competitors try to drive the ball as far as possible. The events are fueled by loud music and cheering fans as well other competitors. ALD tour events are divided by age and gender.

"We're kind of like a big family," Penner said. "When we play music, we play it loud and we cheer everybody on. It's kind of like cross training, it gets you moving and motivated to do good. It's an overall good atmosphere."

Penner first became interested in golf as a youth. She successfully competed for several years in the PGA's Drive, Chip, Putt events before turning to high school golf.

"I find (this) way easier than playing nine holes of golf because you hit two sets of six balls each and it's really fun



Hannah Penner

to do," Penner said. "You just have to get one in the grid...you have to put all of the force into (the swing)."

In 2019, Penner qualified for the high school Provincial Golf Championships in Swan River. At the 2019 provincial event, organizers included for the first time, skills events such as long drive.

Penner won the individual girls' long drive event with a mammoth drive of 317 yards, outdriving both male and female competitors.

"The first one I did is what's called a carpet burn," Penner recalled. "It rolled on the grass not too far, maybe 80 yards, and then I focussed really hard and with the last ball I said 'I'm going to do this really (well)'. When I



RECORD PHOTOS SUBMITTED

Hannah Penner of St. Clements has been selected as a member of the Canadian Amateur Long Drive golf team and will be representing Canada at the World Amateur Long Drive Golf Championships in Chicago next month.

hit it and we started walking back to the next activity to do, someone said, 'One of the boys hit it so far' but I said, 'That's my drive.'"

This success prompted Penner to become involved in Amateur Long Drive competition and in February, 2020 she competed in her first ALD event in the youth division.

By the end of August of that year, Penner had earned enough points to be listed as the top junior girl in Canada and in the top three of the ALD Junior Girls World Rankings.

Penner successfully earned herself an invitation to compete in the Junior

Girls Division at the 2020 ALD World Championships in Myrtle Beach, South Carolina. While the event was still held, Penner and the other Team Canada members were unable to attend due to travel restrictions related to the Covid-19 pandemic.

With travel restrictions easing, Penner and the Team Canada members are looking forward to competing once again at the ALD World Championships. When not hitting drives deep down range, Penner is attending the Canadian Mennonite University as a second-year student.

Carman, Niakwa win at Senior Men's Interclub Championship

Staff

The Carman Golf & Curling Club and Niakwa Country Club own bragging rights for 2021 following the 18-hole Senior Men's Interclub Championship at the Minnedosa Golf & Country Club on Aug. 17.

Carman won the Rural Division championship with the best three-person combined score of 224, finish-

ing 11 strokes better than the Clear Lake Golf Course.

Individually, leading the way was Bruce North with a one over par 73. Bill North followed with a 75, Wayne Giesbrecht 76 and Lionel Walz 88.

The team of Lorne Duncan, Darryl Buhr, Doug Lavallee and Ken Warwick led Niakwa to a five-stroke victory in the City Division over the Southwood

Golf and Country Club.

Duncan made five birdies on the day shooting a two-under par 70, Buhr and Lavallee both had a 75 while Warwick finished at 80.

Duncan was the only competitor in the 63 person field to record a score under par.

The Larters @ St. Andrews team of Romeo Vallejo (81), Ab Guanlao (82)

and Tony Villegas (82) placed seventh in the Rural Division with a 245 total.

The Selkirk Golf and Country Club finished ninth in the Rural Division with a 253. Individual scores included Don Drew (82), Tyler Zinnick (84), Kevin Tyndall (87), and Mike Cote (90).

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GARAGE / ESTATE SALES

Estate Sale: Saturday, September 4, 2021, 8 a.m. - 4 p.m. 785 Cloverdale Road in St Andrews. Owner is downsizing after 50 years. Sale includes: furniture, housewares, lamps, collectibles and misc. COVID rules will apply.

Estate Sale - Thurs., August 26, Fri., August 27 & Sat., August 28. 9-5 daily, rain or shine. 955 Frank St., East Selkirk. Housewares, crystal, glassware, furniture, books, children's books, games, VHS movies, cassettes, DVDs, yard tools, old tin and glass, antiques. COVID rules will apply.

