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THURSDAY, JUNE 22, 2023

VOLUME 14 EDITION 25

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A happy Head Start

RECORD PHOTO BY KATELYN BOULANGER

Students from the Selkirk Onashiwin Aboriginal Head Start Program celebrated their first graduation of many this past week. With caps and gowns the students are officially prepared to enter the next stage of their educational journeys. See more photos inside.

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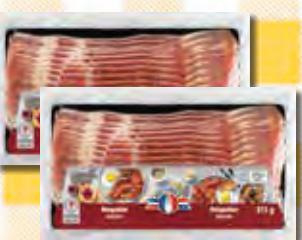
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Gordon Howard Centre hosts annual AGM last week

Anyone 45 years of age and up invited to become member of local centre

By Katelyn Boulanger

Selkirk's Gordon Howard Centre is a place where people aged 45 years and up are invited to come together to take classes, participate in group activities and listen to presentations among other events that take place. This past week the members of the centre got together for their annual general meeting which went over centre finances, appointed the board for the 2023/24 year and was an opportunity for residents to ask questions about what's going on at the Gordon Howard.

The meeting began with a presentation from Maxine Tymchuk. Tymchuk discussed the various learning presentations that she puts on in order to educate residents about health and exercise.

The workshops that she offers involve information about foot health, neck health, particularly for those who experience texting or crafting neck pain, information about menopause and osteoporosis, and how different aspects of our bodies affect our mental health among others.

From there lunch took place and the AGM meeting began shortly afterwards.

Terry Tillett the Gordon Howard Centre's past president then opened

the meeting with the adoption of the agenda. The agenda and minutes of the previous AGM were adopted promptly.

Lee Hanson the Centre's executive director took the microphone next to discuss the president's and executive director's report.

He started out on a positive note as the centre had recently received two different funding increases.

"We got a funding increase from Inter-lake Eastern Regional Health Authority," he said in an interview after the meeting.

The increase from the Health Authority comes in at a little over \$16,000 which will be a big help for the centre.

There is also an increase of \$2,300 which is going specifically to the Knight's Congregate Meal Program which is a thrice-weekly lunch program that provides meals at the

Gordon Howard Centre.

Hanson then took the time to chat about the many different groups that utilize the Gordon Howard Centre's facilities.

"We have our quilting group, which is all day Fridays. They make quilts for us throughout the year and they help us with all kinds of fundraising

"I'M EXCITED ABOUT NEXT FALL BECAUSE NORMALLY WE HAVE LOTS OF NEW MEMBERS COMING AND ALL OF OUR ACTIVITIES WILL BE STARTING UP AGAIN, AS WELL AS OUR FUNDRAISING INITIATIVES."

Continued on page 4

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> GORDON HOWARD, FROM PG. 3

throughout the year in terms of raffles that we have. We have a wood carving group that is Tuesday afternoons. We have a watercolour painting group, which is Thursday afternoons and an acrylic painting group takes place on Monday afternoons. And, a good thing that happened this year, we have Monday afternoon floor curling, but because there were so many new people that wanted to join, we added a Wednesday afternoon group of curlers as well," he said.

Hanson took time at the AGM to discuss the Centre's finances summarized in the financial report that was available at the meeting.

He says that the centre will be ok but that there will likely have to be some increases to fees.

"With the funding increase from our Interlake Regional Health, which is very helpful, and some of our recent fundraising initiatives [which were] excellent, looking forward, we're probably going to have a slight increase in our activity fees and we're going to be looking at perhaps an increase in our membership fees for next fall. But I'm excited about next fall because normally we have lots of new members coming and all of our activi-

ties will be starting up again, as well as our fundraising initiatives. So, I'm quite confident with the year coming up that our members will support us," said Hanson.

He also mentioned that membership fees haven't increased since before the pandemic and that the inflation that has taken place is a factor that they have had to take into the centre's financial calculations.

Discussion also took place about the possibilities with regards to a new building for the Gordon Howard Centre and the building committee which has been created.

When asked questions the board members discussed how there isn't a clear path that has been decided yet and that they can't yet give out any information about possibilities or timelines because the possibilities are still being considered.

They, however, are open to receiving ideas from the community as to directions that this project could take.

There was also reassurance from the board that members would be kept up to date with regards to the project in the monthly newsletter, *The Gazette*, which is emailed and distributed throughout our community.

A large part of the discussion during the question and answer period of the meeting was dedicated to how to get more area residents to become members of the Gordon Howard Centre.

The Centre is open to not just Selkirk residents but residents from the surrounding area as well.

Current residents didn't feel that enough people know that membership is open to residents 45 years old and up and hope to spread this infor-

mation more widely because they feel the Centre has quite a bit to offer.

The meeting concluded with the appointment of Bard Doren as President, Marcia Bilkoski as Vice-President, Gerry Hamm as Secretary, Dawn Kardashinski as Treasurer, and Joyce Banera, Fran Domitruk, Terry Shumka, and Fred Haight as Directors at Large on the Gordon Howard Centre's Board. Terry Tillett will continue in the past president position.



RECORD PHOTOS BY KATELYN BOULANGER

Top: Terry Tillett, Gerry Hamm and Lee Hanson. Above: The Gordon Howard Centre's 2023/24 board.

A blue graduation banner with a white graduation cap icon at the top. The text reads "Congratulations CLASS OF 2023!" in a white script font. Below that, it says "Your hard work, dedication and resiliency brought you to this milestone in your life and will undoubtedly help you in your journey ahead." and "The LSSD Board of Trustees would like to wish each and every one of our graduates continued success in all they do." At the bottom, there is a logo for the "BOARD OF TRUSTEES Lord Selkirk School Division" featuring a stylized figure.

An advertisement for Daien Denture Clinic. It features a photograph of an elderly couple smiling and embracing. The woman is wearing a white top and the man is wearing a light blue shirt. The background is a bright, sunny outdoor setting with flowers.

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Try out the new Canadian made Haskap varieties available in our region

Blizzards and Beauties and Beasts to enjoy

By Katelyn Boulanger

Haskap berries are a variety of berry that are able to withstand our cold winters and bear fruit in our region. Locally, we have Haskap Prairie Orchards, a West St. Paul business, that is the largest haskap orchard in Manitoba and will soon open for the season.

"[Haskaps] were bred mostly in Japan and haskap is a Japanese term. They are very popular and are sometimes called honeyberries or honey-suckles. They're very popular in Poland, Europe and Russia. And then, the University of Saskatchewan in Saskatoon, pulled those varieties from Japan and European countries and they bred them to be more resilient for Canadian climates and also more sweet," said Trena Zacharias co-owner of Haskap Prairie Orchards with Wayne Zacharias.

Those Canadian bred varieties are what are grown at Haskap Prairie Orchards specifically they have honeybee and aurora varieties which produce fruit a little earlier and Beauty, Beast and Blizzard varieties which

fruit a few weeks later in the season.

"They're all the University of Saskatchewan varieties. I went to the university and I trialed probably about 20 haskap varieties, and I did taste the Russian and Polish varieties and they're very, very sour. These ones that I have, the varieties in the orchard range from a slightly mildly tart to sweet," said Zacharias.

The orchard itself was planted in the fall of 2020 and since haskap plants take about five years to fully mature this year the plants are not yet at their full height nor are they at their full capacity. However, since they planted 20,000 plants there are berries available for u-pick.

"We do want to open up and do \$8 a pound just as an introductory u-pick, there's not a ton of berries there yet," said Zacharias.

The opening day has been announced on Haskap Prairie Orchard's social media accounts but residents should note that only honeybee and aurora varieties are producing at this

Continued on page 9



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Haskaps are available locally at Haskap Prairie Orchards.

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Three separate occurrences of drug smuggling at Stony Mountain Institution

Submitted by the Manitoba RCMP

Stonewall RCMP responded to three separate incidents of alleged drug smuggling into Stony Mountain Institution from May 22 to 30.

On May 22, at approximately 8:30 p.m., Stonewall RCMP responded to a report of a suspicious person throwing items over the fence at Stony Mountain Institution.

Patrols were made and an officer located a vehicle and noticed a male outside near the fence surrounding Stony Mountain Institution. The male

was arrested and several packages containing drugs were located on his person. When the officer attempted to place him in the rear of the police vehicle, he fled from police. With the assistance of an off-duty correctional officer, the male was safely placed in custody.

The packages contained over 300 prescription pills, 60 grams of methamphetamine, 85 grams of cannabis resin, also known as shatter and cannabis.

Christopher Sinclair, 32, of Fairford,

has been charged with Possession of a Schedule I Substance for the Purpose of Trafficking, Trafficking a Schedule I Substance, Resisting Arrest and Escape Lawful Custody. He was remanded into custody.

On May 25, at approximately 10:50 p.m., Stonewall RCMP responded to a report of a drone flying outside Stony Mountain Institution.

The Correctional Service of Canada (CSC) located the drone which had a package attached to it. RCMP attended and seized the items.

The package contained over 100 grams of cannabis, 230 grams of methamphetamine, 400 grams of shatter and 50 tablets of prescription medication.

No suspects have been arrested at this time and the investigation is ongoing.

Anyone with information on this incident is asked to call the Stonewall RCMP at 204-467-5015, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

On May 30, at approximately 8:30 p.m., Stonewall RCMP responded to a report of a suspicious vehicle near Stony Mountain Institution.

Three males were located and it was determined that they had thrown several packages over the fence into Stony Mountain Institution. The pack-

ages contained 150 grams of methamphetamine, 30 grams of fentanyl and 90 grams of shatter.

Terrance Goetz, 39, from the RM of St. Clements, has been charged with Possession for the Purpose of Trafficking a Schedule I Substance, Trafficking a Schedule I Substance, Obstruction and Identity Fraud.

Drew Lloyd, 37, of Selkirk, has been charged with Possession for the Purpose of Trafficking a Schedule I Substance and Trafficking a Schedule I Substance.

Brendin Swanson, 36, of Oakbank, has been charged with Possession for the Purpose of Trafficking a Schedule I Substance, Trafficking a Schedule I Substance, Obstruction and Identity Fraud.

All three were remanded into custody.

"These were a significant amount of drugs that were intercepted before they made their way into Stony Mountain Institution," said Staff Sergeant Jason Vrooman, Detachment Commander of Stonewall/Headingley RCMP. "We were able to respond quickly due to good communication and a strong partnership with the Correctional Service of Canada. We will continue to work with CSC to stop the smuggling of illicit drugs into Stony Mountain Institution."

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The Correctional Service of Canada estimates that the institutional value of the drugs seized last week at Stony Mountain Institution are over 1.4 million dollars.

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Missing Maria the latest novel by local author Ryan Souter

Mystery/Thriller will keep you guessing

By Katelyn Boulanger

Ryan Souter is a local author who grew up in Selkirk and now lives in Winnipeg. He started out as a screenplay writer and over the last three years has released three novels. His previous two novels *Little Devil Inside* and *Hope Rises* are thrillers but his latest novel *Missing Maria*, which release last month, also incorporates a mystery into the tale.

"The new novel is a psychological thriller/mystery about a mother's, Dalia Comb's, desperate search to find her teenage daughter, Maria, who suddenly goes missing one evening after not returning from an art show. With the help of Dalia's detective brother, Parker, she goes searching for Maria and gets more than she bargained for and is introduced to a whole new world, the dark side of life. It's a world she has never know before and her eyes are opened to a whole other reality," said Souter.

The ideas for Souter's latest work came from watching other media and thinking about how those experiences would affect people. One program he watched involved a mother having a near death experience and having a premonition that her child wouldn't survive to adulthood. He also watched a series about serial killers and those who work to stop them recognizing the mental and physical toll that it takes to do that kind of work.

"After that I came up with the simple concept of a mother searching for her missing teenage daughter. The documentaries served as inspiration for a couple of the story characters – Roland, the husband, and Parker —and [I then] mixed all the pieces together creating the narrative," he said.

Souter's novels have been very character driven and this one is no exception. In his writing character's lead the way to the story's conclusion which is what draws him to the thriller and mystery genres.

"I find it interesting putting everyday characters, people you could literally meet on the street or be your next door neighbour, in moments of peril and seeing how they deal with the situations and circumstances fighting their way out of them," he said.

Souter started his career as a screenplay writer having pursued further post-secondary education in the field. He says that it was a natural transition from screenplays to novels as they are in the end all story writing.

"I love to entertain people with stories and novels help feed my craving

for storytelling. I spent a good chunk of time teaching myself — reading books on the craft of novel writing — and then just went for it. I find that there are no limitations with telling stories on the page. You can make the worlds as big as you want them to be. I really like that about writing novels. You can just let your imagination fly," he said.

He encourages adults and teens who like stories with twists and turns and character driven plots to check out his new book as they might find it an interesting read.

Copies of *Missing Maria* are available locally by contacting Souter through his website at <https://www.ryansouter.ca/>. You can also check the novel out on Amazon at https://www.amazon.ca/Missing-Maria-Mr-Ryan-Souter/dp/1738931706/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=. His other novels are also available online at <https://www.amazon.ca/kindle-dbs/entity/author/B09TQ5D7D2?encoding=UTF8&node=2366374-011&offset=0&pageSize=12&searchAlias=stripbooks&sort=author-sidecar-rank&page=1&langFilter=default#formatSelectorHeader>.



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Above: Ryan Souter. Below: *Missing Maria*.

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MB gov. invests \$2.4 mil to strengthen virtual mental health supports

Submitted by the Manitoba government

The Manitoba government is investing \$2.4 million annually in a newly enhanced program to improve access to mental health assessments and crisis supports in rural and remote areas, Mental Health and Community Wellness Minister Janice Morley-Lecomte announced June 15.

“Stress related to the COVID-19 pandemic has increased mental health issues across Manitoba and Canada, and Manitobans in rural communities and First Nations face distinct challenges in accessing the services they need, when and where they need them,” said Morley-Lecomte. “We are investing in an innovative initiative that allows these individuals timely access to crisis stabilization and psychiatric care without leaving their communities and support networks, keeping them close to home as they seek wellness and recovery.”

The new Rural Emergent Telepsychiatry and Integrated Virtual Ward Program combines two successful pilot projects—a virtual crisis stabilization unit (vCSU) and emergent telepsychiatry services (ETS)—that were launched in 2021 to provide provincially co-ordinated virtual mental health supports, the minister said. Virtual programs reduce barriers associated with facility-based services, including the need to travel, while providing individuals with care similar to what they would receive in person.

The integration of the two initiatives into the single expanded program will improve service delivery and efficiency, the minister noted, adding it

will provide easier access to mental health services for adults in northern First Nations communities and rural health facilities while reducing waits and unnecessary patient transfers and admissions.

“The expansion of emergency telepsychiatry and virtual crisis stabilization will positively impact the lives of many Manitobans, including residents of the Interlake-Eastern region,” said Kate Hodgson, regional lead, health services, community and continuing care, Interlake-Eastern Regional Health Authority. “The ongoing support and enhancement of these mental health services is a welcome addition.”

Like a facility-based crisis stabilization unit, the vCSU provides short-term, community-based, supportive care and treatment for individuals in psychiatric or psychosocial crisis and at risk of hospitalization. With ETS, real-time psychiatric assessments are conducted through secure videoconferencing, allowing individuals in remote communities to access this specialized care.

“Our virtual crisis services are breaking through the walls of our acute-care settings and expanding our reach into areas that are underserved, and directly to individuals in need within the security and comfort of their own communities and homes,” said Dr. Jennifer Hensel, co-medical director, Rural Emergent Telepsychiatry and Integrated Virtual Ward Program, Shared Health. “This is the future of health care and we are leading the way in Manitoba.”

As of May 31, the vCSU has admit-

ted more than 1,000 people in crisis, leading to a reduction in unnecessary use of emergency and hospital services. ETS has received 549 calls for service, providing virtual care that prevented 246 unnecessary out-of-community medical transports and 138 hospital admissions.

