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VOLUME 14 EDITION 29

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RECORD PHOTO BY KATELYN BOULANGER

The streets were lined with parade watchers and children were eager to collect sweet treats at the Selkirk Biz Parade which took place last weekend. The parade had many floats which brought fun and flare to the streets of Selkirk. See more photos inside.

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Lockport celebrates the grand opening of the St. Andrews Lock and Dam Bridge

Community celebrates completely opened bridge connecting St. Andrews and St. Clements

By Katelyn Boulanger

A large crowd gathered on the edge of the Red River last weekend for the official opening of the St. Andrews Lock and Dam Bridge. The bridge had been partially closed due to the bridge deck replacement construction and since June 30 has had both lanes open to traffic as well as a wide pedestrian pathway.

The ceremony opened with a land acknowledgement and introductions before local Elder Wayne Manningway was invited to say the opening prayer.

He was followed by Cheryl Baraniecki regional director general, Western Region of Public Services and Procurement Canada (PSPC).

"It is an absolute pleasure to be here today to celebrate the successful completion of the bridge deck replacement project. This \$50 million project has allowed us to enhance accessibility and extend the service life of the facility for another 75 years so that it is safer and more usable for your communities. As the only remaining example of a movable dam of this

type in North America. This investment highlights the Government of Canada's commitment to rehabilitating our buildings and sites of national significance. I'm proud that we have been able to be able to complete the upgrades and increase the load capacity of the bridge while preserving the site's important heritage features," said Baraniecki.

She also thanked the project's Indigenous partners for their contributions. The construction disturbed historical grounds and because of that artifacts were found as well as remains and a partnership with local Indigenous groups was instrumental.

Mike Sutherland of Peguis First Nations then spoke. He discussed the earlier pipe ceremony that took place at the location where historical remains were found and the partnership that took place during this project.

"In this area, as many of you know that have lived here for a long time, this was the traditional homeland of

Continued on page 4



RECORD PHOTO BY KATELYN BOULANGER

The St Andrews Lock and Dam Bridge was reopened to two-way traffic on June 30. Last weekend an official ribbon cutting ceremony took place to acknowledge the project's completion.



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4 **The Selkirk Record** Thursday, July 20, 2023

> LOCKPORT BRIDGE, FROM PG. 3

Peguis First Nation, which once was called St. Peter's Reserve. When the ancestors were found a couple of years ago, we got involved with this project and we've been involved ever

since – myself and Wayne and many others of our team. We took a proactive approach with Canada, and the construction company and moving forward to continue to help support



RECORD PHOTO BY KATELYN BOULANGER

Tracy Mainland Kramble speaking at the bridge opening event.

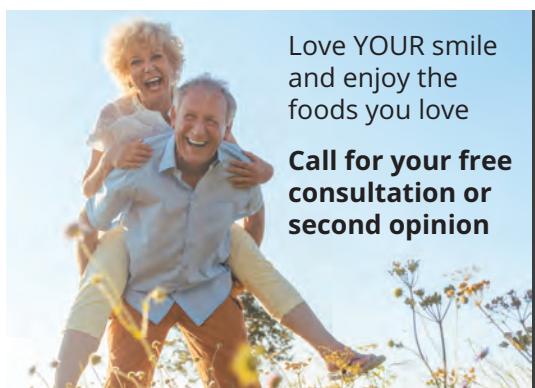
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the project and complete it," said Sutherland.

St Andrews mayor Joy Sul discussed the importance of the bridge as a connection point in our community.

"We're so grateful to the federal government for funding the bridge renewal, as well as working with the RMs and the Lockport community throughout the process. Not only does the bridge join our two communities together, it will attract new visitors to enjoy the beauty of this region," said Sul.

Mayor Debbie Fiebelkorn of St. Clements acknowledged the history of the bridge and the future opportunity that this brings.

"This project is an investment in our infrastructure, our economy and our people. It will remove existing speed and load limits increase commercial traffic through the area and help local businesses with improved vehicle, pedestrian and cyclist access. I would like to thank all the partners and stakeholders who made this project possible. I would also like to thank the residents of St. Clements, St Andrews and surrounding areas for your patience and cooperation during the construction period," said Fiebelkorn.

She also expressed her hopes that the thousands of historical artifacts that were found as part of this project

are able to remain with Peguis First Nations and be used to learn more about our local Indigenous ancestors and their stories for future generations.

James Bezan, MP for Selkirk-Interlake-Eastman, commended the partnership that took place during this project.

"Although there were some inconveniences, and although all the ideas and aspirations were incorporated into the final project, I think what we got behind is fantastic. And I think all of us can take pride in knowing that the Government of Canada, worked so closely with everyone here in Lockport. So, on behalf of the great people, the Selkirk-Interlake-EastMan constituents that I proudly represent in Ottawa, I have to say thank you to be PSPC, thank you to the municipalities of St. Andrews and St. Clements, thank you to the province of Manitoba, and thank you to our Indigenous leadership who all participated in this incredible project," said Bezan.

The presentation concluded with words from Lockport Community Development Group members Mike Faires and Tracy Mainland Kramble.

"The significance of the St. Andrews Lock and Dam bridge opening cannot be overstated, especially for the businesses in the Lockport region. Over the past two years, these businesses have endured the hardships of a global pandemic with many facing closures, reduced foot traffic and declining revenues. Just as they were beginning to recover the alteration of the main traffic and flow within the community posed another challenge. This transportation project includes widened pedestrian paths not only to enhance the safety and accessibility of the bridge but also to play a pivotal role in driving traffic to our local businesses. We have all been eagerly awaiting this opening and encouraging each and every one of you to revisit your favourite places, restaurants and businesses. Let us restore traffic patterns that made Lockport a major thoroughfare for surrounding communities and continue to support our local small business," said Mainland Kramble.

The event concluded with the official ribbon cutting celebrating the project's completion.

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Selkirk RCMP investigate robbery that took place at Morris Ave business

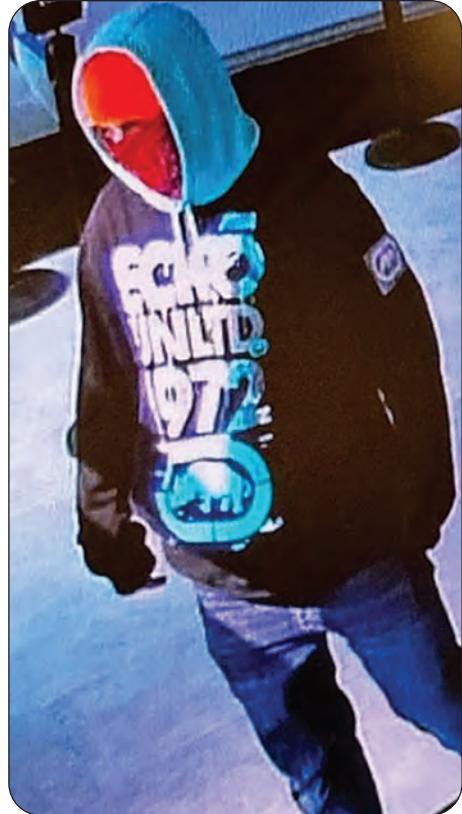
Submitted by the Manitoba RCMP

On July 14, at approximately 10:30 a.m., RCMP responded to a robbery at a business on Morris Avenue, in Selkirk.

A male wearing a mask entered the store, threatened employees with a knife, stole money and cigarettes and

fled on foot.

No one was physically injured. Further investigation has determined that the same suspect also entered a business on Main Street in Selkirk, noticed there were several customers inside and left without incident.



RECORD PHOTO SUBMITTED

Photos of the suspect.

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The suspect is described as male, wearing a light coloured hoodie with a black long sleeve shirt over it with "ECKO UNLTD 1972" on it, an orange beanie and a red mask.

If you recognize this male or have in-

formation on this incident please call Selkirk RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

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Celebrate ten years for the St. Andrews Heritage Centre at the Rectory

A celebratory gathering will take place on July 27

By Katelyn Boulanger

The St. Andrews Heritage Centre is celebrating ten years at its current location at the Rectory with A Gathering at the Red. This event combines celebrating our community's history with an evening of exciting events that residents won't want to miss.

"The Heritage Committee has been a group since the 1980s but it's been 10 years since we've moved into the Rectory. So, to celebrate our anniversary, we wanted to put together this community event. There's a lot going on, so, we thought it would be best encapsulated by calling it what it is, which is a gathering. It's for the community to help us celebrate all that we've accomplished over the past 10 years, but also looking forward to helping raise some funds to continue our operation and growth," said Meredith Boerchers, Curator.

With the area's rich history, it's important to have a place to celebrate it and where people can learn about it. The St. Andrews Heritage Centre is one of those places with interesting

exhibits that are free to check out by anyone who stops by.

"It's important to have a location to learn and to celebrate the roots of the community. We also now have lots of new Canadians coming to St. Andrews, and they're very eager also to learn about Canada, Manitoba, and St. Andrews. They're really eager to learn about the community that they're becoming part of. It's important to have these places where they can come and learn and it be a really accessible, friendly environment," said Boerchers.

The original people who created the heritage committee in the 1980s probably didn't realize the legacy that they were leaving. What started out as wanting to create a local history book, *Beyond the Gates of Lower Fort Garry* which was published in 1982, then turned into something more. In 1998 the group were at it again publishing *Beyond the Gates of Lower Fort Garry – A Sequel* for the millennium. In 2005 in honour of the 125th anniversary of the RM of St. Andrews, the group



RECORD PHOTO SUBMITTED

St. Andrews Heritage Centre is celebrating ten years at the Rectory with a community gathering.

was provided with a former fire hall to start a museum at 6 Riverview Avenue off St. Andrews Road. Then ten years ago in the summer of 2013, the

St. Andrews Heritage Centre moved around the corner to the St. Andrews

Continued on page 7

Enhance the joys of summer living with healthy hearing

Hearing aids will ensure you don't miss a minute of summer fun

Summer is here and it's time to make the most of it. You deserve to enjoy it all — the outdoor festivals and picnics, baseball games, days at the lake, cookouts and fireworks.

"Summer is typically a busy time for family gatherings, outings, adventures and celebrations. We know the season is short-lived so we pack in as much fun as we can and this is often with our loved ones. The importance of healthy hearing and being able to enjoy lively conversations is something we want everyone to experience," said Jillian Price, Director, Audiology & Client Experience and Chief Audiologist at HearingLife Canada. "It's a great time to be proactive so you don't miss out on the fun."

Whether you're into cycling, golf, hiking or long walks through the neighbourhood, healthy hearing enhances even the simplest joys of summer life. When you address any hearing changes you may be experiencing, it can allow you to keep up your healthy active lifestyle.

Many have reported the positive effects of wearing hearing aids. When 24,000 people were asked about their ears and their hearing, it was revealed that hearing aid wearers are three times more likely to be happier than those without, one in four have better relationships, a third felt more connected to their family and 40% have better conversations. Those are pretty remarkable numbers.

The technology has come a long way. There are many types of hearing aid solutions available, from in-the-ear, behind-the-ear, rechargeable and invisible to Bluetooth. Our 3-step guide found at (<https://www.hearinglife.ca/hearing-aids/types/guide-to-best-hearing-aids>) can help you find the best kind of device for you.

Some of the best advancements are rechargeable hearing aids and Bluetooth technology.

"Changing batteries was always a hassle, so the elimination of this makes care and maintenance of hearing aids for users less complicated and timely," said Price. "Being able to connect your hearing aids wirelessly to cell phones, TV and computers allows users to integrate technology and sound enhancements of their hearing aids with devices they use daily. It's really a game changer."

Hearing aids are not a one-size-fits-all solution, which is why there are custom options to better suit your lifestyle and individual needs. If, for example, you are suffering from both tinnitus and hearing loss, there is a hearing aid that can help with each; it can help relieve the symptoms of the condition as well as improve your hearing. Learn more about how hearing aids help tinnitus at (<https://www.hearinglife.ca/blog/lifestyle/do-hearing-aids-help-tinnitus>).

"By far, hearing aids with an integrated tinnitus relief program is the best solution, especially for those who experience both tinnitus and some hearing loss. The two usually go hand in hand. For those who only experience tinnitus, you may want

to explore tinnitus maskers," said Price.

THE FIRST STEP

To find the right hearing solution for you, the first step is to start your free, no-obligation hearing test at the new clinic in Selkirk.

Hearing tests should be conducted annually once you turn 60 years old, but anyone can benefit from having one done; even if you don't have any hearing concerns currently, a hearing test can establish a baseline, which is helpful to have later. Comprehensive hearing assessments are provided to adults 19 years of age and older at no cost.

The staff in the Selkirk location are here to provide easier access to life changing hearing care for Canadians in the area and surrounding areas.

If you have any questions about your hearing, please be proactive and reach out. Amanda Lucian, client service administrator at the clinic would be more than happy to assist you. To book your free hearing test today or schedule an appointment call 204-482-6487. You'll also get the chance to see the new aids in person and just how unobtrusive they are now.

The Selkirk clinic is located at Unit 3, 1014 Manitoba Ave.

Consultations with a hearing professional are also free. You can even take advantage of a free hearing aid trial at home, risk-free, for 30 days. A referral from a doctor isn't required.

Keep up with the latest innovations in hearing technology by following them on Twitter, Facebook and Instagram.

letter to the editor

We'd like to thank everyone who came out to Kirstin's Walk. Whether you walked, volunteered, caught up with friends and family, came out to enjoy a delicious hot lunch or played the silent auction for some great prizes, we appreciate your contribution.

A big thank you goes out to Ted Wur for bringing the firetruck. The kids really loved it.

We'd like to acknowledge all the sponsors and silent auction donors. You are all awesome. We thank you for your commitment to the Walk and your willingness to donate.

Kirstin was an organizer, she loved putting together family gatherings and helping organize local events. One of her many joys was

bringing people together and sharing in the delight of those around her. So, a huge thank you to all the volunteers who helped us put the walk together. We really appreciate your efforts. We couldn't do it without you. Your contribution in whatever way, whether it be donations of food, silent auction prize, swag bag fillers volunteering, sponsoring, donating to the SDCF, participating in the walk, or joining us for lunch made it a fun day for everyone.

We look forward to next year June 9, 2024.

With love and respect,

Submitted by,

Laurie and Rick, Katie, and Kelsey Sutherland



RECORD PHOTOS SUBMITTED

Kirstin's Walk for Kids 2023.

> A GATHERING AT THE RED, FROM PG. 6

Rectory National Historic Site.

"[It] started as a seasonal museum. And then, just with the growth that's happened over the past 10 years, it has now become a year round museum with a lot of visitors and a huge increase in the programming," said Boerchers.

In honour of the journey so far, A Gathering at the Red will host a tasting market with 14 local breweries, a concert featuring Jaxon Hal-dane, Grant Simpson, Andy Bart and Quintin Bart and sponsored by Skinner's River Road and Fort Distributors Ltd, an art auction and sale, local food vendors, fundraising draws and an axe throwing event.

Boerchers is glad to be able to see this celebration come together.