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Fri., Sept. 3 to Mon., Sept. 6, 9 a.m. - 5 p.m., 410 Lockport Rd. Downsizing. Couch, oak table w/6 chairs, Fisher Price toys, Xmas lawn deer/sled/ornaments. Plus much more! COVID rules apply.

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The Selkirk Record

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Call: 204-482-4469
email: parkers@superthrifty.com

take a break > GAMES

SUDOKU

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

Fun By The Numbers

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

Level: Intermediate

Here's How It Works:

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

Sudoku Answer

Crossword Answer

CROSSWORD

- CLUES ACROSS**
- Nature expedition
 - Take the energy from
 - Bungled
 - Young salmon
 - Botanical gardens
 - Source of chocolate
 - Country singer LeAnn
 - Yokel
 - Unit of energy
 - Plant of the lily family
 - Tusked wild pig
 - Form of "to be"
 - Formerly
 - Letter of the Greek alphabet
 - Former First Lady
 - News organization
 - Shining brightly and intermittently
 - Brew
 - Teams' best pitchers
 - Edible fruit
 - Pitching stat
 - ___ or bust
 - Baby product manufacturer
 - Monetary unit of Finland
 - Small spherical structures in cells
 - Pouches
 - Reached
 - Investment account
 - Of-repeated slogan

- CLUES DOWN**
- Nuclear undersea weapon
 - Helps the skin
 - Evergreen coniferous trees
 - Relieve of employment
 - A way to drench
 - Journalist Tarbell

- ___ and Venzetti
- Alcoholic liquor
- An athlete who plays for pay
- Where to get drinks
- Japanese art form
- Baseball great Satchel
- Winged angelic beings
- One point south of due east
- Group of islands in Polynesia
- A place to play: ___ center
- Masses of gray matter in the brain
- Belgian city (alt. sp.)
- Millilitre
- Beloved Will Ferrell film
- Railway above ground
- Satisfaction
- Aggregate of molecules
- Type of barometer
- Type of college teacher (abbr.)
- Long periods of time
- Native people of Nebraska and S. Dakota
- Deliver
- Thin, narrow piece of wood
- Modern Israel founder
- Small NY college
- Pounds per square inch
- Veterans battleground
- Hollywood talent agency (abbr.)
- Popular kids' channel

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FARM LAND FOR SALE BY TENDER

Sealed bids for the purchase of the following parcels of land, located in the Rockwood, Manitoba and currently owned by Shirley Kletke, will be received up to 4:00 pm on October 15, 2021 at the offices of : **Grantham Law Offices, Box 1400, 1-278 Main Street, Stonewall MB., ROC 2Z0 Attn: Karen @ (204) 467-5527**

**The NW ¼ of Section 1-16-2 EPM
Exc Plan 64996 WLTO
146.44 acres, all cultivated**

The parcel will be sold free and clear of all liens and charges except Caveat No. 2417168/1 and Easement No. 5073643/1

The following will apply to all tenders:

The vendor reserves the right to reject any or all bids and the highest bid or tender may not necessarily be the successful bid. Vendor will be responsible for total of 2021 taxes.

All tenders are to be submitted in sealed envelopes accompanied by a certified cheque or bank draft payable to "Grantham Law Offices in Trust" for 10% of the tendered amount. Cheques will be returned in respect to tenders that are not accepted.

All bidders will be advised within two working days of October 15, 2021 if their bid was successful. Successful bidders will be asked to enter into a formal Purchase Agreement with a possession date of December 1, 2021, or sooner or later by mutual consent.

Tenders will be held in confidence and not be released to the public.

If any purchaser has any questions concerning the bidding process, please contact Grantham Law Offices.

Any questions regarding details or history of these parcels can be directed to Jerry Kletke at 204-797-2615.

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- Office experience with excellent communication skills, written and oral
- Ability to multi task with attention to details and deadline
- Willingness to complete extra assigned duties as requested

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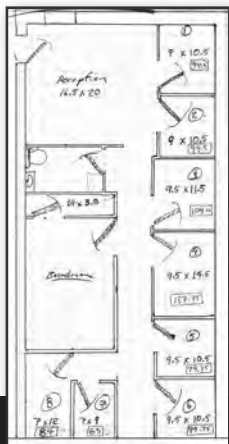
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For information please contact:
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204-485-0010 email bigandcolourful@mts.net

RURAL MUNICIPALITY OF ST. CLEMENTS

PUBLIC NOTICE

ALL PROPERTY TAX STATEMENTS HAVE NOW BEEN MAILED

Any property owner who does not receive their 2021 tax statement within two weeks should contact the Municipal Office.