“I was skeptical at first whether virtual care would be as good as the care you get in person,” said Jennifer Dedelley, a Manitoban who has used a crisis stabilization unit. “But I felt very supported right away, received a call every day and was also connected to other supports to help me stay on track. I am grateful for the perspective I have gained and the support I received to get me through dark and difficult times.”

The minister noted the investment aligns with the strategic priorities identified in A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba, the Manitoba government’s five-year plan for improving wellness, mental health, substance use and addictions programs and services throughout the province.

The program also contributes to the Manitoba government’s commitment to develop a provincially co-ordinated action plan for suicide prevention, as outlined in the 2022 throne speech and Budget 2023, by ensuring individuals are offered supports they need at the right time.

To read A Pathway to Mental Health and Community Wellness: A Roadmap for Manitoba, visit <https://gov.mb.ca/mh/roadmap.html>.

Selkirk RCMP investigating fatal two-vehicle collision

Submitted by the Manitoba RCMP

On June 15, at 11:40 a.m., Selkirk RCMP responded to a report of a two-vehicle collision on Highway 8, located approximately half a kilometer south of the intersection of Provincial Road 230, in the RM of St Andrews.

Investigators have determined that a vehicle, being driven by a 73-year-old male from Stonewall, was driving southbound in the northbound lane, when it collided head-on with a northbound vehicle, being driven by a 66-year-old male from the RM of

Gimli.

Both drivers, and sole occupants in the vehicles, were pronounced deceased on scene.

Selkirk RCMP, along with a Forensic Collision Reconstructionist, continue to investigate.



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MB government names provincial appointees to board that will co-ordinate land-use planning in capital region

Board's decisions will affect planning and development in region

Submitted by the government of Manitoba

The Manitoba government is announcing the provincial appointees to the newly created Capital Planning Region board that will enhance economic and social development in Winnipeg and 17 surrounding municipalities, Municipal Relations Minister Andrew Smith announced June 16.

"Co-ordinated regional planning supports strong sustainable land, economic and social development. It also supports broader public benefits like housing affordability, enhanced transportation systems, sustainable infrastructure investments and stronger economic outcomes, while ensuring municipalities continue to have autonomy," said Smith. "I am pleased to welcome these talented individuals to this new board and look forward

to the valuable knowledge they will bring to their new roles helping co-ordinate sustainable land-use initiatives in the capital region."

Michael Moore and Elisabeth Saftiuk have been appointed as chair and vice-chair, respectively. Chief Gordon BlueSky of Brokenhead Ojibway Nation has been appointed as a voting member-at-large representing Treaty One Development Corporation and as the development corporation's chair brings a strong knowledge of member nations' strategic and sustainable economic development goals.

The board consists of 18 representatives from the region's member municipalities and up to four provincially appointed directors, who serve three-year terms. Provincial appointees work with the municipally ap-

pointed members to promote co-operation and collaboration in achieving long-term goals of sustainable development.

The mandate of the board is to enhance economic and social development by improving and co-ordinating land use and development in the region through:

- adopting a regional plan;
- facilitating and promoting regional considerations in providing infrastructure and services;
- leading the development of regional responses to planning issues of regional member municipalities; and
- identifying and promoting opportunities for the regional member municipalities to co-operate in cost-effective development of infrastructure and the provision of services on a regional basis.

The new board was created under the Planning Act as a new statutory corporation. The board has a strategic role in setting planning direction in the capital region and a fiduciary role in delivering on its mandate, added Smith.

"CO-ORDINATED REGIONAL PLANNING SUPPORTS STRONG SUSTAINABLE LAND, ECONOMIC AND SOCIAL DEVELOPMENT. IT ALSO SUPPORTS BROADER PUBLIC BENEFITS LIKE HOUSING AFFORDABILITY, ENHANCED TRANSPORTATION SYSTEMS, SUSTAINABLE INFRASTRUCTURE INVESTMENTS AND STRONGER ECONOMIC OUTCOMES, WHILE ENSURING MUNICIPALITIES CONTINUE TO HAVE AUTONOMY."

> HASKAP PRARIE ORCHARDS, FROM PG. 5

time and they will have to wait a few weeks if they want the later pollinating varieties.

"I'm trying to manage expectations a little bit, you'll probably get a couple pounds and it's not going to be easy to pick as the shrubs are low," she said

In addition to making berries available Haskap Prairie Orchards has a propagating license with the University of Saskatchewan. Zacharias says that they are all sold out of plants this year but in future years residents will be able to purchase these special varieties of haskap plants directly from them.

Haskap berries may be less know than blueberries, raspberries or strawberries but Zacharias says that people will find that they are just as versatile in cooking.

"[You can make] anything that you would make with any kind of berry — pies, tarts. People are making wine compote, jams, and syrups. Something that's very interesting is that they've got such a deep blue purple, that they can also be used as a dye," she said.

Of all the ways that haskaps can be enjoyed, however, Zacharias loves them just as they are as a snack the best.

She invites residents to come by and give the berries a try.

"It's local. It's very close to the city. It's very accessible. And, the number one thing that I want to impress upon people, is the health benefits of haskaps. You can Google. There are studies, out of Dalhousie University and done at the University of Saskatchewan and just read up on the incredible health benefits. They [are very high in antioxidants]. They are very high in lots of different vitamins and minerals. So, I think I really want to impress upon people, they taste fantastic and these are amazing berries," said Zacharias.

Keep up with Haskap Prairie Orchards and find out more information on their Facebook at <https://www.facebook.com/HaskapOrchards/> and on Instagram at <https://www.instagram.com/haskaporchards/?hl=en>.



Public Notice

You're Invited

to share your views about the rate application filed by Manitoba Public Insurance

The Manitoba Public Insurance Corporation (MPI) has filed the 2024 General Rate Application before the Public Utilities Board (Board) for approval of Basic Autopac vehicle insurance rates and premiums effective on April 1, 2024 through March 31, 2025.

For further details, please contact MPI at inquiries@mpi.mb.ca or visit the Board's website at www.pubmanitoba.ca.


If you are interested in learning more about this rate application, you are encouraged to attend the hearing, observe the hearing via live streaming, or provide your perspectives through the Board's online comment tool.

If you wish to speak at the hearing or make a written submission, please contact the Board Secretary, Dr. Darren Christle at 204-945-2638 or toll free 1-866-854-3698, no later than **October 1, 2023**.

For more information, visit www.pubmanitoba.ca.

Manitoba Public Utilities Board
400-330 Portage Avenue,
Winnipeg, Manitoba R3C 0C4
Phone: 204-945-2638
Email: publicutilities@gov.mb.ca

A public hearing on the proposed rate application will be held beginning:
Tuesday, October 10, 2023 at 9 a.m.
Please view the hearing via the PUB website link.



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

Into the Woods at ESJH



RECORD PHOTO SUBMITTED

École Selkirk Junior High's version of the Into the Wood's play was a great success. Students as well as staff worked very hard to make sure that this production was a wonderful display of the student's talents.

Fighting fires as a community Wozny discusses mutual aid

By Katelyn Boulanger

Former Selkirk Fire Chief Ted Wozny not only has a passion for fire safety but also for local history. This week he sat down with the *Selkirk Record* to discuss the history of how our fire departments started working together to fight fires that might be too big for one department alone to handle. This idea of working together for safer communities is called mutual aid.

"Mutual Aid was developed quite a few years ago because there was an issue. The issue was way back when if Selkirk's [Fire Department] wanted to go and help St. Clements' [Fire Department with a fire], we pretty much had to have a council member say, 'Yeah, you can go.'," said Wozny.

This created a delay in fighting large fires or other emergency situations in which one fire department needed help from another fire department as backup. A delay like that was a big problem at the time because it could lead to a situation getting much worse than it would have if help came quickly.

"When it was cleared up [and mutu-

al aid] was resolved, that would never happen again. If our department called St. Clements right now, one or two trucks and 15 guys will be here. They don't have to ask anybody. They don't have to do anything [to get approval]," said Wozny.

This arrangement which allows fire departments to work together is incredibly important now but it was perhaps even more important historically when all of the fire departments were smaller and technology for fighting fires was not as advanced as it is today.

Wozny says that there isn't a better arrangement that our fire departments could have as there is no insurance policy in the world that can get trucks and firefighters to the scene of an emergency faster.

According to Wozny, the first such official arrangements in our area became official in the 1980s but fire departments did help each other out before then in the case of emergencies.

The nice part about having official arrangements, however, was that the fire departments could run official drills together to ensure that they were utilizing each other's resources to their best ability.

"We had joint practices and mock fires. [One of the first] of the joint practices was very benefi-

cial because lo and behold, we found one of our valves was not compatible with [the St. Clements' fire] truck valve," said Wozny.

It turns out that a small difference in the threading of the valves made enough of a difference that, had the practice not taken place, in an emergency there would have been trucks that couldn't help.

Luckily, this was fixed with a converting piece and the Selkirk and St. Clements Fire Departments have been working together smoothly.

Mutual aid doesn't get used often but when it does no matter how small it's important.

"One time we were called to a mutual fire department for assistance. They said we don't need firefighters, we want you to bring all your breathing apparatus because we're out," said Wozny.

The firefighters sped over with the needed equipment and were able to help the other department continue to fight the fire to full capacity.

One large historical fire that Wozny himself was took part in fighting was the Red Feather Farm fire.

"It was an empty building [located just down the street from where the Red Feather Farm Park is now] and somebody broke in and started a fire in one corner but it was all dry and nobody saw them. The neighbours saw it when it was already a glow in the sky. When we got there it was just flying embers and the heat factor. You got to remember it generates its own heat and heat rises. When you

get those flames [that are that large] I mean, that's picking up boards and throwing them down two blocks away," he said.

When Wozny got to the scene he saw that every window was glowing with fire. It was then that he realized that they were unlikely to save anything from the building.

The building that was on fire was abandoned so there were no people inside to rescue, however, the firefighters realized that there was a risk to the area's buildings. Between keeping the neighbouring buildings wet and trying to put out the main fire the firefighters on the scene saw there were still embers coming out of the fire that were causing other smaller fires.

At that point, the St. Clements Fire Department was called for much needed help and eventhough this was before the official mutual aid agreements they came.

The St. Clements firefighters handled the smaller fires that started on things like a roof nearby and the cover of a board among many and between the two fire departments they controlled the situation so that the least amount of damage possible came from the event.

Wozny feels that people should feel safer because of the mutual aid agreements that we have in place with not just our local fire departments but with many fire departments throughout the region.

Ed Teplyski

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Return of interpretive tours at Kennedy House this summer

There will be seven opportunities per week to learn about our local history

Submitted by Red River North Tourism

Red River North Tourism and The Kennedy House Renewal Committee are pleased to announce that an interpreter will be on site again this summer at the Captain William Kennedy Heritage Site in St. Andrews.

This summer an interpreter will be available to share the significant stories of Captain William Kennedy and his historic exploits, his family, and other notable figures in the Red River community.

Tours begin July 14 through Aug. 31, seven times weekly: Three weekday evening tours at 7:00 p.m. on Wednesdays, Thursdays, and Fridays, and four afternoon weekend tours at 1:30 p.m. and 3:00 p.m. on Saturdays and Sundays.

The 30-to-45-minute Walk-and-Talk interpretive tours of the property and gardens will offer an overview of both Kennedy and his famed house constructed in 1866. Visitors will meet in the riverside parking lot south of the house and will have ample opportunity to enjoy the well-tended gardens on the property.

The tours are free of charge.

Kennedy was a Métis fur trader, arctic explorer, entrepreneur, and political trailblazer – a truly remarkable figure in early Canadian history. He commanded two expeditions in

search of Sir John Franklin's lost Arctic voyage. He was a founding member of the Winnipeg Board of Trade and Manitoba Historical Society, as well as a magistrate and Board of Education member. Kennedy was an early vocal proponent for Manitoba's confederation and a political agitator against the Hudson's Bay Company's monopoly over Rupertsland. He also served as a peacekeeper during the Red River Resistance, negotiating with Louis Riel for non-violence, and in the 1880s advocated for the establishment of a railway to Churchill and much more.

Kennedy House is located at 417 River Road in St. Andrews. Visitors will note that some repairs to the historic structure have been undertaken by the Province and it is hoped the house will reopen to the public in the near future.

The Kennedy House Renewal Committee is a community-based committee of Red River North Tourism that has been authorized by the RM of St. Andrews to consult with the Province on the future of this historic house.

For further information, contact Red River North Tourism at info@redrivernorthtourism.com



RECORD PHOTO SUBMITTED

Photos from a tour at Kennedy House.



Highland Fest this weekend



RECORD PHOTO SUBMITTED

The Manitoba Highland Gathering will take place this weekend, June 24 and 25, at the Legacy Park Recreation Centre in East Selkirk. Residents are invited to see the first event longsword and broadsword championships as well as a market, pipe and drum competitions, some beautiful highland cattle (pictured above) courtesy of Bullrush Highland Acres and much more. There will be a variety of events and fun for all ages so don't miss out. Tickets are available at <https://manitobahighlandgathering.org/tickets/>.

Celebrating Head Start Graduates



RECORD PHOTOS BY KATELYN BOULANGER

Twenty-one children graduated from The Selkirk Onashiwini Aboriginal Head Start Program at a ceremony on June 15. The graduation took place at the Selkirk Friendship Centre and students were decked out in traditional beadwork and ribbon skirts to celebrate their heritage.



Second World War veteran Orville Marshall honoured with Platinum Jubilee medal

By Emma McGill

Having lived over a century and served Canada in the second world war, Orville Marshall has a lot to share about his life and experiences in war.

Marshall was born on Nov. 20, 1921 and grew up in Hadlington, Ontario with two brothers and five sisters; he is now the last surviving member of his family. His oldest brother became a railway engineer, and the other was taken prisoner in Hong Kong during World War Two. His father worked in lumber, and his sisters helped in homemaking.

Before Marshall and his siblings were free to roam and play after school, they would split wood, carry in water, and feed the dogs, cows, and horses.

"We would leave school and go home and do the chores," says Marshall.

When Marshall was 13 or 14 years old, he started working cutting down trees and did so until 1940 when, at the age of 18, he enlisted in the Canadian military service to help fight in the war. For the first three or four months, he lived at home. He and his fellow soldiers paraded their hometown in their uniforms before moving to Ottawa. After that, they spent the summer in St. John's, then went out to British Columbia and back again.

Marshall ended up crossing Canada four times during his service, as the military had been moving his unit wherever they were needed before going overseas. They were only moved West when there was a threat from Japan, says Marshall.

In May 1943, Marshall was sent overseas to England. He spent about two months of his time overseas in North Africa, and by Christmas, ended up in Italy, where he was hit twice on the front lines. Because it was an eye injury from shrapnel he'd sustained, it wasn't serious enough for him to be sent home, but too serious for him to stay on the front lines, so he was sent to work for the reinforcement depot, driving people back and forth from the war front. After the war at the front in Italy had ended, Marshall was assigned the privilege of driving for the new brigadier, which he did for about two months.

In the novel *A Keen Soldier: The Execution of Second World War Private Harold Pringle* by award-winning journalist Andrew Clark, a picture of Marshall can be found. He had witnessed this execution of a fellow young soldier; Marshall remembers the day very clearly. "They told him he was being executed at 8 o'clock that morning. He had two hours to live," says Marshall. "He was a nice

kid."

There were five in the firing squad, and Marshall was to be there at the execution in case he had to take someone's place. Fortunately, all of them stayed, and Marshall was not required to be a part of the team that would take the life of the only soldier executed by the Canadian army during this war. It had been decided by the brigadier that not having a single soldier be executed would not do and that 30 Canadians that had not yet left Italy, one of which was Marshall, would help to correct this. They selected Pringle, as he'd been one to go AWOL a number of times during his service.

Marshall was the last Canadian soldier to leave Italy. He first had to drive the truck back to the British compound about three miles out of Naples before he was driven to the boat, where they had the 30 people involved with Marshall's unit, and boarded last.