"It's really wonderful to have a milestone like this as a time to look back and really take stock of everything that has happened and really see how much we've been able to grow in the community, grow our services for the community, and grow our network for the community and actually just take a moment to celebrate that. It also helps by giv-

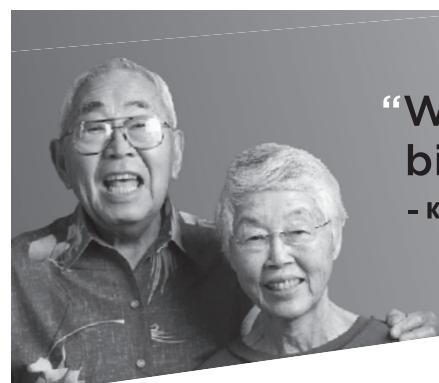
ing us some direction for moving forward, as well. [Sometimes] you have to look back to decide where you want to go moving forward. So, this is going to be a great time for celebrating what we've done and where we hope to go," she said.

Residents can purchase tickets in person or online. Tickets cost \$25 or \$10 for non-drinking tickets. Tickets must be purchased prior to the event.

The Heritage Centre currently has extended its hours. Residents can stop by Tuesday, Wednesday and Thursday from 10 a.m. to 8 p.m. and Friday, Saturday and Sunday, from 10 a.m. to 5 p.m.

"If you want to get involved, this is a great chance to see what we've been up to, reconnect with your neighbours and it's also just going to be a really good time," said Boerchers.

To learn more about the St. Andrews Heritage Centre, check them out online at <https://www.st-andrewsrectory.ca/>.



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get informed

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Government invest in rent assist and new disability income support

Indexed benefit rates improve affordability for Low-income Manitobans

Submitted by the Manitoba government

The Manitoba government is providing more than \$13 million in additional funding to index Rent Assist benefits for eligible low-income Manitobans, and is also indexing basic needs benefits for the first time for persons enrolled in the new Manitoba Supports for Persons with Disabilities income assistance program, Families Minister Rochelle Squires, minister responsible for accessibility, announced last month.

"The annual indexation of Rent Assist and basic needs benefits demonstrates our government's commitment to improving affordability for low-income individuals," Squires said. "We will continue to support vulnerable Manitobans who might otherwise become trapped in a cycle of poverty."

Under Manitoba's Rent Assist program, eligible households receiving Employment and Income Assistance or benefits through Manitoba Supports for Persons with Disabilities are provided shelter benefits as part of their monthly assistance. Low-income renters not receiving income

assistance can also apply to receive benefits.

Effective tomorrow, Rent Assist benefits for families receiving income assistance will be indexed to ensure that maximum rates reflect 77 per cent of the median market rent. Rent Assist benefits for families not in receipt of income assistance will be indexed to 80 per cent of the median market rent.

Rent Assist rates are adjusted annually, as required by legislation, to align with Winnipeg's median market rental rate, which is established independently by the Canada Mortgage and Housing Corporation.

As of tomorrow, the Manitoba government is also increasing the basic needs benefits for eligible adult participants of Manitoba Supports for Persons with Disabilities, a new income assistance program for individuals living with disabilities launched in April. Persons enrolled in the new program receive monthly benefits that include basic needs and shelter components, as well as other financial supports tailored to the needs of persons with severe and prolonged disabilities.

The minister noted that in addition to increased basic needs, amendments to the Disability Support Regulation now also include a formula for indexing these benefits to inflation on an annual basis, a commitment made when the program was first announced and the first of its kind in

Manitoba.

Additionally, as part of the ongoing development of Manitoba Supports for Persons with Disabilities, the Department of Families is seeking, through an expression of interest, an agency or agencies to deliver community-based assistance to Manitobans across the province as part of a one-year Manitoba Supports Community Helper pilot project.

Community helpers will identify and assist potentially vulnerable persons enrolled or seeking enrolment in Manitoba Supports for Persons with Disabilities to access services and programming offered by the Manitoba government and in the community. This service is intended to help them meet their financial needs, build support networks within their community, and achieve greater access and social inclusion, the minister added.

"This pilot project will allow us to test and evaluate an important new service and ensure that we are effective in the help we provide," Squires noted. "It responds to the feedback we received from Manitobans who participated in public engagement sessions over the past three years, which revealed significant support for community-based navigation services and a more tailored approach in supporting the unique needs of Manitobans living with disabilities."

Selkirk RCMP investigate aggravated assault

If you have information please reach out to RCMP or anonymously to Crime Stoppers

Submitted by the Manitoba RCMP

On July 15, at approximately 3:00 a.m., Selkirk RCMP received a report of a seriously injured male on the front lawn of a residence on Sinclair Avenue in Selkirk, Manitoba. Police attended and located an injured

24-year-old male from Selkirk. He was suffering from multiple stab wounds. Officers provided first aid until Emergency Medical Services arrived.

The male was transported to Winnipeg hospital with serious non-life threatening injuries.

Investigation has determined that a group of people were seen with the male in the area just prior to the male being found injured.

If you have information, please call Selkirk RCMP at 204-482-1222, Crime Stoppers anonymously at 1-800-222-8477, or secure tip online at www.manitobacrimestoppers.com.

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or call our office at 204-785-1618

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

TROUBLE WITH PAPER DELIVERY?**Christy Brown**, Distribution Mgr.: 204-467-5836

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Vandalism causes local business to warn others to take protective measures

Acts of vandalism typically rise in summer

By Katelyn Boulanger

Vandalism is not unheard of in the summer in downtown Selkirk but after two instances taking place in a matter of weeks Krista Maendel, general manager of the Red Barn is speaking out to warn fellow local businesses.

The Red Barn is a cold beer store and bottle depot in Selkirk.

"The first time they broke our window in the door. We had that video. We did give it to the police," said Maendel.

Because of the way the door is secured and their security system being in place, the perpetrators did not end up stealing anything from the business.

The next vandalism incident took place just over a week later.

"They broke [the glass] again. They didn't get anything. They broke the window in the middle, this time, of the vendor. They threw a rock

through it. We also got a video of them," she said.

She also said there was an incident where young people ended up getting onto the roof of the Red Barn.

"I worked here 10 years and I've never seen that happen like, I've never seen so much stuff happen," said Maendel.

Both instances were reported to the police promptly but Maendel wanted to send a message to fellow business owners to be aware of the vandalism that is currently taking place and to take precautions.

Community Policing Officer, Cst. Paul Human says that incidents of vandalism due tend to go up at this time of year.

"When it is warm like it was 22C at three in the morning, people can stay out all night. The weather doesn't bother you, the bugs aren't that bad and they can get to all kinds of different places. So yes, vandalism does

increase with our warmer temperatures," he said.

Human says that there isn't much that is typical when it comes to police work but most vandalism that he sees to buildings and vehicles like this is because the person committing the crime wants to steal something inside. If it's a car there may be a bag or money that is visible that prompts the break-in attempt. As for buildings, the desired items change depending on what's inside. An example could be that damage happens to a garage door when tools are the target.

There are no foolproof methods to stop people from entering where they shouldn't go but there are things that both residents and business owners can do to discourage them.

"Clean up the outside of your business or your property. Meaning don't give places for people to hide. If I was driving down the street in a marked cruiser, and somebody just stepped behind, say some garbage, or stepped behind some pallets, or some trees that haven't been trimmed, and I can't see them, I'm not about to go start checking each and every house in your area for those bad people. But if you keep your trees trimmed and your bushes trimmed next to your house, and you keep all that garbage away, there are less places to hide. The

other big thing is lighting. What kind of lighting Do you have around your property? Do you have motion lights? I have motion lights in my backyard. Not so much for vandalism it's so I don't trip over my garden boxes. It's a safety thing for you but as well if you've got a motion light back there, 'Click,' the light goes on and the bad people don't like lights because they don't want to be seen," said Human.

If an incident like this happens at your home or business Human says that residents should report it. It might not be possible for a resolution to take place for every single incident but, if there is a string of incidents that take place and everyone reports, it makes it more straightforward for the police to make connections.

Human also reminds residents that they should make sure to keep an eye out for their neighbours this summer.

"Because it's summertime and a lot of our neighbours are away on vacations and stuff like that. It's okay to share information with your neighbours let them know 'Hey, I'm going to be gone for two weeks. There's not going to be anybody around the house. Do you mind keeping an eye on the place?' When you do stuff like that, then you make your neighbourhood aware," he said.

letter to the editor

As all my friends know, I have a deep love for horses and try to seize every opportunity to interact with them. [July 15], I came across an advertisement on Facebook about a rodeo event taking place in Selkirk. I had never witnessed anything like that before, so I wasn't quite sure what to expect from this event.

It started off well; I was able to freely enter the stables and see the horses, who appeared well cared for, and the stable itself was impeccably clean. I was pleased to see that the horses seemed to be in good condition and had plenty of space to roam.

However, my heart shattered when the "show" began. Riders attempted to stay on terrified animals. The third horse to perform immediately snapped its leg in half, with the limb dangling by the skin. This image will never leave my mind. I have seen war and witnessed much

suffering, but here, in peacetime, in a civilized country, I never expected to witness such a wild and cruel form of entertainment.

I don't know if this horse will survive, but today I feel as terrible as it does. I can't find solace and torment myself with questions - for what? why? Why use and maim defenceless animals? They deserve love!

People, I appeal to each and every one of you, stop this! Your children will gain more profound experiences if you teach them to care for animals and treat them with kindness. Teach your children love, not cruelty!

I sincerely hope that the poor animal receives the necessary medical attention and I beg you to spread my cry for help.

Ilona Borovlova
Winnipeg, MB

HELPING MAKE ENDS MEET

Tax Breaks and Benefits

A series of new and ongoing tax breaks and benefits are saving the average Manitoba family \$5,500 including:

- ongoing benefits of lower PST
- school property tax rebates
- carbon tax relief fund cheques
- affordability cheques
- no Manitoba income tax on the first \$15,000 earned
- increase in rental tax credit for seniors
- three-year freeze to Pharmacare deductibles
- \$10-a-day child care
- indexing benefits for Manitobans with disabilities
- changes to income tax brackets
- increases to employment and income assistance



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Selkirk Record

217 Clandeboye Ave., Selkirk

Proof Deadline **Fridays at 4 p.m.**

Booking Deadline
Mondays at 4 p.m.

Office Hours: Monday-Friday 9:30-5:00

House of Economy donates \$18,000 to four local groups

By Katelyn Boulanger

The House of Economy donated \$18,000 to each of four local groups. The House of Economy Community Group, Gordon Howard Centre, Selkirk Friendship Centre, and Selkirk Community Arts Centre each received a generous donation thanks to a small group of dedicated volunteers.

"This year we've done quite well, even though our hours are still not back to our normal. People have adjusted really well and the donations have been coming in. So, it's been pretty good," said Colleen Girling president of the House of Economy Community Group.

The House of Economy is a collaborative community volunteer effort. Volunteers from each of the four groups agree to be available to run the House of Economy during open hours and thereby are able to work together to do more good in our community than they would be able to do separately.

The COVID-19 pandemic has reduced their volunteer numbers and the House of Economy has had to maintain reduced hours of 10 a.m. to 2 p.m. from Monday to Saturday.

Despite the difficulties, Girling feels happy with being able to donate \$18,000 to each of the groups.

"We are very grateful that people have been really donating to us and that their volunteers are still able to come and help us," she

said.

The community groups were also very happy with the donations.

Lee Hanson, executive director of the Gordon Howard Centre thanked the volunteers at the cheque presentation, "On behalf of the Gordon Howard Centre I'd like to thank everyone again for an amazing year. We own our own building, but there're lots of expenses with our building, as you know and hydro has gone up and some of our expenses have gone up. So, this will really help."

Terry Tillet also said kind words on behalf of the Selkirk Community Arts Centre, "I would like to thank the House of Economy on behalf of the Community Arts Centre for all the work they do. I know they put in a lot of hours and do a lot of work. Six days a week."

Of course, volunteer organizations like this only work because of the volunteers that agree to run them and the House of Economy is always open to new volunteers even if you aren't affiliated with one of the community groups.

"We're always open to volunteers. If there's anybody in the community that would like to give us a few hours," said Girling.

To volunteer just swing by the House of Economy and chat with the volunteers to learn more about how to help.



RECORD PHOTOS BY KATELYN BOULANGER

Clockwise from top left: Terry Shumka and Lee Hanson accepting their donation from Colleen Girling on behalf of the Gordon Howard Centre, Lillian Morrisseau and Lori Robson accepting their donation from Girling on behalf of the Selkirk Friendship Centre, Leona Christiansen, Terry Tillett, and Patricia Johnson receiving the donation for the Selkirk Community Arts Centre from Girling, and Johnson presenting the House of Economy Community Group donation to Girling and Morrisseau.



Army Navy and Air Force Veterans Club #151

231 Clandeboye Ave., Selkirk Ph. 204-482-3941

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SELKIRK SUPPORT GROUP

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at Gordon Howard Centre
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204-482-6163 (Dawn)
204-806-3405 (Dennis)

"Supporting each other towards a new beginning"

Freezies and fun at the Selkirk Biz Parade



Interlake organizations receive accessibility funds

By Jennifer McFee

It will soon be even easier for Manitobans with reading disabilities to foster their love of literacy.

The South Interlake Regional Library is receiving a \$27,900 grant from the provincial government through the Manitoba Accessibility Fund.

Clint Curle, director of the South Interlake Regional Library, explained the impact of this grant during an announcement last week at FortWhyte Alive.

"In 2022, thanks to the generous support of the Province of Manitoba, our rural libraries in the province have access to CELA, the Centre for Equitable Library Access, which makes available to patrons with print disabilities 1.2 million titles in accessible formats," he said.

"This is fantastic — and for most library users, all you need is a smart device to access these materials in accessible formats."

However, this approach doesn't work for all library users.

"What we've learned in engaging with library users with lived experience of print disabilities is that the realities in rural Manitoba are a little bit complicated. Many of our patrons simply do not have access to a smart device — and there's a few reasons for that," he said.

"One of the barriers is economic; some patrons cannot afford one. Some patrons in their senior years are not comfortable using a smart device, and if they became print-disabled later in life, the learning curve to use a smart device is steep indeed. The third barrier is technological. For a lot of the folks living in rural Manitoba, they do not have access to high-speed internet, so it can be really challenging to access those 1.2 million titles through CELA if you've just got dial-up."

As a result, not everyone can easily access library materials.

"For patrons who love books, this is a really tragic and unfair situation. Our project offers a solution to this super barrier. Our concept is to use an adaptive technology called a Daisy Player, load those players with CELA books of a patron's preference at a library and the lend the CELA player

the same way you lend any library book," Curle said.

"And furthermore — and this is the part I think is brilliant — using the interlibrary loan system in rural Manitoba, which has been in operation for decades, we could lend these CELA players right across the province. Anyone who's got a library card in the province of Manitoba can now borrow for free a CELA player and get access to all of those print materials."

In addition, the project includes a training component for all participating libraries.

"We'll be offering training, awareness raising of the AMA standards and assistance to help foresee, prevent and remove barriers for Manitobans who are living with print disabilities," Curle said.

