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VOLUME 14 EDITION 28

THURSDAY, JULY 13, 2023

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BIG DOLLAR

Letter to the editor

I recently completed a fishing trip with my father and my son to the Red River. The people of Selkirk and Lockport could not be friendlier. I'll never forget the outstanding fishing but I'll also carry with me the memories of kind, truly hospitable people. Whether it was conversations in the restaurants or with the staff in the local tackle shop, the people of Selkirk treated us with open arms. Eric Stone at Red River Cats set a high bar for customer service.

I'm from an area of the United States once known for hospitality. Sadly, we have given in to fear and division. Even in our grocery stores people have begun to carry firearms out of fear of each other. We can learn much from our neighbours and friends to the north.

I look forward to visiting again soon, although I will have to come in the summer. According to the nice lady working at Skinners, winter sounds wonderful, but I think I would freeze solid.

Submitted by
Eric Hardin
Lebanon, KY

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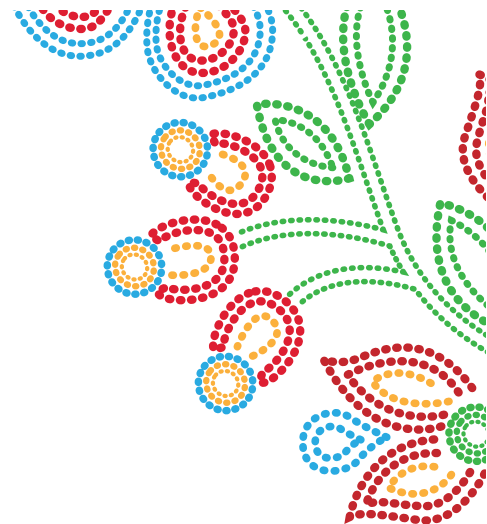
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7:00 – 7:45 **Gary Lepine Band**

7:45 – 8:30 **Johnny Dietrich & Kicking up Dust**

8:30 – 9:15 **Mitchell Makoons Trio**

9:15 – 10:15 **In Too Deep Band**

DAY 2 – SATURDAY, JULY 15

EMCEE's: WILL GOODON & OLIVER BOULETTE

1:00 – 1:45 **Gary Lepine Band**

2:00 – 3:15 **Jim Dutiaume Band w/**

Special Guest Patti Kusturok

David Lavallee

(Back up by James Dutiaume Band)

Brendan Chartrand

(Back up by James Dutiaume Band)

2:45 – 3:15 **Norman Chief Memorial Dancers**

**(Back up by James Dutiaume Band &
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3:15 – 5:30 **Eldon Campbell Band Own set
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- **Kinew Youth Dancers** - **Sandra Orvis**

- **Jigging Contest** - **Talent Contest**

- **Open Mic – between end of Talent Contest
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6:00 – 7:00 **Julianna Moore & Just 4 Kicks**

7:00 – 8:00 **Stony Point Band (Bluegrass)**

8:00 – 9:00 **SHE (all girl band – 80's)**

9:00 – 10:00 **Jason Lepine Band**

DAY 3 – SUNDAY, JULY 16

EMCEE's: WILL GOODON & OLIVER BOULETTE

MASS - 10:00 – 11:00 A.M. (Church)

Gospel Singer – Lionel Desjarlais

BINGO – 11:15 – 1:30 – Main Tent

AR Cash – 1:30 – 2:30 – Main Stage

2:30 – 4:00 – **Michael Audette Band**

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Michael Audette Band – Closing

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Local girls break their record for number of monarchs raised this year

Sara and Hailey d'Auteuil help caterpillars make it to butterflies

By Katelyn Boulanger

Sisters Sara and Hailey d'Auteuil with their parents have been learning a lot about butterflies, endangered species preservation and creating an environment where all creatures have the space they need to thrive. The girls have once again raised monarch caterpillars into butterflies and this year they have had their best success so far with 19 butterflies having either grown up and left or being well on their way.

The sisters started this butterfly raising project six years ago when their mom, Kristy d'Auteuil, a teacher at Mapleton School brought home a milkweed plant.

"Monarch butterflies love laying their eggs on milkweed. So, when we saw that we could actually have some butterflies in our house and get the experience to actually raise them and see the butterflies fly away, Mom and Dad pretty much thought that that would be a fun experience. And when we did it, we had fun over the years," said Sara.

Sara is ten years old and Hailey is seven but will be eight very soon. Their mom said that she wanted to teach them about the butterfly's life-cycles and how to raise them.

"I like how they change into beautiful butterflies. Basically, they go from eggs to caterpillars to butterflies and then we let them go," said Hailey.

The sisters start their annual project by looking for caterpillars and bringing them to a little caterpillar

house which is made of a net with solid sides so that they are protected. They feed them every day and then when the time is right the caterpillars make their chrysalises and eventually emerge. The girls then wait for their wings to dry off before letting them out of the monarch house to go do what butterflies do.

"It actually feels nice [to hold a butterfly in your hands]. It kind of reminds me of holding a dragonfly too, because of their little claws. They're nice and friendly so when I hold them, I always feel safe with them instead of other bugs that bite that sometimes scare me," said Sara.

Kristy says that this year is a much better year for their monarchs than last year where they didn't manage to find any caterpillars. The most that they've had in previous years is 10 or so, so this year's total is wonderful.

"It's an endangered species and it's great to see them around. Even after we let them go, we see them," she said.

Kristy says that this is a pretty easy project if other parents also want a hands on activity for their kids this summer.

You'll need milkweed for the monarchs to lay their eggs on and to check for caterpillars. The caterpillars are quite distinctive because of their unique white, black and yellow colouring. You can then either buy a special house for them or make one out of a mesh food protector or mesh pop-up style laundry basket. The cat-



RECORD PHOTOS BY KATELYN BOULANGER AND SUBMITTED BY KRISTY D'AUTEUIL
Sisters Sara and Hailey d'Auteuil are in the process of helping monarch butterflies

terpillars need to be fed fresh milkweed every day for the two weeks between when they hatch and when they make their chrysalis and then when they hatch as butterflies and have dried wings they are let go.

Kristy says that this is a very educational experience for kids and that they will continue to raise monarchs as long as they get caterpillars.



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MB government offers free provincial park entry July 10 to 16

Don't miss Canada's Parks Day this weekend

Submitted by the Government of Manitoba

The Manitoba government is once again offering free entry to all provincial parks for a full week in mid-July, including Canada's Parks Day weekend, Natural Resources and Northern Development Minister Greg Nesbitt announced July 4.

"For the third year in a row, our government is providing week-long free provincial park access to coincide with Canada's Parks Day," said Nesbitt. "This initiative allows all Manitobans to enjoy our parks' extraordinary natural beauty, intriguing historical sites and diverse recreational activities."

Vehicle permits will not be required to visit provincial parks from July 10 to 16. Overnight camping fees still apply, as do entrance fees to national parks. Manitoba's provincial park entry fees are among the lowest in Canada, this week-long offer and other free park access at various times throughout the year help ensure that cost is not a barrier, noted the minis-

ter.

The calendar of free interpretive events and experiences including guided hikes, historical tours and campfire talks, is available at <https://gov.mb.ca/nrnd/parks/education-and-interpretation/event-listings.html>.

Several campgrounds have also organized special events to celebrate Canada's Parks Day on July 15. Visitors can check with the local campground office for details on any activities happening in the park.

Individuals who wish to camp in a provincial park can make a reservation through the Parks Reservation Service at www.manitobaparks.com or by calling 1-888-482-2267.

Tips for visitors and campers at Manitoba provincial parks include:

- check the Manitoba Parks website at www.manitobaparks.com for advisories before travelling;
- all campers must check in at campground offices upon arrival to receive camping permits;

- be 'Wildlife Smart' by maintaining a clean campsite, keeping all food, trash, toiletries and cooking utensils locked in a vehicle or trailer, and pack out trash and recyclables before leaving;
- keep all pets on leash; and
- keep all campfires in approved pits such as those found in campsites and check with the campground office for any campfire restrictions.

Campers are reminded that because the emerald ash borer has been confirmed in Winnipeg, no firewood can be transported outside the city. Transportation violations can result in charges and fines of up to \$1,300 for individuals or \$15,000 for businesses. Firewood is available for purchase from local retailers at most campgrounds.

Manitobans can stay up to date with provincial park news, activities and events by following Manitoba Parks on Facebook at www.facebook.com/MBGovParks or on Twitter at www.twitter.com/MBGovParks.

letter to the editor

Resident urges attendance at West St. Paul meeting

On July 20, the council of the RM of West St. Paul will be holding a Public Hearing at the Access Centre at 6:00 p.m. regarding Local Improvement Plans concerning the proposed sewer installation on Minnehaha Ave., Hiawatha Ave., and Kenabeek St. (MHK) and, Evelyn Ave., Nye Ave. and Baldock St. (ENB).

Per parcel rates in a letter received by residents are:
For MHK residents \$35,416.67 per parcel or \$3,447.72 per parcel levied annually for 20 years.
For ENB residents \$27,314.81 per parcel or \$2,659.03 per parcel levied annually for 20 years

I encourage all MHK and ENB residents to attend this meeting and inform West St. Paul council that these prices are not acceptable to rate payers. Alternate funding must be obtained to ensure that a significant lower cost is achieved.

Vote "NO" for these 2 LIDS.

*Submitted by
Gary Galawan
West St. Paul resident*



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EDITORIAL

Katelyn Boulanger 204-485-3337
news@selkirkrecord.ca

View the Selkirk Record online at selkirkrecord.ca



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

TROUBLE WITH PAPER DELIVERY?

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Lower Fort Garry to host summer of educational and fun activities

Get your '20s groove on this summer

By Katelyn Boulanger

Lower Fort Garry has a long and interesting history being the location where the first of the Numbered Treaties was signed and a stronghold for the Hudson's Bay Company, to its current status as a historic site and education space. This summer there will be more to do than learn, however, as they host a bunch of fun activities with a little something for everyone to enjoy.

"The fort itself was built in the 1830s by the Hudson's Bay Company and it's been used for a number of things in Manitoba's history since. For example, [it was] our first penitentiary for many years. It was also a Motor Country Club and, alongside, the field was used as a golf course. But eventually, Parks Canada, took it over, and it was turned into a National Historic Site," said Ben Gillies vice-president of the Friends of Lower Fort Garry.

Today the Friends of Lower Fort Garry is a non-profit partner and the Fort is managed by Parks Canada.

You can go there and learn about Manitoba's history from trade to Indigenous history and more but there are also non-historical activities on offer.

One of those activities is that every second Saturday they are offering yoga at the fort from 10 to 11 a.m.

"We've done that, in the past, it's gone over really well. It's been really, very well received. It gives people a chance to come out, [it's inclusive of] people who have different experience [levels] with yoga to be really accessible to everyone. It's very much a relaxing session meant to just help people enjoy the site," said Gillies.

The next session is on July 22.

They are also hosting an event to herald the return of the roaring 20s now that group activities are back in full swing. As the fort was a car club in the 1920s, they have plenty of history to draw inspiration from.

"It's called the Beep and Bop and will be a 1920's garden party," said Gillies.

"Through the 1920s, people would

come out. You could go golfing. You could bring your car out and just have a really lovely time out in nature. And so, we want to bring that back by having this garden party. Basically, people will be able to come out, and we're going to have some swing dance lessons that people will be able to enjoy. We're going to have some live music, some bands that'll be performing jazz from the 1920s, 30s and 40s eras. You can take a dance lesson and then try [out what you've learned] with the live music. There'll be some period games that are out and we're going to have a fun take on horse racing, which was very popular back then as well as some really neat food that is of the period as well."