After the war, Marshall went back home to small-town Ontario. The Canadian government was working to give their soldiers who'd come home financial assistance and job training so they could remain stable and support themselves and the families they were able to make it home to. Marshall volunteered to work at the bakery, Purity Bread, where he started on the first of January, 1946. He was promoted the next month, working evenings and nights while his boss worked days.

Marshall's journey to finding a home in Manitoba started after his friend, Mike, was fired from the Purity Bread bakery, and went to live in Transcona, where he found good work at Brown's Bread, a cherished Manitoba business founded by James Brown and family in 1927. Mike told his new boss what a hard worker Marshall was and Brown's provided the money to bring Marshall out to Selkirk on the train to work for them. He met many significant people in his life through this job; this is where he met his wife, Edith, and they married in July 1947.

He worked at Brown's for three or four years before he cut his hand at a party and couldn't go back to the bakery. Later, he got a job at the mill and worked there until they closed the second furnace down. After that, he went to drive a truck for someone from Petersfield for about six months, then went back to the mill for six years.



RECORD PHOTO BY EMMA MCGILL

Selkirk's one-hundred-and-one-year-old Orville Marshall was awarded the Queen Elizabeth II Platinum Jubilee medal on April 17.

After the mill, Marshall worked at the mental infirmary, where he was trained as a psychiatric nurse. This is where Marshall made a career for himself. He and a coworker were assigned to the toughest ward in the unit, where it was crowded and there were a lot of dangerous people. He was made supervisor of the ward, and was sent, by the infirmary, to university. Later, he worked for social services, helping people find places to live and traveling all over, then moved to employment services, training people to work. In 1986, after all his hard work, Marshall retired.

On April 17, Marshall received the Queen Elizabeth II Platinum Jubilee Medal. He was selected by MLA Alan Lagimodiere. This medal commemorates the 70th anniversary of Queen Elizabeth the second's accession to the throne as Queen of Canada, and is often awarded to the most deserving members of the Canadian Armed Forces. Marshall also has a long service medal, an Italy star, and a service out of Canada medal.

Cruising over to Bethel Home



RECORD PHOTO SUBMITTED BY MARCEL LEMIRE

The residents at Bethel Personal Care Home in Selkirk were treated to a car show by the Lilypad Cruisers last weekend. Twenty cars came to the home for residents to check out.

Riverton-born author takes readers on an historical boating journey

Photographic history book, *Boats and Life on Manitoba Waterways*, launched

By Patricia Barrett

A Stonewall-based author who grew up in Riverton recently launched a collection of historical photographs of well known and not so well known vessels that used to ply the waters of lakes and rivers throughout the province and help support local economies.

Ben W. Holyk's book, *Boats and Life on Manitoba Waterways*, will take readers on a journey along different waterways in Manitoba including Lake Winnipeg and the Red and Assiniboine rivers and through communities that relied on boats to make a living, transport freight and cross rivers that had no bridges.

The book contains almost 300 black and white photos and information on steam-powered vessels, dredges, ferries and commercial fishing boats, plus photos of fish camps on Lake Winnipeg and harbours in communities such as Riverton, Selkirk, Gimli, Winnipeg Beach, Pine Dock and the city of Winnipeg.

Having grown up along the lake and having family with a history of working in the commercial fishery (including his parents and his wife's father), Holyk wanted to memorialize Manitoba's boat industry.

"I did as much research as I could online about the boats, and I tried to find people who knew something about them," said Holyk, who is a photographer and has published six other books including *Wild Flowers of Manitoba*. "Because I grew up in Riverton, I knew some of the history of the boats that were built there. For example, I have a picture of the Beatrice L. (p. 245) and the information I had about her said she was in Hecla. But I come from Riverton and I recognized the boat at the government dock there."

He said he gathered information from local people who remembered the history of some of the boats and industries relying on them.

"Robert Kristjanson in Gimli [commercial fisher] gave me some information that his dad wrote about boats," said Holyk. "And the grandson of the Riverton Boat Works owner also shared information with me."

Holyk delves into Riverton's unique maritime history through the Riverton Boat Works' 50-year boat-building run and includes a partial list of the boats – such as the Namao, the M.S. Kenora and the Lady Selkirk –

that were built there, as well as a story about how the company transported the Nonsuch, a 17th-century replica Hudson's Bay Company ketch, across Canada to its present home in the Manitoba Museum.

Holyk also covers Selkirk's Purvis brothers' boat-building shop, which built iconic passenger vessels such as the Paddlewheel Queen, the Paddlewheel Princess, the River Rouge and the Lord Selkirk II.

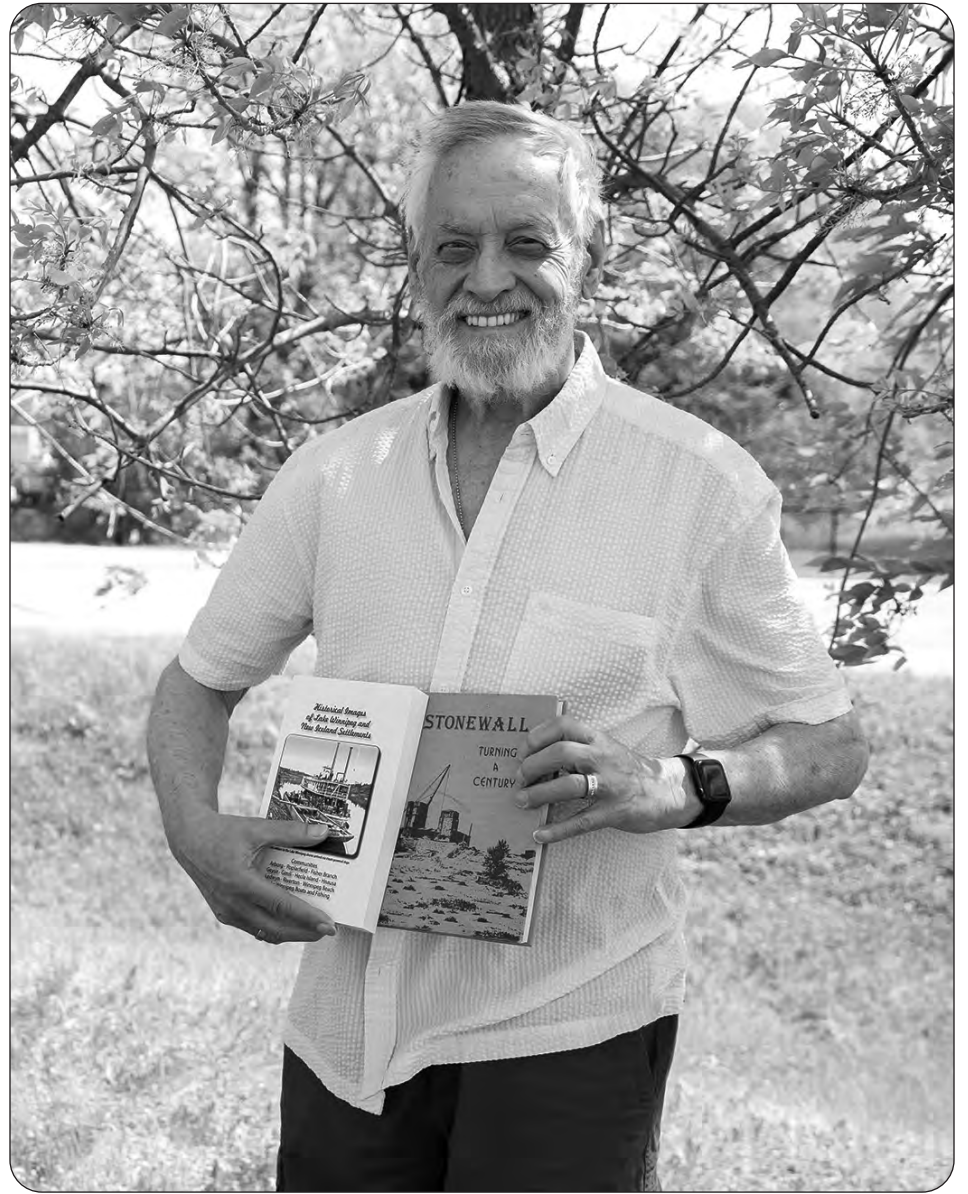
The photos in the book came from an array of sources, including Holyk's own collection, archival collections, the Manitoba Historical Society and private collections. His parents, who came from Ledwyn in Bifrost, also left him with hundreds of pictures. His dad was a fisher's helper and his mother was a cook at a fish camp at Kinnow Bay on Lake Winnipeg and some of the photos depict what it was like to live and fish there.

Because fishing is so intertwined with boats, Holyk provides a brief history of commercial fishing on Lake Winnipeg, Lake Manitoba and Lake Winnipegosis. On Lake Manitoba, for instance, boat transport that supported the lake's commercial fishery took a hit after the Canadian National Railway built a line along Highway 6.

"Lake Manitoba had a rail line up to Gypsumville and freighting wasn't necessary anymore by boat. That rail line killed off the boat traffic on Lake Manitoba," said Holyk. "But if you go north of Hecla Island on Lake Winnipeg, there's nothing there. You need to have boat transportation."

Holyk said he plans to exhibit prints of some of the book's photos at the Marine Museum in Selkirk and at the New Iceland Heritage Museum. The dates are to be announced.

The book is available for purchase at H. P. Tergesen & Sons general store and the New Iceland Heritage Museum in Gimli and McNally Robinson Booksellers.



RECORD PHOTO BY JO-ANNE PROCTER

Ben Holyk recently published his seventh history book.



Boats and Life on Manitoba Waterways published by Ben Holyk depicts the history in photographs of the vessels that have travelled the lakes and rivers of Manitoba.

Monarch butterflies benefit from milkweed-planting initiatives

By Jennifer McFee

Now that the planting season is in full bloom, gardeners might want to include milkweed in their green spaces.

Mission Monarch, run by the Space for Life Insectarium, is a community science program that gathers data about monarch butterfly and milkweed distribution. It's part of an international research and education effort that aims to save migratory populations of the monarch butterfly, which is an endangered species.

Stonewall resident Sydney Lockhart became inspired to get the word out about this program and encourage others to help save the species.

"Mission Monarch is very simple to take part in," she said. "You identify milkweed, which is the sole plant monarchs need to survive, and you search for any presence of monarch life in any stage."

After your observation of the flowering plant, you can visit the Mission Monarch website (<https://www.mission-monarch.org>) and submit your findings to scientists, even if you don't find any presence of monarchs.

"This helps them map out where monarchs are migrating through North America as it has slowly changed course due to climate change," Lockhart added.

"I would encourage anyone to take part as it is a really interesting project to follow. You can look on a map on their website and see where observations have been done."

For Lockhart, an interest in butterflies began to set her heart aflutter at a young age.

"I have loved butterflies since I was a little kid. I always used to catch and release them on my lilac bush," she said.

"I started to become interested in saving monarchs after I heard a presentation that the Living Prairie Museum had this past winter. It really resonated with me and made me realize that I had the ability to help out."

In addition to encouraging everyone to watch for milkweed and monarchs, the local butterfly enthusiast is also planting milkweed in the community — and she hopes others will do the same.

"I am working with our local Communities in Bloom to plant milkweed in their gardens this year and I am starting milkweed seeds to plant on my own," said Lockhart, who even wears a "Plant More Milkweed" pin on her fanny pack.

"I have started about 30 milkweed plants so far and am planning on growing them in rounds throughout the spring and summer. I plan on planting them anywhere I can — my garden and tall grass ditches being a few. I am a member of REACT and we are also planning on having a milkweed-based initiative in the future."

"We're trying to encourage people to think about growing milkweed," said Heather McDermid of REACT (Rockwood Environmental Action Community Taskforce). "It's a primary source of food for the monarchs."

REACT will also co-ordinate with the Town of Stonewall, Communities in Bloom and the South Interlake Garden Club to plant milkweed around town, McDermid added.

Besides being beautiful to observe, monarch butterflies can provide clues about the overall health of the planet.

"Monarchs are like the canary in the coal mine of biodiversity. If they don't survive, many other bugs and plants won't either. It is just harder to get sup-



RECORD PHOTO SUBMITTED

Sydney Lockhart planning milkweed that she grew from seed.

port for saving flies as they aren't as universally loved creatures," Lockhart said.

"Biodiversity is what sustains life on earth and keeps our environment functioning. Without insects like the monarch, our world will lose its pollinators and fail to function or maintain life."

Check out the Mission Monarch website at www.mission-monarch.org to learn more about monarchs, milkweed and the mission.

To learn more about REACT, visit www.reactinc.org or follow the organization on the Facebook page entitled "Rockwood Environmental Action Community Taskforce Inc."

To learn more about Communities in Bloom, contact Asta Johannesson at astajohannesson@icloud.com or Shelley Proven at shelley.proven@gmail.com for more information.

Losing teeth? Here's how to keep your smile and confidence

BY ELISHA VANDOR

I have heard that first-time denture wearers lose a significant amount of weight during the waiting period between extractions and getting dentures. If you were to ask me, the mashed potatoes and smoothie diet in conjunction with no teeth for months and months is one way to lose weight, but not ideal. The good news is that you don't have to endure the waiting period before wearing a denture because the denture(s) can be made and ready BEFORE your teeth are pulled so you never have to be a day without your smile, self-confidence and teeth to chew. These dentures have a specific name called Immediate dentures because they go in immediately after extractions.

There are a lot of benefits of an immediate denture too!

- The denture acts like a Bandaid right over the extraction site to help stop the bleeding. In addition, the denture prevents food from going into the sockets. As you eat, you're simultaneously

getting used to wearing a denture, which brings me to my next point.

- The more you wear the denture, the easier it is to get used to, so starting right away is the best way. If you were to wait months without a denture, then it can be easier to ditch the denture and make do like you've always done, which makes the transition to dentures much longer and more difficult to get used to.
- Yes, it's a big deal going from your natural teeth to a denture. There's a lot of differences to get used to; however, the look of your smile shouldn't be one of them. Your smile is unique to you, from the shape of your teeth to the size and colour, we know that looking like you is important, which is why we create the denture to your liking. Some patients even bring in pictures of their former smile so we can recreate their look.

Our profession is all about dentures, and in our denture opinion, the most successful way to transition from natural teeth to dentures

is found in the aftercare process.

You see, as your gums heal, they shrink, but the denture doesn't automatically shrink with your gums, so it starts to feel loose. A loose denture is probably the top 3 denture frustrations of all time and a big contributing factor to the weight loss situation, so before the frustration of ill-fitting dentures sets in, we will already have your next series of appointments booked to re-fit the denture(s) with a temporary lining so it's as snug as can be. Our Denturists Matthew and Brock have helped hundreds of people, like yourself, with immediate dentures. Everyday we see people for their aftercare appointments and know you will benefit from seeing us before your extractions too. All aftercare appointments are already included into the price of the denture(s) for up to 2 years. All you have to do is call and book your free consultation appointment and we will be here for you every step of the way.



- supplied photo -

Patients come in for their aftercare appointments at Vandor Denture Centre to ensure their transition from natural teeth to dentures is seamless.

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Selkirk Pride at Selkirk Park



RECORD PHOTOS BY KATELYN BOULANGER

Residents in Selkirk came out to Selkirk Park last weekend to celebrate pride month this June. There was a crowd that enjoyed a BBQ, snacks, had fun at the event.



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THE **EXPRESS**
WEEKLY NEWS

Government invests in long-term system capacity with sleep disorder centre agreement

Submitted by the Manitoba government

The Manitoba government has approved a new agreement with the Sleep Disorder Centre (SDC) at Misericordia Hospital to expand staff and add equipment to reduce sleep study backlogs and increase patient volume by 200 per month over the next two years, Health Minister Audrey Gordon announced last week.

“We are healing the health-care system and getting Manitobans the care they need,” said Gordon. “The quality of our sleep has a significant impact on our well-being and health, with thousands of Manitobans affected. A new agreement with the Sleep Disorder Centre aligns with our government’s commitment to building long-term system resilience into our health system.”