"We are so excited to implement this project and we believe that literacy is a human right that belongs to every Manitoban. We simply could not do this without the Manitoba Accessibility Fund."

In total, this fund is providing more than \$890,000 to 42 Manitoban organizations that are undertaking projects to promote accessibility and remove barriers.

These projects must fulfill one of three objectives: raising awareness about the prevention and removal of barriers; developing tools, resources and training to support compliance with legislated standards; or removing barriers to information and communications electronically, in print and in person.

The RM of Woodlands is also receiving \$17,388.95 through the fund towards the purchase and installation of an induction hearing loop system in the reception area of the municipal office. In addition, the funds will also go towards the installation of a DigiMaster system.

Judy Olson, chair of the RM of Woodlands Accessibility Committee, said the municipality is currently in the process of ordering the equipment.

"When presented with the opportunity for grant funding from Manitoba Accessibility, we chose to pursue assistive listening devices as this was an identified need on the RM accessibility

plan. We were so fortunate to receive grant funding for both a mobile induction hearing loop system for our reception area as well as a DigiMaster system for both council chambers and our multipurpose meeting room," she said.

"The hearing loop system is a copper wire induction loop, which surrounds the area where the listening device is located and produces a magnetic field. This is the gold standard of assistive listening devices and is used to enhance communication for hearing aid wearers as the magnetic signal is picked up by a hearing aid when the aid is set to a T-coil setting."

For users without this setting, or for those without hearing aids and who have a hearing impairment, a headphone and receiver on a belt pack can be worn to benefit from the system, she explained.

"The mobile unit was an adequate size for the reception area but unfortunately not a fit for the meeting rooms, and the meeting room flooring was not amenable to a larger permanent hearing loop system. We alternatively chose a DigiMaster system for these areas," Olson said.

"This system uses SoundField speakers to dynamically detect the room's sound and adjusts acoustics to an optimal level for all present. A neck loop and headphones are an option for those with more severe hearing loss to direct-hear at ear level."

The greatest benefit will be for individuals experiencing hearing impairment since they will hear more of what is being communicated and can participate in a more relevant way, Olson noted.

"They will have equal access to information and communication. Indirectly, the family, friends and neighbours will benefit through shared knowledge," she said. "The demographic most likely affected by hearing loss will be seniors. The community benefits from not only an informed public but from a shared pride in an acces-

sible community."

The RM of Woodlands has responsibilities identified in the Accessibility for Manitobans Act, Olson added.

"The council is committed to identify and remove barriers in our communities to ensure accessibility and inclusiveness for all citizens and visitors. This grant is very helpful in achieving this goal," she said.

"The Canadian Hard of Hearing Association (CHHA) has been very supportive of our research and application for funding with offers of ongoing education for individuals with hearing impairment, including families and friends. This is a great opportunity. We would like to acknowledge sincere appreciation to both Manitoba Accessibility and the CHHA."

Another funding recipient is the Town of Winnipeg Beach, which will receive \$23,650 towards the redesign of existing signage to be visibly and physically accessible. The town will work with the local historic society, professional interpretive sign designers and inclusive sign makers with experience in creating Braille signage.

In addition, Lord Selkirk School Division will receive \$16,800 towards the placement of core communication boards in every school playground in the division. Divisional speech-language pathologists will design the boards in an effort to meet students' communication needs.

The Winnipeg Foundation manages the Manitoba Accessibility Fund, which launched in 2021 with a \$20-million investment. The fund promotes increased compliance with the Accessibility for Manitobans Act, which became law in 2013 to ensure accessibility in important areas of everyday life. The act's accessibility standards focus on government and public sector organizations, businesses, non-profit groups and municipalities.

letter to the editor

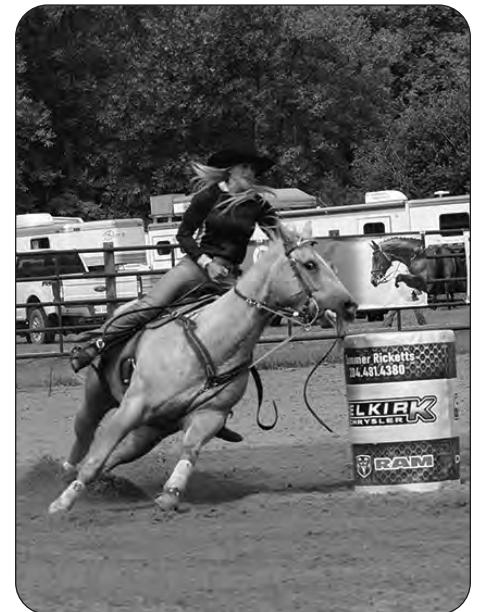
I enjoyed reading "The history of Lockport's Half Moon Drive-In" in *The Selkirk Record's* June 29 edition.

In the 1950's my parents loved going to the Half Moon Restaurant and to the Dance Hall.

As time went on, in the 1970's Dad, Mom and my sisters and I enjoyed Sunday drives to The Half Moon as well. We ordered our meals (Hotdogs for sure) and ate in our car at the Half Moon parking lot. Oh yes, the good old days!

Melinda Moore
Selkirk, MB

2023 Triple S Fair and Rodeo rides into town



RECORD PHOTOS BY KATELYN BOULANGER AND BILL NEWZMAN SMYTH

The Triple S Fair and Rodeo once again was a community corraling event. Residents connected with old friends and enjoyed the line up of activities that had a little something for everyone.



Cyclist rides across Manitoba in support of Ukrainian newcomers

By Jennifer McFee

An octogenarian cycling enthusiast is pedalling across the province for a good cause.

Fred Enns of Winnipeg plans to raise funds for Ukrainian newcomers by biking about 3,000 kilometres across southern Manitoba in 30 days.

His ride will be entirely self-supported, and all funds will go directly to the Ukrainian Canadian Congress Manitoba.

Over the years, Enns has embarked on many long-distance cycling tours, including one that took him from Inuvik on the Arctic Ocean all the way to the Gulf of Mexico.

He also participated in Odyssey 2000, which travelled to 45 countries by bicycle. Destinations spanned the globe, including South America, Africa and Europe, with participants cycling an average daily distance of 130 kilometres.

When the war in Ukraine began to dominate the news, Enns felt compelled to find a way to help.

"When I started watching the news with the Ukraine issue, I simply got the feeling that this cannot be happening in the 21st century — but it was. It became more difficult to watch these broadcasts," said Enns, one of nine children born to parents who immigrated to Manitoba around 1923 from a Ukrainian settlement in Tiegenhagen, Molotschna, Russia.

"It's like history repeating itself. I was wondering what on earth I could do. Well, I know how to ride a bike, so that's what I'm doing."

For those who are interested, he recommends reading the book *Red Famine: Stalin's War on Ukraine* by Anne Applebaum. Enns said this book outlines the history that parallels today's catastrophes — and inspired him to get involved.

Enns began his month-long ride on July 19 through multiple communities en route to Steinbach, where he spent the first night.

After traversing the province for several more days, he'll make stops in Grand Marais, Libau, East Selkirk,

Lockport and Birds Hill Park on July 25.

On July 26, he plans to cycle through Selkirk, Clandeboye, Winnipeg Beach, Sandy Hook, Gimli and Valhalla.

After that, he'll be in Arnes, Hnuasa, Arborg, Poplarfield and Eriksdale on July 27, followed by Mulvihill, Camper, Ashern and Narrows on July 28.

Later in his journey, he'll bike through Darlingford, Thornhill, Morden, Winkler, Schanzenfeld, Gnadenthal and Altona on Aug. 13.

After that, he'll be in Rosenfeld, Morris, Rosenort, Osborne and Domaine on Aug. 14, before heading to LaSalle, Sanford, Brunkhild, Sperling, Carmen and Elm Creek on Aug. 15.

On Aug. 16, Enns will ride to Fannystelle, Elie, St. Eustache, Marquette, Warren and Stonewall, followed by Lockport, Birds Hill, Oakbank, Dougald, Lorette, Landmark, Ile des Chenes and Winnipeg on Aug. 17.

He'll wrap up his journey on Aug. 18 at the Ukrainian Folkorama Pavilion in Winnipeg.

"I'll be self-contained and self-equipped. Whatever expenses I incur are mine," said Enns, a retired teacher. "But it's not about me. It's about the Ukrainian newcomers."

Joan Lewandosky, president of Ukrainian Canadian Congress Manitoba, expressed appreciation for Enns' efforts.

"This fundraiser will help UCC Manitoba deliver important support to Ukrainian displaced persons in Manitoba who have arrived here because of the Russian invasion of Ukraine," she said.

"UCC Manitoba is helping with settlement support, job finding, material and educational aid."

All donations must be made directly to Ukrainian Canadian Congress Manitoba rather than to Enns.

To make a donation by e-transfer, email fundraising@uccmanitoba.ca and fill out the obligatory e-transfer form at <https://forms.office.com/r/8qFJieQFEf>.

Another option is to write a cheque payable to UCC-MPC, Box 3567, Red-



To donate, link on the QR code.



RECORD PHOTO SUBMITTED

Fred Enns will bike 3,000 kms in southern Manitoba in 30 days to raise funds for Humanitarian Aid for Ukrainian newcomers in Manitoba.

RIDE FOR UKRAINE - 2023

Day-by-Day Cycling Route
(N) = Night stay

July 18 City bike routes

July 19 Official start – Creek Bend Road, St. Adolphe, Niverville, St. Agathe, St. Pierre-Jolys, La Rochelle, St. Malo, Grunthal, Steinbach (N)

July 20 La Broquiere, Giroux, St. Anne, Anola, Beausejour (N)

July 21 Vivian, Elma, Whitemouth, Rennie, Red Rock L. (N)

July 22 Seven Sisters, Lac du Bonnet, McArthur Falls, Great Falls, St. Georges (N)

July 23/24 Pine Falls, Fort Alexander, Victoria Beach, Lester Beach (N)

July 25 Grand Maris, Libau, East Selkirk, Lockport, Birds Hill Park (N)

July 26 Selkirk, Clandeboye, Winnipeg Beach, Sandy Hook, Gimli, Valhalla (N)

July 27 Arnes, Hnuasa, Arborg, Poplarfield, Eriksdale (N)

July 28 Mulvihill, Camper, Ashern, Narrows (N)

July 29 Eddystone, Shergrove, Ste. Rose du Lac, Ochre River, Dauphin Beach (N)

July 30 Ashville, Ethelbert, Garland, Pine River (N)

July 31 Cowan, Renwer, Minitonas, Swan River, Kenville, Durban, Benito (N)

Aug. 1 San Clara, Roblin (N)

Aug. 2 Inglis, Russell, Angusville, Birdtail, Rossburn, Vista, Oakburn (N)

Aug 15 LaSalle, Sanford, Brunkhild, Sperling, Carmen, Elm Creek (N)

Aug. 16 Fannystelle, Elie, St. Eustache, Marquette, Warren, Stonewall (N)

Aug. 17 Lockport, Birdshill, Oakbank, Dougald, Lorette, Landmark, Ile des Chenes, Winnipeg (N)

Aug. 18 Ukrainian Pavilion

Correction

In last week's edition of the *Selkirk Record* the Dufferin Gang mural was incorrectly identified as being originally painted by Happy Thought School students. It was actually the East Selkirk Middle Schools grade

9 art class which painted the mural with the design coming from teacher Rita Procyshyn. We regret this error.

\$8-million by province announced to clean up Lake Winnipeg

Protecting our lake for future generations, mitigating basement floods

Submitted by the Manitoba government

The Manitoba government is supporting the City of Winnipeg by providing approximately \$8 million for wastewater infrastructure projects to help protect Manitoba's precious freshwater resources. Environment and Climate Minister Kevin Klein announced Monday.

"One of our government's top priorities has been to clean up Lake Winnipeg and work with the City of Winnipeg in a collaborative way to advance the much-needed upgrades to the North End Water Pollution Control Centre," said Klein. "Together, we are taking another step forward to improve the health of our waterways. These upgrades will provide immediate pollution relief to the Red River and Lake Winnipeg, and mitigate flood risks for many homes in Winnipeg and the surrounding area."

Today, the Manitoba government is announcing its support for the City of Winnipeg and critical wastewater infrastructure projects, including \$7.5 million for the southwest sewer interceptor project and \$433,000 for the risk mitigation infrastructure at the Darcy Sewer Lift station. This project is part of the City of Winnipeg's long-term combined sewer overflow project to build additional system capacity, get more wastewater to the South End Sewage Treatment Plant while reducing nutrient loading into the province's freshwater systems.

The announcement followed Monday's meeting of a provincial-municipal task force on advancing wastewater projects. The task force, chaired by the minister with Brian Mayes, City of Winnipeg councilor, serving as vice-chair,

Continued on page 23

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2019 Toyota Tacoma Access Cab V6 Automatic	Stk. # 6162029A	\$43,999 *
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Communities in Bloom 2023

The Selkirk Communities in Bloom Yard of the Week contest continues to showcase well cared for yards within the City of Selkirk.

If you would like to enter a yard, please visit Selkirk Home Hardware customer service desk or email: selkirkcommunitygardens@gmail.com and let us know whose place is looking great!

Yard of the Week: 89 Louise Bay

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This year's Saskatoon berry harvest, fast and furious

By Emma McGill

Interlake Saskatoons had one of their fastest and earliest harvests on record this year, lasting all of eight days.

This year's harvest ran smooth, but was short due to a windy spring season.

"It took a lot of blossoms off the trees before the berries set, so we had a smaller harvest than usual," said Wendy Rutherford, of Rutherford Farms.

United as Interlake Saskatoons, five orchards across the area have been working together to bring quality Saskatoon berries to surrounding communities since 2013.

Though the majority of the orchards themselves were planted around 2007 or 2008, it took about five to eight years, using the DDJ orchard as a specific example, for the orchard to grow



Delicious Saskatoon berries that double as antioxidants.

enough berries to make harvesting them worthwhile.

Harvesting across all five orchards is done mechanically; each orchard

Continued on page 22



RECORD PHOTOS SUBMITTED

The processing line at Warren's DDJ orchard.



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Day 1 OFFSITE ITEMS will be closing on July 26th
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Henry Stolwyk Estate Ashern Mb
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How to make outdoor living spaces more comfortable

Private backyards are now go-to spaces for recreation and entertainment and great places to recharge the body and mind.

A separate survey conducted for the International Casual Furnishings Association found that people now spend more time relaxing, gardening, exercising, dining, and entertaining outside than in years past.

While enjoying outdoor living areas, homeowners can do all they can to make these spaces comfortable and wel-

coming. The following are some good starting points.

Get all lit up

Outdoor spaces can be enjoyed no matter the hour when there is ample lighting. That could be why the International Casual Furnishings Association reports those who plan to renovate their outdoor spaces list outdoor lighting as a priority. Outdoor lighting not only sheds light on entertaining spaces, but also makes spaces safer and more secure.