There will also, of course, be some vintage cars to check out.

Summer wouldn't be complete without some special activities for kids and this year the fort's Adventurers' Day Camp is back.

"It's a chance for the kids to come out to the site. They get to dress up in historic costumes. They get to be with other kids exploring the fort. They'll play a few things that are more historic games, but they're also doing a lot of crafts. They're doing sporting activities too and the staff who are working the event adore kids; they are oftentimes in education themselves. We're really trying to focus on how can we make this a really fun week for the kids," said Gillies.

Each camp is five days long and details and registration can be found on the Friends of Lower Fort Garry website.

In October, the fort will continue the fun with their ghost tours. With a site with such rich history, comes many stories to tell.

"There are a lot of stories of experiences that people have had at the historic site over the years, which makes sense given that it is hundreds of years old. And so we're going to be running those tours," said Gillies.

In the later part of the year, residents should also stay tuned for their holiday markets.



RECORD FILE PHOTO BY KATELYN BOULANGER

Lower Fort Garry will be bopping this summer.

To learn more about all of the activities going on at the fort this summer check out the Friends of Lower Fort Garry website at <https://folfg.com/>. They are also on Instagram at

<https://www.instagram.com/friendslfg/> and Facebook at <https://www.facebook.com/FriendsLFG/>.



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Painting outside gallery



RECORD PHOTO BY KATELYN BOULANGER

The Gwen Fox Gallery artists can't be contained by the gallery walls this summer. Every Saturday starting at 11 a.m. for the rest of the month artists will be outside of the gallery making art for all to see. Swing by and have a chat or ask your questions of the accomplished artists in our community. Pictured: Peggy Kasuba, Clyde Finlay, and Brenda Hedberg outside last weekend.

RMs close to Winnipeg advise residents to be aware after coyote attacks

Never feed coyotes or their prey like birds and rabbits



FILE PHOTO BY KATELYN BOULANGER

Coyote attacks in Winnipeg prompt advice to use caution from local RMs.

By Staff

After two recent coyote attacks in the northern part of Winnipeg, both the RM of East St. Paul and the RM of West St. Paul have issued bulletins advising that residents be cautious.

The attacks that took place in Winnipeg were in the North Kildonan neighbourhood which is close to the northern border of the city.

These coyote attacks took place on June 24 and June 30.

Although experts advise that coyote attacks are extremely rare, one adult coyote has been located and humanely euthanized as part of efforts by the Manitoba Conservation Officer Service.

The Province is reminding people to take extra precautions especially

when outside with children and pets. Residents in East and West St. Paul are reminded to have their pets on leashes at all times when walking them.

Other things you can do to reduce the risk of conflict:

- Feed pets indoors.
- Never feed coyotes, either directly or by feeding coyote prey like birds and rabbits. Coyotes are attracted to food and food waste in yards, like fallen fruit, pet food, bird seed and garbage. Coyotes that have been fed by people are more comfortable approaching people and become increasingly aggressive.
- If you see a coyote, try hazing it by making noise or waving a jacket or bag in the air. Do what you can to appear large, if you are in a group, stay with the group and do not run as it may incite the coyote to chase you.

For more details on coyote behaviour, go to visit https://www.manitoba.ca/nrnd/fish-wildlife/pubs/fish_wildlife/coexisting_coyote.pdf.

The public can report human-wildlife conflicts to the Turn in Poachers (TIP) line at 1-800-782-0076.

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SATURDAY - Meat draws starting at 1pm.

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May Harmohabbat



June Jaspreet

Summer flies by with mayflies and french fries at the East Beaches

By Laura Tutlies

Ok. French Fries are a matter of taste. We can choose to order them or not. However, any connoisseur of deep-fried potatoes knows that the best way to have them is on a hot summer day leaning against an outdoor stand with the beach not far away. You can find french fries on the menu at most of the sixteen participating venues on the Dine Around 59 – explore – eat – vote promotion from July 7 to 21.

Now about those mayflies. An entomologist or ‘bug’ specialist will explain that this seasonal insect is a close cousin to the lovely dragonflies that come and go throughout the summer and are responsible for eating those pesky mosquitoes. Dragonflies likewise offer this service as a matter of habit and without any thought to our subsequent comfort (such as it is). The dragonfly is always welcome but for most humans, the mayfly, known to Beachgoers as a fishfly, doesn’t appear to have a purpose and in late June and early July they can be a pesky nuisance.

The entomologist will explain to you that the presence of the ‘Mani-

toba fishfly’ signals a healthy body of water.

In the East Beaches area, the fishfly has become a rite of summer and typically one can and should, expect the appearance of hordes of these creatures anywhere from mid-June until the August long weekend. They are encouraged when there is a combination of hot weather and rain.

Some fish fly facts:

These harmless little creatures begin their cycle in the early spring as eggs which drop and sink to the bottom of a freshwater breeding ground. Think - shoreline of Lake Winnipeg. Here they lie basking on the water until conditions are conducive to growth. Think - hot weather. Occasionally in Manitoba, the fish fly hatches first in May but is much more likely to be witnessed with a second birth season in mid-summer.

A female can produce anywhere from 4,000 to 8,000 eggs on the water’s surface.

The average lifespan of a mayfly is only one or two days.

Many mayflies live for only two

hours. They spend most of their two-week lifespan in the nymph stage.

They do not bite. They can’t! The mouth of a mayfly is not present and its digestive system is filled with air. It is important to note that their only purpose in life is to mate.

Try to dwell on the positive. The fish flies are a vital food source for the walleye, perch, pike, sauger and other other water creatures popular with the commercial and recreational fishermen who frequent either fast or quiet Manitoba waters.

Besides being fish food, these little

winged creatures feast upon the algae which can also cause consternation for ‘beach bums’ here in cottage country. The fishfly is really very important in the aquatic food chain and those who detest their presence are missing the big picture. Fishflies in abundance is nature’s promise of a healthy Lake Winnipeg.

See www.beachesof59.ca for details about Dine Around 59 and look for future stories in *Selkirk Record* about the fun to be had at the Beaches over the summer.



RECORD PHOTO BY LAURA TUTLIES

Mayflies don’t look or taste anything like French Fries – but both can be found aplenty in the East Beaches in July.

Keeping cool in Brokenhead



RECORD PHOTO BY KATELYN BOULANGER

Kids will be keeping cool this summer now that the splashpad in Brokenhead Ojibway Nation has opened. “Our children and families deserve the same opportunities as everybody else across Canada and we’re all striving to achieve that goal,” said Christopher Kent, councillor of Brokenhead Ojibway Nation at the grand opening event. This project was possible through funding from the Western Diversification Fund from Prairie Economics Development Canada, Jordan’s Principle and Brokenhead Ojibway Nation.

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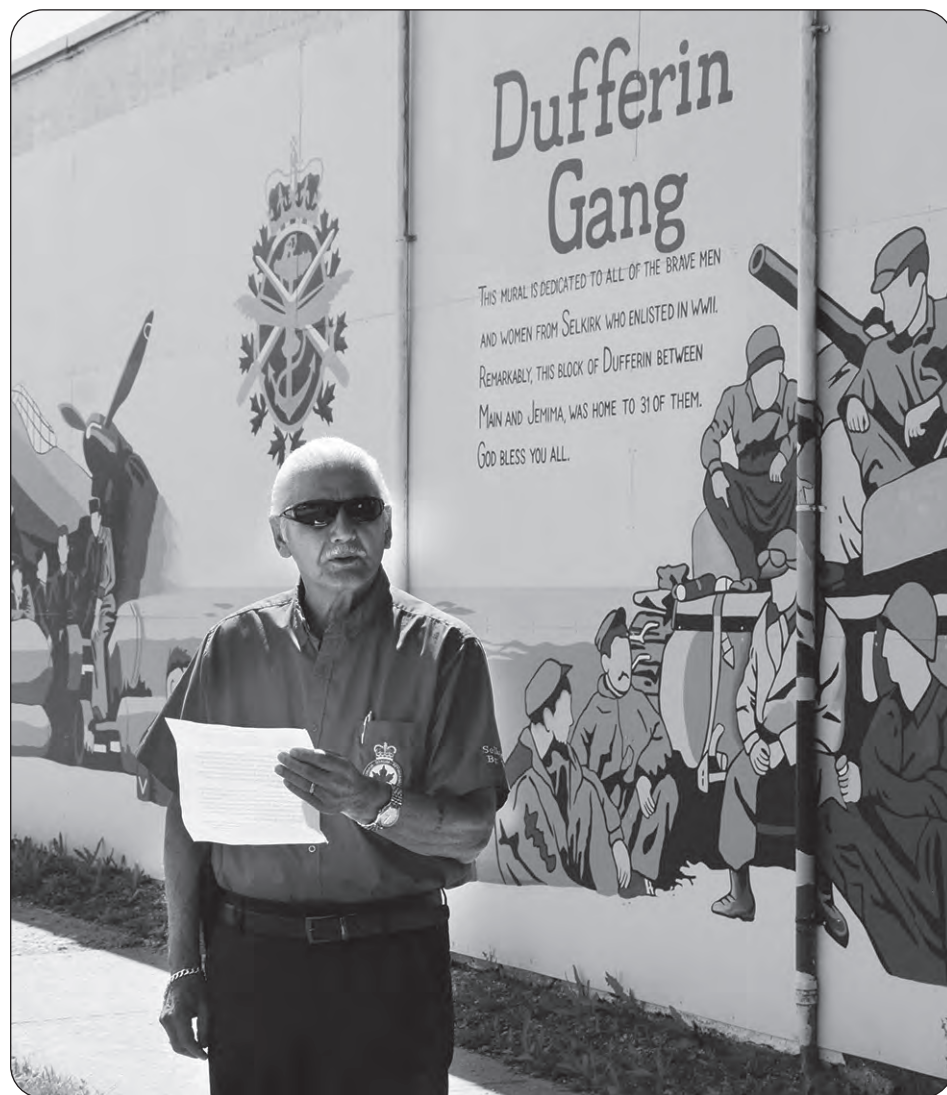
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Dufferin St. Gang mural gets some new paint



RECORD PHOTOS BY KATELYN BOULANGER

The Dufferin St. Gang mural on Dufferin St. in Selkirk has been renewed in an effort to continue to honour the 31 members of our community from Dufferin St. who volunteered to serve in the Second World War. The original mural was painted by students from Happy Thought School and the update was done by the Interlake Art Board. Wayne Bird (pictured right) who is the nephew of Dufferin St. Gang member John "Jack" Vernon Sinclair and a member of the Selkirk Legion spoke at the event saying, "It took a long time for the Dufferin Gang to be recognized first by the mural behind me and then by the Dufferin Gang Memorial by the Royal Canadian Legion Branch 42 here in Selkirk. I'd like to thank the Happy Thought art class for the original mural and a thank you to the Interlake Art Board for the one we have to date." Pictured left: Members of the Selkirk Legion, the Dufferin Gang memorial committee, the Interlake Art Board, mural artists and local MP James Bezan came together in honour of the revitalization of the mural.

150+ Organizations and individuals send open letter to province regarding Take Home Naloxone Program

Submitted by the Manitoba Harm Reduction Network

On June 20, the Manitoba Harm Reduction Network, along with many other organizations and signatories, presented the provincial government with an open letter asking for greater responsiveness and transpar-

ency with regard to the Take Home Naloxone Program. This letter makes several clear demands, with specific recommendations in order for the program to increase its already proven successes in preventing drug poisoning deaths.