All property owners are reminded that they are responsible for payment of the 2021 taxes whether or not they receive a tax notice in their name.

Due Date: **OCTOBER 31, 2021**

Dated at East Selkirk, Manitoba this 26th day of August, 2021

Deepak Joshi
Chief Administrative Officer

1043 Kittson Road
Box 2 Group 35 RR1
East Selkirk, Manitoba R0E 0M0
Telephone: Local 204-482-3300
Winnipeg: 204-474-2642
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R.M. OF ST. ANDREWS

PUBLIC NOTICE

PROPERTY TAX BILLS

Property owners are advised the 2021 Tax Bills have been mailed out. If you do not receive your tax bill please contact the Municipal Office by phone at 204-738-2264 or by email at info@rmofstandrews.com.

In order to avoid penalties, payments must be received by the Rural Municipality of St. Andrews on or before the tax due date of October 31, 2021. Penalties will be charged at the rate of 1.25% per month on any unpaid amounts beyond the due date.

Please note that if you are paying your taxes on-line, allow five (5) business days for the amount to be received by the municipality. It is the taxpayer's responsibility to ensure that their on-line payment is received at the Municipal Office by the due date.

New property owners are reminded that they are responsible for payment of the 2021 property taxes whether or not they have received a tax notice in their name.

We encourage residents to consider remote payment options and dropping off postdated cheques.

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

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UPCOMING EVENTS

DUNREA FLEA MARKET - Rain or Shine! Antiques, collectibles and more! Over 75 vendors. Admission \$4, 11 a.m. - 4 p.m., Sunday, September 5, 2021. Fairgrounds in Boissevain, Mb.

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NEW! 204-482-7355 **47,500**

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For more information and to apply, submit cover letter and resume to: Lmartyniw@mytudor.ca

Note:
- MNU Agreement in place for wages and benefits, new CA Pending.
- We thank all that apply however, only those selected for interviews will be contacted.
- Current security checks that include a Criminal Records Check, a Vulnerable Sector Check, and an Adult Abuse Registry Check



PUBLIC NOTICE Proposed Rogers Telecommunications Facility

Rogers Communications Inc., (Rogers) is committed to providing Canadian communities high speed wireless internet, voice and data service. Rogers has an existing tower, providing coverage to the area surrounding West St. Paul, Manitoba. The existing tower is scheduled to be removed, decommissioned and replaced with a 60-meter self support telecommunication structure, at 544 Prest Avenue, RM of West St. Paul, Manitoba. Access will be completely restricted from the public. As part of the public consultation process as required by the RM of West St. Paul and Innovation, Science & Economic Development Canada, Rogers regulator under the Radiocommunications Act, Rogers is inviting the public to comment on the proposed rooftop location before close of business day **September 25, 2021**. This structure is fully compliant with Innovation, Science & Economic Development Canada's guidelines, as found under the Client Procedures Circular (CPC-2-0-03).

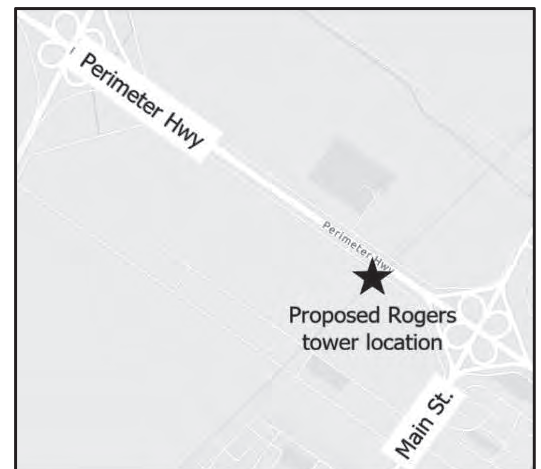
TOWER LOCATION: 544 Prest Avenue, RM of West St. Paul, MB

COORDINATES:
Lat: 49.974948°
Long: -97.082307°

LEGAL:
PT. RL 9 Parish of St. Paul

ANY PERSON MAY comment by close of business day on **September 25, 2021** with respect to this matter.