Increase privacy

No matter how friendly homeowners are with their neighbors, there comes a time when privacy is paramount. Fencing, whether it is wood or vinyl, or even a natural fence made from closely planted hedges, can ensure residents feel comfortable venturing outdoors to swim, take a cat nap or even star gaze in private.

Address the elements

Homeowners should note the direction their backyard



faces and the typical daily conditions of the space. For example, a yard that faces southwest may get plenty of strong sun during the day, requiring the addition of shade trees, covered patios or arbors to cut down on the glare and heat. If the yard is often hit by winds, trees or bushes planted strategically as windbreaks can help.

Sit comfortably

High-quality comfortable seating increases the likelihood that homeowners will want to stay awhile in their outdoor spaces. A deep seating set complete with plush chairs, outdoor sofa or love seat and chaise lounge chairs gives people more opportunity to sit and stay awhile.

Take a dip

A pool can be the perfect gathering spot on a warm day, while a spa/hot tub can bridge the gap to cooler weather. According to the Family Handyman, soaking in hot tubs can relax tired muscles after a long day, loosen up stiff joints, improve cardiovascular health, and reduce the time it takes to fall asleep.

Bite back at bugs

Homeowners may want to consider using a professional exterminator to get rid of ticks, mosquitoes and other nuisance insects from outdoor spaces.

As people spend more time enjoying their properties, they can consider the many ways to make outdoor living spaces more comfortable.

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What to know about installing a pool at home

Summer is a season of relaxation when school is not in session, vacation season is in full swing and people everywhere are getting outside and soaking up the summer sun. It's hard to imagine how that can get any better. But it can for people thinking of installing a pool in their backyard.

Pools definitely have a wow factor that's hard to replicate. Homeowners considering pool installation can take note of these factors as they try to decide if a pool is right for them.

Cost

The cost to install a pool depends on a host of factors, including which type of pool homeowners are considering and where they live. Homeowners should know that the average cost of each project is higher in certain regions and under certain circumstances. Potential ancillary costs, such as excavation and plumbing relocation, will add to the final cost of the project. The erection of fencing around the pool if no fencing currently surrounds the area where the pool will be located also will add to the final cost.

Pool type

As noted, above ground pools, on average, require a considerably smaller financial investment than inground pools. This is an important consideration, but which option may ultimately prove the better investment is worth researching. Homeowners can speak with a local real estate professional to determine if an inground pool or above ground might yield a significantly higher return at resale. If an inground pool is likely to increase property value by a substantial amount, it could be well worth the extra upfront costs.

Maintenance

Pools are undeniably fun, but they still require maintenance. The experts at Better Homes & Gardens note that vinyl liners in pools last approximately six to 10 years, while painted concrete may require a fresh coat of paint every five years. Plaster finishes may last as long as 15 years, while cement-coated products can last a lifetime. Pools also need periodic cleaning, and chemicals to keep the pool operating safely and cleanly will require an additional, if somewhat minimal,

financial investment. Homeowners investing in a new pool should be aware of the maintenance required to keep the pool clean and be willing to do that maintenance. And though homeowners typically can open and close pools on their own, it's also possible to hire someone to do it for a relatively small fee each season.

Location

A survey of the land in a yard can reveal how smoothly a pool installation may or may not go. Though it's possible to install a pool in just about any yard, some spaces might require greater preparation and pre-installation effort than others. Sloped backyards, for example, may require the services of a landscape architect to prepare the space, which can extend the time it takes to complete the project and add the overall cost.

These are just some of the factors that merit consider-

ation when mulling a pool installation. A homeowners' best resource might be a local pool company who can visit a home, provide an estimate and point out any challenges that may arise during the install.



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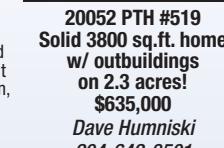


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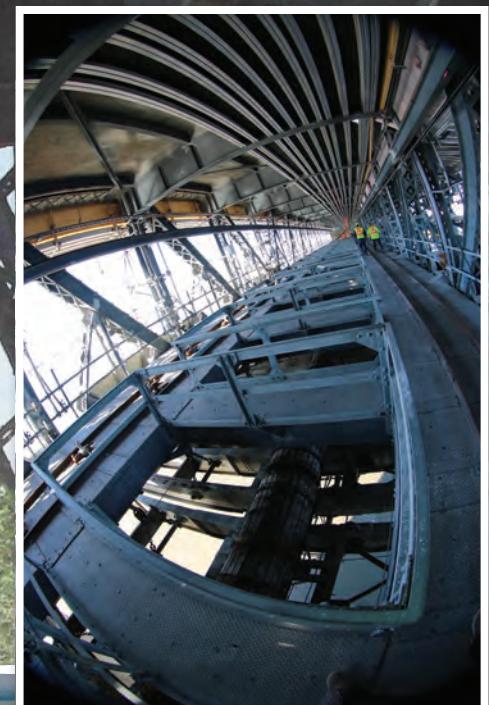
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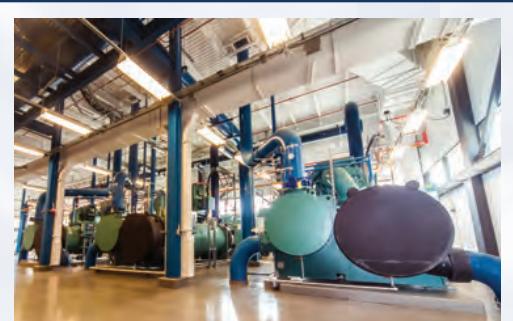
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It has been a pleasure working with the Lockport Community. We hope to continue our relationship with the community and historic St. Andrews Lock & Dam Bridge. It is now going to be a great place to visit.

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Lockport community celebrates re-opening of partially closed bridge

On July 16, 2023 the Lockport community was thrilled to announce the re-opening of the St. Andrews Lock and Dam bridge over the Red River along PTH 44, which had been partially closed for the past two years. This milestone comes as a much-needed relief for our business community, which has been severely impacted by the challenges of COVID-19 and this bridge closure.

To mark this momentous occasion, a ribbon cutting ceremony was held on Sunday, July 16. Federal, provincial and municipal representatives along with Indigenous leaders, Lockport area business owners and residents from both St. Clements and St. Andrews attended to celebrate the restoration of both lanes of traffic on the bridge and a newly widened pedestrian pathway.

Following the ribbon cutting, attendees enjoyed craft and Indigenous displays, ceremonial cake and children's colouring contest in the St. Andrews Lock and Dam Park. On the east side of the bridge, the Lockport Community Development Group (LCDG) in collaboration with the Narol Fire Department held a pancake picnic in Heritage Park. The grounds were the site of the weekly First Farmer's Market with various vendors, and special face painting for the kids. This event was made possible with the support of their valued partners, including the RM of St. Clements, A&W Lockport, Harrys Foods, Gaffers Restaurant, Sonia's Stand, Lockport Grocery, Red River Cats, Avani Wellness, Wornstar Media, Tracy Mainland Kramble (RE/MAX Assoc.), Connelly Signs and the Selkirk Record / BigandColourful Printing & Publishing.

The RM of St. Andrews hosted a variety of events following the ribbon cutting ceremony. Families enjoyed festivities such as face painting for the kids and music. Local businesses encourage all to come on back to the community of Lockport, enjoy the amenities on both sides of the bridge, and take a walk over this amazing structure (the only operating Camere style dam in the world).

Our bridge brings us together.

It has been a long road which has seen collaboration between St. Andrews and St. Clements and the local businesses of both municipalities. They have all been working together toward the betterment of this unique little gem we call Lockport. Now that the bridge project is complete the LCDG have many other initiatives coming up to further enhance the Lockport experience. To this end, having a good working relationship with our political partners at all three levels of government is essential.

The LCDG extends its heartfelt gratitude to all those who have contributed to the successful completion and re-opening of the bridge and the future goals of the community. They look forward to a brighter future and continued collaboration to overcome all future challenges.

For more information, please contact Lockportmarketing@gmail.com.



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> SASKATOONS, FROM PG. 16

owner farms individually, but they harvest, spray for fungus three times before harvest, and fertilize annually collectively.

Interlake Saskatoons, also branded as PurpleFit Saskatoons, consists of Rutherford Farms in Grosse Isle, the Research Orchard in Stonewall at the South Interlake Agricultural Centre, the Jensen Orchard just east of Stonewall (the oldest of the orchards established in 1999), and two Warren-based orchards: The DDJ Orchard and The Riddell Seed Farm Orchard.

The DDJ orchard, named as an acronym for the three siblings that ran the farm, Doug, Dennis, and Jennifer, began in 2008 as a commemorative orchard for their parents who loved saskatoon berries made from leftover family land.

It comes time for harvest, when approximately 60 percent of the berries are purple. They ripen about 43 days after the petals drop, which tends to be at the end of May or in early June. This year's harvest was spotty and, therefore, less than average for all orchards except the largest, but returns of the crop are shared among the board members of Interlake Saskatoons.

"We sell several thousand pounds fresh right out of our building in Warren," said Doug Langrell of the DDJ Orchard. The berries not sold to Warren and surrounding communities are frozen and then sold all across Canada and parts of the northern United States.

"One thing about saskatoons is, even though they're perennials, after fifteen to twenty years, the trees get very large," shared Langrell. He and his sister are currently in the process of chopping the orchard down so that rejuvenation of the new trees will happen from the tree's crown up. Because the orchard was planted 16 years ago, the trees are older, and therefore their energy is going more into sustaining the wood rather than the leaves and berries, as it would if the tree were younger. Berries begin to grow only on the top and sides of the plant. This creates diminishing returns for harvest, with fewer and fewer berries as the orchard becomes overgrown, making it time for a trim.

Saskatoon berries are known for their sweetness and accessibility to the prairie populations and are most often used for delicious jams, pies, tarts, and pastries.

"We like them, of course, for the taste," said Langrell.

People don't often know about these berries'



RECORD PHOTOS SUBMITTED

Harvest has been done by machine since the trees were large enough.

find, but it's accessible with lots of berries and room to roam.

"It's a more traditional way of picking saskatoons, and people often do it for nostalgic reasons," said Langrell.

Board members of Interlake Saskatoons and PurpleFit are enthusiastic about the upkeep of their orchards, the benefits of the berries they harvest, and getting them to the Interlake.

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> LAKE WINNIPEG CLEAN UP, FROM PG. 15

works collaboratively alongside academics and experts to advance wastewater infrastructure projects that will improve environmental outcomes for Lake Winnipeg and the overall quality of life for Manitobans.

"I would like to thank Minister Klein and the premier for their support of wastewater projects," said Mayes. "The southwest interceptor and Darcy Lift station projects are much needed in the city's old and new neighbourhoods in the southwest part of Winnipeg."



RECORD FILE PHOTO BY PATRICIA BARRETT

The shores of Lake Winnipeg.

In 2013, Lake Winnipeg was designated the most polluted lake in Canada. Since 2016, the Manitoba government has been working diligently to protect the province's lakes, and ensure they are clean and accessible for future generations, Klein said.

"The work the Manitoba government continues to do in partnership with the City of Winnipeg supports organizations like ours, to tackle these shared issues together," said Garry Wasylowski, board chair, Manitoba Association of Watersheds. "Working

together toward our shared vision to enhance our water infrastructure and environment will benefit us all, our children and our grandchildren."

The wastewater projects support the Manitoba government's water management strategy framework, the first comprehensive plan of its kind in nearly 20 years, along with the

initial water action plan, which was unveiled in early July, the minister noted.

For more information on the Manitoba government's water management strategy, visit: www.manitoba.ca/water.

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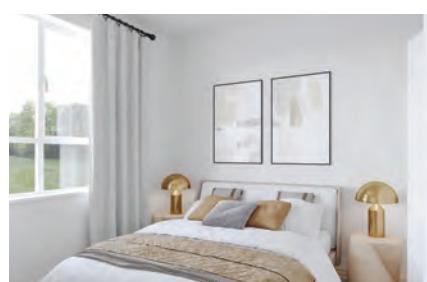
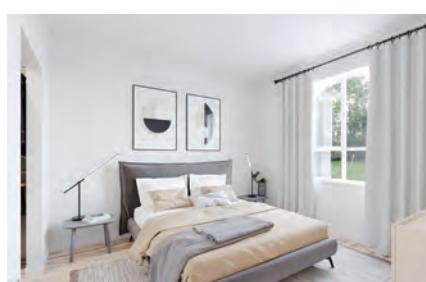
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Your Health

Prevent injuries so that you can stay more active this summer

July 5 is National Injury Prevention Day in Canada

By Katelyn Boulanger

There are many places in our lives where we take basic steps to prevent injury like wearing a bike helmet or putting on your seatbelt. With National Injury Prevention Day taking place on July 5, Corinne Thompson Bobrowich, Physiotherapist/Owner of Steelcity Physiotherapy & Wellness Centre shared her thoughts on how we can expand injury prevention to more areas of our lives.

In her experience, Thompson Bobrowich says that they see many people with repetitive injuries or

postural habits that lead to injury.

"Commonly, an office worker who sits at a desk and is sitting in a forward posture, then on the weekend, they want to go play an activity, sport or do yard work, and then they are using different muscle groups that aren't necessarily conditioned to the activity. That's the everyday kind of injuries we see regarding people doing things that they're not necessarily conditioned to do in a repetitive fashion," she said.

Steelcity Physiotherapy & Wellness Centre is a rehab facility, which offers physiotherapy, athletic therapy, massage, therapy, and aquatic therapy.

For people that do incur an injury, they help by first assessing that person and then creating a plan for them.

"We would use a lot of manual therapy techniques and modalities to help with healing injuries. We have a large gym that we introduce exercise in and give people a whole program to follow so that they can continue to keep progressing through an injury depending on what stages they are at. At every stage, there're different goals and different aspects of our treatment that we would change based on where they're at in the rehab," said Thompson Bobrowich.

Not all injuries can be prevented. Some other common injuries that come up according to



METRO CREATIVE

Make injury prevention a priority this summer season.

Thompson Bobrowich are workplace injuries, motor vehicle accident injuries, and knee and hip replacements. However, it is possible to prevent or lessen some types of injuries by keeping our bodies strong and mobile.

"The biggest thing [people can do to help themselves] would be trying to, first of all, keep active, keep mobile and keep as flexible as possible, with lots of stretching through the day and

taking breaks, so you're not repeatedly doing the same thing for hours and hours on end. If you have to be in a certain position, try to get out and stretch into a different position every 15 to 20 minutes if possible," she said.

Thompson Bobrowich explained that our core muscles around our trunk, the abdomen and back, as well as those in the shoulder girdle, are com-

Continued on next page

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Your Health

Hydrating is key in summer heat

Summer is a season to enjoy some fun in the sun, but it's imperative that people remember to take steps to reduce their risk for heat illness. Those measures should include efforts to hydrate and remain hydrated throughout the day.

The Centers for Disease Control and Prevention (CDC) report that water will almost always help people remain hydrated even when they're working in the heat. But food also plays a vital role in preventing heat illness, as the CDC notes eating regular meals can help to replace the salt lost through sweat.