The SDC agreement is a nearly \$1.8-million initiative funded by the Diagnostic and Surgical Recovery Task Force (DSRTF) that will expand the SDC team and add equipment such as sleep machines to build capacity to reduce sleep study backlogs and create long-term system resilience. The agreement includes implementing an at-home sleep study program to provide patients with more options.

Undiagnosed sleep disorders can increase the risk of diabetes, obesity, hypertension and heart disease. More complex cases or cases of rare sleep disorders will continue to be referred to the SDC for overnight, in-lab observed testing.

The current waitlist for sleep diagnosis is unable to be accurately defined by the DSRTF as that information is held exclusively by the SDC, the minister noted, adding that it is expected to be several thousand Manitobans waiting for testing. As a part of the agreement, the SDC will be required to share waitlist information with the task force, to improve co-ordination of patients through central intake.

In addition to building capacity at the SDC and to provide Manitobans with a number of options to get the care they need faster, the minister noted the task force is also expanding an interim partnership agreement with Cerebra Medical. This agreement offers patients comprehensive, convenient and timely access to at-home testing, diagnosis, treatment planning and care—at no cost to them.

Manitobans who receive their sleep study and treatment planning from the SDC or from Cerebra Medical qualify for the Manitoba government’s continuous positive airway

pressure (CPAP) program therapy if required.

“We are pleased to extend our agreement with providers such as the SDC and Cerebra Medical to expand diagnostic and surgical care options for patients as we reduce wait times as quickly as possible,” said Dr. Peter MacDonald, chair, Diagnostic and Surgical Recovery Task Force steering committee. “The Diagnostic and Surgical Recovery Task Force puts patient care first through permanent measures that are expanding and making lasting improvements to our public health system and innovative partnerships.”

The Manitoba government established the DSRTF in late 2021 to address waitlists for diagnostic and surgical procedures, and other related services affected by the COVID-19 pandemic. Supported by experts from across Canada, the team of respected local health-care professionals identify and implement short- and long-term solutions to improve surgical

and diagnostic waitlists and make overall lasting improvements to Manitoba’s health-care system.

For more information about the DSRTF, visit www.gov.mb.ca/health/dsrecovery.

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4-H Manitoba announces recipients of Leaders of Tomorrow Scholarship

Submitted by 4-H Manitoba

4-H Manitoba is pleased to announce the recipients of the 2023 Leaders of Tomorrow Scholarships. The Manitoba Government generously established a \$1 million endowment fund with the Brandon Area Community Foundation, which provided \$42,500 for scholarships this year. Four current and former 4-H Manitoba members were selected to receive scholarships towards their post-secondary education.

"We congratulate the 2023 scholarship recipients and wish them all the best in their education and future careers. 4-H members of today are tomorrow's future leaders," said Philip Fenez, President of 4-H Manitoba. "The calibre of scholarship applicants was exceptional. Our program is proud to support our members, enabling them to take future leadership roles in agriculture, environmental sustainability and their community as

a whole."

4-H Manitoba's goal is to build leadership in youth and adults and enhance the development of life and leadership skills as youth "Learn To Do By Doing".

"110 years ago, Canada's 4-H movement began here in Manitoba, paving the way for a long and successful history of opportunities for Manitoba's youth to develop leadership and communication skills while learning about agriculture and environmental sustainability," said Agriculture Minister Derek Johnson. "On behalf of the Manitoba government, I congratulate all of the 2023 scholarship recipients and extend my heartfelt wishes as they head toward a bright future in our province."

The Leaders of Tomorrow scholarships were awarded in honour and recognition of four long-serving leaders. The 2023 Leaders of Tomorrow Scholarship recipients are:

Cade Cruickshanks, University of Manitoba - \$12,500

In honour of Terry Woychysyn of the Erickson 4-H Beef Club

Oksana Iwanchysko, University of Saskatchewan - \$10,000

In honour of Jeanette Richards of the Eddystone Combined 4-H Club

Halee Piasta, University of Manitoba - \$10,000

In honour of Barbara Marginet of the Holland Achievers 4-H Club

Megan Brunen, University of Winnipeg - \$10,000

In honour of Shirley McLaren of the Roland 4-H Home Ec Club

4-H is an international youth and volunteer organization that provides members with the resources and ac-

tivities to build leadership and practical skills while learning about topics of their choice. Members choose a project and work with volunteer leaders to develop their skills related to their venture.

In Manitoba, there are more than 80 hands-on projects from which to select including gardening, food preservation, starting a business, sustainable living, small machines, fitness and more. Today, 1350 4-H members and 400 volunteers with strong partnerships with Manitoba Agriculture and Resource Development drive 4-H clubs in Manitoba.

For more information on 4-H Manitoba, visit <https://4h.mb.ca>

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Newly available baby formula brands

Submitted by the government of Manitoba

Manitoba Health is advising parents and caregivers of babies affected by a countrywide supply disruption that new brands of safe, nutritious baby formula may now be available.

The supply of regular infant formula has been strained since last fall. Although the supply of liquid formula has been relatively stable, powders are more popular and are more often out of stock.

To help meet demand, Health Canada is allowing more powdered formulas that are safe and nutritious to be imported from Europe and the United States. While they are different from the brands that families in Manitoba are familiar with, they are well-established brands from other jurisdictions that have high manufacturing and regulatory standards simi-

lar to those in Canada.

To access a printable list of safe and nutritious alternative formula brands, visit https://healthparentingwinnipeg.ca/wp-content/uploads/Regular-Infant-Formulas-List_May2023_en.pdf.

More information about the infant formula shortage, including tips for switching formulas is available at <https://healthparentingwinnipeg.ca/updated-april-25-2023-limited-supply-of-infant-formula/>.

For more information on Canada's infant formula shortage, visit <https://canada.ca/en/health-canada/services/infant-care/infant-formula/shortage.html> or speak with your child's health-care provider or pediatrician.

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Breaking the stigma of miscarriage and infant loss

By Autumn Fehr

For almost a decade, Manitoba Angel Dresses has supported and comforted families grieving the loss of an infant by creating 'angel gowns.' The delicate pieces are made from donated bride, bridesmaid, and graduation gowns that the baby can wear during its final, precious moments with the family.

In 2014, Manitoba Angel Dresses, a not-for-profit organization, started its mission to help families with the grieving process by providing a variety of 'angel clothing' to those that requested it, free of charge.

"It is the vision and mission of the organization to ease the stress on a grieving family by providing the family a beautiful item lovingly created to clothe their precious loved one in," said Diane Monkman, one of the directors of Manitoba Angel Dresses, alongside Susan Bruce.

The Angel Dresses Movement started in the United States and quickly spread worldwide, making its way to Canada.

The founder of Manitoba and Saskatchewan Angel Dresses, Becky Panter, experienced the loss of an infant and felt the need to bring the movement to Canada. Panter started the organization in her home province, Saskatchewan, but soon received requests from ladies in Manitoba to begin a chapter there.

The Manitoba chapter of Angel Dresses started in the Brandon area and quickly expanded throughout the province. In 2016, the organization stalled but quickly recovered in 2018 under the direction of Diane

Monkman and Susan Bruce. The two ladies moved the organization forward, giving out 1,688 dresses and creating 6,984 layettes. Out of those layettes, 1,267 have been gifted to funeral homes and hospitals, and 40 have been given directly to families.

"It is estimated 98 per cent of funeral homes, hospitals and nursing stations in the province have items to distribute when the need arises," said Monkman.

The donated gowns are turned into two types of layettes: a gown layette that includes the gown, hat or bonnet; a keepsake pouch, bereavement card, bracelet and blanket; and a wrap layette which consists of a wrap and a hat/bonnet. For boys, angel dresses are fitted with a small vest and bow tie.

"We have a very active knit and crochet component that the volunteers

create beautiful handmade items," said Monkman.

Photographs of the beautiful layettes and dresses that the sewists make can be found on the organization's Facebook page. Along with photos of the angel clothing, the organization posts messages thanking the donor of the gown that they transformed.

Monkman said they have enough donated gowns that need transforming and are not currently accepting donations.

Any family can directly request an angel layette from the organization by emailing them at angelgownrequest@manitobaangeldresses.com.

"The one thing we want members of the community to know is that we are here. What we provide is free, with no charge to families or facilities to receive the gift of a layette for their precious babe. And that the stigma of a miscarriage and infant loss be a thing of the past and families are

allowed to grieve the loss of their precious angel," said Monkman.

Manitoba Angel Dresses is 100 per cent volunteer driven and run with a wide variety of options to become involved, she said.

Currently, the organization has a surplus of gowns that need extra hands to transform into beautiful, handmade items for families that need them. They are also in need of an individual to lead the creative sewists. Anyone interested in joining the team can email them at volunteer.manitobaangeldresses.com.



RECORD PHOTOS SUBMITTED

Manitoba Angel Dresses, a not-for-profit organization, creates 'angel gowns' to support families grieving the loss of an infant, free of charge for families that need them.

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Saturday, June 24 Events

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"LIVE ENACTMENT"
Hands of Lugh - Vikings
Barony of Castle Rouge - Medieval
Jacobite Encampment - Outlander
Manitoba living history (1850s to 1912)
Highland Dancing
Wool Spinners
"D" Division RCMP Pipes & Drums
Longsword Championship | Heavy Games Competition
Paddling Championship
Medieval Live Enactment
Live Entertainment
Sheep Sheering
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Wee Folk Activities
Wee Games and more
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NEW IN 2023 LONGSWORD AND BROADSWORD COMPETITION



WIELDING SWORDS AND BLOWING PIPES

For the first time Scottish Broad Sword and Long Sword competition is coming to the Manitoba Highland Gathering in East Selkirk. Yes there are lots of great things to enjoy at the annual event, this promises to add a real element of excitement. Competitor Jay Abaash said in an interview last Friday morning that "This is a real spectator sport. With the impressive weapons clashing to the bag pipe music in the background it really gets the adrenaline pumping."

Watching gladiator movies as a child, Jay got excited about fencing early in life taking up Olympic fencing at a young age. Sword fights to the death went on into the 1700s until they decided that it was really not a good idea to have people dying for entertainment. The traditional form of the gladiator fencing carried on without sacrificing human life. Jay himself has a fencing book from the 1700s that outlines the traditional techniques of the sport.

The sport is growing in popularity with tournaments across North America and around the world. Jay will be competing in one of the larger events this summer to be held at the Glengarry Highland Games in Maxville Ontario.

Twenty-four are signed up for this weekend's Long Sword and Broad Sword competitions. Gladiators will be coming from Alberta all the way out to Nova Scotia. It promises to be very exciting entertainment with everyone coming away unscathed.

The organizers of this year's Gathering are still reaching out for volunteers so if you would like to spend an entertaining weekend surrounded by Scottish food, culture and entertainment please email manitobahighlandgames@gmail.com.

Sunday, June 25 Events

- Pancake Breakfast 9am-11am
- Broadsword Championship
- Heavy Games Competition
- Pipe and Drums Competitions
- "LIVE ENACTMENT"
- Hands of Lugh - Vikings
- Barony of Castle Rouge - Medieval
- Jacobite Encampment - Outlander
- Manitoba living history -1850 to 1912

and more

- Medieval Live Enactment
- Clan & Info Booths
- Manitoba Gaelic
- Live Entertainment - Country Kickers, Brian Clyne-Hoop Dancer
- Sheep Sheering
- Wee Folk Activities
- The Queen's Own Cameron Highlanders of Canada
- Scottish Market
- Scottish Auction
- Red Lion Scottish Food Booth 11am-4pm
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Thanks to all who participated in this page.

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Must-have items for summer entertaining in the backyard

Summer entertaining season provides ample opportunities to soak up some sun and have some fun with family and friends. Backyard barbecues and other get-togethers at home are even more fun when hosts ensure they have certain must-have items for summer soirees.

· **Fire features:** The days when summer hosts only needed a few extra lawn chairs and some burgers and hot dogs on the grill for a backyard barbecue are long gone. Though those items still have a place at backyard barbecues, summer parties have taken a step up. Fire features, whether it's a standalone fire pit, one built into a patio or a gas-powered fire table, are now wildly popular. Fire features provide a welcome place to relax and converse with guests after the sun goes down. And much to kids' delight, a fire feature also paves the way for some post-meal s'mores.

· **Insulated wine cooler:** Coolers are great places to store water, soda, beer, seltzers, and other popular beverages. But what about wine? An insulated wine cooler ensures wine stays properly cooled but doesn't get too cold, which can happen when wine is stored in a more traditional cooler filled with ice. Bottles are simply placed in the insulated cooler (much like canned beverages slide easily into can koozies), and the bottle can be kept on the table much like you would for formal dinners indoors. Hosts can go the extra mile by pairing insulated wine tumblers with their wine cooler.

· **Games:** Summer entertaining season might be all about relaxation, but games can up the fun factor at backyard gatherings. Cornhole is a wildly popular game, and customized cornhole boards can help hosts come across as party professionals. Ladder toss, bocce and wiffle ball are



some additional games that can make the festivities more fun. Hosts who don't have a pool also can invest in an inflatable pool big enough to fit all the kids who will be coming to the party.

· **Outdoor storage cabinet:** Hosts can save themselves the stress and effort of walking in and out for dinnerware and other table accessories by investing in a sturdy outdoor storage cabinet. As meal time draws near, hosts will appreciate that all the plates, napkins, utensils, and placemats are already outside. The top of the storage cabinet can double as a small but convenient buffet station for sides that aren't being cooked over an open flame.

· **Projector and screen:** A projector and screen can really up the ante on summer entertaining, turning a backyard barbecue into a great place to watch a game or cuddle up after dinner for a movie night under the stars. Projectors and screens won't bust the budget, but those who have more to spend may want to consider an outdoor television. Outdoor televisions are built to handle the glare of the summer sun, but a retractable awning may be a good safety net for hosts who plan to spend many a weekend afternoon outside watching games or movies with family and friends.

These are just a handful of items that can up the ante on traditional backyard barbecues. Homeowners should know that there's no limit to the number of items that can make summer entertaining season more special.

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Signs a roof must be repaired or replaced



weakened roof structure. A professional will need to restore the integrity of the roof.

- **Cracking and buckling:** It is likely that shingles will have to be replaced if there is cracking or if shingles are buckling and warping.
- **Exposed nails:** Exposed nails may rust and contribute to a leaky roof, says Family Handyman. How long the nails were exposed could indicate if the roof can be repaired or if everything should be redone.
- **Lost granules:** Asphalt roofing shingles have small granules on the surface. Over time these granules will slowly degrade and fall off. If there are many granules in gutters or if one can see that portions of the shingles are bare, it is likely time for a new roof.
- **Visible light:** Homeowners who can see light streams

The exterior components of a home, such as the siding and the roof, help to protect its occupants from the elements. While many roofing materials can last for decades, at some point in time homeowners will likely have to repair or replace the roof on their home.

Roof wear and tear may not always be so evident, particularly because most homeowners do not make it a point to get on their roofs very often. The first sign of roof damage typically is a leak that is noticeable from the indoors. It may include a browned spot on the ceiling or even pooling water in the attic. Leak from storm damage or something minor like a water intrusion through a nail hole or from a lost shingle typically can be repaired easily enough. However, additional indicators may necessitate a complete roof overhaul. Here are some signs a roof is in need of repairs or replacement.

· **Sagging roof:** If the roof is sagging, it could be due to excess loads, such as water-damaged shingles or even

coming into the home need roof repair. This is indicative of holes, cracks or spaces in the roof.

· **Growth on the roof:** Mold and mildew on the roof is a sign that the roof needs to be repaired or replaced. Such growths contribute to rot that jeopardizes the integrity of the roof.

A durable roof protects a home from the elements. Various symptoms signal that it is time to repair or replace a roof.

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Dave Humniski
204-642-8501

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204-376-3400
New Listing: Arborg: Character home, move in ready.

New List: R.M. of Fisher, 1680 sq. ft. family home, 30 x 40 shop, garage, 4.86 acres.