The open letter is also an invitation to collaborate with community-based organizations so that they, along with the province, can communicate expectations, experiences, and logistics in such a way that will address the pressing

need for greater access and stability within the program.


Tristan Dreilich, a Network Coordinator for the Manitoba Harm Network in Selkirk has said, "Naloxone is often the first line of defence, especially for folks in rural, remote, or northern communities, for responding to drug-poisonings. People who use drugs and our relatives in these communities depend on a consistent and reliable supply of Naloxone to keep people alive. Disruptions both in supply or communication around Naloxone supply are felt most deeply in these communities because of reduced healthcare service capacity the further we get from Winnipeg. We want to ensure our relatives have access to Naloxone when they need it,

where they need it."

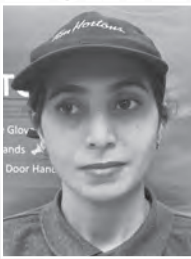
In particular, the experiences of rural, remote, and northern communities must be prioritized during this collaboration as they experience the highest rate of drug poisonings by population, while frequently waiting the longest to receive their naloxone.

For further information about naloxone kits in our community or to learn more about the Manitoba Harm Reduction Network contact Dreilich by phone at 204-785-7501 or email at Tristan@mhrn.ca.

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June Maninder

Lilypad Cruisers show off their cool wheels



RECORD PHOTOS BY KATELYN BOULANGER

The Lilypad Cruisers, a local car club, came together at Mallard Park in Petersfield last weekend to talk cars, collect some tins for the bin and show off their awesome rides. Cars of all ages assembled at the park and car enthusiasts got together for a day of fun.



Selkirk going 'au naturel' on boulevards, in parks

Submitted by the City of Selkirk

The city is continuing to explore ways to naturalize areas where it makes sense to do so and is ensuring the eventual transition will go smoothly by testing small sections before making larger commitments.

Mihali Schindle, the city's Urban Forestry and Naturalization Coordinator, says four pilot projects this summer will inform future decisions on naturalizing boulevards, medians, and park spaces.

"Pilot projects help the city figure out what plants and cultivation methods work best in specific locations," Schindle said.

"Three of the projects will be cultivated in a row in Selkirk Park in the field across from the dog park and an additional plot will be added to the existing wildflower project on Main Street."

In Selkirk Park about 5,000 square feet will be used for wildflower meadow, tall grass prairie and organic sports turf test plots.

The wildflower meadow will consist of two plots and will be used to determine the viability of converting underutilized turf spaces into wildflower meadows that contain a mix of short prairie grasses and wildflowers that won't exceed three feet in height.

"These might be more desirable in park areas where we want to maintain a more clear line of sight, where we don't want plants that are six-foot tall, so along roadways in parks," Schindle said.

Two plots will be used for tall grass prairie to test the use of converting underutilized turfgrass into a tall grass and wildflower mix as well, but these will be taller and grow to about six feet in height.

Both the wildflower and tall grass require far less maintenance and reduce the amount of mowing and watering the city would have to do while dramatically increasing biodiversity and habitats for wildlife and pollinators.

The final park pilot project will be one plot that will utilize a mix of existing turfgrass, drought tolerant fescue grasses and micro clover for improving turf in outfields and also park areas where short turfgrass is required.

"The turfgrass project is to understand the viability for this type of plant community for improving outfields, and sports fields as well as park areas where we still want to maintain somewhat of a short turfgrass aesthetic where people can walk on it and run around without damaging it," Schindle said.

The turf plot will also allow the city

to learn about using the mix on sports fields for a more environmentally friendly surface that reduces the need for irrigation and fertilizer.

"Sports turf does require cutting but the idea is to see if we can improve the quality of sports fields and turf areas where we still require foot traffic, without using fertilizers and pesticides to constantly maintain it and without having to remove everything that's there and start from scratch," Schindle said.

"We're looking at basically improving the turf grass that's already there with these other species as well as top dressing with soil. You could consider that organic, we're not using synthetic pesticides or fertilizers for that project."

"It's an overlap with sports field maintenance and naturalization. It's not pure naturalization but it still kind of overlaps on initiatives to cut back on using pesticides and fertilizer."

Finally, the city will add another wildflower test plot south of the existing one on north Main Street and will remove the existing turf grass and plant a mix of wildflowers, clover and salt-tolerant grasses from seed. The original wildflower plot was planted in the fall of 2020 and the second wildflower and clover plots were added last July.

"What we've noticed in the first plot as well as the clover plot is that some of those plants are really struggling with salt damage from the winter plowing. We want to try another plot and incorporate predominantly salt-tolerant grasses with a mix of the wildflowers to see how that will fair over winter and if it will be a bit more resilient than the first two projects," Schindle said.

"They've had their success but that is the one issue that we've noticed, some of the plants are dying off in the spring and we want to see if we can eliminate that."

Planting for the projects will begin soon.



RECORD PHOTO SUBMITTED

Monarch caterpillars enjoying some milkweed in Selkirk Park.





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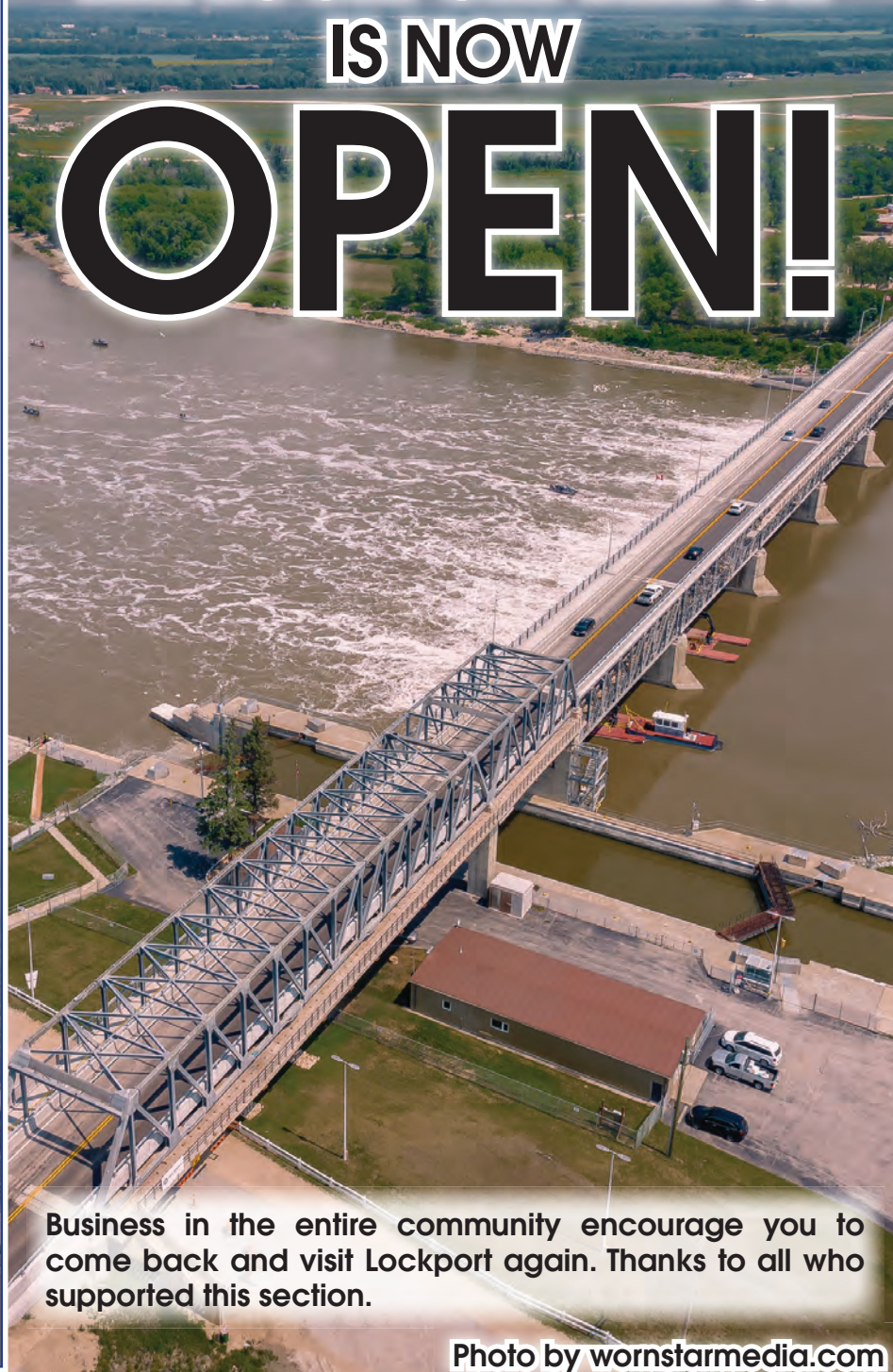
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Lockport Community Development Group proudly presents: Lockport Bridge Opening Celebration! Pancake Picnic in the Park at Lockport Heritage Park Sunday July 16th 11am-1pm. \$2 donation to LCDG gets 3 pancakes, 2 sausage +condiments and Coffee, Juice or water. Enjoy a picnic breakfast in the beautiful Lockport Heritage Park & Visit First Farmers Market

Thanks to all who supported this page.

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A celebration will be taking place on Sunday, July 16, 2023 from 10am to noon at St. Andrews Lock and Dam Park to mark the reopening of the Lockport Bridge. There will be a ribbon cutting event with celebratory cake as well as entertainment for the entire family to enjoy.

Ribbon Cutting * Cake Cutting * Chuck the Catfish * Simpson's Folly * Teakle Family Circus * Selkirk Women's Cultural Group * Parks Canada * Colouring Contest * Gift Bag for the first 100 Families 8