ROGERS CONTACT:
Evolve Surface Strategies Inc.
Attn: Anthony Novello
Unit A, 2151 Portage Avenue
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Toll Free: 1-888-912-2640
F: 204-728-2800
E: comments@evolvesurface.com
Agents for Rogers Communications Inc.



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ANNOUNCEMENT

BIRTHDAY



Steve Moldwon
Happy 60th Birthday
to a wonderful
Husband, Dad and Grandpa
on August 30th
-Love from Lynne
and all of your family

ANNOUNCEMENT

IN MEMORIAM



Bill Knight
March 21, 1943 - August 30, 2020
Today is the anniversary of the day I lost you,
And for a time it felt as though my life had ended too.
Special memories of you are in my heart to keep.
My love for you is forever, My love for you is deep.
You have given me your endless love that helps me through this life.
I am so very proud of you, so proud I was your wife.
I know you are with Jesus now, so precious in His care.
One day the Lord will take me too, to be with you up there.
-Love you always!
Lisa



ANNOUNCEMENT

IN MEMORIAM



Bill Knight
I am waiting for the Rapture Dad,
To be with you again!
I will always love you too,
I miss you very much!
-Love Steele

*Your memory will live forever
Engraved within our hearts*

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ANNOUNCEMENT

IN MEMORIAM



Marin May Fryza
(nee Einarson)
September 5, 1937 - August 25, 2011
It's been 10 years since God has Taken you away from us.
Time has erased many memories,
But the memory of your smile Will never be forgotten.
-Frank and family



ANNOUNCEMENT

CARD OF THANKS

Preun- We would like to thank everyone for the messages of condolences, phone calls, cards, flowers, gifts, offers of help and support we received after the passing of Wenzel. Your kindness and generosity has been most comforting. Thanks also to Gilbert Funeral Home for arrangements.
-Kim, Brett, Michael, Caleb, Steven and families

ANNOUNCEMENT

CARD OF THANKS

I would like to thank everyone for the cards, flowers, phone calls, visits, food and messages of condolence after the passing of my son Steven Michael Hourie. Our family really appreciated all the offers of help, love and support.
-Linda Sinclair
(Stacey, Alicia and Kobe)

ANNOUNCEMENT

IN MEMORIAM

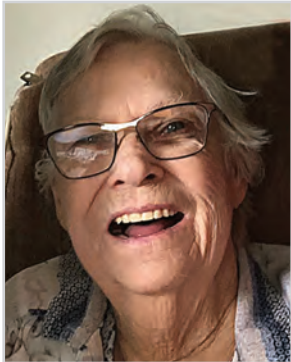


Steve Tomchuk
In loving memory of our brother, uncle and great uncle who passed away on August 27, 2020
His smiling way and pleasant face
Are a pleasure to recall;
He had a kindly word for each,
And died beloved by all.
Some day we hope to meet him,
Some day we know not when;
To clasp his hand in the better land,
Never to part again.
-Lovingly remembered and sadly missed by Nettie, Darcie, Tom, Terry, Sandy, Breanne, Shayla, Randall, Gail

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

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OBITUARY



Louise (Terry) Demeria
December 19, 1938 – August 17, 2021

It is with great sadness that we announce the sudden passing of Louise (Terry) at the age of 82 at the Red River Place in Selkirk, Manitoba.

She was predeceased by her parents; sister Ruth and brother William.

She is survived by her daughters Kimberly and Trina; son Scott; as well as many grandchildren, nieces and nephews.

In keeping with her wishes, cremation will take place and a private family graveside service will be held.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Timothy Jones
May 17, 1955 - August 11, 2021

It is with great sadness that we announce the sudden passing of Tim Jones.

He passed away at home peacefully in his favorite chair.

Tim will be missed deeply by his family and friends but we will always remember his life stories.

According to his wishes, cremation has taken place and there will be no service.

OBITUARY



James Percival Pruden
September 20, 1932 - August 12, 2021

Jim passed away on August 12, 2021 at the age of 88. He is survived by his wife, Betty. Jim was predeceased by his first wife, Joyce and his children Jerome and Pamela.