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PAM ISFELD
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RECORD PHOTOS BY BRETT MITCHELL

The Lord Selkirk Regional Comprehensive Secondary School hosted the First Annual Lord Selkirk Comp Automotive Technology Customer Appreciation BBQ and Show and Shine. The cars at the event were owned by students, teachers, and Lily Pad Cruiser members. Clockwise from top left: Austin Martin with his 1981 Chevy G20 van "Shaggin' Wagon", a group shot at the event, Carson Hyslop with his 2005 GMC Sierra 2500 HD Duramax diesel, and Nicholas Farrow and his blue 2002 GMC Sonoma.

get inspired

> MEAL IDEAS



Apples and Pesto Farfalle



- 1 pound farfalle pasta
- 3 1/2 teaspoons kosher salt, plus additional for cooking pasta, divided
- 1/3 cup extra-virgin olive oil, plus additional for cooking pasta, to taste, divided
- 1 bunch parsley leaves
- 1 cup toasted almonds
- 1 cup shredded Parmesan
- 2 tablespoons lemon juice
- 30 turns fresh cracked pepper
- 2 cups cooked peas
- 2 Envy Apples, diced
- 1 bunch chives, thinly sliced
- 1 block Parmesan
- 20 shrimp
- 2 tablespoons canola oil

1 1/2 teaspoons coarse pepper
Cook pasta in salted boiling water until just tender. Drain and toss gently with olive oil, to taste, then set aside.

In food processor, pulse parsley leaves, almonds, shredded Parmesan, 2 teaspoons kosher salt, lemon juice and cracked pepper. Once pulsed, turn processor on high and drizzle in 1/3 cup olive oil until well incorporated.

Toss pasta with fresh pesto until well coated. Fold in peas, apples and chives. Using peeler, shave thin slices off Parmesan block over pasta for garnish.

Preheat grill or grill pan over high heat. Toss shrimp in canola oil, 1 1/2 teaspoons salt and coarse pepper. Grill 2 minutes on each side, or until charred slightly. Spread evenly over pasta and serve.

Learning to say "No"



By Gwen Randall

"You have to decide what your highest priorities are and have the courage -- pleasantly, smilingly, non-apologetically -- to say "no" to other things. And the way you do that is by having a bigger "yes" burning inside."

- Stephen Covey

These days everyone seems to be stretched for time. Even with multitasking, it seems there is never time to do all we need or want to do. For some, this problem is exacerbated because they have a hard time saying "no" to the requests, demands or expectations of others.

This is a very common problem clients have brought to me over the years. There are many reasons a person struggles with having to say "no" to requests. Some are self-described people pleasers. They care what others think and never want to risk disappointing anyone. Some assume if they refuse a request the asker will be mad. Still others say that they feel guilty if they do not want to do what was asked of them.

While it is well and good to be the one others can depend on, and to be counted on to lend a helping hand, this can quickly get out of control. If you find yourself running just to keep up, or if your family is complaining that they never see you, it is time to re-assess what you are doing.

If you are always available every time someone calls on you, then they will assume they can expect you will always be there when they need you. They will not respect your time, or the fact that you too have a life, with plenty of your own things to do.

A good rule of thumb might be

that unless it is an emergency, if you already have plans, you do not drop what you are doing to go and do something for another. If you want to help, then discuss a time that would work for you.

If it is social obligations that keep you hopping, look realistically at your life commitments and demands, and decide just how much time you want to devote to these.

It is perfectly okay to turn down some invitations because you have other plans, even if that plan is simply to take some alone time soaking in the tub, or spending time with your children.

Think of time as if it were money. Would you give money to everyone who asks?

Billionaires could do this as they have an endless supply of money. However even they say "no" a lot.

None of us has an endless supply of time. It is not selfish to prioritize it. Just saying, "My plate is full. I cannot take on anything else at this time" is all that need be said. You do not have to explain why.

If the demands of others are causing you stress, remember that you are the one in control of scheduling your time. Stress is not good for health or relationships, so once in a while we just have to slow it all down.

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



Crisp Apple Tacos

- 2 tablespoons sour cream
- 1 lime, cut into wedges

Slice half of one apple into thick wedges; reserve. Slice remaining half into thin sticks; reserve. Slice second apple into thin wedges; reserve.

Cut pork crosswise into 1-inch round medallions. Coat pork medallions with olive oil, salt and pepper then add to saucepan over medium heat. Add thick apple wedges to saucepan.

Add rosemary to saucepan and cook 2-3 minutes. Flip pork and cook 2-3 minutes until pork is slightly golden and cooked through.

Let pork rest 3 minutes then slice into strips.

In serving bowl, toss thin apple sticks, carrots, red cabbage and green cabbage. Mix honey, mayonnaise, mustard and vinegar. Add salt and pepper, to taste.

Mix dressing and cabbage; refrigerate at least 1 hour prior to serving.

Top tortillas with pork, slaw, sour cream and squeezes of lime. Top with thin apple wedges.

- 2 Envy Apples
- 1/2 pound pork tenderloin
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- 3 rosemary sprigs
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1 cup shredded green cabbage
- 4 tablespoons honey
- 1 cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon white vinegar
- salt, to taste
- pepper, to taste
- 12 tortillas

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Applications being accepted for seniors hearing aid program

Submitted by Manitoba government

The Manitoba government is now accepting applications for the new \$12.6-million hearing aid program that will provide funding assistance to eligible Manitoba seniors who need hearing aids, Seniors and Long-term Care Minister Scott Johnston announced last week.

"Untreated hearing loss is linked with social isolation, difficulty communicating, increased risk of falls, cognitive decline and dementia,"

said Johnston. "Hearing aids provide valuable benefits to improve quality of life, and this program will ensure more Manitoba seniors have the financial means to access them."

The Manitoba Seniors Hearing Aid Program is open to individuals aged 65 or older with a net household income under \$80,000. Approved applicants can receive up to \$2,000 for hearing aids, including fitting costs.

To apply for the grant, individuals must submit:

- a program application form;
- a "Proof of Income" statement from the Canada Revenue Agency; and
- a prescription or audiogram from a certified hearing aid dealer licensed in Manitoba.

Individuals must receive an approval letter before purchasing hearing aids, noted the minister.

"Our government developed Manitoba, A Great Place to Age: Provincial Seniors Strategy as a strong foundation for improved seniors care," said

Johnston. "This new program aligns with its strategic priorities to enhance financial security for Manitoba seniors and create safe, inclusive, accessible communities with convenient, affordable access to comprehensive services and supports."

For more information on the Manitoba Seniors Hearing Aid Program, visit https://www.gov.mb.ca/seniors/hearing_aid_program.html.

Task force to explore construction, renovation and demolition waste diversion

Keeping waste out of landfills helps protect environment

Submitted by Manitoba government

The Manitoba government, Winnipeg Metropolitan Region and the Manitoba Heavy Construction Association are launching a new Construction, Renovation and Demolition Task Force to find new ways to divert waste materials from Manitoba landfills, Environment and Climate Minister Kevin Klein announced last week.

"Construction, renovation and de-

molition waste is a major contributor to our landfills, so by diverting these materials through reuse and recycling, we help address the problem while protecting our environment," said Klein. "Diverting these materials from the waste stream leads to the better preservation of finite natural resources and reduction of greenhouse gas emissions, in addition to generating new economic opportunities."

In 2021, the Manitoba government's Waste Diversion and Recycling Framework Review identified that construction, renovation and demolition products are the second largest waste stream in Manitoba, representing an estimated 20 to 30 per cent of

total waste.

"The construction industry has been recycling select materials from road or other projects, but there are numerous materials that could be recovered and reused from broader construction activities to promote resource management and environmental stewardship," said Chris Lorenc, president and CEO, Manitoba Heavy Construction Association.

The benefits also align with the Winnipeg Metropolitan Region's draft Plan 20-50, which will establish a regional approach supporting waste minimization, diversion and recycling.

"Building resiliency in our region is a

key objective in Plan 20-50," said Colleen Sklar, executive director, Winnipeg Metropolitan Region. "This starts with improved data sharing and good working relationships across all levels of government, which ensure sound decision-making and an environment of trust."

The new Construction, Renovation and Demolition Task Force, which will include participation from the City of Winnipeg, Association of Manitoba Municipalities, Winnipeg Construction Association and the Manitoba Home Builders' Association, will submit a report with recommendations to the Manitoba government in the fall.

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Prize-winning mealworm biodegradation research by local teen

By Emma McGill

Just having finished eleventh grade at St. Mary's academy, Marissa Magsino is studying and experimenting with environmental science and biodegradation through the use of mealworms.

Magsino has been involved in science fairs since the sixth grade, and started her first project involving mealworms in the eighth grade. She discovered a mealworm's incredible ability to biodegrade polystyrene foam (styrofoam) through her pets. "I have a gecko and a turtle, and they consume mealworms as a part of their diet," she says.

Her inspiration to develop her projects stems from a research article that came out of a collaboration between Stanford University and Be Hang University in China, which Magsino still ties a lot of her own research back to.

"I've never seen any other invertebrate that could do this incredible process," she shares.

Because of a mealworm's natural instincts for survival and reproduction, Magsino finds, they are stimulated by their consumption of polystyrene, which is a huge producer of waste and pollution and can take up to 500 years to degrade. Initially interested in environmental sustainability, Magsino is looking to these mealworms to help find practical solutions that will help the planet. She experiments with different dependent environmental variables, materials, and prominent chemical compounds to find out the best way to positively stimulate these mealworms, also known as *Tenebrio molitor*, and alter their consumption rates.

In the past, she has used natural oils and extracts that are toxic to mealworms to increase their consumption rate, and now she uses three chemical compounds of different concentra-

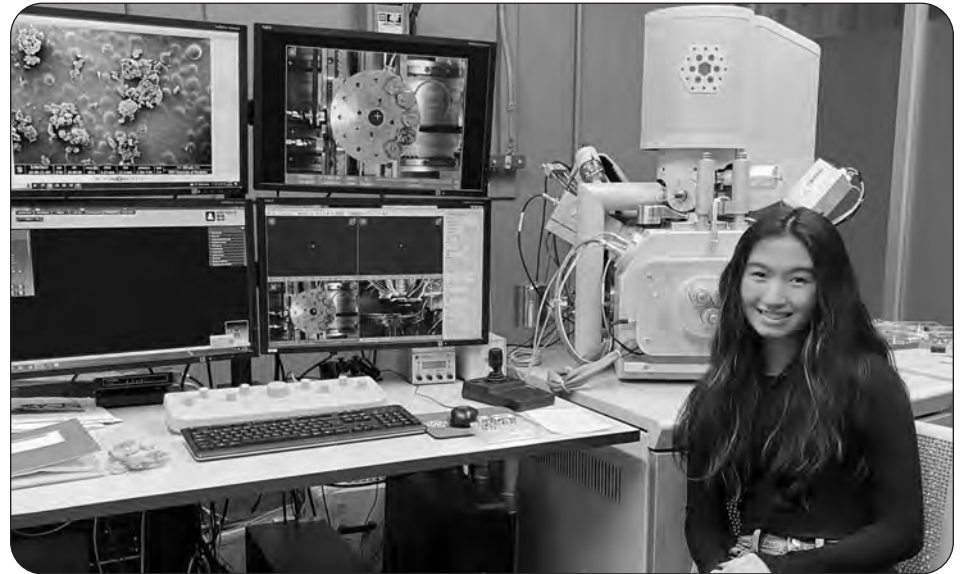


Marissa Magsino with her Silver medal from the National Science fair and Sanofi certificate.

tions to determine which is the most efficient without causing fatalities.

She has implemented a styrofoam recycling station at her school where students can bring their styrofoam products to give to the mealworms, and is the leader of her school's green team.

Through her work, Magsino has become highly awarded and has obtained the following special awards: Mid-Canada AOAC Award, Engineer and Geoscientists of Manitoba Award, Wise Kid-Netic Energy Award, and the Sanofi Biogenius special award for an outstanding biotechnology project. She was one of six students representing Manitoba in person at the Canada-Wide Science Fair in Edmonton, which is the largest science fair in Canada, and won the grand award of Best Overall Project at the senior level. She has won a silver medal and the Sanofi Biogenius Canada award, both at a senior level as well. She has also had the opportunity to represent Canada at the International Biotechnology Convention in San Diego,



RECORD PHOTOS SUBMITTED
Magsino sitting proudly with a scanning electron microscope.

California.

Magsino has had the opportunity to work closely with Dr. David Levin, a professor in the Department of Biosystems Engineering at the University of Manitoba over the last six months. With Levin, she had the opportunity to receive his guidance and insights on her experimental setup, and use an SEM microscope.

She currently holds one of eleven seats on the Youth Advisory Climate Council for the Manitoba government, and is very grateful to be able to use her voice in that way and make an impact for environment science by providing her own perspective.

"I realized that science fairs and research encompass most of my areas of interest that I already enjoyed, such as utilizing my public speaking skills and exploring how I can make a positive impact on the environment. I also live in a rural town outside of Winnipeg and I see the beauty of nature from a different perspective, and I want others to be able to enjoy it in the future," shares Magsino.

Once she realized the potential of

mealworms for a biological solution to waste, she knew she had to test the ways she could maximize the benefits of this process, and possibly one day implement her findings into society.

Outside of scientific interests, Magsino is involved in track, debate, and works two part-time jobs. Before St. Mary's academy, she attended Christ the King School and currently resides just outside of East St. Paul in St. Clements. Her parents are Michelle and Rom, and her father is a communications manager at Bell MTS. While their backgrounds aren't very science-related, they're very supportive.

Magsino hopes to pursue a biochemistry degree after highschool graduation, and stay focused on all the different components of what she's doing with her current research. She hopes to become a researcher or doctor, and currently wishes to stay in Manitoba for university, hoping to attend medical school after her first bachelor's degree.

"I know there's a lot of different possibilities for what I could do in the future," says Magsino.

'Smoke alarm for every family' program renewed

Submitted by the Manitoba government

The Manitoba government, through the Office of the Fire Commissioner, is once again offering the Smoke Alarm for Every Family (S.A.F.E. Family) program, in partnership with the Manitoba Firefighters' Burn Fund, Municipal Relations Minister Andrew Smith announced Monday.

"The risk of dying in a reported home fire is reduced 50 per cent in homes with working smoke alarms," said Smith. "Smoke alarms save lives—but they need to be properly installed, equipped with functioning

batteries, and within their 10-year service life."

The goal of the S.A.F.E. Family program is to save lives by protecting every home with a working smoke alarm and encouraging residents to make and practise a home fire escape plan.

Any homeowner without a working smoke alarm can apply to receive one. Only owner-occupied homes qualify for the S.A.F.E. Family program, since landlords are legally responsible for installing and maintaining smoke alarms in rental units.

Fire departments will focus on identifying homes with at-risk residents including older adults, newcomers to Canada, young children, people with disabilities, and low-income families.

"The recent rash of fires in both vacant and occupied residences points out the seriousness of the issue for the public and firefighters, along with the number of adults and children who are admitted each year with serious and life-threatening burn injuries" said Martin Johnson, chair, Firefighters' Burn Fund of Manitoba. "The Firefighters' Burn Fund is pleased to

be in partnership with the Office of the Fire Commissioner and Manitoba's fire departments in the delivery of this vital program."

Since the program started in 2015, fire departments across the province have installed more than 7,500 smoke alarms in eligible homes, the minister noted.

For more information on the S.A.F.E. Family program, contact a local fire department or visit www.manitoba.ca/safefamily.

Local teen, in pursuit of extreme storms

By Jennifer McFee

Most people seek shelter when they see a storm approaching, but storm chasers take the opposite approach and run toward the tempest.

Ethan Caners of Stony Mountain recently returned from a two-week storm-chasing adventure. Along with Jordan Carruthers of the Manitoba Extreme Storm Chasers, and accompanied by an Ontario-based convoy called Blue Moose, Caners travelled 15,000 kilometres in pursuit of storms.

The journey took the team mainly to Oklahoma and Texas, with shorter stints in Nebraska, Colorado and Iowa. Caners captured his experience through a series of awe-inspiring photos and videos.