It's also important that individuals avoid energy drinks and alcohol when spending time in the hot summer sun. Many energy drinks contain more caffeine than standard servings of coffee, tea and soft drinks, and excessive caffeine consumption can contribute to dehydration. The same can be said for alcohol, and the CDC



reports that consuming alcohol within 24 hours of working in the heat can increase the risk of heat illness.

Continued from previous page

mon areas that people will develop weakness over time just based on not using those muscle groups.

"[Something you can do is to get] in a routine. Maybe every morning you get up and stretch before you start the day. It's always good if you have an opportunity to go for a 10 to 20 minute walk just to keep your blood circulating and moving. And, then again, at night time a stretching routine just before

bed, so you're not stiff and sore in the morning when you wake up. Stretching is really key. And, I'd say some really basic core exercises as far as getting up from a seated position, doing a mini squat, and doing some little lunges," said Thompson Bobrowich.

She also suggests that people who do incur an injury go to their healthcare provider sooner than later. If you wait until later there is a possibility that you could you start developing muscle adaptations and

muscle memory and when you do get help you're then trying to work against that adaption.

Thompson Bobrowich says that now is a great time to add an injury prevention routine to your schedule.

"Now being summer, get outside and enjoy the outdoor weather when you can, because this is usually when you can start to develop a good core base of strength and hopefully that will continue," she said.

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Speeding a concern in MB

MPI releases results of extensive study

By Staff

Speeding on Manitoba roads continues to be one of the top contributing factors in serious and often deadly collisions.

The results of an MPI study show 40 per cent of vehicles were found to be travelling above the posted speed limit, and seven per cent of these vehicles were travelling more than 10 kilometres above the limit.

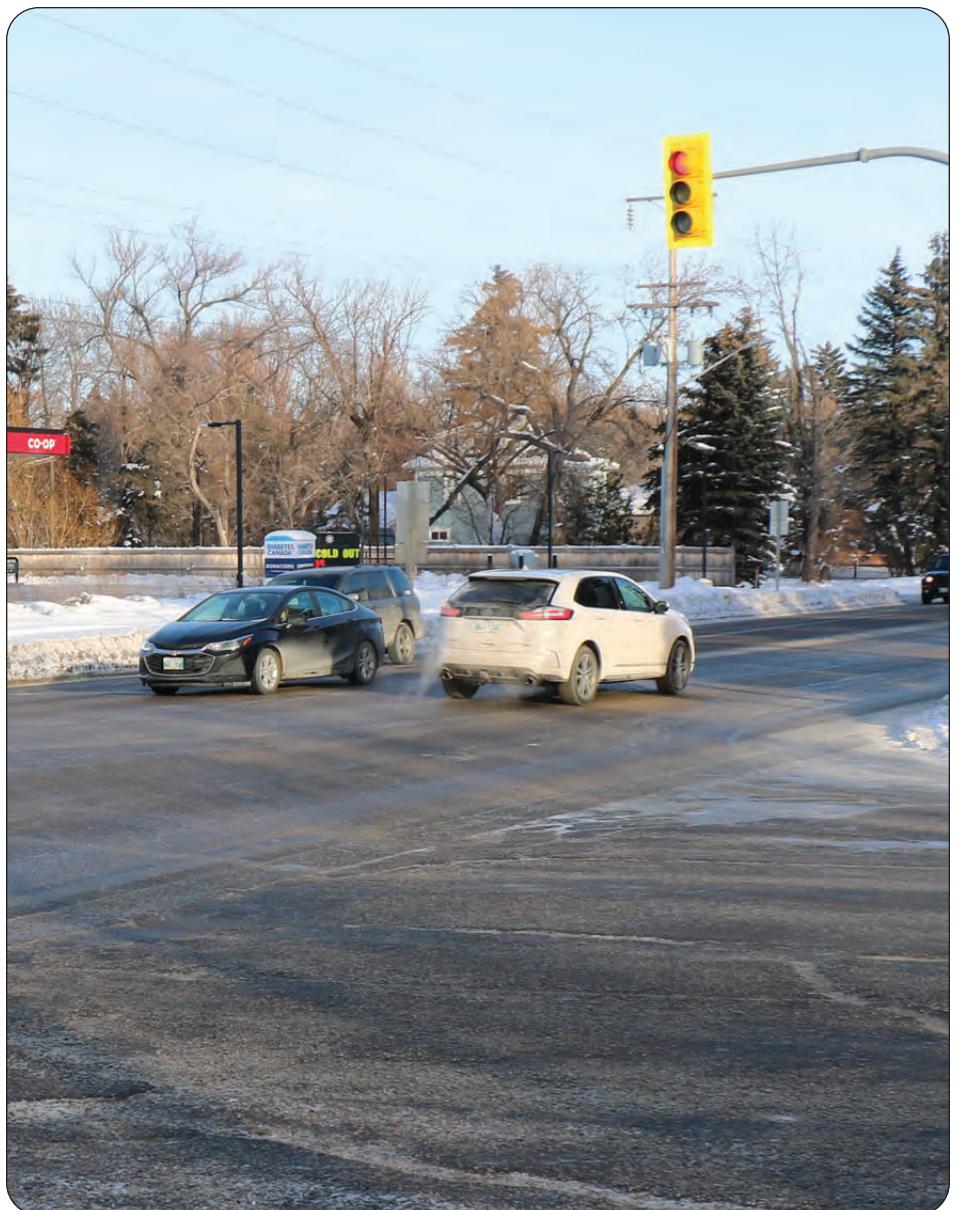
The 2022 study included over 1.2 million vehicles at over 50 different urban and rural locations throughout the province, and it was aimed at better understanding how frequently drivers were speeding on Manitoba's roadways.

MPI plans to use the findings to improve existing programs and develop new targeted initiatives to reduce speeding.

"MPI data has consistently shown us that speed is a contributing factor in almost 20 per cent of all fatal collisions annually, and this latest study tells us that remains a common and risky habit for many drivers," said Satvir Jatana, MPI's chief customer officer. "No matter what road you're on, when you're behind the wheel it's important to drive the speed limit for that area and remember to adjust for weather, road and traffic conditions."

Preliminary fatal collision data shows speed was the primary contributing factor in about 30 per cent of the fatalities on Manitoba roads to date in 2023.

To increase drivers' awareness of



RECORD FILE PHOTO

Preliminary fatal collision data shows speed was the primary contributing factor in about 30 per cent of the fatalities on Manitoba roads to date in 2023.

their travelling speeds, MPI is launching a new program this fall to provide electronic speed display signs to interested municipalities and First Nations.

As part of the program, MPI will

fund the purchase of up to 35 electronic speed reader signs in 2023 and an additional 20 signs in 2024 with no cost to communities.

"The results of our pilot program conducted last year found electronic signs are effective in reducing vehicle speeds and making our roads safer for all road users," Jatana said.

MPI also encourages drivers to follow these road safety tips to always keep speed in check:

- Plan your route and give yourself enough time to safely reach your destination.
- Use cruise control to avoid inadvertently going over the speed limit.
- Maintain a safe following distance, which means a four-second distance in ideal driving conditions.
- Remember when passing by a roadside emergency vehicle, you must move to the farthest lane from the scene whenever possible. In this situation, drivers also are required to slow down to 40 km/h when the posted speed limit is below 79 km/h or 60 km/h when the posted speed limit is 80 km/h or higher.

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SELKIRK COMMUNITY ARTS CENTRE

Dancing up a storm in East Selkirk



RECORD PHOTOS SUBMITTED

Selkirk & District hosted their 3rd annual Summer Dance Camp on July 10. Campers enjoyed a day filled with dancing, games, cultural crafts and more dancing. They enjoyed reading *Kohkum's Babushka* and learning about the relationship between Ukrainian immigrants and Canadian Métis families.

Increase support announced for people living with disabilities

By Jennifer McFee

Increased support is now available for eligible low-income Manitobans and adults living with disabilities.

The provincial government is providing more than \$13 million in additional funding to index Rent Assist benefits for eligible low-income Manitobans.

In addition, the provincial government is also indexing basic needs benefits for the first time for people enrolled in the new Manitoba Supports for Persons with Disabilities income assistance program.

Through the Rent Assist program, eligible households receiving Employment and Income Assistance or benefits through Manitoba Supports for Persons with Disabilities are pro-

vided shelter benefits as part of their monthly assistance. Low-income renters not receiving income assistance can also apply to receive benefits.

Now Rent Assist benefits for families receiving income assistance will be indexed to ensure that maximum rates reflect 77 per cent of the median market rent. Rent Assist benefits for families not in receipt of income assistance will be indexed to 80 per cent of the median market rent.

The provincial government also amended the Disability Support Regulation to now include a formula to index these benefits to inflation annually.

Further, the provincial government is seeking an agency to deliver com-

munity-based assistance through a one-year pilot project called Manitoba Supports Community Helper.

Through this project, community helpers will identify and assist potentially vulnerable persons enrolled or seeking enrolment in Manitoba Supports for Persons with Disabilities to access services and programming offered by the provincial government and in the community. This service aims to help them meet their financial needs, build support networks within their community and achieve greater access and social inclusion.

Jimm Simon, executive director of Community Living Interlake, said this announcement is good news.

"Any increase in funding for people

living with disabilities is a good thing. Not only does this change to the program help vulnerable people through increasing their support levels, it also creates a new category of employment assistance for vulnerable people that should help them access funding more easily," he said.

"Lastly, this program allows for vulnerable people who are able to obtain some employment the opportunity to work more without affecting their income assistance."

Interlake artists featured at the Manitoba Rural & Northern Juried Art Show

By Autumn Fehr

The Manitoba & Northern Juried Art Show welcomes you again this August for its annual show.

The exhibit will run from Aug. 1 to 27 at the Buhler Gallery, inside St. Boniface Hospital, at 409 Tache Avenue in Winnipeg.

What's unique about this art show? All 60 artists are selected by a jury in Manitoba's Central, Northern, Parkland, Eastman, Interlake, and Western regions.

Due to its comprehensive selection process, the artwork covers various media, including painting, drawing, photography, sculpture, ceramics, mixed media, and textiles.

The show will start with a reception on Sunday, Aug. 13, from 1 to 4 p.m.

The exhibit and reception are free and open to the public due to the support from Assiniboine Credit Union, Gardewine and the Province of Manitoba.

The event allows rural artists to attract the attention of new audiences and enables them to share their art with the community. It fosters connections within the community and offers support to the artists as they continue to develop and thrive.

This year, two of Interlake's own will showcase their beautiful pieces.

Christine MacMaster is a growing artist from Matlock. Her chosen piece, 'Wind of Time', is a painting expressing feelings and time.

Joanne Smoley is from East St. Paul. She will showcase her painting, 'After the Rain', capturing life with each paint stroke. Smoley uses acrylic to capture the energy in the piece.

"A lot of my work is just little moments that I just felt so impressed with and so in awe of out in Manitoba's forests and grasslands," said Smoley.

'After the Rain' is inspired by one of Smoley's favourite places and subject matters, the Whiteshell.

"One of my favourite things to do is to just carve my way around the shoreline, and when you do that, you can find these magical little clusters of flourishing little species, and they are brimming with life, and they are living without knowing all of the activity in the world. They are just existing peacefully. They quietly bob the water's edge, and after the rain, the colours just burst, and they just seem to be at their finest. That's what I tried to capture there, a joyous little moment I came upon," said Smoley.

The medium that Smoley chooses to work with will depend on the atmosphere she is trying to create. Sometimes she wants texture, and sometimes she wants the brilliance of ink



RECORD PHOTOS SUBMITTED

Interlake artists will have their art on display at the Manitoba & Northern Juried Art Show in Winnipeg from Aug. 1 to 27. Joanne Smoley has a number of pieces. 'Risen' (above) and 'After the Rain' (below left) are both acrylic paintings. Christine MacMaster will have a number of paintings as well (pictured below).



started taking classes with Leona Brown and Milos Molidrag, her mentors. They encouraged her and helped her find her voice in the art world when she no longer nurtured her children's creativity.

Now, Smoley leads a group of ladies in East St. Paul at Creative Minds, getting together a couple of times a month to share their painting skills.

For Smoley, the why for what she does is simple.

"It brings me joy... It's my happy place."

Smoley's art is showcased at the Centennial Concert Hall in Winnipeg, Warehouse ArtWorks in the Exchange District in Winnipeg, Gwen Fox Gallery, and the Gaynor Family Regional

Library in Selkirk.

This fall, from Oct. 16 to 31, her work will also be shown at the Fleet Galleries Ltd. in the Exchange District.

Her work can also be explored by visiting her website, www.josmoleyartgallery.com. To stay up-to-date with her latest creations, follow her on Instagram @josmoleyart or Facebook @josmoleyartjournal.

To request one of her pieces to display in your home, contact Joanne at josmoley@gmail.com.

About twenty-five years ago, she

sports & recreation

INSIDE > OUTSIDE > UPSIDE DOWN

Steelers acquire Russell from Stouffville

Staff

It may be July but the Selkirk Steelers are already thinking about hockey.

Selkirk acquired forward Ryan Russell (2004) from the Stouffville Spirit in exchange for future considerations earlier this month.

"We are very excited to have acquired Ryan, he's a smart 200-foot player that adds scoring, skill and grit to our lineup. Ryan also brings a great element of leadership, hard work and

experience to our dressing room," said Hudson Friesen, the Steelers' head coach/director of hockey operations.

The 19 year old from Barrie, Ont. scored 10 goals and collected 28 points in 50 regular-season games last season.

During the 2021-22 campaign, Russell tallied six goals and added nine assists in 42 games.



RECORD PHOTO SUBMITTED

The Selkirk Steelers acquired forward Ryan Russell from the Stouffville Spirit for future considerations earlier this month.

Selkirk FC blasts Los Guerreros

Staff

Selkirk FC took advantage of a struggling Los Guerreros FC team on July 11.

Selkirk FC blasted the visitors 7-1 in Manitoba Major Soccer League MCSL Conference 3rd Division action.

Evan Bedard had a great game with three goals while Yaya Ramadam Adam (two), Tanner Markevich, and Aaidan McWilliams scored for the winners.

PJ Subedi replied for Los Guerreros FC.

Selkirk FC, now 3-3-1, will host Union Deportiva de Manitoba on

Wednesday at the Selkirk Recreation Complex. Game time is 7:15 p.m.

In MMSL 5th Division play, the Tri-S Strike Force played to a 2-2 draw with Purple Cobras FC on July 10.

Strike Force goals were scored by Aaron Bell and Tyler Swain while William Stoneham and Dylan Fathers replied for Purple Cobras FC.

Tri-S battled the Hanover Strikers on Monday but no score was available.

The Strike Force will visit Landmark FC on July 26. Game time is 7:15 p.m.

Dunstone rink awarded a spot in 2024 Brier

Staff

Winnipeg's Matt Dunstone's rink has been awarded a spot in the 2024 Brier national men's curling championship.

The team, which includes Winnipeg Beach's Colton Lott, pre-qualified based on its Canadian Team Ranking System performances last season.

Brad Gushue of St. John's, N.L., will return to the Brier as defending champion while 15 spots still have to be filled during the upcoming season.