Remembered by his children Rochelle (Graham), Steele (Sid), Stacy (Tracey), Troy (Pamela) and numerous grandchildren and great-grandchildren, nieces and nephews.

Jim was part of a big family which consisted of eight siblings, Dorothy (James) Black, Marjorie (Bill) Munn, Ken (Sandy) Pruden, William (Mayme) Pruden, Garry (Joan) Pruden, Doris (David) Magnusson, Albert (Janet) Sheppard, Jim Sheppard.

Jim was born in Selkirk to Percy and Violet Pruden. He attended school in Selkirk and Beausejour. He had a successful career in barbering and hair dressing at The Bay in Winnipeg. Later on, he worked as a Nurse's Aid at the Selkirk Mental Hospital before retiring.

Some of the things Jim enjoyed were hunting and fishing, repairing bicycles for the needed and bowling. One could often find him putting in his garage where you could also get a free hair cut.

Cremation has taken place and there will be no formal service.

OBITUARY



Edward Kenneth Lemaire
November 5, 1943 – August 18, 2021

It is with great sadness that we announce the peaceful passing of Edward Lemaire on August 18, 2021.

Eddy will be deeply missed by his wife Karen and their two children Cara (Craig) and Dave (Sam). He will be lovingly remembered as Papa by his grandsons Blake, Drew and Aiden. He is predeceased by his parents Edward and Eleanor, brother Dave, father-in-law Barney and sister-in-law Marlene.

Eddy was born in Mackenzie Island and grew up in Red Lake, Ontario. He worked at Campbell and Griffith Mines before meeting the love of his life, Karen. In 1971 he followed her back to her hometown of Selkirk where they were happily married for 46 years. Eddy was a welder by trade but enjoyed a variety of jobs throughout his life. Among his favourites were driving school bus and making ice, especially at the Petersfield Curling Club.

In the past few years you could always find him travelling throughout the neighbourhood in his wheelchair visiting and joking around with anyone and everyone he met. Eddy touched the lives of family and friends with his spunky personality, sense of humour and kind heart. He loved fishing, golfing, curling, hockey, dancing, watching his grandsons grow up and spending time on his deck sun tanning, enjoying his flowers and the hummingbirds.

Our family is thankful for the genuine love and amazing support from our family, friends and neighbours. We appreciate all the care and compassion given by our special homecare staff (Janice, Joy, Audra and Gerry), Dr. Demsas, the ALS Society, Dr. Fultz, Dr. Ginannouli and the Team at Deer Lodge Centre.

As per Eddy's request, there will not be a service.

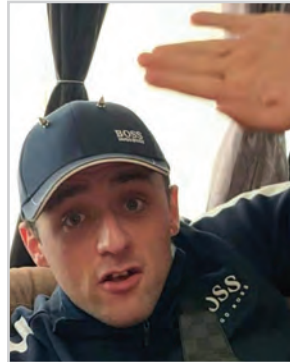
In lieu of flowers, donations can be made to the ALS Society.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



CELEBRATION OF LIFE



Dusty-Lee Laurier Guillemette
October 7, 1986 – June 13, 2021

Dusty (Duddy), aged 34 years, passed away on June 13, 2021 in Winnipeg, MB.

He is survived by his mother Michele Guillemette; sister Wendy (Dylan) Jones; sister Lanna and brother Johnathan. He also leaves to cherish his memory aunty Cece Lafreniere; uncle Rick Liska and his children Damion and Ryan; aunty Patty Lafreniere and her children Melissa and Chelsea; uncle Dennis (Wendy) Lafreniere and their children Janel and Ciara; aunty Diane Likely and her daughter Chelsea, and his extended family from the "Hood".

The Celebration of Life will be held August 30th, 2021 at Selkirk Park, picnic area #1, from 4-7 p.m. Please bring a lawn chair.

OBITUARY

Debbie LaFreniere

It is with great sadness we announce the sudden passing of Debra (Best) Lafreniere on August 8, 2021 in her home in Sandy Hook.

Cremation has taken place and no formal service will be held.

Condolences may be left on Debbie's memorial page at: www.interlakecremation.ca

Arrangements entrusted to:

Interlake Cremation & Memorial Services
204.482.1040

OBITUARY



Gladys Thomas
March 2, 1941 – April 19, 2021

An octogenarian mom passed away peacefully at Betel Seniors Home Palliative Care in Selkirk, MB.