"It was an other-worldly experience, to say the least. Living in Manitoba my whole life, I've only seen smaller storms and sometimes some really nice cloud formations," said 18-year-old Caners, who graduated from Collège Stonewall Collegiate last year.

"But when you're out there underneath the meso structure of the cell, you're just looking up to see a full cloud spinning right above. It's crazy. It was like nothing I've ever seen before. It was amazing to be up close and personal with something that's been my dream for my life. It was everything that I thought it would be."

For Caners, his earliest memory revolves around the moment he became interested in storms.

"That goes back to when I was about five years old. I saw my first tornado on my dad's birthday. That was my first memory. I was just mesmerized by it," he recalled.

"The idea of a destructive yet beautiful natural phenomenon just overtook me as a kid and I spent years researching it even before I could take any courses on it. I'm still yet to take courses on it, but just having the overall knowledge of tracking all this stuff really helped out."

His favourite aspect of meteorology revolves around tornadoes, but other natural occurrences also capture his attention.

"I've also been into capturing aurora borealis and I'm starting to get into hurricanes and other natural disasters like that," he said.

"But tornadoes is going to be my main focal point for what probably is going to be my life hobby."

In the States, the chase season runs from late April to late June since that's when most tornadoes occur.

During their recent voyage, the team experienced a few hair-raising moments. To start, their chase vehicle — a Hummer equipped with specialized radar — broke an axle so they had to rent a vehicle instead. While chasing a storm, the rented SUV's sunroof exploded due to a recall that needed attention.

"That was a troubling case scenario. We also had a tire pop while we were chasing a tornado," he said.

"There were a few moments in our chase when I was getting a little bit nervous, but when you're out there, you have to have full faith and trust in your team."

The team would often get back to their hotel at 3 a.m., and they'd be back on the road at 7 a.m. They kept tabs on forecasts from the Storm Prediction Center and National Weather Service in the United States to determine where they would go next.



RECORD PHOTOS BY ETHAN CANERS

Storms that Caners was able to photograph.



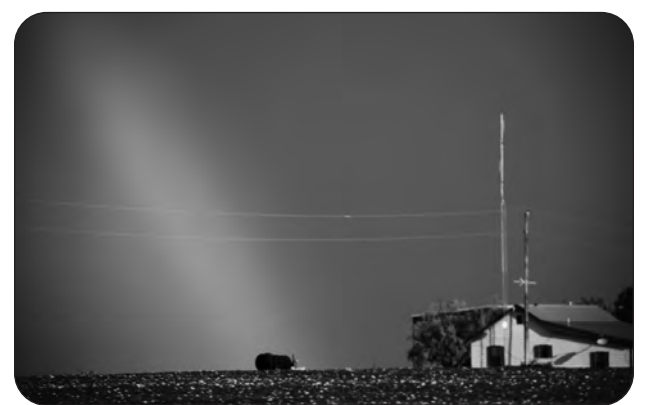
Looking ahead, Caners plans to follow some storms closer to home this year.

"This is going to be my first season of backyard chasing. I will definitely be chasing this Manitoba season if the wildfires in Alberta simmer down and stop affecting the atmosphere because that's a contributor as well," he said.

"Our season runs from late May to late July. You can see the best systems out in south-eastern Manitoba, and that's where I will be going this year."

For others who have an interest in storm systems, Caners offers some words of advice. He recommends always having a second person in the vehicle as a navigator or radar reader if you're in the vicinity of a storm. He also suggests staying on grid-style roads with north, south, east and west options for driving.

"A lot of people are actually interested in meteorology and clouds, but they might not know it until



they see it," he said.

"Living in the area where we live, people should have a general understanding of meteorology. It's important to always be weather-aware around areas that have increased risk of tornadoes."

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Judo family in mourning with Gifford's passing

By Brian Bowman

The judo family from across Canada are mourning the passing of the legendary Don Gifford, founder of the Selkirk Judo Club, and inductee of the Judo Manitoba Hall of Fame.

He passed away peacefully on June 2 at the age of 85 with family by his side at the Selkirk Regional Health Centre.

Gifford started the Selkirk Judo Club in 1968 and was active on the mat coaching and refereeing for decades. He first got into judo as a teenager in B.C. and continued when he moved to Manitoba.

He was trained by two sensei, Mr. Inouye in B.C. and Mr. Oye in Manitoba (both of whom eventually achieved 9th dan).

Gifford started the Selkirk club as a yellow or orange belt and worked his way up over the years to achieve his third-degree black belt although he was always more concerned about his students' grades and accomplishments than his own.

"Unfortunately, health issues kept Don from the mats in recent years and so many of you will not have known him personally," said Brian Jones, one of the Selkirk Judo Club's current coaches, in an email. "But he kept an eye on what was happening with judo and with the club. His legacy lives on in the athletes he has coached including the many black belts he produced,



Don Gifford, founder of the Selkirk Judo Club, passed away on June 2.

many of whom have continued to be active in judo to this day."

Gifford coached numerous athletes to their black belts over the years, including Jones, Curtis McRae, and former national team members William McKenzie and 1996 Olympian Niki Adams (nee Jenkins).

"On June 2, I lost my very first judo coach, Mr. Don Gifford. I am thankful I got to see him on my recent visit home to reconnect. Somehow, I knew when I left, this was the last time I would see him," said Adams on the International Judo Federation website. "He was a trailblazer, using his artistic talents to create drawings of each of the judo throws, which he posted around the dojo. He also was



RECORD PHOTOS SUBMITTED

Don Gifford and his wife Lindar.

first to have a dedicated dojo outside the university.

"My passion for technical excellence comes from him as you did not pass your belt if the techniques weren't right or you didn't know the names or you hadn't refereed at least a few of the younger ones' randori practices. "He could quiet any of the rascals with a look and a flick of his bushy eyebrow. He would growl at you if you were talking too much but would be the first one there when you came off the mat, win or lose, to engulf you

in a bear hug. His laugh-till-you-cry way is still with me and cherished."

Gifford was recognized with many awards over the years, including the Silvio Sbotto Coaching Award for Judo Manitoba and the Lloyd Davies award in recognition of his contributions to youth programs in Selkirk. He was a coach and mentor to hundreds of athletes in the Selkirk area. In 2019, he was inducted into the Judo Manitoba Hall of Fame as a Builder, recognizing his over half a century of building judo in Manitoba.

U15 AAA Pirates red-hot to start season

By Brian Bowman

The North Winnipeg Pirates have had a great start to their U15 AAA baseball season.

North Winnipeg now has an impressive 10-2 record after sweeping a doubleheader with South Central at the West St. Paul Sunova Complex on Sunday.

The Pirates won by scores of 11-1 and 5-0.

North Winnipeg started the week with a tough 9-8 loss to the Winnipeg South Wolves but they rebounded nicely to rip the Red River Valley Pio-

neers 8-3 on Friday.

This North Winnipeg team has a lot of talent.

"It's definitely been a good start for us," said Pirates' head coach Chris Mussell. "We weren't too sure how it would go. Guys had a couple of nagging injuries coming out of the winter so we were expecting maybe a bit of a slower start. We got off well and had a few comeback wins along the way."

North Winnipeg has scored 107 runs and allowed just 61 for a Zone 1-best run differential of 46.

"We're playing some good defence

and getting timely hitting,' Mussell said. "It's been a good run so far. It's still Bantam baseball so there's lots of runs scored but when you compare us to the rest of the league, I think we're at or near the top. We've had pretty solid pitching so far and most of the routine plays we tend to make and most games we get one or two plays that we really shouldn't have made."

"We've been playing some pretty solid defence."

The Pirates are currently in second place in the Zone 1 division, four points behind the Winnipeg South

Wolves. But North Winnipeg had played five fewer games than the Wolves heading into this week's action.

North Winnipeg will play the Bonivital Black Sox on Wednesday (6:30 p.m.) at Highbury Park and then host the Carillon Sultans Friday (6:30 p.m.) in West St. Paul.

On Sunday, North Winnipeg will take on Parkland in a road doubleheader. Games will start at 1 p.m. and 4 p.m.

Royals hand out season-ending sports awards

By Brian Bowman

The Selkirk Royals wrapped up another great sports season with its athletic awards banquet on June 13.

The Josten's female varsity athlete of the year was Danica Kubay while the Josten's male varsity athlete of the year went to Brennan Feschuk.

"Being named varsity girls' athlete of the year I couldn't be happier. It was a big deal for me to get it since my dad and uncle were both great athletes at my age," Kubay said in an email. "It was a great privilege to be nominated with a bunch of other awesome athletes and to win it was a great honour."

Kubay, who also played varsity girls' volleyball for the Royals, ended her high school career by winning the gold in discus at the MHSAA track and field provincials in Brandon earlier this month.

"I was very proud of myself to see my hard work pay off and get the gold," Kubay said. "I couldn't be here without any of my coaches. I want to say thanks to Mr. Morelli from Lockport School and Dale Barnych for introducing me to the throwing world. And Mr. Gurney, Mrs. Gurney, Mr. Pearson and coach Simperl for all of their commitment and dedication they put into the sport over the years."

"They all pushed me to be a better athlete. Mr. Gurney contacted coach Ming from the U of M track team to get some pointers and ideas on what to work on. And thanks to all of my teammates through middle and high school for cheering me on."

Kubay really enjoyed her high school experience in Selkirk.

"Being a student-athlete at the Comp, I was always on the go. I had to teach myself a lot of the school material and I am sure some of my teachers got annoyed with the emails, lol," she joked. "All of the teachers were very accommodating with my schedule and intrigued with how my game or meet went."

Kubay will be attending the University of Manitoba in the fall and will be joining the Bisons' track and field team where she will continue to throw.

Meanwhile, the Keystone female junior varsity athlete of the year was awarded to Liberty Aime. The Keystone male junior varsity athlete of the year was Andrew Vandenberg.

Here are the award winners for this past school year:

Jim Schreyer Leadership Award - Jackson Doak

Success at the national level

- Lukas Sarna - gold: Canadian National Volleyball Championships

- Ryder Wilson - gold: Archery at Canada Winter Games

- Tanner Wryha - bronze: U-15 Cup Toyota National Soccer Championships

Royals Team MVP's and award winners

- Varsity Boys Cross Country - Andrea Sandau

- Varsity Girls Cross Country - Joachim Munoz

- Varsity Boys Volleyball - Jaxon Van Kooten

- Varsity Girls Volleyball - Megan Carpenter

- Junior Varsity Boys Volleyball - Odin Drzystek

- Junior Varsity Girls Volleyball - Rebecca Stutsky

- Varsity Boys Basketball - Milan Tomberli

- Varsity Girls Basketball - Hannah Grobb

- Junior Varsity Boys Basketball - Andrew Vandenberg

- Junior Varsity Girls Basketball - Payton Bragg

- Varsity Boys Indoor Track & Field - Jakob Dainard

- Varsity Girls Indoor Track & Field - Nevaeh Marynowski

- Girls Curling - Taylor Ford



Brennan Feschuk was named the Royals' varsity male athlete of the year.



Danica Kubay was selected as the Royals' varsity female athlete of the year for the 2022-23 season.



RECORD PHOTOS BY DON MCINTOSH
Andrew Vandenberg is this year's junior varsity male athlete of the year.



Liberty Aime was selected as this year's Selkirk Royals' junior varsity female athlete of the year.

- Boys Curling - Logan Strand
- Mixed Curling - Wesley Hiebert
- Girls Hockey - Serena Reeb
- Ringette - Kelsey Erickson
- Varsity Boys Badminton - Layne Lesyshen
- Varsity Girls Badminton - Zanaya Lourenco
- JV Boys Badminton - Wesley Hiebert
- JV Girls Badminton - Kimberly Heidin
- Boys Hockey - Jonny Enns-Demchuk
- Mike Woloshyn Award - Andrew Carter
- Girls Soccer - Allison Beattie
- Boys Soccer - Dawson Zeller
- Boys Rugby - Nodin Chapman
- Paul Lemire "1-2 Punch" - Logan

- Grobb and Dylan Ball
- Varsity Boys Outdoor Track & Field - Easton Woloski
 - Varsity Girls Outdoor Track & Field - Danica Kubay
 - Junior Varsity Boys Outdoor Track & Field - Owen Giesbrecht
 - Junior Varsity Girls Outdoor Track & Field - Danika Jakabek
 - Baseball - Andrew Hladun
 - Hockey Rookie Team - Serena Reeb
 - Award of Recognition: For contributions to the Royals Athletic Program - Emily Bracken

Steelers to begin regular season Sept. 22

Staff

The Manitoba Junior Hockey League announced the 2023-24 regular-season schedule, set to begin on Sept. 22.

The Selkirk Steelers will begin their regular season on Sept. 22 when they visit the Niverville Nighthawks. Selkirk will then host the Steinbach Pis-

tons the following evening.

Opening weekend will feature 13 games involving all 13 member teams.

The MJHL will continue with two divisions for the 2023-24 season, featuring the MGEU West (six teams) and the MGEU East Division (seven teams).

Each team will play a 58-game schedule that concludes on March 17.

The 2024 McMunn & Yates Turnbull Cup playoffs will begin March 22, starting the road to the 2024 Centennial Cup to be held in Oakville, Ont. in May.

What's *your* story?

We want to hear from you.

The Selkirk Record connects people through stories to build stronger communities.

Do you know someone who has a unique hobby? Will be recognized by a local organization for volunteer service? A teacher that goes above and beyond? A hometown hero? A sports star? A business celebrating a milestone or expansion? A senior celebrating their 100th birthday? A young entrepreneur starting out?

Please share your story ideas at news@selkirkrecord.ca Phone 204-485-3337

The Selkirk Record

Interlake Blue Jays blast Winnipeg South

By Brian Bowman

The Interlake Blue Jays took advantage of a struggling Winnipeg South Wolves' team last Friday at Quarry Park.

Interlake completely dominated the last-place Wolves 10-0 in Manitoba Junior Baseball League action.

"They played well. They didn't make a lot of errors and they just played the game well," said Blue Jays' head coach Dave Meyers. "It was good. In the games before, we had been making a lot of mistakes."

But it was, by far, not a perfect week. Last Wednesday, the Blue Jays were defeated 11-1 by the St. Boniface Legionaires.

"There were seven or eight errors in that game for us," Meyers lamented. "It was terrible - we played terrible. If you make errors in this league then they turn around and bite you. That's kind of what it was."

Interlake, now 8-8 and in fifth place, will visit the Altona Bisons on Wednesday (7:30 p.m.) and the Carillon Sultans Friday (7 p.m.) before

hosting the Elmwood Giants in a doubleheader on Sunday at Quarry Park.

Games are scheduled to start at 1 p.m. and 4 p.m.

It's a busy - and important week - for the Blue Jays.

"I have to figure out my pitching staff for this week," Meyers said. "I have to have my best going, on and off, and hopefully things work out in Altona and I have everybody available for the weekend."

The Stonewall Blue Jays, meanwhile, had a great couple of games last week, blasting the St. Boniface Brewers 12-0 on June 12 and then outscoring the Springfield Sr. Braves 12-8 the following evening.

Stonewall, now 3-5, played the Carillon Sultans this past Tuesday but no score was available. The Blue Jays will take on the South Winnipeg Longhorns on Thursday (7:30 p.m.) at Charleswood Park and then will host the West Winnipeg A's Saturday. The time of the A's game was not posted on the league website at press time.

In U18 AAA action, the Interlake



RECORD PHOTO BY LANA MEIER

The Interlake Blue Jays' Kaden Stewart waits for the ball while a St. Boniface player slides into the base during Manitoba Junior Baseball League action last Wednesday at Quarry Park.

Orioles had a doubleheader with the Brandon Marlins last Saturday. Brandon won 12-4 in Game 1 but the other score was not known.

Interlake will host the Elmwood Giants at Atree Field on Thursday (6:30 p.m.) and the Carillon Sultans Friday

(7 p.m.) at Quarry Park.

On Sunday, the Orioles will play a road doubleheader against Pembina Hills. Games will start at 1 p.m. and 4 p.m.