Dunstone won the 2023 Manitoba

championship but lost to Gushue in the Canadian final.

What's your story?

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The Selkirk Record

To see more photos of your favourite Interlake Athletes

GO TO

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Fauquier running the races of her, mother's life

By Joshua Frey-Sam

"One foot in front of the other." it's a personal message that's pushed Stephanie (Steph) Fauquier in the most challenging moments over the last 11 months, and what she will continue preaching as she completes the race of her, and her mother's, life.

Fauquier, 34, is in the midst of a 16-week nationwide endeavour that would make even the most elite athletes a bit skittish.

The Toronto product is attempting to complete 10 triathlons or half-ironmans, each in a different Canadian city, over the next four months to raise money for research toward Alzheimer's disease. Fauquier, who is five races into her journey, coined #RaceWithSteph, has raised almost \$250,000 since she started swimming, biking and running in May.

Her Canadian race made a pit stop in Hecla Island on Saturday, when she competed in the Hecla Triathlon — a 750-metre swim, 22.5-kilometre bike ride and 5km run. It was the fifth stop on her tour.

It's the reason Fauquier took on the ambitious journey that has inspired supporters, though.

Fauquier's mother, Dr. Robin McLeod, a world-renowned surgeon and Officer of the Order of Canada, was diagnosed with Alzheimer's in 2021. Knowing the disease was fatal, Fauquier set her sights on making her mom's remaining days something the country could rally around.

"My mom had the best work ethic, she was tireless, she did everything," said Fauquier. "She achieved so many amazing things — being named to the Order of Canada — but then she was also an amazing parent and I think that was because she was very consistent, very deliberate — she was very focused with the time that she gave and was giving to you. So I see a lot of parallels coming together through this endeavour. We see my mom a lot."

Fauquier, who had already run 10 triathlons in her life and was a cross-country runner during her time at St. Thomas University in Fredericton, N.B., began training for the four-month challenge last August. Indeed, the task has been demanding as she had imagined, especially after fracturing her toe during a race almost two months ago.

"There's been two really interesting things that



Inside the suit shows two photos Stephanie keeps close to her heart during her races.



Stephanie Fauquier competed in the cycle course of the Half Ironman Triathlon in Victoria B.C. in May 2023.

have come from this: the first being — I've always been very ambitious and I've always taken on different challenges. But through training this year, I have really gotten into this idea of, 'one foot in front of the other.'

That is, by putting and being very consistent and deliberate, all the small pieces together make big outcomes," she said.

"So often when I'm racing, I've just thought to myself, 'It's one foot in front of the other,' and you're totally unstoppable when you do it. And you get that feeling of consistency and discipline."

Fauquier finished third overall — first in her age group — at the Hecla Triathlon on Saturday. She made no reference of the importance of her finishes, but said it's "really cool to see all the people who are so supportive — who get on board with your ideas and rally behind you."

"When a family member goes through a change like Alzheimer's or a cognitive impairment, you don't really talk about it at first because there's embarrassment and all these sort of feelings. I felt like my mom went from being seen as an amazing person to people almost writing her off and saying, 'Okay, well, this is the end.'

"It's not the end, it is a next chapter and it's an important chapter and one that we should talk about. I felt that this was something I could do for my mom and start this conversation and make a disease like Alzheimer's disease, which is terminal and no one wants to talk about it — talk about it and educate people," said Fauquier, adding she decided to do a Canada-wide endeavour because the disease affects the whole country.

"I just felt like there's this uniquely patriotic thing — like let's race across the country, let's be united in this fight and let's have a conversation about it."

Andrew Flynn has been training Fauquier six days a week since she decided to race 11 months ago. While Flynn, who has coached all forms of ultra-endurance athletes for the last 15 years in Toronto, said he's seen others try to run multiple triathlons in a short period, he noted a few things that have separated Fauquier's journey.

"What's unique about this is the triathlon, coupled with doing it in every province, coupled with the philanthropic arm of it," said Flynn, who will



RECORD PHOTOS SUBMITTED

Dr. Robin McLeod celebrates with daughter Stephanie Fauquier at the finish line of the Western Cycle Triathlon at Stony Plain, Alberta, July 2023.

cheer on Fauquier at a couple of races this summer.

"It's been a real pleasure working with Steph. One of the things that I really love about endurance pursuit is as we pursue these endurance goals, we really get in tune with who we are as people, so I really am able to see transformation through people."

That transformation for Fauquier, he explained, has come in the form of resilience and persistence, which were tested greatly once she broke her toe.

"The mental fortitude, but also the trust — at some point, we have to trust ourselves and really

get connected to who we are, and trust and believe in ourselves, and that was a real turning point for her with the broken toe because she had to believe and trust that her fitness was going to be there to support her.

"Even though what most would consider to be a roadblock with a fractured toe, really just became a resistance for her to figure out."

Fauquier will take the next couple of weeks off before flying to the Maritimes for three races. She'll finish her journey with a triathlon in Montreal and a half-ironman in Toronto. She said she's already considered making it an annual endeavour but would like to find a way to make

#RaceWithSteph more inclusive going forward.

"I said I was going to do it and I just did it," Fauquier said. "It's really cool to see all the people who are so supportive and get on board with your ideas and rally behind you."

If interested in donating, visit: racewithsteph.com

They can also email associates.ut@utoronto.ca and "indicate that your gift should be directed to support the Tanz Centre for Research in Neurodegenerative Diseases and mention Race with Steph."



Stephanie Fauquier, an amateur athlete has undertaken an endeavour in honour of her mother, a renowned surgeon who was diagnosed with Alzheimer's disease two years ago. Through #RaceWithSteph, she has raised nearly \$250,000 to support Alzheimer's research and is boosting awareness about a disease that affects 747,000 Canadians and their families. Pictured left to right, Stephanie Fauquier with her parents, Dr. Robin McLeod and John Fauquier.

Hefferman representing Manitoba in U19 women's volleyball at NAIG

By Brian Bowman

There are a lot of great local athletes competing at the North American Indigenous Games (NAIG) this week.

Madison Hefferman is one of them.

The Selkirk product is a member of Manitoba's U19 women's volleyball team that is taking part in the Games in Halifax.

"I'm really excited to go. It's going to be such a cool opportunity," said Hefferman last week. "It's going to be really exciting considering the fact that this is my first time representing Manitoba and it's going to be even more exciting doing it from a cultural aspect as an Indigenous person."

Hefferman, 18, is looking forward to taking in other sports as a spectator and seeing a lot of different people.

"It's the biggest North American

sporting event so it's going to be really cool to see other athletes and different sports," she said. "The other thing, too, is that we get pins to trade with other athletes while we're out there."

Hefferman was a co-captain of the Selkirk Royals' varsity girls' volleyball team this past season. She plays both outside positions and is also a libero.

Hefferman also plays for the Win-Man Volleyball Club and was a captain for the team.

It's quite an honour to be named a captain of a team.

"I think it's a great aspect to have, not only in volleyball, but outside of sports," she said. "It's something I really pride myself in - being a strong leader for my teammates."

Team Manitoba's U19 women's volleyball is a talented one with some U Sports commitments on their team and they feel confident that they will do well at the NAIG.

One of those committed players is Hefferman, who will be attending school and playing volleyball for the Universite de Saint-Boniface Les Rouges this fall. She will be joining a really strong program.

"I'm really excited. I have had an opportunity to get to know the head coach Evan and it's a great program," said Hefferman. "The team is very competitive and has won back-to-back MCAC championships and they are the first Manitoban team to represent the MCAC at nationals the past two years."



RECORD PHOTO SUBMITTED

Selkirk's Madison Hefferman is on Team Manitoba's U19 women's volleyball team that will compete at the North American Indigenous Games.

Interlake athletes competing at North American Indigenous Games

Staff

The North American Indigenous Games (NAIG), held in Kijipuktuk (Halifax), Nova Scotia on the territory of the Mi'kmaq, began last Sunday and will wrap up this Sunday.

This is the 10th edition of the NAIG. The event is the first since 2017 because of cancellations due to COVID.

The NAIG are an international sporting competition that occurs every three years in different locations across North America.

Team Manitoba has 30 teams, with athletes aged 13 to 19, competing in 16 different sports.

It is the largest indigenous gathering in Atlantic Canada's history and CBC has coverage throughout, including 1,500 hours of streamed events.

The NAIG has 750 nations coming together, more than three times the 200 that will compete at next summer's Paris Olympics.

Interlake athletes that are competing at the NAIG, along with coaches,

include: ARCHERY 3-D 16U Female Chanelle Sumner - Pinaymootang First Nation, ATHLETICS 19U Male - Blaze Benediktson - Gimli - Hollow Water First Nation, 19U Female - Seanna Price - Steep Rock - Metis Interlake, 14U Female - Addison Price - Steep Rock - Metis Interlake, BADMINTON U16 Male - Reese James - Stonewall - Peter Ballantyne Cree Nation, BASEBALL 19U - Rylan Slatcher - Stonewall - Metis Interlake, coach - Roger Langlais Garson - Metis Southeast Region, BASKETBALL-14U FEMALE Aliyah Amin - Grand Marais - Poplar River First Nation Puya Amin - Grand Marais - Poplar River First Nation, U14 - MALE Noah Kuzyk - St.Laurent - Metis - Interlake, U16 - MALE Aidan Lambert Park - St. Laurent - Metis - Interlake, 19U - FEMALE Jayna Maytwayasking - Lake Manitoba First Nation, 19U - MALE Lawson Spence - Peguis First Nation, Tyson Christensen - St.Laurent - Metis Interlake, CANOE/KAYAK 14U Fe-

male Kaitlyn Courchene - Peguis First Nation, 16U Female Kinly Cochrane - Fisher River Cree Nation, 19U Male Brayden Bear - Peguis First Nation, 19U Male Robert Spence - Fisher River First Nation, coaches Frederick Spence - Peguis & Shawna Joint - Warren - TR'ONDEK KWECH'IN UK, GOLF 19U Male Cole Link Fisher River Cree Nation, 19U Female Reghan Kirk - Stonewall Metis Winnipeg, LACROSSE 16U Male Box - coach Cruz Jimenez - Selkirk - Metis Interlake, 19U Female Box, Mackaila Bruce-Tapley - St. Laurent - Metis Interlake, Shanice Stevenson - Peguis First Nation, SOCCER 19U Female Riley Korosil - West St. Paul Brokenhead Ojibway FN, SOFTBALL 16U Female - Danica Chaske - Stony Mountain - Sioux Valley Dakota Nation, 16U Female - Paige Powroznik - Teulon - Metis Interlake, 16U Male - Bernie Garson - Fisher River Cree Nation, 16U Male - Josiah Govereau - Fisher River Cree Nation, 16U Male

- Norman John Lacquette - Warren - Peguis First Nation, 16U Male - Trent Forster - Peguis First Nation, 19U Female - Aniya Monkman - Lake Manitoba First Nation, 19U Female - Madison Dauphinais - Peguis First Nation, 19U Female - Taylor Audette - St. Adolphe - Metis Southeast, SWIMMING 16U Male - Riley Anderson - Pinaymootang First Nation, VOLLEYBALL 16U Female Alyssa Cador - Selkirk - Metis Interlake, 16U Male - Owen Giesbrecht - Lockport - Metis Interlake, 19U Female - Madison Hefferman - Peguis FN, coach Tristan Dreilich Selkirk - Metis Interlake WRESTLING Female Kaidence Tran - Peguis - Grassy Narrows FN, Margaret Brunei - West St. Paul - Peguis First Nation, Anaka Chartrand - St. Laurent - Metis Interlake, Kierstan Sinclair - Peguis First Nation, Emma Bear - Peguis First Nation MALE coaches Savannah Chapman-Cochrane - Peguis First Nation and Winona Morrison - Peguis First Nation.

Markusson wins Mid-Masters Golf Championship

Staff

Winnipeg's Curtis Markusson of the St. Charles Country Club earned a two-stroke victory over Niakwa's Todd Fanning to win the Mid-Masters Championship last week.

Markusson, formerly of Gimli, fired rounds of 78, 72, and 75 for a nine-over 225 total.

Selkirk's Ben Bandura, who plays

out of the Elmhurst Golf & Country Club, tied for 14th after carding rounds of 84, 77, and 82.

Patrick Perrin of the Elmhurst Golf & Country Club won the Diamond Athletic Men's Mid-Amateur Championship by a stroke over Shilo Country Club's Drew Jones.

Both players carded a four-over par 76 in their final round.

Jeri Lafleche of the Clear Lake Golf Course made an eagle on the par four, 17th hole from 152 yards to secure the Diamond Athletic Women's Amateur Championship at the Pine Ridge Golf Club.

Carding a final round of three-over par 75, Lafleche finished four strokes better than Golf Manitoba Public Players Club member Cala Korman

to win this championship for the second straight year.

Marissa Naylor of the Niakwa Country Club won the Mid-Amateur Championship by two strokes over Charmaine Hayden of the Breezy Bend Country Club.

get inspired

> MEAL IDEAS



Servings: 8

Balsamic Vinaigrette:

1/2 Avocado From Mexico, diced
1 tablespoon avocado oil
2 tablespoons shallots, minced
1 tablespoon Dijon mustard
3 tablespoons white balsamic vinegar
1 tablespoon honey
3 tablespoons water
Salad:
2 Avocados From Mexico, diced
2 sweet potatoes, roasted and diced
2 cups quinoa, cooked

RED RIVER CO-OP FOOD STORE

Harvest Bowl Salad with Balsamic Vinaigrette

2 cups arugula
2 cups kale
1 cup Brussels sprouts petals, roasted
2 Honeycrisp apples, diced
2 tablespoons roasted pecans, unsalted
2 tablespoons roasted pepitas, unsalted
2 tablespoons dried cranberries

To make balsamic vinaigrette: In food processor, process avocado, avocado oil, shallots, Dijon mustard, balsamic vinegar, honey and water to smooth consistency. Set aside.

To make salad: In large bowl, combine avocados, sweet potatoes, quinoa, arugula, kale, Brussels sprouts petals, apples, pecans, pepitas and dried cranberries. Pour balsamic vinaigrette over salad mixture.

Toss salad to coat. Keep refrigerated until ready to serve.



Quinoa Overnight Oats

Prep time: 15 minutes

Cook time: 10 minutes

Servings: 4

1 bag Success Tri-Color Quinoa
2 cups almond milk
1 cup quick-rolled oats
2 bananas, mashed
1/2 teaspoon ground cinnamon
1 cup fresh blueberries
1/2 cup pomegranate seeds

Prepare quinoa according to package directions. Let cool completely.

In large bowl, combine almond milk, oats, bananas and cinnamon. Stir in quinoa and blueberries.

Cover and refrigerate overnight. Divide among four serving bowls and garnish with pomegranate seeds.

Tips: For added sweetness, drizzle with honey, maple syrup or agave syrup, to taste. For a grab-and-go breakfast, combine overnight oats mixture and divide in resealable, single-serving jars or containers. Seal and refrigerate overnight.