Photo by wornstarmedia.com



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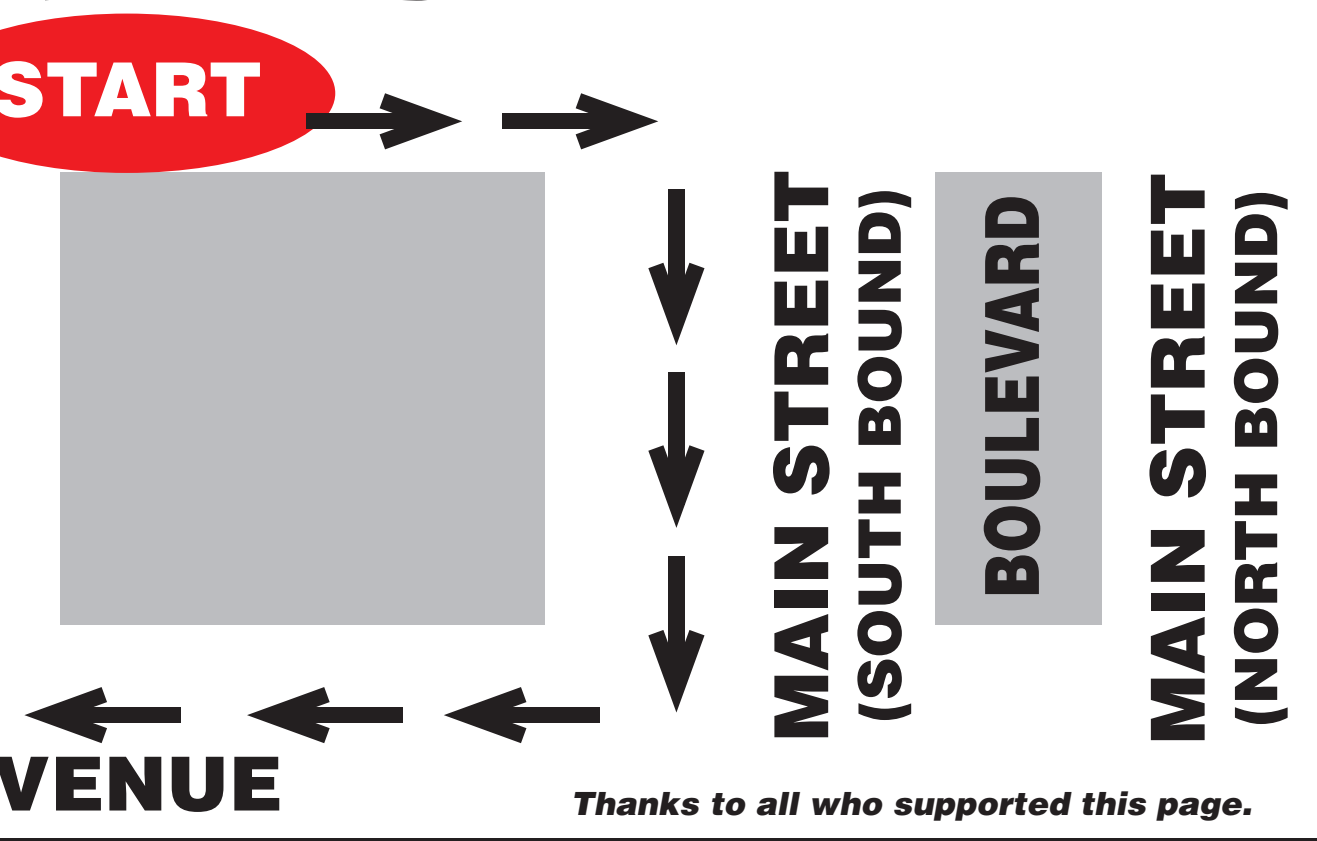
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July 15th



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2:00 PM – Spiderman & SpiderGwen (stage & walk around)

2:00 PM – 3:00 PM – Bubble Soccer

2:00 PM – Select Show Midway Opens

2:00 PM – Home Living & Craft Displays (Agriculture Building)

3:00 PM – Wild Dogs Performance Team (Kidzone Tent)

3:00 PM – 7:00 PM – 15 Minutes of Fame Karaoke – Beer Gardens

5:00 PM – 1:00 AM – Beer Gardens Open

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7:00 PM – Triple “S” Bull Bash Bull Riding featuring Wild Pony Races (Rodeo Grounds Selkirk Park)

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9:00 AM – 4D Barrel Racing
Jackpot

10:00 AM – Selkirk Parade
Uptown

10:00 AM – MTRA Team
Roping – Rodeo Arena

12:00 PM – Foam Party
(Kidzone)

12:00 PM – Select Shows
Midway Open

12:00 PM - Infield Bar
Opens – Rodeo Grounds

12:00 PM – 1:00 AM
– Beer Gardens Open

12:00 PM – 4:00 PM
– Dinosaur Extravaganza

1:00 PM – Home Living &
Craft Displays (Agriculture
Building)

1:00 PM – 4:00 PM –
Children's Activities

– Crafts, Games, Face
Painting, Balloons & more

1:00 PM – 4:00

PM – Prairie Wildlife
Rehabilitation Centre
(Kidzone Tent)

1:00 PM – 2:00 PM – Ryan
Price (stage)

1:00 PM – 3:00 PM – Foam
Party

3:00 PM – 7:00 PM

– 15 Minutes of Fame
Karaoke – Beer Gardens

3:30 PM – Wild Dogs
Performance Team
(Kidzone Tent)

5:15 PM – Pre-Show – Wild
Dogs Performance Team
(Rodeo Grandstand)

6:00 PM – Battle of the
Broncs Cowboys vs.
Cowgirls Ranch bronc
riding (Rodeo Grandstand)

9:00 PM – Rodeo Dance featuring "Almost Famous" (Beer Gardens)

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- 10:00 AM** – MTRA Team Roping – Rodeo Arena
- 12:00 PM** – Select Shows Midway Opens
- 12:00 PM** – Infield Bar Opens – Rodeo Grounds
- 12:00 PM** – Home Living & Craft Displays (Agriculture Building)

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What you should know about rabies

Submitted by IERHA

Now that summer is here, animal encounters might be more common during camping and cabin adventures.

It's important to be aware that rabies can be transmitted from animals to humans. The viral infection is most

commonly transmitted through the saliva of an infected animal to fresh broken skin or a mucous membrane in the eye, nose or mouth.

Rabies attacks the nervous system, eventually affecting the brain, and it's usually fatal once symptoms appear.

According to the Provincial Rabies

Management Program, three positive animal cases were confirmed in Manitoba from January to March 2023. In 2022, there were a total of 15 confirmed animal cases. However, there

have been no reported human cases of rabies on record in Manitoba.

In Manitoba, skunks, bats and Arctic foxes in the north are the most com-

Continued on page 26

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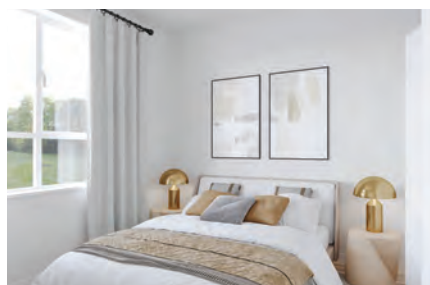
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Personal care homes coming to the Interlake

By Jennifer McFee

Several personal care homes are coming to the Interlake area, including one in Stonewall.

On Friday, July 7, the provincial government announced that it would invest \$15 million towards the creation of six personal care homes (PCHs) with a total of about 670 beds.

One facility will be located in Stonewall with approximately 144 beds, as well as others in Arborg (60 beds), Lac du Bonnet (95 beds), Oakbank (96 beds), Winnipeg's Bridgewater area (143 beds) and Winnipeg's Portage Avenue (140 beds). The government chose these sites as areas with the highest needs.

"All six projects will be designed with a village or campus model integrated into other uses, depending on the needs as identified by their communities," said Scott Johnston, minister for Seniors and Long-term Care, during the announcement event at Niverville Heritage Centre.

"The village component will be unique to each respective PCH, and I will look forward to both physical and virtual components as most feasible for the community."

In addition, the provincial government will pilot a community supportive living program that will create a total of 288 spaces over two phases. The first phase of the pilot will be centred in the communities of Ashern/

Eriksdale, Selkirk, Swan River and Emerson-Franklin with a total of 105 spaces.

"It includes three different tiers of care to meet the varying degrees of chronic and complex needs for eligible older Manitobans, including those with dementia, to prevent premature PCH placement," Johnston said.

"In this new 'housing with supports' model, there will be 24-7 on-site staff for personal care home supports to meet scheduled and unscheduled care needs for residents, including nursing for residents that require more care."

There will also be onsite therapy and recreational supports, as well as access to other health-care professionals, he added.

"As much as possible, these spaces will be created in innovative campus of care or village models that purposely incorporates social interaction, functionality and intergenerational contact while continuing to maintain affordability and safety for our seniors," he said.

To access these spaces, individuals will need to have their health needs assessed by the regional health authority and designated health professionals, Johnston noted.

"Clients will rent their suite and pay for a service package that includes meals, laundry and light housekeeping. There will be provincially stan-

dardized accommodation and service package rates and new subsidy assistance for those that are eligible to make it more affordable," he said.

"After the launch, there will be an evaluation and decisions regarding expansion to additional communities, which will be determined as per the pilot program."

In late 2017, the Town of Stonewall submitted a formal request to a response from the provincial government to outline how capital for a personal care home could be arranged.

Leading up to the document submission, the town received support for the proposal from partner municipalities.

However, the Town of Teulon and RM of Rockwood withdrew their support for the project earlier this year. Now the project involves the Town of Stonewall along with the RMs of Rosser, St. Laurent and Woodlands.

Stonewall Mayor Sandra Smith shared her sentiments about the long-awaited personal care home coming to the area.

"When we received confirmation from the government that our proposal was being selected for further development, we were ecstatic," she said.

"This has been an intense but exciting time for all involved. Over the last several months, we have been work-

ing collaboratively within our communities and alongside the IERHA, the team at Shared Health capital, the Department of Seniors and Long-Term Care and a dedicated architectural team and other specialists to help us get to this point."

Looking ahead, there is much excitement as the project comes to fruition.

"Our plan has been submitted and we are looking forward to receiving the government's approval to move ahead with construction of the PCH," Smith said.

"On behalf of our council, we would like to extend our gratitude to the leadership shown by reeves Chartrand, Mulligan and Oliver and their respective councils for recognizing that although the PCH is being built in Stonewall, it will benefit all of us in the region. We look forward to our continued partnership."

The Town of Stonewall has acquired nearly 20 acres of land near the intersection of 4th Street East and 3rd Avenue South. About five acres would be used for the personal care home, while the remaining 15 acres is set aside for an age-in-place campus, as well as possible office space and commercial opportunities.

The town is currently accepting proposals from firms that would be prepared to design, develop and build this development.

> RABIES INFO, FROM PG. 27

mon animals to transmit and become infected with rabies. All mammals can transmit rabies, including domestic pets like cats and dogs. However, there is no risk of rabies transmission for mice and squirrels that look and behave normally.

Even if an animal bite or scratch is an accident, it still needs to be reported to a health-care provider. When an animal bite or scratch occurs, Public Health conducts a no-blame follow-up meant to reduce rabies risk to humans. They don't take pets away from their homes.

"While the rabies virus is dangerous, post-exposure rabies treatments are highly effective at preventing rabies disease in people," said Joshua Aquin, public health physician with Manitoba Health. "Even if the animal exposure happened several days ago, it's not too late to get assessed by a health-care provider and find out if you need treatment."

If an animal bites or scratches you, immediately clean the wound with soap and water. If possible, take note of the animal owner's name and phone number. Visit your health-care provider, a Quick Care Clinic or walk-in clinic to get your wound assessed. If it's a serious injury, go to the emergency department. Your health-care provider will fill out an animal exposure form and send it to Public Health. If you haven't had a tetanus vaccine in the past five years, you might need to get one.

If you're not planning to get medical attention, call Health Links toll-free at 1-888-315-9257 to report the animal encounter. To report a domestic animal exposed to or injured by an animal suspected of having rabies where no human exposure has occurred, contact Manitoba Agriculture at 204-470-1108.

Public Health discourages destroying an animal that was involved in an animal encounter. If you choose to euthanize the animal, do not damage the animal's head or put yourself at risk. You should contact Public Health before destroying a pet that was involved in a bite or scratch situation.

Public Health will follow up on the encounter, whether it was with a pet, a stray or a wild animal. They will contact the person exposed to the animal, as well as the animal owner to ask about the vaccination status and health of the animal. Public Health might ask the owner to observe and humanely isolate cats or dogs for 10 days. The quarantine period ensures pets are healthy, even if their rabies vaccinations are up to date since the vaccines are not 100 per cent effective.

When a healthy-looking dog, cat or ferret has rabies, they are only contagious to others for up to 10 days before they will become severely ill. However, some other animals have a longer quarantine period such as wildlife and livestock.

On Day 10, Public Health will contact the cat or dog owner to ask about its health. If the animal is healthy, then the rabies risk from that encounter is

zero. No further public health follow-up is required at that point.

If the animal has died, testing might be undertaken. If the test is positive for rabies or if the animal cannot be found, Public Health will discuss with the person exposed if post-exposure treatment is needed through a series of vaccinations. If it was an unknown animal, attempts will be made to find and capture the animal for quarantine. Bites from wild animals have a higher risk for exposure to rabies. If the animal can't be captured and tested, Public Health might recommend post-exposure treatment.