Blue Jays Baseball Academy coming to Selkirk next month

Staff

The Blue Jays Baseball Academy will be traveling to Manitoba from July 4-7, hosting a number of youth baseball related events that include instructional clinics, a girls' clinic, Rally Cap clinic, Canadian Futures Showcase tryout and a Challenger Baseball Game.

The Blue Jays Baseball Academy will be hosting a one day, four-hour Instructional Clinics for beginner baseball players aged 8-13.

On July 5, the clinic will be held at the Rotary Republic Park in Portage la Prairie.

The next day, it will be held at the Selkirk Recreation Centre.

The clinics, which will begin at 10 a.m. and wrap up at 2 p.m., will cost \$89 (plus HST).

To register, visit <https://www.mlb.com/blue-jays/community/baseball-academy/academy-week/winnipeg>.

A one-day, three-hour girls' clinic for kids aged 7-15 will take place July 4 from 9 a.m. to noon at Shaw Park in Winnipeg.

This event resembles an Instructional Clinic, with a focus on welcoming those who identify as a girl.



Cost is \$49 (plus HST).

To register, visit <https://www.mlb.com/blue-jays/community/baseball-academy/academy-week/winnipeg>

The Blue Jays Baseball Academy will also be hosting a Showcase tryout on July 4 at 2 p.m. at Shaw Park.

The goal is to provide a showcase opportunity for the best amateur baseball players born in Canada, with draft and college eligibility.

It acts to centralize the best Canadian baseball players, with the intention of exposing them to as

many MLB scouts and college recruiters as possible.

In September, a national amateur baseball showcase will be held at Rogers Centre in Toronto, hosted by the Blue Jays Baseball Academy.

The tryout, open to players aged 14-19 as of Sept. 1, 2023, will cost \$110 (plus HST).

To register, visit <https://www.mlb.com/blue-jays/community/baseball-academy/academy-week/winnipeg>

The Blue Jays Baseball Academy will also be hosting a Challenger Baseball Game on July 5 at 2:30 p.m. in Portage la Prairie.

To register for this event, please contact your local challenger league or email baseball.academy@bluejays.com. There is no cost to attend this event.

Lastly, as part of the 2022 #RallyCapsOn contest, Rosenort Minor Baseball was selected as the winner of a 2023 Blue Jays Youth Baseball Clinic for their association which will take place on July 7 from 10 a.m. to noon.

It will be a free baseball clinic for Rosenort Rally Cap players.

To register for the clinic, please reach out to Rosenort Minor Baseball.

Selkirk FC on two-game winning streak

Staff

Selkirk FC defeated Volts FC 2-1 in Manitoba Major Soccer League 3rd Division (MCSL Conference) action last Friday in Winnipeg.

Volts FC scored early to take a 1-0 lead but Selkirk FC's Tanner Markev-

ich tied the score midway in the second half.

Devin Racicot then scored the game winner with about five minutes remaining in the game.

Selkirk FC, now 2-2, will play SWB FC this Friday (7:30 p.m.) at the

Buhler Recreation Park.

In MMSL 5th Division action, the Tri-S Strike Force were shut out 4-0 by Azzurri on June 13.

Azzurri goals were scored by Ian Lee (two), Darren Baldock, and Mark Dutchyszen.

Tri-S played the St. James Spurs this past Tuesday but no score was available.

The Strike Force will take on Superbia FC next Tuesday (7:30 p.m.) at the Buhler Recreation Park.

Classifieds

Book Your Classified Ad Today - Call 785-1618 or Email lucy@selkirkrecord.ca



YARD / GARAGE SALE

Massive Yard Sale, lots of treasures for everyone (3 family), June 23, 24, 25 (Friday, Saturday, Sunday) 9 - 6. Rain or shine. 36 Mirecki Road, Lockport Area, off Donald Road or Lockport Road, closer to Hwy 8.

HELP WANTED

The Window Factory is accepting resumes for Installer/Installers assistant who must be able to work in heights, on ladders and work outdoors in all forms of weather. Please bring in resume into the office located at 605 Mercy St, Selkirk.

Farmhand required at Stonewall Elk Ranch, Balmoral area. Part-time 2-4 days per week, including weekends. Valid drivers license, will be working with livestock and farm equipment. If interested, text 204-770-3554.

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MISCELLANEOUS

EC Men's blueish purple parka, sz XXL, w/ black woolen hood; fits a man's sz XL, \$100, BN Men's sz 9 buckle-up leather winter boots, \$100; Sunbeam 2-slice TOASTER, ECIEWO, \$15; BN-CIEC pr. sz 9 Men's WORK BOOTS/SAFETY SHOES w/ laces & steel caps over toes, \$100; BN floor vacuum cleaner \$150. Ph. 204-785-8598.

MISCELLANEOUS

Brand new Hoover upright household floor vacuum cleaner. Excellent condition, \$150. Ph. 204-785-8598. Let telephone ring at least 10 times for an answer.

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UPCOMING EVENTS

Saint Peter & Paul Ukrainian Orthodox Church, Tyndall, is celebrating its 90th Anniversary, Sunday, July 9th. Divine Liturgy 3 p.m., supper 5:30 p.m. at Garson Hall. For tickets call 204-235-1320, 204-205-2688 or 204-268-1758 by July 1st.

The Easy Beaches Heritage Wing Museum invites you to celebrate its re-opening, Friday, June 30th, 3 - 4 p.m., 36058 Hwy 12, Grand Marais. Join us for refreshments, entertainment, new videos and exhibits.

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Reporter/Photographer Wanted

Are you a natural born storyteller with an eye for photography and a passion for community news? Carman-Dufferin Standard is currently seeking a full-time reporter and photographer to join its multi award-winning weekly community newspaper.

We are looking for someone who is both motivated and passionate about being the best outlet of interesting and breaking news stories and event coverage in the Carman-Dufferin area and surrounding area communities.

Qualifications:

- A post-secondary degree/diploma in journalism or equivalent experience in a related field
- Strong photography and writing skills with an interest in social media
- Self-starter with the ability to exercise solid news judgement
- Ability to establish professional relationships to consistently source and write a wide range of stories and cover events in a fair, balanced and accurate manner
- Able to work both independently and as a team on a flexible work schedule including both evenings and weekends to meet our weekly editorial deadline
- Experience covering council and school board meetings
- Knowledge of CP Style and about the Interlake and its surrounding communities would be an asset

Please forward your resumé along with three writing and photography samples to:

Lana Meier
Email: news@stonewallteulontribune.ca



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RURAL MUNICIPALITY OF WEST ST. PAUL PUBLIC NOTICE

REGARDING LOCAL IMPROVEMENT PLAN BY-LAW NO. 2023-07 IN THE AREA KNOWN AS HIAWATHA AVENUE, MINNEHAHA AVENUE, KENABEEK STREET, NYE AVENUE, BALDOCK STREET AND EVELYN AVENUE

PUBLIC NOTICE is hereby given pursuant to Section 318(1) of *The Municipal Act* that the Council of the Rural Municipality of West St. Paul has scheduled a public hearing at the Access Centre located at 48 Holland Road, in the RM of West St. Paul on the 20th day of July, 2023 at 6:00pm. Council will hear any person who wishes to make representation, ask questions, or register an objection to the following Local Improvement Plan By-Law No. 2023-07:

Installation of wastewater sewer pipes, lift station and forcemain, including surface restoration in the areas known as Hiawatha Avenue, Minnehaha Avenue, Kenabeek Street, Nye Avenue, Baldock Street and Evelyn Avenue in the RM of West St. Paul. The lift station and forcemain service the Hiawatha Avenue, Minnehaha Avenue, and Kenabeek Street catchment area.

The cost of the project is \$7,200,000.00. The Municipality has secured funding from the Manitoba Water Services Board in the amount of \$3,600,000.00.

Council is proposing that the Municipal costs of \$3,600,000.00 will be funded by borrowing. The terms are 20 years at an estimated interest rate of 7.4% with an annual payment of \$350,450.69. The annual payment is to be recovered by a local improvement tax based on a special per parcel rate on each benefiting property. On the basis of the necessary contribution and the estimated rate of interest, the annual charge for each parcel of land is as follows:

Per Parcel Rate Hiawatha Avenue, Minnehaha Avenue, Kenabeek Street

- Cash option of \$35,416.67 per parcel, or
- Finance option of \$3,447.72 per parcel to be levied annually for 20 years.

Per Parcel Rate Evelyn Avenue, Nye Avenue, Baldock Street

- Cash option of \$27,314.81 per parcel, or
- Finance option of \$2,659.03 per parcel to be levied annually for 20 years.

A written objection may be filed with the Acting Chief Administrative Officer of the Rural Municipality of West St. Paul, 3550 Main Street, West St. Paul, Manitoba, R4A 5A3 prior to the commencement of the hearing on July 20, 2023. Council will hear any potential taxpayer who wishes to make representation, ask questions or register an objection to the local improvement plan.

All objections, written or verbal, must be filed prior to the adjournment of the hearing and must include the name and address of the person filing the objection, identify the property in respect of which the objection is filed and state the grounds of their objection.

Additional copies of Local Improvement Plan By-Law No. 2023-07 are available at the municipal office at 3550 Main Street, West St. Paul, Manitoba and on the municipal website at: www.weststpaul.com.

Dated at the Rural Municipality of West St. Paul this 22nd day of June A.D. 2023, and issued pursuant to Section 318 of *The Municipal Act*.

Lainie Shaw, CMMA
Acting Chief Administrative Officer
RM of West St. Paul 204-338-0306

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

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**NOTICE OF APPLICATION
 CITY OF SELKIRK
 REVISED WATER AND WASTEWATER RATES
 SELKIRK WATER AND WASTEWATER UTILITY**

June 15, 2023

The City of Selkirk (City) has applied to the Public Utilities Board (Board) for revised water and wastewater rates for Selkirk Water and Wastewater Utility (Utility) as set out in Amending By-law No. 5379 (which amends By-Law No. 5309), read the first time on May 23, 2023. Rates were last approved in 2018 in Board Order No. 173/18, with current rates coming into effect January 1, 2021.

The current and proposed rates are as follows:

	Current Rates		Proposed Rates	
	By-Law 5309		By-Law 5379 Year 1	
Quarterly Service Charge	\$ 27.50	\$	29.28	
Water (per cubic meter)	\$ 2.44	\$	2.59	
Wastewater (per cubic meter)	\$ 3.07	\$	3.26	
Minimum Quarterly Charge*	\$ 104.64	\$	111.18	
Bulk Water Sales (per cubic meter)	\$ 2.80	\$	2.98	
Wastewater Receiving Rates				
Quarterly Administrative Fee	\$ 27.50	\$	29.28	
Volume Dumping (per cubic meter)	\$ 14.83	\$	15.79	
B.O.D. Surcharge (per kilogram)	\$ 0.51	\$	0.54	
S.S. Surcharge (per kilogram)	\$ 0.25	\$	0.26	
Untested Dumping	\$ 25.60	\$	27.26	

*Based on 14 cubic meters

Details of the City's application are available for review at the Municipal office or the Public Utilities Board's office. Any questions concerning the application for revised rates, or the operation of the Utility, should be sent directly to the City.

If you have concerns/comments regarding the City of Selkirk's application for water and wastewater, rates please go to www.pubmanitoba.ca and provide your comment. Please note all comments will be forwarded to the City.

Questions or comments should be sent on or before **July 30, 2023**.

The Public Utilities Board is the provincial regulatory agency that reviews and approves rates for water and wastewater utilities in Manitoba, with the exception of the City of Winnipeg. The Board's review process involves:

- the Utility filing a rate application to the Board,
- a public notification of proposed rate changes,
- the Board's review of the application through a public hearing or paper review process, and
- the issuance of an Order which outlines the Board's decision on the rate application and the rates to be charged.

The Manitoba Ombudsman has privacy guidelines for administrative tribunals. The Board is mindful of its obligations under those guidelines. Its decisions in respect of the application being considered will be sensitive to the guidelines. Personal information will not be disclosed unless it is appropriate and necessary to do so. However, the Board advises participants that these proceedings are public and that as a result, personal information protections are reduced.

The Board will then decide whether any further notice is required and whether to proceed with a public hearing or paper review process. All concerns received by the Board will be considered in the Board's decision on rates to be charged.

PLEASE BE ADVISED THAT IN CONSIDERING THIS APPLICATION, THE PUBLIC UTILITIES BOARD MAY OR MAY NOT FIND IT NECESSARY TO DETERMINE RATES DIFFERENT FROM THOSE APPLIED FOR BY THE APPLICANT.

Note: All proceedings will be conducted in accordance with the Board's Rules of Practice and Procedure, which the Board may vary in order to constrain regulatory costs. The Rules are available at www.pubmanitoba.ca.

Jennifer Dubois, CPA, CMA
 Assistant Associate Secretary
 Manitoba Public Utilities Board

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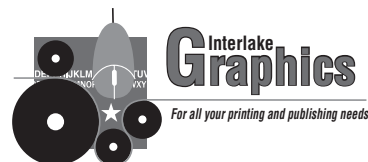
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NOTICE TO CREDITORS

In the matter of the Estate of BERNARD ANTHONY HOEHNE, late of Selkirk, Manitoba, Deceased. All claims against the above estate, supported by Statutory Declaration must be sent to the attention of: Amanda Adam, Estates Officer, at 155 Carlton St Suite 500, Winnipeg MB, R3C 5R9 on or before the 18th day of August, 2023. Dated at Winnipeg, Manitoba, this 14th day of June, 2023. JANA TAYLOR Deputy Public Guardian and Trustee of Manitoba

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

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Selkirk & District Community Foundation is accepting applications for the fulltime position of: **Community Development Officer**



Qualifications: Essential:

- Four+ years experience within the community-based charitable/non-profit sector.
- Experience in leading, delivering and monitoring community-focused granting and leadership programs.
- Strong communication skills both verbal and written, delivered through various platforms and tools.
- Effective analytical and problem-solving skills with the ability to make sound decisions.
- Ability to coordinate internal and public meetings along with special events.
- Excellent organizational and time management skills in order to meet deadlines.
- Proven ability to develop trust-based relationships with community partners.
- Able to work efficiently in a small team setting as well as independently.
- Proficient with Word, Excel and Outlook.

Desired:

- Knowledge of and working experience within SDCF's catchment.
- Post-secondary education connected to charitable/non-profit sector community-development sector.
- Experience in working with volunteer boards

Conditions of Employment:

- Must be legally entitled to work in Canada.
- Satisfactory Criminal Record Check with Vulnerable Sector Search.
- Satisfactory Adult Abuse Registry Check.
- Able to work within a public office setting and off-site work environment.

To apply please submit resume, with references and salary expectations to: exdirector@sdcf.ca no later than Friday, July 7, 2023

For the complete job description visit www.sdcf.ca

SDCF thanks all applicants for their interest, however only those selected for an interview will be contacted.



Live Farm Retirement Auction for Les Case

Portage la Prairie, Oakville, MB area.

Live auction at the farm 29108 road 60, drive way to the west, Tuesday June 27, 10 am. Ford 7740 FWA TRACTOR, approx. 9000 hrs. with Allied 795 loader. 8 ft bucket, cab, 3 pth, selling separate is bucket with Grapple, John Deere MX 10 Rotary brush mower, real good, 8 ft Sovema rotary tiller 3pth low hrs. on this, corral panels, all shop equipment. See our website for most pictures and lot numbers, loading will be available auction day, after auction day, buyers will be on the own for loading. **Owner, Les Case - 204-240-0625.**

Lunch by Portage Youth for Christ.

For more listing www.billklassen.com/nextlot



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ANNOUNCEMENT

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Je t'aime xxxx

ANNOUNCEMENT

BIRTHDAY IN HEAVEN



Rick Hook
June 24, 1948 - December 9, 2009
The world may change from year to year,
And friends from day to day;
But never will the one we loved,
From memory pass away.