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Ask the Money Lady

Dear Money Lady, I have been offered a new job as a contractor and I am not sure if I should take it. Could you tell me what the difference is between an employee versus a contractor. Thanks, Jenn.

Dear Jenn, great question – one that most people should know!

Most Canadians, if given the chance to take a contracted position over an employee position will always choose the employee placement, thinking it is more secure and better than being labelled an independent contractor. This is a false notion, one that always leaves a lot of money on the table. Long-time contracted Canadians know the benefits of this employment choice and often would never opt to go back to a “so-called” coveted employee position. So, let’s discuss the differences and you can choose for yourself which is better.

The main difference between an employee and an independent contractor is the taxation, deductions, and benefits. As a contractor you will be responsible for paying your own taxation and CPP (Canada pension plan) and because you are not an employee, you most likely will not have any health or dental benefits. Because of this, contractors are always paid more than employees and often have a lot more freedoms.

Contractors can work for many different clients or companies, they have less restrictions, and are usually free to perform their duties the way they want to, provided the contracted work is completed within the time frame agreed upon. They are always paid without deductions, so it is necessary for a contractor to budget for taxation and setup a savings strategy for retirement. Personally, I have been an independent contractor since I was 22 and I would never go back to an employment position. As a contractor you are always paid more and have the ability to write off personal expenses to reduce your overall income. Cell phone fees, car expenses (gas, mileage, depreciation, or lease payments), home office, stationery and office expenses, equipment, gifts, meals, and entertainment are just a few of the write offs most contractors use to lower their taxable income. In my opinion, it is your take-home



Christine Ibbotson

earnings that matter most. Someone who earns a six-figure income but is taxed at the highest marginal tax rate and then has multiple deductions off their pay is far worse off than a contractor that makes less but takes home more.

As an employee you normally do not have the opportunity to profit from your work. You would not need to make any investment into performing your job other than showing up and providing the services required by the employer. You are entitled to benefit plans, along with group health and dental insurance. All required deductions and taxation will be calculated by your employer, and you will receive your net income in the form of a regular pay cheque. Most people believe that as an employee you are “safer” than a contractor with more job stability. This however may not be true, since anyone who is not doing their job runs the risk of being fired.

Many industries today don’t have contracted positions, however if you have the opportunity to try it in your working career, you should. You may find, like myself, that you never want to go back to an employee position ever again.

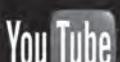
*Good Luck & Best Wishes,
ATML - Christine Ibbotson*

Written by Christine Ibbotson, Author, Finance Writer, National Radio Host, and now on CTV Morning Live, and CTV News @6. Send your money questions (answered FREE) through her website at askthemoneylady.ca

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METAL RECYCLING

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

FARM MACHINERY

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

GARAGE SALES

Huge Garage Sale with large amount of craft supplies. Dressers/tables. July 21, 22 & 23, 9 a.m. - 5 p.m. 6728 Hwy 8. 1/4 mile from Hwy 67.

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: allstarenviron@gmail.com

HELP WANTED

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

Senior Pastor

Wanted

Carman Mennonite Church is an independent Anabaptist congregation seeking 0.5FTE pastoral position with the possibility of full-time. Located in Carman, MB. For more info contact: cmcpastoralsearchcommittee@gmail.com

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Todd
250-864-3521

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BUSINESS**

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Ray Caron Construction
Closes July 27 at 6:30PM

Estate of Don Gulewich
Closes August 1 at 7:00PM

Estate of Jean Wilkinson
Closes August 3 at 7:00PM

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McSherryAuction.com
204-467-1858
Consignors Welcome!

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

take a break

> GAMES

SUDOKU

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

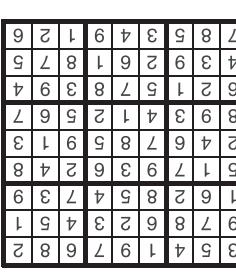
Level: Intermediate

Fun By The Numbers

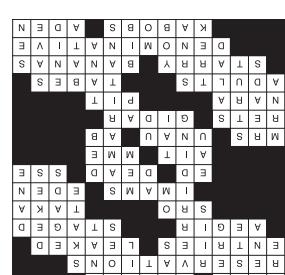
Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

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!



Sudoku Answer



Crossword Answer

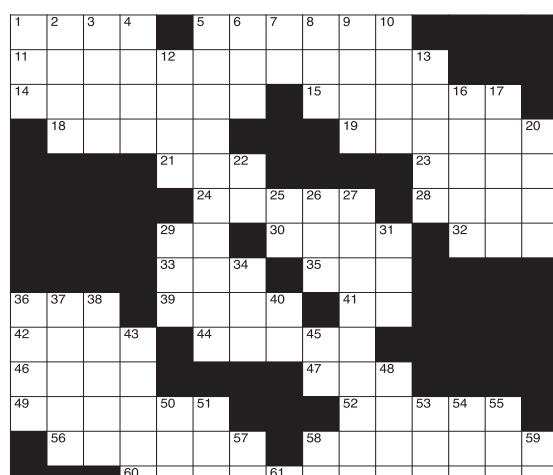
X CROSSWORD

CLUES ACROSS

1. Commoner
5. Tea leaf
11. They save you a table
14. Submissions
15. Secretly revealed
18. Personification of the sea (Norse)
19. Unreal
21. No seats available
23. Bangladeshi currency
24. Leaders
28. Famed garden
29. Denotes past
30. Not living
32. Midway between south and southeast
33. Small island (British)
35. Woman (French)
36. Wife
39. Two-toed sloth
41. Blood group
42. Soaks
44. Biu-Mandara language of Cameroon
46. Japanese prefecture
47. Place to be during a rock concert
49. Fully grown humans
52. Emaciation
56. Sparkling
58. Fruits you peel
60. Derived from a noun
62. Popular items to grill
63. Port in Yemen
65. English artists' society (abbr.)
67. NY Giants legend
68. It's in the ground
69. No No No
70. Pesky insect
72. Danish-American muckraking journalist
73. Kids love to do it
74. Good Gosh!
75. Fakes
76. A citizen of Denmark
77. Mystic syllable
78. Commercial
79. Letter of the Hebrew alphabet
80. Helpers
81. Water (French)
82. Young woman
83. Red-brown sea bream
84. Before
85. Actress Dunham
86. This (Spanish)
87. Director Peter
88. Dominant

CLUES DOWN

1. Before
2. Actress Dunham
3. This (Spanish)
4. Director Peter
5. Dominant
6. Messenger ribonucleic acid
7. Comprehends
8. Walk with confidence
9. Home of the Flyers
10. Appetizer
11. News organization
12. Source of the Nile
13. A way to march
14. Soluble ribonucleic acid
15. Egyptian bull-god
16. Children's author Blyton
17. Baseball pitching stat
18. Rude young person
19. Table napkin
20. Monetary unit in Asia
21. One-time AL MVP Vaughn



The Carman-Dufferin STANDARD

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Are you mechanically inclined and are interested in working casually a couple of days a week?

We are looking for someone to do minor repairs to wheelchairs, walkers, scooters and lift chairs.

Call Irene at Bonded Mobility
204785-1992 or email
reception@bondedhealth.ca
and make your own schedule.

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- Benefits available

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Call for more info
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Collision Corrections is now looking to hire a full-time person to help with several duties. We are willing to help train the right candidate to join our team. Apprentice or an experienced auto body tech would be great asset. Wages greatly depend on experience in the trade. Although auto body experience is an asset it is not necessary if a candidate possess some mechanical and computer skill, also experience with dealing with the public. Some of the duties for this position are: look after customers at times; cleaning vehicles and the shop; delivering vehicles to and from the city; changing bumpers and fenders (small jobs); answering phone and delivering vehicles when manager not around; cutting grass. Please forward resume to collisioncorrections@hotmail.com or call Glen at 204-229-9152.

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ROCKY MOUNTAIN EQUIPMENT IS HIRING: Parts Technicians, Service Managers, Agriculture & Heavy Equipment Techs - Journeyman, Apprentices and Sales roles. View open roles www.rockymtn.com/careers Possible relocation and signing bonus offered.

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SHARPENING

Knives (Butcher, household, filleting, etc), meat cleavers, scissors (regular and fabric), pruning shears, carbide blades, chainsaws, etc. Anywhere from individual items to estates. Cash buyer, paying top dollar. Please call or text Adam at 204-795-2850.

MISCELLANEOUS

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

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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.

**EVENTS HAPPENING?
CALL THE RECORD AND SPREAD THE WORD!
204-785-1618**

UPCOMING EVENTS

St. Andrews on the Red Anglican Church invites you to a concert with "Chance, by Golly" (Celtic Folk Duo) on July 23rd from 1:30 to 2:30 p.m. Admission by donation. Refreshments served. All proceeds to "Raise the Roof" fund to replace church roof.

FLIGHT ACADEMY

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

**News Tips?
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URGENT PRESS RELEASES - Have a newsworthy item to announce? An exciting change in operations? Announcing a scholarship? Though we cannot guarantee publication, MCNA will get the information into the right hands for ONLY \$35 + GST/HST. Call MCNA 204-947-1691 for more information. See www.mcna.com under the "Types of Advertising" tab for more details.

Summer/Fall HIRING? SOMETHING FOR SALE? HAVING AN EVENT? Book your Blanket Classified Ads in the 31 Weekly Manitoba Community Newspapers to have your messaging seen all over the province! Call 204-467-5836 or call MCNA at 204-947-1691 for more details or to book ads. MCNA - Manitoba Community Newspapers Association. www.mcna.com

Eddie's Gravel Supply Ltd. is Hiring

CLASS 1 DRIVERS

Must have a valid license

Competitive Wages, Benefits
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204-389-2023

102086 Hwy 9, Wpg Beach, MB

SALES CAREER OPPORTUNITY

BigandColourful Printing & Publishing

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.

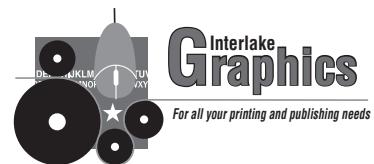
This opportunity involves building relationships and representing our newspapers to new and existing customers.

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
- Excellent communication skills and a genuine love of people
- Willingness to learn
- Ability to work independently

If you fit this description please email resume to
Bigandcolourful@mts.net



Stonewall Teulon Tribune
THE EXPRESS WEEKLY NEWS

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Classifieds

The Selkirk Record

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- The ads blanket the province and run in MCNA's 31 Manitoba community newspapers
- Very cost effective means of getting your message out to the widest possible audience

Contact this newspaper NOW or MCNA at 204.947.1691 or email classified@mcna.com

www.mcna.com

NOTICE TO CREDITORS

IN THE MATTER OF THE ESTATE OF MIL-DRED KREAMER, late of the City of Selkirk, in the Province of Manitoba, deceased.

ALL claims against the above estate, duly verified by Statutory Declaration, must be filed with the undersigned at their offices at 183 Main St., Selkirk, MB, R1A 1R5, on or before the 18th day of August 2023.

DATED at the City of Selkirk, in Manitoba, this 17th day of July 2023.

PKF LAWYERS
Selkirk MB office
Eric S. Freedman,
solicitor for the
Executor

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

McSherry Auction Service Ltd

McSherry Online Auction Estate of John Bergman

Closing Date: Thursday August 10th, 7:00pm

Gimli, MB

North 10 Miles on HWY 8, 2 3/4 Miles West on Valhalla Beach Road Lane # 16001 Contact: 204-641-4115

Featuring; 10 Tractors, TD9 Crawler, Cockshutt 30, Case 700, 930, DC JDB, 25 Cars 15 to 80 Years Old; '38 Buick Inline, '48 Int P/U, Some Implements, Yard Items, Tools, Collectibles

Detailed Listings with Pictures, Directions, Viewing + Pick Up Dates, Online Bidding Go To; McSherryauction.com

204-467-1858 & Mcsherry@mymts.net

McSherry Auction Service Ltd

McSherry Online Auction For Ken Van Hulle

Closing Date: Wednesday August 9th, 7:30pm

Woodlands, MB - Take Hwy #6 to Rd 9 then 2.5 Miles South on Rd 9- Driveway# 79070 Contact: 204-383-0041

Featuring; J.D. 7520 4WD Tractor, J.D. 3020 – not running, 4 Haybines; Hesson 1170, 1160, 1014, Case IH 8380, Morris #881 Auto Bale Wagon, New Idea 485 Rd Baler, White 9700 Axial Combine, More Equip., Tools, Livestock Feeders

Detailed Listings with Pictures, Directions, Viewing + Pick Up Dates, Online Bidding Go To; McSherryauction.com

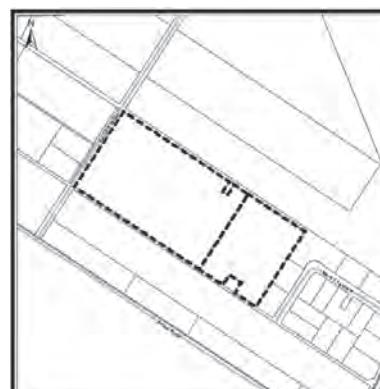
204-467-1858 & Mcsherry@mymts.net

**R.M. OF WEST ST. PAUL ZONING BY-LAW 2/99P
ZONING BY-LAW AMENDMENT 2023-06 "P" &
SUBDIVISION APPLICATION NO. S23-3006
COMBINED PUBLIC HEARING**

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

What is BL 2023-06 "P" and S23-3006 about?

This application is to rezone the subject lands from "A80" Agricultural Zone to "M2" Heavy Industrial Zone in order to create eighteen (18) industrial lots ranging from +/- 1.38 ac to +/- 2.66 ac.



**65 Second Street & Unaddressed Parcel
Roll # 400700 & 401000**

Please be advised that Public Hearing will be conducted in-person at the Council Chambers. Participants must register at the entrance on the day of the Public Hearing. If you require further information about attendance, please contact the municipality at info@weststpaul.com or by phone at 204-338-0306.

For more information, please contact the Red River Planning District. Red River Planning District Mon-Fri*
2978 Birds Hill Rd. East St. Paul, MB 8:30am-4:15pm

*excludes all statutory holidays

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

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



**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, KENABECK 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 Town of West St. Paul on the 20th day of July, 2023 at 6:00pm. Council will hear any person who wishes to make representations or ask questions, or register an objection to the Local Improvement Plan By-Law No. 2023-07:

Installation of wastewater pipes, lift station and forcemain, including access to location in the areas known as Hiawatha Avenue, Minneaha Avenue, Kenabeek Street, Nye Avenue, Baldock Street and Evelyn Avenue in the RM of West St. Paul. Installation and forcemain service the Hiawatha Avenue, Minneaha Avenue, and Kenabeek Street catchments.

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 recorded as a local improvement tax based on a special assessment 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, Minneaha Avenue, Kenabeek Street

- Cash option of \$35,416.67 per parcel, or
- Finance option of \$3,447.71 per parcel to be levied annually for 20 years.

Per Parcel Rate Evelyn Avenue, Nye Avenue, Baldock Street

- Cash option of \$27,431.43 per parcel, or
- Finance option of \$2,631.03 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 representations or 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, CMMA
Acting Chief Administrative Officer
RM of West St. Paul 204-338-0306

We are Listening.