In an effort to avoid rabies, vaccinate your pets and don't let them roam free outdoors, especially at night. If your pet was in contact with a wild animal, do not touch your pet with bare skin. Wear work gloves when comforting pets or checking injuries.

You should also avoid wild animals — don't feed them or leave your pets' food bowls outside. It's important to teach kids to never approach an unfamiliar animal.

If you find a bat, alive or dead, don't touch it. If the bat is in your house, open windows to let it escape. If you find a bat in your bedroom, call Health Links toll-free at 1-888-315-9257 for advice since you might have been bitten while sleeping.

For more information about rabies, visit the Manitoba Health website at <https://www.gov.mb.ca/health/publichealth/diseases/rabies>.

Tens of thousands of people gather to witness days of music

By Emma McGill

The 48th Winnipeg Folk Festival took place this past weekend and saw sell outs for both campgrounds, 4-day Festival tickets and Sunday tickets.

The 2023 Winnipeg Folk Festival saw an overall attendance of 74,500 held from July 6-9. This year is the second highest attended festival behind only 2019. The festival worked hard monitoring attendance and what the site and services can manage to provide the best experience for patrons.

The very first Winnipeg Folk Festival graced the grounds of Birds Hill Provincial Park in 1974. It was meant to be a single occurrence, a celebration marking Winnipeg being 100 years old. The event had a huge turn out, and has now become a tradition of almost 50 years, often exceeding an attendance record of 70,000 people.

This year's festival ran from Thursday, to Sunday, and showcased musicians from all over the world, including Faye Webster, Gregory Alan Isakov, KT Tunstall, Fleet Foxes, Vance Joy, Whitehorse, The War On Drugs, and many more.

Friday's line-up for this Folk Festival was extra special; it featured Army Margret all the way from Iceland, Rufus Wainwright and family, Winnipeggers FONTINE and Field Guide, and folk-country icon Emmylou Harris.

Festival-goers this day were also able to see workshops like All in the Family, where Rufus Wainwright, Loudon Wainwright III, and Lucy Wainwright Roche played songs together and individually, including the family anthem Loudon had written for the whole family, "Meet the



Wainwrights."

Another workshop was Wheatfield Soul, featuring Matt Foster, FONTINE, Field Guide, William Prince, Andrina Turenne, Fire & Smoke, and Leaf Rapids, and was put together with the intention of hosting artists all from Manitoba who would honour the legendary Canadian musician Gordon Lightfoot, who recently passed away.

By Friday evening, a sea of people had gathered to see the sets on the Main Stage, tarps and chairs set up all the way back to the treeline. Poles decorated extravagantly were set up at some tarps so people could find their way back to their spots, which did prove difficult due to the immense population of the area. Main stage attendees, which was likely most of the festival-goers for the day, saw exceptional performances from Adia Victoria, Fruit Bats, Rufus Wainwright, and Emmylou Harris.

This year, the festival honoured volunteer coordinator Lisa Sinnicks and the festival's former long-time Main



RECORD PHOTOS BY EMMA MCGILL

It was a glorious turn-out for the Winnipeg Folk Festival that took place this past weekend.

Stage, stage manager Lloyd Peterson with the Glass Banjo Award, the Winnipeg Folk Festival's highest honour.

In addition to the Glass Banjo Award Winnipeg Folk Festival also celebrated 16 long-term volunteers for the festival ranging from 20 years of service to 40 years of service.



sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Ingram attends Nashville Predators' Development Camp

Staff

Former Selkirk Steelers' forward Adam Ingram was one of 17 current and former Manitoba Junior Hockey League players invited to attend NHL Development Camps.

Ingram attended the Nashville Predators' Development Camp. The West St. Paul product was selected in the third round, 82nd overall by Nashville in the 2022 NHL Draft.

Ingram scored eight goals and produced 23 points for the NCAA Division I St. Cloud State Huskies this past season.

He played eight games for Selkirk in 2020-21, scoring twice and adding five assists in eight games. Ingram then spent the next season with the United States Hockey League's Youngstown Phantoms, scoring 26 goals and collecting 55 points in 54 games.

Development Camp rosters are compiled of team draft picks, signees and free agent invitations.



RECORD PHOTO NASHVILLE PREDATORS
Former Selkirk Steelers' forward Adam Ingram attended the Nashville Predators' Development Camp.

St. Clements Gators join HTJHL

By Brian Bowman

Selkirk has a long history of great junior hockey in the city with the Steelers and Fishermen.

Now, East Selkirk will be treated to local junior hockey.

The St. Clements Gators have been accepted into the Hanover Tache Junior Hockey League (HTJHL) and will play their home games at the East Selkirk Recreation Centre. The league is labelled as Junior C.

Peter Tomko, one of the Gators' governors/owners wants to give local players a cheaper option of playing hockey with the hope of developing them so they can advance to the next level.

"We're very excited," said Tomko last week. "I'm watching what it costs kids to play organized hockey...and I'm looking at developing players for some of the teams that I work for. My main goal is to direct these kids and give them some hope. They're dreams are still there. This AAA and elite stuff has taken away the dreams for a lot of kids."

HTJHL president Darrell Lupky said the Gators were unanimously accepted into their league last month.


St. Clements is now part of the eight-team league along with Steinbach, Red River, Springfield, Lorette, Niverville, Landmark, and MacDonald.

"It's always great to add another team because it means there's more players playing and that's what our league has always been about," said Lupky. "Keeping guys in the league and having them play competitively after they've passed their minor hockey days."

The Gators will start skating in September and the league's regular season will begin in October. Last season, HTJHL teams played a 24-game schedule.



PHOTO SUBMITTED



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Sept 8	Sept 9	Sept 10
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7 pm - On ice	10 am - Dryland	1 pm - Game (Two)
8 pm - Dryland	1 pm - On Ice	2 pm - One on one interviews
	2 pm - Dryland	

— GATORS HOCKEY REGISTRATION FORM —

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Position Preferred: 1st Choice _____ 2nd Choice _____

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Teulon hosts junior golf championships

By Golf Manitoba

Thailand's Teerawut Boonseor shot a one under par 71 last Wednesday in his final round to win the Junior Boys Championship presented by the Alex & Peggy Colonello Foundation.

The 14 year old finished the 54-hole event at the Teulon Golf & Country Club with a one-under 215 total, good for an eight-stroke victory over Ryan Orchard (Carman Golf & Curling Club) and Grady Chuback (Team Manitoba/St. Charles Country Club).

Off to represent Manitoba at the Canadian Junior Boys Championship are Orchard, Chuback and Terence Rafferty (Team Manitoba/Southwood Golf & Country Club).

Crystal Zamzow (Team Manitoba/Golf Manitoba Public Players Club) is the Junior Girls champion after shooting a final round two-under par 70, good for a seven-stroke victory over Jeri Lafleche (Clear Lake Golf Course).

Representing Manitoba at the Canadian Junior Girls Championship will be Zamzow, Lafleche and Cala Korman (Team Manitoba/Golf Manitoba Public Players Club).

Golf Manitoba appreciated the time and effort of the host club, Teulon Golf & Country Club led by co-owners Perry and Gary Dola, general manager Janis Dola, superintendent Braeden McGowan, their staff, club members and volunteers for their warm welcome.

Alec Baldwin golden at the Special Olympics World Games

By Patricia Barrett

Gimli's Alec Baldwin earned three medals (two gold, one bronze) last month at the Special Olympics World Games in Berlin, Germany, and received an outpouring of praise from the local community.

Alec competed in track, relay and the running long jump at the games, which were held June 17-25, and earned a medal in each event.

He said he "was excited and very happy" to receive two gold medals and that it was his first time competing at the world games.

"I'm doing great because I earned [medals] in three events," said Alec, who has autism and is well known in Gimli for his annual community dog party and his outstanding artwork. "I earned two gold medals. One for 800 metres and when my time was two minutes and 18 seconds. And another gold medal for running long jump. That's when I made my personal best. I ran for 25 metres [then jumped]."

Alec and three of his Canadian teammates scooped up the bronze medal in the 400-metre relay event, completing it in 54 seconds. Alec ran in third position, handing the baton to the last runner.

He said he wants to improve that personal best time.

"If I don't get a personal best time, everything is OK," he said. "We proved ourselves to run quicker [in the relay event] and we had speed in a flash."

The Special Olympics World Games had about 7,000 athletes from 190 countries competing in 26 sports that included track and field, cycling, equestrian, artistic and rhythmic gymnastics, judo, powerlifting, sailing, swimming and basketball. The games are the world's largest inclusive sporting event, allowing athletes with intellectual challenges to compete together and achieve recognition for their dedication to athletic train-

ing.

Alec said the Special Olympics games help promote inclusivity and generate conversations around people with intellectual challenges. TSN even interviewed him at the games for German TV.

"It's a great phenomenon when we talk together and start conversations and asking questions. It was awesome," he said.

Alec's mom, Tanis Benson, said the response from people in Gimli to Alec's performance at the games was overwhelming.

"He had such a great response from people locally on Facebook. He's got so many people who like him. It's just amazing," said Benson, who attended the games with her husband and daughter. "I did Facebook live for the opening and closing ceremonies and after he won his medals, and we had hundreds of people congratulating him and telling him they were so proud of him for representing Gimli and Canada."

The RM of Gimli and Canada Day organizers invited Alec to participate in the parade through town on July 1. Alec dressed in his Team Canada uniform and wore his medals.

Alec qualified for the Special Olympics international games in Berlin by competing against other athletes from Manitoba. He ended up tied for points (he placed first in the 800 metres and second in the running long jump) with another athlete. His selection for Team Canada came down to a random draw made by computer.

Alec is already a seasoned pro at distance running, but it was the first time he trained for and competed in the running long jump.

"He had to learn how to perform the running long jump," said Benson. "Alec is with Interlake Athletics in Selkirk and his coach, Lena Kublick, helped him train for the long jump. She had to measure the distance he



RECORD PHOTO BY KAPANGA HESRON

Alec Baldwin competing in the 800-metre event in Berlin, Germany.



Alec's medal haul.

should run to get the best jump because it's different for each athlete. He started from 25 metres, had to count 16 steps and then jump. He didn't get enough practice with this to really feel confident, but he still pulled it off at the games."

Benson said they also got him a personal trainer, Tina Perkins, who gave him different exercises to work on his jumping power. He trained six days a week and included strength training and yoga. He also did one long run each week to maintain his endurance and used the treadmill to increase his speed.

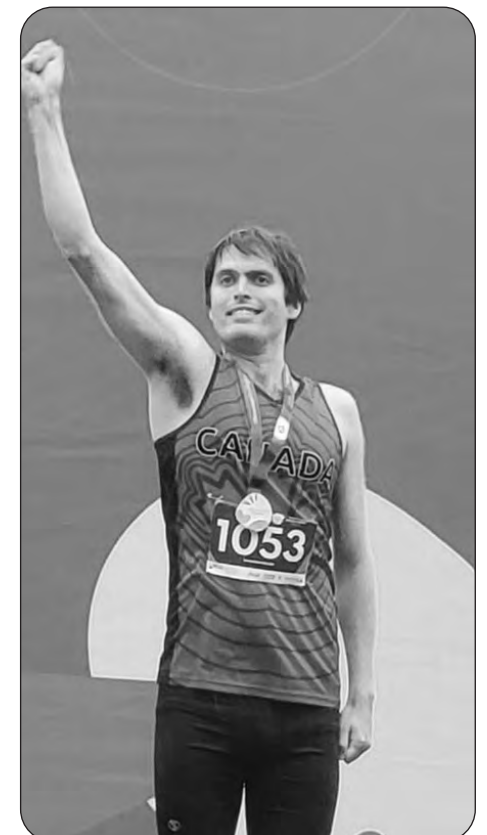
The family's chiropractor, Dr. Roch, also stepped up at the very last minute – the day before Alec flew to Berlin – to help him be at his physical best.