-Love Nonie,
family and friends

ANNOUNCEMENT

ANNIVERSARY



Happy 60th Anniversary
John and Sherrill Arrell
June 22, 1963

- Love from their children
Kent and Debbie, Tracie and Marty,
Jodi and Joe
and their families

ANNOUNCEMENT

IN MEMORIAM



Danielle Rae Morin (Settee)
August 22, 1958 - June 26, 2020
We will always remember you best.

-Love always, Brian,
Misty, Kyla, Ashlyn, Emily, Parker,
Mark (Bubba), Devin (Krissy), Leam, Eden,
Steven, Malik and Layla

ANNOUNCEMENT

BIRTHDAY



Happy Birthday
and Best Wishes
to Judy Moyer
on June 21st

-Love, Mom

ANNOUNCEMENT

CARD OF THANKS

I would like to send a special thank you to everyone that came to celebrate my 90th birthday and a great big thank you to everyone that worked so hard to make my birthday a big success. It was the best birthday party in my 90 years of life.

-Helen Hiebert

ANNOUNCEMENT

CARD OF THANKS

To the wonderful people who attended my 80th birthday celebration at the Gwen Fox Art Gallery on June 12th: thank you for sharing this with me. Your presence, floral arrangements, gifts and cards were, and are, much enjoyed and appreciated.

Music by Wayne Wasny was an extra touch much enjoyed - "Thank you" Wayne.

A special thank you to the organizers Bev Hart and Mary Thorne. Mary, the selection of teas and dainties was perfect for a tea celebration Victorian style.

-Dorothy Myhal Gély

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ANNOUNCEMENT

IN MEMORIAM

Hardwick, Dolly - June 7, 2021
Onofreychuk, Kay - June 19, 2016

I can't have the old days back,
When we were all together;
But secret tears and loving thoughts,
Will be with me forever.
Love and miss you, Mom and Sis.
You're always in my thoughts.

-Ingrid

*Your memory will live forever
Engraved within our hearts*

ANNOUNCEMENT

IN MEMORIAM

Dave Hiebert
May 17, 1942 - June 26, 2009

In memory of
my husband, our father and grandpa
The moment that you left us,
Our hearts split right in two;
One side filled with memories,
The other died with you.
We hold you tightly within our hearts,
And there you will remain;
As life goes on with out you,
But will never be the same

-Loving you always and forever,
Jean and family

OBITUARY

Zur Trustin Robinson

Suddenly on Saturday, June 17, 2023 in Winnipeg, Zur Robinson, aged 23 years of Selkirk, MB passed away.

Full obituary to follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Grant Meier

On Wednesday, June 14, 2023 in Winnipeg, MB, Grant Meier, aged 68 years, of Petersfield, MB, passed away.

He will be missed by his sister Jo-Anne; and his many friends.

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

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Gerald (Jerry) Russell Iwasiuk
November 29, 1946 - June 14, 2023

It is with deep sadness we announce the passing of the greatest dad, grandpa and loving husband. With his family by his side, Jerry went peacefully with our Lord Jesus Christ to be with his sons who he missed dearly.

Jerry was predeceased by his mother Jessie, father Peter, mother-in-law Sarah Webb, father-in-law Wallace Webb, sister Pauline Heckert, sons Jeremy, Jessie and Joshua, and granddaughter Ashly.

Left to cherish Dad's memory is his wife Charlene, brother Roman (Joyce), daughters Jamie (Trevor) Monkman and Michelle Polkowski, son Jerry Jr, and Monkman grandsons Cory (Elizabeth), Anthony (Bethany), Trevor (Riley) and Polkowski grandsons (grandpa's buddies) Liam and Aiden, granddaughter

Kaidee Iwasiuk, three great-granddaughters and two great-grandsons.

Dad started working at 10 years old at Oscar's Restaurant busing and doing dishes. Spent his teens working as a cook at a northern mining camp. He spent 25 years with Weston's Bakery and over 20 years with Manitoba Hydro. He also ran his own business for 40 years, Jerry's Plastering. Retiring his stucco business at 70 years old and retiring from Hydro at 72 years old.

Dad was known for his delicious cooking. Everything he cooked was sooo tasty. Those who had the pleasure of eating his cooking know how truly delicious it was.

Dad was a hard worker, but loved having dinners and barbecues with his family and close friends. Of course, he would do all the cooking. He had a generous heart, always helping people, never expecting in return.

We will miss you always Dad.

Cremation has taken place and a service will be held at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



Announcements



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OBITUARY



Hazel Frances Thompson

Peacefully, on Saturday, June 17, 2023 at Red River Place, in Selkirk, MB, Hazel Frances Thompson, aged 102 years, passed away.

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

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



Gilbart Funeral Home, Selkirk in care of arrangements.

OBITUARY



Craig Matson

September 8, 1951 - June 4, 2023

Craig passed away peacefully in his sleep at home Sunday, June 4th, 2023.

He leaves to cherish his memory his daughter Randi; brothers Rick, Ian (Wanda), Ron; sisters Chrisy (Ken), Kathy and their families; as well as many dear friends.

He was predeceased by his life partner Maureen Spence; brother Lawrie; niece Brandy and parents Andrew and Jean Matson.

As per Craig's wishes, cremation has taken place and a graveside service will be held on Saturday, June 24th, 2023 at 10:30 a.m. at St. Andrews on the Red Cemetery.

In lieu of flowers, donations can be made in his memory to CancerCare Manitoba.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Fern Bourcier

With profound sadness we announce the passing of Fern Bourcier on May 23, 2023. He passed peacefully in his sleep, predeceased only one year and 19 days earlier by his loving wife, Barbara Bourcier.

Fern was a caring and loving father, Papa, Grandpa, brother, uncle and friend.

He will be greatly missed by his three children, Jason (Stephenie), Jennifer and Jodi (Jeff); grandchildren Reid (Delaney), Hannah (Devon), Jacob and Samara; sisters Gert, Germaine (Dennis), Gerri and Edna (Jeff) plus numerous nieces and nephews.

Fern was predeceased by his father Adelard, mother Beatrice and brother Joey.

Fern was born in Espanola, Ontario on April 10, 1939 and spent his formative years there. He spoke fondly of many great childhood

memories and brought his family back as much as he could. In the early 1960's he moved to Toronto where he met Barb. They married on February 11, 1965. Fern's job as a salesman meant relocating to many new cities and towns all over Eastern Canada. By 1976 they had three kids and made the decision to leave the fresh seafood behind and settle in Manitoba. In 1982 Fern would take his family and settle beside Wavey Creek in Clandeboye.

Fern worked hard his entire life and when he wasn't working, he was building; putting additions on the house, building tree forts and all sorts of projects.

In 1987 he chose to leave a secure job in order to go into a partnership and purchase a shuttered bearing and bolt business which is still known by many as the 'shop'. A few years later he was able to become the sole owner and renamed it Prairie Bearing & Bolt. He worked hard in those early years to build the business. After the business was established, Fern decided to get involved with the Selkirk & District Chamber of Commerce. After two terms as President in Selkirk he was elected President of the Manitoba Chamber of Commerce where he committed to another two years. If you knew Fern, you knew that he loved getting dressed in his best suits to attend many galas.

Between his time at the shop and the time spent involved in the community, he met many people that became friends. He was an avid Facebook user and enjoyed keeping up with family and friends near and far.

Fern was a devoted father, always making time for his three children. He taught them how to build, do renovations and many other skills they would need to navigate life. When the kids were young he shared his love of dirt bikes, fishing and camping.

When retirement loomed, Fern made the tough decision to sell the Wavey Creek house and his beloved 'shop'. He was always proud to say that at one point, all three of his children had worked together with him at the same time. Arguments often ensued but it was the epitome of a family business. After a few years the girls, Jennifer and Jodi, decided to embark on new endeavors. His son Jason stayed to continue running and building the business to what it is today. Fern was pleased to say that presently the shop was now owned and run by his son and his grandson Reid.

After retirement, Fern and Barb became snowbirds, wintering with friends in Apache Junction, Arizona. When a third grandchild was born they decided to reside full time back in Manitoba and made their last move, to Stony Mountain.

Fern was able to be a full time Grandpa and Papa. He adored all four of his grandchildren and up until a few weeks before his passing he picked up his two youngest grandkids from the bus daily. He took this duty very seriously and insisted on always being there 25 minutes early-typical Fern!

When Fern found out that he had stage four lung cancer, he faced the diagnosis with acceptance and dignity. It was terribly aggressive but he fought right until the end. His family rallied around him to make sure that he always had company, he was comfortable and there was always a TV available to watch HGTV and hockey. Heartfelt thanks to his daughter, Jen, for making it possible for Fern to stay at home as long as he did.

The family would like to thank Dr. Demsas and Dr. Emerson for their continued care and support, and to all of the nurses and aides for making Fern feel like he was in a 4 star hotel right until the end.

Fern will be remembered as a consummate napper, voracious reader and master tinkerer. As per his wishes, a funeral will not be held. Cremation has taken place and a Celebration of Life will happen at a later date.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Frank W. Wellink

Born July 8, 1942 Etten, the Netherlands

Passed away Tuesday, May 16 Portage la Prairie, Manitoba

Frank was a larger-than-life figure to all who knew and loved him. He is survived by his wife of 62 years, Erika; his eldest daughter Deborah, her husband Cloyd, children Ashlen and Julien; his daughter Angelique, her husband James, children Jessica and Noah; his son Monte, his wife Voleth, children Aaron and Colin; and his youngest daughter and namesake Frances.

Frank was the youngest of six kids and from an early age expressed a love of electronics. He started working for Phillips in the Netherlands and became an electrical engineer.

He grew up hearing his father's stories of Canada and dreamed of moving there himself. He met the fiery and beautiful Erika while briefly serving in the Royal Netherlands Air Force and married her in 1963. They moved to Canada in 1964, with little money and speaking no English. Frank learned English on the train from Montreal to Winnipeg. They arrived on a Saturday, and by the following Wednesday he landed a job with Advance Electronics.

Frank was the only person in Winnipeg at the time who could fix a color TV, and with this skill he was quickly promoted to Service Manager. He worked for Advance until 1977. His entrepreneurial spirit and tech savvy led to the founding of Technical Products International (TPI). When he sold the company in 1998, TPI had 280 full-time employees, and global customers including Blackberry and Ford.

He excelled at almost everything except retirement. By 1999, he was drawing up plans for an antiques business, and in 2001 he and Erika opened Wellink Antiques and Décor Imports in Lockport, Manitoba. In 2004, he expanded the business with Rembrandt's restaurant and event space. One of the joys of his "retirement" was dressing up on a Saturday night and visiting each table in the packed restaurant to chat with patrons. Frank and Erika enjoyed living in Lockport for 26 years and being involved with the community.

Frank had an incredible work ethic, a trait he nurtured in each of his children. None of his kids got allowances – they got jobs and an education. Each of them worked for the family businesses which provided valuable opportunities and cherished memories working alongside their Dad.

He was not just business smart – he was handy and could fix anything. He built and renovated the family homes, a cottage and served as general contractor on his kids' renovation projects.

A devout Catholic, Frank was active in the Knights of Columbus organization, raising money for numerous charities and serving as a mentor to hundreds. He had fond memories of volunteering on committees involved with Pope John Paul II's visit to Winnipeg in 1984 and the 1996 Mass at St. Patrick's Cathedral in New York City where he met Mother.

Besides his family, Frank had other passionate loves. Soccer! You would find him decked out in Orange cheering for the Netherlands, or intently focused on every play when his favourite Manchester United was on the field. Cigars! Romeo y Julieta No. 5 was his go-to brand, and he enjoyed smoking them at his second home, Thomas Hinds. Culture! Frank loved war movies, classical music and attending the opera. Travel! He spoke with excitement when recalling his trips around the world with Erika by his side and felt blessed to have dipped his feet in every ocean.

While life was challenging over the past several years as he battled cancer, Frank spent his final days surrounded by the love from his grandchildren, children, and wife Erika.

We, his family, are so deeply grateful to the staff at Portage la Prairie General Hospital for making his journey to heaven so peaceful. We know he is there now, smoking cigars like a king. In the end, his chosen songs played, including his favorite by Frank Sinatra.

And now the end is here
And so I face that final curtain
My friend I'll make it clear
I'll state my case, of which I'm certain
I've lived a life that's full
I traveled each and every highway
And more, much more
I did it, I did it my way

In lieu of flowers, donations may be made to CancerCare Manitoba in Frank's memory. A private interment will be held with immediate family.

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756 Schmid Road
Petersfield

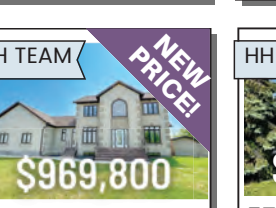


NEW PRICE!
\$399,900
727 Edith Avenue
Petersfield

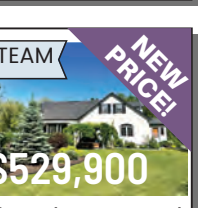




Sweet, simple & solid bungalow in fantastic location between Eveline & Main is perfect for those starting out or downsizing. Lrg living space w/big window letting in tons of sunlight leads to eat-in kitch. 2 great sized bedrooms almost identical in size. Off the back door is a cute mudroom/storage area & 4pc bath. Basement w/great potential to be finished featuring another bedroom or den (window not egress), lrg space for a recreation area, laundry room with sink & utility area. 200 A service, C-air. Tons of upgrades incl HWT, shingles, some windows, sump pump & eaves. Outside is an absolutely gorgeous property lined with trees & lilac bushes, partially fenced. Unpaved driveway & tons of space to build a garage. 10x8 Shed with metal roof perfect for storing yard maintenance items. Don't wait to make this affordable home yours!



NEW PRICE!
\$969,800
486 Poneida Road
West St Paul



NEW PRICE!
\$529,900
576 Lockport Road
Lockport

<p>HH TEAM O/H SAT 1-3 \$529,900 885 Colville Road East Selkirk</p>	<p>HH TEAM NEW! \$249,900 215 Berrisford Ave Selkirk</p>	<p>HH TEAM NEW! \$389,900 19 Four Winds Rd Petersfield</p>	<p>HH TEAM NEW! \$229,900 28 Wright Street Gull Lake</p>	<p>HH TEAM NEW! \$119,900 9 Fuller Road East Selkirk</p>	<p>HH TEAM NEW! \$239,000 215 Donohoe Cres Petersfield</p>	<p>HH TEAM 1,568 SQ FT! \$469,900 508 Corinne Ave Petersfield</p>
<p>HH TEAM TO BE BUILT! \$375,000 928 McLean Ave Selkirk</p>	<p>HH TEAM TO BE BUILT! \$329,000 932 McLean Ave Selkirk</p>	<p>HH TEAM LOT TO BUILD ON! \$109,900 EA. 2 & 15 Fuller Road East Selkirk</p>	<p>HH TEAM VACANT LAND! \$42,000 17 Brunel Lane Gimli</p>	<p>HH TEAM LOT TO BUILD ON! \$42,000 15 Wedgewood Pl Gimli</p>	<p>HH TEAM .79 ACRES! \$199,000 20 Creek Place East Selkirk</p>	<p>HH TEAM SOLD! \$299,900 1064 Sherburn Sargent Park, Wpg</p>

ASHLEY DOUGLAS REALTOR*

Contact me for all of your Real Estate needs!
204.485.4051

ashley.douglas@century21.ca



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<p>ASHLEY 40 ACRES! \$185,000 80112 Road 36E Brokenhead</p>	<p>ASHLEY 4 ACRE LOT \$190,000 338 Wesley Drive East Selkirk</p>	<p>ASHLEY DUPLEX! \$137,000 132 Lorne Ave Winnipeg</p>	<p>ASHLEY 5 BEDROOMS! \$349,900 667 Boyd Ave Winnipeg</p>	<p>ASHLEY PENDING! \$80,000 52 Pinegrove Ave Dunnottar</p>	<p>ASHLEY SOLD! \$145,900 Building to be moved, Lorette</p>	<p>ASHLEY SOLD! \$145,900 197 Arnhold St Gull Lake</p>
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