Public Hearing Thursday, August 10, 2023 6:00 PM Council Chambers 3550 Main Street West St. Paul, MB

**Phone:
(204) 669-8880
1-800-876-5831**

**Fax:
(204) 669-8882
E-Mail:
info@rrpd.ca**

**Website:
redriverplanning.com**



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www.mcna.com

Announcements

Selkirk Record

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ANNOUNCEMENT

CARD OF THANKS

Family of Louis-Paul Poirier

We would like to extend a big thank you first to the staff at Betel Home Selkirk for looking after Dad for almost 10 years and keeping him safe and healthy through COVID. Thank you also to Gilbert Funeral Home for all their help in the days that followed Dad's passing. John, David and Erin were kind, patient and professional in giving guidance with all things required to be done to honor Dad's final rest. John, thank you as well for going over and above by video-taping the service and embedding it to his memory wall. Thank you also to Good Shepherd Lutheran for their help in honoring Dad's last wishes and to Donnie and Adelaide for the wonderful lunch. You really do have the best perogies around! To Victoria's Florist for the special detail added to the bouquets and to the many guests who shared in the Celebration, the luncheon and donating to the Good Samaritan Fund, one of Dad's close to his heart charities, please know we appreciated you being there and supporting us. Finally, a big thank you to all of you who sent cards, telephoned, was there with hugs when needed and prayed for us.

ANNOUNCEMENT

BIRTHDAY



Happy 60th Birthday
Kimberly Dawn!

Congratulations on this HUGE milestone.
-Love your family

ANNOUNCEMENT

IN MEMORIAM



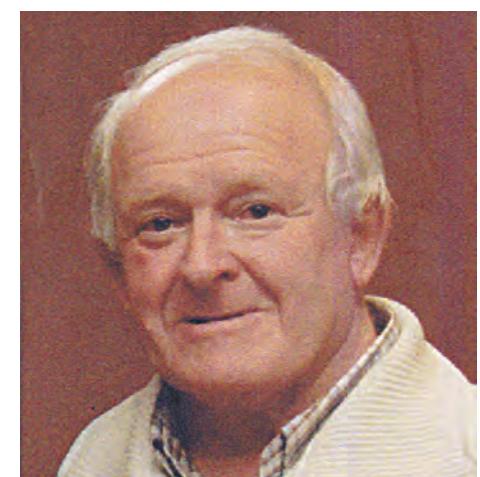
Louis McLeod
April 6, 1949 - July 13, 2021

Never more than a thought away,
Quietly remembered every day.
Forever loved and missed.

-Your wife, children
and grandchildren

ANNOUNCEMENT

IN MEMORIAM



Paul McCambridge
June 30, 1946 - July 26, 2011

Our hearts are still heavy,
Century past, but know you
are at peace with the lord.

-Love Bernadette, Keith, Sue,
Lauren, Aidan and Mark

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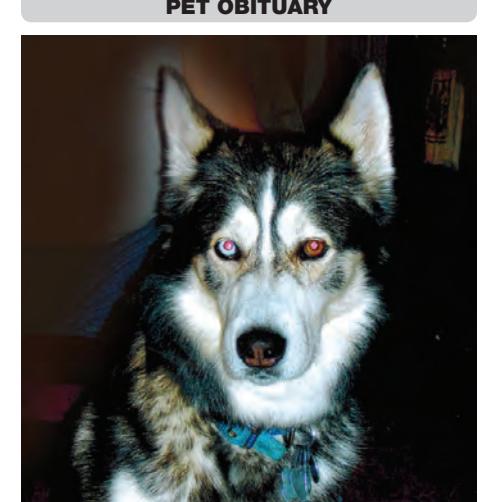
Patrick Lorne Magnusson
2003 - 2023

Time speeds on, twenty years have passed,
Since that sad day when you had to leave us!
Gone is the man we love so dear,
Silent is the voice we loved to hear!
We miss your smile, your joking ways,
We miss the things you used to say!
We hold you close within our hearts
And there you shall remain!
We love and miss you every day!

-Love always Margaret
and our families!

Your memory will live forever
Engraved within our hearts

ANNOUNCEMENT
PET OBITUARY



Vidar Loane

On July 10, 2023, Vidar Loane went to heaven
to be with his master, Tim Loane. They are
now together again.

-Forever missed,
Allan and Jenny Loane

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OBITUARY**Beulah Evelyn Haines**

It is with heavy hearts that we mourn the passing of our beloved mother, grandmother and great-grandmother, Beulah Evelyn Haines. Beulah passed away peacefully in her sleep on June 28, 2023 at the age of 95.

Beulah is predeceased by her husband (Arden) and son (Richard).

She will be deeply missed by her eight surviving children, Sharon (Terry), Gary (Carolyn), Marilyn (Stuart), Dale (Dorothy), Bill (Linda), Debby (Rob), Cindy (Glenn), Dianne (Irv); 18 grandchildren; and 25 great-grandchildren.

The family would like to express our sincere thanks to the wonderful staff at Resthaven Lodge, Sidney, BC for their loving care during the last two years.

Mom was one of a kind and she will be sadly missed by all that knew her. She was positive, caring and her love for life, friends and family always shone through.

"The world changes from year to year our lives from day to day but the love and memory of you shall never pass away."

As per Beulah's wishes cremation has taken place and a Celebration of Life will be held at a later date.

For a complete obituary or to leave condolences on her tribute wall please see www.mccallgardens.com

**OBITUARY****Leila Maureen Helen Reeves (nee Swiderski)**

Suddenly on Tuesday, July 11, 2023 at her residence in Yorkton, Saskatchewan, Leila Reeves, aged 49 years, passed away.

She leaves her four beauty queens Cynamyn (Blake), Denvr, Schye (Daemon) and Londyn and their father Chris; her parents Jarvis and Darlene Swiderski as well as her grandmother Lillian Morrisseau. As well as aunts, uncles and cousins too numerous to name.

She was predeceased by her beloved auntie Helen, grandpa Stanford Morrisseau, Baba and Gigi Doris and Harry Swiderski and many aunts, uncles and cousins.

A traditional funeral service will be held on Wednesday, July 19, 2023 at 1:00 p.m. in the Gilbart Funeral Chapel, Selkirk, Manitoba.

Active pallbearers will be Nita Jackson, Robin Jackson, Rhonda Waito, Chris Reeves, Les Morrisseau and Clint Morrisseau.

Honorary pallbearers are Lillian Morrisseau, Charm Morrisseau, Lisa Law, Dawn-anne Swain, Cathy Parr and Jonathan Cartwright.

In lieu of flowers donations in her memory can be made to the Canadian Mental Health Association, 930 Portage Ave., Winnipeg, MB R3G 0P8

Come unto me all ye that labour and are heavy laden and I will give you rest - Matthew 11:28

Condolences messages can be left and livestreaming of the service will be available at www.gilbartfuneralhome.com

Gilbart Funeral Home, Selkirk in care of arrangements.

**OBITUARY****Frances "Frankie" Marguerite Makara**

It is with deep sorrow the family of Frankie Makara announces her untimely passing on June 30th at the Health Sciences Centre in Winnipeg, Manitoba.

Frankie is survived by her spouse and best friend Joe Shead; children Cindy, Robert (Shirley), Tammy and Lori; four grandchildren; three great-grandchildren; siblings Betty (Raymond), Charles (Gwen), Bob (Sandra), Sally, Peavey (Lisa), Esther (Rob), and numerous nieces, nephews, members of Joe's family and many friends near and far.

Frankie was employed with Manitoba Hydro for 30 years and was able to enjoy 20 years of retirement. Born and raised in Winnipeg she acquired and restored the historic family home located in Wolseley by the Assiniboine River. A remarkable task by an amazing person, given her limited resources at that time. It was here she enjoyed hosting family dinners and parties.

In 1994 Frankie and Joe purchased property along Netley Creek which they developed together. She loved living in Petersfield moving into their new home in 2000, meeting new friends and having great neighbors. In the fall of 2021, through good friends, Frankie and Joe found their present home in North Kildonan. They were right beside the Red River and moved in 2022. They were enjoying the condo lifestyle and meeting new friends and neighbors.

Frankie enjoyed travelling throughout her life, some of her most memorable vacations were Disneyworld with her kids and grandkids, the UK with friends, and trips during retirement which included: Hawaii, Mexico, and Victoria. Outings with the Gillam girls Lois, Barb, Sandi and Arlene were always high on her list, and off course any family get together.

In the past six years Frankie faced medical issues that may have slowed her down but never prevented her from living her life to the fullest.

A private service has taken place and the family would like to thank everyone for their kindness during this difficult time. Please celebrate Frankie's memory in your own way, especially during Christmas, which was her favorite holiday.

This obituary can be viewed and condolences may be sent to www.klassenfuneralhome.com

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OBITUARY**Dustin James Langlois**

It is with great sadness that I announce the passing of my son Dustin on July 2, 2023. He is survived by his mother Carol Langlois, his children and numerous aunts, uncles, and cousins. Funeral services will be held on Thursday, July 20, 2023 at 1:00 p.m. in the Gilbart Funeral Home in Selkirk, Manitoba. Cremation will follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.

**OBITUARY****Maeola Whitelam (nee Ingimundarson)**

Peacefully on July 13th, 2023, Mom passed away at the Betel Home.

As per Maeola's wishes, cremation has taken place and a memorial service will be held on July 31st in the Gilbart Funeral Chapel, Selkirk, MB at 11:00 a.m.

Full obituary to follow.

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

Gilbart Funeral Home, Selkirk in care of arrangements.

**OBITUARY****Edith Mae Pfrimmer**

September 22, 1955 – January 23, 2023

Edith passed away peacefully at Goodwin Lodge on January 23, 2023 at the age of 67.

She leaves to mourn three brothers, Ken, Allen and Bryan Pfrimmer, foster brother Gary Lawsen and sister Ann Petricig; many nieces, nephews, along with many long time friends.

Edith was predeceased by her father (Louis) 1969, brother (David) 1990, brother (Garry) 2021 and her mother (Betty) 2022.

Although Edith lived with Down Syndrome she had a very active and happy life. She enjoyed many activities, snowshoeing, shuffleboard, swimming, she also enjoyed sewing and her many visits to Tim Horton's in Selkirk with her caregivers.

The family extends their gratitude to Dr. Louden and staff of Goodwin Lodge for their compassionate care for Edith over the

last years.

A graveside gathering will be held on July 22, 2023 at 12:00 in the Sperling Cemetery, Sperling, MB. Rest in Peace, you will never be forgotten. Love you.

**OBITUARY****Irene Banash**

September 2, 1934 – July 10, 2023

Irene Banash (nee Hnatiuk), beloved wife of John Banash and mother of Grant and Ron Banash, passed away July 10, 2023, at Seven Oaks Hospital in Winnipeg, Manitoba at the age of 89.

Irene was born to Paul and Nettie Hnatiuk in Kirkness, Manitoba in 1934. She was the youngest of five children (Sam, Anne, Mike, and Ross). As a young woman, she worked in Winnipeg as a typist and key punch operator. After marrying John, they lived for a short time in Selkirk before settling on a part of Irene's family farm in Kirkness in 1973. There, Irene raised her sons while she gardened and ran a vegetable stand. Irene also worked as a home healthcare provider where she lovingly assisted those in her care. She greatly enjoyed cooking for her family and friends, gardening, tending her flowers, playing cards, travelling, and sewing for her

grandchildren Zoey and Molly Banash.

Irene was predeceased by her husband John in 2008 and her son Ronald in 2021.

She is survived by her son Grant Banash, his wife Rachel, and her granddaughters Zoey and Molly Banash of Aztec, NM, USA.

The family would like to extend their heartfelt thanks to Irene's niece, Christine Ateah, nephew Paul Hnatiuk and his wife Susan, and nephew David Hnatiuk and his wife Mary for the selfless care and support they provided Irene in her last years.

The family would also like to extend their sincere gratitude to Annie Tran of Klinik Community Health and Nancy Squire of the Lion's Place for going above and beyond in taking care of Irene. A special note of thanks also goes out to Seven Oaks Hospital for ensuring that her last days were spent in comfort and dignity.

Funeral services will be held on Wednesday, July 26th at 11:00 a.m. at the Notre Dame Catholic Church in Selkirk, MB. To honor Irene's passion for gardening and flowers, we ask that you wear happy colored clothing.

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

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508 Corinne Ave
Petersfield

HH TEAM **MOVE IN READY!**

\$170,000
628 Strathnaver Ave
Selkirk

HH TEAM **1,776 SQFT!**

\$239,900
300 David Street
Arborg

HH TEAM **1-BED BATH!**

\$229,900
28 Wright Street
Gull Lake

HH TEAM **1 ACRE! UPDATED!**

\$529,900
885 Colville Road
East Selkirk

HH TEAM **TO BE BUILT!**

\$375,000
928 McLean Ave
Selkirk

HH TEAM **TO BE BUILT!**

\$329,000
932 McLean Ave
Selkirk

HH TEAM **1,216 SQFT!**

\$239,000
215 Donohoe Cres
Petersfield

HH TEAM **.79 ACRES!**

\$189,000
20 Creek Place
East Selkirk

HH TEAM **LOT TO BUILD ON!**

\$109,900 EA.
2 & 15 Fuller Road
East Selkirk

HH TEAM **.48-.92 ACRES!**

\$149,900
0 Arnhold Street
Gull Lake

HH TEAM **LOT TO BUILD ON!**

\$42,000
15 Wedgewood Pl
Gimli

HH TEAM **.2-.20 ACRES!**

\$119,900
9 Fuller Road
East Selkirk

HH TEAM **SOLD!**

\$347,700
219 Manchester Ave
Selkirk

ASHLEY DOUGLAS
REALTOR®

Contact me for all of your
Real Estate needs!

204.485.4051

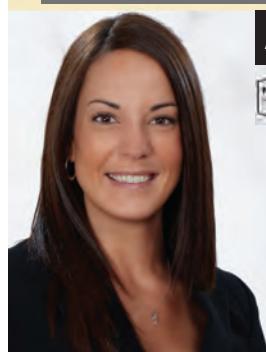
ashley.douglas@century21.ca

MASTERS
2022 SILVER

MASTERS
2021 SILVER

MASTERS
2020 SILVER

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ASHLEY **VACANT LAND!**

\$179,900
110 Balaton Bay
Balaton Beach

ASHLEY **VACANT LAND!**

\$49,900
24 Sandstone Cres
Pebble Beach

ASHLEY **40 ACRES!**

\$550,000
80112 Road 36E
Brokenhead

ASHLEY **30 ACRES!**

\$79,900
71078 Willowdale Rd
Creek Property!

ASHLEY **CREEK FRONT!**

\$190,000
Kimberly Rd
East Selkirk

ASHLEY **DUPLEX!**

\$137,000
132 Lorne Ave
Winnipeg

ASHLEY **5 BEDROOMS!**

\$137,000
667 Boyd Ave
Winnipeg