"When he did the 800-metre event in Berlin, you could see the smile starting when he was close to the finish line," said Benson.

Alec, who sings and plays piano, was invited to sing O Canada at a Family and Friends Reception at the Canadian embassy in Germany.

"He loves to perform. He and the gymnastics athlete were also interviewed for a documentary on the Canadian athletes," said Benson.

Alec has qualified for the Special



Alec won two gold medals and one bronze medal.

Olympics national winter games in Calgary next year, she said, and he'll be competing with the provincial team in the snowshoeing 800- and 1,600-metre events.

Special Olympics Manitoba offers a Draft an Athlete program to help cover the costs (about \$2,000 per athlete) associated with sending an athlete to the national games. If individuals, businesses or organizations wish to sponsor Alec's attendance at the Calgary Special Olympics games, they can visit www.specialolympics.mb.ca for more information.



EXPRESS PHOTOS SUBMITTED

Alec Baldwin with his parents at the Special Olympics World Games in Berlin, Germany.



Alec with his sister Nicola, who attended the games in Berlin to cheer him on.

Weih, Plowman, Roulette lead Canada to gold at ISBHF World U20 Ball Hockey Championship

By Brian Bowman

Nine Winnipeggers - including three with ties to the Selkirk Steelers - led Canada to six consecutive wins, including a dominating 10-3 victory over Slovakia in the gold-medal game to capture the ISBHF World U20 Ball Hockey Championship in Liberec, Czechia.

Tournament MVP Conner Roulette, a right-winger, scored three times in the championship game. The Dallas Stars' draft pick played three games for the Steelers in 2020-21, scoring a goal and adding an assist.

Also on Canada's gold-medal winning team were Owen Weih and Cole Plowman. Weih, a forward, played 42 games with Selkirk this past season, scoring nine goals and producing 22 points.

Plowman, a goaltender, spent this past season with the Steinbach Pistons. He previously played 32 regular-season games for Selkirk.

Having that many players from Manitoba win the gold is really cool.

"Those guys, I have been friends with them for a long time," Weih said. "We were nine, 10 years old and 10 years later, we're going to Europe together and playing in a world championship. It was super exciting and super cool (to play) with guys from Winnipeg and the Selkirk Steelers."

Weih will be entering his final season of junior hockey this fall. He feels privileged to represent Canada on an international stage.

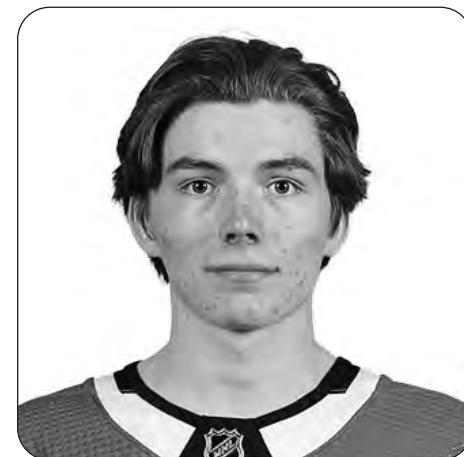
"It's a really exciting feeling, obviously. I got the invite in October of last year so I was super excited about



Owen Weih



Cole Plowman



Conner Roulette

it. I went (to the Worlds) back in 2019 with the U16s and to represent (Canada) again for ball hockey for U20 was super exciting," said Weih. "We had a really good team...it was super exciting and I was super honoured to be on that team."

The talented Canadians' squad went 4-0 in the round robin of the tournament with wins over the United States (4-3 in a shootout), Slovakia (4-3), Czechia (7-5) and Switzerland (12-1).

In the semifinals, Canada downed the U.S. 7-4.

"Overall, it was a really good team and we gelled together really well which helped out from Day 1," Weih said. "Obviously, when you have that experience and that pedigree when playing hockey it transitions well to playing ball hockey."

But, besides a couple of blowouts, the Canadians faced some pretty good competition.

"You had to go as hard as you could

each game. Nothing was given," Weih said. "All of the countries we played against were very well run. In that first game against the U.S. was a

nail-biter and we won in a shootout. There were no slouches and you had to earn every inch."

Selkirk FC ties Sinjar FC

Staff

Selkirk FC had a great effort in playing second-place Sinjar FC to a 2-2 draw in Manitoba Major Soccer League 3rd Division action on July 4.

Yaya Ramadan Adam scored to give Selkirk FC a 1-0 lead before Sinjar FC grabbed a 2-1 advantage with second-half goals from Firas Qasim and Sahm Qasim.

Selkirk FC tied the score at 2-2 with a late goal on a free kick from Aidan McWilliams.

Selkirk FC (2-3-1) played Los Guereros FC this past Tuesday but no score was available. Selkirk FC will

host Union Deportiva de Manitoba on July 19 at the Recreation Complex. Game time is 7:15 p.m.

In MMSL 5th Division action, the Tri-S Strike Force lost 5-1 to Crescentwood Saturday last Friday.

Stefan Koenig scored for Tri-S while Bryce Trupp (two), Kevin Dick, Stefan Hodges, and June Dimond-Bauer replied for the winners.

The Strike Force played Purple Cobras FC on Monday but no score was available. Tri-S will host the Hanover Strikers next Monday at the Selkirk Recreation Complex. Game time is 7:15 p.m.

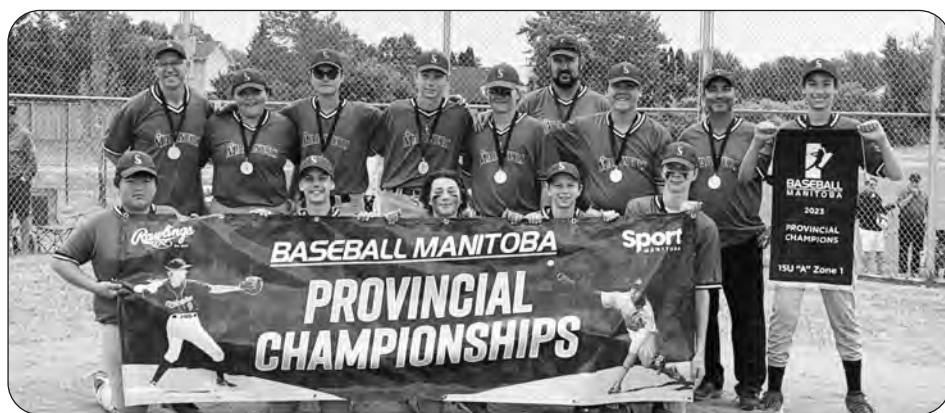
Expos excel at U11 A provincials



RECORD PHOTO BY ART4ATHLETES BECKY FLEURY

The East Selkirk Expos reached the semifinals of the U11 A (Zone 1) baseball provincials last weekend. East Selkirk posted a 3-1 record in pool play and then defeated the Phoenix Flames 13-4 in a tiebreaker game. East Selkirk was then eliminated from the provincials after a 12-2 loss to Macdonald Black. Pictured back row, left to right, assistant coach Carla VanWart, head coach Pam Kudlik, assistant coach Adam VanWart, and assistant coach Glen Veenstra. Middle row Luko Nagy, Carter Smolinski, Kipton Kutzak, Zach Payne, Vander Veenstra, Carter VanWart, Max Jansen, Evan Mortimer, and Lukas Kudlik. Front row Owen Mooney, Quinn Kolinsky, and Axel DeGrave.

Provincial champions



RECORD PHOTO SUBMITTED

The St. Andrews-Selkirk Mariners #1 baseball team won the Provincial 15 UA baseball championship with a hard-fought 13-8 victory over the Dakota CC Lazars last Sunday. Pictured back row, left to right, Clint Curle (manager), Cassidy Walker-Cook, Oscar Latimer, Colby Kurbis, Asher Stepaniuk, Darryl Giesbrecht (head coach), Daniel Monita, Pete Todosichuk (coach), and Jaxon Legere. Front row, left to right, Paxton Walker, Nolan Dear, Gavin Todosichuk, Tim Curle, and Vance Giesbrecht. Missing from the photo is Lexi Morris.

get inspired

> MEAL IDEAS

RED RIVER CO-OP FOOD STORE



Ham, Cheese and Zucchini Breakfast Cups

1/4 cup sliced green onion
1/2 teaspoon salt
1/4 teaspoon black pepper
Prepare quinoa according to package directions. Preheat oven to 350 F.

Coat 12-cup muffin tin with nonstick cooking spray.

In large bowl, combine shredded cheddar cheese, shredded zucchini, diced ham, eggs, egg white, sliced green onion, salt and black pepper. Mix well. Spoon batter into prepared muffin tin.

Bake 25 minutes. Cool 5 minutes then remove to wire rack to cool completely.

Prep time: 15 minutes
Cook time: 25 minutes
Servings: 12
1 bag Success Tri-Color Quinoa
nonstick cooking spray
1 cup shredded cheddar cheese
1 cup shredded zucchini
1/2 cup diced ham
2 eggs
1/4 cup egg white



Pancakes with Blueberry Vanilla Sauce

dium saucepan. Add water, stirring to dissolve. Stir in blueberries and sugar. Bring to boil over medium-high heat. Boil 1-2 minutes, or until sauce thickens slightly. Remove from heat. Stir in vanilla. Cover to keep warm. Set aside.

To make pancakes: In medium bowl, stir oats, sorghum flour, brown sugar, baking powder and cinnamon.

In small bowl, whisk milk, applesauce, egg and oil. Stir into flour mixture until batter is just moistened and no flour is visible without overmixing.

Heat nonstick griddle over medium heat. Test temperature by sprinkling drops of water on griddle. Griddle is ready when water evaporates quickly.

Pour 1/4 cup batter for each pancake on griddle. Cook 2-3 minutes, or until tiny bubbles appear on surface and bottoms are golden brown. Flip pancakes. Cook 1-2 minutes, or until cooked through and golden brown on bottoms. The USDA recommends cooking egg dishes to 160 F.

Transfer pancakes to plates. Spoon sauce over pancakes. Top each serving with 2 tablespoons yogurt.

Recipe courtesy of the American Heart Association and Sorghum Checkoff
Servings: 4 (2 pancakes, 1/4 cup sauce and 2 tablespoons yogurt per serving)

Sauce:
2 teaspoons cornstarch
1/3 cup water
1 cup blueberries
1 tablespoon sugar
1 1/2 teaspoons vanilla extract
Pancakes:
1/2 cup quick-cooking rolled oats
1/2 cup whole grain sorghum flour
1 1/2 tablespoons firmly packed light brown sugar
1 1/2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/2 cup fat-free milk
1/2 cup unsweetened applesauce
1 large egg
1 tablespoon canola or corn oil
Topping:
1/2 cup fat-free plain Greek yogurt
To make sauce: Put cornstarch in me-



Spiced Pecan Grilled Peach Salad with Goat Cheese

1/4 cup, plus 2 teaspoons, extra-virgin olive oil or pecan oil, divided
1/4 cup white wine vinegar
1 teaspoon Dijon mustard
1/4 teaspoon garlic powder
1/8 teaspoon kosher salt
pepper, to taste
2 large peaches, halved and pits removed

6 cups mixed baby greens (such as arugula, spring mix and spinach)
4 ounces soft goat cheese

To make spiced pecans: Preheat oven to 275 F. Line rimmed baking sheet with parchment paper and set aside.