With an indomitable spirit in the midst of a pandemic she chose to refuse dialysis rather than consider the option of being tethered.

She looked forward to an end to suffering and promotion to glory. Mom

The sun that shines and the winds that blow abiding love that gave us time and helped us grow.

Though dark of night and starry skies illuminate your pain. A warm and gentle breeze that calms. You must release your bonds and let her make her way.

The Son has promised one glad morning she'll look up squinting hard to see.

I will laugh when I tell her wow you've sure changed...Mom can you come here and hug me?

Allan Campbell III

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Dianne Zyblock

Peacefully on August 19, 2021, Dianne Eleanor Zyblock (nee Walterson) quietly slipped into the presence of her Lord and Saviour after a long and courageous battle with cancer.

Dianne was predeceased by her husband Bill Zyblock, her father Ralph Walterson, and her mother Minnie Walterson.

Left to cherish her memory is her son Myles, his wife Kelly, and Dianne's only grandchild William Zyblock; her sister Christine (Kenny) Pollock, nephew Kerry Pollock, great niece Cara, and great nephews Kort and Kaven Pollock.

Dianne was born in Selkirk, Manitoba on May 7, 1944 and remained a Selkirk girl throughout her days. Dianne married Bill Zyblock on September 17, 1966 and they were happily married for 52 years. Dianne was a stay-at-home mother until Myles went to school and then she entered the work world exploring several

ventures, including the start of a small business and naming it "Myles of Jeans". Dianne always placed Bill and Myles first, notably by caring for Bill in his later years.

In 2015, Dianne received the most precious gift from God when she asked His Son, Jesus Christ, to be her Saviour. Dianne loved to share her faith with anyone who would listen.

Through her entire life, Dianne was a very hard worker and loved to help wherever she saw a need; this is what gave her great joy.

Dianne was a woman of excellence and was always full of fun. She will be dearly missed by so many friends and family members but will always remain in our hearts.

In keeping with Dianne's wishes, a private graveside service will take place.

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VICTORIA
204.619.3955

HUNTER
204.599.7789

Based on 2020 MLS R14 cross-property sales.

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FEATURE OF THE WEEK



PET FRIENDLY!

3
2
1446



DOWNSIZE IN STYLE!
#101 - 804 MANITOBA AVE
SELKIRK, MB
\$364,900

Beautiful Bungalow Style Condo built in 2017 features an open concept kitchen, dining & living space with door to deck. Stainless steel appliances, pantry, island & plenty of natural light. Primary BR has 3pc ensuite & huge walk-in closet. Main floor laundry, double attached garage, Full unfinished bsmt. Hi-E gas furnace, C-Air, HRV & Sump Pump. Low condo fees of only \$155/month.

FEATURED PROPERTIES

HH TEAM **SOLD!**
\$319,900
77 Vincent Massey, Winnipeg

HH TEAM **SOLD!**
\$214,900
10 Main St, Tyndall

HH TEAM **SOLD!**
\$134,900
414 Clandeboye, Selkirk

HH TEAM **SOLD!**
\$534,900
5592 Henderson Hwy, St Clements

HH TEAM **SOLD!**
\$397,800
8116 Henderson Hwy, St Clements

ASHLEY **INS GARAGE!**
\$334,900
420 Manchester Ave, Selkirk

HH TEAM **10 ACRES!**
\$489,900
1044 Meadowdale, St. Andrews

HH TEAM **80 ACRES**
\$399,500
113142 Road 13 East, Fraserwood

HH TEAM **NEWLY RENOVATED**
\$179,000
316-1671 Plessis Rd, Winnipeg

HH TEAM **7.98 ACRES**
\$269,900
8156 99 Road N, Rockwood

HH TEAM **7.73 ACRES**
\$59,500
1 Tamarack Lane, Clandeboye

HH TEAM **2.4 ACRES**
\$84,900
1 Fuller Road, St. Clements

HH TEAM **2.2 ACRES**
\$84,900
7 Fuller Road, St. Clements

HH TEAM **PRICE DROP!**
\$399,900
51 Peltz Road, St. Clements

HH TEAM **8.52 ACRES!**
\$250,000
8131 Highway #8, Clandeboye

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To Join: HACK0092751

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