Prep time: 5 minutes
Cook time: 50 minutes
Servings: 4
Spiced Pecans:
1 large egg white
3 tablespoons dark brown sugar
1 teaspoon cinnamon
1/4 teaspoon cayenne pepper
1/4 teaspoon kosher salt
2 cups pecan halves
Salad:

Take control of your cortisol (stress) levels

By Fitness & Nutrition Expert Julie Germaine Coram

Poor cortisol gets a bad rap, but the truth is that it is an essential hormone that affects each organ and tissue in the human body. While it can be problematic and lead to increased belly fat when unbalanced, we need cortisol in healthy quantities to:

- Help control sleep-wake cycle
- Regulate blood pressure and blood sugar
- Suppress inflammation
- Aid in controlling your body's use of macronutrients (aka metabolism)
- Regulate your body's stress response

How can you make sure that cortisol is released at the correct time during the day, and what can be done to manage chronic elevated cortisol levels? Read on, my friend.

The first thing we want to pay attention to is our sleep behaviours:

- Your body can be affected by blue light emitted from your devices, so turn on night shift if it's after dark. This alters your screen to display warmer colours, filtering out blue light.
- Go to sleep by 10 p.m. most nights, and avoid evening snacks at least three hours before bedtime. This helps with melatonin and HGH production, which helps us get better quality rest.

Black out your bedroom completely. This can be achieved by removing night lights, putting up thick window coverings to block street lights, and ensuring electronics with power indicators are facing walls or moved to an entirely different area of your home.

Next, consider how we start each morning:

- If you live in the country, try leaving your blinds open so the sun wakes you up.
- Spend up to ten minutes in direct sunlight as soon as possible every day. If it's cold out, this can be accomplished in a window. Avoid wearing



Fitness and Nutrition expert Julie Germaine Coram

sunglasses during this time.

- Try a cold morning shower, by cranking the tap to icy for the final few minutes of your usual cleanse. Bonus: this is excellent for hair and skin!
- Keep up your morning coffee habit.
- Give intermittent fasting a go, ideally for 12-16 hours overnight.

Your diet and activity level is important as well, when it comes to maintaining healthy hormone levels. Avoid sodium-rich foods, processed items (especially those high in sugars), and reduce alcohol to avoid developing chronically elevated cortisol levels. You can try increasing your vitamin C intake to fix an existing condition, and exercising regularly with both stress training and cardiovascular activity will have a noticeable effect on your overall stress, and there help regulate cortisol in your body.

Julie Germaine Coram; NASM Certified Nutrition Coach, NFLC Registered Personal Trainer, 2x International Pro Fitness Champion. Coach Julie has helped tens of thousands of men and women improve their health since 2005. Visit juliegermaine.com or www.calendly.com/juliegermaine

In medium bowl, whisk egg white, brown sugar, cinnamon, cayenne pepper and salt until well combined. Fold in pecans and mix until evenly coated in mixture. Spread in single layer on prepared baking sheet.

Bake 45-50 minutes, stirring occasionally until pecans are fragrant and golden brown. Allow to cool completely.

To make salad: Heat grill to medium-high heat. In small bowl, whisk 1/4 cup olive oil, white wine vinegar, Dijon mustard, garlic powder, salt and pepper, to taste. Set aside. Brush cut sides of peach halves with remaining olive oil and grill until grill lines appear and peaches become tender, 3-5 minutes. Remove peaches and cut into slices. Divide greens among four plates. Top with grilled peach slices and goat cheese. Di-

vide 1 cup spiced pecans evenly among salads and reserve remaining cup for snacking. Drizzle each salad with vinaigrette.

BINGO

SUNDAY NIGHT BINGO

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4

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\$4,318+ POKER FLUSH

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\$1,182 LUCKY 7

In 25 Numbers

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

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BUYING SCRAP METAL, CARS, TRACTORS, COMBINES, FARM SCRAP, ANY METAL MATERIAL, ANY FARM MACHINERY. PH LONNIE AT 204-886-3407 LVE. MESSAGE OR CELL AT 204-861-2031.

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Buyer for all farmyard scrap, machinery and autos. No item too large! Best prices paid, cash in hand. Phone Alf at 204-461-1649.

FARM MACHINERY
1755 Cockshutt with loader and bale fork, new rubber, good short tractor with cab, good condition, asking \$6500. Phone 204-278-3669.

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

CONDO FOR SALE
2 bdrm., 1 bath condo, 5 appliances, many upgrades inside & out. 504-5th Ave. South, Stonewall. Open House on July 22 & 23 from 1-4 p.m. by appointment only. Ph 204-467-4230 or 204-799-8447.

ACCOMMODATIONS WANTED
Mature employed male, non-smoker looking to rent a room in a house or be a roommate in a 2 bdrm. apartment in Selkirk or surrounding areas, for August 1st. Call Rob 204-794-6558.

GARAGE SALE
Large multi family yard sale, July 14 at 3 p.m. & July 15th at 9 a.m. on PR229, 3 1/2 miles east of Hwy. 7 or 5 1/2 miles west of Hwy. 8.

Advertise your Garage Sale in the Record

GARAGE SALE
Large Garage Sale Saturday July 15, 9-2. 659 Lockport Road.

HELP WANTED
Allstar Environmental Services, Petersfield, is currently looking to hire a septic truck driver for the surrounding areas of Matlock, Petersfield, Sandy Hook and Gimli. Full time days including a Health Benefits Plan. Must have Class 3 with Air. If interested, please call: 204-738-2336 or email: allstarenviro@gmail.com

HELP WANTED
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.

HELP WANTED
Seasonal Help Wanted - Searle Greenhouses Ltd located at 345 Old Henderson Hwy in East Selkirk is accepting applications for full-time seasonal greenhouse worker positions starting in January 2024. No experience required; training is provided. Starting wage \$15.30 per hour. Apply by email to: iwant-towork@searlegreenhouses.com or fax: 204-482-8968 Attn: Kris.

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SUDOKU

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

Level: Intermediate

Fun By The Numbers

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

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

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

N	E	E		D	E	T	V	O
O	R	Z		E	T	U	C	S
T	I	V		C	V	S	E	K
V	N	V		B	I	T	A	V
D	A	B		V	C	O	C	O
S	S	V		A	N	V	S	E
D	O			S		I	R	E
I	K			N	E	P	E	S
B	A			C	A	V	A	E
M	S			L	E	T	V	H
P	V			A	T		V	U
R	X			U	G	O	B	C
D				S	A	V	S	B

Sudoku Answer

Crossword Answer

CROSSWORD

- CLUES ACROSS**
- Database management system
 - Medical procedures
 - Clapton, musician
 - Defender
 - Exert oneself
 - Indicates position
 - Prevents river overflow
 - Atrocities
 - Mister
 - Ends
 - Slope or tilt
 - Taxi
 - The very ends
 - Actor Sean
 - Japanese persimmon
 - Sours
 - Beneficiary
 - Baseball official
 - Muddy, boggy ground
 - Not worldly
 - Actress Lathan
 - Soil
 - Cola
 - Asleep
 - Angeles
 - Give birth to a child
 - Beach shelter
 - Commercial
 - Taste property
 - Local jurisdictions
 - It cools your home
 - Dismounted from a horse
 - Charge with a crime
 - Close in
 - Spoke
 - Famed garden

1	2	3	4		5	6	7	8	9	10					
							12				13	14	15		
16					17				18						
19				20	21			22	23				24		
25							26				27				
28						29					30				
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34	35	36	37					38							
39						40	41	42							
43						44						45	46	47	48
49						50				51	52				
53					54					55					
56		57						58				59			
60						61	62					63			
						64								65	

- "Westworld" actor Harris
- Belonging to me
- Shoelace tube
- Takes to court
- Early multimedia
- In a way, produces
- Bowlers
- Of I
- Equally
- Gets some sun
- A place to stay
- Town in Galilee
- Aronofsky film
- Klingon character, "Star Trek"
- Equal to 100 square meters
- Atomic #58
- Arrived extinct
- Loosen grip
- A distinctive odor that is unpleasant
- Membranes
- Some is poisonous
- Partner to Pa
- Small brown gray rail
- A salt or ester of acetic acid
- Sodium
- Military official (abbr.)
- Lighted
- Took off
- All
- Ohio city
- More abject
- A radio band
- Controversial tech product (abbr.)
- Monetary unit
- Passed with flying colors
- A way to win a boxing match
- The Golden State
- Home of the Longhorns



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Please Call 204-785-1618



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, Kenabek 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 Kenabek 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, Kenabek 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 13th day of July A.D. 2023, and issued pursuant to Section 318 of *The Municipal Act*.

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

HELP WANTED

P/T cook for the Selkirk Lion's Centre Congregate Meal Program is required immediately. Must plan and prepare meals for approx. 14-20/day. Food Handlers Certificate, Criminal Record check, own transportation and previous related experience required. Hours are 8:00 a.m. - 1:00 p.m. 4.5 - 5 hours per day. Wages depend on experience. Email resumes to sfionscenter@gmail.com

Babysitter required. Selkirk/Clandeboye. Part time hrs can be based on schedule. Phone number: 204-990-6292. Text or call.

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SHARPENING

Knives (Butcher, household, filleting, etc), meat cleavers, scissors (regular and fabric), pruning shears, carbide blades, chainsaws, etc. Call 204-482-4051 Selkirk.

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.



Camp Wannakumbac 75th Anniversary Family Camp August 4-7, 2023

Everyone invited especially current & alumni campers, counsellors, staff, families & supporters for all or part of weekend. Enjoy decade reunions, campfires, beef pit BBQ & dance. Info on fees, detailed program & registration at: www.campwannakumbac.com or Ph: 204 848-2380

Email: info@wannakumbac.com

Registration Deadline July 21, 2023

MISCELLANEOUS

For sale - Battle Creek Health Walker treadmill, \$200; Cooper golf clubs (12) and golf cart, \$200. Call 204-757-2576.

WANTED

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

Firearms wanted. Looking for all unwanted firearms. Fully licensed for both non-restricted and restricted. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

Wanted old advertising: Dealership signs, service station, gas pumps, globes, oil cans, Red Indian, White Rose, Buffalo, Husky, Ford, GM, Dodge, Tire signs, Coke, Pepsi etc. Call 306-221-5908.

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SALES CAREER OPPORTUNITY

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is looking for a dynamic, highly motivated person to become part of our advertising sales team in the Interlake area.

The successful candidate will thrive in a fast paced sales environment where a competitive nature, strong work ethic and excellent customer service skills are required and rewarded.

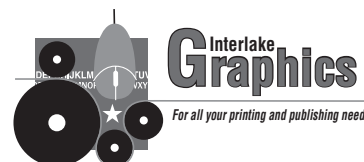
This opportunity involves building relationships and representing our newspapers to new and existing customers.

Qualifications: The successful candidate must be professional, dependable, energetic, goal-oriented, self-starter, can work within deadlines, well organized and friendly.

Customer service, sales experience and passion is a must.

- Strong computer skills, including Microsoft Office
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If you fit this description please email resume to Bigandcolourful@mts.net



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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

The Carman-Dufferin
STANDARD

ANNOUNCEMENT
GRADUATION



Andrew James Hladun
 Graduated Honours with Distinction.
 Good Luck at the U of M.
 -Love Mom, Dad,
 Conner, Elizabeth, Natalie,
 Aunt Magda, Uncle Chris and Mila,
 Aunt Katie, Uncle Colin,
 James and Adelaide
 and Grandma

ANNOUNCEMENT
IN MEMORIAM



Fred Gobeil
 1960 - 2022
 My beloved husband Fred,
 I can't believe it's been a year
 Since you have passed.
 -Love, your wife Debbie

ANNOUNCEMENT
IN MEMORIAM



Fred Gobeil
 July 27, 1960 - July 10, 2022
 Much loved husband, father, Gigi,
 little brother, uncle and friend
 Although the world keeps turning
 And the sun comes up each day,
 Life has never been the same
 Since the day you went away.

ANNOUNCEMENT
BIRTHDAY



Elsie Lister
 Celebrates her 90th birthday
 on July 12, 2023.
 A true milestone!
 May it be filled with love, joy and cherished
 moments.
 Mom, grandma, nana,
 we hope your day turns out
 to be as special and unique as you are.
 -Lots of love,
 your six kids, sons-in-law,
 grandkids, and great-grandkids

ANNOUNCEMENT
IN MEMORIAM



Glenn Salter
 July 15, 2011
 Time slips by, life goes on
 But from my heart you are never gone.
 I think of you always
 I talk about you too
 I have so many memories,
 But I wish I still had you.
 Gone but never forgotten
 Love Always and Forever
 -Sandi

ANNOUNCEMENT
IN MEMORIAM



Jared and Ngan
 10 Years Missing You
 You had a wild side but you had
 amazing grace
 I know you're way off up in them clouds
 But if you could still hear me right now
 I hope you hit those gold streets on two
 wheels
 I hope your mansion in the sky's got a ten
 acre field
 With some mud and some hubs you can lock
 in
 Make some thunder, make 'em wonder
 how you got in
 Hide your beer, hide your clear from the man
 upstairs
 Crank it loud, hold it down 'till I get there
 And when I do, I hope you got some new
 stories to tell
 'Til then, give Heaven some hell.
 -Love Always Youzwa and Nguyen family

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Announcements

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OBITUARY



Louise Long (nee Sinclair)

After several months of health issues followed by a difficult diagnosis, Louise passed away peacefully the evening of June 28th at the age of 78 years.

She was predeceased by her husband Frankie in 1980. She is survived by her two sons, Jerret (Nancy) and Brett (Tracey), and her four grandchildren, Noah, Phoenix, Micah and Marigold. She is also survived by her sister, Lynne, several nieces and nephews, as well as her longtime companion Gordie and the Jenkinson family.

Louise was a fun and loving woman who cherished her family and friends. She will be missed by all who knew her.

A private family graveside service will be held at St. Andrew's on the Red Anglican Cemetery. Family and friends are invited to a Celebration of Life reception on Thursday, August 3rd at 2:00 p.m.

at Gaffer's Restaurant in Lockport.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



Hazel Frances Thompson

On June 17, 2023 at the Red River Personal Care Home, our beloved aunt, Hazel Frances Thompson passed peacefully at the age of 102 years.

"Aunt Fran", as we all called her, was born on February 14, 1921 in Portage la Prairie, MB.

She was the youngest child of Charles Michael Rezac and Eleanor Mary Rezac.

She was predeceased by her parents, her husband, George Andrew Thompson and her step son Raymond Russell Thompson, and all of her siblings - brothers Charles and John Rezac and sisters Winnifred Taylor, Alfreda Rutherford, and Marion Mowat. She was also predeceased by her beloved niece Glennis Smith and nephews Gordon and Garth Rezac.

Aunt Fran is survived by her nephew Gary Mowat (Grace), niece Gloria Kirkness (Allan), nephew Barry Rutherford (Ann), nephew Darcy Rezac and many great nephews and great nieces.

Frances and her husband George lived just outside of Victoria, BC until his passing in 1989. At that time she then moved to Selkirk, MB to be close to her sister Marion and family.

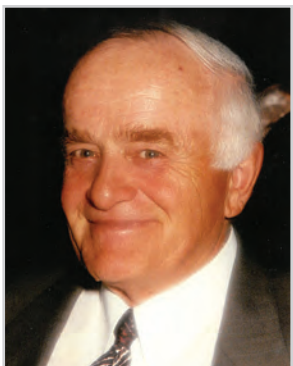
In April of 2010, following some health issues, Aunt Fran moved into the Red River Personal Care Home where she resided until her passing. The family would like to thank the staff of Red River for their constant and loving care of our aunt throughout those years.

In keeping with her wishes, cremation has taken place and a private family service has been held. Condolences may be left on her tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY



John Kozun June 7, 1927 – July 1, 2023

It is with great sadness the family announces the passing of John Kozun on Saturday, July 1, 2023 at the Betel Home in Selkirk at the age of 96 years.

He leaves to mourn his wife Stella of 69 years, his three children, Brian Kozun (Jeannette), Gary Kozun (Donna) and Sandra Ross (Tom). He also leaves his four grandchildren Jon, Kyle, Alexandra (Will), David (Summer) and his great-grandchild Hayden; sister-in-law Fran; nieces Gail Kozun and Karen Willms.

John was predeceased by his brother William and niece Debbie. John was born in Dizkiw Starry, Poland coming to Canada at the age of two. In his youth, John enjoyed playing and refereeing hockey and hunting with family and friends. In 1945 he enlisted in the Canadian Armed Forces, resigning at the end of WWII.

In 1954 he married the love of his life Stella. They enjoyed family, camping, fishing, golf, curling and cross country skiing. They also enjoyed travelling to the Caribbean, South America and Europe. In 1976 John and Stella built a house on Netley Creek in Peterfield before returning to Selkirk in 2006.

John was employed at the Manitoba Rolling Mills, then Abex Steel Foundry retiring in 1989. He also owned and operated with his father George and brother Bill the Selkirk Bowling Lanes from 1961-1976.

Over the years, John volunteered with the Selkirk Game and Fish and Selkirk and Petersfield Curling Clubs. He was a long time member of the Selkirk Legion and Gordon Howard Seniors Centre. Cremation has taken place and a private family celebration of life will be held.

In lieu of flowers, donations in John's name can be made to the Selkirk and District Community Foundation.

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

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Jimmy Ednie

On June 30, 2023 Jimmy passed away in Winnipeg, Mb at the age of 59 years.

Funeral Services will be held on Friday, July 14 at 11:00 a.m. in the Gilbart Funeral Chapel, Selkirk, MB. Condolences may be left on his tribute wall at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.



OBITUARY

Herbert Winston McMahon

It is with great sadness we announce the passing of Herb McMahon age 82 years, formerly of Teulon, Manitoba on Friday, July 7, 2023 at Selkirk Regional Health Centre.

Survived by son Trevor (Kim), brother Cliff, brother-in-law Art (Diane) Franks, and numerous nieces and nephews.

Herb was predeceased by his wife Marion in March, 2022.

A private family interment has taken place.

The family would like to thank the Selkirk Regional Health Centre, medical ward

2, Selkirk EMS, Homecare staff (Sherry and Linda) for their wonderful care and to

Valdene Sigurdson for her caring support.



204-886-0404



OBITUARY

Randy Gordon Anderson August 11, 1953 - July 06, 2023

It is with deep sadness that the family of Randy Gordon Anderson announce his sudden passing on Thursday, July 06, 2023 at the age of 69.

Randy is predeceased by his mother Louise Norquay, father Gordon Anderson, step-father Tommy Norquay, step-mother Alberdina Anderson and brother-in-law Mark Simko.

Randy leaves to mourn his daughter Lindsay (David) Obirek, sons Gord (Jenna) Anderson, Joel (Nagisa) Anderson and grandchildren Devon Anderson, Dustin Anderson and Noah Obirek. Also left to cherish his memory are his brothers Craig (Debbie) Anderson, his twin Laurie Anderson, Bill (Katherine) Anderson and sisters Lisa (Perry) McMurchy, Linda Simko and many nieces and nephews.

Randy was born in Selkirk, Manitoba where he attended school and made lifelong memories with family and friends growing up in the area. Randy loved his early years living at the family farm on the outskirts of town and shared many stories of that part of his life. In 1982, Randy married Geraldine (Gerri) Reimer and had three wonderful children who Randy adored dearly and talked highly of them to all he knew. Randy was very proud of his children's accomplishments in life and maintained a very close bond with them. Randy regularly visited or called his children and enjoyed trips to Skinners and Half Moon Drive-in. His children and grandchildren brought extreme joy to his life and a moment never went by when he wasn't ready to share a story or his latest adventure with them.

Randy worked various jobs during his early adulthood including at the Seven Oaks Youth Centre and as a Delivery Driver for Lakeland Dairies. Randy's real passion came as he started his career in the early 1980's as a paramedic in Selkirk with the Ambulance Service. Randy excelled at his work and proudly volunteered his time to assist in mock casualty training exercises to help better the skills of local First Responders and Physicians. On January 20, 1986, Randy took his skills to the Winnipeg Ambulance Department which eventually became known as the Winnipeg Fire Paramedic Service. Randy worked as a paramedic on the street in Winnipeg before moving into the Ambulance Communications Centre as an Operator on November 07, 1995. Randy then became a Senior Ambulance Communications Operator on September 21, 2003, eventually retiring from the Winnipeg Fire Paramedic Service on August 18, 2018 having served the City of Winnipeg for nearly 33 years.

Randy had a passion for vintage vehicles and attended many car shows throughout the years. Randy's joy was his 1968 Chevy Step-side truck that he had been restoring. He loved showing off his old truck to his grandchildren and taking them for rides around the yard while stopping to pose with them for photos inside the cab.

Randy enjoyed fishing throughout his lifetime and spent many days dropping a line along the Red River with friends and family.

Randy was a welcomed familiar face around Selkirk and he visited many local establishments such as Roxi's by the Red Uptown Cafe where he was known to staff for his outgoing and friendly personality.

The family would like to thank the First Responders who attended to Randy and the staff of the Emergency Department at the Selkirk Regional Health Centre for their care, compassion and professionalism. The family would also like to thank Pastor Jeff Ramos and Pastor Dan Johnston for being there for them during this difficult time and to Springs Church for their never ending love, support and prayers for Randy over the years.

A celebration of Randy's life will be held on Thursday, July 13, 2023 at 11:00 a.m. in Selkirk Manitoba at Gilbart Funeral Home (309 Eveline Street).

In honour of Randy's dedicated service, the Winnipeg Fire Paramedic Service will be lowering flags to half-mast on the day of his funeral at all fire and paramedic halls.

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

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SHOW HOME OPEN!

FEATURE OF THE WEEK!

508 CORINNE AVENUE, PETERSFIELD \$454,900



IMPROVED PRICE on this BRAND NEW 1568 SF home with fantastic open concept kitchen, dining & living spaces w/vault ceiling, bright pot lights & modern fixtures. Kitchen features quartz counters, large island w/seating & storage, walk-in pantry & all brand new stainless steel appliances. Dining area with garden doors to back deck. Great sized living space with front door leading to covered porch nestled in the trees. Large primary bedroom features 4pc ensuite & walk-in closet. 2 more bedrooms, 4pc bath, main floor laundry + storage room complete the main floor. SPC Vinyl flooring throughout, ICF foundation, concrete crawlspace floor, 200A service. Awesome oversized 24'x24' 2DT grg w/ 8' doors & 9' ceiling. New home warranty thru progressive. Enjoy the sweet creek life in this low maintenance, new home close to Netley Creek, golf, beaches, amenities & more! Fantastic community, great schools!

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